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**DBT STAR COLLEGE ACTIVITY**  
**IMPORTANCE OF WILD VEGETABLES**

**INTRODUCTION:**

In monsoon nature is offering us many leafy annuals which are part of our culture, traditions and festivals. This project is to create an awareness about wild unconventional vegetables. Many of them are medicinally important and especially available during monsoon season. In Hindu culture Shraavan month is celebrated as a holy month with many festivals. Usually non-vegetarians food is prohibited as during this season digestive power is comparatively weak and it's also coincide with the availability of such medicinal importance wild vegetables, therefore they must be utilized.

Some of the wild vegetables are as follows:-

<u>SR NO.</u>	<u>BOTANICAL NAME</u>	<u>COMMON NAME</u>	<u>PLANT PART</u>	<u>MEDICINAL USE</u>
1	<i>Achyramthes aspera</i>	Aghada	All parts	Diarrhoea & dysentery
2	<i>Amorphophallus commutatus</i>	Koat	Tubers	Treating gram+ve & gram-ve bacterial
3	<i>Basella alba</i>	Mayalu	Fruits	Fever, anti-inflammatory
4	<i>Borerrhavia diffusa</i>	Punarnava	Root	Kidney stone
5	<i>Cassia tora</i>	Chakramarda	Seed & leaf	Analgesic, anticonvulsant, skin disease
6	<i>Celosia argentea</i>	Kurda	Stem, leaf & seed	
7	<i>Chlorophytum borivilianum</i>	Fodshi	Stem	
8	<i>Colocasia esculanta</i>	Alu	Leaves & tubers	
9	<i>Cordia dichotoma</i>	Bhokar	Fruits & barks	Cough, antihelminthia
10	<i>Dioscorea balbifera</i>	Karanda	Bulbils, inflorescence	Anti-cancer
11	<i>Garuga pianata</i>	Kakad	Leaf & stem	Treat for asthma, eyes.

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12	<i>Hibiscus cannabinus</i>	Ambadi	Leaves & stems	Stomachic, purgative
13	<i>Holarrhena antidysenterica</i>	Kuda	Fruits	Diarrhoea & dysentery
14	<i>Hyoscyamus niger</i>	Khurasani	Seeds	-
15	<i>Ipomea aquatic</i>	Nalli	Green leaf	Prevention form liver disease, constipation
16	<i>Leea microphylla</i>	Hastikarni	Fruits	Dysentery, rheumatism
17	<i>Momordica diocia</i>	Kartula	Fruit, stem & leaf	Anti diabetic
18	<i>Moringa oleifera</i>	Shevaga	Leaf, flowers & fruits	Wormicidal, anti-cancer
19	<i>Phyllanthus niruri</i>	Bhui awala	Root, leaves, fruits & latex	Bronchitis, leprosy, anemia, asthma.
20	<i>Protulaca oleraceae</i>	Ghol	Leaf	Treatment of burns, headache, liver, cough
21	<i>Rothecca serratum</i>	Bharangi	Leaf & root	Bronchities
22	<i>Wrightia tinctoria</i>	Kala kuda	Leaves	Flowers eaten during childbirth