

Chapter-7**Ethno Medicinal Assessment of Some Wild Edible Berries of Balasore District, Odisha**

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ABSTRACT

Berries are one of the plant sources which are the fleshy fruits that arise from the total ovary and surround the seed. This chapter represents the berries available in five villages viz. Mangalpur, Bagudi, Oupada, Nilagiri, Sheragada of Balasore district of Odisha and their medicinal uses. Total 12 berry species were identified and their medicinal importance was documented. The berries belong to 10 families. Two species viz. *Terminalia bellirica* (Gaertn.) Roxb. and *T. chebula* Retz. from Combretaceae family and two namely *Ziziphus jujuba* Mill. and *Z. oenoplia* (L.) Mill. from Rhamnaceae family were found to be present. *Phyllanthus emblica* Linn, *Mimusops elengi* Linn, *Calamus rotung* L., *Syzygium cumini* (L.) Skeels, *Buchanania lanzan* Spreng, *Rubus ellipticus* Smith and *Grewia subinaequalis* DC. were recorded from Euphorbiaceae, Sapotaceae, Aracaceae, Myrtaceae, Anacardiaceae, Rosaceae, Tiliaceae and Moraceae respectively.

Key words: Berries, ethnomedicinal uses, nutritional purpose

INTRODUCTION

Plants are the gift of nature to lead healthy life. Man has depended upon plants for various purposes like food, shelter, clothing etc. Plants have a great value both in traditional system of medicine as well as nutritional purposes. Wild edible plant sources are important sources of biodiversity and available in their natural habitat and used as sources of food [1]. Among different plant sources, wild berries are also important not only for the nutritional composition but also for its medicinal uses. Berries are one of the plant sources which are the fleshy fruits that arise from the total ovary and surround the seed. This chapter represents the berries available in five villages viz. Mangalpur, Bagudi, Oupada, Nilagiri, Sheragada of Balasore district of Odisha and their medicinal uses. Specific studies on berries have been conducted in few locations in India [2, 3]. The objective of the study is to document ethno medicinal uses of berries available in these villages of Balasore districts. This study will help to provide a base line data on the value of this food source, which will be helpful for sustainable use and conservation.