

Nymphaea nouchali Burm. f.

Identifiants : 21951/nymnou

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 18/07/2024

- **Classification phylogénétique :**
 - Clade : Angiospermes ;
 - Ordre : Nymphaeales ;
 - Famille : Nymphaeaceae ;
- **Classification/taxinomie traditionnelle :**
 - Règne : Plantae ;
 - Division : Magnoliophyta ;
 - Classe : Magnoliopsida ;
 - Ordre : Nymphaeales ;
 - Famille : Nymphaeaceae ;
 - Genre : Nymphaea ;
- **Synonymes :** *Castalia caerulea* Tratt, *Castalia stellaris* Salisb, *Castalia stellata* (Willd.) Woodv. & Wood, *Castalia stellata* Blume, *Nymphaea caerulea* Savigny, *Nymphaea calliantha* Conard, *Nymphaea capensis* Thunb, *Nymphaea stellata* Willd ;
- **Nom(s) anglais, local(aux) et/ou international(aux) :** *Tiny waterlily*, , *Alli-tamara*, *Alli-tamarai*, *Ambal*, *Ati-ati paya*, *Bambher*, *Bhenghi*, *Biga bhet*, *Blue lotus*, *Boga seluk*, *Bua phuean*, *Bua puan*, *Chota kanwal*, *Chotakamal*, *Dhabalakain*, *Geleila*, *Indian red waterlily*, *Izibo*, *Kamal*, *Kampone aluk*, *Kanval*, *Kara neythai*, *Kath mouka*, *Koi*, *Koka*, *Krishnakamal*, *Kya-ni*, *Kya-nyo*, *Kya-pya*, *Lalakamal*, *Lal shapla*, *Lumchang phka khiew*, *Mokuva*, *Nal*, *Nallakalava*, *Neerambal*, *Nela tavare*, *Nilakain*, *Nilikulava*, *Nilkamal*, *Nilopala*, *Nilophal*, *Nilotpalam*, *Nilpadma*, *Nilshapla*, *Nyadale huvu*, *Periambal*, *Poyani*, *Prolett*, *Pulau*, *Pundi salukid*, *Raktakamal*, *Rakto-kambal*, *Rangkain*, *Safra bubar*, *Sapla*, *Seluk*, *Serojoa biru*, *Shaluk*, *Shapla*, *Sitambel*, *Subdikain*, *Sung lam*, *Telepok*, *Tella-kalava*, *Teratai kechil*, *Thariktha*, *Tharo-angangba*, *Tharol*, *Tharo mari*, *Thoblo*, *Toblo*, *Tswii*, *Tunjong biru*, *Tunjung*, *Uplia kamal*, *Vellambal*, *White shapla*, *Yan yao shui lian* ;



- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :**

Parties comestibles : rhizome, racine, fleurs, graines^{{{(0+x)}} (traduction automatique) | **Original :** Rhizome, Root, Flowers, Seeds^{{{(0+x)}}

Les graines sont desséchées et consommées crues ou grillées. Les fruits mûrs sont consommés crus. Les racines sont cuites et mangées. Les tiges sont également consommées crues ou cuites comme légume. Les fleurs sont consommées.



néant, inconnus ou indéterminés.

- **Illustration(s) (photographie(s) et/ou dessin(s)):**

- **Liens, sources et/ou références :**

dont classification :

dont livres et bases de données : ⁰"Food Plants International" (en anglais) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Addis, G., et al, 2013, *The Role of Wild and Semi-wild Edible Plants in Household Food Sovereignty in Hamer and Konso Communities, South Ethiopia. Ethnobotany Research & Applications*. 11:251-271 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India. CSIR India*. p 401 (As *Nymphaea stellata*) ; Ara, R. I. T., 2015, *Leafy Vegetables in Bangladesh. Photon eBooks*. p 156 ; Bandyopadhyay, S. et al, 2009, *Wild edible plants of Koch Bihar district, West Bengal. Natural Products Radiance* 8(1) 64-72 (Also as *Nymphaea stellata*) ; Baro, D., Baruah, S. and Borthukar, S. K. 2015, *Documentation on wild vegetables of Baksa district, BTAD (Assam). Scholars Research Library. Archives of Applied Science Research*, 2015, 7 (9):19-2 ; Brahma, S., et al, 2013, *Wild edible fruits of Kokrajhar district of Assam, North-East India, Asian Journal of Plant Science and Research* 3(6):95-100 ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia*. Vol 2 (I-Z) p 1593 (As *Nymphaea stellata*) ; Cengel, D. J. & Dany, C., (Eds), 2016, *Integrating Forest Biodiversity Resource Management and Sustainable Community Livelihood Development in the Preah Vihear Protected Forest. International Tropical Timber Organization* p 125 ; Chandrakumar, P., et al, 2015, *Ethnobotanical studies of wild edible plants of Gond, Halba and Kawar tribes of Salekasa Taluka, Gondia District, Maharashtra State, India. International Research Journal of Pharmacy* 6(8) ; Chowdhury, A. & Das, A. P., 2014, *Conservation through sustainable utilization of wetland leafy vegetables of Terai and Duars, West Bengal, India. International Journal of Advanced Life Sciences (IJALS)*, 7(4) p 657 ; Chowdhury, M. & Mukherjee, R., 2012, *Wild Edible Plants Consumed by Local Communities of Maldah of West Bengal, India. Indian J.Sci.Res.*3(2) : 163-170 ; Cunningham, 1985, ; Deb, D., et al, 2013, *Wild Edible Plants and Their Utilization in Traditional Recipes of Tripura, Northeast India. Advances in Biological Research* 7(5):203-211 ; Deka, N. & Devi, N., 2015, *Wild edible aquatic and marshland angiosperms of Baka district, BTC area, Assam, India. Asian J. Plant Sci. Res.* 5(1):32-48 (Also as *Nymphaea stellata*) ; Devi, O.S., P. Komor & D. Das, 2010, *A checklist of traditional edible bio-resources from Ima markets of Imphal Valley, Manipur, India. Journal of Threatened Taxa* 2(11): 1291-1296 ; Dutta, U., 2012, *Wild Vegetables collected by the local communities from the Churang reserve of BTAD, Assam. International Journal of Science and Advanced Technology*. Vol. 2(4) p 122 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants. Kampong Publications*, p 162 (As *Nymphaea stellata*) ; *Fl. indica* 120. 1768 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses. Kew*. p 50 ; Fu Dezhii, Wiersma, J.H., *Nymphaeaceae in Flora of China*. ; GAMMIE, (As *Nymphaea stellata*) ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands*. p 563 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 443 (As *Nymphaea stellata*) ; HELY-HUTCHINSON, (As *Nymphaea stellata*) ; Hossain, U. & Rahman, A., 2018, *Study and quantitative analysis of wild vegetable floral diversity available in Barisal district, Bangladesh. Asian J. Med. Biol. Res.* 2018, 4 (4), 362-371 ; Jacquat, C., 1990, *Plants from the Markets of Thailand. D.K. Book House* p 37 ; Jadhav, R., et al, 2015, *Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. Asian Agri-History Vol. 19, No. 4: 293-317 ; Jain et al, 2011, Dietary Use and Conservation Concern of Edible Wetland Plants at Indo-Burma Hotspot: A Case Study from Northeast India. Journal of Ethnobiology and Ethnomedicine* 7:29 p 7 (Also as *Nymphaea stellata*) ; Jiwajinda, S., et al, 2002, *Suppressive Effects of Edible Thai Plants on Superoxide and Nitric Oxide Generation. Asian Pacific Journal of Cancer Prevention, Vol 3, 2002 (As Nymphaea stellata)* ; Joffe, P., 2007, *Creative Gardening with Indigenous Plants. A South African Guide. Briza*. p 331 ; Kays, S. J., and Dias, J. C. S., 1995, *Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152 ; Konsam, S., et al, 2016, Assessment of wild leafy vegetables traditionally consumed by the ethnic communities of Manipur, northeast India. Journal of Ethnobiology and Ethnomedicine, 12:9 ; Leach, G.J., & Osborne, P.L., 1985, *Freshwater Plants of Papua New Guinea. UPNG Press*, p 198 ; Lim, T. K., 2015, *Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer* p 58 ; Liu, Yi-tao, & Long, Chun-Lin, 2002, *Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica*. 24(1):41-56 (As *Nymphaea stellata*) ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Lulekal, E., et al, 2011, *Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121 ; Malaisse, F., 1997, Se nourrir en foret claire africaine. Approche ecologique et nutritionnelle. CTA., p 65 ; Maundu, P. et al, 1999, *Traditional Food Plants of Kenya. National Museum of Kenya*. 288p ; Mishra, N., et al, 2016, *Indigenous knowledge in utilization of wetland plants in Bhadrak district, Odisha, India. Indian Journal of Natural Products and Resources*. Vol. 7(1) pp. 82-89 ; Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, *Edible Wild Plants in Philippine Forests. 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M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa. Kew*. p 155 ; Pham-Hoang Ho, 1999, *An Illustrated Flora of Vietnam. Nha Xuat Ban Tre*. p 313 ; Phon, P., 2000, *Plants used in Cambodia. Â© Pauline Dy Phon, Phnom Penh, Cambodia*. p 470 ; Pickering, H., & Roe, E., 2009, *Wild Flowers of the Victoria Falls Area. Helen Pickering, London*. p 85 ; Prashanth Kumar, G.M. and Shiddamallayya, N., 2015, *Ethnobotanical Study of Less Known Wild Edible Plants of Hakki Pikki Tribes of Angadihalli, Hassan District,***

Karnataka. *Journal of Medicinal Plants Studies* 3(5):80-85 ; PROSEA handbook Volume 9 Plants yielding non-seed carbohydrates. p 189 ; Rahangdale, D.R. & Rahangdale, S.S., 2014, *Potential Wild Edible Plant Resources from Maharashtra Future Prospects for their Conservation and Improvement*. Life Science Leaflets. <http://lifesciencesleaflets.ning.com> ; Rahmatullah, M., et al, 2009, A survey of medicinal plants in two areas of Dinajpur district, Bangladesh including plants which can be used as functional foods. *American-Eurasian Journal of Sustainable Agriculture*, 3(4): 862-876 ; Rodin, 1985, ; Romanowski, N., 2007, *Edible Water Gardens*. Hyland House. p 32 ; Royal Botanic Gardens, Kew (1999). *Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database*. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 4th May 2011] ; Shah, G.L., 1984, Some economically important plant of Salsette Island near Bombay. *J. Econ. Tax. Bot.* Vol. 5 No. 4 pp 753-765 (As *Nymphaea stellata*) ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p 84 (As *Nymphaea stellata*) ; Singh, S.R. and Singh, N.I., 1985, A Preliminary Ethnobotanical studies on wild edible plants in the markets of Manipur - 1. *J. Econ. Tax. Bot.* Vol. 6 No. 3 pp 699-703 ; Singh, V. and Singh, P., 1981, *Edible Wild Plants of Eastern Rajasthan*. *J. Econ. Tax. Bot.* Vol 2 pp 197-207 ; Slocum, P.D. & Robinson, P., 1999, *Water Gardening. Water Lilies and Lotuses*. Timber Press. p 164, 174 ; Stephens, K.M., & Dowling, R.M., 2002, *Wetland Plants of Queensland. A field guide*. CSIRO p 58 ; Swaziland's Flora Database <http://www.sntc.org.sz/flora> (var. *caerulea* and *zanzibariensis*) ; Tanaka, ; Tanaka, Y. & Van Ke, N., 2007, *Edible Wild Plants of Vietnam*. Orchid Press. p 103 ; UPHOF, (As *Nymphaea stellata*) ; van Wyk, B-E., 2011, The potential of South African plants in the development of new food and beverage products. *South African Journal of Botany* 77 (2011) 857-868 ; WATT, (As *Nymphaea stellata*) ; Xu, You-Kai, et al, 2004, *Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China*. *Economic Botany*. 58(4): 647-667.