PLANT FACT SHEET

Holarrhena pubescens Wall. ex A. DC.

GENUS *Holarrhena* **FAMILY** Apocynaceae

COMMON NAMES Easter tree, Conessi bark, Ivory tree

EDIBLE PARTS AND USES

Edible parts: Flowers, Seeds, Fruit, Leaves

The flowers are cooked and eaten as a vegetable.
The young fruit are eaten as a vegetable.
The leaves are eaten as a vegetable.
CAUTION: There is a poisonous alkaloid in the seeds.

DESCRIPTION

A small tree or tall shrub. It loses its leaves. It grows 10 m tall. The bark is rough and pale grey and cracked. It peels off in irregular flakes. The leaves are thin and opposite. They are pale green and broadly oval. They are wedge shaped at the base. The flowers are white or cream. They are 3-4 cm across. They are in loose clusters. They are at the ends of twigs. The fruit are a pair of follicles that are curved and slender. They are 20-48 cm long and 6-8 mm thick. It opens to reveal many seeds.

HABITAT

It is a subtropical plant. It is native to India. It grows up to 1,100 m altitude in the Himalayas. In Yunnan. It suits the seasonally dry tropics.

NOTES

The bark and seeds are used to control dysentery.
MEDICINE, The unripe fruit is used as an anti-malarial.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 270 (As Holarrhena antidysenterica)

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 1199 (As Holarrhena antidysenterica)

Chaiyong, S., et al, 2023, Uncovering the ethnobotanical importance of community forests in Chai Nat Province, Central Thailand. BIODIVERSITAS 24 (4): 2052-2063

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

Chandrakumar, P., et al, 2015, Ethnobotanical studies of wild edible plants of Gond, Halba and Kawar tribes of Salekasa Taluka, Gondia District, Maharashtra State, India. International Research Journal of Pharmacy 6(8)

Chandrashekara, U. M., 2009, Tree species yielding edible fruit in the coffee-based homegardens of Kerala, India: their diversity, uses and management. Food Sec. 1:361-370 (As Holarrhena antidysenterica)

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 (As Holarrhena antidysenterica)

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

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 (As Holarrhena antidysenterica)

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 103

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

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development.

Joshi, N. & Siwakoti, M., 2012, Wild Vegetables Used by Local Community of Makawanpur District and Their Contribution to Food Security and Income Generation. Nepal Journal of Science and Technology Vol. 13, No. 1 (2012) 59-66

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

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

Kumar, R. & Saikia, P., 2020, Wild edible plants of Jharkhand and their utilitarian perspectives. Indian Journal of Traditional Knowledge Vol 19 (2), April 2020, pp 237-250

Kumar, S. A., Manus, D. & Mallika, M., 2018, Impact of non-timber forest products on Forest and in Livelihood Economy of the People of Adjoining Areas of Jalpaiguri Forest Division, West Bengal, India. Int. J. of Life Sciences, 2018; 6 (2):365-385

Lele, Y., et al, 2021, Wild Edible Plants of Nutritional and Medicinal Significance to the Tribes of Palghar, Maharashtra, India. Journal of Ecological Society. p 28

Lokhande, K. S., 2020, Ethnobotanical Survey on Wild Edible Plants Used by Tribals & Rural People of Arjuni/Mor Taluka, Gondia District, Maharashtra State, India. Advances in Zoology and Botany 8(3): 209-217

Mahadkar, S.D. & Patil, B., 2023, Role of Wild Edible Fruits used by the Tribals from Shahpur Taluka of Thane District. Asian Journal or Pharmaceutical and Clinical Research. Vol 16, Issue 7. (As Holarrhena antidysenterica)

Mahale, N.V. & Gogari, P. K., 2023, Documentation of some wild edible vegetables habitually used by the tribals of Jawhar Tehsil of Palghar District Maharashtra. Recent Trends in Humanities, Social Sciences, Sciences and Commerce. Volume: I, p142

Marandi, R. R. & Britto, S. J., 2015, Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by Oraon Tribals of Latehar District, Jharkhand. International Journal of Life Science and Pharma Research. Vo. 5. (2) April 2015 (As Holarrhena antidysenterica)

Panda, T., 2014, Traditional knowledge on wild edible plants as livelihood food in Odisha, India. Journal of Biology and Earth Sciences 2014; 4 (2): B144-B159 (As Holarrhena antidysenterica)

Prafulla, S., 2017, Wild Food Diversity of Nawegaon-Nagzira Tiger Reserve in Gondia-Bhandara district of Maharashtra, India. Int. J. of Life Sciences, 2017, Vol. 5 (4): 620-626

Prodr. 8:413. 1844 (As Holarrhena antidysenterica)

Rahangdale, D.R. & Rahangdale, S.S., 2014, Potential Wild Edible Plant Resources from Maharashtra Future Prospects for their Conservation and Improvement. Life Science Leaflets. http://lifesciencesleaflets.ning.com

Full reference list (8 more) at https://www.echocommunity.org/en/resources/e98a79f3-d642-4071-9098-e99944b0f97b

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/e98a79f3-d642-4071-9098-e99944b0f97b