

Research Article

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Common Greens in Gobichettipalayam Taluk-Erode District

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Abstract

Keywords

Greens,
Medicinal uses,
Communicable
disease,
Non communicable
disease and
Use value

Greens are an integral part of diet in worldwide, marked for their diverse culinary application and nutritional richness. They are rich in antioxidants and essential nutrients promoting overall health. This paper undertaken a comprehensive exploration of 29 greens, discussing about various dimensions ranging from their botanical overview to health and use value. Through a precise study the present paper shows that the family Amaranthaceae with 8 species appears to be the dominant one which is followed by Fabaceae, Solanaceae, Cucurbitaceae, Apiaceae, Euphorbiaceae and Malvaceae with 2 species along with use value of greens have been mentioned based on informant census carried from (June 2024-2025). Overall, it promotes for further research and uphold the cultivation, consumption and integration of wider variety of greens in food system for a healthier and more.

1. Introduction

Greens plays a major role in beneficial for human healthy consuming it in raw, cooked, leaf extract in form of juice, soup, powdered form with other grams or pulses. Most of the farmers in rural areas of Gobichettipalayam taluk earn their greater part of living through the cultivation of greens. The bowel movements are regulated by rich dietary

fibre of greens. Greens are ideal in weight management due to their low calorie and high nutrient density. Greens are used in salads, soups, stir-fries, curries and smoothies. It is often used as catch crops because of their short growth cycle. In our country greens are used rituals and ceremonies in various cultures. Greens are excellent in antioxidant, anticancer, dietary fibre, vitamins, minerals, carbohydrates and nutrients.

So it is considered as an integral part of daily diet. Green leafy vegetables are highly considered as protective food for their beneficial health (Hemmige Natesh *et. al.*, 2017). Greens has high therapeutic uses. It also reduces age related eyesight problems such as deterioration and cataracts. Greens consists of several bio active compound such as flavonoids, saponins, terpenins acts as anti-inflammatory, anticancer, antioxidant agents (Tahseen Fatima Miano., 2016). *Spinacia oleracea*, Linn is called as “prince of vegetables” by Muslims by their Arabic text(Charlotte Hallavant and Marie-Pierre Ruas.,2013). In United States greens are hand harvested and packed in lose leaf pack and sales in fresh market. Prolonged conditions of greens in wetness and cold temperature epidemics progress rapidly and entire plant can be lost in a short period of time (James Correll *et.al.*, 1994).

2. Materials and Methods

2.1 Study area

The present study was carried out in Gobichettipalayam Taluk. It is a town and a municipality in Erode District of Indian state of Tamilnadu. It is situated at the centre of the South Indian Peninsular at 213 meter (699ft) above the mean sea level, surrounded by Western Ghats mountain range on the West and North sides. It is located 35 kilo metres from Erode, 44 kilometres from Tripur and 80 kilometres from Coimbatore. It is also known as Chinna Kodambakkam (Mini kollywood) because of the film production that takes place here and many films in Tamil and other languages have been shot. Twice in a month gap of 14 days plant are collected from this tudy site, after collecting them the checklist were prepared identified the uses of greens from the informants. The use value of greens were calculated by the given formula.

$$Use\ value = \frac{Uses}{Total\ number\ of\ species\ (29)}$$



Figure 1:Map showing the study area

2.2. Use value

Use value (UV) is a quantitative method used in Ethnobotany to measure the relative importance of plant species based on hoe frequently they are used and mentioned by informants.

$$Use\ value = \frac{Uses}{Total\ number\ of\ species\ (29)} \times Total\ number\ of\ informants\ (100)$$

The use value indicates the importance of a plant species in a community.If many informants

mention several uses of the same plant ,the UV will be high and if only a few people report about the uses then the UV will be low.

2.3 Significance of use value

It helps to identify the importance of medicinal plants used by local people. Useful for conservation prioritization. It helps in pharmacological and phytochemical research. It also indicated cultural importance of plant species and widely used in ethnobotanical surveys and biodiversity studies.

3. Results

3.1. Overall medicinal uses of greens

From the study site 310 plants were observed, among them 29 greens were listed down. Uses were classified according to users, Communicable and Non – communicable disease , use value of greens and their other uses were mentioned below. In use value *Spinacia oleraceae*, Linn *Tigonella foenum graecum*, Linn exhibited the highest value of 24.1. *Amaranthus campestri*, Linn exhibited the least value of 3.4. Medicinal

value of greens and their use vale are mentioned in checklist

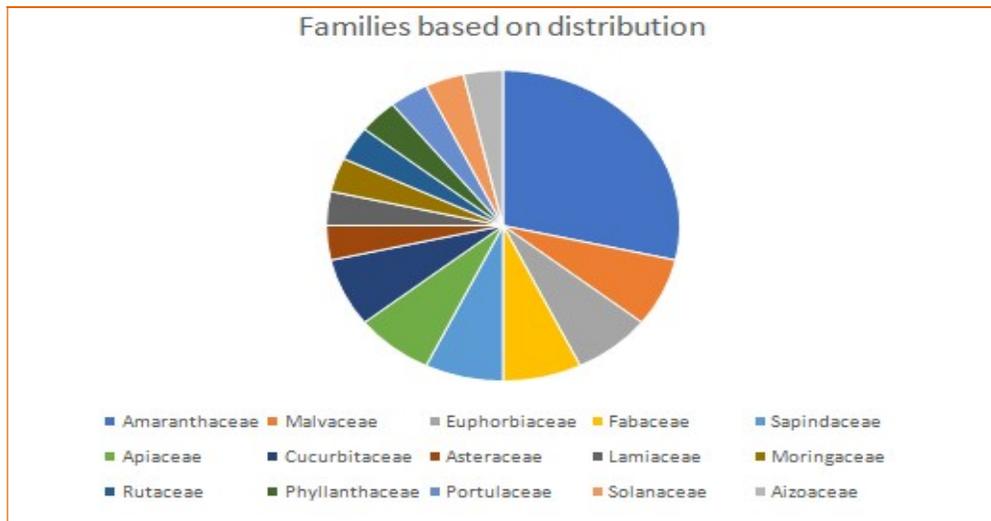
3.2 Checklist of greens and their medicinal properties

Table 1 shows about the checklist of greens and their medicinal properties it detailly explained about family, harvesting period ,communicable and non communicable disease. Green leafy vegetables are rich in vitamins, minerals ,anti oxidant and medicinal compounds and it plays an essential role in traditional medicine and nutritional health especially in rural communities.

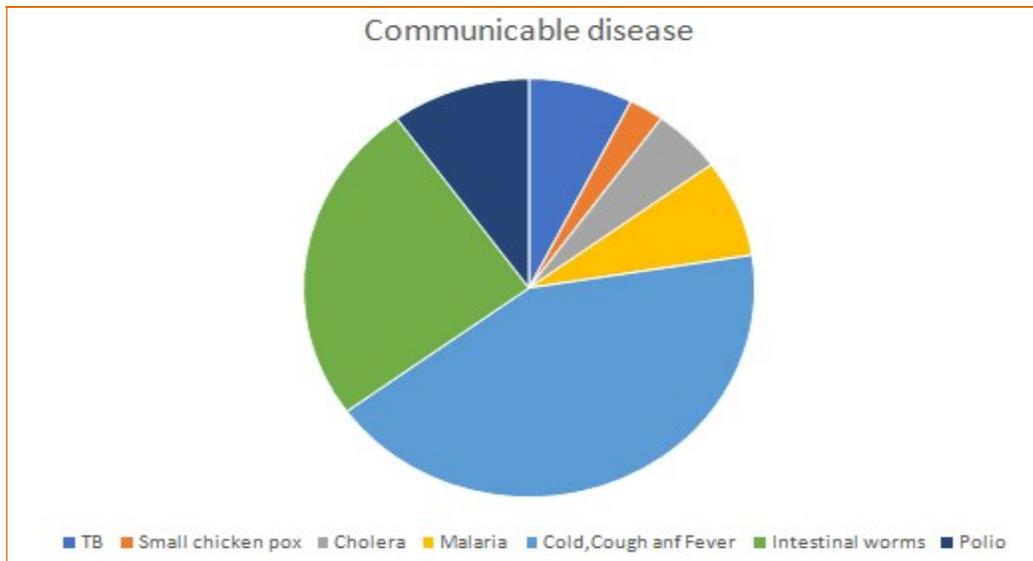
Table 1: Checklist of greens and their medicinal properties

S.No	Botanical name	Family	Harvesting period	Communicable disease	Non communicable disease –
1	<i>Abutilon indicum</i> ,G.Don	Malvaceae	2-3 months	TB, Malaria and cough	Back pain,Heart pain
2	<i>Acalypha indica</i> ,Linn	Euphorbiaceae	1-2 months	Small chicken pox	Lung disease
3	<i>Alternanthera sessilis</i> ,R.Br	Amaranthaceae	30-45days	Cold,Cough and Fever	Eye health
4	<i>Amaranthus campestris</i> ,Linn	Amaranthaceae	25-40days	Cholera	Kidney problem
5	<i>Amaranthus caudatus</i> ,Linn	Amaranthaceae	45days	Malaria	Heart problem
6	<i>Amaranthus dubius</i> ,Linn	Amaranthaceae	45days	Cold,Cough and Fever	Heart problem
7	<i>Amaranthus spinosus</i> ,Linn	Amaranthaceae	45days	Cold,Cough and Fever	Heart problem
8	<i>Amaranthus viridis</i> ,Linn	Amaranthaceae	45days	Intestinal worms	Heart problem
9	<i>Cardiospermum halicacabum</i> ,Linn	Sapindaceae	30-45days	Cold,Cough and Fever	Lung disease
10	<i>Centella asiatica</i> ,Urb	Apiaceae	60-90days	Cold,Cough and Fever	Eye health
11	<i>Cissus quadrangularis</i> , Linn	Sapindaceae	60-90days	Cold,Cough and Fever	Back pain,Diabetes
12	<i>Coriandrum sativum</i> ,Linn	Apiaceae	30days	Cold,Cough and Fever	Kidney and heart disease
13	<i>Cucumis maderspatanus</i> ,Duch	Cucurbitaceae	3months	Cholera	Lung disease, Diabetes
14	<i>Eclipta alba</i> ,Hassk	Asteraceae	90days	Polio	Lung disease

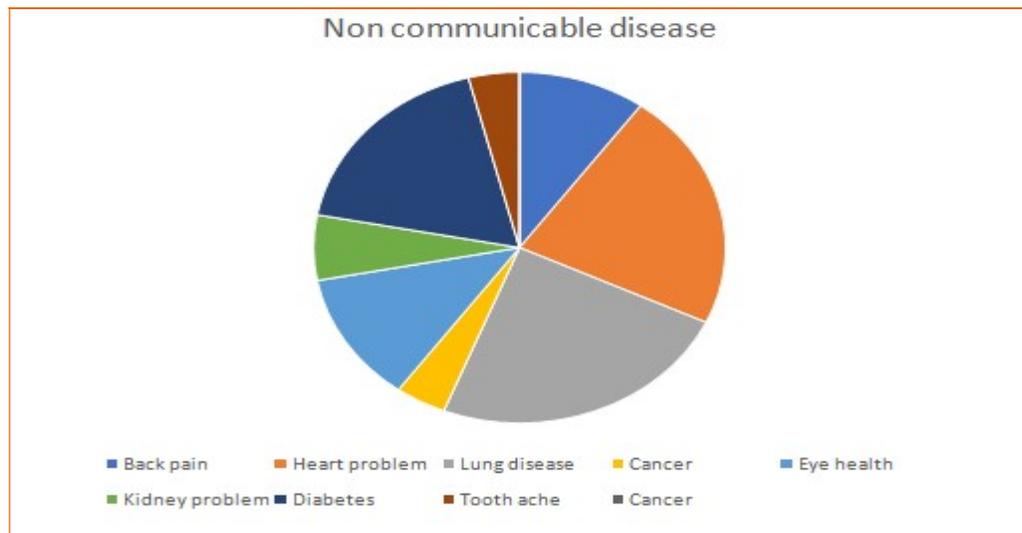
15	<i>Euphorbia hirta</i> , Linn	Euphorbiaceae	45-60days	Polio	Lung disease, Cancer
16	<i>Hibiscus cannabinus</i> , Linn	Malvaceae	30-45days	Intestinal worms, Cold, Cough and Fever	Diabetes, Heart problem
17	<i>Kedrostis foetidissima</i> , Cogn	Cucurbitaceae	3-4months	Intestinal worms	Back pain/Tooth ache
18	<i>Mentha piperita</i> , Linn	Lamiaceae	60-90days	Intestinal worms	Eye health
19	<i>Moringa oleifera</i> , Lam	Moringaceae	60days	Intestinal worms	Diabetes, Heart problem and Eye health
20	<i>Murraya koenigii</i> , Spr	Rutaceae	6months	Cold, Cough and Fever	Cancer, Heart problem and Eye health
21	<i>Phyllanthus emblica</i> , Linn	Phyllanthaceae	60days	Intestinal worms, Cold, Cough and Fever	Heart problem, Lung disease, Cancer and Diabetes
22	<i>Portulaca oleraceae</i> , Linn	Portulacaceae	30-45days	TB, Polio, Cold, Cough and Fever	Back pain, Heart problem and Lung disease
23	<i>Psilotrichum elliotti</i> , Moq	Amaranthaceae	30days	Polio	Back pain and Tooth ache
24	<i>Sesbania grandiflora</i> , Pers	Fabaceae	45-60days	TB	Diabetes and Lung disease
25	<i>Solanum nigrum</i> , Linn	Solanaceae	45-60days	Intestinal worms, Cold, Cough and Fever	Diabetes and Lung disease
26	<i>Solanum trilobatum</i> , Linn	Solanaceae	60-90days	Intestinal worms, Cold, Cough and Fever	Diabetes and Lung disease
27	<i>Spinacia oleraceae</i> , Linn	Amaranthaceae	30-45days	Intestinal worms, Cold, Cough and Fever	Diabetes and kidney problem
28	<i>Trianthema potulocastrumi</i> , Linn	Aizoaceae	30-45days	Malaria, Cold, Cough and Fever	Lung disease, Eye health
29	<i>Tigonella foenum graecum</i> , Linn	Fabaceae	90-110days	Intestinal worms, Small chicken pox, Cold, Cough and Fever	Back pain, Heart and Kidney problem and Lung disease



Pie chart 1: Families based on distribution



Pie chart 2: Communicable disease

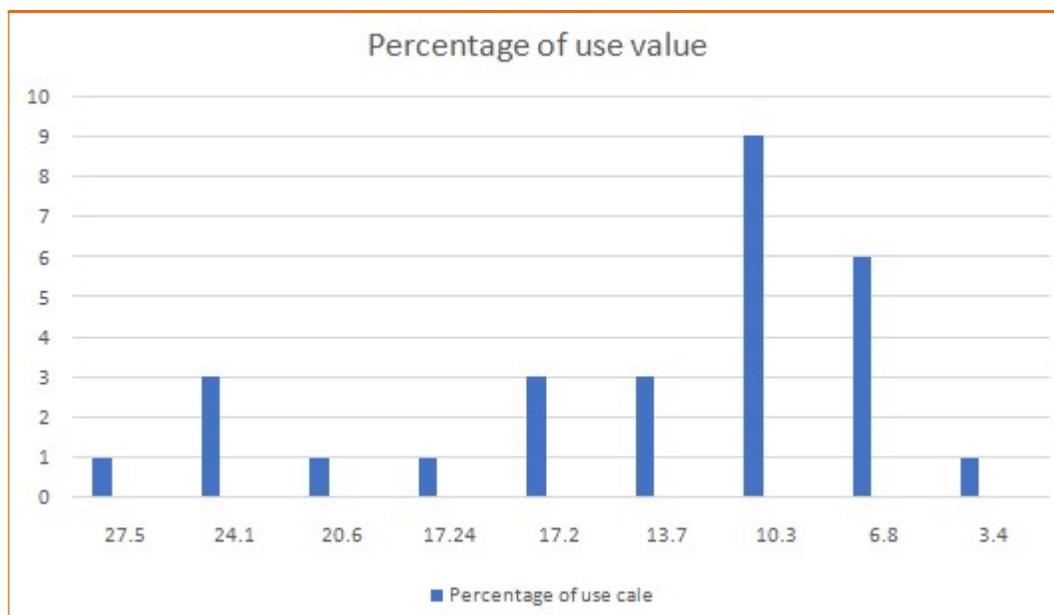


Pie chart 3: Non communicable disease

3.3 Use value:

Table 2: Use value of greens collected from the study site

S.No	Plant name	Informant	Total entry	Use value
1	<i>Abutilon indicum</i> , G.Don	2	100	6.8
2	<i>Acalypha indica</i> , Linn	2	100	6.8
3	<i>Alternanthera sessilis</i> , R.Br	3	100	10.3
4	<i>Amaranthus campestris</i> , Linn	1	100	3.4
5	<i>Amaranthus caudatus</i> , Linn	2	100	6.8
6	<i>Amaranthus dubius</i> , Linn	5	100	17.2
7	<i>Amaranthus spinosus</i> , Linn	6	100	17.24
8	<i>Amaranthus viridis</i> , Linn	5	100	17.2
9	<i>Cardiospermum halicacabum</i> , Linn	2	100	6.8
10	<i>Centella asiatica</i> , Urb	3	100	10.3
11	<i>Cissus quadrangularis</i> , Linn	8	100	27.5
12	<i>Coriandrum sativum</i> , Linn	3	100	10.3
13	<i>Cucumis maderspatanus</i> , Duch	4	100	13.7
14	<i>Eclipta alba</i> , Hassk	3	100	10.3
15	<i>Euphorbia hirta</i> , Linn	3	100	10.3
16	<i>Hibiscus cannabinus</i> , Linn	6	100	20.6
17	<i>Kedrostis foetidissima</i> , Cogn	2	100	6.8
18	<i>Mentha piperita</i> , Linn	3	100	10.3
19	<i>Moringa oleifera</i> , Lam	4	100	13.7
20	<i>Murraya koenigii</i> , Spr	5	100	17.2
21	<i>Phyllanthus emblica</i> , Linn	5	100	17.2
22	<i>Portulaca oleraceae</i> , Linn	3	100	10.3
23	<i>Psilotrichum elliotti</i> , Moq	7	100	24.1
24	<i>Sesbania grandiflora</i> , Pers	2	100	6.8
25	<i>Solanum nigrum</i> , Linn	4	100	13.7
26	<i>Solanum trilobatum</i> , Linn	3	100	10.3
27	<i>Spinacia oleraceae</i> , Linn	7	100	24.1
28	<i>Trianthema potruolocastrumi</i> , Linn	3	100	10.3
29	<i>Tigonella foenum graecum</i> , Linn	7	100	24.1



Graph 1: Percentage of use value

4. Discussion and Summary

Greens are low in calories and rich in proteins, iron, calcium, fibre etc., (Skukla *et.al.*, 2016). A world survey shows that 402 vegetables are in cultivated among them 53% comprises about greens (Stanley 1995). In this survey 310 plant specimens were collected among them 10.6% comprises about greens. *A.spinosus* and *C.asiatica* contains good amount of proteins and *P.oleraceae* contains 96% of antioxidant activities (Odhav *et.al.*, 2006) above these three species have been observed in Gobichettipalayam Taluk. Greens are rich sources of essential vitamins, minerals, and phytochemicals, offering immense therapeutic and dietary benefits. Their widespread traditional and medicinal use underscores their importance in indigenous knowledge systems and local food cultures. Promoting the cultivation and consumption of greens not only supports public health but also contributes to food security and environmental sustainability. Thus, a deeper understanding and appreciation of the use value of greens is crucial for encouraging healthier lifestyles and preserving biodiversity, The study of the use value of greens highlights their significant role in nutrition, health, and sustainable living. Consuming atleast thrice serving a month greens appears to be protective

against cataracts and mal nutrition, improves immunity, lactation inducer, reduce free radicals of DNA damage, increases physical activities and reduces facial wrinkling.

Abutilon indicum, G.Don, *Acalypha indica*, Linn, *Amaranthus campestris*, Linn, *Alternanthera sessilis*, R.Br, *Amaranthus caudatus*, Linn, *Amaranthus dubius*, Linn, *Amaranthus spinosus*, Linn and *Amaranthus viridis*, Linn is used as both food and medicine. *Cardiospermum halicacabum*, Linn traditionally used for snake bite and stiffness of limbs. *Centella asiatica*, Urb is used as brain fever, measles and toothache (Maluventhan Viji and Sangu Murugesan 2010) *Cissus quadrangularis*, Linn is mainly used for bone fracture, irregular mensuration, asthma, back and spine pain complaints (Ampani Panthog *et.al.*, 2006) *Coriandrum sativum*, Linn plays a major role in digestive disorders, hypertension and microbial infections, *Cucumis maderspatanus*, Duch is a relevant to diabetes.

Eclipta alba, Hassk is used for gastrointestinal disorders, respiratory tract disorders, fever, hair loss and greying, *Euphorbia hirta*, Linn is used traditionally from asthma, cough and skin lesions. *Hibiscus cannabinus*, Linn act as cancer suppressing agent. *Kedrostis foetidissima*, Cogn

plays a major role in measles, urinary tract infections and asthma.

Mentha piperita, Linn is used as mouth freshner and helps in gastric compliments (Ahmad Faizal Abdull Razis *et. al.*, 2014) *Moringa oleifera*, Lam is used as food, medicine, and beverage (Dona Suzana *et.al.*, 2017). *Murraya koenigii*, Spr plays a major role in vomiting, dysentery and stomach tonic (Priyanka Goyal *et.al* 2020 and Harish *et.al.*, 2012).

Phyllanthus emblica, Linn is mainly used as tonic, treats fever, cold, cough and skin disease, *Portulaca oleraceae*, Linn is used to cure dyslipidaemia, *Psilotrichum ellioti*, Moq is used in blood clotting and pain relief agent. *Sesbania grandiflora*, Pers reduces arthriris signs, *Solanum nigrum*, Linn reduce gastric secretions, *Solanum trilobatum*, Linn, *Spinacia oleraceae*, Linn and *Trianthema portulacastrum*, Linn, *Trigonella foenum-graecum*, Linn is used as food, medicine, and beverage (Manoj *et.al.*, 2012)

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