

ETHNO-BOTANICAL AND MEDICINAL USES OF SOME WILD EDIBLE FRUITING PLANTS IN HILLS REGION OF GARHWAL HIMALAYA

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ABSTRACT

Garhwal Himalayas is characterized by the rich diversity of ethno botanical and medicinal plant, as well as rich heritage of wild edible fruits. A study was conducted to explore the ethno medicinal uses of different wild edible fruiting plants. The present study was carried out in 9 blocks and 45 villages of district Tehri Garhwal. Twenty-four wild edible fruiting plant species were identified from the study area viz; Aegle marmelos, Benthamidia capitata, Berberis aristata, Berberis lyceum, Carissa opaca, Celtis australis, Embilica officinalis, Ficus auriculata, Ficus palmate, Ficus racemosa, Ficus semicordata, Flacourtia indica, Grewia optiva, Morus serrata, Myrica esculenta, Phoenix humilis, Punica granatum, Pyrus pashia, Rhus parviflora, Rubus ellipticus, Rubus paniculatus, Solanum nigrum, Syzygium cumini, and Ziziphus glaberrima.

KEYWORDS: *Wild Fruits, Nutrition, Protein, Medicines, Ethno Botanical, Consumption*

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