

Terminalia chebula (Gaertn.) Retz.

Identifiants : 38767/terche

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 29/04/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Malvidées ;
- Ordre : Myrtales ;
- Famille : Combretaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Myrtales ;
- Famille : Combretaceae ;
- Genre : Terminalia ;

- Synonymes : Myrobalanus chebula Gaertn, Myrobalanus gangetica Kostel, Terminalia gangetica Roxb, Terminalia reticulata Roth ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Myrobalan, Indian gallnut, , Aaru, Aru, Black myrobalan, Bunura, Chebula, Chebulic myrobalans, Har, Harad, Haradh, Harado, Harain, Harar, Harda, Hardo, Harida, Haridra, Haritaka, Haritaki, Harra, Harro, Har-ra, Hirda, Haritaki, Horitoki, Kadukkai, Karakkai, Lakcha ri, Lilikang, Ma-muangpa, Mai-mak-na, Mai-man-nah, Ortoki, Panga, Pohon ketapang manjalawai, Pohon ketapang manjaputeri, Samo thai, Samor thai, Selekha, Selekhai, Shilikha thai, Silika, Silikha, Siluka, Som mor, Srama, Sramor, Sro mar, Sromor lau ;



- Note comestibilité : ***

- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Parties comestibles : noyau, noix, feuilles, fruits^{{{0(+x)}} (traduction automatique)} | Original : Kernel, Nuts, Leaves, Fruit^{{{0(+x)}}} Les fruits verts amers sont consommés crus avec du poisson. Ils sont également conservés en saumure ou frits. Les grains de graines sont parfois consommés. Les graines donnent également une huile comestible. Les graines sont utilisées pour le sel noir utilisé comme épice

Partie testée : feuilles^{{{0(+x)}} (traduction automatique)}
Original : Leaves^{{{0(+x)}}}

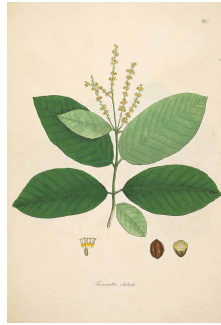
Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
85.9	234	56	1.2	0	0	0	0



néant, inconnus ou indéterminés.

- Note médicinale : *****

- Illustration(s) (photographie(s) et/ou dessin(s)):



Par Roxburgh, W., *Plants of the coast of Coromandel (1795-1819) Pl. Coromandel vol. 2 (1798) t. 197*, via plantillustrations

- Liens, sources et/ou références :

° 5 "Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Terminalia_chebula ;

dont classification :

dont livres et bases de données : ° "Food Plants International" (en anglais) ;

dont biographie/références de ° "FOOD PLANTS INTERNATIONAL" :

Acharya K. P. and Acharya, R., 2010, *Eating from the Wild: Indigenous knowledge on wild edible plants in Parroha VDC of Rupandehi District, Central Nepal*. *International Journal of Social Forestry*. 3(1):28-48 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 628 ; Angami, A., et al, 2006, *Status and potential of wild edible plants of Arunachal Pradesh*. *Indian Journal of Traditional Knowledge* 5(4) October 2006, pp 541-550 ; 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 ; Baishya, S. Kr., et al, 2013, *Survey of Wild Edible Fruits of Dhubri District, Assam, India*. *Plant Archives* Vol 13 (1): 155-158 ; Barwick, M., 2004, *Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide*. Thames and Hudson p 409 ; Bohra, N., et al, 2017, *Ethnobotany of wild edible plants traditionally used by the local people in the Ramnagar regions from Nainital District, Uttarakhand, India*. *Bioline* 5(1): 12-19 ; Bole, P.V., & Yaghani, Y., 1985, *Field Guide to the Common Trees of India*. OUP p 27 ; Brahma, S., et al, 2013, *Wild edible fruits of Kokrajhar district of Assam, North-East India*, *Asian Journal of Plant Science and Research* 3(6):95-100 ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 2177 ; 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 ; Eiadthong, W., et al, 2010, *Management of the Emerald Triangle Protected Forests Complex*. *Botanical Consultant Technical Report*. p 23 ; *Ethnobotany of Karbis*. Chapter 4 in p 106 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 80 ; *Food Composition Tables for use in East Asia* FAO <http://www.fao.org/infoods/directory> No. 764 ; Gardner, S., et al, 2000, *A Field Guide to Forest Trees of Northern Thailand*, Kobfai Publishing Project. p 188 ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 66 ; Jadhav, V. D. et al, 2011, *Documentation and ethnobotanical survey of wild edible plants from Kolhapur district*. *Recent Research in Science and Technology*. 3(12): 58-63 ; Jan, M., et al, 2018, *Ethnobotanical Study of Plants Used By Ethnic People of Karbari Grant Village Dehradun, Uttarakhand*. *SERBD-International Journal of Multidisciplinary Sciences* ; *Japanese International Research Centre for Agricultural Science* www.jircas.affrc.go.jp/project/value_addition/Vegetables ; Kachenchart, B., et al, 2008, *Phenology of Edible Plants at Sakaerat Forest*. In *Proceedings of the FORTROP II: Tropical Forestry Change in a Changing World*. Bangkok, Thailand. ; Kahlon, L. K. & Singh, R., 2019, *Traditional knowledge & Dynamics of edible plants of primitive tribal group 'Paudi Bhuyanâ' with changing demography migration patterns in Northern Odisha*. *Indian Journal of Traditional Knowledge* Vol 18(1), pp 7-15 ; Karki, S., et al, 2017, *Minor Fruits in Nepal: Utilization and Conservation Efforts*. *Proceedings of 2nd National Workshop on CUAPGR*, 2017. ; Krishen P., 2006, *Trees of Delhi, A Field Guide*. DK Books. p 92 ; Kumar, A., et al, 2012, *Ethnobotanical Edible Plant Biodiversity of Lepcha Tribes*. *Indian Forester*, 138 (9):798-803 ; 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 ; Lungphi, P., Wangpan, T. & Tangjang, S., 2018, *Wild edible plants and their additional uses by the Tangsa community living in the Changlang district of Arunachal Pradesh, India*. *Pleione* 12(2): 151 - 164. 2018. ; Majumdar, K and Datta, N., 2009, *Traditional wild edible fruits for the forest dwellers of Tripura, India*. *Pleione* 3(2) 167-178 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 452 ; Manju, S., and Sundriyal, R. C., 2001, *Wild Edible Plants of the Sikkim Himalaya: Nutritive Values of Selected Species*. *Economic Botany* 55(3): 377-390 ; Medhi, P. & Borthakur, S. K., 2012, *Phytoreources from North Cachur Hills of Assam -3: Edible plants sold at Hflong market*. *Indian Journal of Natural Products and Resources*. 3(1) pp 84-109 ; Medhi, P., Sarma, A and Borthakur, S. K., 2014, *Wild edible plants from the Dima Hasao district of Assam, India*. *Pleione* 8(1): 133-148 ;

Menninger, E.A., 1977, *Edible Nuts of the World*. Horticultural Books. Florida p 62 ; Mukhia, P.K., et al, 2013, *Wild plants as Non Wood Forest Products used by the rural community of Dagana, a southern foothill district of Bhutan*, SAARC Journal, 27 pages ; 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 ; Narayanan, M. K., R., et al, 2011, *Ethnobotanically important trees and their uses by Kattunaikka tribe in Wayanad Wildlife Sanctuary, Kerala, India*. Journal of Medicinal Plants research. 5(4): 704-612 ; Natuhara, Y., et al, 2011, *Uses of trees in paddy fields in Champasak Province, Southern Lao PDR*. Landscape and Ecological Engineering. p 6 ; Observ. bot. 5:31. 1788 ("1789") ; Pandey, R. K. & Saini, S. K., 2007, *Edible plants of tropical forests among tribal communities of Madhya Pradesh*. Indian Journal of Traditional Knowledge. 6(1), pp 185-190 ; Patiri, B. & Borah, A., 2007, *Wild Edible Plants of Assam*. Geethaki Publishers. p 53 ; Pegu, R., et al, 2013, *Ethnobotanical study of Wild Edible Plants in Poba Reserved Forest, Assam, India*. Research Journal of Agriculture and Forestry Sciences 1(3):1-10 ; Phon, P., 2000, *Plants used in Cambodia*. © Pauline Dy Phon, Phnom Penh, Cambodia. p 599 ; Rahmatullah, M., et al, 2009, *A survey of medicinal plants in two areas of Dinajpur district, Bangladesh including plants which can be used as functional foods*. American-Eurasian Journal of Sustainable Agriculture, 3(4): 862-876 ; Sahni, K.C., 2000, *The Book of Indian Trees*. Bombay Natural History Society. Oxford. p 107 ; Sarma, H., et al, 2010, *Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis*. International Journal of Botany 6(4): 414-423 ; Sharma, G., et al, 2016, *Agrobiodiversity in the Sikkim Himalaya*. International Centre for Integrated Mountain Development, ICIMOD Working Paper 2016/5 p 21 ; Sharma, P., et al, 2013, *Wild edibles of Murari Devi and surrounding areas in Mandi district of Himachal Pradesh, India*. International Journal of Biodiversity and Conservation. Vol. 5(9), pp. 580-592, September 2013 ; Somnasang, P., Moreno, G and Chusil K., 1998, *Indigenous knowledge of wild hunting and gathering in north-east Thailand*. Food and Nutrition Bulletin 19(4) p 359f ; Sivakumar, A. & Murugesan, M., 2005, *Ethnobotanical Studies of the wild edible plants used by the tribals of the Anaimalai Hills, the Western Ghats*. Ancient Science of Life. XXV(2) Oct-Dec. ; Srivastava, R. C., 2010, *Traditional knowledge of Nyishi (Daffla) tribe of Arunachal Pradesh*. Indian Journal of Traditional Knowledge. 9(1):26-37 ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 244 ; Sukarya, D. G., (Ed.) 2013, *3,500 Plant Species of the Botanic Gardens of Indonesia*. LIPI p 545 ; Sundriyal, M., et al, 1998, *Wild edibles and other useful plants from the Sikkim Himalaya, India*. Oecologia Montana 7:43-54 ; Sundriyal, M., et al, 2004, *Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India*. Economic Botany 58(4) pp 626-638 ; Swaminathan, M.S., and Kochnar, S.L., 2007, *An Atlas of Major Flowering Trees in India*. Macmillan. p 156 ; 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 150 ; Thapa, L. B., et al, 2014, *Wild Edible Plants used by endangered and Indigenous Raji Tribe in Western Nepal*. International Journal of Applied Sciences and Biotechnology. Vol 2(3):243-252 ; Tsering, J., et al, 2017, *Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunachal Pradesh*. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637 ; Turreira Garcia, N., et al, 2017, *Ethnobotanical knowledge of the Kuy and Khmer people in Prey Lang, Cambodia*. Cambodian Journal of Natural History 2017 (1): 76-101 ; Upreti, K., et al, 2010, *Diversity and Distribution of Wild Edible Fruit Plants of Uttarakhand*. Bioversity Potentials of the Himalaya. p 191 ; Upreti, Y., et al, 2010, *Non-timber Forest Products in Bardia District of Nepal: Indigenous Use, Trade and Conservation*. J Hum Ecol, 30(3): 143-158 ; Upreti, Y., et al, 2016, *Traditional use and management of NTFPs in Kangchenjunga Landscape: implications for conservation and livelihoods*. Journal of Ethnobiology and Ethnomedicine (2016) 12:19 ; Wickens, G.E., 1995, *Edible Nuts*. FAO Non-wood forest products. FAO, Rome. p 116 ; Yeshi, K. et al, 2017, *Taxonomical Identification of Himalayan Edible Medicinal Plants in Bhutan and the Phenolic Contents and Antioxidant Activity of Selected Plants*. TBAP 7 (2) 2017 pp 89 - 106