

## Selected Important Traditional Vegetable Crops Species and Uses in Umarkhed and allied areas, Yavatmal District (a review)

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### Abstract:

Present paper deals with some ethno medicinal uses of some important crops vegetable plant species and their uses, by the tribal of Umarkhed Tahsil, in Yavatmal district of Maharashtra. This region is inhabited by tribal communities like Banjara, Gond, Mang, Paradhi etc. The ethno Botanical information on plants viz., Botanical name, family, local name, plant part used and mode of administration is enumerated.

### Keywords:

Traditional Uses, crops vegetable plant species, Umarkhed Tahsil, in Yavatmal district of Maharashtra.

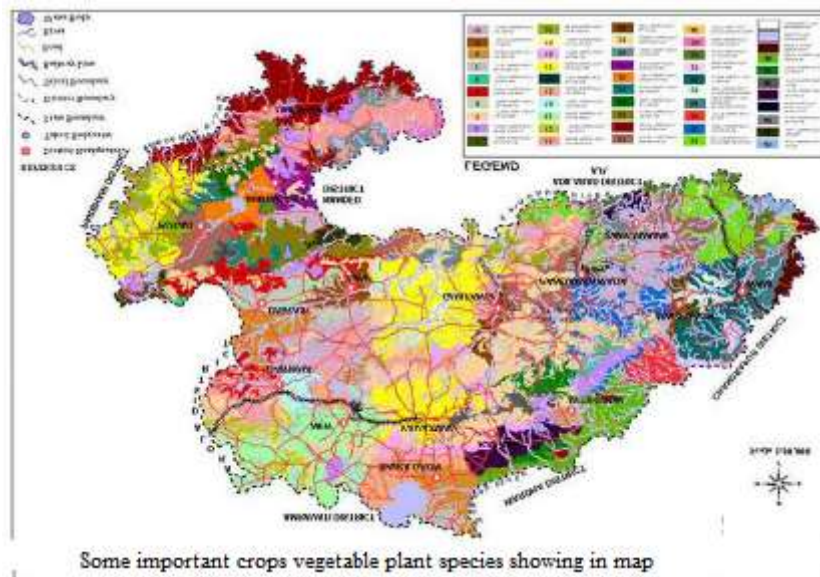
### Introduction:

The use of medicinal plants for therapeutic purposes dates back thousands of years and is deeply intertwined with the development of civilizations across the globe. This paper explores the rich history, present relevance, and potential future of medicinal plants as a sustainable and effective means of healthcare. The medicinal plants have been the object of research in both systematic and advanced areas of plant sciences. The tribal's have the knowledge of medicinal and another uses of plants growing in the forests. Tribal medicine men know the exact preparation of the medicine and diagnosis of the diseases. The medicinal plants have been in the focus as lifesaving drugs right from the beginning of the human civilization.

Through a comprehensive review of literature and case studies, this paper aims to advocate for the integration of crops species uses as medicinal plants into modern healthcare as a means of promoting holistic well-being, preserving indigenous knowledge, and ensuring a sustainable future for healthcare.

**Study Area:**

The district Yavatmal is situated in the eastern part of the Maharashtra between north latitudes 19° 23` and 20° 48` and longitudes 77° 19` and 79° 07`. It occupies an area of 13,582 Sq. Km.



**Material and Methods:**

The materials and methods section in a research paper on crop vegetable plants typically describes the experimental setup and the techniques used to conduct the study. It provides a detailed account of the materials, equipment, and procedures employed in the research, allowing other scientists to replicate or build upon the study.

Here are some common elements that might be included:

**Plant materials:**

- The specific crop vegetable plants used in the study, including their variety or cultivar.
- The source of the seeds or seedlings, such as a commercial supplier or a breeding program.
- Any previous treatments or conditioning methods applied to the plants before the experiment.

**Experimental design:**

- The layout of the experimental plots or arrangement of plants in pots or trays.
- The replicates or blocks used to reduce experimental error. Any specific statistical design, such as a randomized complete block design or a factorial experiment.

**Data analysis:**

The statistical methods used to analyze the collected data.

Tribal medicine men, village heads and local people were interviewed to record different plant part used for folk remedies. Plants were collected, documented and identified with the help of standard floras (Hooker 1997, Cooke 1967, Naik 1998, Yadav and Sardesai, 2002) and herbarium specimens were prepared.

The interviewed of local people and tribal medicine means information are recorded, is as follows. There are numerous traditional vegetable crop species that are commonly grown and consumed by people around the world. Some of these traditional vegetable crops include:

**Okra:** Okra, commonly known as lady's finger, is a popular vegetable crop in Yavatmal District. It is known for its high fiber content and is used in various Indian recipes.

**Bottle Gourd:** Bottle gourd is a traditional vegetable crop cultivated in Umarkhed and nearby areas. It is a versatile vegetable used in both savory and sweet dishes.

**Cluster Bean:** Cluster bean, also known as guar, is grown as a vegetable crop in the region. It is used in various Indian curries and stir-fries.

**Ridge Gourd:** Ridge gourd is another important vegetable crop in Umarkhed. It is rich in fiber and commonly used in making chutneys and curries.

**Pumpkin:** Pumpkin is a traditional vegetable crop that is grown in Yavatmal District. It is used in various preparations like soups, curries, and sweets.

**Chili Pepper:** Chili pepper is widely cultivated in Umarkhed and its surrounding areas. It is known for its spice and is used in almost all Indian cuisines.



**Fig: Okra: Bottle Gourd: Cluster Bean.....**



**Fig: Ridge Gourd: Pumpkin: Chili Pepper:**

### **Results and Discussion:**

The results of our study on the importance of medicinal plants yielded several interesting findings. Firstly, we found that medicinal plants play a significant role in various traditional and alternative medicine systems. They are used to treat a wide range of ailments, from common ailments like colds and headaches to more serious conditions such as cancer and cardiovascular diseases. In many cultures, the use of medicinal plants has been passed down through generations and is deeply rooted in the local knowledge and practices.

### **Conclusion:**

Our study highlights the importance of medicinal plants in various medicine systems, the increasing demand for them, and the need for sustainable management practices. It also calls for further research, documentation, and the inclusion of traditional knowledge in conservation efforts. By recognizing and valuing the role of medicinal plants, we can harness their potential to improve human health while ensuring the preservation of biodiversity and cultural heritage.

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