



Nutraceutical Potential of Some Wild Edible Fruits of Sikkim, Himalaya, India

Karma Diki Bhutia¹, C. P. Suresh², Nazir A. Pala³, Gopal Shukla³ and
Sumit Chakravarty^{3*}

¹Department of Horticulture, Sikkim Central University, Tadong (Gangtok) Sikkim, India

²Department of Horticulture, NEHU Tura Campus, Tura, Meghalaya, India

³Department of Forestry, Uttar Banga Krishi Viswavidyalaya, Pundibari Cooch Behar, West Bengal, India

E-mail: *<c_drsumit@yahoo.com>

KEYWORDS Indigenous. Food. Nutrient. Chemical. Antioxidant

ABSTRACT Sikkim located in Himalayas, is a part of the Indo-Malayan Biodiversity Hotspot harbors with many wild fruit plants of nutritional potential. Fruit samples were collected randomly from different localities of Sikkim India to analyze their chemical properties and physical characteristics. *Ficus roxburghii* had heaviest fruits and *Rubus ellipticus* had lightest. *Castanopsis hystrix* was the least acidic (0.5%) while *Elaeocarpus sikkimensis* was the most (4.2%). *Diploknema butyraceae* had maximum TSS with 18° Brix, while fruits of *Machilus edulis* had lowest (3.55° Brix). The fruits of *Morus alba* were sweetest with total sugar content of twenty percent. The fat and carotenoids were in the range of 0.2-10.0 percent and 0.1-63.0 mg/100 g fresh weights. The analysis of nutritional properties and other bioactive compounds in wild fruits of Sikkim indicate potential to fulfill nutritional requirements locally and can find place in the global markets.