IOSR Journal of Business and Management (IOSR-JBM)
e-ISSN: 2278-487X, p-ISSN: 2319-7668
PP 38-46
www.iosrjournals.org

Edible Food Plants of North Bengal, Its Benefits and Food Value in Daily Diet - A Study

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Abstract :*The Motif Of The Paper Is To Explore The Knowledge Of Traditional Food Plants Of North Bengal And Its Benefits Towards The Health With Their Food Value. It Focuses On The Culture In Relation To The Traditional Food Habit Of The People Of North Bengal With Reference To Their Day To Day Food Habit.*
The Edible Food Plants Of North Bengal Have Its Importance In Daily Diet Of An Individual. As Far As The Food Habit Of North Bengal Is Concerned, These Plants Add To The Daily RDA Requirement Of Maximum Population In The Country. Food Plants Are Major Source Of Vitamin And Minerals And Play An Essential Role In Fulfilling The RDA Of Rural Population Of The Country. The Cosmopolitan Population Of The Nation Is Unaware Of The Remarkable Benefits Of These Edible Parts Of Food Plants. Different Diseases Can Be Prevented As Well As Cured With The Help Of These Most Neglected Wonder Plants. The Popularization Of These Plants Will Help The Cosmopolitan Population Of The Country Against Health Hazards.
Food Plants Play An Important Role To Create The Authenticity Of Food Habits Of North Bengal People, And Enhance The Food Value In Relation To Different Essential Nutritive, And Also Emphasize The Culture Of India.
Keywords: *North Bengal, Traditional Food Plant, Nutrients, Food Value & Benefits.*

I. Introduction

North Bengal Refers To North-Western Part Of Bangladesh And Northern Part Of West Bengal. The Bangladesh Part Devotes The Rajshahi Division And Rangpur Division. Generally It Is The Area Lying West Of Jammuna River And North Of Padma River And Includes Barind Tract.

The West Bengal Part Donates Jalpaiguri Division (Alipurduar, Cooch Behar, Darjeeling, Jalpaiguri And Kalimpong) And Malda Division (North Denajpur, South Denajpur And Malda Together. North Bengal Consists Of The Cities, Bahrampur, Hasimara, Malda City, Siliguri, Lataguri, And Alipurduar.

Edible Food Plants Of North Bengal Have Its Importance In Daily Life And Play An Significant Role In The Food Security And Nutritional Requirement Of Poor Community Of North Bengal. Food Plants Play Major Role In The Ecosystem And Economy Of Rural Communities Of North Bengal. The Rural Communities Preferred Food Plants For Several Reason; One Of The Most Important Reason Is Cost Effective On The Other Hand Their Availability In The Surrounding.

From Ancient Time Plants Have Been Used With North Bengal Rural Communities. The Edible Plants Are Being Used In The Daily Diet To Meet The Daily Requirement Of Nutritional Property. The Rural Population Of North Bengal Depends On The Edible Food Plants Mostly To Meet Their Recommended Dietary Intake (RDI) Which Helps In To Maintain The Marginal Safety Requirement Of An Individual. However Many Food Plants Are Nutritionally Important Because Their High Vitamin, Minerals And Fibbers Content And Which Can Be Used As Major Resources Of Malnutrition.

The Culinary Culture Of Undivided Bengal And The Partition Bengal Have Created A Huge Impact On The Culinary Culture. The Large Scale Of Religious Displacement Has Lead To Considerable Exchange Of Food Habits, Cooking Style, Spices And Ingredients In A Distinctive Blend Of Eastern (Now Bangladesh), West Part Of Bengal And North Bengal Too.

The Primary Food Of All Rural And Cosmopolitans Is Boiled Rice (Bhat) Along With Some Fried Or Boiled Edible Food Plants (Saag) From Their Surroundings. They Mostly Depend On Edible Food Plants In The Local Market (Hat) And Urban Market (Bazaar) For Extra Income And Economic Support.

II. Objective Of Study

- The Aim Of This Study Was To Popularise The Edible Food Plant Of North Bengal And In The Nation.
- To Explore How Food Plants Play An Important Role In Bengali Culinary Culture And Investigate The Nutritive Value Of Food Plants
- The Objective Of Study Is To Explore The Knowledge Of Edible Food Plants Of North Bengal.

- Categorization Of Edible Plants According To Their Edible Of Parts Of The Plants With Their Micronutrients Content.
- How These Edible Food Plants Can Evolve The Culinary Trends Of North Bengal And Our Nation.

III. Literature Review

S Bendyopadhyay And Sobhan Kr Mukherjee (2009) Koch Bihera District Of North- Eastern Part Of West Bengal Is Inhabited By Rajbanshi Or Koch Tribe Which Constitutes About 40% Of Total Population Of The District. The Other Tribal Communities Are Kheria, Oraon, Rabha And Santhal. Most Of Them Are Village Dwellers And Depend On Plant Or Plant Products As Well As Other Inhabitants Of The District Has Considerable Traditional Knowledge Of Wild Edible Plants And Their Utilization

Mohammed Rahmatullah Et Al, (2011) It Was The Objective Of The Present Study To Document The Use Of These Plants. It Was Observed That 32 Plant Species Were Prescribed By The Vaidyas For Regular Consumption (Preventive) Or Consumption During Times When A Particular Disease Occurred (Therapeutic). These Species Were Distributed Into 20 Families; The Fabaceae Family Contributed 4 Species, While The Amaranthaceous, Asteraceae, And Cucurbitaceous Families Provided 3 Plants Each. Most Of The Plants Were Leafy Vegetables With Their Leaves And Stems Prescribed For Consumption Following Cooking; However, A Few Of Them Had Their Roots Or Fruits Prescribed For Consumption Without Cooking.

Arpita Banerjeea, Archana Mukherjeeb, Arijit Sinhababu (2013) In Bankura, Most Of The Rural People Especially Tribal People Are Very Poor Economically And Depends On Non-Cultivated Wild Plants For Food. It Is Also Observed That Some Traditional Wild Edible Plants In That Area Are Fast Eroding. The Conservation Efforts Are Needed By Plantation And Protection Of These Plants With Maximum Participation Of Local People. Findings Related To Wild Edible Plant, Suggest Further Investigation For Their Nutritional Profile, Processing Methods, Cultivation Techniques, Conservational Studies And Pharmacological Properties Of The Reported Plant Species.

Jennings Et Al, (2014) Food And Plants Play An Important Role In The Construction Of Home "Here" (London) While Continuing To Connect People To Home "There" (Sylhet). This Role, However, Changes And Is Re-Defined Across Generations. Looking At Perceptions Of "Healthy" And "Unhealthy" Food, Particularly In The Context Of Bengali Food, Multiple Views Of What Constitutes "Healthy" Food Exist. However, There Appeared To Be Little Two-Way Dialogue About This Concept Between The Research Participants And Health Professionals. This Seems To Be Based On "Cultural" And Power Differences That Need To Be Addressed For Meaningful Dialogue To Occur.

Tanmay Chowdhury1, Subhas Chandra Roy2 And Dilip De Sarker (2014) Edibles Are Closely Associated With Socioeconomic Structure Of Tribal Of Uttar Dinajpur District For Their Daily Food. The Wild Edibles Need To Be Popularized As Many Of Them Have High Nutritive And Medicinal Value Further Research Needs To Be Carried Out On The Investigation Of Conservation Status, Socioeconomic Importance And Nutritional Studies Of These Wild Edibles May Be Provide Better Nutritional Source For Future.

K. M. Borkar And A. A. Jagiya (2015) The Wild Edible Plants Are Used As Common Household Foods And Make A Substantial Contribution To Food Security Of The People Of The Study Area. Therefore, Steps Are Needed To Undertake Extensive Education About Their Importance And Assess Their Nutritional Values To Serve As A Direct Or Indirect Source Of Food To Local Tribal People As Well As Local Inhabitants Through Their Traditional Knowledge Infer What To Eat And What Not To Eat.

Miah Mohammed Abdus Satter (2015) Nutritional Analysis Showed That All The Wild Vegetables Used In This Study Had A Low Content Of Crude Fat And High Content Of Moisture, Ash, Crude Protein, Crude Fibber, Carbohydrate And Energy Having The Recommended Dietary Allowances. The Vegetables Were Also Rich In Major Minerals. Wild Vegetables Have Very Good Nutritional Potential To Meet The Recommended Dietary Allowances, But Special Awareness Should Be Taken For Public Health Concern.

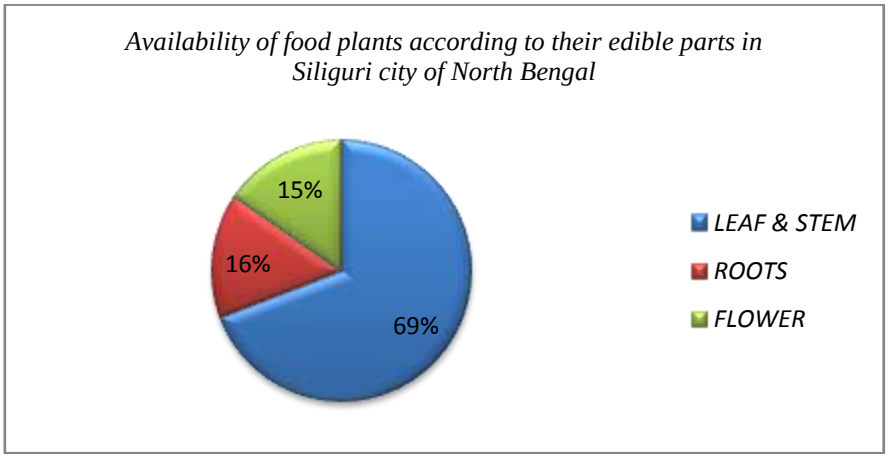
IV. Methodology

4.1 Primary Data

i) The Study Is Based On Ethnographic Field Work. One To One Discussion Has Been Done With Local People Of Different Districts Of West Bengal In Reference To Their Traditional Culture And Food Habits.
ii) Tried To Find Out The Importance On Daily Plates Of Local Households Of North Bengal
iii) Meeting With People Of Different Age Group And Tried To Find Out The General Awareness Of Traditional Food Plants Of Different Districts Of West Bengal.
iv) Physical Questionnaires Survey Of Local Plants/Vegetable Markets (Haat/ Bazar) And Meeting With Individual Sellers To Identify Their Vernacular Names, Editable Parts Of Different Food Plants And Their Traditional Preparation.

4.2 Secondary Data

i) The Data Were Collected From Various Sources, With Standard Literature, Journals And Internet And Food And Traveller Websites.

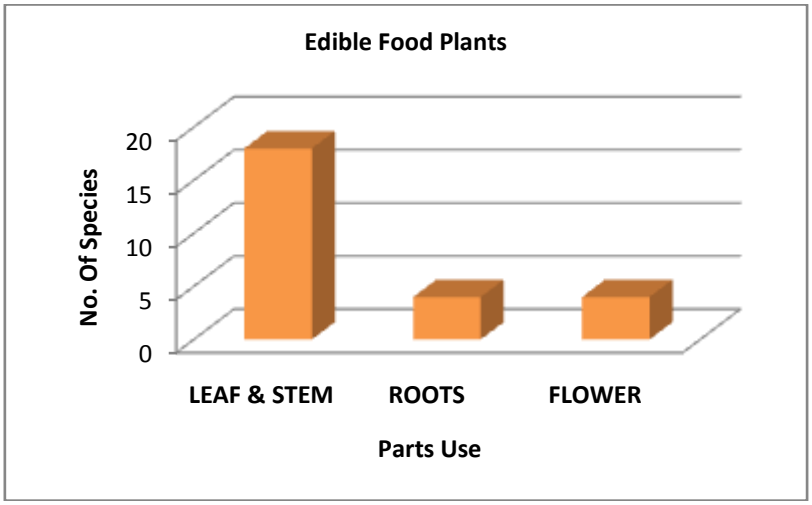


V. Result And Discussion

The Food Culture Of North Bengal Is Evolving Gradually And Brings Huge Changes Of Food Habits Of Cosmopolitans' Population. The Present Generation Is Fascinated About Fast Food Which May Not Meet The Recommended Dietary Allowance (RDA) Of An Individual In Reference To World Health Organization (WHO). The Reference Value For An Average Adult Is 8,700 K.Cal/ Day Which An Individual Need For Their Daily Activities. At The Same Time They Need Macronutrients Vitamins And Minerals, Which Are Very Essential For Bodies' Metabolizing And Nervous System.

About 40% Of Population Is Suffering From Deficiency Of Various Kinds Of Vitamins And Minerals Which Has Been Recognized As The Cause Of Serious Health Problem. Deficiency Of Vitamins And Minerals Are Quite Common In The Cosmopolitan Population Of North Bengal. To Maintain A Proper Health Of An Individual/ Adults Have To Ensure Adequate Intake Of Vitamins And Minerals In Daily Diet To Meet The RDI (Recommended Dietary Intake) With Margin Of Safety According To WHO.

The Study Documented And Categorizes The Food Plants On The Basis Of Their Edible Parts (Leaf & Stem, Roots, And Flower). Traditional And Most Common Food Plants From Different District Of West Bengal Are Collected. Documentation Has Been Done On The Basis Of Their Edible Parts And Their Scientific Name, Family Name, Vernacular Name, Major Nutrient Content And Their Benefits On Daily Plate/ Consumption.



Edible Food Plant Species In Different Categories

5.1 Edible Leaf And Stem Of Food Plants

The Green Fresh Leaves And Stems Of The Food Plants Are Ideal For Weight Loss As They Are Typically Low In Calories. They Are Use Full In Reducing The Risk Of Cancer And Heart Disease. They Are Low In Fat, High In Dietary Fiber, And Rich In Folic Acid, Vitamin-C, B-Complex Vitamins, Vitamin- A, Vitamin- E, Manganese, Phosphors, Potassium, Calcium, Iron, Zinc And Copper. Increment Of One Daily Serving Of Green Leafy And Stem Lower The Risk Of Cardiovascular Disease By 11%. Because Of Their High Manganese Content And Low Glycemic Index, Green Leaf And Stem Are Also Valuable For Person With Type

Of Diabetes. An Increment Of 1 Serving/Day Of Leafy Vegetables Can Lower The Risk Of Diabetes Around 9%. The High Level Of Vitamin-K In Green Makes The Important Production Of Ostecalcin (Protein Essential For Bone Health. Play An Important Role To Protect The Eye Health, They Protect Against Both Cataract And Age Related Macular Degeneration, The Major Cause Of Blindness In The Elderly. It May Help To Reduce The Risk Of Certain Type Of Cancer, Such As Breast And Lung Cancer, And May Contribute To The Prevention Of Heart Diseases And Stroke. There Are 16 Sixteen Different Type Of Food Plants Has Been Collected Which Are Most Common And Easily Available In The Different District Of West Bengal On The Basis Of Their Edible Parts. (Table-1)

Table-1 On The Basis Of Edible Part (Leaf And Stem) Of The Traditional Food Plants:

Serial No.	Scientific Name	Family Name	Verna-Cular Name	Edible Parts	Major Nutrients Present	Benefits In Daily Plates
1	Amaranthus	Amaranthaceae	Note Shak	Leaf, Stem	Manganese, Phosphorus, Potassium, Calcium	Provide Essential Lysine; Help With Hair Loss And Graying, Lower The Cholesterol And Risk Of Nnxcardiovascular Disease, Full Of Antioxidants And Minerals, Improve Eyesight, Easy To Digest.
2	Amaranthus Tricolor	Amaranthaceae	Lal Shak	Leaf, Stem	Protein, Vitamin-A, Vitamin-C, Calcium, Manganese, Niacin	Provide Essential Lysine; Help With Hair Loss And Graying, Lower The Cholesterol And Risk Of Cardiovascular Disease, Full Of Antioxidants And Minerals, Improve Eyesight, Easy To Digest.
3	Basella Rubra L	Basellaceas	Pui Shak	Leaf, Stem	Vitamin-A, B_1 (Thiamine), B_2 (Riboflavin), B_6 (Niacin), And C, Calcium, Iron, Phosphorus, Magnesium, Potassium, And Sodium.	Lower The Risk Of Strokes And Heart Attack, Play Essential Role In Metabolizing Mineral, Full Of Antioxidant Activities, Help To Treat The Depression.
4	Metteuccia Struthioresis	Dryoteridaceae	Dheki Shak	Leaf, Stem	Vitamin-B_3, C, Niacin ,Potassium, Carbohydrate, Fat, And Protein	Treats Cancer, Enhance Immunity, Anti Inflammatory Activity, Maintain Eye Health, Prevent Form Bone Disorder,
5	Corchorus Olitorius	Tiliaceae	Pat Shak	Leaf	Vitamin- K, Vitamin-B_6, Iron, Vitamin- A, Vitamin-C, And Major Minerals	Help In Maintaining Internal Bleeding, Protect Eye Health, Supports Skin Health And Cell Growth, Fight Off Cold And Flu, Reduce Cholesterol, Maintain Teeth And Gum, Prevent From Asthma
6	Colocasia Escutenta	Araceae	Kochu Loti	Stem,	Protein, Fat, Carbohydrate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium,	Control Arthritis, Blood Pressure, And Heart Health, Increase Immune Power, Essential For Control Diabetes Health.

					Zinc, Copper.	
7	Rumex Ocetara	Polygonaceae	Tok Palong Shak	Leaf	Vitamin- C, Vitamin-A, Vitamin-$B_{6,}$ Iron, Magnesium, Potassium, Calcium And Trace Amount Of Protein	Boost Eyesight, Slow The Aging Process, Reduce, Certain Skin Infection, Strengthen The Immune System, Improve Digestion, Build Strong Bones, Prevent Form Cancer, Lower The Blood Pressure, Increase Appetite.
8	Enydra Fluctuans	Asteraceae	Leaf, Stem	Helancha Shak	Protein, Fat, Carbohydrate, Potassium, Sodium, Calcium, Magnesium, Copper.	An Effective Antibacterial And Antioxidant.
9	Musa Acuminate/ Musa Paradisiaceae	Musaceae	Stem	Thoar	Carbohydrate, Fat, Potassium, And Vitamin-B_6	Helps Muscles And The Body's Production Of Hemoglobin, Help In Weight Loss, Beneficial To Overall Health, Help To Prevent From Kidney Stone Formation.
10	Amaranthus Lividus	Amaranthaceae	Stem, Leaf	Data Shak	Protein, Vitamin-A , Vitamin- C, Vitamin – $B_{2,}$ - Vitamin-$B_{6,}$ Calcium, Iron, Zinc, Copper.	Boast Bone Strength, Improve Digestive System, Helps In Lower The Cholesterol Level, And Also Helps In Weight Loss.
11	Ipomoea Aquatic Forssk	Convolvulaceae	Leaf, Stem	Kalmi Shak	Good Source Of Carbohydrate, Protein, Vitamin- A, Pantothenic Acid (B_6), Vitamin- C, Phosphorus And Potassium, Iron.	Prevent From Constipation, Act As Anti Poison, Anti Diabetes, Increase Immunity, Maintain Healthy Vision And Good Liver Health.
12	Lagenaria Siceraria	Cucurbitaceae	Leaf, Steam	Law Shak	Vitamin C, Zinc, Potassium, Vitamin-$B_{6,}$ Vitamin-B_5	Maintain Skin Health, Lower The Risk Of Stroke, Treat Cancer, Prevent From Cold And Flu, Hormonal Balance, And Maintain Good Heart Condition.
13	Spinaciaoleracea	Chenopodiaceae	Leaf	Palong Shak	Carbohydrate, Fate, Protein, Calcium, Vitamin- A, Phosphorus, Potassium, Iron, Vitamin-$B_{1,}$ Vitamin-$B_{5.}$	Increase Apatite, Improve Eyesight, Treat Macular Degeneration, Provide Neurological Benefit, Maintain Blood Pressure, Increase Metabolism.
14	Nymphaea Mouchali	Nymphaeaceae	Stem	Shapla	Carbohydrate, Phosphorus,	Maintain Strength In The Body, Increase Immune System, Helps In Metabolism, Helps In Maintain The Bone.

					Potassium, Vitamin B_1, And Trace Amount Of Protein.	
15	Trichosanthes Diocia	Cucurbitaceae	Leaf, Stem	Palta Shak	Copper, Vitamin- C, Phosphorus , Vitamin – B_2, (Riboflavin), Vitamin – B_1, (Thiamin), Protein, Carbohydrate, Calcium,	Helps In Blood Purifier, Reduce Flu, Improve Digestion, Fight, With Aging Facto, Treat Constipation, Control Blood Sugar And Cholesterol, Help In Weight Loss.
16	Azdirachta Indica	Meliaceae	Leaf	Neem Pata	Protein, Carbohydrate, Calcium, Phosphorus , Vitamin-C, Iron, Potassium	Purify The Blood, Prevent Damage Cause By Radicals In The Body, Remove Toxins, Treat Insect Bite, Anti Bacterial Properties, Any Kind Of Skin Problem.
17	Chenopodium Album	Amaranthacea e	Leaf Stem	Bathua	Rich In Vitamin A, Vitamin C Important Minerals Such As Calcium, Iron, Potassium, Phosphorus , Magnesium , And Zinc.	Helps In Curing Constipation, Enhance Immune System Function Growth None Formation, Reproduction, Wound Healing. It Also Helps In Purifier The Blood. Improve Hemoglobin Level.
18	Brssica Juncea	Brassica	Leaf	Sarso Saag	Mustard Green Is A Rich Source Of Vitamin A, C, And K, It Is Also A Good Source Of Iron, Magnesium , Calcium, Zinc Potassium .	Powerful Natural Antioxidant, Maintain Good Eye Sight, Helps In Bone Mass Building, Reduce The Cholesterol Level In The Body, Prevent From Cancer, It Is A Anti Inflammatory Agent. Acts As Cardiovascular Support

5.2 Edible Roots Of Food Plants:

The Most Common Root Of Plants Is Mentioned (Table-2) Maan Kachu, Mukhi Kachu , Oal And Dudh Kochu. This Is Thick, Tuber Stalk Of Different Edible Plants Extremely Important For Health Of An Average Adult. In Fact Edible Roots Are Considered One Of The First Cultivated Plants In Human History. Edible Roots Contain A Wealth Of Organic Compound, Mineral, And Vitamin That Are Essential For Human Health And Can Benefit Overall Health In A Number Of Different Ways. Root Contain Vary Significant Amount Of Dietary Fiber, And Carbohydrate, As Weal High Level Of Vitamin-A, Vitamin-E, Vitamin- B_6 And Folate (Vitamin- $B_{9)}$ As Well As Magnesium, Iron, Zinc, Phosphorous, Potassium, Manganese, And Copper. The Plant Also Provides Some Protein In Diet, But The Amount Is Almost Negligible. As A Mentioned (Table-2) Root Contains Various Antioxidant Including Beta-Carotene And Cryptoxanthin These Antioxidants Can Help To Improve Vision. These Roots Contain Vitamin-E, Vitamin-A, Which Are Essential Vitamins To Eliminate Skin Condition And Boost Overall Cellular Health. It Has Very High Level Of Vitamin-C In Each Serving, Which Stimulates The Immune System To Create More White Blood Cells Which Defend The Body From Foreign Pathogen And Agents. The Minerals Content Of Roots Has Useful Application, Presence Of Iron And Copper In Roots Make It Very Important Food To Prevent Anemia And Boost Circulation Through Body. Iron And Copper Are Both Essential For The Production Of Red Blood Cells Which Carry The All Important

Oxygen Of Blood Through The Body. It Helps To Increase The Metabolic Activities, Growth Of New Cells, And General Oxygenation Of The Body, Which Result In The Organs And System Function At Their Optimal Levels.

The Only Major Problem With Roots It Is Extremely High In Calorie Content. Every 100gm Contain 112 Calories, Which Can Be An Issue For People To Lose Weight.

Table-2 On The Basis Of Edible Part (Roots) Of Traditional Food Plants:

Serial No.	Scientific Name	Family Name	Verna-Cular Name	Edible Parts	Major Nutrients Present	Benefits In Daily Plates
1	Colocasia Esculenta	Araceae	Maan Kachu	Roots	Carbohydrate, Protein, Vitamin-A, Vitamin-C, Vitamin-E, Vitamin-K, Niacin, Sodium, Potassium, Calcium, Copper, Magnesium, Zinc.	Lower Risk Of Developing Diabetes, Reduce Risk Of Lung And Oral Cancer, Beneficial In Increasing Cognitive Function, Helps To Prevent Anemia And Boast Blood Circulation, Prevent Excess Gas, Bloating, Cramping And Constipation, Help To Relieve Stress And Pressure On Blood Vessels, Boast Vision, And Reduce Risk Of Macular Degeneration Of Cataracts.
2	Colocasia Esculenta Rongmei	Araceae	Mukhi Kachu/ Sornam ukhi Kachu	Roots	Carbohydrate, Protein, Vitamin-C, Sodium, Potassium, Calcium, Omega-3, Fatty Acid, Omega-6 Fatty Acid.	Maintain Cardiovascular Health, Cancer, Prevent From Other Disease, And Lower The Blood Sugar, Act As Antioxidant, Increase Immunity System, Helps, In Maintain Kidney Health, Help To Eliminate The Water From The Body And Prevent Reoccurrence.
3	Diosorea Alata	Diosocoreaceae	Oal	Roots	Carbohydrate, Protein, Pyridoxine- (V-B_6) Thiamin- (V-B_1), Riboflavin (V-B_2) Vitamin-C, Potassium, Iron	Decrease Bad Cholesterol Level, Good Source Of Complex Carbohydrate, Maintain The Blood Sugar Level, Helps In Metabolic Function, Acts As Immune Function Booster, Wound Healing And Bone Growth, Prevent From Lung And Oral Cavity Function, Helps To Control Heat Rate And Blood Pressure, Helps In Producing Red Blood Cells.
4	Xanthesoma Sagittifolium	Araceae	Dudh Kochu	Roots	Carbohydrate, Protein, Vitamin-C, Sodium Vitamin-C, Potassium, Iron	Maintain Cardiovascular Health, Cancer, Prevent From Other Disease, And Lower The Blood Sugar, Act As Antioxidant, Increase Immunity System, Helps, In Maintain Kidney Health, Help To Eliminate The Water From The Body And Prevent Reoccurrence.

5.3 Edible Flowers Of Food Plants

The Most Common Edible Flower Of Food Plants Which Are Familiar Almost With All The Districts Of West Bengal And Has Been Documented In This Study, Moringa Flower *(Sajna Phool*), Banana Flower *(Moacha*), Agathi Flower (*Bok Phool)*, Pumpkin Flower (*Kumro Phool)* And Major Nutrient Content And Benefits In Daily Consumption. (Table-3)

Moringa *Flower (Sajna Phool)* Contains Vital Amino Acid And Excellent Source Of Calcium And Potassium, Which Makes Them A Valuable Supplement Of Nursing Mothers. It Is An Excellent Source Of B-Complex Vitamins And Vitamin- C And Vitamin- A, Beta-Carotene, Protein And Manganese Aside From Other Major Nutrients. In Asian Countries Women Consume It For Healthy Glowing Skin And Hair Strengthening. It Also Acts As Natural Blood Purifier. Moringa Flower Are Good Source Of Folic Acid, Pyridoxine And Riboflavin, Which Play A Vital Role In Food Digestion. Banana Flower *(Moacha)* Is Rich In Vitamin-C And Vitamin-A, Which Include In The Diet As The Vegetable. The Banana Flower *(Moacha)* Has Ability To Treat Infection Because It Possesses Ethanol Flower Which Helps To Prevent The Pathogenic Bacterial Growth. Diabetic Patients Should Consume Banana Flower Either Boiled Or Alone So That It Helps To Reduce The Level Of Blood Sugar And Rise The Hemoglobin In The Body As It Is Rich In Fiber And Iron Which Assists Red Blood Cell Production. It Increases Progesterone Which Helps To Reduce The Excessive Bleeding, As Rich In Fiber And Nutrients Helps In Weight Loss. Agathi Flower *(Bok Phool)* Are Large And Out Of The Armpit Leaves, Which Contain Calcium, Iron, Sugar, Vitamin-A, And Vitamin-B-Complex, Which Are

Beneficial For Bone Building. It Is Also Prevent From Alzheimer's Disease And Migraine. Pumpkin Flower (Kumro Phool) Are Reach In Vitamin-C 10.22%, Vitamin- $B_{9,}$ (Folate) 4.75%, Vitamin –A, 4.57%, Iron And Phosphorus , High Level Presence Of Vitamin –C Helps In Bone Formation And Enhance The Immunity System. As Pumpkin Flower Consist Of Huge Amount Of Vitamin-B_9 (Folate) Which Is Essential For Both Sperm Creation And Proper Functioning. Men With Low Intake Of Folate Have Been Shown To Often Have Sperm With Defective Chromosomal Structure. Increasing Dietary Folate Help To Improve Sperm Quality And Assist With Infertility Problem.

Table-3 On The Basis Of Edible Part (Flower) Of Traditional Plants:

Serial No.	Scientific Name	Family Name	Verna-Cular Name	Edible Parts	Major Nutrients Present	Benefits In Daily Plates
1	Moringa Oleigera	Moringaceae	Sajna Phool	Flower/ Blossom	Protein, Vitamin-A, Vitamin-C Vitamin-B_6, Vitamin-$B_{1,}$ Vitamin-B_2, Calcium, Iron, Copper, Manganese, Zinc, Selenium, Magnesium.	Anti Oxidant ,Mucosal Repair, Maintenance Of Skin, Integrity, Improve Vision And Immunity, Co-Enzymes In Carbohydrate, Protein And Fat Metabolism, Maintenance Of Hair Growth,
2	Musa Acuminate	Musaceae	Moacha Phool	Blossom/ Flower	Manganese, Copper, Iron, Potassium, Vitamin- E	Curing The Infection, Overcoming Diabetes And Anemia, Improves Lactation, Improve Menstrual Problem And Weight Loss, Anti Ageing, And Helps To Heal The Wounds.
3	Sesbania Grandiflora	Fabaceae	Bok Phool	Blossom/Flower	Protein, Calcium, Phosphorus, Iron, Vitamin-C, Selenium, Vitamin-B_1 Thiamine	Help In Building Strong Bones, Lower Blood Pressure And Help In Keeping Arteries Flexible, Supports Normal Fetal Development, Beneficial For Skin, Prevents Alzheimer's Disease And Migraine.
4	Cucurbita Moschata Ducherne	Cucurbitacea e	Kumro Phool	Blossom/ Flower	Vitamin-C, Vitamin-B_9 (Folate), Vitamin-A, Iron, Phosphorus	Bone Formation, Enhances Immunity, Treat The Common Cold, Helps In Male Infertility, Ensure Healthy Eye.

VI. Conclusion

The Findings Of Present Study That The Edible Food Plants Of North Bengal Have Its Importance In Daily Diet Of An Individual. As Far As The Food Habit Of North Bengal And India Is Concerned, These Plants May Add To The Daily RDA Requirement Of Micronutrients Of Maximum Population In The Country. Edible Food Plants Are Major Source Of Vitamin And Minerals And Play An Essential Role In Fulfilling The RDI (Recommended Dietary Intake) Of Rural Population Of The Area. It May Also Helps In Dietary Plane Of An Individual Subjected To The Invalid Cookery.

The Study Found That The Cosmopolitan Population Of North Bengal Area And Our Nation Is Unaware Of The Remarkable Benefits Of These Edible Parts Of Food Plants. Different Diseases Can Be Prevented As Well As Cured With The Help Of These Most Neglected Wonder Plants. The Popularization Of These Plants Will Help The Cosmopolitan Population Of The Country Against Health Hazards.

The Renowned Chefs In The Country May Add These Food Plants In Some Innovative Recipes To Further Popularize Them Among The Urban Population. Further Research Can Be Done In The Line Of Creating Innovative Recipes, Which Can Be Very Delicious, Keeping The Nutritional Value Of The Plants Intact.

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