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## Ramphal: A popular street food of Haridwar, Uttarakhand

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### ABSTRACT

Cities of India are famous for their street foods. Due to rapid urbanization and modernization, local foods are replaced by junk foods. Changes in food behaviours create health problems. Hence, it's a need of hour to address our local foods. Therefore, an attempt has been made to enumerate the street foods of Haridwar, Uttarakhand, India. Enumeration revealed the Ramphal (*Opuntia dillenii*) is very popular and nutraceutical fruit available in the streets of study areas. Authors presented here its food and medicinal values and trying to bring attention towards its beneficial properties.

India is famous for traditional foods and their nutraceutical values. A diversity of foods can be observed throughout the county on streets. Every city has unique street foods which are based on the locality, climate and culture. Those foods are best for health care. Unfortunately due to rapid urbanization and modernization, we adopted junk foods and replaced locally available street foods lead to create health problems. In this modern 21<sup>st</sup> century, it's a need of hour to address our traditional locally available street foods

to improve our immunity against diseases (Sezgin & Şanlıer 2016; Ma et al. 2019). Keeping this in view, an attempt has been taken to enumerate the street food of Haridwar, Uttarakhand, India. Haridwar is a cultural city having mythological importance situated on the bank of holy river Ganga. We did survey and enumerated some street foods. Among the street foods, it was observed that Ramphal was very unique having nutritional and medicinal values. Authors presented here the

botanical, nutritional and medicinal aspect of Ramphal (Table 1; Plate 1).

### Botany of Ramphal (*Opuntia dillenii*)

Prickly pear or *Opuntia dillenii*, a well-known member of the family Cactaceae. It is a perennial, spiny shrub, growing in dry and desert environment, reaches up to 6-7 ft. flowers are lemon yellow in colour. The immature fruit are green, but they turn reddish-purple in colour as they mature. Centre of the fruit contains large numbers of seeds (Shirazinia et al. 2019).

### Food values of Ramphal

It was observed that the locals and tourists consume the fruits of Ramphal with salt & sugar.

### Medicinal values of Ramphal

According to the vendor and local people Ramphal is rich with medicinal properties, used to treat cancer, calcium deficiency, problem related to eye and also used for diabetes too.

### Conclusion

There are numbers of unexplored local wild foods are available on the streets of India. They are good for health as per climate and landscapes. They have less or no negative impacts on health and cheap. They can be taken to do the value addition to improve the health and livelihood of the local people.

### References

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**Table 1: Most common street foods of Haridwar, Uttarakhand, India**

Vernacular name	Food values	Medicinal values
Amla ( <i>Phyllanthus emblica</i> )	✓	✓
Berries (Ber)	✓	✓
Gupchup (Panipuri)	✓	Nil
Jalebi	✓	Nil
Maggie	✓	Nil
Muraba	✓	Nil
Ramphal	✓	✓
Star fruit	✓	✓
Sweet potato	✓	✓
Water chestnut	✓	✓



**Plate 1: Survey works for enumerating the street foods of study areas (fruit of Ramphal at Haridwar along with vendor and author)**