

Life Support Promising Food Plants Among Aborigines of Pataalkot, Madhya Pradesh

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INTRODUCTION

The relationship between biological and cultural factors is well exhibited by nutritional aspects under the rubric of different ecosystems. Plant species provide an extremely wide range of useful products related to nutritional aspects.

The Bharias are the aboriginal of Pataalkot and the most primitive tribal population of Madhya Pradesh. They are struggling for survival and constantly trying to exploit the existing biodiversity in their own way. The Bharias live in the villages of Pataalkot, which is a bowl-shaped natural formation, situated on the Satpura plateau, area surrounded on three sides by hilly ridges and the fourth side is open on the north-west side towards the Dudhi river. The estimated total area of Pataalkot is 79 sq. Kms. It is located towards the north of Chhindwara district headquarter.

Here, an attempt has been made to study the life supporting promising food plants among Bharias. The objective of the present investigation is to explore the information regarding life support promising food plants among them.

MATERIALS AND METHODS

This investigation is based on 305 families of 29 hamlets of 12 villages of Pataalkot. All the villages and hamlets have been covered from Pataalkot area. One sample has been selected randomly from available each households. In this regard representation of approximate total population of Pataalkot has been covered.

RESULTS AND DISCUSSION

The food requirements of the Bharias of Pataalkot are met through agriculture and forest produces. In such case they have to consume whatever is produced and available locally. The results of the study are presented in the following table 1.

The Bharias have to depend on fruits, roots and tubers of the forest. The forest fruits (like *tendu*, *achar*, *chulhna*, *ber*, *papita*, *jamun*, *umer* and *amm*) are fairly abundant. They consume roots and tubers of *nandmati*, *kadu-kand*, *shar-kand*, *rated kand*, *angeda-kanda*, *set kand*, *barha kand*, *bai chandi kand*, *ganje kand*, *thikur kand*.

Table 1: Showing list of life support promising food plants among aboriginals of Pataalkot

S.No.	Local Name	Botanical Name	Part of plant used as food
Cereals			
1.	Makka (Maize)	<i>Zeamays</i>	Seeds
2.	Manki (Rice)	<i>Oryza sativa</i>	Seeds
3.	Kodon	<i>Paspalum commersonii</i>	Seeds
4.	Kutki	<i>Picorrhiza acrophulariflora</i>	Seeds
5.	Saava (Samai)	<i>Panicum miliare</i>	Seeds
6.	Pici (Wheat)	<i>Triticum aestivum</i>	Seeds
7.	Rajgura	<i>Amaranthus paniculatus</i>	Seeds
8.	Jawar	<i>Sorghum vulgare</i>	Seeds
9.	Barley	<i>Hordeum vulgare</i>	Seeds
Pulses and Legumes			
1.	Chana (Bengal gram)	<i>Cicer arietinum</i>	Seeds
2.	Urd (Black gram Dhal)	<i>Phaseolus mungo roxb.</i>	Seeds
3.	Barbati (Cow pea)	<i>Vigna catjang</i>	Seeds
4.	Balhar (Field bean)	<i>Dolichos lablab</i>	Seeds
5.	Mung (Green gram)	<i>Phaseolus aureus roxb.</i>	Seeds
6.	Maasoor (Lentil)	<i>Lens esculenta</i>	Seeds

Table 1: Contd....

S.No.	Local Name	Botanical Name	Part of plant used as food
7.	Tur/Arhar (Redgram Dhal)	<i>Cajanus cajan</i>	Seeds
Leafy Vegetables			
1.	Chaulai (Amaranth, tender)	<i>Amaranthus gangeticus</i>	Leaves
2.	Bans Ke Kopal (Bamboo, tender shoots)	<i>Bambusa arundinacea</i>	Tender shoots
3.	Chana Ke Bhaje (Bengal gram leaves)	<i>Cicer arietinum</i>	Leaves
4.	Dubai Ke Bhaje	<i>Woodfordia fruticosa</i> , Kurz	Leaves
5.	Rajguru Bhaji	<i>Amaranthus paniculatus</i>	Leaves
6.	Kangali Bhaji	—	Leaves
7.	Keolar Bhaji	—	Leaves
8.	Badi Bhaji	—	Leaves
9.	Dhana (Coriander leaves)	<i>Coriandrum sativum</i>	Leaves
10.	Pudina	<i>Mentha spicata</i>	Leaves
11.	Muli Ka Sag (Radish leaves)	<i>Raphanus sativus</i>	Leaves
12.	Dabhal Bhaji	<i>Boerhaavia diffusa</i> , Linn.	Leaves
13.	Poto Bhaji	<i>Tenastigma lanceolarium planch</i>	Leaves
14.	Parwar Bhaji	<i>Cassia tora</i> , Linn.	Leaves
Roots and Tubers			
1.	Anantumul (Budhia)	<i>Malothria heterophylla</i>	Rhizome/root
2.	Gajar (Carrot)	<i>Daucus carota</i>	Root
3.	Arwi (Colocasia)	<i>Colocasia antiquorum</i>	Rhizome
4.	Haldi (Mango Ginger)	<i>Curcuma amada</i>	Rhizome
5.	Gondri (Onion)	<i>Allium cepa</i>	Bulb
6.	Alu (Potato)	<i>Solanum tuberosum</i>	Tubers
7.	Muli (Radish)	<i>Raphanus sativus</i>	Root
8.	Shakarkand (Sweet Potato)	<i>Ipomoea batatas</i>	Tubers
9.	Suran (Yam, elephant)	<i>Amorphophallus campanulatus</i>	Tubers/Rhizome
10.	Bharda Kand	<i>Pueraria tuberosa</i> D.C.	Tubers
11.	Shad Kanda	<i>A. Setosa</i> (Roxb.) Choisy	Rhizome/Tuber
12.	Kanhaiya Kand	<i>Dioscorea belophylla</i> , Voight	Rhizome/Tuber
13.	Kadukand	<i>Dioscorea bulbifera</i> , Linn.	Tuber
14.	Karu kanda	<i>Dioscorea hispida</i> , Dennst	Tuber
15.	Kirchmati	<i>Dioscorea oppositifolia</i> , Linn.	Tuber
16.	Barahi kanda	<i>Dioscorea pentahyll</i> , Linn.	Tuber
17.	Bhesakand	<i>Diplazium esculentum</i> (Retz) SW	Rhizome
18.	Kisanmati	<i>Celastrum hirsuta</i> , Roxb.	Tuber/Rhizome
19.	Shad kand	<i>Argyria streigosa</i> (Roth)	Tuber/Rhizome
20.	Muchodi kanda	<i>Plesmonium margaritifera</i> , Schott	Rhizome/Tuber
21.	Khirkand	<i>Coralocarpus epigaeus</i> (Rottl. & Willd) C.B. Cl.	Rhizome/Tuber
22.	Dev kand	<i>Pycnocycla glauca</i> , Royle	Rhizome/Tuber
23.	Bosia kand	<i>Cerapegia hirsuta</i> , Roxb.	Rhizome/Tuber
24.	Baichandi	<i>Dioscorea hispida</i> , Denn	Rhizome/Tuber
25.	Nandmati	<i>Dioscorea bulbifera</i> , Linn.	Rhizome/Tuber
26.	Jangal Gondri	<i>Urginea indica</i> , Kunth.	Bulb
27.	Bhasamkand	<i>Saurumatum venosum</i> (Ait.) Kunth.	Rhizome/Tuber
Other Vegetables			
1.	Sem (Beans)	<i>Phaseolus coccineus</i>	Fruits & Seeds
2.	Karela (Bitter gourd)	<i>Momordica charantia</i> , Linn.	Fruits
3.	Lowki (Buttle gorud)	<i>Legaria vulgaris</i>	Fruits
4.	Bhatai (Brinjal)	<i>Solanum melongena</i>	Fruits
5.	Saijan Ki Phalli (Drumsticks)	<i>Moringa delifera</i>	Fruits & Seeds
6.	Toria (Ghosala)	<i>Luffa acutangula</i> (Roxb.)	Fruits
7.	Karonda	<i>Carissa carandas</i>	Fruits
8.	Bhindi (Ladies finger)	<i>Abelmoschus esculentus</i>	Fruits
9.	Lahsson (Leeks)	<i>Allium porrum</i>	Bulbs
10.	Am (Mango green)	<i>Mangifera indica</i>	Fruits
11.	Papita (Papaya green)	<i>Carica papaya</i>	Fruits

Table 1: Contd....

S.No.	Local Name	Botanical Name	Part of plant used as food
12.	Matra (Peas)	<i>Pisum sativum</i>	Seeds
13.	Kaddu (Pumpkin)	<i>Cucurbita maxima</i>	Fruits
14.	Kela (Plantain)	<i>Musa sapientum</i>	Flower, Fruits
15.	Chachinda (Snake gourd)	<i>Trichosanthes anguina</i>	Fruits
16.	Tinda	<i>Citrullus vulgaris</i>	Fruits
17.	Tomato	<i>Lycopersicon esculentum</i>	Fruits
18.	Safed kaddu (Vegetable marrow)	<i>Cucurbita pepo</i>	Fruits
19.	Shingara (Water, chestnut)	<i>Trapa bispinosa</i>	Fruits
20.	Kacharia	<i>Cucumis sativus</i> Linn.	Fruits
21.	Van Bhendi	<i>Hibiscus ficulneus</i>	Fruits
22.	Munga	<i>Moringa oleifera</i> , Lamk.	Fruits
23.	Kundru	<i>Cocconia cordifolia</i>	Fruits
Nuts and Oils			
1.	Jagni	-	Seeds & Oil
2.	Til (Gingelly seeds)	<i>Sesamum indicum</i>	Seeds & Oil
3.	Moongphali (Ground nut)	<i>Arachis hypogaea</i>	Seeds & Oil
4.	Alsi (Linseed seeds)	<i>Linum usitatissimum</i>	Seeds & Oil
5.	Rai (Mustard seeds)	<i>Brassica nigra</i>	Seeds & Oil
Condiments & Spices			
1.	Mirch (Chillies)	<i>Capsicum annum</i>	Fruits & Seeds
2.	Dhania (Coriander)	<i>Coriandrum sativum</i>	Leafs, Flowers & Seeds
3.	Methi (Fenugreek seed)	<i>Trigonella foenumgraecum</i>	Seeds
4.	Lahsun (Garlic)	<i>Allium sativum</i>	Bulb
5.	Adrak (Ginger)	<i>Zingiber officinale</i>	Rhizome
6.	Imli (Tamarind Pulp)	<i>Tamarindus indica</i>	Fruits
7.	Haladi (Turmeric)	<i>Curcuma domestica</i>	Rhizome
Fruits			
1.	Amla	<i>Emblica officinalis</i>	Fruits
2.	Bael	<i>Aegle marmelos</i>	Fruits
3.	Kela (Banna, ripe)	<i>Musa paradisiaca</i>	Fruits
4.	Bargad Ka Phal	<i>Ficus bengalensis</i>	Fruits
5.	Rasburi	<i>Physalis peruviana</i>	Fruits
6.	Kamaraikh (Carambola)	<i>Averrhoa carambola</i>	Fruits
7.	Amrud (Guava)	<i>Psidium guajava</i>	Fruits
8.	Janun (Jambu fruits)	<i>Syzygium cumini</i> (Linn.)	Fruits
9.	Karaunda (Kila pazham)	<i>Vaccinium leschenaultii</i>	Fruits
10.	Mahua	<i>Madhuca indica</i> , Gamel	Flowers
11.	Niburi (Neem fruit)	<i>Melia azadirachata</i>	Fruits
12.	Papita	<i>Carica Papaya</i>	Fruit
13.	Sitaphal	<i>Annona squamosa</i>	Fruit
14.	Ber (Zizyphus)	<i>Zizyphus jujuba</i> , Lam.	Fruits
15.	Achar	<i>Buchanania Lanza, spreng</i>	Seeds & Fruits
16.	Khatua	<i>Rhus parviflora</i> Roxb.	Fruits
17.	Gular	<i>Ficus infectoria sensu, Roxb.</i>	Fruits
18.	Aam	<i>Mangifera indica</i> , Linn.	Fruits
19.	Bhilwa	<i>Samocarpus anacardium</i> , Linn.	Fruits
20.	Tendu	<i>Diospyrus melanoxylon</i> , Roxb.	Fruits
21.	Makoi	<i>Zizyphus oenoplia</i> , Mill.	Fruits
22.	Jharberi	<i>Zizyphus nummularia</i> , Lamk.	Fruits
Miscellaneous Foods			
1.	Shahid (Nonay)	-	-
2.	Wild mushrooms	-	-
3.	Pumpkin seeds	-	-
4.	Aam Ki Ghul Ka Atta (Mango Seeds Kernel)	<i>Mangifera indica</i>	Seed's powder

machharia kand, mahul kand, sua-rukh, van-singhada, van-adarak, chikna kand, bhary dhangl etc. All roots and tubers (Kandas) are taken baking in fire or boiled in water.

They also collect the flowers of Mahua and Seeds of Mango and store them after drying up. The Mango-seed is used to prepare roti during rains and Mahua flowers is used in all seasons. The Bharia's main drink is mahua's alcoholic beverage. In all rituals, feasts and even in their daily life, they drink in excess. It acts as main source of recreation, medicine and rituals.

It may be concluded from the brief reporting of life support promising food plants that:

1. There are a large number of life supporting food plants, which should be scientifically analyzed.
2. The proper cultivation and technique of such life support promising food plants should be evolved within same ecological conditions.
3. The indiscriminate exploitation and unscientific deforestation should be checked, so that rare plants do not become extinct. In this regard, there is an urgent need for sci-

entific management to protect and cultivate life support promising food plants in Pataalkot area.

KEY WORDS Promising Food Plants. Bharias. Nutrition.

ABSTRACT The relationship between biological and cultural factors is well exhibited by nutritional aspects under the rubric of different ecosystems. Plant species provide an extremely wide range of useful products related to nutritional aspects. The Bharias of Pataalkot are the aboriginals of Pataalkot and most primitive tribal population of Madhya Pradesh. They are fighting for survival and constantly trying to exploit the existing biodiversity in their own way. The Bharias of Pataalkot live in the villages of Pataalkot. Pataalkot is a bowl shaped natural formation, situated on the stupura plateau, area surrounded on three sides by hilly ridges and forth side is open on the north-west side towards the Dedhi river. The estimated total area of Pataalkot is 79 sq. kms. It is located towards the north of Chhindwara district headquarter. Here, attempt has been made to study the life supporting promising food plants among Bharias of Pataalkot. The present investigation is based on 305 families of 29 hamlets of 12 villages. The objectives of present study is to explore the information regarding life support promising food plants among Bharias of Pataalkot. So, that the target of "health for all" could be achieved with the help of our findings to a certain extent.

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