

***Ziziphus rugosa***

Family : Rhamnaceae

*Ziziphus rugosa* or zunna berry is a thorny forest shrub species widely distributed across India and elsewhere, and very popular among the tribal communities for its ethno-medicinal importance. The berry fruit is also known for its nutritive properties, commonly known as 'famine food' as it has a great use in lean season when conventional food resources are dried up for forest people. The fruit is eaten raw or pickled for consumption with rice. Known as bon bogori or dindao bogori in Assam, the fruit is popular among the Shan tribes, who also use leaves and young shoots as vegetables. In Meghalaya, it is known as 'dumakphul' among the Garo and Khasi tribes. In south-eastern state of Odisha, tribal groups like Kondh, Santal, Saora, Kolha, Munda and Juang consume the raw fruit as a source for nutrients. Down to the South, Toda, Kota, Kurumba, Paniya, Irula, Kattunayaka and Badaga communities of Nilgiri hills and Kadar tribe of Vazhachal area of Kerala eat the fruit as nutrient source during summer.

In rural south India, the fruit has use in juice, for that the fruit pulp is mixed with water and sugar to prepare juice. Whereas the ripe deseeded pulp is mixed with wet rice and salt for making Dosa. The mixture is kept for fermentation overnight and then is used for preparation of Dosa. The bark is also used to brew local alcohol. The plant is yet to find its way to the urban dining tables.

