



Wild uncultivated edible plants of India

Part 5
(.....after part 4)

 ***Meyna spinosa* Roxb. ex Link** 
Family: Rubiaceae

It is a spiny small tree or a large shrub with greenish-white flowers found in the south and east Asian countries. In India, the plant is found in the northeastern states of Arunachal, Assam, Meghalaya and in West Bengal. Down the south, the plant is reported from Andhra Pradesh, Karnataka, and Tamil Nadu. It is called Moin Tenga in Assamese, Maina in Hindi, Mankatha in Bengali and Manakkarai in Tamil. It is widely popular as a folk medicine among the tribal peoples of Manipur, Assam, Maharashtra, Meghalaya. They also prefer to eat the fruits either in raw or in cooked form. The fruit is small and yellow when ripe. The fruits and leaves are good for the liver and supposed to help in treating indigestion. In Meghalaya, the fruits are also used to prepare an alcoholic beverage. The seeds are roasted and powdered to be used as a tea. In Odisha, seeds are roasted and eaten by the tribes during summertime. Nutritional analysis shows that fruits are a rich source of essential nutrients, e.g., Calcium, Zinc, Potassium, and Magnesium. Similarly, leaves are enriched with Iron, Zinc, Copper, Manganese, Molybdenum, and Chromium which contribute to their antioxidant property.

