

## **Nutritional analysis of certain under-utilized vegetables of rain forest areas of Assam, India**

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### **Nutritional analysis of certain under-utilized vegetables of rain forest areas of Assam, India**

Shashank Upadhyaya, J.Chetia, D.K. Bora, L.R. Saikia

Department of Electronics and Communication Engineering

CMR Technical Campus, Hyderabad

### **Abstract:**

The useful parts of the eight under-utilized vegetable plants - *Oxalis corniculata*, *Oxalis acetosella*, *Talium cuneifolium*, *Moringa oleifera*, *Nyctanthes arbortristis*, *Murraya koenigii*, *Mentha viridis* and *Solanum indicum* of the rain forest areas of Assam were analysed to know their nutritional status. A higher percentage of nutritive value (370.31 to 325.21 cal/100g) was recorded in the samples. These plants have been traditionally utilizing by the aboriginal people of the study area as their dietary component and health care system. The plants have good nutritive and medicinal value and demand development package for their sustainable management in the rainforest ecosystem.

### **References**

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