

Bombax ceiba (Burm.) L.

Identifiants : 4843/bomcei

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 05/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Malvidées ;
- Ordre : Malvales ;
- Famille : Malvaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Malvales ;
- Famille : Malvaceae ;
- Genre : Bombax ;

- Synonymes : *Bombax aculeatum* L, *Bombax ceiba* var. *leiocarpum* Robyns, *Bombax malabaricum* DC, *Bombax heptaphyllum* Cav, *Salmalia malabarica* (DC.) Schott & Endl, *Gossampinus malabarica* (DC.) Merrill ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Kapok tree, Red silk-cotton tree, , Boichu, Bombax, Booruga, Boorunga, Bouro, Bula, Buroh, Doak-ngew, Edel daru, Edelsong, Gao rung, Gon rung, Illavam, Kaanti-senbal, Kadung, Kantakadruma, Kantesavar, Kate savar, Katesavar, Kawl-tung-peng, Kempu-booruga, Kempuburuga, Koki, Kroik, Leptan, Letpan, Mai-nio, Malabulak, Mu mian, Mullilavu, Mullilava, Mullila-pula, Mullilavu, Mullilavu, Mullubooruga, Neibie, Ngiew, Nglo, Ntoo yaj huab, Nuoliu, Pagun, Pan-ya, Panchu, Pemagesar, Penguyser, Phakong, Pharkong, Pohon kapuk merah, Poola, Pula-maram, Pulai, Rakta-pushpa, Red Silk Cotton tree, Ro-ka, Roktosimul, Salmali, Samar, Sanar, Saur, Savar, Savri, Sawar, Semal, SĀ©mul, Senur, Shaimbal, Shembal, Shemolo, Shevari, Shevri, Shimla, Shimul cotton, Simal, Simalo, Simalu, Simbal, Simla, Simlo, Simolu, Simuli, Singi, Syamling ;



- Note comestibilité : **

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

Parties comestibles : racines, feuilles, fleurs, fruits, graines - huile, gomme^{{{0(+x)}}} (traduction automatique) | Original : Roots, Leaves, Flowers, Fruit, Seeds - oil, Gum^{{{0(+x)}}} La racine pivotante des jeunes plants est pelée puis rôtie et mangée. Les fleurs sont cuites comme légume ou marinées. Les fleurs sont séchées et pilées et utilisées pour le pain. Ils sont également utilisés dans le thé à cinq fleurs. Les jeunes feuilles sont bouillies avec des condiments puis mangées. Les fruits non mûrs et mûrs sont cuits comme légumes. Les graines donnent une huile grasse comestible. Les graines torréfiées mûres sont consommées. Les bourgeons, les jeunes gousses et les racines des semis peuvent être consommés cuits. La jeune écorce est utilisée comme aliment de famine. Il est broyé et ajouté à la farine

Partie testée : fleur^{{{0(+x)}}} (traduction automatique)

Original : Flower^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
94.1	0	0	0.4	0	0	0	0



néant, inconnus ou indéterminés.

- *Note médicinale : ***

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

• Liens, sources et/ou références :

° 5 "Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Bombax_ceiba ;

dont classification :

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

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

Abbasi, A. M., et al, 2013, Ethnobotanical appraisal and cultural values of medicinally important wild edible vegetables of Lesser Himalayas-Pakistan. *Journal of Ethnobiology and Ethnomedicine* 9:66 ; Abbasi, A. M., Khan, M & Zafar, M., 2013, Ethno-medicinal assessment of some selected wild edible fruits and vegetables of Lesser-Himalayas, Pakistan. *Pak. J. Bot.* 45 (SI):215-222 (As *Bombax malabaricum*) ; Acharya K. P. and Acharya, R., 2010, Eating from the Wild: Indigenous knowledge on wild edible plants in Parroha VDC of Rupandehi District, Central Nepal. *International Journal of Social Forestry*. 3(1):28-48 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 76 ; Aryal, K. P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. *Journal of Ethnobiology and Ethnomedicine* (2018) 14:10 ; Ashton, M. S., et al 1997, *A Field Guide to the Common Trees and Shrubs of Sri Lanka*. WHT Publications Ltd. pdf p 125 ; Baishya, S. Kr., et al, 2013, Survey of Wild Edible Fruits of Dhubri District, Assam, India. *Plant Archives* Vol 13 (1): 155-158 ; Barwick, M., 2004, *Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide*. Thames and Hudson p 55 ; Bircher, A. G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics*. AUC Press. p 61 (As *Bombax malabaricum*) ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 154 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 154 (As *Bombax malabaricum*) ; Bohra, N., et al, 2017, Ethnobotany of wild edible plants traditionally used by the local people in the Ramnagar regions from Nainital District, Uttarakhand, India. *Biolife* 5(1): 12-19 ; Bole, P.V., & Yaghani, Y., 1985, *Field Guide to the Common Trees of India*. OUP p 101 (As *Salmalia malabarica*) ; Brickell, C. 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B., et al, 2014, Wild Edible Plants used by endangered and Indigenous Raji Tribe in Western Nepal. *International Journal of Applied Sciences and Biotechnology*. Vol 2(3):243-252 ; Thitiprasert, W., et al, 2007, *Country report on the State of Plant Genetic Resources for Food and Agriculture in Thailand (1997-2004)*. FAO p 95 ; Townsend, K., 1994, *Across the Top. Gardening with Australian Plants in the tropics*. Society for Growing Australian Plants, Townsville Branch Inc. p 101 ; Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh. *Indian Journal of Traditional Knowledge*. Vol 16(4), October 2017, pp 626-637 ; Uprety, Y., et al, 2012, Diversity of use and local knowledge of wild edible plant resources in Nepal. *Journal of Ethnobotany and Ethnomedicine* 8:16 ; Uprety, Y., et al, 2016, Traditional use and management of NTFPs in Kangchenjunga Landscape: implications for conservation and livelihoods. *Journal of Ethnobiology and Ethnomedicine* (2016) 12:19 ; Vigilante, T., et al, 2013, Island country: Aboriginal connections,

values and knowledge of the Western Kimberley islands in the context of an island biological survey. Records of the Western Australian Museum Supplement 81: 145-182 (As var. leiocarpum) ; Wheeler, J.R.(ed.), 1992, Flora of the Kimberley Region. CALM, Western Australian Herbarium, p 198 ; Whitney, C. W., et al, 2014, Conservation and Ethnobotanical Knowledge of a Hmong Community in Long Lan, Luang Prabang, Lao People's Democratic Republic. Ethnobotany Research and Applications 12:643-658 ; Wightman, G. M. & Andrews, M.R., nd, Plants of Northern Territory Monsoon Vine Forests (Vol 1). Conservation Commission of Northern Territory. p 24 ; Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China. Economic Botany. 58(4): 647-667.