

## DAMBALA OR WINGED BEAN

(*Psophocarpus tetragonolobus*)

*Notes from the Documentation Centre*

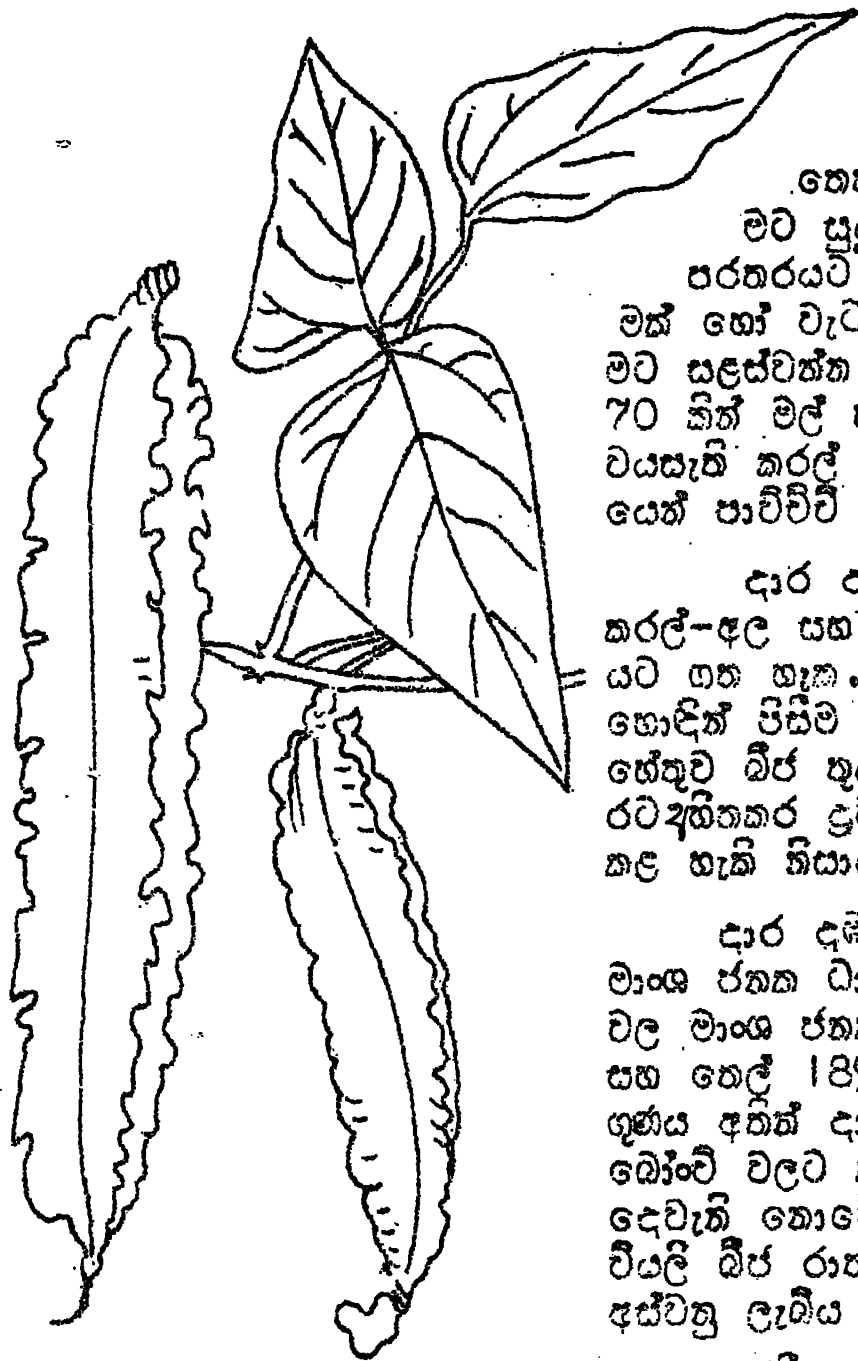
Dambala or winged bean is attracting attention as a potential high protein food for cultivation in the humid tropics. In Sri Lanka it is mainly grown as a green po vegetable in the wet zone. It is raised from seeds and the plants are grown 3 ft. apart with the vines trained on trellis or poles. Flowering commences in about 10 weeks and pods reach full length 2-3 weeks after pollination.

It has much greater potential however, than a mod est green vegetable. All parts of the plant-leaves, stems, flowers, pods, seed and tuber are edible. The protein value is high - 20% in the tubers and almost 40 % in the dry seed which also has 18% oil. Digestibility and composition are comparable to soy bean and the bitter flavour of some products of the latter is absent. The snag if any is in the reported trypsin inhibitor which interferes with the protein digestion; this can be overcome by suitable heat treatment. It thrives in poor soils and it does not require inoculation. The vine is an efficient "Nitrogen fixer," via the root nodules, thereby enriching soil. Seed yields of 2000 Lbs/Acre appear possible and the parts of the plant not required for human consumption may be ploughed in for green manure or fed to cattle.

The straggling habit is a disadvantage and for wider use dwarf free standing varieties are desirable. A limited number of cultivars are known - 20 varieties have been collected by the Department of Agriculture and have been tested; local varieties were the more vigorous but two varieties from II TA Nigeria performed well in the dry zone. The University Faculty of Agriculture is working on the development of the crop in Sri Lanka, including testing of cultivars and nutritional research.

*Contributions adding to the pool of information on Dambala will be welcomed by the Centre.*

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දෙවැනි නොවේ. අක්කරයකින්  
වියලී බීජ රාක්කල් 2000 පමණ  
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මෙම බෝගය ගැන ලේඛනාගාරයට සපයන තොරතුරු  
භූතියෙන් භාර ගනිමු.

## தம்பள ஆவரை

கூடிய புரதமுள்ள உணவுப் பொருள். விதையில் 40% கிழங்கில் 20% உள்ள.

இலங்கையில் மரக்கறிப் பயிராக உலர்வலயத்தில் பயிரிடப்படுகிறது. இதில் எல்லா பாகங்களும் உணவுக்குப் பாவிக்கப்படுகிறது. விதை மூலம் 3 அடி இடையில் நாட்டப்பட்டு கொடிகளை வேளிகளில் படரவிடவேண்டும்.

நாட்டு பத்து கிழமைகளில் பூக்கத் தொடங்கி மகரந்த சேர்க்கை ஏற்பட்டு 3 கிழமைகளில் காய்கள் நளமடையும். இப்பயிரில் நீப்சீன் தடுப்பு இருப்பதாக அறிய உள்ளது. உஉண்ணத்தாக்குதலினால் இதை நிவர்த்தி செய்யலாம்.

ஏக்கருக்கு 2000 இரூ. விதை பெறலாம். மனித உணவாக எடுக்காத மற்றைய பாகங்களை விலங்குத் தீவனமாகவும் அல்லது பசுந்தாழ் பசுனையாகவும் இதை நிவர்த்தி செய்யலாம்.

படராது வர்க்கம் சிறந்ததாகும். 20 வகைகள் பரீட்சனைக்கு உட்படுத்தப்பட்டுள்ளது. 11 ரீவகை உலர்வலயத்தில் பயிரிடச் சிறந்ததாகும்.

சர்வகலாசா லையும் இப்பயிரில் பரீட்சனைகள் நடாத்துகிறது.

இப்பயிரைப் பற்றி வேறு தகவல்கள் இருப்பின் இந்நிலையத்திற்கு அறிவிக்கவும்.