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EDIBE PLANTS OF SHAN TRIBE OF ASSAM

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ABSTRACT: *The Paper presents an accounts of wild edible food plants used by shan tribe of Assam. The shan tribe of Assam is Sino-Tibetan race of Mongoloid stock whose ancestors migrated from South –west china. They depend upon forest products for their day to day needs, i.e, food, fodder and shelter etc. Their food include leaves, tubers, bulbs, rhizomes, flowers fruits and seeds of various wild plants species which they collect from the forest. The present study was conducted during the year 1991-94 in Golaghat, Karbi-Anglong, Lakhimpur, Dibrugarh and jorhat districts of Assam. About 143 plants species were collected which are being used by shan tribe as their supplementary source of food material.*

INTRODUCTION

The Shan tribe of Assam is Sino Tibeto race of Mongoloid stock whose original inhabitant migrated from south-west china. Later they migrated to North Burma (Mayamar) from where they proceeded to North –Eastern India and settled there (Grierson, 1904 Baruah, 1990). Six Shan or Thai groups namely Ahom, aiton Khamtis, Khamyang, Phakial and turung are spread in different districts of Assam (Gait, 1926; Chatterjee, 1951). Except Ahom the Aiton, Khamtis, Khamyang, Phakial and turung are recognized as Shan tribe in the plains of Assam.

Basically, Shans are agriculturist and still live in primitive state of life. Their main occupation is agriculture moreover, they also practice wet cultivation. Agnihotri (1974) reported that the phakial group also practiced we and shifting cultivation. Their other subsidiary occupations are rearing livestock and poultry, cutting and selling of forest produce. They are good spinners and weavers too. They live in close vicinity of the forests and depend on forest products for their day to day needs, i.e, food, fodder, shelter, etc. Their food include leaves, tubers, bulbs, rhizomes, flowers, fruits and seeds of various wild species which they collect from the forests. They earn additionally by selling these commodities.

The available literature indicates that the shan tribe utilizes various plant and plant parts (Arora, 1990; Borthakur, 1990 ; Das, 1951; Dastur, 1964; Boissya and Majumdar 1980; Jain, 1964; Sarkar et.al, 1989 and singh and Arora, 1978). However, the present investigation gives new and additional information.

Methodology

The area under study includes the six district of Assam, Viz., Golahat, Jorhat, sibsagar, Lakhimpur, Dibrugarh and Karbi Anglong, located between 25^{o} 30'- 27^{o} 56' N latitude, and 92^{0} 57'-95^{o}58' E longitude. The former five districts (golaghat, jorhat, sibasagar, Lakhimpur, dibrugarh) lie in the

Brahmaputra valley. The attitude of the area vries from 75m to 150m.

The climate of this area is a monsoonic type. The summer ranges from April to September and winter is moderate, ranging from April to September and winter is moderate, ranging from November to march. The rain-fall during winter season occurs from 55 mm to 79 mm while 528 mm to 3942 mm during summer seasons. The weather from June to middle October is influenced by south west monsoon, highest rainfall occurs from June to September and the maximum during July –august. The maximum and minimum temperature are 33.2^{o}C and 13^{o}C respectively. Sometime, temperature increases upto 35^{0}C or a little more during July and August. The soil is sandy loam and acidic in nature (pH4.6-6.5).

The vegetation of the area is a tropical with evergreen, semi-evergreen and deciduous forest. The forests are moist and thick and highly valuable from the economic point of view (Kanjilal et.al. 1934-1940; Boissya & Majumdar 1980).

The methods in this study were adopted according to the procedures and suggestions of (Jain 1964, Mitra, 1990) Ethnobotanical surveys were conducted during 1991-94 in Aiton villages of golaghat and karbi angling districts, Khamti villages of Lakhimpur, Khamyang villages of Dibrugarh, golaghat, Jorhat and sibsagar districts and turung villages of golaghat and jorhat districts, Information of traditionally used food plants were collected, by discussions with the village chief, old men of the villages etc. as a result of the discussion plant part used, their type of used, flowering and fruiting time were recorded.

The plant specimens were mostly collected from forests with the help of the tribals and herbarium specimens were prepared as per standard methods (Jain & Rao, 1977) and identified by consulting herbarium, at the botanical survey of India, shillong, Meghalaya, herbarium specimens have been deposited in the herbarium ant the institute pf Rain & moist deciduous forest research, jorhat , Assam.

Enumeration

In the enumeration, the plant species are arranged alphabetically with their correct names, local names, name of family, part used mode of traditional preparation and availability in the state, the data have been presented in table 1.

Discussion

It has been observed that some wild plants which have maximum used amongst tribals are grown by them in their home stead, this led conspicuously to the domestication of some of these as cultigens and this practice is one way of conservation of genetic resources (Arora, 1990). The plants they cultivate are utilized for day to day as vegetable, fruit or other purposes. Mention may be made of clerodendrum co9lebrookianum, solanum kurzii, S. Spirale, S. Torvum, Phlogacanthus thyrsiflorous, P. Carniflorus and Mussaenda frondosa, which are quite common in house courtyards.

The tribals pick up and utilize various plant –parts of several plants e.g flowers and tender leaves of bauhinia malabarica, phlogacanthus thyrsiflous, P. carniflorus, tender leaves and fruits of gnetum gnemon, young shoots and matured fruits of calamus tenuis.

Evidence of protecting other selected edible species is also available, around the

dwellings and margin of courtyards, fruit trees like eleocarpus folorbundus, Elaegnus latifolia, syzigium jambos, S,. Cumini are common.

It is essential to conserve this wealth of traditional information for further studies, application of modern biochemical and agricultural techniques may determine and enhance the utility of the wild food plants to meet modern requirements.

This study may provide scope in undertaking comparative study of plants and plant parts eaten by various tribals, which could being out more information on the use of same plant by different tribes in addition to new edible wild plants.

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Enumeration

S.No	Name of species Local name	Family	Parts used	Distribution
1	Alocasia India (Lour) Spach Mankach	Aracese	Young leaves and root stocks are cooked and taken as vegetables.	Common in all the districts.
2	A. acuminate schott	Aracese	Young leaves and tuberous rhizome are cooked and taken a vegetable	Common in all the districts.
3	Andrographis paniculata (Burm.f wall ex Kalmegh	Acanthaceae	Crushed young shoot are eaten as chutney with meal.	Plains of Assam
4	Alpinia allughas (Retz) Rosc Tara	Zingiberaceae	New suckers are cooked and used as vegetable.	Wet places in Assam
5	Aporusa dioica Muell – Arg Borheloch	Euphorbiaceae	Ripened fruit is edible.	Jorhat and sibsagar.
6	Amorphophallus (Roxb) BL ex Dene companulatus Oolkach	Aracese	Underground roots stock (corm) is cooked after properly boiled and taken as vegetable.	Scattered in the study area.
7	Alisma plantago Linn Nikori		Fruits are taken as vegetable	Marshy places of Jorhat & Dibrugarh.
8	Alternanthera sessilis R. Br. Ex Matikaduri	Amaranthaceae	The whole plant is coo and taken as vegetable.	In entire study area
9	A. Philoxerodes (Mart) Griseb	Amaranthaceae	The young shoots are used as vegetable. The young shoots are cooked and taken as	Jorhat & Dibrugarh.

			vegetable.	
10	Arisaema fortusum (wall) schoot	Aracese	Very young leaves are cooked and taken as vegetable.	
11	Argyreia nervosa (Burm.f)	Convolvulaceae	Tender leaves are used as vegetable.	In the entire study.
12	Artocarpus chaplasha Roxb Cham	Moraceae	Ripe fruits are taken raw Boiled seed are also eaten as vegetable.	Jorhat, Golaghat and sibsagar.
13	A. Lakoocha roxb Bohot	Moraceae	Ripe fruits are eaten	Throughout Assam.
14	Antidesma bunius (L) Spreng panihelock	Euphorbiceae	Ripe fruits are edible	Jorhat and Sibsagar.
15	A acidum Retz. Haru heloch	Euphorbiceae	Ripe fruits are edible, tender leaves are eaten after cooking	Jorhat and Sibsagar.
16	A acuminatum Wall pani heloch	Euphorbiceae	Ripe fruits are edible.	Jorhat and Sibsagar
17	Aradisea humilis vahl choldhra	Myrsinaceae	Ripe fruits are edible, young leaves are also eaten as vegetable after cooking	Sibsagar, Lakhimpur, and Karbi- Anglong.
18	Bauhinia acuminate Linn jupuri kanchan	Caesalpiniaceae	Tender leaves are cooked and eaten as vegetable.	Golaghat and Karbi-Anglong.
19	Bauhinia malabarica wedd. kanchan	Caesalpiniaceae	Tender leaves, pods and flowers are cooked and taken as vegetable	Golaghat, Jorhat sibsagar.
20	Boehmeria malabarica wedd	Urticeae	Tender leaves are cooked and taken as vegetable	Throughout the state.

21	B. macrophylla Hornem.	Urticeae	Tender leaves taken as cooked vegetable	
22	Bambusa balcooa Roxb Bhaluka bah	Bambusaceae	Newly grown sucker are taken as chutney and pickles; also eaten as cooked vegetable	Entire study area
23	B. tulda Roxb jahi bah	Bambusaceae	Newly grown sucker are taken as chutney and pickles; also eaten as cooked vegetable	Whole study area.
24	Baecaurea ramiflora lour Ltiku	Euphorbiaceae	Ripe fruits are edible	Common in the state.
25	Clerodendrum indicum (L) o.Ktze Akalbah	Verbenacea	Tender leaves are eaten as vegetable after proper cooking	Scattered in whole study area.
26	Clerodendrum colebrookianum Walp Nebhafu	Verbenacea	Tender leaves are taken as chutney in meal	
27	Calamus erectus Roxb Jatibet	Arecaceae	Shoots are eaten as cooked vegetable, fruits are edible	Jorhat, golaghat, Lakhimpur.
28	C. tenuis Roxb	Arecaceae	Shoots are eaten as cooked vegetable, fruits are edible	Jorhat, golaghat, Lakhimpur Sibsagar
29	Castanopisis tribuloides A.Dc Hingori	Fagaceae	The fruits are edible	Jorhat, golaghat & Dibrugarh
30	Carissa carandas Linn Karaja tenga	Apocynacaews	The fruits are used as pickles	
31	Chrysophyllum (BL) Dc lanceolatum Banpitha	Sapotaceae	Ripe fruits are edible	Found in Lakhimpur & karbi- Anglong
32	Cinnamomum Nees obtusifolium Patihonda	Lauraceae	Leaves are used as condiment in curries	Jorhat, golaghat ,Dibrugarh & sibsagar

33	Castanopsis indica A.Dc. Hingori	Fagaccae	Ripe fruits are edible	Jorhat & sibsagar
34	Clausena asiatica (Lour) Panmuhuri Skeel.	Rutaceae	Yong leaves are taken as vegetable.	Common in Jorhat, and sibsagar
35	Centalla asiatica urban Manimuni	Apiaceae	The whole plant is cooked and take as vegetable.	All the districts
36	Colocasia esculenta schoot (L)	Araceae	Young leaves and tuberous rhizome are cooked and eaten as vegetable.	All the districts
37	Commelina benghalesis(L) Kana simolu	Commlinaceae	Young shoots are taken as cooked vegetable	All the districts
38	Carallia brachiata (Lour) Merr Mahithekera	Rhizophoraceae	Succulent fruits are taken	Jorhat, golaghat ,Dibrugarh & Lakhimpur.
39	Cardiospermum halicacabum L. Kopal- phutalota	Sapindaceae	Leaves are cooked and eaten as vegetable.	Common climber on bushes, shrubs and tree, found in the districts.
40	Diplazium esculentum (Retz) Sw Dhekia		Young fronds are eaten as cooked vegetable.	All the districts
41	Dioscorea pentaphylla L. Paspatia aalu	Discoreaceae	Tubers are edible after washing and boiling, young leaves are boiled and eaten as cooked vegetable.	Common in Jorhat Dibrugarh & Karbi-Anglong
42	Dioscorea puber BL jangali aalu	Discoreaceae	Boiled tuber are eaten ad vegetable	All the districts
43	Delonix regia (Boj) Raf Radhasura	Caesalpiriaceae	Tender fruits are cooked and eaten as cooked vegetable.	Common in all the districts

44	Dendrocalamus hamiltonii Nees. Pahari bah	Bambusaceae	Suckers are eaten as cooked vegetable	All the districts
45	Dillenia indica Linn outenga	Dilleniaceae	Calyx are used as cooked vegetable.	Common in Jorhat
46	Eclipta alba (L) Hassk Kaheraj	Asteraceae	The whole plant is eaten as cooked vegetable.	Common in all the districts
47	Elipta elaeagnus schlict Lx Mamiyama Mirikatenga	Rutaceae	The ripe fruits are edible acidic taste.	All the districts
48	Eryngium foetidum Linn Madhania	Apiaceae	The whoel plant is used as condiment curry.	Common in all the districts
49	Enhydra fluctuans Lour Helochisak	Asteraceae	Young shoots are used as cooked vegetable	Common in all the districts
50	Entada scandens Benth Ghila	Mimosaeae	Tender leaves ad shoots are cooked and used as vegetable	Infrequent in Assam.
51	Euryale ferox salisb Nikori	Nymphaeaceae	Very young stem and roots are edible	-----
52	Elaeocarpus floribundus BL Jalphai	Elaeocarpaceae	The raw fruits are eaten	Commonly found in Jorhat
53	Ficus glomerata roxb jagya dimdru	Moraceae	Ripe fruits are eaten	Common in all the districts
54	F. religiosa L	Moraceae	Maturated fruits are edible	Common in all the districts
55	F. retusa Linn	Moraceae	Ripe fruits are edible	Common in all the districts
56	F. ramphii blume Pakoribor	Moraceae	Ripe fruits are edible	Common in all the districts
57	Gnetum qnemon Linn Bhaja gutli	Gnetaceae	Tender leaves are cooked and used as vegetables, fatty roasted seeds are edible.	Found in gologhat & karbi-Anglong.

58	G. Montana MG	Gnetaceae	Tender leaves are cooked and used as vegetables,	Found in gologhat & karbi-Anglong.
59	Garcinia cowa Roxb Kauthekera	Clusiaceae	Tender leaves are cooked and used as vegetables, ripe fruits are edible.	Jorhat, Dibrugarh, Lakhimpur & Sibsagar
60	G. Lanceaefolia Roxb Ruphithekara	Clusiaceae	Fruits are used for preparation of pickles an also used as cooked vegetable ripe arh fruits are eaten; leaves are	Golaghat, Jorhat, Sibsagar, and Dibrugarh.
61	Gercinia acumineta Planks et Triana Kujthekera	Clusiaceae	Fruits are consumed for preparation of pickles, ripe fruits are also eaten	Golaghat, Jorhat, Sibsagar, and Dibrugarh.
62	G. Paniculata Roxb ex W. Chochopatenga	Clusiaceae	Ripe fruits are eaten which are delicious	Golaghat, Jorhat, Sibsagar, and Dibrugarh.
63	G. Pedunculata Roxb Borthekera	Clusiaceae	The acidic fruits sliced, dried and taken as pickles, also eaten raw or cooked	Jorhat, Sibsagar, and Dibrugarh.
64	Garuga pinnata Roxb Spring paruomra	Burstereceae	Fruits are eaten as pickles	Golaghat.
65	Glycosmic pentaphylla DC chouldhua	Rutaceae	Ripe fruits are available	Common in all the district
66	Gmelina arborea Roxb Gamari	Varbenaceae	Ripe fruits are available	Common in all the district
67	Gymnopetalum (Lour) Kurtz cochinchinesis kauri karela	Cucurbitaceae	Fruits are used as vegetable	-----
68	Hydrocotyle fr. Lamk sibthorpioides sarumanimuni	Apiaceae	The whole plant is used as vegetable or	Common in Jorhat & sibsagar.

			consumed as chutney	
69	Ipomoea aquatica forst Kdmou	Convolvulanceae	Young shoots are cooked and taken as vegetable.	Common in all the district
70	Lasia spinosa (L) thw	Araceae	Tender leaves are cooked and taken as vegetable	----
71	L Parviflora Roxb	Araceae	The young shoots are cooked and taken as vegetable	Common in wet & waste places.
72	Ludwigia adscendens (L) Hara Pasniautura	Onagrceae	Tender shoots are cooked and taken as vegetable	Common in low lying areas.
73	Leucas aspera Baga dran	Lamiaceae	The young shoots and flowers are cooked and taken as vegetable	Common in all the districts
74	Maesa indica (Roxb) A.Dc. Chechoo	Myrsinaceae	Ripe fruits are eaten raw	Common in all the districts
75	Maesa chisia Don chusipoma	Myrsinaceae	Ripe fruits are edible, young shoots are eaten as vegetable	Lakhimpur, Karbi angling, sibsagar.
76	Manilkara achras (Mill) sopeta forsbery	Sapotaceae	Fruits and tender leafy buds are edible, the fruit is very palatable	--
77	Marsilea quadrifolia Linn Panitengesi	Marsiliaceae	Very young shoots and leaves are cooked and eaten as vegetable	Common in marshy places, and in wet cultivated fields
78	M. Minuta Linn	Marsiliaceae	Very young parts are cooked and taken as vegetable	Jorhat sibsagar & Dibrugarh

79	Martynia diandra Glox Baghnakhi	Martyniaceae	Fruits are taken as pickles.	Jorhat and dibrugarh.
80	Meliosma pinnata Hirigoonia	sabiaceae	Young shoots and leaves are cooked and eaten as vegetable	Found in jorhat & Dibrugarh.
81	Melochia corchorifolia Linn Banmara	Sterculiaceae	Young shoots are used as cooked vegetable	---
82	Mimusoos elengi (L) Cheu Bokul	Sapotaceae	Ripe fruits are edible	Jorhat sibsagar & Dibrugarh
83	Monochoria hastate prest panimeteka	Pontedariaceae	Young leaves and flowers are cooked and taken as vegetable	Frequently found in marshy places
84	M. Veginalis (Burm.f) c. Bhatmeteka Prest	Pontedariaceae	Young leaves and flowers are cooked and taken as vegetable	Common in all the districts
85	Merremia unbellata(L) Kalia lata Hall.f.	Convolvulaceae	Young leaves and flowers are cooked and taken as vegetable	Common in all the districts
86	Mucuna bracteata. DC Makurimah	Papilionaceae	Young pods are cooked and used as vegetable	Jorhat sibsagar & Dibrugarh
87	M. Pruriens (L) Bonder kekura	Papilionaceae	Very young pods are used as vegetable	All the districts.
88	Mussaenda frondosa Linn Chobaliatha	Rubiaceae	Young leaves are used as vegetable	----
89	Murraya koenigii Spring Narasingha	Rutaceae	Tender leaves are used for flavouring curries	Common in Jorhat sibsagar & Dibrugarh
90	Myrica esculenta Ham	Myricaceae	Fruits are used as	Found in jorhat & sibsagar.

			pickles ripe fruits are eaten	
91	Morus indica Linn Nuni	Moraceae	Ripe fruits are edible	---
92	Myristica fragrans Houtt Jaiphal	Myristicaceae	Kernel of the fruit is used as condiment	---
93	Nelumbo nucifera Galrtn Padumphovl	Nymphaeceae	Tender root stocks of rhizomes are used for vegetable purpose. Flowers and seeds are eaten raw or cooked	Lowlying areas
94	Nasturtium indicum (L) Dc Bonsariah	Brassicaceae	The whole plant is cooked and taken as vegetable	Jorhat, Golaghat, Dibrugarh.& Sibsagar,
95	Nyctathes arbortristis Lin Sewaliphool	Oleaceae	Flowers are cooked and eaten as vegetable	Cultivated in some of the aural
96	Nymphaea Pubescens willd Bagabhet	Nymphaeceae	Root stock is taken as cooked	---
97	N. rubra Roxb ex Andrews Rangabhet	Nymphaeceae	Seeds are taken raw and root stocks are used as cooked vegetable	---
98	N. nouchali Burm f. shelook	Nymphaeceae	Root stock and ripe carpels are eaten raw. Root stock and stem are cooked and taken as vegetable	Common in water logged areas
99	N. Stellata willd Neelabhet	Nymphaeceae	Seed are eaten raw root stock is taken as vegetable	Common in water logged areas.
100	Oraxylum indicum (Linn) vent Bhatghila	Bignoniaceae	Tender shoots are cooked or boiled and taken as vegetable	Common in all the districts

101	Ocimum basillicum Linn	Lamiaceae	Leaves are used as condiment to flavour meal. Also eaten as chutney	Common in all the districts
102	Oxalis corniculata Linn sorutongcse	Oxalidaceae	The whole plant is used as vegetable	Common in all the districts
103	Hedyotis corymbosa (Linn) Banjaluk Lank	Rubiceae	The whole plant is used as vegetable	---
104	Perilla ocimoides Linn	Lamiaceae	Leaves are used as condiment to flavour meal, also eaten as chutney.	----
105	Portulaca olearacea Linn Malbhog kutura	Portulacaceae	Young shoot are used as vegetable	Common in all the districts
106	Paederia foetida Linn Bhedailata	Rubiaceae	Young leaves and shoots are cooked and taken as vegetable	Common in all the districts
107	Phloqacanthus thyrsiflorus Hardw teeta bahak	Acanthaceae	Young leaves and flowers are cooked and taken as vegetable	Common in all the districts
108	P. tubiflous Needs teeta phool	Acanthaceae	Flowers are cooked and taken as vegetable	Sibsagar, Jorhat & Golaghat
109	P. curviflrus Nees Teeta Phool	Acanthaceae	Flowers are cooked and eaten as vegetable	Lakhimpur, Jorhat golaghat & Sibsagar
110	Pteridium aquilinum Dhekia	Polypodiaceae	Young fronds are used as veg.	Common in all the districts
111	Pothos cathcartii schott	Araceae	Young leaves are used as veg.	---
112	P Scadens L	Araceae	Young leaves are	---

			used as veg.	
113	Pycnarrhena Pleniflora Miers	Rutaceae	Fruits are edible	---
114	Physalis minima Linn Kapalphoota	Solanaceae	Tender shoots are used as vegetable fruits are also edible	---
115	Prunus jinkinsii HK f.& Jh Jhereju	Rosaceae	Acidic fruits are eaten as raw fruits some time used as pickles	---
116	Rumex nepalensis spreng Bonchuka	Polygonaceae	Very young leaves are cooked are used as vegetable	Common in all the districts
117	R. maritimus Linn Bonchuka	Polygonaceae	Very young leaves are used as vegetable	Common in all the districts
118	Rubus molucanus L. Juturipaka	Rosaceae	Ripe fruits are edible	----
119	Sauropus oblongifolius Hook f.	Euphorbiaceae	Young leaves and shoots are cooked and eaten as vegetable	Common in all the districts
120	Sauropus Lanceolatus Hook f.	Euphorbiaceae	Young shoots and leaves are cooked and eaten as vegetable	----
121	Solanum spirale Roxb Titkachi	Solanaceae	Tender shoots are cooked and used as vegetable	Sibsagar, Jorhat & Golaghat
122	S. nigrum L. Laskachi	Solanaceae	Young shoots are cooked and used as vegetable.	Throughout the year except the cold weather.
123	Solanum indicum Linn teatabekuri	Solanaceae	Fruits are boiled and taken as vegetable	Common in all the districts
124	Solanum torvum SW Hatibhekuri	Solanaceae	Fruits are boiled and taken as vegetable	Jorhat ,Sibsagar & Lakhimpur

125	Smilax perfoliata Lour	Smilacaceae	Young shoots and leaves cooked and eaten as vegetable	---
126	S. coceinea Roxb	Smilacaceae	Tender fruit is eaten as cooked and mature seeds.	Lakhimpur, Sibsagar Jorhat & Karbi – Anglong
127	Sterculia villosa roxb ex Odal	Sterculiaceae	Roasted seeds are edible	Found in Golaghat & Karbi- Anglong
128	S. alata (roxb)	Sterculiaceae	Roasted seeds are edible	Found in Golaghat Karbi-Anglong & Jorhat.
129	Streblus asper Lour Houre	Moreceae	Ripe fruits are edible	----
130	Spondias pinnata (L.f) Kirz Orrira	Ananardiaceae	Ripe fruits are edible raw and also consumed as pickles or in curries	Common in all the districts
131	Syzygium fruticosum Dc Kathia jamu	Myrtaceae	Ripe fruits are taken raw	Jorhat, Golaghat, Dibrugarh.
132	S. malaccense (L) Panijamu	Myrtaceae	Ripe fruits are taken	-----
133	S. operculatum (Roxb)	Myrtaceae	Ripe fruits are taken	-----
134	S. Jambos (L)Alston Bhegijami	Myrtaceae	Ripe fruits are eaten	Common in all the districts
135	S. cumini (Linn) Skeels Kalajamu	Myrtaceae	Pulp of the ripe fruit is taken. It as good fruit	Jorhat & Sibsagar
136	Trepa natans L. Var Hingori	Trapaceae	Fruits are edible, raw as well as cooked.	---
137	Terminalia chebula Retz silikha	Combretaceae	Fruits are eaten raw	Common in Jorhat, Golaghat, Dibrugarh.
138	T. Bellerica (Gaertn) Roxb Pl Cor	Combretaceae	The kernel of the seed is edible.	Found in Jorhat & Golaghat,
139	Willughbeia edul is Roxb Lalengtengo	Apocynaceae	Ripe fruits are taken	Found in Golaghat & Karbi- Anglong

140	Xanthoroma saqittifolium schott Dudhkadru	Araceae	Root stocks, leaves and stem are used as veg after cooked or boiled.	----
141	Zanthoxylum nitidum (Roxb) DC. Tezmuri	Rutaceae	Young leaves are cooked and used as vegetable	Found in all the districts.
142	Zizyphus rugosa Lark Banbagari	Rhamnaceae	Young leaves are cooked and used as vegetable	Found in Dibrugarh. & Karbi- Anglong
143	Zanthoxylum budrunga wall Broinali	Rutaceae	Tender leaves and shoots are used as vegetable.	Found in Dibrugarh. & Karbi- Anglong

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