

Aegle marmelos (L.) Corrêa, 1800 (Bael)

Identifiants : 767/aegmar

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 03/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Malvidées ;
- Ordre : Sapindales ;
- Famille : Rutaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Sapindales ;
- Famille : Rutaceae ;
- Genre : Aegle ;

- Synonymes : *Crateva marmelos* L. 1753 (=) basionym, *Aegle marmelos* var. *mahurensis* Zate, *Belou marmelos* (L.) A. Lyons, *Bilacus marmelos* (L.) Kuntze, *Crateva marmelos* L, *Feronia pellucida* Roth ;

- Synonymes français : arbre Bael, bilva, bilwa, bel, kuvalam, madtoun, fruit de Bel, coing du Bengale, orange-miel, vilvon, marmelo, makdum ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Bael fruit, Bengal quince , Aluvigam, Bak tuum, Beel, Bel, bela, Belang, Beli, Bella, Belo, Belpatri, Belthei, Belu, Bil, Bila, Bilak, Bili, Bilpatre, Bilva, Bnau, Chilongpak chi, Golden apple, Hpun ja, Indian bael, Indian quince, Iyalbudi, Kawista, Kia-bok, Koovalam, Ma pin, Maak tum, Mak-phyn, Maja batu, Maja ingus, Maja, Maredoo, Maredu, Marmelo, Matoon, Matoom, Matum, Muredu, Okshit, Opesheet, Phnao, Phneu, Pnoeu, Pohon maja manis, Sinje dari, Sirphal, Soh-bel, Thepli, Toun, Tum, Vilva marum, Vilvam, Vilvan, Yod maak tuum ;

- Rusticité (résistance face au froid/gel) : -6/-6,5°C (-4 à 10°C selon d'autres sources) ;



- Note comestibilité : ***

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

Fruit^{2(+),6} comestibles. Les fleur et feuille (dont jeunes pousses) seraient également comestibles selon WIKIPÉDIA mais les sources/références sont absentes. Les fruits mûrs sont consommés crus. Ils sont également utilisés pour faire des boissons. Les fruits sont souvent tranchés et séchés. Marmalade peut être fabriquée à partir de pulpe mûre. Ils peuvent également être marinés ou utilisés dans des confitures et des gelées. Les jeunes pousses et feuilles peuvent être consommées crues en salade. Ils sont également utilisés dans les chutneys. Les fleurs sont utilisées pour faire une boisson. ATTENTION: il existe des rapports selon lesquels les feuilles rendent les femmes stériles ou provoquent des avortements

Partie testée : fruit^{{{0(+x)}}} (traduction automatique)

Original : Fruit^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
58	577	138	2.3	0.13	219	0.55	0



néant, inconnus ou indéterminés. néant, inconnus ou indéterminés.

- **Note médicinale :** ***

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



De gauche à droite :

Par J.M.Garg (Travail personnel), via wikimedia

Par J.M.Garg (Travail personnel), via wikimedia

- **Autres infos :**

dont infos de "FOOD PLANTS INTERNATIONAL" :

- **Statut :**

Les fruits sont vendus sur les marchés. Il est couramment cultivé^{{{{0(+x)}}} (traduction automatique)}.

Original : Fruit are sold in markets. It is commonly cultivated^{{{{0(+x)}}}}.

- **Distribution :**

Une plante tropicale. Il préfère les sols riches bien drainés dans une position ensoleillée ouverte. Il convient aux endroits tropicaux ou chauds. Il semble mieux fonctionner là où il y a une saison sèche distincte. Il est sensible à la sécheresse et au gel. Il pousse au Népal jusqu'à environ 1100 m d'altitude. Un été chaud et sec est préférable. Il peut tolérer une certaine alcalinité et des sols salins. Il peut tolérer l'alcalinité. Il peut pousser dans des endroits arides. Au Yunnan^{{{{0(+x)}}} (traduction automatique)}.

Original : A tropical plant. It prefers rich well drained soils in an open sunny position. It suits tropical or warm places. It appears to do best where there is a distinct dry season. It is drought and frost tender. It grows in Nepal to about 1100 m altitude. A hot dry summer is best. It can tolerate some alkalinity and saline soils. It can tolerate alkalinity. It can grow in arid places. In Yunnan^{{{{0(+x)}}}}.

- **Localisation :**

Afrique, Andamans, Asie, Australie, Bangladesh *, Bhoutan, Brésil, Cambodge, Chine, Cuba, Afrique de l'Est, Timor oriental, Fidji, Guyanes, Hawaï, Himalaya, Inde *, Indochine, Indonésie, Laos, Malaisie, Myanmar, Népal, Nigeria, Amérique du Nord, Inde du Nord-Est, Inde du Nord-Ouest, Pacifique, Pakistan *, Papouasie-Nouvelle-Guinée, PNG, Philippines, Pohnpei, Asie du Sud-Est, Singapour, Amérique du Sud, Sri Lanka, Suriname, Taïwan, Tanzanie, Thaïlande, Timor-Leste, Ouganda, USA, Vietnam, Afrique de l'Ouest^{{{{0(+x)}}} (traduction automatique)}.

Original : Africa, Andamans, Asia, Australia, Bangladesh*, Bhutan, Brazil, Cambodia, China, Cuba, East Africa, East Timor, Fiji, Guianas, Hawaii, Himalayas, India*, Indochina, Indonesia, Laos, Malaysia, Myanmar, Nepal, Nigeria, North America, Northeastern India, NW India, Pacific, Pakistan*, Papua New Guinea, PNG, Philippines, Pohnpei, SE Asia, Singapore, South America, Sri Lanka, Suriname, Taiwan, Tanzania, Thailand, Timor-Leste, Uganda, USA, Vietnam, West Africa^{{{{0(+x)}}}}.

- **Notes :**

Il existe 3 espèces d'Aegle. Dans certains endroits, le fruit est utilisé pour traiter la diarrhée. L'arbre est commun

dans les jardins des temples en Inde. Il a des propriétés anticancéreuses^{{{{0(+x)}}}} (traduction automatique).

Original : There are 3 Aegle species. In some places the fruit is used as treatment for diarrhoea. The tree is common in temple gardens in India. It has anticancer properties^{{{{0(+x)}}}}.

• Liens, sources et/ou références :

- "Online Vitamins Guide" : <https://www.online-vitamins-guide.com/lang/fr/herbs/aegle-marmelos.htm> ;
- ⁶"Jstor Plant Science" (JSP, en anglais) : https://plants.jstor.org/upwta/4_1121 ;
- Wikipedia :
 - [https://fr.wikipedia.org/wiki/Aegle_marmelos_\(en_francais\)](https://fr.wikipedia.org/wiki/Aegle_marmelos_(en_francais)) ;
 - [https://en.wikipedia.org/wiki/Bael_\(source_en_anglais\)](https://en.wikipedia.org/wiki/Bael_(source_en_anglais)) ;
- ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Aegle_marmelos ;

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2623456 ;
- ⁶GRIN : <https://npg.ars-grin.gov/grin/taxonomy/detail?id=1560> ;

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 16 ; 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 ; Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. *Bioversity International*. p 56 ; Aryal, K. P. et al, 2009, Uncultivated Plants and Livelihood Support - A case study from the Chepang people of Nepal. *Ethnobotany Research and Applications*. 7:409-422 ; 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 ; Ashton, M. S., et al 1997, A Field Guide to the Common Trees and Shrubs of Sri Lanka. WHT Publications Ltd. pdf p 343 ; Bandyopadhyay, S., et al, 2012, A Census of Wild Edible Plants from Howrah District, West Bengal, India. *Proceedings of UGC sponsored National Seminar 2012* ; Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 12 ; Behera, K. K. et al, 2008, Wild Edible Plants of Mayurbhanj District, Orissa, India. *J. Econ. Taxon. Bot. Vol. 32 (Suppl.)* pp 305-314 ; Bhardwaj, J. & Seth, M. K., 2017, Edible wild plant resources of Bilaspur, Hamirpur and Una districts of Himachal Pradesh, India. *International Journal of Botany Studies*. Volume 2; Issue 6; p 09-17 ; Bircher, A. G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics*. AUC Press. p 10 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 51 ; 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. *Biolife* 5(1): 12-19 ; Bole, P.V., & Yaghani, Y., 1985, *Field Guide to the Common Trees of India*. OUP p 9 ; 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 ; Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 156 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 4. Kew. ; 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 56 ; Chandrakumar, P., et al, 2015, Ethnobotanical studies of wild edible plants of Gond, Halba and Kavar tribes of Salekasa Taluka, Gondia District, Maharashtra State, India. *International Research Journal of Pharmacy* 6(8) ; 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> ; Chowdhury, M. & Mukherjee, R., 2012, Wild Edible Plants Consumed by Local Communities of Maldah of West Bengal, India. *Indian J.Sci.Res.*3(2) : 163-170 ; Coronel, R.E., 1982, *Fruit Collections in the Philippines*. IBPGR Newsletter p 6 ; Cowie, I, 2006, A Survey of Flora and vegetation of the proposed Jaco-Tutuala-Lore National Park. Timor-Lests (East Timor) www.territorystories.nt.gov.au p 52 ; Cruz-Garcia, G. S., & Price, L. L., 2011, Ethnobotanical investigation of 'wild' food plants used by rice farmers in Kalasin, Northeast Thailand. *Journal of Ethnobiology and Ethnomedicine* 7:33 ; Darley, J.J., 1993, *Know and Enjoy Tropical Fruit*. P & S Publishers. p 118 ; Das, S. and De, B., 2013, Evaluation of Angiotension I-Converting Enzyme (ACE) inhibitory potential of some underutilized indigenous fruits of West Bengal using an in vitro model. *Fruits*, Vol. 68:499-506 ; Das, T. & Das, A. K., 2005, Inventorying plant biodiversity in homegardens: A case study in Barak Valley, Assam, North East India. *CURRENT SCIENCE*, VOL. 89, NO. 1, 10 JULY 2005 ; Datar, M. N. & Upadhye, A. S., 2016, Forest foods of northern region of Western Ghats. *MACS - Agharkar Research Institute, Pune*. Pp 1-160. ISBN: 978-93-85735-10-3 p 15 ; 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 ; Dyani, S.K., & Sharma, R.V., 1987, Exploration of Socio-economic plant resources of Vyasi Valley in Tehri Garwhal. *J. Econ. Tax. Bot. Vol. 9 No. 2* pp 299-310 ; Ethnobotany of Karbis. Chapter 4 in p 103 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 213 ; Flora of Pakistan. www.eFloras.org ; Food Composition Tables for use in East Asia FAO <http://www.fao.org/infoods/directory> No. 822 ; GAMMIE, ; Gardner, S., et al, 2000, *A Field Guide to Forest Trees of Northern Thailand*, Kobfai Publishing Project. p 102 ; Gouldstone, S., 1983, *Growing your own Food-bearing Plants in Australia*. Macmillan p 77 ; GUPTA, ; Hazarika, T. K., et al, 2012, Studies on wild fruits of Mizoram, India used as ethno-medicines. *Genetic Resources and Crop Evolution*. Published on line 03 February, 2012 ; Hearne, D.A., & Rance, S.J., 1975, *Trees for Darwin and Northern Australia*. AGPS, Canberra p 15 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 27 ; http://palaeoworks.anu.edu.au/Nuno_PhD/04.pdf re Timor ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 72 ; 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 ; Japanese International Research Centre for Agricultural Science www.jircas.affrc.go.jp/project/value_addition/Vegetables ; Jeeva, S., 2009, Horticultural potential of wild edible fruits used by the Khasi tribes of Meghalaya. *Journal of Horticulture and Forestry* Vol. 1(9) pp. 182-192 ; Jindal, M., et al, 2013, Synthesis, physico-chemical and biomedical applications of sulfated Aegle marmelos gum: Green chemistry approach. *Arabian Journal of Chemistry* ; John, L., & Stevenson, V., 1979, *The Complete Book of Fruit*. Angus & Robertson p 76 ; 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 ; 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 ; Khanal, R., et al, 2014, Documenting abundance and use of underutilized plant species in the mid hill region of Nepal. *ECOPRINT* 21: 63-71, 2014 ; Khumgratok, S., *Edible Plants in Cultural Forests of Northeastern Thailand*. Mahasarakham University Thailand. ; Kintzios, S. E., 2006, Terrestrial Plant-Derived Anticancer Agents and Plant Species Used in Anticancer research *Critical Reviews in Plant Sciences*. 25: pp 79-113 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 1725 ; Krishen P., 2006, *Trees of Delhi, A Field Guide*. DK Books. p 198 ; Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, *Brazilian Fruits & Cultivated Exotics*. Sao Paulo, Instituto Plantarum de Estudos da Flora Ltda. p 525 ; Lyle, S., 2006, *Discovering fruit and nuts*. Land Links. p 52 ; Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, *Tropical Planting and Gardening*. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 290 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 74 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 98, 217 ; Martin, F. W., et al, 1987, *Perennial Edible Fruits of the Tropics*. USDA Handbook 642 p 64 ; Medhi, P. & Borthakur, S. K., 2012, Phytoresources 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 ; Miguel, E., et al, 1989, A checklist of the cultivated plants of Cuba. *Kulturpflanze* 37. 1989, 211-357 ; Milow, P., et al, 2014, Malaysian Species of Plants with Edible Fruits or Seeds and Their Valuation. *International Journal of Fruit Science*, 14:1-27, 2014 ; Morton, J. F., 1987, *Fruits of Warm Climates*. Wipf & Stock Publishers p 187 ; 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. ; Pandey, K. C. & 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 ; Pandey, K. C. & Pande, N., 2016, Ethnobotanical Documentation of Wild Edible Plants used by Gujjar Community of Tarai West Forest Division Ramnagar, Nainital, India, *Current World Environment*. Vol. 11(3), 808-818 ; Patel, K. P., Sahu, J., Sahu, L., Prajapati, N. K. and Dubey, B. K., 2012, Aegle marmelos: A Review on its Medicinal Properties. *Int. J. Pharm. Phytopharmacol. Res.*, 1(5): pp. 332-338. ; Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 21 ; Paul, A., 2013, Minor and uncultivated fruits of Eastern India, 2nd International Symposium on Minor Fruits and Medicinal Plants ; Phon, P., 2000, *Plants used in Cambodia*. © Pauline Dy Phon, Phnom Penh, Cambodia. ; Prachi, K., et al, 2012, Underutilized wild fruits of North Maharashtra. *Journal of Research in Plant Sciences*. (2012) 1:071-076 ; PROSEA (Plant Resources of South East Asia) handbook, Volume 2, 1991, Edible fruits and nut. p 59 ; PROSEA handbook Volume 13 Spices. p 273 ; Pursglove, J.W., 1968, *Tropical Crops Dicotyledons*, Longmans. p 493 ; Rajapaksha, U., 1998, *Traditional Food Plants in Sri Lanka*. HARTI, Sri Lanka. p 418 ; Rao, M. L. S., et al, 2014, Indigenous Plant Foods which are commonly consumed by the triba communities in Dumbiriguda Area of Visakhapatnam District, Andhra Pradesh, India. *Biolife*. Vol 2, Issue 3 ; Rashid, H. E., 1977, *Geography of Bangladesh*. Westview. p 348 ; Reddy, B. M., 2012, Wild edible plants of Chandrapur district, Maharashtra, India. *Indian Journal of Natural Products and Resources*. 3(1) pp 110-117 ; Reddy, K. N., et al, 2006, Traditional knowledge on wild food plants in Andhra Pradesh. *Indian Journal of Traditional Knowledge* 6(1) pp 223-229 ; Royal Botanic Gardens, Kew (1999). *Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database*. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 10th June 2011] ; Sahni, K.C., 2000, *The Book of Indian Trees*. Bombay Natural History Society. Oxford. p 49 ; Sawian, J. T., et al, 2007, Wild edible plants of Meghalaya, North-east India. *Natural Product Radiance* Vol. 6(5): p 413 ; Seidemann J., 2005, *World Spice Plants*. Economic Usage, Botany, Taxonomy. Springer. p 6 ; Sharma, B.B., 2005, *Growing fruits and vegetables*. Publications Division. Ministry of Information and broadcasting. India. p 21 ; SHORTT, ; Siemonsma, J. S. & Kasem Piluek, eds. 1993. *Vegetables*. In: *Plant Resources of South-East Asia (PROSEA)* 8:311 ; Singh, G. K. & Ahirwar, R. K., 2013, An Ethnobotanical Survey for Certain Wild Edible Plants of Chanda Forest District Dindori Central India. *International Journal of Science and Research*. 6:14 ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p 48 ; Singh, V. and Singh, P., 1981, *Edible Wild Plants of Eastern Rajasthan*. J. Econ. Tax. Bot. Vol 2 pp 197-207 ; Singh, V. B. et al (Eds), *Horticulture for Sustainable Income and Environmental Protection: Advances* Vol. 1 Annexure 18.1 ; Slathia, P. S., et al, 2017, Traditional uses of under-utilized tree species in sub tropical rainfed areas of Kathua, Jammu & Kashmir. *Indian Journal of Traditional Knowledge*. Vol. 16(1), January 2017, pp. 164-169 ; Smith, A.C., 1985, *Flora Vitiensis Nova*, Lawaii, Kuai, Hawaii, Volume 3 p 525 ; Solomon, C., 2001, *Encyclopedia of Asian Food*. New Holland. p 17 ; Srichaiwong, P., et al, 2014, A Study of the Biodiversity of Natural Food Production to Support Community Upstream of Chi Basin, Thailand. *Asian Social Science* 10 (2) ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 509 ; Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 107 ; Swaminathan, M.S., and Kochnar, S.L., 2007, *An Atlas of Major Flowering Trees in India*. Macmillan. p 72 ; Tankard, G., 1990, *Tropical fruit. An Australian Guide to Growing and using exotic fruit*. Viking p 105 ; Tate, D., 1999, *Tropical Fruit*. Archipelago Press. Singapore. p 12 ; 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 155 ; Terra, G.J.A., 1973, *Tropical Vegetables*. Communication 54e Royal Tropical Institute, Amsterdam, p 19 ; 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 ; Thitiprasert, W., et al, 2007, Country report on the State of Plant Genetic Resources for Food and Agriculture in Thailand (1997-2004). FAO p 95 ; Tiwari, J. K., et al, 2010, Some Promising Wild Edible Plants of Srinagar and its Adjacent Area in Alaknanda Valley of Garhwal Himalaya, India.

Journal of American Science 6(4) p 167ff ; Tomar, A., Kumar, A., & Dubey, K., 2002, *Underutilized Wild Edible fruits of Nutritional and Medicinal Value*. J. Res. Educ. Indian Med., Vol XX1 ; Trans. Linn. Soc. London 5:223. 1800 ; Uphof, ; Upreti, K., et al, 2010, *Diversity and Distribution of Wild Edible Fruit Plants of Uttarakhand. Biodiversity Potentials of the Himalaya*. Edited by : Lalit M. Tewari, Y.P.S. Pangtey, Geeta Tewari pp 157 - 196, 2010 ; Upreti, Y., et al, 2010, *Non-timber Forest Products in Bardiya District of Nepal: Indigenous use, Trade and Conservation*. J. Hum. Ecol. 30(3): 143-158 ; Upreti, Y., et al, 2012, *Diversity of use and local knowledge of wild edible plant resources in Nepal*. *Journal of Ethnobotany and Ethnomedicine* 8:16 ; Upreti, Y., et al, 2011, *Plant biodiversity and ethnobotany inside the projected impact area of the Upper Seti Hydropower Project, Western Nepal*. *Environ. Dev. Sustain.* (2011) 13:463-492 ; USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) ; WATT ; www.worldagroforestrycentre.org/sea/products/afdbases/af ; 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 ; Yesodharan, K. & Sujana, K. A., 2007, *Wild edible plants traditionally used by the tribes in the Parambikulam Wildlife Sanctuary, Kerala, India*. *Natural Products radiance* Vol. 6(1), pp 74-80