RESEARCH ARTICLE

WILD INTOXICATING PLANTS AND THEIR DIETARY FORM IN THE BASTAR REGION (CHHATTISGARH) AMONG THE NATIVE TRIBAL'S

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Abstract: This paper compiles and evaluates the ethnobotanical study on wild intoxicating plants and their dietary form in the Bastar region (Chhattisgarh) among the native tribal's which are traditionally used for their consumption. The intoxicating plant species from Bastar district were reviewed, together with their Local names, Family, Habit, Dietary form and Ethnomedicinal uses. A total of Eight plant species belonging to Six families were recorded. We studied data on the botanical families to which the plants belonged also their utilization for the medicinal purposes. This paper highlights the traditional knowledge on the intoxicating edible plants that has remained in rural Bastar. Until recently, many wild plants were used as dietary supplements. However, most of this knowledge survives only in the memory of the elderly, and will probably disappear in a few decades.

Keywords: Ras, Tadi, Farsa, Salphi, Bastar Beer, Adivasi, Tribal's

INTRODUCTION

Humans around the world have been depended on wild-growing plants in their diet for hundreds of thousands of years and will continue to rely on these species to meet at least part of their daily nutritional needs. Wild plant foods include roots, shoots, leaves and fruits etc., use of any of these plants require special cultural knowledge regarding harvesting, preparation, cooking and other forms of processing. Intoxication means the state of being intoxicated, especially by alcohol. Tribal's have a long history of getting the kicks (local word for intoxication) from local plants. Tribals believe intoxication provides excitement and jubilation in their daily life. There has been renewed or increasing interest in consuming wild food plants and their edibility prospects. (nebel 2006). This paper presents case examples of the wild edible plant used for intoxication and their roles in medicinal purposes around the different parts and different cultures and segments of the tribal society of the Bastar.

Study area

Bastar district is located in the southern part of Chhattisgarh and it is situated at a height of about 2000 ft plateau from sea level. The district has an average population of 1,411644 as per the 2011 census. Of the total population 86 % are rural population in which more than 70 per cent are tribal people like Gond, Dandami Maria, Bison Horn Maria, Muria Dorla, Dhruwa, Bhatra and Halba Tribe, etc. Geography of Bastar District is characterized by its vast natural forest area and prominent rivers. The total forest area of the district is more than 70% i.e. 8029 sq km which is dominated by Sal forest. The Bastar district is abundantly and richly endowed with forest resources.

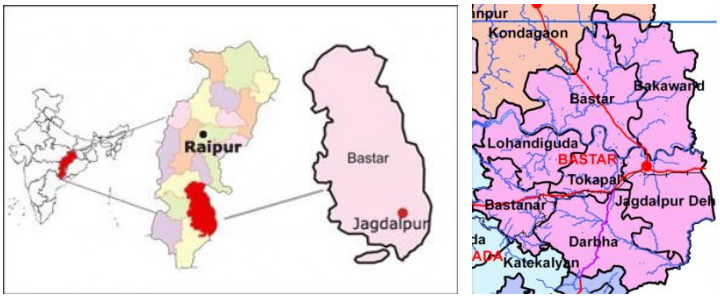

Fig. 1. Map of Bastar District.

MATERIAL AND METHOD

Ethnobotanical data on the uses of 08 plant species were collected through informed consent semi-structured interviews with local informants; the key informants were the age thirty to fifty years. Informants with a sound traditional knowledge of useful wild plants, mostly elderly long-time residents, were interviewed. A semi-quantitative approach was used to document the relative importance of each species and to indicate differences in selection criteria for consuming wild food species in the regions were studied. Open questions about wild food consumption sought to ascertain knowledge about past and present-use, mode of consumption and preparation, collection

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time and collection sites for each species. For this study, data were grouped under their dietary form for the purpose of intoxication and ethnomedicinal uses utilized by those plants.

RESULT AND DISCUSSION

In the enumeration of all plant species are arranged alphabetically (Table no. 01.). A total of 08 plant species belonging to 06 different families were found for intoxication and ethnomedicinal uses. Arecaceae is found to be the dominant family with 3 plant species followed by Cannabaceae, Clusiaceae, Fabaceae, Graminae and Sapotaceae. The survey indicated that the study area has plenty of intoxicating plants along with medicinal values to treat a wide spectrum of human ailments. The distilled liquor of *Madhuca longifolia* J. Konig (Mahua) is known as "Mand" in the Bastar and the pure form of the liquor is called "Fulli"; in Bastar region almost every Tribal house hold have a small distillation unit for Mahua Mand and is one of major source of economy for many tribal's. The tribals apart from intoxication and medicinal purposes generate a wholesome of revenue by selling the liquior products in their villages. The preservative techniques can be further develop to enhance the preservation techniques which will finally help in the socioeconomic upliftment of the Tribal's of the region adding contribution to the economy of the nation.

CONCLUSION

The present finding indicates that the tribal's of the study area have deep connection with local forest plants and have great faith in traditional medicine. Due to the constant association with the forest environment and in the absence of any other medical facility available to them in their localities, the tribes of these regions possess good knowledge of herbal drugs. The tribal's of the region uses many plant products for fulfilling their need of alcohol; being poor they generally depend upon they natural solutions for fulfilling their needs. The plants studied and observed were also found to be of great medicinal values, apart from their use in alcoholism they are used in low cost natural medicinal treatments.

Bastar region is very rich in medicinally useful forest, therefore these selected ethnobotanical plants which have medicinal importance needs conversation and these tree species must be conserved by promoting its plantation to protect it from over exploitation. Local ethnobotanical knowledge must be preserved by proper documentation, so that our future generation can be benefited and knowledge received from them will be very useful for researchers in future study.

Table 1. Ethnobotanical and Ethnomedicinal Uses of Trees by Tribals of Bastar District, Chhattisgarh.

S No.	Botanical Name	Local Name	Family	Habit	Dietary Form	EthnoMedicinal Uses
1.	*Borassus flabellifer* L.	Tad	Arecaceae	T	The inflorescence sap is consumed as liquor known as "Tadi ras". The sap is extracted for the tree in the morning and evening hour's and are consumed fresh.	Tadi ras (inflorescence sap) is assumed as highly proteinous in nature, so it is consumed during Malnutrition and used as coolant.
2.	*Butea monosperma* Lam.	Farsa (H), Palas	Fabaceae	T	The intoxicating sap is obtained from the fresh mature flowers and is generally collected and consumed in fresh form.	'Farsa ras' is used in treatment of Stomach disorders and generally because of its high sweetness used as an alternative for sugar in many parts of the villages.
3.	*Cannabis sativa* L.	Bhang, Ganja	Cannabaceae	H	The fresh leaves are pounded with Milk and are drunk to intoxicate.	The drink is used in disorders of stomach.
4.	*Caryota urens* L.	Gargamara (M), Mari, Salphi	Arecaceae	T	The inflorescence sap is known as "Salphi" in Bastar. It is worldwide intoxicating liquid known as "Bastar Beer". The freshly obtained sap is used for consumption, after some hour's fermentation starts and the juice gets sour in taste.	It is used as coolant as well as in treatment diarrhoea in bastar by the local tribal's.
5.	*Coix lacryma-jobi* L.	Kans, Kasa (H)	Graminae	H	The liquor is obtained by fermenting the seeds of the plants	The flour obtained by grinding the dried seeds is used as the alternative of wheat flour.

6.	*Madhuca longifolia* J. Konig	Garang, Idukmara , Idum (M); Mahu, Moda, Tora (H); Mahua	Sapotaceae	T	Liquor is obtained by the processing and distillation of fermented Mahua flowers. The distilled liquor of Mahua is known as “Mand” and the pure form of the liquor is called “Fulli”. in Bastar almost every Tribal house hold have a small distillation unit for Mahua Mand and is one of major source of economy for many tribal’s.	The fresh flowers are used in the treatment of malnutrition as the flowers are of highly proteinious in nature.
7.	*Phoenix sylvestris* L.	Chind (H, M); Indi (M)	Arecaceae	T	The inflorescence sap is a very widely used intoxicating liquor known as “Chind ras”. After Salphi; Chind ras is widely used in intoxication.	The sap is used as coolant during summer days.
8.	*Garcinia indica* L.	Dokrakand (H), Choisy, Kokum Ras	Clusiaceae	T	‘Raaga’ a intoxicating drink made by fermentation of the fruit.	It is used as a coolant juice.

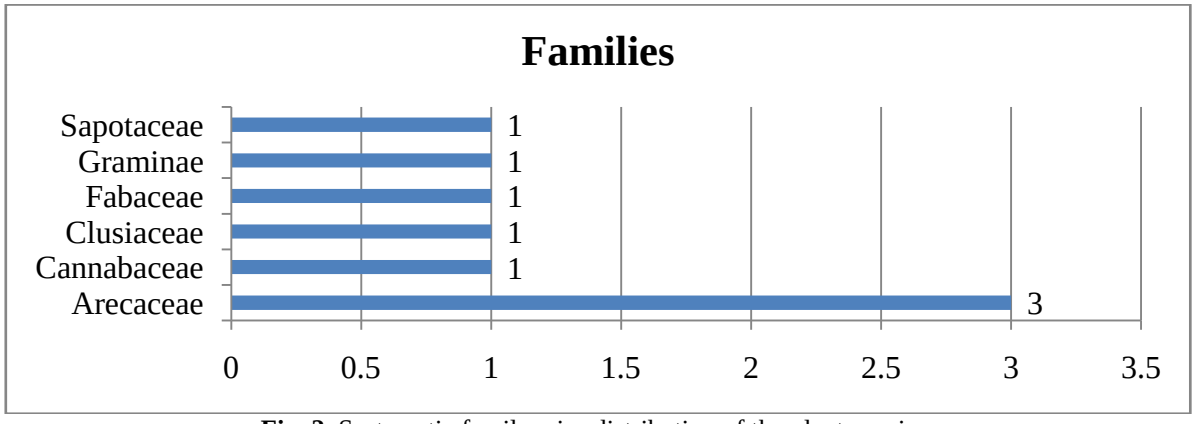

Fig. 2. Systematic family wise distribution of the plant species.

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