



BOOK REVIEW

Wild Edible 'Kand-Mool' of Jharkhand and their Ethno Medicinal uses (A pictorial book), 2022, Sudhanshu Kumar & Bandana Kumari, Published by: Atlantic Publishers & Distributors Pvt. Ltd., 7/22, Ansari Road, Darya Ganj, New Delhi-110002, ISBN: 978-81-269-3366-2, pp.116, 19x25 cms, Hard Bound (Price: Rs.1495/-)

Jharkhand state had been carved out from Bihar during 2000. It is a tribal dominated state extremely rich in tribal diversity and plant wealth besides famous for the coal mines as well as the mineral deposits. The predominant tribal communities in Jharkhand are: Mundas, Oraons, Samthals, Kharias, Birhors, Paharias as well as Asurs. The authors of this publication: Drs. Sudhanshu Kumar and Bandana Kumari are well acclaimed ethnobiologists who have traversed the forests and tribal areas in Jharkhand to document the vast indigenous knowledge possessed by the tribal/local communities as well as the medicinal plants. Authors had great experience to take snap shots of the wild plant species having edible tubers, rhizomes and roots, especially in their natural habitats.

This publication provides a comprehensive account of wild and edible roots and their ethnomedicinal utilities by the tribals in Jharkhand. The contents of this book begin with Preface, Acknowledgements, Abbreviations followed by Chapter -1 incorporating some of the prominent vaidyas who deserve special mention. Chapter -2 provides comprehensive account of the uncultivated yams, corms, and rhizomes used as food as well as ethno-medicine. Chapter -3 includes the wild tubers, rhizomes and root stock inedible in Jharkhand but edible in the other states in India as well as other nations. Chapter - 4 elucidates about the micro-nutrient supplements of some of the wild tubers and rhizomes, followed by the Literature cited; Index by scientific names, popular names as well as the local names of the plant species.

This publication provides a beautiful and comprehensive pictorial account of edible roots/rhizomes used by various Adivasi communities in Jharkhand as unconventional foods, easily accessible to them and also the cheaper source of minerals and vitamins. All together indigenous communities call them 'Kand-Mool'. In total 43 plant species have been well illustrated in this book which may one day become the super foods for the modern society after their scientific validation.

This publication will be extremely beneficial for the students, teachers as well researchers engaged in bio-prospection for the drug development as well as searching for the new nutraceuticals. However, the higher price may prevent students and the general public to purchase it for their personal use. Considering the usefulness and over all contents of this publication, it is a must for the personal bookshelf as well as for libraries of the colleges and universities, botanical institutions and other research organizations.

Anil K. Goel

Former Chief Scientist,
CSIR-National Botanical Research Institute
Flat No. 2-C, Silver Edge Apartments,
B-58, Sector-A, Mahanagar
Lucknow-226006 (INDIA)

