



## Value addition in *Madhuca latifolia*: Processing and Preparation

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### Abstract

Innovative approaches in mahua flower (as CESR has done R & D in 2008-2009 in Singrauli district of Madhya Pradesh) promoting edible mahua flower can be of good commercial approach in raising socio-economic status of the people living in rural areas and near forest areas where density of Mahua tree is high. Edible products made from mahua flower were launched in the market then it can compete with the present bakery market of branded products because traditionally mahua flower and products made from it is eaten. The present work deals with all the aspects of the same.

**Key-words:** Mahua, Edible, Products

## Introduction

In India it has been observed that wherever there is a large concentration of forest, there is also high concentration of tribal people in particular, and of the rural population in general. Rural population is dependent on forest resources for their livelihood. For many of them, not only do the resources provide economic sustenance but the forest is also a way of life socially and culturally. The forest meets basic needs like, fuelwood, fodder and timber that are important for them and their livestock. There are many NTFPs of economic importance which they get from the forest among them mahua (*Madhuca latifolia* Roxb. Mac br.) is very important species.

The mahua tree is a nature reward to tribal communities in India. It produces wide variety of products for the tribes. Mahua flower and seeds collected by the tribes and other forest dwellers; they earn good economy from mahua flower and seeds (gulli). This paper also pleads for suitable institutional arrangements for ensuring livelihood

options for rural people and augmentation of forest resources, as both are crucial for the nation's development.

Usually, mahua flower and other products from flower is widely eaten by the Indian community. Earlier, mahua is being collected (hand picked) neatly for eating purpose. Many edible products from mahua flower was made mixing with grains like maize, gram, til, als. These products were eaten in rainy and winter season. Some of the common products are mauhari, rasputaka, laata, roasted mahua flower.

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70% mahua flower is utilised for making liquor. So, whatever business is being done with mahua flower is only based on making liquor. 20% is used as cattlefeed and consumed as food. The remaining 10% is consumed by the mahua flower collectors. Handpicked mahua flower is not hygienic, mixed with sand, soil and dust, thus it is not suitable for consumption. But, with the start of pilot project on hygienic mahua flower collection and value addition, mahua flower is collected on net. Net used for edible mahua flower collection was designed by Council for Environment and Social Research (CESR). Mahua flower collected on this net is edible and many value added products are being made from net collected mahua flowers. Products like, mahua biscuits, mahua namkeen, mahua kachauri, makhani mahua namkeen, etc. are the products which were introduced in the market by CESR in experimental form which was liked by the people and were sold in competitive rates. Thus, there is chance for establishing mahua flower based industry.

Innovative approaches in mahua flower (as CESR has done R & D in 2008-2009 in Singrauli district of Madhya Pradesh) promoting edible mahua flower can be of good commercial approach in raising socio-economic status of the people living in rural areas and near forest areas where density of Mahua tree is high. Edible products made from mahua flower were launched in the market then it can compete with the present bakery market of branded products because traditionally mahua flower and products made from it is eaten.

As India is a developing nation. The majority of its population live in rural areas. Forest play a vital role in the rural economy. In many areas, forests and trees are among the few resources that are available to tribes and other forest dwellers. They provide different kinds of benefits: *jobs and income*; often needed to supplement inadequate returns from agriculture *produce*; such as food, fuelwood, fodder and timber for the home.

In India it has been observed that wherever there is a large concentration of forest, there is also high concentration of tribal people in particular, and of the rural population in general. Rural population is dependent on forest resources for their livelihood. For many of them, not only do the resources provide economic sustenance but the forest is also

a way of life socially and culturally. The forest meets basic needs like, fuelwood, fodder and timber that are important for them and their livestock. There are many NTFPs of economic importance which they from the forest among them mahua (*Madhuca latifolia* Roxb. Mac br.) is very important species. The mahua tree is a nature reward to tribal communities in India. It produces wide variety of products for the tribes. Mahua flower and seeds collected by the tribes and other forest dwellers, they earn good economy from mahua flower and seeds (gulli). This paper also pleads for suitable institutional arrangements for ensuring livelihood options for rural people and augmentation of forest resources, as both are crucial for the nation's development.

Usually, mahua flower and other products from flower is widely eaten by the Indian community. Earlier, mahua is being collected (hand picked) neatly for eating purpose. Many edible products from mahua flower was made mixing with grains like maize, gram, til, als. These products were eaten in rainy and winter season. Some of the common products are mauhari, rasputaka, laata, roasted mahua flower.

But, as the time changes urbanisation increases, eating habits are changed. Mahua slowly and slowly has been eliminated from the Indian recipes but, still it is very popular in rural areas.

Mahua flower is mainly used for preparing liquor. 70% mahua flower is utilised for making liquor. So, whatever business is being done with mahua flower is only based on making liquor. 20% is used as cattlefeed and consumed as food. The remaining 10% is consumed by the mahua flower collectors. Hand picked mahua flower is not hygienic, mixed with sand, soil and dust, thus it is not suitable for consumption. But, with the start of pilot project on hygienic mahua flower collection and value addition, mahua flower is collected on net. Net used for edible mahua flower collection was designed by Council for Environment and Social Research (CESR). Mahua flower collected on this net is edible and many value added products are being made from net collected mahua flowers. Products like, mahua biscuits, mahua namkeen, mahua kachauri, makhani mahua namkeen, etc. are the products which were introduced in the market by CESR in experimental form which was liked by the people

and were sold in competitive rates. Thus, there is chance for establishing mahua flower based industry.

Mahua seeds (gulli) are good source of edible fat. Mahua oil extracted from its seed (gulli) and is used to make variety of formulations that aid in treating ailments, also used in skin care, making soap detergent and edible oil. Oil cake is used as manure. The smoke of cake is also burnt for keeping snake and other dangerous insects away from the houses. In this way mahua plays an important role in the social life and economy of trbals. It fulfils many other requirements such as food for survival, medicine for alleviating

ailments and diseases, drink for enjoyment, oil for cooking, fodder for cattle, timber for construction, etc. If mahua, is taken for industrial development, then it is very helpful for the raising up of socio-economic life of the people living near forest areas.

Mahua flower is also used as fodder so cattle feed industries can be promoted in these areas. Mahua tree, mahua leaves, bark, flower and fruit is also used as medicine. This approach can also be promoted for industrial development. Some commercially used use of mahua flower, seeds, leaves and bark is given under –

Part used	Use of Mahua			
	Edible products	Medicine	Cosmetic and Beauty products	Other
Flower	mahua biscuits, mahua namkeen, mahua kachauri, makhani mahua namkeen, roasted mahua, laata, Laddu, Lapsi, Kaachi, Raskutka, Dobaree, Mauhari, Mahua pickel, Mahua kismis, Jam, Jelly, Mahua soft drink, ,etc.	Energy tonic, bronchitis, Cytica, Joint Pain, Improving lactation, Paralysis		Liquor (daaru), Cattle Feed
Seed	As vegetable, oil,	Skin disorder, Rheumatism and Headache, Tooth ache, Pneumonia, Vomiting relief, Piles,	Skin care products	Bio-Diesel
Leaves		Eczema, wound healing, anti burns, bone fracture, anthelminthic, emollient, skin disease, headache,		Fodder
Bark		Rheumatism, chronic bronchitis, cough, diabetes mellitus,		



**Traditional Pattern of Mahua Flower Picking**



**Research Scholar talking to Mahua Flower Collectors**



**Net tied under Mahua Tree Canopy**



**Collection of Mahua Flowers from Net**



**Edible Mahua Flower collected on Net**



**Edible Mahua Flower drying on Polythene sheet**



**Traditional Drying of Handpicked Mahua Flowers**



**Dried Mahua Flowers**



**Net Collected Dried Mahua Flowers**



**Mahua Makhani Namkeen**



**Mahua Namkeen**



**Mahua Kaju Cookies**



**Mahua Biscuits**

**Fig. 1: Processing and preparation of products of mahua**

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