



Study of the Traditional Knowledge of indigenous, wild foods and food consumption pattern of Mahadev koli & Thakar tribes of Akole Block of Ahmednagar District, Maharashtra - An Exploratory Cross-sectional Study

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ABSTRACT

BACKGROUND: From times immemorial, humans, especially Adivasi's (tribes/indigenous people) have been dependent upon nature for survival. They have been living in harmony with nature to evolve a unique system of knowledge about plant and animal wealth for food, nutrition and medicines. The tribal communities in India are a good example of indigenous populations with a vast cultural diversity, traditions, and environments.

AIM: To explore the food environment of tribal communities – Mahadev Kolhi and Thakar, with respect to their knowledge of traditional indigenous foods, its availability /accessibility, its use and consumption pattern in Akole Tribal Block of Ahmednagar district.

METHODS: To study the knowledge about indigenous foods, and assess the range of available indigenous/wild foods and contribution of range of these indigenous/wild foods to the regular diets of Mahadev Kolhi and Thakar tribal communities in the study area. The sampling method was purposive sampling. Four FGDs per six villages was conducted during the study. Free listing exercise was carried out with the participants. Pairwise ranking was used to identify perceptions, priority settings and preferences for local indigenous food items. Documentation of commonly consumed indigenous wild food items was done.

RESULT: The finding stated that, Rice was the staple food for the Mahadv Koli and Thakar Tribes. Majority of the participants had the knowledge about the Indigenous, wild foods such as Cereal, Leafy Vegetables, Roots and Tubers, Oil Seeds, Fruits, Milk and Milk Products, Fish and Meat, Condiments and Spices. The study also stated that

wild Roots and tubers were consumed but rarely. Consumption of seasonal fruits, especially wild seasonal fruits was consumed. The availability and consumption of many variety of wild green leafy vegetable was reported in the discussion. The study also found out that Green wild vegetables are collected, gathered, dried, stored and consumed them due to food insecurity in the rainy season.

CONCLUSION: The present study was carried out for documenting and eliciting traditional knowledge about indigenous foods, its availability, utilization and preferences for commonly consumed indigenous foods to the regular diets Tribal community.

KEY WORDS: Tribal, Traditional Knowledge, Indigenous, Wild Foods, Consumption pattern.

I. INTRODUCTION

In South Africa experience a wide range of dietary consumption patterns across a myriad of cultures, and ideally a country-specific food composition database should be reflective of the country's consumption patterns. The ethno botanical survey can bring out many different clues for the development of drugs to treat human diseases. Safe, effective, and inexpensive indigenous remedies are gaining popularity equally among the people of both the urban and rural areas, especially in India and China

India is well known for its plants diversity and is rich in medicinal plant wealth. India has the second largest tribal population in the world after Africa. As per the 1991 census of India, the total tribal population is 8% of country's population of which Maharashtra has 47 scheduled tribe communities with 9.27% of the total population of the state. From ancient time plants have been used



as a source of food, shelter, clothing, medicine, fibre, gum, resin, oil, etc. Several wild plants are used as food by tribals and other local people living in and around the forest areas. It has been observed that the traditional knowledge on wild food plants is on sharp decline. Unless efforts are made to educate the younger generations about their importance, this knowledge may be lost in the near future. The tribals have good traditional knowledge about the plants and their medicinal uses. This knowledge is transmitted exclusively through oral communication from one generation to next using a script less language. The valuable knowledge is therefore, in an unwritten form and requires urgent measures of conservation. A food database is regarded as being representative and comprehensive if it houses nutrient information of foods typically eaten amongst a population.

The tribes usually live by the fringe of the river valleys in the forested hilly or upland tracts. Tribal economy is based on food gathering, grazing, forestry and agriculture. The land they have got is very small that cannot support family to survive. Therefore now a days the tribal, whose main occupation is agriculture, look upon forest for subsidiary occupation because traditionally livelihood pattern of tribal's have undergone significant changes due to removal of forest cover, encroachment on land and water, dams, irrigation and hydra project which compel them to adopt subsistence agriculture. Due to dependency upon sedentary occupations, these people remain poor.

Indigenous plants grow spontaneously in natural ecosystems and have been serving human kind as food and medicine in almost all societies for generations. The indigenous crops have been largely ignored by commercial farming, research and development, thus becoming less competitive than well-established major crops, and losing gradually their diversity and the associated traditional knowledge. Many rural communities have access to indigenous and traditional crops that are rich in micronutrients, which are likely to serve as a long term strategy to eliminate food insecurity and contribute to nutrient requirements. Wild plants have played a significant role in the livelihood of the tribal communities as they mainly prove to be of dietary and medicinal importance.

II. METHODOLOGY

Study Design:

The study design was an Exploratory Cross Sectional, Qualitative Research Study.

Duration of study

The duration of the study was started from April 2019 and enclosed at May2020.

Study population/community:

In Ahmednagar district total 12 tribes were reported. The study population were two scheduled tribes - *Mahadev Kolhi* and *Thakar*. Who constitute nearly 48% (1.40 lakh) of the total population of Akole block. Most villages and hamlets of this Block are inhabited by Mahadev Koli & Thakar tribes. While Mahadev Koli are predominantly spread over southern and internal part of the Block, Thakar tribe lived in western most hamlets and villages surrounded by dense forests. While Mahadev Kolis – the second largest tribal race in Maharashtra are relatively economically developed, the other tribe Thakar are still in transition stage and are socio-economically very poor.

Free Listing & Focus Group Discussions

Free listing and focus group discussions (FGDs) were used to assess the knowledge about indigenous foods, and assess the range of available indigenous/wild foods and contribution of range of these indigenous/wild foods to the regular diets of Mahadev Kolhi and Thakar tribal communities in the study area. The study began with free listing exercise by collecting information and knowledge on indigenous foods, its availability and access to these wild foods in the local environment.

After free listing exercise, four FGDs were conducted in each of the six selected villages. The ASHAs, Anganwadi Workers in the respective villages were requested to invite community members to participate in the FGDs ahead. Each FGDs had 7-9 participants (3 Women having children, 2 Adult men, 3 to 4 elderly men & women). Mothers were encouraged to participate in the FGDs because they were mainly responsible for food preparation and feeding their families, elderly men and women were invited as they have traditional & old generation knowledge of foods, adult men were invited as they were responsible to fetch the wild and traditional foods from forests by hunting. The FGDs were held in accessible areas like Anganwadi Centres/ZP Schools etc. The selected local participants identify indigenous, or wild or "desi" foods gathered from the local environment such as nearby forests (jungle), agricultural fields or bunds, gardens, or water resources such as manmade ponds, dams or even from market. The local names of plants or meat items and their characteristics such as availability, seasonality, and source were documented. The



foods identified were then categorized under various food groups based on their edible parts. Ethnographic manuscripts on the tribal population in the State were used to confirm the list of common foods.

Pairwise Ranking

Pairwise ranking was used to identify perceptions, priority setting, and preferences for local indigenous food items. After free listing exercise, the participants who participated in FGD were asked to identify 5 to 6 preferred food items within each food group; for example, cereals, vegetables, green leafy vegetables etc. These preferences were based on criteria of taste and availability of particular food items in the local area. These items were then ranked to identify the popular and commonly consumed indigenous foods under different food groups as per Standard Food Consumption Table prepared by NIN (ICMR), Govt. of India.

The food items were tabulated on a flip chart and participants were asked to compare the first food item in the row with various food items listed in the column one by one. The next step was to ask them to move on to the second food item in the row; keeping that as a constant and compare it with the third and the subsequent food items and enter the preference in the relevant grid. These steps were repeated till all the food items listed in the row were compared with the subsequent food items listed in the columns pairwise. A score was provided based on the number of times each food item selected (Narayananasamy²⁰⁰

Documentation of Food Categories and Data analysis

The data collected from Free listing, FGDs was documented and analysed as per the commonly consumed indigenous food items such as (1) Cereal Grains & Products, (2) Pulses and Legumes, (3) Leafy Vegetables, (4) Roots and Tubers, (5) Other Vegetables, (6) Nuts and Oil Seeds, (7) Condiments and Spices, (8) Fruits, (9) Fishes and other Aqua Foods, (10) Meat and Poultry, (11) Milk and Milk Products, (12) Fats and Edible Oils, on the bases of Standard Classification followed by National Institute of Nutrition, ICMR, Govt. of India

Sample Villages for conducting the study

Six villages were selected by Purposive sampling method to conduct the study. The study was conducted in six villages of Akole block, they were Randh, Panjare, Udawane, Murshet, Koltembhe & Mutkhel.

Identification, Collection of Food Samples

Based on the free listing and FGDs, lists of (1) indigenous foods known to community, (2) commonly available indigenous foods in the area and (3) commonly consumed indigenous foods was prepared. A literature search was done to identify the taxonomic classification based on the common names provided by the tribal community. Attempt was made to collect samples of each indigenous food items mentioned in the FGD, available in the local area and consumed by the tribal community and photographed and documented.

Ethical consideration:

The present study was approved by the CSM Institutional Research Committee vide letter No.PIMS/CSM/IRC/2019/137/4; Dated-2019/04. All the respondents of the study were clearly explained about the purpose of the study ensuring their confidentiality before Focus Group Discussions & Cross Sectional Study and informed verbal consent was taken. Participation in the research study was voluntary and their identity was protected. Anonymity, privacy, confidentiality of the participants was maintained. Opinions, expressions of participants was respected, honestly documented & appreciated. Respondent was option for not answering any question from study. The rules of Intellectual Property Rights were followed. Permission was taken for pictures to be taken during the FGDs, Personal or identifiable information was not recorded in any reports. Informed Verbal consent was taken prior to the FGD.

III. RESULTS

Traditional diets of Mahadev Kolhi and Thakar.

The qualitative study revealed that rice was the staple food for the Mahadev koli and Thakar community. Wild green leafy vegetables which were grown in the forest of are of Bhandardara region. The women's of both community i.e. Thakar and the Mahadev koli gather the wild green leafy vegetables and consume them during rainy season. Pulses consumption was reported but it was not consumed daily. It was reported that there was large consumption of green leafy vegetables with rice. The participants differentiated between the Wild green leafy vegetables grown in the Forest and accessed from the market. Consumption of wild fruits, seasonal fruits, Wild meat, eggs, birds, etc. were also reported. The discussion continued with inquiries regarding their traditional diets and dietary changes due to the availability of packaged foods and market bought items.



Table no1:-Cereals

Sr.no	Name of food stuff	Scientific Name	Family	Parts consumed	Accessed/grown
1	Tur	<i>Cajanus cajan</i>	Fabaceae	Lentil	Market
2	Masur	<i>Lens culinaris</i>		Lentil	Farm/ Market
3	Kulid	<i>Macrotyloma uniflorum</i>	Fabaceae	Lentil	Farm
4	Hulge			Lentil	Farm
5	Harbara	<i>Cicer</i>	Fabaceae	Lentil	Farm
6	Watana	<i>Pisum sativum</i>	Leguminosae.	Lentil	Market
7	Val	<i>Lablab purpureus</i>	Fabaceae	Lentil	Farm
8	Nachani	<i>Eleusine coracana</i>	Poaceae	Lentil	Farm/Market
9	Warai			Lentil	Farm
10	Sawa			Lentil	Farm
11	Chawli	<i>Vigna unguiculata</i>	Fabaceae	Lentil	Market

Table no2:-Wild green Leafy Vegetables

Sr.no	Name of food stuff	Scientific name	Family	Parts consumed	Accessed/ Grown
1	Barki	<i>Celosia argentea</i>	Amaranthaceae	Plants Leaves	Wild
2	Kurdu	<i>Celosia Argentia</i>	Amaranthaceae	Plants leaves	Wild
3	Khurasni	-	-	Plants leaves	Wild
4	Chila	-	-	Plants leaves	Wild
5	Aaloo	<i>Calocasia antiquorum</i>	AraceaeIt	Whole Plant	Wild/ local farm
6	Chai	-	-		Wild
7	Barda	<i>Arisaema murrayi</i>	Araceae	Plants leaves	Wild
8	Loti	-	-	Plants leaves	Wild
9	Kawali	<i>Smithia hirsute</i>	Fabaceae	Plants leaves	Wild
10	Papada	-	-	Plants leaves	Wild
11	Narali	-	-	Plants leaves	Wild
12	Kombda	<i>Celosia Argentia</i>	Amaranthaceae	Plants leaves	Wild
13	Palandh	-	-	Plants leaves	Wild
14	Divya	-	-	Plants leaves	Wild
15	Chichurti	-	-	Plants leaves	Wild
16	Miki	-	-	Plants leaves	Wild
17	Ghaipat	<i>Agave Americana L</i>	Agavaceae	Plants leaves	Wild
18	Kolu	<i>Chlorophytum borivilianum</i>	Liliaceae	Plants leaves	Wild
19	Kaudhar	-	-	Plants leaves	Wild
20	Chakhwat	<i>Chenopodium album</i>	-	Plants leaves	Wild
21	Pimmali		-	Plants leaves	Wild
22	Ratala chi bhaji	<i>Plectranthus rutuncfolius</i>	-	Plant Leaves	Wild/ Farm
23	Jaswandi	-	-	Plants leaves/ Flowers	Wild
24	Wal	<i>Lab lab purpureus</i>	-	Fruits	Wild/Farm/Market
25	Rajgira	<i>Amaranthus caudatus</i>	-	Plants leaves	Wild/farm



26	Bhagar	-	-	Plants leaves	Wild/farm
27	Dhape	-	-	Plants leaves	Wild
28	Mohor	-	-	Plants leaves	Wild

Table no3:- Roots

Sr.no	Name of food stuff	Scientific name	Family	Parts consumed	Accessed/ Grown
1	Aanwa	-	-	Roots	Wild
2	Palandh	-	-	Roots	Wild
3	*Achkandh	<i>Withania somnifera</i> Duna	Soleaneace	Roots	Wild
4	Kaudhar	-	-	Roots	Wild
5	Divia	<i>Arisaema murrayi (Grah.) Hook.</i>	Araceae	Roots	Wild
6	Tamboli	-	-	Roots	Wild
7	Ambarkandh	-	-	Roots	Wild
8	Kakdi	<i>Cucuris sativaus</i>		Roots	Wild
9	*Vasali	<i>Boerrhavia diffusa</i>	Nyctaginaceae	Roots	Wild
10	Chkat	-	-	Roots	Wild
11	Kadu Kandh	<i>Dioscorea bulbifera</i>	<i>Dioscorea bulbifera</i> L.	Roots	Wild
12	Chhai kandh	-	-	Roots	Wild
13	Haindha	-	-	Roots	Wild
14	Bakli	-	-	Roots	Wild
15	Beetroot	<i>Beta vulgaris</i>		Roots	Wild/ Farm
16	Ratala	<i>Plectranthus rutuncfolius</i>	-	Roots	Wild

Table no4:- Oil seeds

Sr.no	Name of food stuff	Scientific name	Family	Parts consumed	Accessed/ Grown
1	Khurasni	<i>Hyoscyamus niger</i>	Solanaceae	Seeds oil	Wild
2	Kardai	<i>Carthamus tinctorius</i>	Asteraceae	Seeds oil	Wild/ Farm
3	Rai	<i>Brassica nigra</i>	Brassicaceae	Seeds oil	Market
4	Soyabeen	<i>Glycine max</i>	Fabaceae	Seeds oil	Market
5	Coconut	<i>Cocos nucifera</i>	Arecaceae	Oil	Market
6	Groundnut	<i>Arachis hypogaea</i>	Fabaceae	Seeds oil	Market
7	Sunflower	<i>Helianthus annuus</i>	Asteraceae	Seeds oil	Market

Tableno5-Liquor

Sr.no	Name of food stuff	Scientific name	Family	Parts consumed	Accessed/ Grown
1	Mahuwa	<i>Madhuca longifolia</i>	Sapotaceae	Fruits/Flowers	Wild
2	Tadi	<i>Arecaceae</i>	Arecaceae	Fruit	Wild
3	Jaggery Alcohol	-	-	Sugarcane Juice	Farm



Table no6: Wild Fruits

Sr.no	Name of food stuff	Scientific name	Family	Parts consumed	Accessed/ Grown
1	Mango	<i>Mangifera indica</i>	Anacardiaceae	Fruit	Farm
2	Jambhul	<i>Syzygium cumini</i>	Myrtaceae	Fruit	Farm
3	Karwandh	<i>Carissa carandas/ conker berry</i>	Apocynaceae	Fruit	Farm
4	Aambla	<i>Phyllanthus emblica</i>	Phyllanthaceae	Fruit	Farm
5	Peru	<i>Psidium</i>	Myrtaceae	Fruit	Farm
6	Ashindh			Fruit	Farm
7	Pappya	<i>Carica papaya</i>	Caricaceae	Fruit	Farm
8	Torna	-	-	Fruit	Farm
9	Fanash	<i>Artocarpus heterophyllus</i>	Moraceae	Fruit	Farm

Food Preference and Ranking of Local Foods.

Out of the foods listed, the ones commonly consumed under each food group and preferred by the community were listed through pairwise ranking. A demonstration of the outcome of pair wise ranking done through the FGDs for different food groups is given for preferred green leafy vegetables, when asked about their preferences in terms of taste, the majority chose indigenous varieties. In the study villages indigenous rice varieties like Indrayani, Daptari,

Rupali, Laxmi, were the most preferred varieties followed by the commonly consumed by the tribes. Among Wild Green leafy vegetables Barki, Khurasni, Kurdu, Chai, Kaudhar were preferred (Table no-19). Among Cereals, Harbara, Nachani, Val were most preferred and consumed (Table no-17). Majority of FGDs revealed that Chai chakandh, Anava, Palandh etc. were preferred the most in Roots (Table no 18). Karvand, Ambala, and Mango were more preferred by both the communities (Table no 22).

PAIRE WISE RANKING

Table No. 9:- Cereals

Cereals	Tur	Masur	Kulid	Hulge	Harbara	Watan	Val	Nachani	Warai	Sawa	Bhagar	Rice	Udid	Mung	Chawli
Tur	x	Tur	Kulid	Tur	Harbara	Tur	Val	Nachani	Tur	Tur	Tur	Rice	Udid	Tur	Tur
Masur	Tur	x	Kulid	Masur	Harbara	Masur	Val	Nachani	Masur	Masur	Masur	Rice	Udid	Masur	Masur
Kulid	Kulid	Kulid	X	Kulid	Harbara	Kulid	Val	Nachani	Kulid	Kulid	Kulid	Rice	Udid	Kulid	Kulid
Hulge	Tur	Masur	Kulid	X	Harbara	Watan	Val	Nachani	Warai	Hulge	Hulge	Rice	Udid	Hulge	Hulge
Harbara	Harbara	Harbara	Harbara	Harbara	X	Harbara	Harbara	Harbara	Harbara	Harbara	Harbara	Rice	Harbara	Harbara	Harbara
Watan	Tur	Masur	Kulid	Watan	Harbara	X	Val	Nachani	Watan	Watan	Watan	Rice	Udid	Watan	Watan
Val	Val	Val	Val	Val	Harbara	Val	X	Val	Val	Wal	Val	Rice	Val	Val	Val
Nachani	Nachani	Nachani	Nachani	Nachani	Harbara	Nachani	Val	X	Nachani	Nachani	Nachani	Rice	Nachani	Nachani	Nachani
Warai	Tur	Masur	Kulid	Warai	Harbara	Watan	Val	Nachani	X	Warai	Warai	Rice	Udid	Warai	Warai
Sawa	Tur	Masur	Kulid	Hulge	Harb	Watan	Val	Nachani	Warai	X	Sawa	Ric	Udid	Sawa	Sawa



					ara	a		ni				e			
Bhaga r	Tur	Masur	Kulid	Hulge	Harb ara	Watan a	Val	Nacha ni	Warai	Sawa	X	Ric e	Udid	Mung	Bhaga r
Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	X	Rice	Rice	Rice
Udid	Udid	Udid	Udid	Udid	Harb ara	Udid	Val	Nacha ni	Udid	Udid	Udid	Ric e	X	Udid	Udid
Mung	Tur	Masur	Kulid	Hulge	Harb ara	Watan a	Val	Nacha ni	Warai	Sawa	Bhaga r	Ric e	Udid	X	Mung
Chawl i	Tur	Masur	Kulid	Hulge	Harb ara	Watan a	Val	Nacha ni	Warai	sawa	Bhaga r	Ric e	Udid	Mung	X

Table No. 10:- Wild green Leafy Vegetables

Wil d gre en Le afy Ve get abl es	Bar ki	Kur du	Kh ura sni	Ch ila	A al o o	Ch ai	Bar da	Lo ti	Ka wa li	Pa pa da	Na ra li	K o m bd a	Pal an dh	Di vy a	Ch ich urt i	Mi ki	Gh aip at	Ko lu	Ka ud har	Ch ak hw at	Pi m ma li	Ra tal a	Ja s wa ndi	W al	Raj gir a	Bh aga r	Dh ap e	Mo hor	
Bar ki	X	Kur du	Bar ki	Bar ki	Bar ki	Ch ai	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki	Bar ki
Kur du	Kur du	X	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du	Kur du
Kh ura sni	Bar ki	Kur du	X	Kh ura sni	A al o o	Ch ai	Kh ur as ni	Kh ur as ni	Ka wa li	Kh ur as ni	Kh ur as ni	K o m bd a	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	Kh ur as ni	
Chi la	Bar ki	Kur du	Kh ura sni	X	A al o o	Ch ila	Ch ila	Ch ila	Ka wa li	Ch ila	Ch ila	K o m bd a	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila	Ch ila
Aal oo	Bar ki	Kur du	Aa loo	Aa loo	X	Ch ai	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	K o m bd a	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo	Aa loo
Ch ai	Ch ai	Kur du	Ch ai	Ch ai	Ch ai	X	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai	Ch ai
Bar da	Bar ki	Kur du	Kh ura sni	Ch ila	A al o o	Ch ai	X	Bar da	Ka wa li	Bar da	Bar da	K o m bd a	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da	Bar da
Lot	B	K	Kh	Ch	A	C	Ba	X	Ka	Lo	Na	K	Lo	Lo	Ch	Lot	Gh	Lo	ka	Lot	Lot	Ra	Lot	W	Lot	Lot	Lo	Lot	



i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Ka	B	K	Ka	Ka	A	C	Ka	Ka	X	Ka	Ka	K	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka	Ka
wal	ar	ur	wal	wal	al	h	wal	wal		wal	wal	o	wal	wal	wal	wal	wal	wal	wal	wal	wal	wal	wal	wal	wal	wal	wal	wal
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Pap	B	K	Kh	Ch	A	C	Ba	Lo	Ka	X	Na	K	Pal	Pa	Ch	Pa	Gh	Lo	ka	Pa	Pa	Ra	Pa	W	Pa	Pa	Dh	Pa
ada	ar	ur	ura	ila	al	h	rd	ti	wal		ral	o	an	pa	ich	pa	aip	ti	ud	pa	pa	tal	pa	al	pa	pa	ap	pa
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Nar	B	K	Kh	Ch	A	C	Ba	Na	Ka	Na	X	K	Na	Na	Ch	Na	Gh	Na	ka	Na	Na	Na	Na	W	Na	Na	Na	Na
ali	ar	ur	ura	ila	al	h	rd	ral	wal	ral		o	ral	ral	ich	ral	aip	ral	ud	ral	ral	ral	ral	al	ral	ral	ral	ral
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Ko	B	K	Ko	Ko	A	C	Ko	Ko	K	Ko	Ko	X	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko	Ko
mb	ar	ur	mb	mb	al	h	mb	mb	o	mb	mb		mb	mb	mb	mb	mb	mb	mb	mb	mb	mb	mb	mb	mb	mb	mb	mb
da	ar	ur	da	da	al	h	da	da	o	da	da		da	da	da	da	da	da	da	da	da	da	da	da	da	da	da	da
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Pal	B	K	Kh	Ch	A	C	Ba	Lo	Ka	Pa	Na	K	Pal	Ch	Pal	Gh	Pal	ka	Pal	Pal	Ra	Pal	W	Pal	Pal	Dh	Pal	
and	ar	ur	ura	ila	al	h	rd	ti	wal	pa	ral	o	an	ich	an	aip	an	ud	an	an	tal	an	al	an	an	ap	an	dh
h	ar	ur	da	da	al	h	da	da	o	da	da		dh	ur	dh	at	dh	har	dh	dh	a	dh	al	dh	dh	pe	dh	
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Div	B	K	Kh	Ch	A	C	Ba	Lo	Ka	Pa	Na	K	Pal	Ch	Di	Gh	Ko	Ka	Di	Di	Ra	Jas	W	Di	Di	Dh	Di	
ya	ar	ur	ura	ila	al	h	rd	ti	wal	pa	ral	o	an	ich	vy	aip	lu	ud	vy	vy	tal	wan	al	vy	vy	ap	vy	
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Chi	B	K	Kh	Ch	A	C	Ba	Ch	Ka	Ch	Ch	K	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	W	Ch	Ch	Ch	Ch	
chu	ar	ur	ura	ila	al	h	rd	urt	wal	urt	urt	o	urt	urt	urt	urt	urt	urt	urt	urt	urt	urt	urt	urt	urt	urt	urt	urt
r	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Mi	B	K	Kh	Ch	A	C	Ba	Lo	Ka	Pa	Na	K	Pal	Di	Ch	Gh	Ko	Ka	Ch	Pi	Ra	Jas	W	Raj	Bh	Dh	Mo	
ki	ar	ur	ura	ila	al	h	rd	ti	wal	pa	ral	o	an	vy	ich	aip	lu	ud	ak	m	tal	wan	al	gir	aga	ap	hor	
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Gh	B	K	Kh	Ch	A	C	Ba	Gh	Ka	Gh	Gh	K	Gh	Gh	Ch	Gh	Ka	Gh	Gh	Gh	Gh	Gh	W	Gh	Gh	Gh	Gh	
aip	ar	ur	ura	ila	al	h	rd	at	wal	at	at	o	at	at	ich	at	ud	at	at	at	at	at	at	at	at	at	at	at
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Ko	B	K	Kh	Ch	A	C	Ba	Lo	Ka	Ko	Na	K	Ko	Ko	Ch	Gh	Ko	Ko	Pi	Ko	Jas	Ko	Ko	Ko	Bh	Ko	Ko	
lu	ar	ur	ura	ila	al	h	rd	ti	wal	lu	ral	o	lu	lu	ich	aip	lu	lu	m	lu	wan	lu	lu	lu	aga	lu	lu	
i	ar	ur	ura	ila	al	h	rd		wa	ti	ral	o	ti	ti	ich	i	aip	ti	ud	i	i	tal	i	al	i	i	ti	i
Ka	B	K	Ka	Ch	A	C	Ba	Ka	Ka	Ka	Ka	K	Ka	Ka	Ch	Ka	Ka	X	Ka	Ka	Ka	Ka	W	Ka	Ka	Ka	Ka	



udhar	urki	urdu	udhar	ila	aloo	hai	arda	udhar	wali	udhar	udhar	om	udhar	udhar	ichurti	udhar	udhar	udhar	udhar	udhar	udhar	al	udhar	udhar	udhar	udhar	udhar	
Chakwat	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Loti	Kawali	Padra	Narali	Kom	Palan	Diva	Chichurti	Chakwat	Ghapat	Kolu	kaudhar	X	Chakwat	Ratala	Chakwat	Wal	Chakwat	Chakwat	Dhape	Chakwat
Pimmali	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Loti	Kawali	Padra	Narali	Kom	Palan	Diva	Chichurti	Pimmani	Ghapat	Kolu	kaudhar	Chakwat	X	Ratala	Jaswandi	Wal	Rajgira	Pimmani	Dhape	Mohor
Ratala	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Ratala	Kawali	Ratala	Narali	Kom	Ratala	Ratala	Chichurti	Ratala	Ghapat	Ratala	kaudhar	Ratala	Ratala	X	Ratala	Wal	Ratala	Ratala	Ratala	Ratala
Jaswandi	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Loti	Kawali	Padra	Narali	Kom	Palan	Diva	Chichurti	Jaswandi	Ghapat	Kolu	kaudhar	Jaswandi	Jaswandi	Ratala	X	Wal	Jaswandi	Jaswandi	Dhape	Jaswandi
Wal	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Wal	Kawali	Wal	Wal	Kom	Wal	Wal	Wal	Wal	Wal	Wal	Wal	Wal	Wal	Wal	X	Wal	Wal	Wal	Wal	Wal
Rajgira	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Loti	Kawali	Padra	Narali	Kom	Palan	Diva	Chichurti	Rajgira	Ghapat	Kolu	kaudhar	Chakwat	Pimmani	Ratala	Jaswandi	Wal	X	Bhagar	Dhape	Mohor
Bhagar	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Loti	Kawali	Padra	Narali	Kom	Palan	Diva	Chichurti	Miki	Ghapat	Kolu	kaudhar	Chakwat	Pimmani	Ratala	Jaswandi	Wal	Rajgira	X	Dhape	Mohor
Dhape	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Loti	Kawali	Dhape	Narali	Kom	Dhape	Dhape	Chichurti	Dhape	Ghapat	Dhape	kaudhar	Dhape	Dhape	Ratala	Dhape	Wal	Dhape	Dhape	X	Dhape
Mohor	Baraki	Kurdu	Khurani	Chila	Alao	Chai	Bara	Loti	Kawali	Padra	Narali	Kom	Palan	Diva	Chichurti	Mohor	Ghapat	Kolu	kaudhar	Chakwat	Pimmani	Ratala	Jaswandi	Wal	Rajgira	Mohor	Dhape	X



Table No. 11:- Roots

Roots	Aanwa	Palandh	Achkanth	Kaudhar	Divava	Tambo li	Ambar kandh	Kakdi	Vasali	Chkat	Kadu Kandh	Chhainkandh	Haindha	Bakli	Beetro ot	Ratala
Aanwa	X	Palandh	Aanwa	Kaudhar	Divava	Aanwa	Aanwa	Aanwa	Aanwa	Aanwa	Aanwa	Chhainkandh	Aanwa	Aanwa	Aanwa	Aanwa
Palandh	Palandh	X	Palandh	Palandh	Divava	Palandh	Palandh	Palandh	Palandh	Palandh	Palandh	Chhainkandh	Palandh	Palandh	Palandh	Palandh
Achkanth	Aanwa	Palandh	X	Kaudhar	Divava	Achkanth	Achkanth	Achkanth	Achkanth	Chkat	Kadu Kandh	Chhainkandh	Achkanth	Achkanth	Achkanth	Achkanth
Kaudhar	Aanwa	Palandh	Kaudhar	X	Divava	Kaudhar	Kaudhar	Kaudhar	Kaudhar	Kaudhar	Kaudhar	Chhainkandh	Kaudhar	Kaudhar	Kaudhar	Kaudhar
Divava	Divava	Divava	Divava	Divava	X	Divava	Divava	Divava	Divava	Divava	Divava	Chhainkandh	Divava	Divava	Divava	Divava
Tambo li	Aanwa	Palandh	Achkanth	Kaudhar	Divava	X	Ambar kandh	Tambo li	Tambo li	Chkat	Kadu Kandh	Chhainkandh	Tambo li	Tambo li	Tambo li	
Ambar kandh	Aanwa	Palandh	Achkanth	Kaudhar	Divava	Ambar kandh	X	Ambar kandh	Ambar kandh	Chkat	Kadu Kandh	Chhainkandh	Ambar kandh	Ambar kandh	Ambar kandh	Ambar kandh
Kakdi	Aanwa	Palandh	Achkanth	Kaudhar	Divava	Tambo li	Ambar kandh	X	Vasali	Chkat	Kadu Kandh	Chhainkandh	Kakdi	Kakdi	Kakdi	Ratala
Vasali	Aanwa	Palandh	Achkanth	Kaudhar	Divava	Tambo li	Ambar kandh	Vasali	X	Chkat	Kadu Kandh	Chhainkandh	Vasali	Vasali	Vasali	Ratala
Chkat	Aanwa	Palandh	Chkat	Kaudhar	Divava	Chkat	Chkat	Chkat	Chkat	X	Kadu Kandh	Chhainkandh	Chkat	Chkat	Chkat	Chkat



												h					
Kadu Kandh			Kadu Kandh			Kadu Kandh	Kadu Kandh	Kadu Kandh	Kadu Kandh	Kadu Kandh	X	Chhai kandh	Kadu Kandh	Kadu Kandh	Kadu Kandh	Kadu Kandh	
Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	X	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh	Chhai kandh
Haindha	Aanwa	Palandh	Achkandh	Kaudhar	Diva	Tambo	Ambar	Haindha	Vasali	Chkat	Kadu Kandh	Chhai kandh	X	Haindha	Haindha	Ratala	
Bakli	Aanwa	Palandh	Achkandh	Kaudhar	Diva	Tambo	Ambar	Kakdi	Vasali	Chkat	Kadu Kandh	Chhai kandh	Haindha	x	Beetro	Ratala	
Beetro	Aanwa	Palandh	Achkandh	Kaudhar	Diva	Tambo	Ambar	Kakdi	Vasali	Chkat	Kadu Kandh	Chhai kandh	Haindha	Beetro	X	Ratala	
Ratala	Aanwa	Palandh	Achkandh	Kaudhar	Diva	Ratala	Ambar	Ratala	Ratala	Chkat	Kadu Kandh	Chhai kandh	Ratala	Ratala	Ratala	X	

Table No. 12:- Oil seeds

Oil seeds	Khurasni	Kardai	Rai	Soyabeen	Coconut	Groundnut	Sunflower
Khurasni	X	Khurasni	Khurasni	Khurasni	Khurasni	Khurasni	Khurasni
Kardai	Khurasni	X	Kardai	Soyabeen	Kardai	Groundnut	Sunflower
Rai	Khurasni	Kardai	X	Soyabeen	Rai	Groundnut	Sunflower
Soyabeen	Khurasni	Soyabeen	Rai	X	Soyabeen	Groundnut	Sunflower
Ccoconut	Khurasni	Kardai	Rai	Soyabeen	X	Groundnut	Groundnut
Groundnut	Khurasni	Groundnut	Groundnut	Groundnut	Coconut	X	Groundnut
Sunflower	Khurasni	Sunflower	Sunflower	Sunflower	Sunflower	Groundnut	X

Table No. 13:- Liquor

Liquor	Mahuwa	Tadi	Jaggery Alcohol
Mahuwa	X	Mahuwa	Mahuwa
Tadi	Mahuwa	X	Jaggery Alcohol
Jaggery Alcohol	Mahuwa	Jaggery Alcohol	X

Table No. 14:- Wild Fruits

Wild Fruits	Mango	Jambhul	Karwandh	Aambla	Peru	Ashindh	Pappya	Torna	Fanash
Mango	X	Mango	Karwandh	Aambla	Mango	Mango	Mango	Mango	Mango
Jambhul	Mango	X	Karwandh	Aambla	Jambhul	Jambhul	Jambhul	Jambhul	Jambhul
Karwandh	Karwandh	Karwandh	X	Karwandh	Karwandh	Karwandh	Karwandh	Karwandh	Karwandh
Aambla	Aambla	Aambla	Karwandh	X	Aambla	Aambla	Aambla	Aambla	Aambla



Peru	Mango	Jambhul	Karwandh	Aambla	X	Peru	Peru	Torna	Peru
Ashindh	Mango	Jambhul	Karwandh	Aambla	Peru	X	Pappya	Torna	Fanash
Pappya	Mango	Jambhul	Karwandh	Aambla	Peru	Pappya	X	Torna	Pappya
Torna	Mango	Jambhul	Karwandh	Aambla	Torna	Torna	Torna	X	Torna
Fanash	Mango	Jambhul	Karwandh	Aambla	Peru	Fanash	Pappya	Torna	X

Table No. 15:- Meat

Meat	Goats meat	Fish	Chicken	Eggs	Squirrel	Wild Pig	Wild Hen	Rabbits	Crabs	Birds	Duck	Sheep
Goats meat	X	Fish	Chicken	Eggs	Goats meat	Goats meat	Goats meat	Goats meat	Goats meat	Goats meat	Goats meat	Goats meat
Fish	Fish	X	Fish	Fish	Fish	Fish	Fish	Fish	Fish	Fish	Fish	Fish
chicken	Chicken	Fish	X	chicken	chicken	Chicken	Chicken	chicken	chicken	chicken	chicken	Chicken
Eggs	Eggs	Fish	Chicken	X	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs
Squirrel	Goats meat	Fish	Chicken	Eggs	X	Wild Pig	Wild Hen	Squirrel	Crabs	Birds	Squirrel	Sheep
Wild Pig	Goats meat	Fish	Chicken	Eggs	Wild Pig	X	Wild Hen	Wild Pig	Wild Pig	Wild Pig	Wild Pig	Sheep
Wild Hen	Goats meat	Fish	Chicken	Eggs	Wild Hen	Wild Hen	X	Wild Pig	Wild Hen	Wild Hen	Wild Hen	Sheep
Rabbits	Goats meat	Fish	Chicken	Eggs	Rabbits	Wild Pig	Wild Hen	X	Crabs	Birds	Rabbits	Sheep
Crabs	Goats meat	Fish	Chicken	Eggs	Crabs	Crabs	Wild Hen	Crabs	X	Crabs	Crabs	Sheep
Birds	Goats meat	Fish	Chicken	Eggs	Birds	Birds	Wild Hen	Birds	Crabs	X	Birds	Sheep
Duck	Goats meat	Fish	Chicken	Eggs	Squirrel	Wild Pig	Wild Hen	Rabbits	Crabs	Birds	x	Sheep
Sheep	Goats meat	Fish	Chicken	Eggs	Sheep	Sheep	Sheep	Sheep	Sheep	Sheep	Sheep	X

Table No. 16:- Dairy Products

Dairy Products	Milk	Tak	Ghee	Loni	Paneer	Khawa
Milk	X	Tak	Milk	Milk	Milk	Milk
Tak	Tak	X	Tak	Tak	Tak	Tak
Ghee	Milk	Tak	X	Ghee	Ghee	Ghee
Loni	Milk	Tak	Ghee	X	Loni	Khawa
Paneer	Milk	Tak	Ghee	Loni	X	Paneer
Khawa	Milk	Tak	Ghee	Khawa	Khawa	X

Medicinal Uses of Indigenous Plants

Indigenous plants were identified by the participants for medicinal use. In the FGDs many participants had a perception that because of the colure of fruits it increased the blood and increase in good health.

Amla (*Phyllanthus emblica*) was used to treat the diarrhoea and dysentery. Participants in the FGDs mentioned that amla was used to treat hair fall. Amla was consumed as the immunity booster as it gives energy to do daily work. The leaves of the Amla tree were also consumed in the rainy seasons. Drying the leaves and later used for consumption.

Karwand (*Carissa carandas*) was commonly grown fruit in the area. Karwand is most commonly grown on the mountains during the rainy season. It is consumed by the participants to boost energy. Due to its red rich colure it increases the blood (Haemoglobin level) in the body. Adults and women's go around for fetching food with the other wild leafy vegetables the Karwand is also consumed.

Mahuwa (*Madhuca longifolia*) Mahuwa tree has many medicinal properties; it is grown in the month of March. The bark of Mahuwa tree was used for rheumatism, chronic bronchitis,



and bleeding. Mahua leaves were used as a medicine for rheumatism and haemorrhoids.

Papaya (*Carica papaya*) fruit and leaves were used to treat conditions like constipation and amenorrhoea. Seeds of the papaya fruits were used to treat menstruation related problems specially amenorrhoea.

Jambhul (*Syzygium Cumini*) The participants in the FGD stated that Jambhul fruit is very good to remove body weakness and treat anaemia. Many of the Participants also stated that boiling the bark of Jambhul tree in water till the water thickens than Cooling the mixture and applying the watery paste on the affected part to relieve pain and inflammation.

OUTCOME OF PAIRWISE RANKING

Table No. 17:- Cereals

Sr.no	Cereals	Votes
1	Tur	16
2	Masur	14
3	Kulid	18
4	Hulge	8
5	Harbara	26
6	Watana	12
7	Val	23
8	Nachani	22
9	Warai	10
10	Sawa	6
11	Bhagar	5
12	Rice	28
13	Udid	20
14	Mung	3
15	Chawli	0

Table No. 18:- Roots

Sr.no	Roots	Votes
1	Aanwa	22
2	Palandh	22
3	Achkandh	16
4	Kaudhar	20
5	Diva	27
6	Tamboli	4
7	Ambarkandh	14
8	Kakdi	5
9	Vasali	8
10	Chkat	18
11	Kadu Kandh	20
12	Chhai kandh	30
13	Haindha	5
14	Bakli	0
15	Beetroot	2
16	Ratala	9



Table No. 19:- Wild Green leafy Vegetables

Sr.no	Wild Green Leafy Vegetables	Votes
1	Barki	50
2	Kurdu	54
3	Khurasni	55
4	Chila	41
5	Aaloo	47
6	Chai	51
7	Barda	38
8	Loti	25
9	Kawali	44
10	Papada	7
11	Narali	28
12	Kombda	47
13	Palandh	45
14	Divya	13
15	Chichurti	34
16	Miki	1
17	Ghaipat	30
18	Kolu	19
19	Kaudhar	56
20	Chakhwat	11
21	Pimmali	7
22	Ratala chi bhaji	24
23	Jaswandi	13
24	Wal	32
25	Rajgira	5
26	Bhagar	8
27	Dhape	21
28	Mohor	6



Table No. 20:- Oil seeds

Sr.no	Oil seeds	Votes
1	Khurasni	12
2	Kardai	4
3	Rai	3
4	Soyabeen	5
5	Coconut	1
6	Groundnut	10
7	Sunflower	7

Table No. 21:- Liquor

Sr.no	Liquor	Votes
1	Mahuwa	4
2	Tadi	0
3	Jaggery Alcohol	2

Table No. 22:- Wild fruits

Sr.no	Wild Fruits	Votes
1	Mango	12
2	Jambhul	10
3	Karwandh	16
4	Aambla	14
5	Peru	6
6	Ashindh	0
7	Pappya	4
8	Torna	8
9	Fanash	2

Table No. 23:- Meat

Sr.no	Meat	Votes
1	Goats meat	16
2	Fish	22
3	Chicken	20
4	Eggs	18
5	Squirrel	3
6	Wild Pig	9
7	Wild Hen	11
8	Rabbits	3
9	Crabs	9
10	Birds	7
11	Duck	0
12	Sheep	14

Table No. 24:- Sweets

Sr.no	Sweets	Votes
1	Jaggery	0
2	Suger	8

Table No. 25:- Whole Spices

Sr.no	Whole spices	Votes
1	Curry Leaves	4

Table No. 26:- Milk and Dairy

Sr.no	Milk & Dairy Product	Votes
1	Milk	8
2	Tak	10
3	Ghee	6
4	Loni	2
5	Paneer	1
6	Khawa	3

COMMONLY CONSUMED WILD GREEN LEAFY VEGETABLES



Common name- Val



Common name- Aaloo



Common name- Mohori chi Bhaji



Common name- Chirchurti



Common name- Torna



Common name- Jambhul

IV. ISCUSSION

The present study has wide variety of Indigenous, wild food and food consumption pattern by the Mahadev Koli and Thakar tribes of the Akole block, especially more of the wild green leafy vegetables, fruits, wild meat, etc. comes from the natural local environment. The Mahadev Koli and Thakar tribes has tremendous knowledge about their local wild foods and there ecosystem. The tribes are well known to their environment; especially the old age people have the knowledge and the process of storage of the wild foods. The study also stated that there is lack of knowledge about the wild foods, Indigenous foods and the food consumption pattern in the young age groups. Some of the indigenous foods identified in the study also reportedly had medicinal properties which were known to the local community based on practical knowledge and traditional wisdom. The local communities also employ many conservation strategies to maintain these food resources. Support and advocacy for their increased consumption can be an important supplementary strategy to improve nutritional status within this tribal group. The Rathore M; The Vartak VD and Ghate VS studies showed that the Tribal people fully depend for bread and butter upon the natural resources. The wild food plants play an important role in the dietary pattern. The Indigenous, wild foods, roots fruits, legumes, etc. contains rich Micronutrients^{5,30}.

In the Sinha R, Lakra study the tribal women and men go in search of these wild foods that are available in their local environment. Variety of Indigenous wild food, fruits, roots were collected, dried and stored before the rainy season because during the rainy seasons there is heavy rainfall in the Hilly area of Akole block so people

cannot go out for their food. Tribes inhabited in the hilly areas do the same⁸. Rice is the main staple food of the Tribes in inhabited in the Akole block (Rice named Indrayani, Daptari, Laxmi, Rupali, Poonam, etc.) Variety of Rice's is grown in the Tribale area⁷. Vartak V, Kulkarni D; Kulkarni D, Agte V, Kumbhojkar M. in study found out that the tribes completely depend upon the Natural ecosystem for food. The wild edible plants are resources of fats, proteins, rich source of micro-nutrients and trace elements^{24,25}. Traditional knowledge is existing from long association with nature. Now days their living and consumption pattern has been changed and these valuable food resources becoming rare and extinct due to over-exploitation. The scope of these foods to provide a nutrient rich diet by virtue of their diversity is considered important for maintaining a holistic health status through natural means. The propagation of the consumption of these foods provides a buffer against the increasing displacement of traditional dietary patterns by marketed, processed foods. The Mahadev koli and Thakar tribes thus presented a rich and ready source of indigenous plants that were used for maintaining good health and treating illnesses.

The present study found out 28 species of wild green leafy vegetables, 16 species of roots and tubers, 7 species of oil seeds, 9 species of wild fruits, 12 types of meat and meat products, 3 types of alcohol consumption by men in the 2 tribes i.e. Mahadev koli and Thakar tribes. There is a need to create awareness about the nutritional quality of these indigenous foods and effectively package the message with promotion of indigenous foods through nutrition education.

V. CONCLUSION



The present study was carried out for documenting and eliciting traditional knowledge about indigenous foods, its availability, utilization and preferences for commonly consumed indigenous foods to the regular diets of Tribal community. The study found out that there is knowledge about the Indigenous, wild foods more in elderly men & women and less in young adults living in the tribal area. The availability of the indigenous foods is seasonal and rare, hence the consumptions of the indigenous wild foods are seasonally; especially the tribes inhabited in the Hilly area of Akole block collect, gather, dry and store all the vegetables, roots, tubers in the month of March i.e. prior to Rainy season. There is no special need of cultivation of the wild green leafy vegetables, Roots, tubers etc. All the other foods like fruits green leafy vegetables, Meat, are available on the market days, except some wild green leafy vegetables and fruits are available seasonable. The community was well aware of the indigenous food resources in their local environment. These Indigenous foods that was adapted to the local ecosystem and do not need any special inputs for their cultivation.

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