PLANT FACT SHEET

Baliospermum solanifolium (Burm.) Suresh.

GENUS *Baliospermum* **FAMILY** Euphorbiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a vegetable.
CAUTION: They are claimed to cause diarrhoea.

DESCRIPTION

A stout shrub. It is woody and grows 1-2 m high. The stems are fairly stout and have few branches. The leaves vary in shape and size. They are 2-11 cm long by 1-6 cm wide. There can be lobes and teeth around the edge.

HABITAT

A tropical plant. In Pakistan it grows between 600-1,200 m altitude.

NOTES

It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 66 (As Baliospermum montanum)

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 291 (As Baliospermum montanum)

Gogoi, D, et al, 2023, Foods from the wild. A review on the diversity and use pattern of wild edible plants of Arunachal Himalaya for sustainable management. Plant Science Today Vol.10 No.1

Murtem, G. & Chaudhrey, P., 2016, An ethnobotanical note on wild edible plants of Upper Eastern Himalaya, India. Brazilian Journal of Biological Sciences, 2016, v. 3, no. 5, p. 63-81 (As Baliospermum montanum)

Srivastava, R. C., 2010, Traditional knowledge of Nyishi (Daffla) tribe of Arunachal Pradesh. Indian Journal of Traditional Knowledge. 9(1):26-37 (As Baliospermum montanum)

Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 151 (As Baliospermum montanum)

Thothathri, K., & Pal, G.D., 1987, Further Contribution to the Ethnobotany of Subansiri District, Aranchal Pradesh. J. Econ. Tax. Bot. Vol. 10 No. 1 pp 149-157 (As Baliospermum montanum)

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/b3a593cb-b779-45e3-b98c-6d7b1250f7fc