



Mini Review

Wild Edible Fruits of Nepal

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Abstract

A review was done on the wild edible fruit plants of Nepal. Altogether 199 wild edible fruit plant species belonging to 139 genera representing 67 families documented from west Nepal to east Nepal. Study shows that people are using the wild edible fruits collected from forest resources as a part of their livelihood. People consume those wild fruits in different forms such as raw fruit, vegetables, pickles, spices and oil. Some species are taken in more than one form.

Introduction

Human beings are known to use wild plants in different ways since the dawn of human civilization, thus there is close relationship between people and plants (Rajbhandary et al., 2020). Nature is bestowed with diverse life forms on which human beings survived and life is maintained. Before the dawn of domestication of crop plants, primitive man used to eat different types of fruits, leaves, root of plants collected from the wild for their survival. Wild edible plants are the species those are neither cultivated nor domesticated but growing wild and are however edible (Beluhan and Ranogajec, 2010). These wild edible plants have played a significant role in supplying food and nutritional

requirements of poor communities in many rural parts of the world (Chakravarty et al., 2016). The wild fruit plants are an important source of food for tribal and rural people and their use and development have been closely associated with man through ages. Many wild edible plants are nutritionally rich and can supplement nutritional requirements of human and livestock, especially the vitamins and micronutrient (Mohapatra & Panda, 2009). The primitive man through trial and error has selected many wild edible plants which are edible and subsequently domesticated them then after (Niveditha, 2017). Rural people are still not only depending either for nutritional

needs or for daily food securities but also for their primary health care treatments on wild edible fruits. This wild edible fruits significantly influences their livelihood and food security in rural people (Rafiqul Islam *et al.*, 2019).

Nepal is rich in biodiversity both in terms of plant and animal diversity and cultural diversity as well. The country has 118 different types of ecosystem, among which 112 are forest ecosystems (Kharal and Dhungana, 2018). Nepal occupies about 0.1 % of global land area but harbours 3.2 % of the world's flora with 2.3 % of lichens, 2.6 % of fungi, 2.5 % of algae, 8.2 % of bryophytes, 5.1 % of pteridophytes, 5.1 % of gymnosperms and 3.2 % of angiosperms (MoFSC, 2014). The country is also the habitat of many wild floras with edible fruits, especially growing in forest ecosystems. Wild edible plants are uncultivated plants found in wild forms that have nutritive values and can be used for fulfilling dietary requirements (Dangol *et al.*, 2017). In Nepal, edible wild fruits play a significant role in the nutrition of local people, especially in the hilly areas where wild fruits could be the only sources of edible fruits (Bajracharya, 1980). Many crops are the result of improvement of wild plants through cultivation and eventually domestication by human. Many more wild plants even today, serve as food and drink for different ethnic communities in Nepal (Manandhar, 2002). Wild edible fruits are among the most widely used non-timber forest products and important sources of nutrition, medicine, and income for their users (Sardeshpande and Shackleton, 2019). Households harvesting of wild fruits can boost rural employment and generate income through processing and adding value. Selling of wild fruits brings low returns due to its low keeping quality and market costs. Therefore, some

value addition in the form of pickle, chutney, jam, jelly etc. can increase fruit shelf- life and bring profit to local communities (Mohapatra and Panda, 2009).

In Nepal, many ethnic people especially residing in the rural areas still collect the fruits from wild plants and consume them in different forms and some also sell them in local markets as a source of income. The main aim of the present study is to compile the wild plant species with edible fruits used by different ethnic people from different regions of the country.

Wild Plant Species with Edible Fruits

Altogether 199 wild edible fruit plant species from 67 families and 139 genera are documented from Nepal (Table 1). Among the total 67 families documented, 34 families are with more than one wild edible fruit plant species; viz. Adoxaceae (4 spp.), Anacardaceae (9 spp.), Apiaceae (2 spp.), Apocyanaceae (2 spp.), Arecaceae (5 spp.), Asteraceae (3 spp.), Berberidaceae (8 spp.), Capparaceae (2 spp.), Combretaceae (2 spp.), Cucurbitaceae (10 spp.), Dilleniaceae (2 spp.), Elaeagnaceae (2 spp.), Ericaceae (2 spp.), Fabaceae (13 spp.), Fagaceae (4 spp.), Lamiaceae (3 spp.), Lauraceae (2 spp.), Malvaceae (6 spp.), Melastomataceae (2 spp.), Moraceae (19 spp.), Musaceae (3 spp.), Myrtaceae (6 spp.), Phyllanthaceae (5 spp.), Poaceae (2 spp.), Polygonaceae (2 spp.), Primulaceae (2 spp.), Rhamnaceae (4 spp.), Rosaceae (20 spp.), Rubiaceae (4 spp.), Rutaceae (4 spp.), Sapindaceae (2 spp.), Sapotaceae (2 spp.), Solanaceae (4 spp.) and Vitaceae (3 spp) (Fig. 1; Table 1). The remaining 33 families have single species of wild edible fruit plants. All the wild edible fruit plant species are angiosperm except one i.e. *Pinus roxburghii* is gymnosperm.

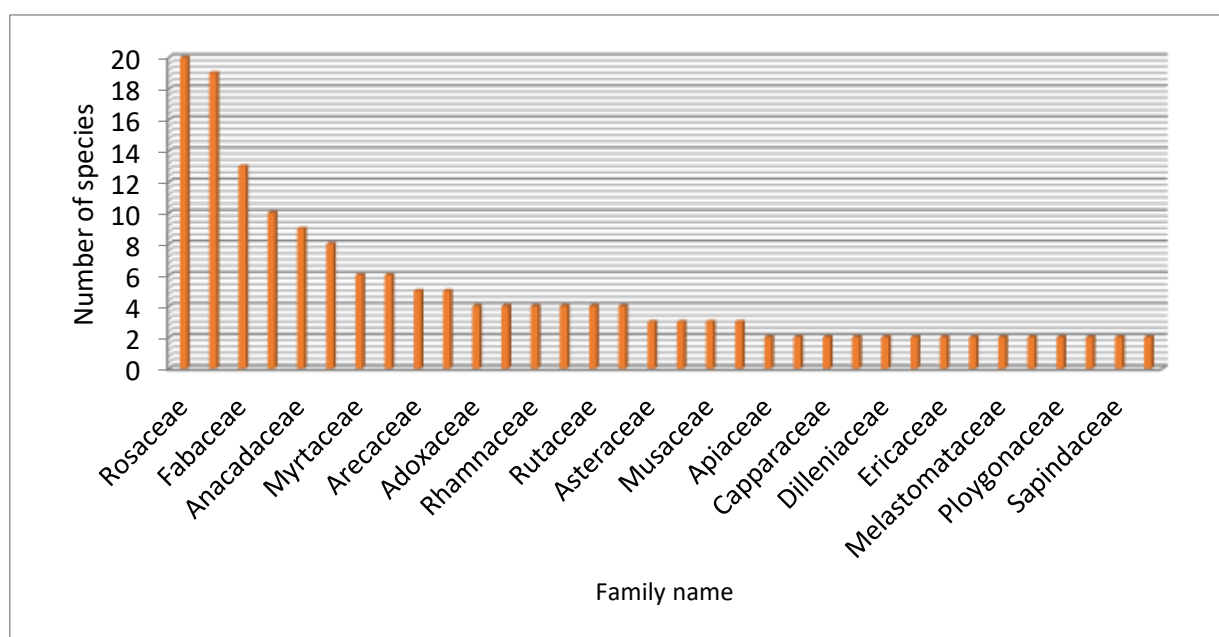


Fig. 1: Families having more than one wild edible fruit plant species.

Habit Group Classification

The fruits from wild plants of different life forms are used as food (Table 1.). Among them, fruits from tree species (97 spp. or 49%) are commonly used by the people followed by shrubs (48 spp. or 24%), herbs (35 spp. or 18%) and climbers (19 spp. or 9%) (Fig. 2.).

Use Category

Wild fruits are used by the ethnic people in different forms such as raw fruits (directly taken after picking), as

vegetables, pickles, spices and source of oil (Table 1). However, fruits from some species are used in more than one form. Within the different forms of usage, the most commonly used form is as raw fruits (145 spp.) followed by vegetable (15 spp.), fruit and vegetable (14 spp.), fruit and pickle (9 spp.), pickles (3 spp.), vegetable and pickle (2 spp.), oil (5 spp.), fruit and spices (2 spp.), pickles and spices (2 spp.) and spices (2 spp.) (Fig. 3.)

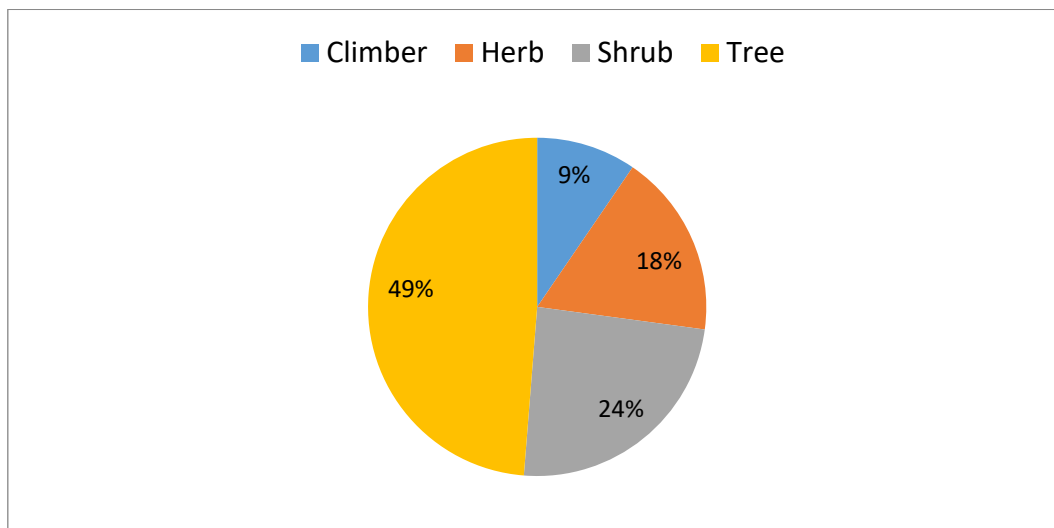


Fig. 2: Habit of wild edible fruit plant species.

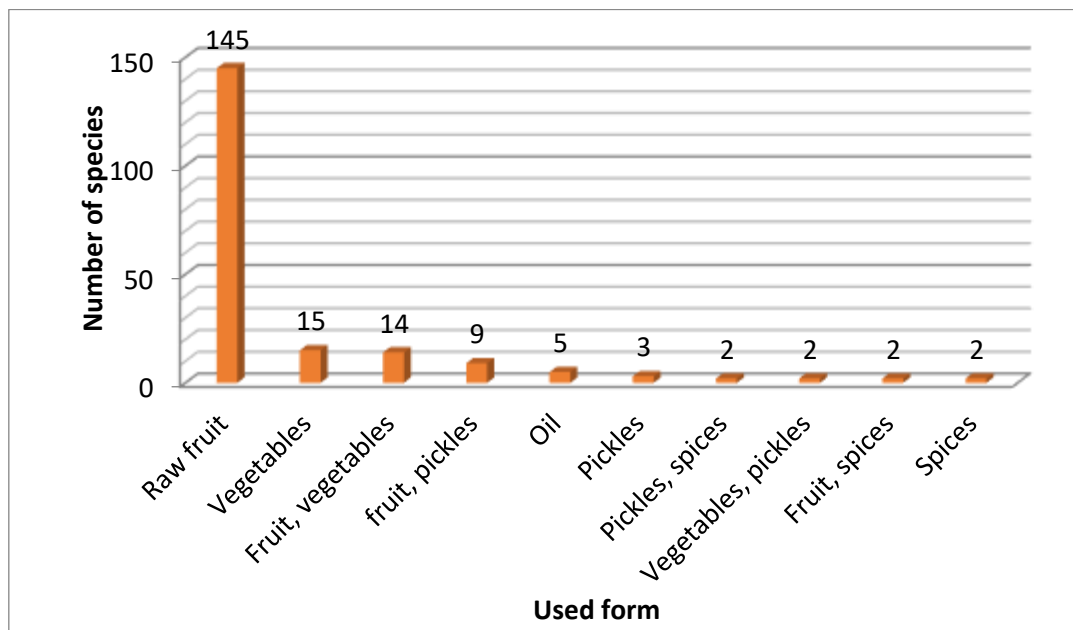


Fig. 3: Usable forms of wild edible fruit plant species.

Table 1: List of wild edible fruit plant species

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
1	<i>Abelmoschus moschatus</i> Medik.	Lata kasture	Malvaceae	Herb	veg.	Dangol et al., 2017
2	<i>Acmella uliginosa</i> (Sw.) Cass.		Asteraceae	Herb	spi.	Dangol et al., 2017
3	<i>Actinidia callosa</i> Lindl.	Thekiphal	Actinidiaceae	Tree	fru.	Karki et al., 2017; Dangol et al., 2017
4	<i>Aegle marmelos</i> (L.) Corrêa	Bel	Rutaceae	Tree	fru.	Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010
5	<i>Angelica archangelica</i> L.		Apiaceae	Shrub	spi.	Shrestha & Shrestha, 2004
6	<i>Anthocephalus cadamba</i> L.	Kadam	Rubiaceae	Tree	fru.	Ghimeray et al., 2010
7	<i>Antidesma acidum</i> Retz.	Archal	Phyllanthaceae	Tree	fru., pic.	Ghimeray et al., 2010; Upreti et al., 2012; Dangol et al., 2017
8	<i>Aposora octandra</i> (Buch.-Ham. ex D. Don) Vickery	Archal	Phyllanthaceae	Tree	fru.	Dangol et al., 2017
9	<i>Ardisia macrocarpa</i> Wall.	Paniphal	Primulaceae	Shrub	fru.	Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010
10	<i>Ardisia solanacea</i> Roxb.	Bakle	Primulaceae	Tree	fru.	Thapa et al., 2014; Dangol et al., 2017; Acharya & Acharya, 2010
11	<i>Artocarpus heterophyllus</i> Lam.	Katahar	Moraceae	Tree	fru., veg.	Mahato, 2014; Dangol et al., 2017; Joshi et al., 2013
12	<i>Artocarpus lakoocha</i> Roxb.	Badahar	Moraceae	Tree	fru., veg	Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Karki et al., 2017; Upreti et al., 2012; Dangol et al., 2017
13	<i>Bauhinia vahlii</i> Wight & Arn.	Bhorla	Fabaceae	climber	fru., veg.	Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010
14	<i>Benincasa hispida</i> (Thunb.) Cogn	Kubhindo	Cucurbitaceae	Climber	veg., pic.	Upreti et al., 2012; Dangol et al., 2017
15	<i>Berberis angulosa</i> Wall. ex Hook.f. & Thomson	Chutre Kada	Berberidaceae	Shrub	fru.	Bhattacharai et al., 2009; Aryal et al., 2018
16	<i>Berberis aristata</i> Roxb. ex DC.	Chutro	Berberidaceae	Shrub	fru.	Thapa et al., 2014; Mahato, 2014; Aryal et al., 2018; Dangol et al., 2017
17	<i>Berberis asiatica</i> Roxb. ex DC.	Chutro	Berberidaceae	Shrub	fru.	Bhattacharai et al., 2009, Karki et al., 2017, Dangol et al., 2017
18	<i>Berberis ceratophylla</i> G. Don	Chutro	Berberidaceae	Shrub	fru.	Bhattacharai et al., 2009
19	<i>Berberis chitria</i> Buch.-Ham. ex Lindl.		Berberidaceae	Shrub	Fru.	Shrestha & Shrestha, 2004
20	<i>Berberis lycium</i> Royle	Chutro	Berberidaceae	Shrub	fru.	Bhattacharai et al., 2009

Table 1: List of wild edible fruit plant species (Contd.).

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
21	<i>Berberis macrosepala</i> Hook.f. & Thomson		Berberidiaceae	Shrub	Fru.	Shrestha & Shrestha, 2004
22	<i>Bistorta amplexicaulis</i> (D.Don) Ronse Decr.		Polygonaceae	Herb	Fru.	Shrestha & Shrestha, 2004
23	<i>Bombax ceiba</i> L.	Simal	Bombacaceae	Tree	veg.	Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010; Shrestha & Shrestha, 2004
24	<i>Bridelia retusa</i> (L.) A.Juss.	Gayo	Phyllanthaceae	Tree	fru.	Thapa et al., 2014; Dangol et al., 2017; Acharya & Acharya, 2010
25	<i>Brucea javanica</i> (L.) Merr.		Simaroubaceae	Shrub	fru.	Acharya & Acharya, 2010
26	<i>Buchanania cochinchinensis</i> (Lour.)M.R.Almeida		Anacardiaceae	Tree	fru.	Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010
27	<i>Butea buteiformis</i> (Voigt) Mabb.	Piyar	Fabaceae	tree	fru.. Veg.	Dangol et al., 2017; Acharya & Acharya, 2010
28	<i>Caesalpinia decapetala</i> (Roth) Alston	Bhujetro	Fabaceae	Shrub	fru.	Upreti et al., 2012; Dangol et al., 2017
29	<i>Callicarpa macrophylla</i> Vahl	Karauji	Lamiaceae	Tree	fru.	Thapa et al., 2014; Aryal et al., 2018; Dangol et al., 2017; Acharya & Acharya, 2010
30	<i>Cannabis sativa</i> L.	Bhang	Cannabaceae	Shrub	fru.	Thapa et al., 2014; Mahato, 2014; Aryal et al., 2018; Dangol et al., 2017; Acharya & Acharya, 2010; Shrestha & Shrestha, 2004
31	<i>Capparis spinosa</i> L.		Capparaceae	Shrub	fru., pic.	Dangol et al., 2017
32	<i>Capparis zeylanica</i> L.	Bagh mukhwa	Capparaceae	Shrub	fru, veg., pic.	Dangol et al., 2017; Acharya & Acharya, 2010
33	<i>Carissa carandas</i> L.		Apocyanaceae	Shrub	spi.	Upreti et al., 2012
34	<i>Carpesium nepalense</i> Less.	Karaundra	Asteraceae	Shrub	fru.	Acharya & Acharya, 2010
35	<i>Cassia fistula</i> L.	Rajbrikshya	Fabaceae	Tree	Fru.	Thapa et al., 2014
36	<i>Castanopsis hystrix</i> Hook. f. & Thomson ex. A. Dc.		Fagaceae	Tree	fru., veg.	Karki et al., 2017; Dangol et al., 2017

Table 1: List of wild edible fruit plant species (Contd.)

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
37	<i>Castanopsis indica</i> (Roxb. Ex Lindl.) A.Dc.	Katush	Fagaceae	Tree	fru.	Ghimeray et al., 2010; Mahato, 2014; Limbu & Thapa, 2011; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013
38	<i>Castanopsis tribuloides</i> (Sm.) A.DC.	Dhalekatush	Fagaceae	Tree	fru., veg.	Ghimeray et al., 2010
39	<i>Catunaregam spinosa</i> (Thunb.) Tirveng		Rubiaceae	Tree	Fru.	Dangol et al., 2017
40	<i>Ceropegia pubescens</i> Wall.		Apocynaceae	climber	pic.	Dangol et al., 2017; Acharya & Acharya, 2010
41	<i>Chamaerops humilis</i> L.	Thakal	Arecaceae	Climber	veg.	Dangol et al., 2017
42	<i>Choerospondias axillaris</i> (Roxb.) B.L.Burt & A.W.Hill	Lapsi	Anacardiaceae	Tree	fru., veg.	Ghimeray et al., 2010; Mahato, 2014; Karki et al., 2017; Dangol et al., 2017; Joshi et al., 2013
43	<i>Coccinia grandis</i> (L.) Viogct.	Golkakari	Cucurbitaceae	climber	fru.	Thapa et al., 2014; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017
44	<i>Coriaria nepalensis</i> Wall.		Coriariaceae	Shrub	fru.	Bhattarai et al., 2009; Shrestha & Shrestha, 2004
45	<i>Cornus capitata</i> Wall.		Cornaceae	Tree	Fru.	Bhattarai et al., 2009
46	<i>Cotoneaster bacillaris</i> Wall. ex Lindl.	Machhaiino	Rosaceae	Shrub	fru.	Bhattarai et al., 2009
47	<i>Cotoneaster frigidus</i> Wall ex. Lindl.	Kausephul	Rosaceae	Shrub	fru.	Bhattarai et al., 2009
48	<i>Cotoneaster microphyllus</i> Wall ex. Lindl.		Rosaceae	Shrub	fru.	Bhattarai et al., 2009
49	<i>Crotalaria tetragona</i> Andrews		Fabaceae	Shrub	fru.	Dangol et al., 2017
50	<i>Cucumis melo</i> L.		Cucurbitaceae	climber	veg.	Dangol et al., 2017
51	<i>Dillenia indica</i> L.	Panchphal	Dilleniaceae	Tree	fru.	Dangol et al., 2017
52	<i>Dillenia pentagyna</i> Roxb.	Panchphal	Dilleniaceae	Tree	veg.	Dangol et al., 2017
53	<i>Diospyros malabarica</i> (Desr.) Kostel		Ebenaceae	Tree	veg., pic.	Mahato, 2014; Karki et al., 2017; Upreti et al., 2012; Dangol et al., 2017
54	<i>Diplocyclos palmatus</i> (L.) C. Jeffery	Tendu	Cucurbitaceae	climber	fru.	Dangol et al., 2017; Acharya & Acharya, 2010

Table 1: List of wild edible fruit plant species (Contd.).

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
55	<i>Diploknema butyraceae</i> (Roxb.) H.j.Lam	Chiuri	Sapotaceae	Tree	Fru	Thapa et al.,2014; Ghimeray et al., 2010; Limbu & Thapa, 2011; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010
56	<i>Disporum cantoniense</i> (Lour.) Merr.		Asparagaceae	Herb	fru.	Shrestha & Shrestha, 2004
57	<i>Docynia indica</i> (Wall.) Decne.		Rosaceae	Tree	Fru., veg.	Ghimeray et al., 2010; Dangol et al., 2017
58	<i>Duchesnea indica</i> (Andrew.) Focke	Bhuikafal	Rosaceae	Herb	Fru.	Thapa et al.,2014, Mahato, 2014, Dangol et al., 2017
59	<i>Edgaria darjeelingensis</i> C.B.Clarke		Cucurbitaceae	climber	Fru.	Dangol et al., 2017
60	<i>Elaeocarpus sikkimensis</i> Mast.	Rudrakshya	Elaeocarpaceae	Tree	Fru.	Ghimeray et al.,2010; Dangol et al., 2017
61	<i>Ensete glaucum</i> (Roxb.) Cheesman	Ban kera	Musaceae	Herb	Fru.	Upreti et al., 2012; Acharya & Acharya, 2010
62	<i>Entada Phaseoloides</i> (L) Merr.	Pangra	Fabaceae	climber	fru., veg.	Limbu & Thapa, 2011
63	<i>Eriobotrya dubia</i> (Lindl.) Decne	Jure kaphal	Rosaceae	Tree	Fru.	Karki et al., 2017; Dangol et al., 2017
64	<i>Ficus auriculata</i> Lour.	Timila	Moraceae	Tree	fru. Veg	Thapa et al.,2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Acharya & Acharya, 2010
65	<i>Ficus benghalensis</i> L.	Bar	Moraceae	Tree	fru.	Thapa et al.,2014; Ghimeray et al., 2010; Mahato, 2014; Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010
66	<i>Ficus carica</i> L.	Nibhro	Moraceae	Tree	fru.	Karki et al., 2017
67	<i>Ficus glaberrima</i> Blume	Pakhri	Moraceae	Tree	fru.	Mahato, 2014; Upreti et al., 2012; Dangol et al., 2017
68	<i>Ficus hispida</i> L.f.	Khasreto	Moraceae	Tree	fru.	Thapa et al.,2014; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017
69	<i>Ficus hookeriana</i> Corner		Moraceae	Tree	fru., veg., pic.	Ghimeray et al., 2010; Dangol et al., 2017
70	<i>Ficus palmata</i> Forssk.	Nibhro	Moraceae	Tree	fru.	Dangol et al., 2017; Acharya & Acharya, 2010

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71	<i>Ficus racemosa</i> L.	Bedulo	Moraceae	Tree	fru.	Thapa et al.,2014; Mahato, 2014; Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010
72	<i>Ficus religiosa</i> L.	Pipal	Moraceae	Tree	fru.	Dangol et al., 2017; Acharya & Acharya, 2010
73	<i>Ficus sarmentosa</i> Buch.-Ham. Ex Sm.	Ban timila	Moraceae	Tree	fru.	Upreti et al., 2012; Dangol et al., 2017
74	<i>Ficus semicordata</i> Buch.-Ham. ex. Sm.	Khaniyo	Moraceae	Tree	fru.	Thapa et al.,2014; Ghimeray et al., 2010; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010; Shrestha & Shrestha, 2004
75	<i>Ficus subincisa</i> Buch.-Ham. Ex. Sm.		Moraceae	Tree	fru.	Mahato, 2014; Aryal et al., 2018; Dangol et al., 2017
76	<i>Flueggea virosa</i> (Roxb. ex Willd.) Royle	Nundhiki	Phyllanthaceae	Tree	fru.	Dangol et al., 2017
77	<i>Fragaria nubicola</i> Lindl. ex Lacaíta	Bhuikafal	Rosaceae	Herb	fru.	Ghimeray et al., 2010; Mahato, 2014; Bhattarai et al., 2009; Aryal et al., 2018; Dangol et al., 2017
78	<i>Fragaria vesca</i> L.	Bhuikaphal	Rosaceae	herb	fru.	Karki et al., 2017
79	<i>Gaultheria fragrantissima</i> Wall.	Dhasingare	Ericaceae	Tree	fru.	Dangol et al., 2017; Shrestha & Shrestha, 2004
80	<i>Gaultheria trichophylla</i> Royle		Ericaceae	Shrub	fru.	Shrestha & Shrestha, 2004
81	<i>Grewia optiva</i> J.R. Drumm. Ex Burret	Phorsa	Malvaceae	Tree	Fru.	Upreti et al., 2012, Dangol et al., 2017
82	<i>Grewia sapida</i> Roxb. ex DC.	Phorsa	Malvaceae	Herb	fru.	Dangol et al., 2017
83	<i>Grewia sclerophylla</i> Roxb. Ex G.Don	Farsa	Malvaceae	Shrub	fru.	Dangol et al., 2017
84	<i>Guizotia abyssinica</i> Cass	Jhuse til	Asteraceae	Herb	fru.	Dangol et al., 2017
85	<i>Gynocardia odorata</i> R.Br.		Achariaceae	Tree	veg.	Ghimeray et al., 2010, Dangol et al., 2017
86	<i>Heracleum wallichii</i> DC.	Gante	Apiaceae	Herb	Fru.	Ghimeray et al., 2010, Dangol et al., 2017
87	<i>Hibiscus sabdariffa</i> L.	Chhuka	Malvaceae	Shrub	pic.	Dangol et al., 2017
88	<i>Hippophae salicifolia</i> D. Don		Elaegnaceae	Shrub	veg.	Bhattarai et al., 2009; Shrestha & Shrestha, 2004
89	<i>Hippophae tibetana</i> Schldl.		Elaegnaceae	Shrub	fru., pic.	Bhattarai et al., 2009; Karki et al., 2017; Shrestha & Shrestha, 2004
90	<i>Holboellia latifolia</i> Wall.		Lardizabalaceae	climber	fru.	Aryal et al., 2018; Shrestha & Shrestha, 2004

Table 1: List of wild edible fruit plant species (Contd.).

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
91	<i>Horsfieldia kingii</i> (Hook.f.) Warb.		Myristicaceae	Tree	Fru.	Ghimeray et al., 2010, Dangol et al., 2017
92	<i>Ilex hookeri</i> King		Aquifoliaceae	Tree	Fru., pic.	Ghimeray et al., 2010; Dangol et al., 2017
93	<i>Impatiens amplexicaulis</i> Edgew		Balsaminaceae	Herb	Fru.	Shrestha & Shrestha, 2004
94	<i>Indigofera cassioides</i> DC.		Fabaceae	Shrub	Oil	Dangol et al., 2017
95	<i>Indigofera hebeptala</i> Baker		Fabaceae	Shrub	veg., pic.	Dangol et al., 2017
96	<i>Juglans regia</i> L.	Okhar	Juglandaceae	Tree	veg.	Ghimeray et al., 2010; Bhattarai et al., 2009; Karki et al., 2017; Aryal et al., 2018; Dangol et al., 2017; Joshi et al., 2013; Shrestha & Shrestha, 2004
97	<i>Justicia adhatoda</i> L.	Asuro	Acanthaceae	Shrub	Fru.	Dangol et al., 2017
98	<i>Lannea coromandelica</i> (Houtt.) Merr.	Dabdabe	Anacardiaceae	Tree	veg., pic., ju.	Upreti et al., 2012; Dangol et al., 2017
99	<i>Lantana camara</i> L.	Banphada	Verbenaceae	Shrub	Fru.	Dangol et al., 2017
100	<i>Leea asiatica</i> (L.) Ridsdale.		Vitaceae	Herb	Fru.	Dangol et al., 2017
101	<i>Leea macrophylla</i> Roxb. Ex Hornem.		Vitaceae	Shrub	Fru.	Dangol et al., 2017; Acharya & Acharya, 2010
102	<i>Lindera nacusua</i> (D. Don) Merr.		Lauraceae	Tree	Fru.	Dangol et al., 2017
103	<i>Lithocarpus elegans</i> (Blume)		Fagaceae	Tree	Fru.	Shrestha & Shrestha, 2004
104	<i>Lonicera tomentella</i> Hook. fil. & Thoms.		Caprifoliaceae	Shrub	Oil	Bhattarai et al., 2009
105	<i>Machilus edulis</i> (King) ex Hook.f.		Lauraceae	Tree	Fru.	Ghimeray et al., 2010; Dangol et al., 2017
106	<i>Maclura cochinchinensis</i> (Lour.) Corner		Moraceae	Shrub	Fru.	Dangol et al., 2017
107	<i>Madhuca longifolia</i> (J.Konig ex L.) J.F. Macbr.	Mahuwa	Sapotaceae	Tree	Fru.	Upreti et al., 2012; Dangol et al., 2017
108	<i>Mahonia nepaulensis</i> DC.	Jamanimandro	Berberidaceae	Shrub	Fru., pic.	Mahato, 2014; Dangol et al., 2017; Shrestha & Shrestha, 2004
109	<i>Mangifera sylvatica</i> Roxb.	Aanp	Anacardiaceae	Tree	Fru., pic.	Ghimeray et al., 2010; Dangol et al., 2017
110	<i>Martynia annua</i> L.		Martyniaceae	Herb	Fru.	Thapa et al., 2014; Dangol et al., 2017
111	<i>Melastoma malabathricum</i> L.	Angeri	Melastomataceae	Shrub	Fru.	Upreti et al., 2012; Dangol et al., 2017
112	<i>Momordica charantia</i> L.		Cucurbitaceae	climber	Fru.	Dangol et al., 2017
113	<i>Momordica dioica</i> Roxb. Ex Willd.	Baankarela	Cucurbitaceae	climber	veg.	Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017

Table 1: List of wild edible fruit plant species (Contd.)

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
114	<i>Moringa oleifera</i> Lam.	Sajaiwan	Moringaceae	Tree	Veg.	Ghimeray et al., 2010; Upreti et al., 2012; Dangol et al., 2017
115	<i>Morus alba</i> L.	Kimbu	Moraveae	Tree	veg.	Thapa et al., 2014; Ghimeray et al., 2010; Karki et al., 2017; Dangol et al., 2017
116	<i>Morus nigra</i> L.	kimbu	Moraceae	Tree	Fru.	Karki et al., 2017; Upreti et al., 2012; Dangol et al., 2017
117	<i>Morus rubra</i> L.	Kimbu	Moraceae	Tree	Fru.	Karki et al., 2017; Dangol et al., 2017
118	<i>Morus serrata</i> Roxb.	Kimbu	Moraceae	Tree	Fru.	Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Dangol et al., 2017; Joshi et al., 2013
119	<i>Mucuna pruriens</i> (L.) DC.	Kauso	Fabaceae	climber	Fru.	Dangol et al., 2017
120	<i>Murraya koenigii</i> (L.) Spreng.	Karipatta	Rutaceae	Tree	Fru.	Thapa et al., 2014; Upreti et al., 2012; Dangol et al., 2017
121	<i>Musa balbisiana</i> Colla	Ban kera	Musaceae	Herb	Fru.	Ghimeray et al., 2010; Aryal et al., 2018; Dangol et al., 2017
122	<i>Musa paradisiaca</i> L.	Bankera	Musaceae	Herb	Veg., pic.	Ghimeray et al., 2010; Dangol et al., 2017
123	<i>Myrica esculenta</i> Buch.-Ham. Ex D. Don	Kafal	Myricaceae	Tree	veg., pic	Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Limbu & Thapa, 2011; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Shrestha & Shrestha, 2004
124	<i>Neolamarckia cadamba</i> (Roxb.) Bosser	Kadam	Rubiaceae	Tree	Fru.	Dangol et al., 2017
125	<i>Neonauclea purpurea</i> (Roxb.) Merr.		Rubiaceae	Tree	Oil.	Dangol et al., 2017; Acharya & Acharya, 2010
126	<i>Nicandra physalodes</i> (L.) Gaertn.		Solanaceae	Herb	Fru.	Thapa et al., 2014; Dangol et al., 2017; Acharya & Acharya, 2010
127	<i>Ocimum gratissimum</i> L.	Bantulasi	Lamiaceae	Herb	Fru.	Upreti et al., 2012
128	<i>Oreocnide frutescens</i> (Thunb.) Miq.		Urticaceae	Herb	Fru.	Dangol et al., 2017
129	<i>Osbeckia nepalensis</i> Hook. f.	Kalochulesi	Melastomataceae	Shrub	Veg	Karki et al., 2017
130	<i>Pandanus furcatus</i> Roxb.		Pandanaceae	Tree	Fru.	Ghimeray et al., 2010
131	<i>Panicum miliaceum</i> L.	Junelo	Poaceae	Herb	Pic.	Limbu & Thapa, 2011
132	<i>Perilla frutescens</i> (L.) Britton	Silam	Lamiaceae	Herb	Alco.	Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017
133	<i>Phoenix acaulis</i> Roxb.		Arecaceae	Herb	Pic.	Thapa et al., 2014; Ghimeray et al., 2010; Aryal et al., 2018; Dangol et al., 2017

Table 1: List of wild edible fruit plant species (Contd.).

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
134	<i>Phoenix loureiroi</i> Kunth	Thakal	Arecaceae	Tree	Fru	Ghimeray et al., 2010, Dangol et al., 2017; Acharya & Acharya, 2010
135	<i>Phoenix sylvestris</i> (L.) Roxb.	Thakal	Arecaceae	Tree	Fru., veg.	Upreti et al., 2012
136	<i>Phyllanthus emblica</i> (L.)	Amala	Phyllanthaceae	Tree	Fru.	Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Limbu & Thapa, 2011; Karki et al., 2017; Aryal et al., 2017; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010
137	<i>Physalis divaricata</i> D. Don		Solanaceae	Herb	Fru., pic.	Dangol et al., 2017
138	<i>Pinus roxburghii</i> Sarg.	Sallo	Pinaceae	Tree	Veg.	Dangol et al., 2017; Shrestha & Shrestha, 2004
139	<i>Piper longum</i> L.	Pipla	Piperaceae	climber	Fru.	Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010
140	<i>Polygonum perfoliatum</i> L.	Ghumauro Kanda	Polygonaceae	Climber	Fru., spi.	Karki et al., 2017
141	<i>Potentilla leuconota</i> D. Don		Rosaceae	Herb	Fru.	Shrestha & Shrestha, 2004
142	<i>Prinsepia utilis</i> Royle		Rosaceae	Herb	Fru.	Ghimeray et al., 2010; Shrestha & Shrestha, 2004
143	<i>Prunus cerasoides</i> Buch.-Ham. ex D. Don	Painyu	Rosaceae	Tree	Fru.	Ghimeray et al., 2010; Mahato, 2014; Karki et al., 2017; Dangol et al., 2017; Shrestha & Shrestha, 2004
144	<i>Punica granatum</i> L.	Jangalianar	Lythraceae	Tree	Fru.	Dangol et al., 2017
145	<i>Pyracantha crenulata</i> (Roxb. Ex D. Don) M. Roem.	Ghangaru	Rosaceae	Tree	Fru.	Shrestha & Shrestha, 2004; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Dangol et al., 2017
146	<i>Pyrus pashia</i> Buch.-Ham. Ex D. Dob	Mayal	Rosaceae	Tree	Fru	Shrestha & Shrestha, 2004; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Dangol et al., 2017
147	<i>Rhus javanica</i> Miller	Bhakamilo	Anacardiaceae	Tree	Fru., spi.	Ghimeray et al., 2010; Mahato, 2014; Karki et al., 2017; Upreti et al., 2012; Dangol et al., 2017
148	<i>Rhus parviflora</i> Roxb.	Satibayer	Anacardiaceae	Tree	Fru.	Karki et al., 2017; Upreti et al., 2012; Dangol et al., 2017
149	<i>Ribes orientale</i> Desf.		Grossulariaceae	Shrub	Fru.	Bhattarai et al., 2009
150	<i>Rosa macrophylla</i> Lindl.	Bhaisi kanda	Rosaceae	Shrub	Fru.	Bhattarai et al., 2009; Dangol et al., 2017
151	<i>Rosa sericea</i> Lindl.	Bhaisi kanda	Rosaceae	Shrub	Fru.	Bhattarai et al., 2009
152	<i>Rubus acuminatus</i> Sm.	Rato ainselu	Rosaceae	Shrub	Fru.	Ghimeray et al., 2010

Table 1: List of wild edible fruit plant species (Contd.).

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
153	<i>Rubus ellipticus</i> Sm.	Ainselu	Rosaceae	Shrub	Fru.	Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Limbu & Thapa, 2011; Karki et al., 2017; Aryal et al., 2017; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Shrestha & Shrestha, 2004
154	<i>Rubus niveus</i> Thunb.		Rosaceae	Shrub	Fru.	Thapa et al., 2014; Ghimeray et al., 2010; Bhattarai et al., 2009; Aryal et al., 2018; Dangol et al., 2017
155	<i>Rubus paniculatus</i> Sm.	Kalo ainselu	Rosaceae	Shrub	Fru.	Mahato, 2014; Shrestha & Shrestha, 2004
156	<i>Sarcococca pruniformis</i> Lindl.		Buxaceae	Shrub	Fru.	Dangol et al., 2017
157	<i>Schleichera oleosa</i> (Lour.) Oken		Sapindaceae	Tree	Fru.	Karki et al., 2017; Upreti et al., 2012
158	<i>Schleichera trijuga</i> Willd	Kusum	Sapindaceae	Tree	Fru.	Thapa et al., 2014; Dangol et al., 2017; Acharya & Acharya, 2010
159	<i>Scurrula elata</i> (Edgew.) Danser		Loranthaceae	Shrub	Fru., pic.	Dangol et al., 2017
160	<i>Semecarpus anacardium</i> L.f.	Bhalayo	Anacardiaceae	Tree	fru.	Thapa et al., 2014; Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010
161	<i>Setaria italica</i> (L.)		Poaceae	Herb	Fru., veg.	Limbu & Thapa, 2011
162	<i>Shorea robusta</i> Garten.	Sal	Dipterocarpaceae	Tree	Oil	Dangol et al., 2017; Acharya & Acharya, 2010
163	<i>Smilax perfoliata</i> Lour.	Kukurdaino	Smilacaceae	climber	Fru.	Aryal et al., 2018; Dangol et al., 2017
164	<i>Solanum aculeatissimum</i> Jacq.	Kantakari	Solanaceae	Herb	Veg	Mahato, 2014; Dangol et al., 2017
165	<i>Solanum nigrum</i> L.	Kaligedi	Solanaceae	Herb	Veg.	Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Aryal et al., 2018; Acharya & Acharya, 2010; Shrestha & Shrestha, 2004
166	<i>Solena amplexicaulis</i> (Lam.) Gandhi	Thuli bihi	Cucurbitaceae	Herb	Fru., veg.	Dangol et al., 2017
167	<i>Solena heterophylla</i> Lour.	Golkakari	Cucurbitaceae	Herb	Veg.	Karki et al., 2017; Dangol et al., 2017;
168	<i>Spatholobus parviflorus</i> (Roxb.) Kuntze		Fabaceae	Climber	Fru., veg.	Dangol et al., 2017; Acharya & Acharya, 2010

Table 1: List of wild edible fruit plant species (Contd.).

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
169	<i>Spondias pinnata</i> (L. f.) Kurz	Amora	Anacardiaceae	Tree	Oil.	Karki et al., 2017; Upreti et al., 2012
170	<i>Sterculia villosa</i> Roxb.		Malvaceae	Tree	Fru., veg.	Upreti et al., 2012; Dangol et al., 2017
171	<i>Stranvaesia nussia</i> (Buch.-Ham. Ex D.Don) Decne.	Jure mayal	Rosaceae	Tree	Fru.	Dangol et al., 2017
172	<i>Symplocos pyrifolia</i> Wall. ex. G. Don		Symplocaceae	Tree	Fru.	Upreti et al., 2012; Dangol et al., 2017
173	<i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry	Kusum	Myrtaceae	Tree	Fru.	Aryal et al., 2018; Dangol et al., 2017
174	<i>Syzygium cumini</i> (L.) Skeels	Jamun	Myrtaceae	Tree	Fru.	Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010
175	<i>Syzygium jambos</i> (L.) Alston	Jamun	Myrtaceae	Tree	Fru.	Ghimeray et al., 2010; Karki et al., 2017
176	<i>Syzygium kurzii</i> (Duthie) N.P.Balacr	Gulabjamun	Myrtaceae	Tree	fru.	Ghimeray et al., 2010; Dangol et al., 2017
177	<i>Syzygium nervosum</i> A.Cunn. Ex DC.	Kyamuna	Myrtaceae	Tree	Fru.	Thapa et al., 2014; Ghimeray et al., 2010; Dangal et al., 2017
178	<i>Tamarindus indica</i> L.	Imili	Myrtaceae	Tree	Fru.	Mahato, 2014; Karki et al., 2017; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010
179	<i>Tamilnadia uliginosa</i> (Retz.) Tirveng		Fabaceae	Tree	Pic.	Upreti et al., 2012, Dangol et al., 2017
180	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Barro	Combretaceae	Tree	Veg.	Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010
181	<i>Terminalia chebula</i> Retz.	Harro	Combretaceae	Tree	Fru.	Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010
182	<i>Tetrastigma serrulatum</i> (Roxb.) Planch.	Charchare lahara	Vitaceae	climber	Fru., veg.	Aryal et al., 2018; Upreti et al., 2012, Dangol et al., 2017
183	<i>Toxicodendron wallichii</i> Hook.f	Kagbhalayo	Anacardiaceae	Shrub	Fru.	Dangol et al., 2017
184	<i>Trapa bispinosa</i> Roxb.	Singada	Trapaceae	Herb	Fru.	Dangol et al., 2017

Table 1: List of wild edible fruit plant species (Contd.).

S.N..	Scientific name	Nepali name	Family name	Habit	Use form	References
185	<i>Verbascum thapsus</i> L.		Scrophulariaceae	Herb	Fru., veg.	Shrestha & Shrestha, 2004
186	<i>Viburnum cotinifolium</i> D.Don		Adoxaceae	Herb	Fru.	Bhattarai et al., 2009
187	<i>Viburnum cylindricum</i> Buch. Ham. ex.D.Don		Adoxaceae	Tree	Fru.	Dangol et al., 2017; Shrestha & Shrestha, 2004
188	<i>Viburnum erubescens</i> Wall.	Masino kanike	Adoxaceae	Tree	Fru.	Ghimeray et al., 2010; Aryal et al., 2018; Dangol et al., 2017
189	<i>Viburnum mullaha</i> Buch. -Ham. ex D.Don	Asarey	Adoxaceae	Tree	Fru	Dangol et al., 2017; Shrestha & Shrestha, 2004
190	<i>Vicia angustifolia</i> L.	Kutulikosa	Fabaceae	Herb	Fru.	Thapa et al., 2014
191	<i>Vicia hirsuta</i> (L.) Gray		Fabaceae	Herb	Veg.	Dangol et al., 2017
192	<i>Wallichia disticha</i> T.Anderson	Thakal	Arecaceae	Tree	Fru., pic.	Ghimeray et al., 2010; Dangol et al., 2017
193	<i>Zanthoxylum armatum</i> DC.	Timur	Rutaceae	Tree	veg., spi.	Thapa et al., 2014; Mahato, 2014; Aryal et al., 2018; Dangol et al., 2017; Joshi et al., 2013; Shrestha & Shrestha, 2004
194	<i>Zanthoxylum oxyphyllum</i> Edgew.		Rutaceae	Shrub	Pic., spi	Shrestha & Shrestha, 2004
195	<i>Zehneria japonica</i> (Thunb.) H.Y.Liu		Cucurbitaceae	climber	Pic.	Dangol et al., 2017; Acharya & Acharya, 2010
196	<i>Ziziphus incurva</i> Roxb.	Hade bayer	Rhamnaceae	Tree	Fru.	Karki et al., 2017; Dangol et al., 2017
197	<i>Ziziphus jujuba</i> Mill.	Bayer	Rhamnaceae	Tree	Fru., pic.	Limbu & Thapa, 2011; Karki et al., 2017; Dangol et al., 2017
198	<i>Ziziphus nummularia</i> (Burm. f.) Wight & Arn.	Bayar	Rhamnaceae	Tree	Fru.	Upreti et al., 2012; Dangol et al., 2017
199	<i>Zizyphus mauritiana</i> Lam.	Jangali bayar	Rhamnaceae	Shrub	Fru.	Thapa et al., 2014; Mahato, 2014; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010

Note: Fru.= Raw Fruits, Pic = Pickles, Spi = Spices, Veg = Vegetables

Conclusion

Wild edible fruits plant species are one of the renewable forest resources of the country. Most of the rural people inhabiting in and around the forest still rely on the forest resources as a part of their livelihood. Wild fruit plants on one hand provide the supplementary nutrients to the local people and generate income by selling the products on the other. Most of the wild edible fruits are said to be delicious in taste and nutritious as well. Such plants are of significant relevance to rural economic resilience, diversification, poverty alleviation and nutritional balance in remote areas (Badimo et al., 2015). Selling of wild fruits brings low returns due to its low keeping quality and low market costs. Therefore, some value addition in the form of pickles, chutney, jam, jelly etc. can increase fruit shelf- life and bring profit to local communities (Mohapatra and Panda, 2009). Although, these wild edible fruit plants play an important role in the economic, social and cultural life of the rural people these valuable species have been vanishing at a very faster rate without proper documentation and conservation.

This review study contributes to the information on wild edible fruit plant species of Nepal. As wild edible fruit plants are the valuable sources of food, nutrition and medicine especially in the rural areas, sustainable use of the wild fruit plants thus provides the necessary nutritional supplement and food security of the people on one hand and conservation of biodiversity on the other. Further studies on the wild edible plants for food security and scientific studies on nutrient contents of the species need to be carried out.

Author's contribution

Ratna Silwal Gautam performed literature review collected the data and prepared the manuscript. Sudha Joshi Shrestha and Ila shrestha analyzed the data and finalized the manuscript. Final form of manuscript was approved by all authors.

Conflict of interest

The authors declare that there is no conflict of interest with present publication.

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