Wild Edible Fruits of Nepal

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Abstract
A review was done on the wild edible fruit plants of Nepal. Altogether 199 wild edible fruit plant species belonging to 139 genera representing 67 families documented from west Nepal to east Nepal. Study shows that people are using the wild edible fruits collected from forest resources as a part of their livelihood. People consume those wild fruits in different forms such as raw fruit, vegetables, pickles, spices and oil. Some species are taken in more than one form.

Keywords: Food; Forest; Livelihood; Vegetables

Introduction
Human beings are known to use wild plants in different ways since the dawn of human civilization, thus there is a close relationship between people and plants (Rajbhandary et al., 2020). Nature is bestowed with diverse life forms on which human beings survived and life is maintained. Before the dawn of domestication of crop plants, primitive man used to eat different types of fruits, leaves, root of plants collected from the wild for their survival. Wild edible plants are the species those are neither cultivated nor domesticated but growing wild and are however edible (Beluhan and Ranogajec, 2010). These wild edible plants have played a significant role in supplying food and nutritional requirements of poor communities in many rural parts of the world (Chakravarty et al., 2016). The wild fruit plants are an important source of food for tribal and rural people and their use and development have been closely associated with man through ages. Many wild edible plants are nutritionally rich and can supplement nutritional requirements of human and livestock, especially the vitamins and micronutrient (Mohapatra & Panda, 2009). The primitive man through trial and error has selected many wild edible plants which are edible and subsequently domesticated them then after (Niveditha, 2017). Rural people are still not only depending either for nutritional
needs or for daily food securities but also for their primary health care treatments on wild edible fruits. This wild edible fruits significantly influences their livelihood and food security in rural people (Rafiqul Islam et al., 2019).

Nepal is rich in biodiversity both in terms of plant and animal diversity and cultural diversity as well. The country has 118 different types of ecosystem, among which 112 are forest ecosystems (Kharal and Dhungana, 2018). Nepal occupies about 0.1 % of global land area but harbours 3.2 % of the world’s flora with 2.3 % of lichens, 2.6 % of fungi, 2.5 % of algae, 8.2 % of bryophytes, 5.1 % of pteridophytes, 5.1 % of gymnosperms and 3.2 % of angiosperms (MoFSC, 2014). The country is also the habitat of many wild florals with edible fruits, especially growing in forest ecosystems. Wild edible plants are uncultivated plants found in wild forms that have nutritive values and can be used for fulfilling dietary requirements (Dangol et al., 2017). In Nepal, wild edible fruits play a significant role in the nutrition of local people, especially in the hilly areas where wild fruits could be the only sources of edible fruits (Bajracharya, 1980). Many crops are the result of improvement of wild plants through cultivation and eventually domestication by human. Many more wild plants even today, serve as food and drink for different ethnic communities in Nepal (Manandhar, 2002). Wild edible fruits are among the most widely used non-timber forest products and important sources of nutrition, medicine, and income for their users (Sardeshpande and Shackleton, 2019). Households harvesting of wild fruits can boost rural employment and generate income through processing and adding value. Selling of wild fruits brings low returns due to its low keeping quality and market costs. Therefore, some value addition in the form of pickle, chutney, jam, jelly etc. can increase fruit shelf-life and bring profit to local communities (Mohapatra and Panda, 2009).

In Nepal, many ethnic people especially residing in the rural areas still collect the fruits from wild plants and consume them in different forms and some also sell them in local markets as a source of income. The main aim of the present study is to compile the wild plant species with edible fruits used by different ethnic people from different regions of the country.

**Wild Plant Species with Edible Fruits**

Altogether 199 wild edible fruit plant species from 67 families and 139 genera are documented from Nepal (Table 1). Among the total 67 families documented, 34 families are with more than one wild edible fruit plant species; viz. Adoxaceae (4 spp.), Anacardaceae (9 spp.), Apiaceae (2 spp.), Apocynaceae (2 spp.), Arecaceae (5 spp.), Asteraceae (3 spp.), Berberidaceae (8 spp.), Capparaceae (2 spp.), Combretaceae (2 spp.), Cucurbitaceae (10 spp.), Dilleniaceae (2 spp.), Elaeagnaceae (2 spp.), Ericaceae (2 spp.), Fabaceae (13 spp.), Fagaceae (4 spp.), Lamiaceae (3 spp.), Lauraceae (2 spp.), Malvaceae (6 spp.), Melastomataceae (2 spp.), Moraceae (19 spp.), Musaceae (3 spp.), Myrtaceae (6 spp.), Phyllanthaceae (5 spp.), Poaceae (2 spp.), Polygonaceae (2 spp.), Primulaceae (2 spp.), Rhamnaceae (4 spp.), Rosaceae (20 spp.), Rubiaceae (4 spp.), Rutaceae (4 spp.), Sapindaceae (2 spp.), Sapotaceae (2 spp.), Solanaceae (4 spp.) and Vitaceae (3 spp) (Fig. 1; Table 1). The remaining 33 families have single species of wild edible fruit plants. All the wild edible fruit plant species are angiosperm except one i.e. *Pinus roxburghii* is gymnosperm.

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**Fig. 1:** Families having more than one wild edible fruit plant species.
Habit Group Classification
The fruits from wild plants of different life forms are used as food (Table 1.). Among them, fruits from tree species (97 spp. or 49%) are commonly used by the people followed by shrubs (48 spp. or 24%), herbs (35 spp. or 18%) and climbers (19 spp. or 9%) (Fig. 2.).

Use Category
Wild fruits are used by the ethnic people in different forms such as raw fruits (directly taken after picking), as vegetables, pickles, spices and source of oil (Table 1). However, fruits from some species are used in more than one form. Within the different forms of usage, the most commonly used form is as raw fruits (145 spp.) followed by vegetable (15 spp.), fruit and vegetable (14 spp.), fruit and pickle (9 spp.), pickles (3 spp.), vegetable and pickle (2 spp.), oil (5 spp.), fruit and spices (2 spp.), pickles and spices (2 spp.) and spices (2 spp.) (Fig. 3.)

![Fig. 2: Habit of wild edible fruit plant species.](image1)

![Fig. 3: Usable forms of wild edible fruit plant species.](image2)
Table 1: List of wild edible fruit plant species

| S.N. | Scientific name                          | Nepali name | Family name | Habit | Use form | References                                      |
|------|-----------------------------------------|-------------|-------------|-------|----------|------------------------------------------------|
| 1    | Abelmoschus moschatus Medik.            | Lata kasture| Malvaceae   | Herb  | veg.     | Dangol et al., 2017                             |
| 2    | Acmella uliginosa (Sw.) Cass.           |             | Asteraceae  | Herb  | spi.     | Dangol et al., 2017                             |
| 3    | Actinidia callosa Lindl.                | Thekiphal   | Actinidaceae| Tree  | fru.     | Karki et al., 2017; Dangol et al., 2017         |
| 4    | Aegle marmelos (L.) Corrêa             | Bel         | Rutaceae    | Tree  | fru.     | Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010 |
| 5    | Angelica archangelica L.                |             | Apiaceae    | Shrub | spi.     | Shrestha & Shrestha, 2004                       |
| 6    | Anthocephalus cadamba L.                | Kadam       | Rubiaceae   | Tree  | fru.     | Ghimeray et al., 2010                           |
| 7    | Antidesma acidum Retz.                  | Archal      | Phyllanthaceae| Tree  | fru., pic.| Ghimeray et al., 2010; Upreti et al., 2012; Dangol et al., 2017 |
| 8    | Aposora octandra (Buch.-Ham. ex D. Don) Vickery | Archal | Phyllanthaceae| Tree  | fru.     | Dangol et al., 2017                            |
| 9    | Ardisia macrocarpa Wall.                | Paniphal    | Primulaceae | Shrub | fru.     | Thapa et al., 2014; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 10   | Ardisia solanacea Roxb.                 | Bakle       | Primulaceae | Tree  | fru.     | Thapa et al., 2014; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 11   | Artocarpus heterophyllus Lam.           | Katahar     | Moraceae    | Tree  | fru., veg.| Mahato, 2014; Dangol et al., 2017; Joshi et al., 2013 |
| 12   | Artocarpus lakoocha Roxb.               | Badahar     | Moraceae    | Tree  | fru., veg.| Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Karki et al., 2017; Upreti et al., 2012; Dangol et al., 2017 |
| 13   | Bauhinia vahlii Wight & Arn.            | Bhorla      | Fabaceae    | climber | fru., veg. | Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 14   | Benincasa hispida (Thunb.) Cogn         | Kubhindo    | Cucurbitaceae| Climber | veg., pic.| Upreti et al., 2012; Dangol et al., 2017 |
| 15   | Berberis angulosa Wall. ex Hook.f. & Thomson | Chutre Kada | Berberidaceae | Shrub | fru.     | Bhattarai et al., 2009; Aryal et al., 2018 |
| 16   | Berberis aristata Roxb. ex DC.          | Chutro      | Berberidaceae| Shrub | fru.     | Thapa et al., 2014; Mahato, 2014; Aryal et al., 2018; Dangol et al., 2017 |
| 17   | Berberis asiatica Roxb. ex DC.          | Chutro      | Berberidaceae| Shrub | fru.     | Bhattarai et al., 2009, Karki et al., 2017, Dangol et al., 2017 |
| 18   | Berberis ceratophylla G. Don            | Chutro      | Berberidaceae| Shrub | fru.     | Bhattarai et al., 2009 |
| 19   | Berberis chitria Buch.-Ham. ex Lindl.    | Chutro      | Berberidaceae| Shrub | Fru.     | Shrestha & Shrestha, 2004 |
| 20   | Berberis lycium Royle                   | Chutro      | Berberidaceae| Shrub | fru.     | Bhattarai et al., 2009 |
Table 1: List of wild edible fruit plant species (Contd.).

| S.N. | Scientific name                               | Nepali name       | Family name    | Habit  | Use form | References                                      |
|------|-----------------------------------------------|-------------------|----------------|--------|----------|------------------------------------------------|
| 21   | Berberis macrosepala Hook.f. & Thomson        | Berberidaceae     | Shrub          | Fru.   |          | Shrestha & Shrestha, 2004                       |
| 22   | Bistorta amplexicaulis (D.Don) Ronse Decr.    | Polygonaceae      | Herb           | Fru.   |          | Shrestha & Shrestha, 2004                       |
| 23   | Bombax ceiba L.                               | Simal             | Bombacaceae    | Tree   | veg.     | Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010; Shrestha & Shrestha, 2004 |
| 24   | Bridelia retusa (L.) A.Juss.                  | Gayo              | Phyllanthaceae | Tree   | fru.     | Thapa et al.,2014; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 25   | Brucea javanica (L.) Merr.                    | Simaroubaceae     | Shrub          | fru.   |          | Acharya & Acharya, 2010                         |
| 26   | Buchanania cochinchnensis (Lour.)M.R.Almeida  | Anacardiaceae     | Tree           | fru.   |          | Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 27   | Butea buteiformis (Voigt) Mabb.               | Piyar             | Fabaceae       | tree   | fru., Veg.| Dangol et al., 2017; Acharya & Acharya, 2010 |
| 28   | Caesalpinia decapetala (Roth) Alston          | Bhujetro          | Fabaceae       | Shrub  | fru.     | Upreti et al., 2012; Dangol et al., 2017        |
| 29   | Callicarpa macrophylla Vahl                   | Karauji           | Lamiaceae      | Tree   | fru.     | Thapa et al.,2014; Aryal et al., 2018; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 30   | Cannabis sativa L.                            | Bhang             | Cannabaceae    | Shrub  | fru.     | Thapa et al.,2014; Mahato, 2014; Aryal et al., 2018; Dangol et al., 2017; Acharya & Acharya, 2010; Shrestha & Shrestha, 2004 |
| 31   | Capparis spinosa L.                           | Capparaceae       | Shrub          | fru., pic.|          | Dangol et al., 2017                            |
| 32   | Capparis zeylanica L.                         | Bagh mukhwa       | Capparaceae    | Shrub  | fru., veg., pic.| Dangol et al., 2017; Acharya & Acharya, 2010 |
| 33   | Carissa carandas L.                           | Apocynaceae       | Shrub          | spi.   |          | Upreti et al., 2012                            |
| 34   | Carpesium nepalense Less.                    | Karaundra         | Asteraceae     | Shrub  | fru.     | Acharya & Acharya, 2010                         |
| 35   | Cassia fistula L.                             | Rajbrikshya       | Fabaceae       | Tree   | Fru.     | Thapa et al.,2014                              |
| 36   | Castanopsis hystrix Hook. f. & Thomson ex. A. Dc. | Fagaceae | Tree           | fru., veg. |          | Karki et al., 2017; Dangol et al., 2017         |
### Table 1: List of wild edible fruit plant species (Contd.)

| S.N. | Scientific name | Nepali name | Family name | Habit | Use form | References |
|------|-----------------|-------------|-------------|-------|----------|------------|
| 37   | *Castanopsis indica* (Roxb. Ex Lindl.) A.Dc. | Katush | Fagaceae | Tree | fru. | Ghimeray *et al*., 2010; Mahato, 2014; Limbu & Thapa, 2011; Karki *et al*., 2017; Aryal *et al*., 2018; Upreti *et al*., 2012; Dangol *et al*., 2017; Joshi *et al*., 2013 |
| 38   | *Castanopsis tribuloides* (Sm.) A.DC. | Dhalekatush | Fagaceae | Tree | fru., veg. | Ghimeray *et al*., 2010 |
| 39   | *Catunaregam spinosa* (Thunb.) Tirveng | | Rubiaceae | Tree | | |
| 40   | *Ceropegia pubescens* Wall. | | Apocynaceae | climber | pic. | Dangol *et al*., 2017; Acharya & Acharya, 2010 |
| 41   | *Chamaerops humilis* L. | Thakal | Areceaeae | Climber | veg. | Dangol *et al*., 2017 |
| 42   | *Choerospondias axillaris* (Roxb.) B.L.Burtt & A.W.Hill | Lapsi | Anacardiaceae | Tree | fru., veg. | Ghimeray *et al*., 2010; Mahato, 2014; Karki *et al*., 2017; Dangol *et al*., 2017; Joshi *et al*., 2013 |
| 43   | *Coccinia grandis* (L.) Viogct. | Golkakari | Cucurbitaceae | climber | fru. | Thapa *et al*.,2014; Aryal *et al*., 2018; Upreti *et al*., 2012; Dangol *et al*., 2017 |
| 44   | *Coriaria nepalensis* Wall. | | Coriariaceae | Shrub | fru. | Bhattarai *et al*., 2009; Shrestha & Shrestha, 2004 |
| 45   | *Cornus capitata* Wall. | | Cornaceae | Tree | Fru. | Bhattarai *et al*., 2009 |
| 46   | *Cotoneaster bacillaris* Wall. ex Lindl. | Machhaiino | Rosaceae | Shrub | fru. | Bhattarai *et al*., 2009 |
| 47   | *Cotoneaster frigidus* Wall. ex. Lindl. | Kausephul | Rosaceae | Shrub | fru. | Bhattarai *et al*., 2009 |
| 48   | *Cotoneaster microphyllus* Wall ex. Lindl. | | Rosaceae | Shrub | fru. | Bhattarai *et al*., 2009 |
| 49   | *Crotalaria tetragona* Andrews | | Fabaceae | Shrub | fru. | Dangol *et al*., 2017 |
| 50   | *Cucumis melo* L. | | Cucurbitaceae | climber | veg. | Dangol *et al*., 2017 |
| 51   | *Dillenia indica* L. | | Dilleniaceae | Tree | fru. | Dangol *et al*., 2017 |
| 52   | *Dillenia pentagyna* Roxb. | | Dilleniaceae | Tree | veg. | Dangol *et al*., 2017 |
| 53   | * Diospyros malabarica* (Desr.) Kostel | | Ebenaceae | Tree | veg., pic. | Mahato, 2014; Karki *et al*., 2017; Upreti *et al*., 2012; Dangol *et al*., 2017 |
| 54   | *Diplocyclos palmatus* (L.) C. Jeffery | Tendu | Cucurbitaceae | climber | fru. | Dangol *et al*., 2017; Acharya &Acharya, 2010 |
Table 1: List of wild edible fruit plant species (Contd.).

| S.N. | Scientific name | Nepali name | Family name | Habit  | Use form | References |
|------|----------------|-------------|-------------|--------|----------|------------|
| 55   | *Diploknema butyraceae* (Roxb.) H.j.Lam | Chiuri     | Sapotaceae  | Tree   | Fru      | Thapa et al., 2014; Ghimeray et al., 2010; Limbu & Thapa, 2011; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010 |
| 56   | *Disporum cantiense* (Lour.) Merr. | Asparagaceae | Herb       | fru.   |          | Shrestha & Shrestha, 2004 |
| 57   | *Docynia indica* (Wall.) Decne. | Rosaceae    | Tree       | Fru., veg. |          | Ghimeray et al., 2010; Dangol et al., 2017 |
| 58   | *Duchesnea indica* (Andrew.) Focke | Bhuikafal   | Rosaceae   | Herb   |          | Thapa et al., 2014; Mahato, 2014; Dangol et al., 2017 |
| 59   | *Edgaria darjeelingensis* C.B.Clarke | Bhuikafal   | Cucurbitaceae | climber | Fru.    | Dangol et al., 2017 |
| 60   | *Elaeocarpus sikkimensis* Mast. | Rudraksha   | Elaeocarpaceae | Tree   | Fru.   | Ghimeray et al., 2010; Dangol et al., 2017 |
| 61   | *Ensete glaucum* (Roxb.) Cheesman | Ban kera    | Musaceae   | Herb   | Fru.    | Upreti et al., 2012; Acharya & Acharya, 2010 |
| 62   | *Entada Phaseoloides* (L.) Merr. | Pangra      | Fabaceae   | climber | fru., veg. | Limbu & Thapa, 2011 |
| 63   | *Eriobotrya dubia* (Lindl.) Decne | Jure kaphal | Rosaceae   | Tree   | Fru.    | Karki et al., 2017; Dangol et al., 2017 |
| 64   | *Ficus auriculata* Lour. | Timila      | Moraceae   | Tree   | fru. Veg | Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Acharya & Acharya, 2010 |
| 65   | *Ficus benghalensis* L. | Bar         | Moraceae   | Tree   | fru.    | Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Upreti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 66   | *Ficus carica* L. | Nibhro      | Moraceae   | Tree   | fru.    | Karki et al., 2017 |
| 67   | *Ficus glaberrima* Blume | Pakhri      | Moraceae   | Tree   | fru.    | Mahato, 2014; Upreti et al., 2012; Dangol et al., 2017 |
| 68   | *Ficus hispida* L.f. | Khasreto    | Moraceae   | Tree   | fru.    | Thapa et al., 2014; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017 |
| 69   | *Ficus hookeriana* Corner | Moraceae   | Tree       | fru., veg., pic. | Ghimeray et al., 2010; Dangol et al., 2017 |
| 70   | *Ficus palmata* Forssk. | Nibhro      | Moraceae   | Tree   | fru.    | Dangol et al., 2017; Acharya & Acharya, 2010 |
| S.N. | Scientific name | Nepali name | Family name | Habit | Use form | References |
|------|----------------|-------------|-------------|-------|----------|------------|
| 71   | Ficus racemosa L. | Bedulo      | Moraceae    | Tree  | fru.     | Thapa et al.,2014; Mahato, 2014; Uperti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 72   | Ficus religiosa L. | Pipal        | Moraceae    | Tree  | fru.     | Dangol et al., 2017; Acharya & Acharya, 2010 |
| 73   | Ficus sarmentosa Buch.-Ham. Ex Sm. | Ban timila  | Moraceae    | Tree  | fru.     | Uperti et al., 2012; Dangol et al., 2017 |
| 74   | Ficus semicordata Buch.-Ham. ex. Sm. | Khaniyo      | Moraceae    | Tree  | fru.     | Thapa et al.,2014; Ghimeray et al., 2010; Mahato, 2014; Karki et al., 2017; Uperti et al., 2012; Dangol et al., 2017; Acharya & Acharya, 2010; Shrestha & Shrestha, 2004 |
| 75   | Ficus subincisa Buch.-Ham. Ex Sm. | Moraceae    | Tree        | fru.  |          | Mahato, 2014; Uperti et al., 2012; Dangol et al., 2017 |
| 76   | Flueggea virosa (Roxb. ex Willd.) Royle | Nundhiki    | Phyllanthaceae | Tree  | fru.     | Dangol et al., 2017 |
| 77   | Fragaria nubicola Lindl. ex Lacaita | Bhuikafal   | Rosaceae    | Herb  | fru.     | Ghimeray et al., 2010; Mahato, 2014; Bhattarai et al., 2009; Uperti et al., 2012; Dangol et al., 2017 |
| 78   | Fragaria vesca L. | Bhuikaphal   | Rosaceae    | herb  | fru.     | Karki et al., 2017 |
| 79   | Gaultheria fragrantissima Wall. | Dhsingare   | Ericaceae   | Tree  | fru.     | Dangol et al., 2017; Shrestha & Shrestha, 2004 |
| 80   | Gaultheria trichophylla Royle | Phorsa      | Ericaceae   | Shrub  | fru.     | Shrestha & Shrestha, 2004 |
| 81   | Grewia optiva J.R. Drumm. Ex Burret | Phorsa      | Malvaceae   | Tree  | Fru.     | Uperti et al., 2012, Dangol et al., 2017 |
| 82   | Grewia sapida Roxb. ex DC. | Phorsa      | Malvaceae   | Herb  | fru.     | Dangol et al., 2017 |
| 83   | Grewia sclerophylla Roxb. Ex G.Don | Farsa       | Malvaceae   | Shrub  | fru.     | Dangol et al., 2017 |
| 84   | Guizotia abyssinica Cass | Jhuse til   | Asteraceae  | Herb  | fru.     | Dangol et al., 2017 |
| 85   | Gynocardia odorata R.Br. | Achariaceae | Tree        | veg.   |          | Ghimeray et al., 2010, Dangol et al., 2017 |
| 86   | Heracleum wallichii DC. | Gante       | Apiaceae    | Herb  | Fru.     | Ghimeray et al., 2010, Dangol et al., 2017 |
| 87   | Hibiscus sabdariffa L. | Chhuka      | Malvaceae   | Shrub  | pic.     | Dangol et al., 2017 |
| 88   | Hippophae salicifolia D. Don | Elaeagnaceae | Shrub        | veg.   |          | Bhattarai et al., 2009; Shrestha & Shrestha, 2004 |
| 89   | Hippophae tibetana Schidtl. | Elaeagnaceae | Shrub        | fru., pic. |          | Bhattarai et al., 2009; Karki et al., 2017; Shrestha & Shrestha, 2004 |
| 90   | Holboellia latifolia Wall. | Lardizabalaceae | climber        | fru. |          | Aryal et al., 2018; Shrestha & Shrestha, 2004 |
Table 1: List of wild edible fruit plant species (Contd.).

| S.N. | Scientific name                        | Nepali name | Family name     | Habit | Use form | References                                      |
|------|--------------------------------------|-------------|----------------|-------|----------|------------------------------------------------|
| 91   | Horsfieldia kingii (Hook.f.) Warb.    |             | Myristicaceae   | Tree  | Fru.     | Ghimeray et al., 2010, Dangol et al., 2017     |
| 92   | Ilex hookeri King                    |             | Aquifoliaceae   | Tree  | Fru., pic.| Ghimeray et al., 2010; Dangol et al., 2017    |
| 93   | Impatiens amplexicaulis Edgew         |             | Balsaminaceae   | Herb  | Fru.     | Shrestha & Shrestha, 2004                      |
| 94   | Indigofera cassioides DC.             |             | Fabaceae        | Shrub | Oil      | Dangol et al., 2017                           |
| 95   | Indigofera hebepestala Baker          |             | Fabaceae        | Shrub | veg., pic.| Dangol et al., 2017                           |
| 96   | Juglans regia L.                     |             | Juglandaceae    | Tree  | veg.     | Ghimeray et al., 2010; Bhattarai et al., 2009; Karki et al., 2017; Aryal et al., 2018; Dangol et al., 2017; Joshi et al., 2013; Shrestha & Shrestha, 2004 |
| 97   | Justicia adhatoda L.                  |             | Acanthaceae     | Shrub | Fru.     | Dangol et al., 2017                           |
| 98   | Lannea coromandelica (Houtt.) Merr.   |             | Anacardiaceae   | Tree  | Fru., pic.| Dangol et al., 2017                           |
| 99   | Lantana camara L.                    |             | Verbenaceae     | Shrub | Fru.     | Dangol et al., 2017                           |
| 100  | Leea asiatica (L.) Ridsdale.          |             | Vitaceae        | Herb  | Fru.     | Dangol et al., 2017                           |
| 101  | Leea macrophylla Roxb. Ex Hornem.     |             | Vitaceae        | Shrub | Fru.     | Dangol et al., 2017; Acharya & Acharya, 2010   |
| 102  | Lindera nacisua (D. Don) Merr.        |             | Lauraceae       | Tree  | Fru.     | Dangol et al., 2017                           |
| 103  | Lithocarpus elegans (Blume)           |             | Fagaceae        | Tree  | Fru.     | Shrestha & Shrestha, 2004                      |
| 104  | Lonicera tomentella Hook. fil. & Thoms.|         | Caprifoliaceae  | Shrub | Oil      | Bhattarai et al., 2009                        |
| 105  | Machilus edulis (King) ex Hook.f.     |             | Lauraceae       | Tree  | Fru.     | Ghimeray et al., 2010; Dangol et al., 2017     |
| 106  | Maclura cochinchinensis (Lour.) Corner|             | Moraceae        | Shrub | Fru.     | Dangol et al., 2017                           |
| 107  | Madhuca longifolia (J.Konig ex L.) J.F. Machr.| | Sapotaceae     | Tree  | Fru.     | Upreti et al., 2012; Dangol et al., 2017      |
| 108  | Mahonia nepaulensis DC.               |             | Berberidaceae   | Shrub | Fru., pic.| Mahato, 2014; Dangol et al., 2017; Shrestha & Shrestha, 2004 |
| 109  | Mangifera sylvatica Roxb.             | Aanp         | Anacardiaceae   | Tree  | Fru., pic.| Ghimeray et al., 2010; Dangol et al., 2017     |
| 110  | Martynia annua L.                     |             | Martyniaceae    | Herb  | Fru.     | Thapa et al., 2014; Dangol et al., 2017        |
| 111  | Melastoma malabathricum L.            | Anger        | Melastomataceae | Shrub | Fru.     | Upreti et al., 2012; Dangol et al., 2017       |
| 112  | Momordica charantia L.                |             | Cucurbitaceae   | climber | Fru.     | Dangol et al., 2017                           |
| 113  | Momordica dioica Roxb. Ex Wildl.      |             | Cucurbitaceae   | climber | veg.     | Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017 |
| S.N. | Scientific name          | Nepali name | Family name | Habit | Use form | References                                      |
|-----|--------------------------|-------------|-------------|-------|----------|------------------------------------------------|
| 114 | Moringa oleifera Lam.    | Sajaiwan    | Moringaceae | Tree  | Veg.     | Ghimeray et al., 2010; Upreti et al., 2012; Dangol et al., 2017 |
| 115 | Morus alba L.            | Kimbu       | Moraveae    | Tree  | veg.     | Thapa et al., 2014; Ghimeray et al., 2010; Karki et al., 2017; Dangol et al., 2017 |
| 116 | Morus nigra L.           | kimbu       | Moraceae    | Tree  | Fru.     | Karki et al., 2017; Upreti et al., 2012; Dangol et al., 2017 |
| 117 | Morus rubra L.           | Kimbu       | Moraceae    | Tree  | Fru.     | Karki et al., 2017; Dangol et al., 2017 |
| 118 | Morus serrata Roxb.      | Kimbu       | Moraceae    | Tree  | Fru.     | Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Dangol et al., 2017; Joshi et al., 2013 |
| 119 | Mucuna pruriens (L.) DC. | Kauso       | Fabaceae    | climber | Fru.     | Dangol et al., 2017 |
| 120 | Murraya koenigii (L.) Spreng. | Karipatta    | Rutaceae    | Tree  | Fru.     | Thapa et al., 2014; Upreti et al., 2012; Dangol et al., 2017 |
| 121 | Musa balbisiana Colla    | Ban kera    | Musaceae    | Herb  | Fru.     | Ghimeray et al., 2010; Aryal et al., 2018; Dangol et al., 2017 |
| 122 | Musa paradisiaca L.      | Bankera     | Musaceae    | Herb  | Veg., pic. | Ghimeray et al., 2010; Dangol et al., 2017 |
| 123 | Myrica esculenta Buch.-Ham. Ex D.Don | Kafal       | Myricaceae  | Tree  | veg., pic | Thapa et al., 2014; Ghimeray et al., 2010; Mahato, 2014; Limbu & Thapa, 2011; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Shrestha & Shrestha, 2004 |
| 124 | Neolamarckia cadamba (Roxb.) Bosser | Kadam       | Rubiaceae  | Tree  | Fru.     | Dangol et al., 2017 |
| 125 | Neonauclea purpurea (Roxb.) Merr. | Khadkai    | Rubiaceae  | Tree  | Oil.     | Dangol et al., 2017; Acharya & Acharya, 2010 |
| 126 | Nicandra physalodes (L.) Gaertn. | Bantulasi  | Solanaceae  | Herb  | Fru.     | Thapa et al., 2014; Dangol et al., 2017; Acharya & Acharya, 2010 |
| 127 | Ocimum gratissimum L.    | Bantulasi   | Lamiaceae   | Herb  | Fru.     | Upreti et al., 2012 |
| 128 | Oreocnide frutescens (Thunb.) Miq. | Karipatta  | Urticaceae  | Herb  | Fru.     | Dangol et al., 2017 |
| 129 | Osbeckia nepalensis Hook. f. | Kalochulesi | Melastomataceae | Shrub | Veg.     | Karki et al., 2017 |
| 130 | Pandanus furcatus Roxb.  | Pandanaceae | Tree       | Fru.  | Ghimeray et al., 2010 |
| 131 | Panicum miliaceum L.     | Junelo      | Poaceae     | Herb  | Pic.     | Limbu & Thapa, 2011 |
| 132 | Perilla frutescens (L.) Britton | Silam    | Lamiaceae  | Herb  | Alco.    | Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017 |
| 133 | Phoenix acaulis Roxb.    | Areaceae    | Herb       | Pic.   | Thapa et al., 2014; Ghimeray et al., 2010; Aryal et al., 2018; Dangol et al., 2017 |
Table 1: List of wild edible fruit plant species (Contd.).

| S.N. | Scientific name                      | Nepali name | Family name | Habit  | Use form | References                                                                 |
|------|-------------------------------------|-------------|-------------|--------|----------|---------------------------------------------------------------------------|
| 134  | *Phoenix loureiroi* Kunth           | Thakal      | Areceae     | Tree   | Fru      | Ghimeray *et al*., 2010, Dangol *et al*., 2017; Acharya & Acharya, 2010   |
| 135  | *Phoenix sylvestris* (L.) Roxb.     | Thakal      | Areceae     | Tree   | Fru., veg.| Upreti *et al*., 2012                                                   |
| 136  | *Phyllanthus emblica* (L.)          | Amala       | Phyllanthaceae | Tree  | Fru.     | Thapa *et al*.,2014; Ghimeray *et al*., 2010; Mahato, 2014; Limbu & Thapa, 2011; Aryal *et al*., 2017; Upreti *et al*., 2012; Dangol *et al*., 2017; Joshi *et al*., 2013; Acharya & Acharya, 2010 |
| 137  | *Physalis divaricata* D. Don        | Sallo       | Solanaceae  | Herb   | Fru., pic.| Dangol *et al*., 2017                                                   |
| 138  | *Pinus roxburghii* Sarg.            | Sallo       | Pinaceae    | Tree   | Veg.     | Dangol *et al*., 2017; Shrestha & Shrestha, 2004                         |
| 139  | *Piper longhum* L.                  | Pipla       | Piperaceae  | climber | Fru.     | Upreti *et al*., 2012; Dangol *et al*., 2017; Acharya & Acharya, 2010    |
| 140  | *Polygonum perfoliatum* L.          | Ghumauro Kanda | Polygonaceae | Climber  | Fru., spi. | Karki *et al*., 2017                                                   |
| 141  | *Potentilla leuconota* D.Don         | Rosaceae    | Herb        | Fru.   |          | Shrestha & Shrestha, 2004                                                 |
| 142  | *Prinsepia utilis* Royle            | Rosaceae    | Herb        | Fru.   |          | Ghimeray *et al*., 2010; Shrestha & Shrestha, 2004                       |
| 143  | *Prunus cerasoides* Buch.-Ham. ex D. Don | Rosaceae | Tree        | Fru.   |          | Ghimeray *et al*., 2010; Mahato, 2014; Karki *et al*., 2017; Dangol *et al*., 2017; Shrestha & Shrestha, 2004 |
| 144  | *Punica granatum* L.                | Jangalianar | Lythraceae  | Tree   | Fru.     | Dangol *et al*., 2017                                                   |
| 145  | *Pyracantha crenulata* (Roxb. Ex D.Don) M.Roem. | Ghangaru | Rosaceae    | Tree   | Fru.     | Shrestha & Shrestha, 2004; Mahato, 2014; Karki *et al*., 2017; Aryal *et al*., 2018; Dangol *et al*., 2017 |
| 146  | *Pyrus pashia* Buch.-Ham. Ex D.Dob  | Mayal       | Rosaceae    | Tree   | Fru.     | Shrestha & Shrestha, 2004; Mahato, 2014; Karki *et al*., 2017; Aryal *et al*., 2018; Dangol *et al*., 2017 |
| 147  | *Rhus javanica* Miller              | Bhakamilo   | Anacardiaceae | Tree  | Fru., spi.| Ghimeray *et al*., 2010; Mahato, 2014; Karki *et al*., 2017; Upreti *et al*., 2012; Dangol *et al*., 2017 |
| 148  | *Rhus parviflora* Roxb.             | Satibayer   | Anacardiaceae | Tree  | Fru.     | Karki *et al*., 2017; Upreti *et al*., 2012; Dangol *et al*., 2017       |
| 149  | *Ribes orientale* Desf.             |            | Grossulariaceae | Shrub | Fru.     | Bhattarai *et al*., 2009                                                 |
| 150  | *Rosa macrophylla* Lindl.           | Bhaishi kanda | Rosaceae | Shrub | Fru.     | Bhattarai *et al*., 2009; Dangol *et al*., 2017                         |
| 151  | *Rosa sericea* Lindl.               | Bhaishi kanda | Rosaceae | Shrub | Fru.     | Bhattarai *et al*., 2009                                                 |
| 152  | *Rubus acuminatus* Sm.              | Rato ainselu | Rosaceae   | Shrub  | Fru.     | Ghimeray *et al*., 2010                                                  |
| S.N. | Scientific name          | Nepali name | Family name | Habit  | Use form | References                                                                 |
|------|--------------------------|-------------|-------------|--------|----------|---------------------------------------------------------------------------|
| 153  | *Rubus ellipticus* Sm.   | Ainselu     | Rosaceae    | Shrub  | Fru.     | Thapa *et al.*, 2014; Ghimeray *et al.*, 2010; Mahato, 2014; Limbu & Thapa, 2011; Karki *et al.*, 2017; Aryal *et al.*, 2017; Upreti *et al.*, 2012; Dangol *et al.*, 2017; Joshi *et al.*, 2013; Shrestha & Shrestha, 2004 |
| 154  | *Rubus niveus* Thunb.    |             | Rosaceae    | Shrub  | Fru.     | Thapa *et al.*, 2014; Ghimeray *et al.*, 2010; Bhattarai *et al.*, 2009; Aryal *et al.*, 2018; Dangol *et al.*, 2017 |
| 155  | *Rubus paniculatus* Sm.  | Kalo ainselu| Rosaceae    | Shrub  | Fru.     | Mahato, 2014; Shrestha & Shrestha, 2004 |
| 156  | *Sarcococca pruniformis* Lindl. |         | Buxaceae    | Shrub  | Fru.     | Dangol *et al.*, 2017 |
| 157  | *Schleichera oleosa* (Lour.) Oken |         | Sapindaceae | Tree   | Fru.     | Karki *et al.*, 2017; Upreti *et al.*, 2012 |
| 158  | *Schleichera trijuga* Wild | Kusum     | Sapindaceae | Tree   | Fru.     | Thapa *et al.*, 2014; Dangol *et al.*, 2017; Acharya & Acharya, 2010 |
| 159  | *Scurrula elata* (Edgew.) Danser |         | Loranthaceae| Shrub  | Fru., pic. | Dangol *et al.*, 2017 |
| 160  | *Semecarpus anacardium* L.f. | Bhalayo    | Anacardiaceae| Tree   | fru.     | Thapa *et al.*, 2014; Upreti *et al.*, 2012; Dangol *et al.*, 2017; Acharya & Acharya, 2010 |
| 161  | *Setaria italica* (L.) |             | Poaceae     | Herb   | Fru., veg. | Limbu & Thapa, 2011 |
| 162  | *Shorea robusta* Garten. | Sal        | Dipterocarpaceae| Tree   | Oil     | Dangol *et al.*, 2017; Acharya & Acharya, 2010 |
| 163  | *Smilax perfoliata* Lour. | Kukurdaino | Smilaceae   | climber| Fru.     | Aryal *et al.*, 2018; Dangol *et al.*, 2017 |
| 164  | *Solanum aculeatissimum* Jacq. | Kantakari  | Solanaceae  | Herb   | Veg     | Mahato, 2014; Dangol *et al.*, 2017 |
| 165  | *Solanum nigrum* L.     | Kaligedi   | Solanaceae  | Herb   | Veg.     | Thapa *et al.*, 2014; Ghimeray *et al.*, 2010; Mahato, 2014; Aryal *et al.*, 2018; Acharya & Acharya, 2010; Shrestha & Shrestha, 2004 |
| 166  | *Solena amplexicaulis* (Lam.) Gandhi | Thuli bihi | Cucurbitaceae| Herb   | Fru., veg.| Dangol *et al.*, 2017 |
| 167  | *Solena heterophylla* Lour. | Golkakari  | Cucurbitaceae| Herb   | Veg.     | Karki *et al.*, 2017; Dangol *et al.*, 2017; |
| 168  | *Spatholobus parviflorus* (Roxb.) Kuntze |         | Fabaceae    | Climber| Fru., veg.| Dangol *et al.*, 2017; Acharya & Acharya, 2010 |
Table 1: List of wild edible fruit plant species (Contd.).

| S.N. | Scientific name                        | Nepali name | Family name     | Habit | Use form | References                                      |
|------|----------------------------------------|-------------|----------------|-------|----------|------------------------------------------------|
| 169  | Spondias pinnata (L. f.) Kurz          | Amora       | Anacardiaceae   | Tree  | Oil.     | Karki et al., 2017; Upreti et al., 2012        |
| 170  | Sterculia villosa Roxb.                |             | Malvaceae       | Tree  | Fru., veg.| Upreti et al., 2012; Dangol et al., 2017      |
| 171  | Sterculia ruscifolia (Buch.-Ham. Ex D.Don) Decne. | Jure mayal | Rosaceae        | Tree  | Fru.     | Dangol et al., 2017                            |
| 172  | Symplocos pyrifolia Wall. ex. G. Don   |             | Symplocaceae    | Tree  | Fru.     | Upreti et al., 2012; Dangol et al., 2017      |
| 173  | Syzygium aromaticum (L.) Merr. & L.M.Perry | Kusum        | Myrtaceae       | Tree  | Fru.     | Aryal et al., 2018; Dangol et al., 2017       |
| 174  | Syzygium cumini (L.) Skeels            | Jamun       | Myrtaceae       | Tree  | Fru.     | Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010 |
| 175  | Syzygium jambos (L.) Alston            | Jamun       | Myrtaceae       | Tree  | Fru.     | Ghimeray et al., 2010; Karki et al., 2017     |
| 176  | Syzygium kurzii (Duthie) N.P.Balakr    | Gulabjamun  | Myrtaceae       | Tree  | fru.     | Ghimeray et al., 2010; Dangol et al., 2017    |
| 177  | Syzygium nervosum A.Cunn. Ex DC.       | Kyamuna     | Myrtaceae       | Tree  | Fru.     | Thapa et al.,2014; Ghimeray et al., 2010; Dangal et al., 2017 |
| 178  | Tamarindus indica L.                   | Imili       | Myrtaceae       | Tree  | Fru.     | Mahato, 2014; Karki et al., 2017; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010 |
| 179  | Tamarindus indica var. Zeyheri         |             | Myrtaceae       | Tree  | Fru.     |                                               |
| 180  | Tamarindus indicus var. Zeyheri        |             | Myrtaceae       | Tree  | Fru.     |                                               |
| 181  | Terminalia bellirica (Gaertnt.) Roxb.  | Barro       | Combretaceae    | Tree  | Veg.     | Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010 |
| 182  | Terminalia chebula Retz.               | Harro       | Combretaceae    | Tree  | Fru.     | Thapa et al., 2014; Mahato, 2014; Karki et al., 2017; Aryal et al., 2018; Upreti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010 |
| 183  | Tetrasigma serrulatum (Roxb.) Planch.  | Charchare lahara | Vitaceae     | climber | Fru., veg.| Aryal et al., 2018; Upreti et al., 2012, Dangol et al., 2017 |
| 184  | Toxicodendron wallichii Hook.f         | Kagbhalayo  | Anacardiaceae   | Shrub | Fru.     | Dangol et al., 2017                            |
|      | Trapa bispinosa Roxb.                  | Singada     | Trapaceae       | Herb  | Fru.     | Dangol et al., 2017                            |
| S.N. | Scientific name | Nepali name | Family name | Habit | Use form | References |
|------|----------------|-------------|-------------|-------|----------|------------|
| 185  | Verbascum thapsus L. | | Scrophulariacea | Herb | Fru., veg. | Shrestha & Shrestha, 2004 |
| 186  | Viburnum cotinifolium D.Don | | Adoxaceae | Herb | Fru. | Bhattarai et al., 2009 |
| 187  | Viburnum cylindricum Buch. Ham. ex.D.Don | | Adoxaceae | Tree | Fru. | Dangol et al., 2017; Shrestha & Shrestha, 2004 |
| 188  | Viburnum erubescens Wall. | Masino kanike | Adoxaceae | Tree | Fru. | Ghimerey et al., 2010; Aryal et al., 2018; Dangol et al., 2017 |
| 189  | Viburnum mullaha Buch. -Ham. ex D.Don | Asarey | Adoxaceae | Tree | Fru | Dangol et al., 2017; Shrestha & Shrestha, 2004 |
| 190  | Vicia angustifolia L. | Kutulikosa | Fabaceae | Herb | Fru. | Thapa et al., 2014 |
| 191  | Vicia hirsuta (L.) Gray | Kutulikosa | Fabaceae | Herb | Veg. | Dangol et al., 2017 |
| 192  | Wallichia disticha T.Anderson | Thakal | Arecaceae | Tree | Fru., pic. | Ghimerey et al., 2010; Dangol et al., 2017 |
| 193  | Zanthoxylum armatum DC. | Timur | Rutaceae | Tree | veg., spi. | Thapa et al., 2014; Mahato, 2014; Aryal et al., 2018; Dangol et al., 2017; Joshi et al., 2013; Shrestha & Shrestha, 2004 |
| 194  | Zanthoxylum oxyphyllum Edgew. | | Rutaceae | Shrub | Pic., spi | Shrestha & Shrestha, 2004 |
| 195  | Zehneria japonica (Thunb.) H.Y.Liu | | Cucurbitaceae | climber | Pic. | Dangol et al., 2017; Acharya & Acharya, 2010 |
| 196  | Ziziphus incurva Roxb. | Hade bayer | Rhamnaceae | Tree | Fru. | Karki et al., 2017; Dangol et al., 2017 |
| 197  | Ziziphus jujuba Mill. | Bayer | Rhamnaceae | Tree | Fru., pic. | Limbu & Thapa, 2011; Karki et al., 2017; Dangol et al., 2017 |
| 198  | Ziziphus nummularia (Burm. f.) Wight & Arn. | Bayar | Rhamnaceae | Tree | Fru. | Uperti et al., 2012; Dangol et al., 2017 |
| 199  | Zizyphus mauritiana Lam. | Jangali bayar | Rhamnaceae | Shrub | Fru. | Thapa et al., 2014; Mahato, 2014; Uperti et al., 2012; Dangol et al., 2017; Joshi et al., 2013; Acharya & Acharya, 2010 |

Note: Fru. = Raw Fruits, Pic = Pickles, Spi = Spices, Veg = Vegetables
Conclusion
Wild edible fruits plant species are one of the renewable forest resources of the country. Most of the rural people inhabiting in and around the forest still rely on the forest resources as a part of their livelihood. Wild fruit plants on one hand provide the supplementary nutrients to the local people and generate income by selling the products on the other. Most of the wild edible fruits are said to be delicious in taste and nutritious as well. Such plants are of significant relevance to rural economic resilience, diversification, poverty alleviation and nutritional balance in remote areas (Badimo et al., 2015). Selling of wild fruits brings low returns due to its low keeping quality and low market costs. Therefore, some value addition in the form of pickles, chutney, jam, jelly etc. can increase fruit shelf life and bring profit to local communities (Mohapatra and Panda, 2009). Although, these wild edible fruit plants play an important role in the economic, social and cultural life of the rural people these valuable species have been vanishing at a very faster rate without proper documentation and conservation.

This review study contributes to the information on wild edible fruit plant species of Nepal. As wild edible fruit plants are the valuable sources of food, nutrition and medicine especially in the rural areas, sustainable use of the wild fruit plants thus provides the necessary nutritional supplement and food security of the people on one hand and conservation of biodiversity on the other. Further studies on the wild edible plants for food security and scientific studies on nutrient contents of the species need to be carried out.

Author’s contribution
Ratna Silwal Gautam performed literature review collected the data and prepared the manuscript. Sudha Joshi Shrestha and Ila shrestha analyzed the data and finalized the manuscript. Final form of manuscript was approved by all authors.

Conflict of interest
The authors declare that there is no conflict of interest with present publication.

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