



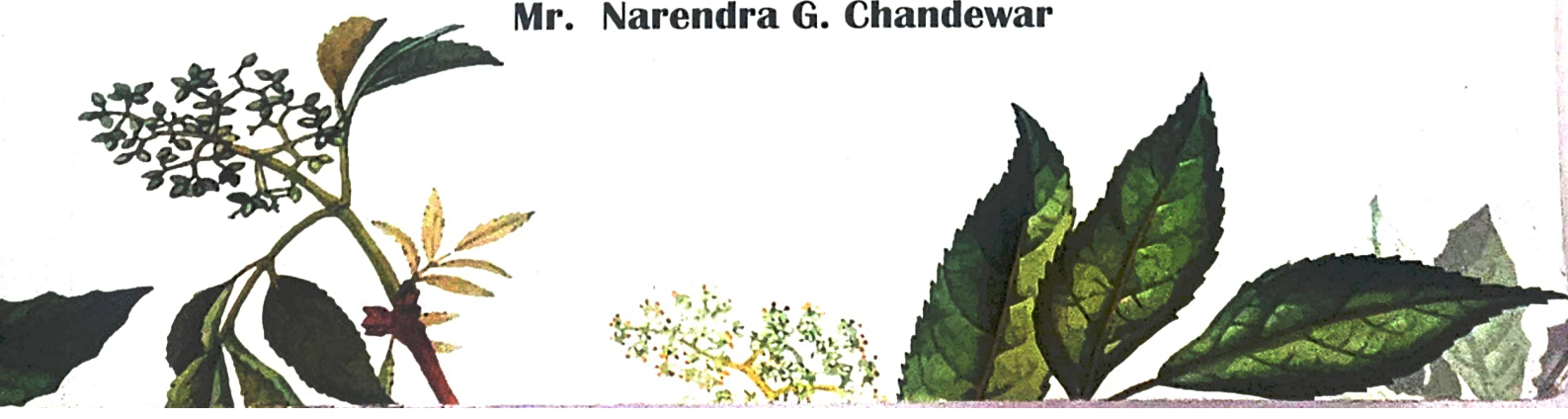
"WILD EDIBLES"

AN AYURVEDIC APPROACH



AUTHOR

Dr. Rupali N. Chandewar
Mr. Narendra G. Chandewar



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DEDICATED TO



Late Mr. T. S. K. Reddy, (IFS)

AUTHOR

Dr. Rupali N. Chandewar
Mr. Narendra G. Chandewar



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Author

Dr. Rupali N. Chandewar

Mr. Narendra G. Chandewar

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Note: It is important to consult a knowledgeable healthcare practitioner or an Ayurvedic expert before incorporating any herbal remedy into your routine, especially for medicinal purposes.



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घरकुल परिसर के पास, एन.आई.टी. कॉम्प्लेक्स, नंदनवन, नागपुर - 440009(म.रा.)

Near Gharkul Parisar, N.I.T. Complex, Nandanvan, NAGPUR-440009(M.S.)



Greetings

In the current age of life, modern lifestyle takes the place of traditional life everywhere. The impact of contemporary life is significant in technology, but traditional values are decreasing concerning health issues harmful to mankind and the environment. This fact reveals the importance of the value of nature in the world. The book entitled "Wild Edible: An Ayurvedic Approach," written by Dr. Rupali Chandewar and Narendra Chandewar, invites readers on a profound journey into the heart of forests, revealing the unexploited potential of wild edible plants and their remarkable contributions to our health and well-being.

Drawing from the wealth of knowledge embedded in the principles of Ayurveda, this book highlights the importance of reconnecting with the natural environment and harnessing the healing power of plants. As our ancestors embraced nature's bounty for sustenance and health, this book reminds us of the invaluable resources beyond our doors. The authors expertly navigate the intricate balance of nutrition, health, and the vibrant ecosystems these wild edibles emerge from.

With each page, readers will discover various wild plants and other edibles—some familiar and others waiting to be explored. The detailed descriptions and insights into their nutritional and medicinal properties empower individuals to integrate these plants into their daily lives. The authors educate and inspire a movement towards sustainable living and holistic health by bridging the gap between ancient wisdom and contemporary practice.

As we journey through this enlightening text, let us embrace the philosophy that our health is intricately linked to the earth we inhabit. The wisdom shared within "Wild Edible: An Ayurvedic Approach" reminds us that nature holds the key to our well-being. I hope this book will inspire us to venture into the wild, appreciate the bounty of plants that flourish in our forests, and cultivate a deeper understanding of how these gifts can enrich our lives and heal our bodies.

May this work ignite your curiosity and passion for the wild and encourage you to explore the healing wonders that await in the natural world.

Best wishes.....!

Date:- 29 /10/2024

Place:- Nagpur

Director

Regional Ayurveda Research Institute Nagpur
Under Central Council for Research in Ayurvedic Science
Ministry of AYUSH, Government of India

Author's Note

In the vast and bountiful realms of nature, lies a treasure chest of nourishment, healing, and sustenance – wild edible. For centuries, these humble plants have offered humanity not only vital sustenance, but also therapeutic remedies for various ailments. In the pursuit of connecting ancient wisdom with modern science, this book, titled "**Wild Edibles: An Ayurvedic Approach**," endeavors to explore the multifaceted benefits of these remarkable botanical gifts.

Throughout time, indigenous cultures around the world have held a profound understanding of the inherent healing properties of wild edible plants. Ayurveda, the ancient Indian system of medicine, is no exception. Ayurveda recognizes the intricate connection between nature and human health, emphasizing the importance of utilizing plant-based remedies to restore balance and vitality. This book seeks to illuminate the Ayurvedic perspective on wild edible plants, uniting traditional wisdom with contemporary scientific research.

The inspiration for this book stems from a deep passion for understanding the true potential of nature's medicine cabinet. Our journey into the world of wild edible plants began in the enchanting region of Muniya Conservation Reserve and Mogarkasa Conservation Reserve Area. Nestled amidst the vibrant landscapes of Central India, both Conservation Reserve Area encompasses an array of diverse ecosystems that harbor a rich variety of plants with immense nutritional and medicinal value. Guided by the principles of Ayurveda, Our research focused on identifying and documenting the wild edible plants found within this unique ecosystems. Numerous expeditions were undertaken to meticulously observe and study these botanical wonders, carefully noting their properties, nutritive content, and potential therapeutic applications.

This book serves as a bridge, connecting traditional knowledge with contemporary scientific understanding, to shed light on the untapped potential of these wild edible.

Within the following pages, you will embark on a voyage of discovery, delving into the captivating world of wild edible. The book is

organized in a manner that marries ancient Ayurvedic wisdom with modern scientific perspectives, catering to both the seasoned Ayurvedic practitioner and the curious novice. Each chapter explores a specific category of wild edible, their nutritional profiles, medicinal properties, and culinary applications, offering a comprehensive guide for their utilization.

Included in this book are detailed descriptions, vivid photographs, and illustrations of the wild edible found within the Muniya and Mogarkasa Conservation Reserve Area, coupled with an in-depth analysis of their potential therapeutic benefits. Additionally, practical tips foraging, harvesting, and preparing these plants will be shared, ensuring that readers can confidently begin their own explorations in the world of wild edibles.

As you journey through the pages of this book, let it serve as an invitation to reconnect with nature's bounty, to rediscover the power and wisdom that lies within our natural surroundings. May it inspire you to develop a deeper reverence for the gifts provided by Mother Earth and to explore the multitude of ways in which wild edible can nourish and heal our bodies and souls.

Ultimately, the aim of this book is to foster a greater understanding and appreciation for the abundant wealth of wild edible, and to encourage their preservation and sustainable use for generations to come. By embracing an Ayurvedic approach to wild edible, we can cultivate a symbiotic relationship with the natural world, promoting health, harmony, and a deeper connection to the essence of life itself.

May this journey kindle a spark of curiosity within you, igniting a lifelong passion for the magical world of wild edibles. As you embark on this adventure, may you find inspiration, wisdom, and profound joy in the knowledge that nature's bounty is abundant, and within our reach.

Dr. Rupali N. Chandewar
Mr. Narendra G. Chandewar

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Chapter 1: An Ayurvedic approach of wild edibles

The preservation, use, and sustainable development of plant resources have had a significant impact on the traditional knowledge system. In India's traditional healthcare system, traditional herbal remedies are very important to the tribal and rural populations. Presumably the world's oldest medical system, Ayurveda offers promising clues for identifying strong and medicinally beneficial plant components.

Since man has lived in close proximity to his environment for thousands of years, he has learned to recognize, gather, and use earthly things not just as food but also for therapeutic purposes. Hippocrates, who lived 400 BC, introduced the idea of food as medicine. Both food and medicine can be used interchangeably; however, some edible wild plants are employed for culinary purposes due to their purported health benefits, and these can be referred to as medical foods. Evocative wild plants have long played a significant role in the folklore of several global regions. The majority of plant parts are utilized for food or for therapeutic purposes, and both types of plant consumption follow a similar pattern.

Therefore, regular ingestion of the plants as food can yield their therapeutic effects. Numerous studies have been conducted on wild plants since many of them have novel and uncommon nutritional and medicinal qualities. Edible wild plants support optimal health by aiding in the prevention of cancer and hypertension, boosting the immune system, enhancing drug metabolism, and promoting tissue regeneration. Ayurvedic and Siddha remedies also contain a number of Indian herbs. Many herbal plants have been found to have therapeutic qualities; these traits have been recorded in ancient Indian literature, and herbal formulations have been proven to be successful in treating many ailments. The wild edible plants serve as a location for Ayurvedic pharmacological research and are employed in the manufacture of several Ayurvedic formulations.

The oldest medical system in India is called Ayurveda, or "the science of life," and it dates back to approximately 1,000 BCE. Its strong

foundations are supported by extensive experimentation and philosophical theories. Ayurvedic medicine uses knowledge of herbs, meals, colors, fragrances, lifestyle, and surgery. The primary source material for Ayurveda is the Samhita, which was compiled by Charaka, Sushruta, and Ashatangahridaya. The Samhithas of Charaka and Sushruta have been the subject of scientific synoptic writings available in English. 902 plant species were described in Ashtanga Hridaya, which is regarded as unparalleled for the principles and practices of medicine. In Charaka Samhitha, 341 drugs from plants, 177 drugs from animals, and 64 drugs from minerals and metals were discussed. In Sushruta Samhitha, 395 drugs from plants, 57 drugs from animals, and 64 drugs from minerals and metals were discussed. There are over 8,000 Ayurvedic medicinal recipes spread throughout more than 70 volumes. Although the primary texts are in Sanskrit, there is a wealth of literature on many different facets of Ayurveda written in a variety of languages. A thorough list has been created. For the purpose of creating standards, the AYUSH department has compiled a list of 600 plant-based medications that are frequently utilized in Indian System Medicine. Additionally, it has produced eight volumes of the Ayurvedic Pharmacopoeia of India, Part I, which contains standards for medications derived from single plants, and Part II, which has 151 plant pharmaceuticals used in compound formulations. There are 444 traditional Ayurvedic formulations in Part I, 192 in Part II, and 350 in Part III in the Indian Ayurvedic Formulary. Currently, it is estimated that over 9000 pharmaceutical companies are actively producing Ayurvedic medications and formulations in our nation. There are about 8,000 printed formulas accessible, of which 200 are widely utilized in Ayurvedic medicine. Wild edible plants have a significant role in Ayurvedic treatment, among the many plant species utilized. Many edible wild plants are utilized as single-species medicines or in a variety of formulations that comprise multiple species.

In conclusion, the majority of communities worldwide utilize plant parts directly as medicines, while the bulk of contemporary medications are derived indirectly from plants. In rural places,

traditional knowledge and utilization of the various naturally occurring wild food species make up for the lack of awareness. This could pose a threat to the diversity reservoir that edible wild plants represent, to the use of traditional foods to conserve local food traditions, and to a thorough knowledge of the role wild plants play in the nutrition and health of rural populations.

