PLANT FACT SHEET

Momordica dioica Roxb. ex Willd.

GENUS *Momordica* **FAMILY** Cucurbitaceae

COMMON NAMES Spine gourd, Small bitter gourd

EDIBLE PARTS AND USES

Edible parts: Fruit, Roots, Leaves

The young fruit are cooked as a vegetable or in curries.
The ripe fruit are eaten. They are slightly bitter.
The tuberous roots are also cooked as a vegetable.
The tender shoots and leaves are also eaten, cooked.

DESCRIPTION

A pumpkin family plant. It is a climbing her which keeps growing from year to year. It has a tuberous root. The leaves have stalks. The leaves are 3.5-10 cm long. They are oval to heart-shaped. They taper to the tip. There are 3-5 lobes. There are teeth near the tip. The flowers are white. The fruit have a short beak. They are densely covered with soft spines.

HABITAT

A tropical and subtropical plant. In Nepal it grows to about 1300 m altitude. It grows on sandy soils.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 50 Momordica species.
It has anti-diabetic properties.

REFERENCES

Aberoumand, A. and Deokule, S. S., 2009, Determination of Elements Profile of Some Wild Edible Plants. Food Anal. Methods. 2:116-119

Aher, S. R., 2023, Traditionally Used Wild Edible Plants from Dist. Washim (M.S.) India. Bulletin Monumental Vol. 24: Issue 8 p 72f

Ahirwar, R. K. & Shakya, V.S., 2015, An Ethnobotanical Survey of Some Wild Edible Plants of Bijuri Forest District Anuppur, Madhya Pradesh, Central India. International Journal of Science and Research (IJSR). 4(6) p 1642

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 379

Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 163-168

Aryal, K. P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. Journal of Ethnobiology and Ethnomedicine (2018) 14:10

Bandyopadhyay, S. et al, 2009, Wild edible plants of Koch Bihar district, West Bengal. Natural Products Radiance 8(1) 64-72

Bandyopadhyay, S., et al, 2012, A Census of Wild Edible Plants from Howrah District, West Bengal, India. Proceedings of UGC sponsored National Seminar 2012

Chandewar, N.G. & Chandewar, R., 2023, Exploration, Documentation and Ethno-botanical Studies of Wild Edible Plants of Mogarkasa Conservation Reserve (MCR) of Nagpur District, Maharashtra State. International Advanced Research Journal in Science, Engineering and Technology Vol. 10, Issue 5 May 2023

Chauhan, S. H., et al, 2018, Consumption patterns of wild edibles by the Vasavas: a case study from Gujarat,
India. Journal of Ethnobiology and Ethnomedicine (2018) 14:5

Chowdery, T., et al, 2014, Wild edible plants of Uttar Dinajpur District, West Bengal. Life Science Leaflets. 47:pp 20-36
http://lifesciencesleaflets.ning.com

Chunduri, J. R., 2013, Antioxidant and nutritional analysis of edible Cucurbitaceae vegetables of India. International Journal of Bioassays. 02(08) 1124-1129

Devarkar, V. D., et al, 2011, Dietary and Medicinal Significance of Wild Vegetables from Osmanabad Region, Maharashtra (India). Life sciences Leaflets 11:317-332.

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Esquinas-Alcazar, et al, 1983, Genetic Resources of Cucurbitaceae. International Board of Plant Genetic Resources.

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 88

Flora of Pakistan. www.eFloras.org

GAMMIE,

Gautam, R. S., et al, 2020, Wild Edible Fruits of Nepal. Int. J. Appl. Sci. Biotechnol. Vol 8(3): 289-304

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 110

Ghosh, C. & Das A. P., 2011, Some useful and poisonous tea garden weeds from the Darjiling District of West Bengal, India. Pleione 5(1): 91 - 114

GUPTA & KANODIA,

Hassen, A., 2021, Diversity and potential contribution of wild edible plants to sustainable food security in North Wollo, Ethiopia. BIODIVERSITAS, Volume 22, Number 6, June 2021 Pages: 2501-2510

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 417

Jadhav, R., et al, 2015, Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. Asian Agri-History Vol. 19, No. 4: 293-317

John, K. J., et al, 2009, Genetic resources and Crop Evolution. 56:861-868

Kahlon, L. K. & Singh, R., 2019, Traditional knowledge & Dynamics of edible plants of primitive tribal group 'Paudi Bhuyan' with changing demography migration patterns in Northern Odisha. Indian Journal of Traditional Knowledge Vol 18(1), pp 7-15

Kauthale, V. et al., 2017, Diversity of Wild Edible Plants in Dhadgaon Block of Nandurbar District in Maharashtra, India. Int. J. Curr. Res. Biosci. Plant Biol. 4(6), 62-73

Khan, M. & Hussain, S., 2014, Diversity of wild edible plants and flowering phenology of district Poonch (J & K) in the northwest Himalaya. Indian Journal of Sci, Res. 9(1): 032-038

Kharade, S. & Mali, S., 2022, Ethnobotanical Survey of Wild Edible Plants from Raigad District, Maharashtra. International Journal for Research Trends and Innovation. Vol. 7 Issue 6. p 160

Kharat, A.J. & Bhandare, R. Y., 2021, Contribution of Wild Vegetables to meet Nutritional Demand of tribal population of Surgana, District Nashik, Maharashtra, India. Flora and Fauna, Vol.27 No.2:pp169-176

Kiran, K. C., et al, 2019, Diversity and Seasonal Availability of Potential Wild Edible Plants from Vidarbha Region of Maharashtra State, India. Int.J.Curr.Microbiol.App.Sci (2019) 8(2): 1434-1446

Konsam, S., et al, 2016, Assessment of wild leafy vegetables traditionally consumed by the ethnic communities of Manipur, northeast India. Journal of Ethnobiology and Ethnomedicine, 12:9

Kumar, G. M. P & Nagayya, W., et al, 2016, Nutritional Analysis of Edible Wild Plants use by Hakki Pikki Tribes of Hassan District, Karnataka, India, Int J Pharm Pharm Sci, Vol 8, Issue 8, 390-393

Full reference list (43 more) at https://www.echocommunity.org/en/resources/b0e8466f-7d7e-4464-81ab-3445238c5830

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b0e8466f-7d7e-4464-81ab-3445238c5830