Biodiversity Register (PBR): General Details
Name of the Panchayat Samity: Affani
Taluk: Paddar
District: Kishtwar
UT: Jammu & Kashmir
Geographical Area of the Panchayat Samity: Affani
Population under the Panchayat Samity: Total 1400
Male 733 Female 667
Habitat and Topography: Hilly terrain
Climate (Rainfall, Temperature and other weather patterns)
Land Use (Nine fold classification available with village records) Irrigated area : All
Date, Month and Year of PBR Preparation: 31/03/2021
Management Regime: Reserve Forests (RF) / Joint Forest Management (JFM) / Protected Areas (PA) / Community Owned and Managed Forests (COM): Reserve Forests

Annexure 1

Details of Biodiversity Management Committee (BMC) of the panchayat (One elected Chairperson and six persons nominated by the local body; not less than one third to be women and not less than 18% belonging to SC/ST)

1) Name of the Chairperson: Gulam Hussain S/o ali Mohd Sheikh

Age: 65 yrs
Gender: Male

Address: Kijaie

Area of specialization: Agricultural

2) Name: Gulam Mohd Ganaie S/o amir Ganaie

Age: 52 years

Gender: male

Address: Kijaie

Area of specialization: Forestry

3)Name: Duni chand S/o Khajan Chand

Age: years
Gender: Male

Address: Jashnar

Area of specialization: agriculture

4)Name: Shaffi Mohd S/o Walli Mohd

Age: years
Gender: Male
Address: Kijaie

Area of specialization: Forestry

5)Name: Din Lal S/o Amar Chand

Age: 5 years
Gender:Male
Address: Affani

Area of specialization: Social worker
6)Name: Deep Mala W/o Amit Kumar

Age: 33 Years
Gender: Female

Address: Hanswar

Area of specialization: social Worker

7)Name: Rattan Lal S/o Prehlad Singh **Age:** 40 years

Gender: Male
Address: Laie

Area of specialization: Agriculture

Annexure 2
List of <i>Vaids</i> , <i>hakims</i> and traditional health care (human and livestock) practitioners residing and or using biological resources occurring within the jurisdiction of the village
1) Name: Bashir Ahmed S/o Mohd Ramzan
Age: 55 years
Gender: Male
Address: Affani
Area of Specialization: Ortho
Location from which the person accesses biological material: Forest
Perception of the practitioner on the resource status: Medicinal use:
2) Name: Lassa Bichoo S/o Gulam Ali Bichoo
Age: 55 years
Gender: Male
Address: Kijaie
Area of Specialization: Ortho
Location from which the person accesses biological material: Forest
Perception of the practitioner on the resource status: Medicinal use:
3) Name: Jia Lal S/o Amar Nath
Age: 48 years
Gender: Male
Address: Hanswar
Area of Specialization: Ayurvedic Medicine
Location from which the person accesses biological material: Forest
Perception of the practitioner on the resource status: Medicinal use:

Annexure 3
List of individuals perceived by the villagers to possess Traditional Knowledge (TK) related to biodiversity in agriculture, fisheries, and forestry
1) Name: Atal Behari S/o Ram singh
Age: 40 years
Gender: Male
Address: Affani
Area of specialization: Agriculture
2) Name: Arif Hussain S/o Abdul Ganaie
Age: 20 years
Gender: Male
Address: Kijaie
Area of specialization: Fisheries
3) Name: Azhar ali S/o Gulam Mohd Butt
Age: 38 years
Gender: Male
Address: Kijaie
Area of specialization: Forestry
4) Name: Rinku Ram S/o Puran Lal
Age: 35 years
Gender: Male
Address: Laie
Area of specialization: Agriculture

Annexure 4
Details of schools, colleges, departments, universities, government institutions, non-governmental organization and individuals involved in the preparation of the PBR
1) Contact Person: Raj Kumar Forest Deptt
Name and Address: Matta Kishtwar
2) Contact Person : Gori Lal S/o Jewan singh
Name and Address: Tattapani Paddar
3) Contact Person: Madan Lal
Name and Address: Sheep Husbandry
4) Contact Person: Patel singh Foresteri
Name and Address: Kishtwar
You may add more names of Institutions/NGO/Individuals etc, if necessary

Annexure 5											
Details of access to biological resources and traditional knowledge granted, details of the collection fee imposed and details of the benefits derived and the mode of their sharing											
S No	Name and address of the Person /institution/ company/ others	Local and Scientific Name of the biological material Accessed and quantity	Date and resolution of the BMC and endorsement by the panchayat	Details of collection fee imposed	Anticipated mode of sharing benefits or quantum of benefits shared						

Part II PBR - Formats **AGROBIODIVERSITY Format 1: Crop Plants** 7 1 2 3 4 5 6 8 9 10 11 12 13 14 **Local Status** Community/ Approx. Landscape / Cropping Associated Source of Scientific Name | Local Name Variety **Special features** Uses Other details Knowledge Crop Habitat area shown TK Seeds/ Plants season Holder **Present** Past Tall Variety high Suitable for Seed saved Kurichiya ield resistant to drought, flood, Low Land Food Provides more 1000k June to Sept Dhan (Dugu) Veliyan Valicha Rice Oryza sativa Plenty Rare from previous Kuruma Valleys Fodder energy Cultivation W. chetty year pests and diseases Triticum Gehun Plenty Plenty Pennisetum Jau glaucum Phaseolus Dal Rajmah vulgaris Brassica spp. Sarsu Bajr Bhang Plenty Rare Bhabri Plenty Rare Paspalum Kodra scrobiculatum

					F	ormat 2	2: Fruit Plants					
1	2	3	4	5		6	7	8	9	10	11	12
Plant	Scientific Name	Local Name	Variety	Landscape / Habitat	Local Past	Status Present	Source of Seeds/Plants	Season of Fruiting (Repining)	Associated TK	Uses	Other details market / own use	Community / Knowledge holder
Apple	Malus domestica	Saib	Red delicious, Golden delicious, Ambri	Mountanious and sloppy	Plenty	Plenty	Local preserved / Horticulture Deptt./ Pvt. Nursery	Aug-Sept	Reducing cholesterol, lowering blood sugar level	Nutritious value	Market / own use	Locals
Apricot	Prunus armeniaca	Khubani	Safeda, Qadri	-do-	Plenty	Rare	Local preserved / grafting	June-July	Cures heart diseases	Nutritious value	Market / own use	Locals
Walnut	Juglans regia	akhrot	Local	-do-	Plenty	Plenty	Local preserved / Horticulture Deptt.	Aug-Sept	Reduces prostrate cancer and diabetes	Nutritious value	Market / own use	Locals
Pear	Pyrus	Tang	Babugosha, Moti Daddi, Half red Naak, Misri Tang	-do-	Plenty	Plenty	Local preserved / grafting	Aug-Sept	Uses for mild digestion problems, diarrhea, severe cholera	Nutritious value	Market / own use	Locals
Peach	Prunus armwniaca	Aadu	Local, Shan-e- Punjab, Amba	-do-	Plenty	Plenty	Local preserved	Aug-Sept	Provides more energy	Nutritious value	Market / own use	Locals
Plum	Prunus domestica	Alu Bukhara	Santa Rosa / Local	-do-	Plenty	Plenty	Local preserved / Seed shops	Aug-Sept	Provides more energy	Nutritious value	Market / own use	Locals
Cherry	Prunus avium	Glass	Local	-do-	Plenty	Plenty	Local preserved / Seed shops	Aug-Sept	Provides more energy	Nutritious value	Market / own use	Locals
Pomergranate	Punica granatum	Anardana			Rare	Rare						

Format 3: Fodder Crops / Species 1 2 3 4 5 6 7 8 9 10 **Local Status** Community / Landscape / Habitat Source of Plants / Part used for feeding Scientific Name **Local Name Associated TK** Other details Knowledge Plant Seeds cattles holder Past Present Seed saved from Two or three cuts Part used for feeding Above ground temperate and Sorgum Species Ghass Local Improved Farmers Jawar intermediate previous year followed portion cattles Stored in lovcally

Improved

Local

Seed saved from

previous year

indigenous structure

called tye

Grain used for seed

and fodder

Above ground

portion

Farmers

temperate and

intermediate

Lawn

Oat

Avena sativa

	Format 4: Weeds													
1	2	3	4	5	6		7		9	10	11	12		
Plant	Scientific Name	Local Name	Affected crop	Impact	Landscape /	Local	Status	Uses if any	Uses if any Management		Other details	Community / Knowledge		
1	Serentine : (unit	20011111110	ranceccu er op	2	Habitat	Past	Present	oses ir ung	options	Associated TK	like exotic	holder		
Guli Danda	Phalaris minor	Sitti	Wheat	Compete with crops fro nutrients and water	temterate and Intermediate	Plenty	Plenty	Nil	Hand weeding	Reduces crop yield / crop loss	Local	Farmer		
Grass	Cyonodengrass	Dhroob	Wheat	Do	temterate and Intermediate	Plenty	Plenty	fodder	Hand weeding	Reduces crop yield / crop loss	Local	Farmer		
Sedge	Cypporus Rotundu	Tith	Paddy/Maize	Do	temterate and Intermediate	Plenty	Plenty	fodder	Hand weeding	Reduces crop yield / crop loss	Local	Farmer		
Ghass	Cyprus esuluntw	Ghass	Mash	Do	temterate and Intermediate	Plenty	Plenty		Hand weeding	Reduces crop yield / crop loss	Local	Farmer		
Bathua	Chenodoliumalbum	Bathwa	All Crops	Do	temterate and Intermediate	Plenty	Plenty	-	Hand weeding	Reduces crop yield / crop loss	Local	Farmer		
Binding Weed	Counuvulus arvensis	Karir	Maize	Do	temterate and Intermediate	Plenty	Plenty	-	Hand weeding	Reduces crop yield / crop loss	Local	Farmer		

Format 5: Pests of Crops

1	2	3	4	5	6	7	8	9	10
Host	Insect / Animal	Scientific name	Local name	Habitat	Time / season of attack Management mechanism		Associated TK	Other details	Community knowledge holder
Maize	Cut worm	agrotis ipsilon	Tokka	Maize field	April May	Chemical Management through insecticides	Nil	Nil	Nil
Maize	Maize stem borer	Chilo partellus	Bud	Maize field	June July	Chemical Management through insecticides	Nil	Nil	Nil
Mash	White fly	Bemisiatabaci	Chitti Makhi	Mash field	July Aug	Chemical Management through insecticides	Nil	Nil	Nil
Wheat	Field rats	Bendicota bangalensis	Muso	all field	All season	Chemical Management through insecticides	Nil	Nil	Nil
Wheat and dal	army worms	Mythimna separate		Oats and wheat fields	All season	Chemical Management through insecticides	Nil	Nil	Nil
Wheat	termites	Microtermesobesi odentotermes	Seenak	Wheat fields (Ranified)	During dry season	Chemical Management through insecticides	Nil	Nil	Nil

Rice	Grasshopper	Tit			

	Format 6: Markets for Domesticated animals											
1	2	3	4	5	6	7	8	9				
Name of the market & location	Weekly (D)/ Fortnightly (D) / Monthly (D) / Biannual (M) / Annual (M) [1]	O) / Monthly (D) / Types of animals hours (M) / Annual bought and sold [2]		Types and Average Number of animals transacted in a day Places from which animals are brought		Name and location of fish market	Types of fishes sold	Source of fish				
Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable				

	Format 7: Peoplescape												
1	2	3	4	5	6	7	8	9	10	11			
Community & Population	Families & Major occupation	Sub- occupation	Sub- occupation Depending Landscape		Landscape management practices	Resource management practices	Cast / tribe Social condition		Nature of inhabitants	No. of HHs			
General and Scheduled cast	Agriculture	Collection of NTFP, Cattle rearing, Artisans & Govt. Servants	Forest (Hilly terrain) / Agriculture landscape	Agriculture for the purpose of food grains and fodder	Terrace farming	Traditional resource management practices	General / SC	Socially privileged	Most of them do own jobs, economically less privileged	445 as per Census 2011 but now Househods are 640			

						Forma	t-8 : Landsc	ape.					
	1		2	3	4	5	6	7	8	9	10	11	12
Major Landscapes			Features and	Ownership	General flora	ca Conoral fauna	User groups	Management	General uses	Associated	Other details	Community	
Agricultural land	Pond	Fallow land	Landscapes	approx. area		General nora	General launa		practices	General uses	TK	other details	accessed
						Deodar	Leopard						
						Kail	Black bear						
						Fir	Monkey						
						Spruce	Jackal						
						Champ	Wild goat	-					
				Annar	Fox Wild cat								
						Akhroot Dhoop	Rat		Self	cultivation	Indigenous knowledge of local comminities		
						Nagchhatri	Lizard						
						Appricot	Snake						
						Heru	Pigeon						
						Mohru	House Sparrow						
Cultivated	nil	nil	Mountance	Rockey/	Property/	Kiker	Sparrow	Local					
				sandy land	shamlat	Mushkapoor	Crow	Inhabitants	management				
						Muchakballa	Spider						
						Guchhies	Butterfly						
						Kour	Bee						
						Kuth	Owl						
						Bankhoor	Mosquito						
						Kumlaie	Partridge						
						Phrast	Bulbul						
				Chilgoza	Pijad								
						Ratanjot	koel						
						Kaala zeera	Parrot						
						Jangli Thom							

Provide a brief description of landscapes such as forests, plantations, cultivated land, estuary, pond, lake or other elements.

	Format-9 : Waterscape.												
1	2	3	4	5	6	7	8	9	10	11	12	13	
Waterscape Element type	Sub-type	Features and Approx	Owner ship	General Flora	General Fauna	Major Sues	User Group	Management Practices	General uses	Associated TK	Other Detail	Community Accessed	
Nallah	Affani Nallah	Tributary of Chenab	Govt	NA	NA	Irrigation & Drinking	Local		Irrigation				

	Format 10: Soil type											
1	2	3	4	5	6	7	8					
Soil Type	Color & Texture	Features	Soil management	Plants / crop suitable	Flora and fauna	Associated TK	Other information					
Clay soil and sandy loamy soil	Grayish, brown, small grained mixture	Does not retain water frequent irrigation	Recharged with leaf manure, animal waste compost	Conifer plants, broad leaved plants, Fruit plants, NTFP species, Wheat, barley, maize, rice and some seasonal vegetables.	Domesticated /wild plants and animals	Provides good quality of timber, fuelwood, NTFP, food and fodder	-					

DOMESTICATED BIODIVERSITY

Format 11: Fruit Trees

				For	mat 11	: Fruit	ı rees					
1	2	3	4	6		7	8	9	10	11	12	13
Plant Type	Local Name	Scientific Name	Variety	Landscape/	Local	Status	Source of	Season of Fruiting	Uses	Associated TK	Other details	Community/
танстурс	Local Ivalie	Scientific Ivanic	Variety	Habitat	Past	Present	plant/seeds	(Repining)	(usage)	Associated TX	market/ow n use	holder
Apple	Saib	Malus domestica	Red delicious, Golden delicious, Ambri	Lowland valley / home gardens	Rare	Plenty	Local preserved / Horticulture Deptt.	Aug-Sept	Nutritious value	Reducing cholesterol, lowering blood sugar level	Market / own use	Locals
Apricot	Khubani	Prunus armeniaca	Safeda, Qadri	-do-	Plenty	Rare	Local preserved / grafting	June-July	Nutritious value	Cures heart diseases	Market / own use	Locals
Walnut	Akhroot	Juglans regia	Local	Lowland valley / Agricultural land	Plenty	Plenty	Local preserved / Horticulture Deptt.	Aug-Sept	Nutritious value	Reduces prostrate cancer and diabetes	Market / own use	Locals
Pear	Tang	Pyrus	Babugosha, Moti Daddi, Half red Naak, Misri Tang	-do-	Plenty	Plenty	Local preserved / grafting	Aug-Sept	Nutritious value	Uses for mild digestion problems, diarrhea, severe cholera	Market / own use	Locals
Peach	Aaadu	Prunus armwniaca	Local, Shan-e- Punjab, Amba	-do-	Plenty	Plenty	Local preserved	Aug-Sept	Nutritious value	Provides more energy	Market / own use	Locals
Grapes	Angoor	Vitis vinifera	Local / Hybrid	-do-	Plenty	Plenty	Local preserved	Aug-Sept	Nutritious value	Provides more energy	Market / own use	Locals
Cucumber	Khira	Curmis sativus	Local / Hybrid	-do-	Plenty	Plenty	Local preserved / Seed shops	Aug-Sept	Nutritious value	Provides more energy	Market / own use	Locals
Plum	Ore	Prunus domestica	Local / Hybrid	-do-	Plenty	Plenty	Local preserved / Seed shops	Aug-Sept	Nutritious value	Provides more energy	Market / own use	Locals

Format-12: Medicinal Plants (Herbs, Shrubs, Trees etc.). 1 2 3 4 5 6 7 8 9 10 11 12 **Location status** Other details Source of **Community** Landscape/ **Associated** Plant Type **Local Name** Scientific Name Variety Uses (usage) Part used market/own Habitat plant/ seeds Tk Know Holders Past Present use Useful to the skin for removal of Podophyllum Shurb Ban Kakkri **MFP** Natural Plenty Endangered warts, including plantar warts & Fruit Forest hexandrum sexually tranmitted warts. Rhubarb Harvested from the wild for local use Rheum spiciforme **MFP** Plenty Rare Flower/ stem Shurb Forest Natural (Churko) as a food & medicine The root & oil from the root are used to Root/ Herb Kuth **MFP** Plenty make medicine.treating for asthma, Saussurea costus Forest Natural Rare Rhizome cough,gas,worm(nemotode). Murg Useful for ailments of the Plenty Herb jawain,Bajarbhan Hvoscvamus niger **MFP** Forest Natural Rare bones, Rh, toothache, asthma, cough Seeds nervous disease & stomach pain. useful for the treatment of fevers. The **MFP** Plenty Herb Guggal/Dhoop Jurinea dolomiaca root extract is used as an incense, skin Forest Natural Rare Roots eruption, gout & Rh, Contain sulphur compounds (which Rohan-hak/ Bulbs, give them their onion flavour)help to Allium Herb Pran/ **MFP** Natural Plenty Forest Rare Leaves. reduce blood cholesterol levels, acts as carolinianum Gogcheegma Flowers a tonic to the digestive system Used for imparting pleasing red colour to fodstuff.oils & fats. The flowering shoots are used in Gaozabaan Roots. **MFP** Herb Amebia benthami Forest Natural Plenty Rare prepration of Shrubet(syrup) & (Ratanjot) Rhizomes jam useful in various disease of tongue, throat, fever & cardiac disorders Used to treat hydrophobia,epilepsy,convulsion,syphi **MFP** Plenty lis, inflammation of the breasts, Shurb Dhatura Dhatura metel Rare Forest Natural Seeds smallpox,mumps & leprosy,also used as a pesticide.

	Gokhru	Tribulus terrestris	MFP	Forest	Natural	Plenty	Rare	Traditionally,people have used this plant for a variety of potential effects,I ncluding to enhance libido,keep the urinary tract healthy & reduce swelling.	Leaves & Flowers
Shurb	Seski (murin)	Artemisia brevifolia	MFP	Forest	Natural	Plenty	Rare	Used as a digestive & carminative & hence mixed with meat dishes, known to be an anthelmintic,aphrodisiac,antiseptic,laxa tive,blood purifier & antidote to scorpion stings.	Leaves
Herb	Zakhm-e-hayaat	Bergenia ciliata	MFP	Forest	Natural	Plenty	Rare	Useful for the treatment of uterine contraction,ulcers,fever & kidney stone,also treat throat infection,diabetes.	Leaves & Roots
	Surajan-e-talakh	Colchicum luteum	MFP	Forest	Natural	Plenty	Rare	Used as a carminative ,laxative & are effective in the treatment of gout,Rh,& disease of liver & spleen.	Corms
Herb	Salam-panja	Dactylorhiza hatagirea	MFP	Forest	Natural	Plenty	Rare	Widely used to cure various diseass like dysentery, diarrhoea, chronic fever, cough, stomachache, wounds, cuts, burns, fractures & general weakness.	Roots, Rhizomes
Climber	Shingli-mingli	Dioscorea deltoidea	MFP	Forest	Natural	Plenty	Rare	Rhizomes used for the treatment of different diseases such as digestive disorders, sore of throat for struma, dirrhea, wounds, burns & anemia.	Roots
Shurb	Kalveuth	Prunella vulgaris	MFP	Forest	Natural	Plenty	Rare	Useful to treat infections & other illnesses,inflammation,protect against cancer,prevent diabetes complications.	Leaves & Flowers
	Ravend-Chini (Pambchalan)	Rheum australe	MFP	Forest	Natural	Plenty	Sporadic	Used as laxative & also used in various herbal preparations.	Roots, Rhizomes

Herb	Handh	Traraxacum officinale	MFP	Forest	Natural	Plenty	Rare	Has a special effect on the organs involved in digestion, its coffee helps with liver damage & liver weakness as well as bile weakness, stimulate pancreas & kidney function.	Leaves
Herb	Mushakbala	Valeriana hardwickii	MFP	Forest	Natural	Plenty	Rare	Useful in epilepsy,hysteria,hypochondriasis,nerv ous unrest & skin diseases.	Roots
Shurb	Kasrore	Diplazium esculentum	MFP	Forest	Natural	Plenty	Rare	Used as vegetable,dried rhizomes are used as an insecticide,decoction of this plant is used in the treatment of cough & sometimes as a tonic.	Leaves
	Shivlingi	Diplocyclos palmatus	MFP	Forest	Natural	Plenty	Rare	Useful for treatment of Aphrodisiac & tonic, constipation,stomach problem,diarrhoea,malaria fever etc.	Ariel plants parts
Herb	Patrees	Aconitum heterophyllum	MFP	Forest	Natural	Plenty	Threatened	Usefulto treat bronchitis,persistent cough,upper respiratory tract infections, common cold,flu & malaria,treat fever,cough ,vomiting & diarrhea.	Roots
	Pushkarmula	Inula racemosa	MFP	Forest	Natural	Plenty	Rare	Treat chronic bronchitis & Rh,dried hizomes & roots are used to cure loss of appetite & stomach troubles.	Roots, Rhizomes
	Tilpushpi (Foxglove)	Digitalis purpurea	MFP	Forest	Natural	Plenty	Rare	Useful to treat congestive heart failure & heart rhythm problems	Roots
Shrub	Gur-Krandel	Ferula jaeschkeana	MFP	Forest	Natural	Plenty	Rare	Treatment of asthma,whooping cough,flatulent colic,pneumonia,bronchitis	Leaves, Flowers
Herb	Resha-Khatmi	Lavatera cashmeriana	MFP	Forest	Natural	Plenty	Rare	A known medicinal herb used in many unani medicinal preprations,cure throat problem,mild laxative,	Leaves, Roots & Flowers
Herb	Kour, Kutki, Kadu, Kadvi	Picrorhiza kurroa	MFP	Forest	Natural	Plenty	Rare	Used for the treatment of jaundice, sudden liver infections caused by a virus, fever, allergy & asthma.	Roots

	Chuka Ladur	Polygonum alpinum	MFP	Forest	Natural	Plenty	Rare	Used for edible,an acid flavour,the juice from the plant has been sweetened & used asa refreshing drink.	Leaf stems
	Pitsuaak (Birjung, Pitsouli, Phagermula)	Arctium lappa	MFP	Forest	Natural	Plenty	Rare	Used therapeutically as a depurative, diuretic & digestive stimulant & for dermatologic conditions.	Roots
Herb	Marchi	Thymus linearis	MFP	Forest	Natural	Plenty	Rare	Useful for the treatment of abdominal pain & vomiting	Flowers
Shurb	Kala Zeera	Bunium persicum	MFP	Forest	Natural	Plenty	Rare	Useful in treatment of gastro intenstinal illnesses,including diarrhea & inflammatory bowel disease.	Seeds
Herb	Rumkath, Budarkath (Gidar Tambakoo)	Verbascum thapsus	MFP	Forest	Natural	Plenty	Rare	Useful to treat pulmonary problems ,inflammatory diseases,asthma,diarrhoea & migraine headaches.	Leaves
	Kuhushbondhri (Gas plant)	Dictamnus albus	MFP	Forest	Natural	Plenty	Rare	The plant is used both internally & externally in the treatment of skin diseases (especially scabies & eczema), arthritic pain & jaundice.	Leaves, Bark & Root
Herb	Kasnil Hand	Cichorium intybus	MFP	Forest	Natural	Plenty	Rare	Useful in treatment of liver disorders,diabetes,jaundice,gout,Rh	Flowers
Herb	Pambechalan/ chukri	Rheum emodi	MFP	Forest	Natural	Plenty	Rare	Used in various traditional systems as laxative,tonic,fever,cough,indigestion & menstrual disorders.	Roots
Tree		Crataegus songarica		Forest	Natural	Plenty	Rare	Treatment against certain fungal & bacterial diseases.	Roots
Tree	Zum	Prunus cormuta		Forest	Natural	Plenty	Rare	Helpful in the treatment of cancer.	Timber
Herb	Neelkanth	Ajuga bracteosa	MFP	Forest	Natural	Plenty	Rare	Useful in the treatment of agues, the juice of the root is used in the treatment of diarrhoea & dysentery, leaves are used in treatment of fevers as a substitute for quinine	Roots

Herb		Rumex nepalensis	MFP	Forest	Natural	Plenty	Rare	A paste of the root is applied to swollen gums. The leaves are used in the treatment of colic. The juice of the leaves is applied externally to relieve headaches.	Whole Plant
Herb	Bergeur,Gandana	Achillea millifolium	MFP	Forest	Natural	Plenty	Rare	used in folk medicines to treat inflammation,pain & gastrointestinal disorders.	Aerial plant parts
Herb		Rumex acetosa	MFP	Forest	Natural	Plenty	Rare	Useful to cure itchy skin & ringworm,laxative.	Leaves
Herb		Sinopodophyllum hexandrum	MFP	Forest	Natural	Plenty	Rare	Used for the ayurvedic treatment of warts,skin diseases.	Roots,Rhizo mes,Resin
		Aconitum	MFP	Forest	Natural	Plenty	Rare	In homeopathy,used to treat fear,anxiety & restlessness,acute sudden fever.	Flowers,Roo ts
Herb	Choru/Chohori	Angelica glauca Edgw	MFP	Forest	Natural	Plenty	Rare	Used in Dyspepsia,constipations,ulcer of plate,Dysentry, Roots are used as a drug wound and gastric pains	Roots
Herb	Cow Parsnip	Heracleum candicans Wallich ex Benth	MFP	Forest	Natural	Plenty	Rare	The roots are a very good source of xanthotoxin ,which is used in the prepration of suntan lotions & to some extent for the treatment of leucoderma.	Roots
Climber	Agranth	Hedera nepaiensis K. Koch	MFP	Forest	Natural	Plenty	Rare	Used for cure of benign wart, anti-inflamatory & anti-arthritic properties.	Leaves
Shrub	Chalander	Viburnum grandiflorum Wallich ex DC	MFP	Forest	Natural	Plenty	Rare	Used as laxative & blood purifier, also used to reduce muscular cramps.	Fruit
Herb		Galium aparine L	MFP	Forest	Natural	Plenty	Rare	used as diuretic,used to treat swollen lymph glands, tonsillitis and throat infections.	Leaves,Stem
Herb	Mushkbala	Valeriana jatamansi Jones	MFP	Forest	Natural	Plenty	Rare	useful for epilepsy,hysteria,skin diseases & nervous unrest.	Dried roots & Rhizomes
Tree	Fir	Abies pindrow Spach	CONIFER	Forest	Natural	Plenty	Rare	used for treating fever,wheezing cough & cold.	Seeds,Timbe r

Tree	Deodar	Cedrus deodara (Roxb) G. Don	CONIFER	Forest	Natural	Plenty	Rare	used in neurological disorders,asthma,fever,arthritis & headache.	Seeds ,Timb er oil
Tree	Spruce	Picea smithiana (Wall.) Boiss	CONIFER	Forest	Natural	Plenty	Rare	used in pulp industry to make paper, also used for construction shingles, crates & household purposes.	Seeds, Timbe
Tree	Chilgoza	Pinus gerardiana Wall	CONIFER	Forest	Natural	Plenty	Rare	used in anti-bacterial,anti-viral,anti-fungal,anti-septic,& anti-hypertensive.	Seeds
Tree	Kail	Pinus wallichiana Jackson	CONIFER	Forest	Natural	Plenty	Rare	usful in treating burning of the body,cough,fainting & ulcers.	Timber
Herb		Asplenium dathousiae Hook	MFP	Forest	Natural	Plenty	Rare	Effective in typhiod,expectorant,anthelmentic & laxative.	Leaves
Herb	Gentheer	Adiantum capillus- veneris L	MFP	Forest	Natural	Plenty	Rare	used for antibacterial,anti- implantation,antihyperglycemic.	Leaves
Herb	Sapp Guggal	Arisaema flavum (Forsskal) Schott	MFP	Forest	Natural	Plenty	Rare	used in the treatment of chronic tracheitis, bronchiectasis, tetanus and epilepsy	Leaves,Tube
Herb		Colocassia esculenta (L.) Schott	MFP	Forest	Natural	Plenty	Rare	used for the treatentof asthma,arthritis, diarrhea, neurological disorders.	Leaves
Herb	Deela	Cyperus rotundus L	MFP	Forest	Natural	Plenty	Rare	Malaria, diarrhea, dibaties	Rhizomes,R oots
Herb	Drub	Cynodon dactylon (L) Pers	MFP	Forest	Natural	Plenty	Rare	used as a laxatie,coolant,expectorant, & as a brain & hert tonic used for all types of bleedings & skin troubles.	Whole plant
Herb	Kai	Saccharum spontaneum L	MFP	Forest	Natural	Plenty	Rare	useful in treatment of dyspepsia,burning sensation, piles,sexual weakness,gynecological troubles,respiratory troules.	Flowers,Gras
Shrub	Vethur	Juniperus communis Linn	B/L	Forest	Natural	Plenty	Rare	used as anti-diarrhoeal,anti- inflammatory,astringent & antiseptic & also used for the treatment of various abdominal disorders.	Stem

Tree	Postul/Brahmi	Taxus baccata L	B/L	Forest	Natural	Plenty	Rare	useful for treating common cold,cough,fever & pain.	Leaves,Bark
Herb		Geranium robertianium L	MFP	Forest	Natural	Plenty	Rare	useful for the treatment of diabetes, bleedings, stomach aliments, kidney infections, jaundice etc.	Leaves
Herb	Gul-e-sanobar	Geranium wallichianum D. Don. Ex Sweet	MFP	Forest	Natural	Plenty	Endangered	used as a cure fortoothache and has been applied externally to the eyes.	Roots,Bark
Herb	Chuku	Oxalis corniculata L	MFP	Forest	Natural	Plenty	Rare	used in the treatment of influenza, fever, urinary tract infections & poisonous snake bites.	Whole plant
Herb	Hillu	Impatiens glandulifera Royle	MFP	Forest	Natural	Plenty	Rare	It is one of the Bach flower remedies,flower extracts used as herbal remedies for physical & emotional problems.	Flower
Shrub	Sanglidhoop	Skimmia anquetilia N.P Taylor & Airy Shaw	MFP	Forest	Natural	Plenty	Rare	used for treatment of swellings,rheumatism & therapy. Powder of its bark is used for the healing of burns & wounds.	Leaves
Shrub	Beri	Zizyphus oxyphylla Edgw	MFP	Forest	Natural	Plenty	Rare	used to treat diabetes,fever,dysentery,as well as blood & skin diseases	Fruit
Tree	Horse chest nut	Aesulus hippocastanum L	B/L	Forest	Natural	Plenty	Rare	used for treatment of dysentry,bronchitis,hemorrhoids.	Leaves
Tree	Kanjal	Acer caesium Wallich ex Brandis	B/L	Forest	Natural	Plenty	Rare	used for treatment of muscular swelling,boils & pimples	Leaves
Herb	Ban Tambaku	Verbascum thapsus L	MFP	Forest	Natural	Plenty	Rare	Inflammatory diseases,asthma,cough,diarrhoea	Leaves
Herb	Neelkanth	Ajuga bracteosa Wall ex Benth	MFP	Forest	Natural	Plenty	Common Vulnerable	Treats agues, diarrhoea& dysentery	Leaf
Herb		Marrubium vulgare L	MFP	Forest	Natural	Plenty	Rare	Digestion problem, breathin problem	Whole plant
Herb	Jungli Pudina	Mentha arvensis L	MFP	Forest	Natural	Plenty	Rare	As a food, stomach problem & allergy	Leaves

Herb	Vena	Mentha longifolia (L) Hudson	MFP	Forest	Natural	Plenty	Rare	Respraitory ailments, treat wounds	Leaves
Herb	Kal viuth	Prunella vulgaris L	MFP	Forest	Natural	Plenty	Rare	Protect against cancer, herpes	Leaves
Shrub	Sheshak	Rabdosia rugosa (Wall ex Benth) Hara	MFP	Forest	Natural	Plenty	Rare	Remedy of helminthiosis, in live stocks	Leaves
Herb	Kashmir sage	Salvia hians Royle ex Benth	MFP	Forest	Natural	Plenty	Rare	Heal eye infections	Aerial Parts
Herb	Gaddo	Salvia moorcroftiana Wall	MFP	Forest	Natural	Plenty	Rare	Gas, gastritis, heart burn	Roots
Shrub	Kanhaji	Sorbaria tomentosa Rehder	MFP	Forest	Natural	Plenty	Rare	Ornamental, stimulate, respiration	Whole Plant
Herb	DhadKopdi	Bergenia stracheyi (H.F.T) Engl	MFP	Forest	Natural	Plenty	Rare	kidney & gall bladder stone	Roots
Herb	Dand jari	Rhodiola himalensis (D.Don) S.H. Fu	MFP	Forest	Natural	Plenty	Rare	Help the body to resist physical, chemical & environmental stress	Bark
Herb	Kuuppad jari	Sedum ewersii Ledeb	MFP	Forest	Natural	Plenty	Rare	Herbal remedy for diptheria, ring worm, treats pimples, acne etc.	Whole plant
Shrub	Anar	Punica granatum L	MFP	Forest	Natural	Plenty	Rare	Treatment of cancer,osteo-arthritic	Whole plant
Herb	Wallichos willow	Epilobium latifolium L	MFP	Forest	Natural	Plenty	Rare	Analgesic,anti-dote	Whole plant
Tree	Ringkul	Crataegus songarica G. Koch	B/L	Forest	Natural	Plenty	Rare	Pulmonary disesses	Whole plant
Herb	Wild Straberry	Fragania nubicola Lindl ex Lacalta	MFP	Forest	Natural	Plenty	Rare	As food, treats profuse mensuration	Fruit
Tree	Haadi	Prunus armeniaca L	B/L	Forest	Natural	Plenty	Rare	Antisposmodic, chronic bronchitis	Whole plant

Shrub		Rubus hoffmeisterianus Kunth & Bouche	MFP	Forest	Natural	Plenty	Rare	Anti-microbial, anti-cancer	Root, Tubers
Herb	Patrishi	Aconitum heterophyllum Wallich ex Royle	MFP	Forest	Natural	Plenty	Rare	Treats reproductive disorders	Not Available
Herb	Tatnu	Caltha palustris L	MFP	Forest	Natural	Plenty	Rare	Treatment of fits & anemia	Leaves,Stem
Herb	Jala-Kafal	Atropa acuminata Royle	MFP	Forest	Natural	Plenty	Rare	used to make plasters ,in asthma	Whole plant
Herb		Datura stramonium L	MFP	Forest	Natural	Plenty	Rare	stomach pain toothache	Seed
Herb		Hyoscyamus niger L	MFP	Forest	Natural	Plenty	Rare	ailment of bones, nervous diseases	Leaves,seeds
Herb		Solanum nigrum L	MFP	Forest	Natural	Plenty	Rare	dysentery, fever& stomiach complains	Roots
Herb		Solanum surattense Burm. F	MFP	Forest	Natural	Plenty	Rare	bronchitis, cough & constipation	Whole plant
Herb		Digitalis lanata Ehrh	MFP	Forest	Natural	Plenty	Endangered	heart condations, reduce swelling	Leaves
Herb		Digitalis purpurea L	MFP	Forest	Natural	Plenty	Rare	treat heart failure, swelling	Leaves
Herb		Pedicularis pectinata Wall	MFP	Forest	Natural	Plenty	Rare	muscle tension, neck & back pain	Flower,Leav es
Herb		Pediculans punctata Decne	MFP	Forest	Natural	Plenty	Rare	used in treatment of leucorrhoea, fevers, sterility, rheumatism	Root
Herb		Picrorhiza kurrooa Benth	MFP	Forest	Natural	Plenty	Rare	sudden liver infections, fever allergy	Root,Rhizom e
Herb		Achyranthes aspera Linn	MFP	Forest	Natural	Plenty	Rare	indigestion, snakebite	Whole Plant
Herb		Plantago lanceolata L	MFP	Forest	Natural	Plenty	Rare	eye irritation, inflamation of mouth	Leaves
Shrub	Ban Dhammi,Bala	Sida cordifolia L	MFP	Forest	Natural	Plenty	Rare	Skin dullness,Scars wounds	Leaves,Root s

Herb	Isabgol	Plantago major L	MFP	Forest	Natural	Plenty	Rare	wound healing, anti inflamation	Aerial Parts
Herb		Plantago himalaica Pilg	MFP	Forest	Natural	Plenty	Rare	applied on wounds, anti microbial	Leaves
Herb	Brand	Phytolacca acinosa Roxb	MFP	Forest	Natural	Plenty	Rare	urinary disorders, abdominal tensions	Leaves,Root s
Herb		Bistorta amplexicaulis (D. Don) Greene	MFP	Forest	Natural	Plenty	Rare	leveas as vegetables, tea, fever, joints	Dried Rhizomes
Herb		Oxyria digyna Hill	MFP	Forest	Natural	Plenty	Rare	used to treat scurvy,dysentery	Leaves,Root s,Stem
Herb		Rheum australe D. Don	MFP	Forest	Natural	Plenty	Rare	Gastritis,blood purification	Rhizomes,R oots
Herb		Rheum moorcroftianum Royle	MFP	Forest	Natural	Plenty	Rare	improve memory,renal function disorder	Rhizomes,R oots
Herb		Rumex acetosa L	MFP	Forest	Natural	Plenty	Rare	Treatment of itchy skin,scurvy	Leaves
Herb		Rurnex hastatus D. Don	MFP	Forest	Natural	Plenty	Rare	Treatment of bloody dysentery,aches in throat	Root,Leaves, Seed
Herb		Rurnex nepalensis Spreng	MFP	Forest	Natural	Plenty	Rare	swollen gums,headache.body pain	Root,seed,Le
Tree		Daphne oleoides Schreib	B/L	Forest	Natural	Plenty	Rare	cutaneous affections,gonorrhoea	Bark,Leaves
Herb	Mulain	Inula royleana DC	MFP	Forest	Natural	Plenty	Rare	reduce blood pressure,perestatic movement in intenstines	Aerial Parts
Herb		Jurinea dolomiaea Boiss	MFP	Forest	Natural	Plenty	Rare	loss of apetite, cold bronchitis	Root
Herb		Leontopodium himalayanum DC	MFP	Forest	Natural	Plenty	Rare	used in herbal and protect over skin	Aerial Parts
Herb		Saussurea heteromalla (D. Don) Hand Mazz	MFP	Forest	Natural	Plenty	Rare	horse bite, oil, leucoderma & wounds	Leaf, root
Herb		Saussurea lappa Clarke	MFP	Forest	Natural	Plenty	Rare	anti ulcer, anti cancer	Root

Herb		Senecio amplexicaulis Wall	MFP	Forest	Natural	Plenty	Rare	antifungal and phytotoxic	Whole Plant
Herb	Jarjam	Senecio chrysanthemoides DC	MFP	Forest	Natural	Plenty	Rare	used in eye infections	Whole Plant
Herb		Senecio gradliflorus DC	MFP	Forest	Natural	Plenty	Rare	used in treatment of irregular menses, ease child birth	Root
Herb		Senecio nudicaulis Ham	MFP	Forest	Natural	Plenty	Rare	used in treatment of fever and skin diseases	Leaves
Herb		Solidago virga aurea L	MFP	Forest	Natural	Plenty	Rare	used in treatment of best pain, insomnia	Flowers,Lea ves
Herb		Sonchus arvensis Linn	MFP	Forest	Natural	Plenty	Rare	used in treatment of asthma,chest diseases	Stems,Leave
Herb		Sonchus asper Vill	MFP	Forest	Natural	Plenty	Rare	used in treatment of skin ailments,anti- bacterial	Leaves,Stem Tops
Herb		Sonchus oleraceus L	MFP	Forest	Natural	Plenty	Rare	used for blood purifier,anti-malarial	Stem & Leaves
Herb		Tanacetum gracile Hook. F. & T	MFP	Forest	Natural	Plenty	Rare	used in treatment of intestinal worms,prevent miscarriage	Dried Aerial Parts
Herb	Handh	Taraxacum officinate Weber	MFP	Forest	Natural	Plenty	Rare	increase urine production,,decrease pain	Fruits,Leave
Shrub		Lyonia ovalifolia (Wallich) Drude	MFP	Forest	Natural	Plenty	Rare	treat skin disease,external parasite	Leaves& Buds
Shrub		Rhododendron campanulatum D. Don	MFP	Forest	Natural	Plenty	Rare	treat chronic rheumatism,headache	Leaves
Shrub		Elaeagnus parvifolla Wallich ex Royle	MFP	Forest	Natural	Plenty	Rare	anti-inflamatory anti-oxidant	Flowers,See
Climber		Viscum album L	MFP	Forest	Natural	Plenty	Rare	treatment of cardiac weakness,arrhythmia	Leaves,Stem Pea sized Berries
Herb		Euphorbia cognata (Klotzsch & Garcke) Boiss	MFP	Forest	Natural	Plenty	Rare	Breathing disorder,asthma	Seed Stem
Herb		Euphorbia rothiana Spreng	MFP	Forest	Natural	Plenty	Rare	Rheumatism,warts,cough,asthma	Stem Bark
Herb		Euphorbia helioscopia L	MFP	Forest	Natural	Plenty	Rare	used in pharmaceutical industry.	Leaves, Stem,Root

Herb		Euphorbia wallichii Hook F	MFP	Forest	Natural	Plenty	Rare	used against constipation	Leaf,root
Shrub		Sarcococca saligna (D.Don) Meull Arg	MFP	Forest	Natural	Plenty	Rare	laxative ,blood purifier & muscular analgesic	Leaf,Bark,R oot
Herb		Girardinia heterophylla Decne	MFP	Forest	Natural	Plenty	Rare	used as soap/shampoo for washing,cattle fodder	Whole Plant
Herb		Urtica dioica Linn	MFP	Forest	Natural	Plenty	Rare	urinary tract infections	Root
Tree	Brimij	Celtis australis Willd	B/L	Forest	Natural	Plenty	Rare	treatment of amenorrhoea,heavy menstrual bleeding & colic	Leaves,Root
Tree		Ulmus wallchiana Planch	B/L	Forest	Natural	Plenty	Rare	used to heal body mind & skin	Leaves
Herb		Violacanescens Wallich	MFP	Forest	Natural	Plenty	Rare	used for cough .cold,flu,fever & malaria	Leaf,Flower
Herb		Viola indica W Becker	MFP	Forest	Natural	Plenty	Rare	Respraitory tract congestion asthma ,sore throat	Flowers
Herb		Viola kunawarensis Royle	MFP	Forest	Natural	Plenty	Rare	chronic bronchitic,asthma	Flowers
Herb		Dianthus jacquemontii Edgew	MFP	Forest	Natural	Plenty	Rare	used to stimulates urinary system,digestive system & bowels	Flowers
Herb		Gypsophilla cerastioides D Don	MFP	Forest	Natural	Plenty	Rare	used for production of photographic films	Not Available
Herb		Silene edgeworthii Bocquet	MFP	Forest	Natural	Plenty	Rare	Anti-cancer,anti-fungal & anti-viral	Leaves
Herb		Stellaria media L	MFP	Forest	Natural	Plenty	Rare	cough ,cold constipation,burns	Whole plant
Herb		Hypericum elodeoides Choisy	MFP	Forest	Natural	Plenty	Rare	treatment in mild to moderate depression	Aerial Parts
Shrub		Hypericum oblongifolium Choisy	MFP	Forest	Natural	Plenty	Rare	Hepatitis,gastric ulcers	Aerial Parts
Herb		Hypericum perforatum L	MFP	Forest	Natural	Plenty	Rare	Moderate depression ,anxiety & sleep disorders	Aerial Parts

Herb	Suchal	Malva neglecta Wallr	MFP	Forest	Natural	Plenty	Rare	Astringent,demulcent,diuretic	Leaves,Floer s,Root
Herb		Geranium polyanthes Edgew & H.F	MFP	Forest	Natural	Plenty	Rare	Tumor,cosmetic,laxative & hair colour	Flower
Herb	Gugchuk,Ringras h	Geranium pretense L	MFP	Forest	Natural	Plenty	Rare	cholera,diarrhoea	Root
Shrub	Tung	Cotinus coggygnia Scop	MFP	Forest	Natural	Plenty	Rare	Coagulant, fever reducer	Leaves,Bark
Shrub		Rhus succedanea L	MFP	Forest	Natural	Plenty	Rare	Treatment of phthisis	Fruits
Herb		Astragalus grahamianus Royle ex Benth	MFP	Forest	Natural	Plenty	Rare	Urinary disease,respiratory,skin problems	Roots
Shrub		Astragalus himalayana Klotsch	MFP	Forest	Natural	Plenty	Rare	Kidney disease,diabetes	Gum
Shrub	Shemar	Desmodium elegans DC	MFP	Forest	Natural	Plenty	Rare	used for chronic hepitites, treatment of bilious ccomplaints	Whole Plant
Shrub		Indigofera heterantha Wallich ex Brandis	MFP	Forest	Natural	Plenty	Rare	branches are used as basket making it is also used as fuel	Floers ,Branc hes
Shrub		Indigofera tinctoria L	MFP	Forest	Natural	Plenty	Rare	used to treat nervous disorders,asthama, liver disease	Flowering & Fruiting Branches
Herb		Lathyrus aphaca Linn	MFP	Forest	Natural	Plenty	Rare	used in the treatment of toothache	Seed
Herb		Oxytropis lapponica Wahlenb Gay	MFP	Forest	Natural	Plenty	Rare	foiliage & roots are used for detoxification, pain relief	Roots
Herb		Robinia prsudoacacia L	MFP	Forest	Natural	Plenty	Rare	dried leaves are used in treatment of wounds also used in treatment of fever.	Dried Leaves
Herb		Trifalium fragiferum L	MFP	Forest	Natural	Plenty	Rare	used as green manure & flowers are used to make jelly	Flowers,Lea ves
Herb		Trigonella emodi Benth	MFP	Forest	Natural	Plenty	Rare	Reduce fever	Stem ,Leaves
Tree		Monus serrate Roxb	MFP	Forest	Natural	Plenty	Rare	juice of the root is used as an anthelmintic.wood is used for making furniture	Root ,Wood

Tree	Akhroot	Juglans regia Linn	B/L	Forest	Natural	Plenty	Rare	leaves are used in treatment of of chronic coughs,asthma & purify blood and treat diabetes	Leaves,Fruit,
Tree		Alnus nepalensis D. Don	B/L	Forest	Natural	Plenty	Rare	Used for making charcoal, reducing swelling of leg, juice is applied on burns	Wood,Leave s,Roots
Tree	Champ	Alnus nitida (Spach) Endl.	B/L	Forest	Natural	Plenty	Rare	Bark is used to treat swelling & body pain	Bark
Tree	Bhoj patra	Betula utilis D Don	B/L	Forest	Natural	Plenty	Rare	Bark is used for writing lengthy scriptures & texts, also used for packaging	Bark
Tree		Populus alba L	B/L	Forest	Natural	Plenty	Rare	used in the treatment of arthritis,gout,lower back problem and reduce fever	Stem,Bark
Shrub	Kareel- kaimbal	Berberis aristata DC	MFP	Forest	Natural	Plenty	Rare	used in treament of juindice,urinary disorders	Root,Stem,L eaves
Shrub		Berberis jaeschkeana C.K Schneider	MFP	Forest	Natural	Plenty	Rare	used in treatment of tumor	Rhizomes,Fr uit
Shrub	Kaimal/ Daruhaldi	Berberis lycium Royle Trans Linn	MFP	Forest	Natural	Plenty	Rare	used an immunity booster	Roots ,Stem, Bark
Herb		Podophyllum hexandrum Royle	MFP	Forest	Natural	Plenty	Rare	usedto treat gynecology infections	Rhizomes
Herb		Meconopsis aculeata Royle	MFP	Forest	Natural	Plenty	Rare	used to help heal broken bones,treaty inflammation from fractures	Whole Plant
Herb		Meconopsis latifolia Prain	MFP	Forest	Natural	Plenty	Rare	used against ulces, disorders of lungs.	Flowers
Herb		Papaver somniferum L	MFP	Forest	Natural	Plenty	Rare	used for commercial purposes	Whole Plant
Herb		Corydalis cachemiriana Royle	MFP	Forest	Natural	Plenty	Rare	used for mild depression	Flowerrs,Ste ms, Leaves
Herb	Bhutyata	Corydalis govaniana Wallich	MFP	Forest	Natural	Plenty	Rare	its drug is usd in the form of decoction	Whole Plant
Herb		Corydalis thyrsiflora Prain	MFP	Forest	Natural	Plenty	Rare	used to treat stomach problem	Leaves,Flow ers
Herb		Fumaria indica Pugsley	MFP	Forest	Natural	Plenty	Rare	used as a common weed, isolation & polyherbal	Whole Plant

	Capsella bursa pastoris (L) Moench	MFP	Forest	Natural	Plenty	Rare	used as a folk remedy for cancer,nose bleeding	Seeds,Leave
	Nasturtium officinale Br.	MFP	Forest	Natural	Plenty	Rare	leaves are used as a pungent garnish,eatenraw in salads	Leaves,Flio wrrs, Buds
	Brassica rapa L	MFP	Forest	Natural	Plenty	Rare	provides oils & vegetables,fodder	Whole Plant
	Iris hookeriana M. Foster	MFP	Forest	Natural	Plenty	Rare	used in aromatherapy,rhizomes given to babies to help in teething	Rhizomes
	Iris kashmiriana Baker	MFP	Forest	Natural	Plenty	Rare	used in treatment of joint pains	Rhizomes
	Iris kemaonensis D. Don ex Royle	MFP	Forest	Natural	Plenty	Rare	flowers are used in herbal medicines	Flowers
	Narcissus tazetta L	MFP	Forest	Natural	Plenty	Rare	used in treatment of boils & mastits	Root
	Dioscorea deltoidea Wal ex Kunth	MFP	Forest	Natural	Plenty	Rare	used in treatment of digestive disorders ,wound & burns	Rhizomes
Chingposh	Colchicum luteum Baker	MFP	Forest	Natural	Plenty	Rare	used as carminative & aphrodisiac,treatment of gout	Corm,Seeds
	Fritillaria roylei Hook	MFP	Forest	Natural	Plenty	Rare	used for healing wounds	Roots
	Gagea elegans Wall	MFP	Forest	Natural	Plenty	Rare	Used in the form of infusions or decoctions.	Leaves
	Notholirion thomsonianum (Royle) Stapf	MFP	Forest	Natural	Plenty	Rare	Treatment of Various infectious Diseases espically intestinal.	Flower,Leav
	Polygonatum multiflorum (Linn.) All	MFP	Forest	Natural	Plenty	Rare	used in wound healing being anti- bectarial	Roots
	Polygonatum verticillatum All	MFP	Forest	Natural	Plenty	Rare	used to cure cardiptonic,aphrodisiac	Tender leaves,Youn g shoots
	Trillium govanianum Wall	MFP	Forest	Natural	Plenty	Rare	used in dysentery, wound healing,menstral &sexual disorders.	Rhiozomes, Roots
	Tulipa stellata Hook f	MFP	Forest	Natural	Plenty	Rare	Used for sinus Pain ,Hay Fever& Headache.	Whole Plant
	Arisaema jacquemontii Blume	MFP	Forest	Natural	Plenty	Rare	used for the treatment of dermatological disorders,used for phenols	Root
	Chingposh	Pastoris (L) Moench Nasturtium officinale Br. Brassica rapa L Iris hookeriana M. Foster Iris kashmiriana Baker Iris kemaonensis D. Don ex Royle Narcissus tazetta L Dioscorea deltoidea Wal ex Kunth Chingposh Colchicum luteum Baker Fritillaria roylei Hook Gagea elegans Wall Notholirion thomsonianum (Royle) Stapf Polygonatum multiflorum (Linn.) All Polygonatum verticillatum All Trillium govanianum Wall Tulipa stellata Hook f Arisaema	Pastoris (L) Moench Nasturtium officinale Br. Brassica rapa L Iris hookeriana M. MFP Iris kashmiriana MFP Iris kemaonensis D. MFP Narcissus tazetta L MFP Dioscorea deltoidea MFP Dioscorea deltoidea MFP Chingposh Colchicum luteum MFP Fritillaria roylei MFP Gagea elegans Wall Notholirion thomsonianum (Royle) Stapf Polygonatum multiflorum (Linn.) All Polygonatum MFP Trillium govanianum Wall Tulipa stellata Hook MFP Arisaema MFP	Pastoris (L) Moench MFP Forest	Pastoris (L) Moench Nasturtium officinale Br. Brassica rapa L Iris hookeriana M. Foster Iris kashmiriana Baker Iris kemaonensis D. Don ex Royle Narcissus tazetta L Dioscorea deltoidea Wal ex Kunth Chingposh Colchicum luteum Baker Fritillaria roylei Hook Gagea elegans Wall Notholirion thomsonianum (Royle) Stapf Polygonatum multiflorum (Linn.) All Polygonatum verticillatum All Tulipa stellata Hook f Arisaema MFP Forest Natural MFP Forest Natural Nepp Forest Natural MFP Forest Natural Nepp Forest Natural MFP Forest Natural	Pastoris (L) Moench Nasturtium officinale Br. Brassica rapa L Brassica rapa L Iris hookeriana M. Fostest Iris kashmiriana Baker Iris kemaonensis D. Don ex Royle Narcissus tazetta L MFP Forest Natural Plenty Plenty Porest Natural Plenty Narcissus tazetta L MFP Forest Natural Plenty Poisscorea deltoidea Wal ex kunth MFP Forest Natural Plenty Chingposh Colchicum luteum MFP Forest Natural Plenty Fritillaria roylei Hook Gagea elegans Wall MFP Forest Natural Plenty Notholirion thomsonianum (Royle) Stapf Polygonatum multiflorum (Linn.) All Polygonatum verticillatum All Polygonatum verticillatum All Trillium govanianum Wall Tulipa stellata Hook f Arisaema MFP Forest Natural Plenty Porest Natural Plenty	Naturatium officinale Br. MFP Forest Natural Plenty Rare	Nasturium officinale Br. MFP Forest Natural Plenty Rare leaves are used as a pungent garnish, externa win salads

Local zamindars
have got
emple
knowledge
with respect to
identification
of the species
as well their
comon usage

Bonafide purpose

Inhabitants of the area.

Herbs		Valeriana pyrolaefolia decne	MFP	Forest	Natural	Plenty	Rare	Usedb orally for anxiety& Psychological stress.	Root
Herbs		Dipsacus inermis Wall	MFP	Forest	Natural	Plenty	Rare	used in ayurvedic system of medicine	Fresh & Dried Leaves
Herbs	Kim	Morina Longifolia Wallich ex DC	MFP	Forest	Natural	Plenty	Rare	Stem, leaves & flowers used as digestive, emetic & stomachic	Whole Plant
Herbs		Achillea millefolium L	MFP	Forest	Natural	Plenty	Rare	above ground parts used in cold, tonic & astringent	Aerial Parts
Herbs		Ainsliaea aptera DC.	MFP	Forest	Natural	Plenty	Rare	roots used to relieve stomachache, acute fever & constipation	Roots
Herbs		Anaphalis nubigena Clarke	MFP	Forest	Natural	Plenty	Rare	used as aromatic & antimicrobial	Aerial Parts
Herbs	Mooin	Artemisia Maritima L.	MFP	Forest	Natural	Plenty	Rare	antiseptic, diuretic & antipyretic	Leraves ,Flo wering
Shrub	Shutenger	Rhododendron anthopogon D. Don	MFP	Forest	Natural	Plenty	Rare	treatment of constipation, didysentry, fever	Leaves
Tree	Kahu	Olea cuspidata Wallich ex G. Don	B/L	Forest	Natural	Plenty	Rare	bark used for fracture, leave use for treatment of malaria, UTI	Bark,Leaves
Herbs	Kazuban	Arnebia benthamii (Wall. Ex G.Don) Johnston	MFP	Forest	Natural	Plenty	Rare	used as red clour to food, oil & fats, plantalso used as diuretic, expectorant, tonic	Flowering, Shoots & Roots
Grass	Congress grass /Jadi	Parthenium hysterophorus	MFP	Forest	Natural	Plenty	Rare	Commercial enzymes production, biopesticides, green manure & composte	Weed
Herb	Bhang	Cannabis sativa	MFP	Forest	Natural	Plenty	Rare	Used as a source of industrial fibre, seed oil, food, recreation, religious & spritiual moods & medicine	Leaves
Tree	Trikanni	Acer pictum	B/L	Forest	Natural	Plenty	Rare	Use as food ,medicine,ornamental & source of wood	Whole plant
Tree	Bren	Ulmus villosa	B/L	Forest	Natural	Plenty	Rare	Medicinal ,aeromatic,anti- inflammatory,furniture	Bark,Leaves
Tree	Bankhoor	Aesculus indica	B/L	Forest	Natural	Plenty	Rare	Treatment of skin diseae, Rh, astringent, narcotic, relef of headache	Leaves,Flow ers

Herb	Hamesh-Bahar	Calendula officinalis	MFP	Forest	Natural	Plenty	Rare	Applied on Skin disease,Burns	Flower,leaf
Tree	Feku	Ficus Palmata		Forest	Natural	Plenty	Rare	Skin diseases,contipation	Fruit
Herb	Banafsha	Viola odorata	MFP	Forest	Natural	Plenty	Rare	Throat problem,Cold,cough	Flower
Herb	Nirbisha	Delthinium drunonianum	MFP	Forest	Natural	Plenty	Rare	Diabetes	Whole Plant
Shrub	Tutfoor,Rachi	Ephedra gegardina	MFP	Forest	Natural	Plenty	Rare	Asthma,Cardic Stimulate,Allergy,Respiratory Disorder	Twigs
Herb	Tengu,Tyangu	Hyssopus officinalis	MFP	Forest	Natural	Plenty	Rare	Substitute for saffron,Liver & Blood Disorder	Flower
Fungi	Guchhi	Morchilla esculenta	MFP	Forest	Natural	Plenty	Rare	Edible,laxative,Body tonic,stomach problem,economical beneficial	Whole part
Fungi		Aricus campestris	MFP	Forest	Natural	Plenty	Rare	treatment of cancer, Type-2 diabetes, high-cholestrol, digestive problem	Whole part
Fungi		Schizophyllum commune	MFP	Forest	Natural	Plenty	Rare	Anti-cancer activity,edible	Whole part
Fungi	Datura	Geatrum triplex	MFP	Forest	Natural	Plenty	Rare	Analgesic,anti-inflammatory,treatment of stomach	Whole part
Herb		Bupleurum bupjucundum	MFP	Forest	Natural	Plenty	Rare	Respiratory infection, swine flu	Aerial Part
Herb		Bupleurum longifolium	MFP	Forest	Natural	Plenty	Rare	Respiratory infection, swine flu	Aerial Part
Herb		Coriandrum sativum	MFP	Forest	Natural	Plenty	Rare	Measals, hemorrhoits, toothache & joint pain	Leaves, Seeds
Herb		Oenanthe javanica	MFP	Forest	Natural	Plenty	Rare	Joundice, abdomnal pain	Whole part
Herb		Pleurosermum brunonis	MFP	Forest	Natural	Plenty	Rare	To cure skin infections, joundice, insect repllents	Flowers
Herb		Aralia cachemirica	MFP	Forest	Natural	Plenty	Rare	To treat RH, Nephritis, Gastritis, inflammation	Whole part
Herb		Arisaema propinquum	MFP	Forest	Natural	Plenty	Rare	Uses in snake bite, RH	Rhizomes
Herb		Begonia rubella	MFP	Forest	Natural	Plenty	Rare	Cure arthrites & common join pain	Whole part
Herb		Hackelia uncinata	MFP	Forest	Natural	Plenty	Rare	Used to cure fractured bones	Leaves, Flowers
Herb		Myosotis alpestris	MFP	Forest	Natural	Plenty	Rare	Lotion for wounds nose bleed	Whole part

Herb	Onosma hispidum	MFP	Forest	Natural	Plenty	Rare	Used as food & medicine, wounds	Roots
Herb	Pseudomertensia moltkioides	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flowers
Herb	Pseudomertensia trollii	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flowers
Herb	Alliaria petiolata	MFP	Forest	Natural	Plenty	Rare	Treatment of bronchitis, asthma, & Rh	Whole part
Herb	Arabis bijuga	MFP	Forest	Natural	Plenty	Rare	Gastro-intestinal problems,dysentry & stomach ache	Whole part
Herb	Hesperis matronalis	MFP	Forest	Natural	Plenty	Rare	Treatment of Scurvy,oil used in perfumery	Leaves, Flowers
Herb	Lepidium virginicum	MFP	Forest	Natural	Plenty	Rare	To treat vitamin-C deficency,pains & diabetes	Whole part
Herb	Raphanus sativus	MFP	Forest	Natural	Plenty	Rare	To treat constipation, chronic tracheitis & hypertension	Leaves root
Herb	Sisymbrium irio	MFP	Forest	Natural	Plenty	Rare	Edible,Treat cough & chest congestion, Rh & clean wounds	Leaves, Flowers
Herb	Thlaspi arvense	MFP	Forest	Natural	Plenty	Rare	Antidote,Blood tonic	Seed, Leaf
Herb	Thlaspi cochleariforme	MFP	Forest	Natural	Plenty	Rare	Treated chronic problems related to menses	Leaves, Flowers
Shrub	Sarcococca pruniformis	MFP	Forest	Natural	Plenty	Rare	Laxative,blood purifier	Leaves, Root
Herb	Codonopsis clematidea	MFP	Forest	Natural	Plenty	Rare	Increase red & white blood cells counts & promote blood circulation	Leaves, Flowers
Herb	Codonopsis ovata	MFP	Forest	Natural	Plenty	Rare	Treatment of ulcers & wounds	Leaves, Flowers
Herb	Cyananthus lobatus	MFP	Forest	Natural	Plenty	Rare	Laxative, treatment of serous disorders & constipation	Leaves, Root
Shrub	Lonicera oblate	MFP	Forest	Natural	Plenty	Rare	Used for digestive disorders,including pain & swelling	Aerial Part
Shrub	Scabiosa speciosa	MFP	Forest	Natural	Plenty	Rare	To treat heel cracks, liver diseases	Leaves
Herb	Arenaria bryophylla Fernald	MFP	Forest	Natural	Plenty	Rare	useful in diarrhoea & vomiting	Aerial Part
Herb	Cerastium cerastoides (L.) Britton	MFP	Forest	Natural	Plenty	Rare	Anti bacterial activity	Flowers, stem

Herb		Dianthus angulatus Baumg	MFP	Forest	Natural	Plenty	Rare	Used as a tonic for urinary system,digestive system & bowls	Leaves
Herb		Myosoton aquaticum (L.) Moench	MFP	Forest	Natural	Plenty	Rare	Treatment of fistula	Flowers, Seeds
Herb		Anaphalis nepalensis (Spreng.) HandMazz.	MFP	Forest	Natural	Plenty	Rare	Respiratory problems including asthma, cough etc.	Flowers
Herb		Anaphalis triplinervis (Sims) C. B. Clarke	MFP	Forest	Natural	Plenty	Rare	Emilepsy, laceration of toes & wounds	Flowers
Herb		Anaphalis margaritaceae L.	MFP	Forest	Natural	Plenty	Rare	Diarrhoea, dysentry, Rh, joints	Flowers
Herb		Artemisia dubia Wall.	MFP	Forest	Natural	Plenty	Rare	Cuts & wounds	Leaves
Herb		Artemisia scoparia Waldst. & Kitam.	MFP	Forest	Natural	Plenty	Rare	Antiseptic, Antipyretic	Leaves
Herb		Artemisia vestita Wall. ex Besser	MFP	Forest	Natural	Plenty	Rare	Inflammatory diseases	Leaves
Herb		Aster flaccidus Bunge	MFP	Forest	Natural	Plenty	Rare	Tuberculosis & pertussis	Flowers, Root
Herb		Aster molliusculus (Lindl. ex DC.) C.B.Clarke	MFP	Forest	Natural	Plenty	Rare	Antibacterial, skin infection, ulcers & wounds	Flowers, Root
Herb		Aster thomsonii C.B.Clarke	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flowers, Root
Herb		Carduus edelbergii <u>Rech.f.</u>	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flower, Leaf
Herb		Cicerbita macrorhiza (Royle) Beauverd	MFP	Forest	Natural	Plenty	Rare	Fever	Whole part
Herb		Gnaphalium stewartii C.B.Clarke	MFP	Forest	Natural	Plenty	Rare	Sciatica, Rh pain	Leaves, Flowers
Herb	Sunflower	Helianthus annuus L.	MFP	Forest	Natural	Plenty	Rare	High fever, snake bite	Leaf, Seed

Herb	Pushkarmula	Inula grandiflora Willd.	MFP	Forest	Natural	Plenty	Rare	Chronic bronochits & Rh	Rhizomes
Herb		Jurinea macrocephala DC.	MFP	Forest	Natural	Plenty	Rare	Cancer, Arthrithes	Leaves, Flowers
Herb		Ligularia amplexicaulis DC.	MFP	Forest	Natural	Plenty	Rare	Vomiting from indigestion	Leaves, Flowers
Herb	Gomchooi	Ligularia fischeri (Ledeb.) Turcz.	MFP	Forest	Natural	Plenty	Rare	Jaundice,Rh,Hepatic disease	Leaves, Flowers
Herb		Onopordum acanthium L.	MFP	Forest	Natural	Plenty	Rare	Anti-inflammatory,Anti-tumor,	Roots, stem
Herb		Saussurea costus (Falc.) Lipsch.	MFP	Forest	Natural	Plenty	Rare	Treating worm(Nemotode),Asthma,Cough,cold & Gas	Roots
Herb		Saussurea gnaphalodes (Royle) Sch.Bip.	MFP	Forest	Natural	Plenty	Rare	Inflammation,heart diseases, & liver diseases	Whole part
Herb		Saussurea gossypiphora D.Don	MFP	Forest	Natural	Plenty	Rare	Inflammation,heart diseases, & liver diseases	Whole part
Herb		Senecio chrysanthemoides DC.	MFP	Forest	Natural	Plenty	Rare	Dysentry,infections,Rh,Cancer,Asthma	Whole part
Herb		Sonchus asper (L.) Hill	MFP	Forest	Natural	Plenty	Rare	Anti-bacterial & Anti-fungal	Leaves
Herb		Tanacetum dolichophyllum Kitam.	MFP	Forest	Natural	Plenty	Rare	Fever, migrana, headache, Rh	Flowers
Herb		Tussilago farfara L.	MFP	Forest	Natural	Plenty	Rare	Disorder of the respiratory tract, skin, cold	Leaf
Herb		Waldheimia glabra (Decne.) Regel	MFP	Forest	Natural	Plenty	Rare	Influenza virus & anti complementry extract	Leaves, Flowers
Herb		Waldheimia tomentosa (Decne.) Regel	MFP	Forest	Natural	Plenty	Rare	Stomach ache problem	Leaves, Flowers
Herb		Youngia japonica (L.) DC.	MFP	Forest	Natural	Plenty	Rare	Boils & snake bites	Leaves, Flowers

Herb	Rhodiola heterodonta (Hook. f. & Thomson) Boriss.	MFP	Forest	Natural	Plenty	Rare	Anxiety, fituge & dipression	Rhizomes
Herb	Rhodiola wallichiana (Hook.) S.H. Fu	MFP	Forest	Natural	Plenty	Rare	Anxiety, fituge & dipression	Leaves, Flowers
Climber	Cucumis sativus L.	MFP	Forest	Natural	Plenty	Rare	Blemished skin, heart rash, burns, sores	Whole part
Climber	Cucurbita pepo L.	MFP	Forest	Natural	Plenty	Rare	Anti inflamentry, anti viral, anti ulcer	Whole part
Shrub	Datisca cannabina L.	MFP	Forest	Natural	Plenty	Rare	Treatment of Rh	Root
Herb	Equisetum arvense L.	MFP	Forest	Natural	Plenty	Rare	Stop bleeding, heal ulcer & wounds	Whole part
Shrub	Gaultheria trichophylla Royle	MFP	Forest	Natural	Plenty	Rare	Anti oxidant & anti inflamentry	Whole part
Herb	Euphorbia cornigera Boiss.	MFP	Forest	Natural	Plenty	Rare	Breathing disorders including asthma, bronchitis	Leaves, Flowers
Herb	Euphorbia thomsoniana Boiss.	MFP	Forest	Natural	Plenty	Rare	Breathing disorders including asthma, bronchitis	Leaves, Flowers
Tree	Quercus baloot Griff.	B/L	Forest	Natural	Plenty	Rare	Anti bacterial potential	Whole part
Tree	Quercus semecarpifolia Sm.	B/L	Forest	Natural	Plenty	Rare	Diarrhoea, dysentry	Whole part
Herb	Gentiana cachemirica Decne.	MFP	Forest	Natural	Plenty	Rare	Digession problem	Leaves, Flowers
Herb	Gentiana ornata (D.Don) Wall. ex Griseb.	MFP	Forest	Natural	Plenty	Rare	Diarrhoea, dysentry	Leaves, Flowers
Herb	Gentiana phyllocalyx C.B Clarke	MFP	Forest	Natural	Plenty	Rare	Diarrhoea, dysentry	Leaf, sepal
Herb	 Gentiana tianschanica Rupr. ex Kusn.	MFP	Forest	Natural	Plenty	Rare	Digession problem	Whole part

Herb	Gentianella moorcroftiana (Wall. ex Griseb.) Airy Shaw	MFP	Forest	Natural	Plenty	Rare	Cold cough, nausa	Leaf
Herb	Swertia ciliata (D. Don ex G. Don) B.L. Burtt	MFP	Forest	Natural	Plenty	Rare	Skin diseases, cancer	Whole part
Herb	Swertia petiolata Royle ex D.Don	MFP	Forest	Natural	Plenty	Rare	Inflammation of the liver & high blood pressure	Whole part
Herb	Swertia speciosa G.Don	MFP	Forest	Natural	Plenty	Rare	Asthma, liver disorder	Root
Herb	Erodium cicutarium L. (L.) Her	MFP	Forest	Natural	Plenty	Rare	Typhoid, fever	Whole part
Herb	Geranium lambertii Sweet	MFP	Forest	Natural	Plenty	Rare	Skin problem, reduces strss	Dried leaves
Herb	Geranium nepalense Sweet	MFP	Forest	Natural	Plenty	Rare	Nervous diseseas, pains, Rh	Whole part
	Geranium pusillum L.	MFP	Forest	Natural	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb	Geranium rotundifolium L.	MFP	Forest	Natural	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb	Geranium wallichianum D.Don ex Sweet	MFP	Forest	Natural	Plenty	Rare	Peptic ulcers, cure toothache	Whole part
Shrub	Ribes nigrum L.	MFP	Forest	Natural	Plenty	Rare	Useful in allergy, fatigue, rhimities	Whole part
Shrub	Ribes himalense Royle ex Decne.	MFP	Forest	Natural	Plenty	Rare	Used as food & medicine	Fruit
Herb	Hypericum japonicum Thunb.	MFP	Forest	Natural	Plenty	Rare	Asthama & dycenty	Leaves, Flowers
Herb	Ajuga integrifolia BuchHam.	MFP	Forest	Natural	Plenty	Rare	Diarrhea, Malaria	Leaf
Herb	Clinopodium vulgare L.	MFP	Forest	Natural	Plenty	Rare	Overcome weak digestion	leaves
Herb	Elsholtzia ciliata (Thunb.) Hyl.	MFP	Forest	Natural	Plenty	Rare	Common cold, fevers, headache	Whole part
Shrub	Isodon rugosus (Wall. ex Benth.) Codd	MFP	Forest	Natural	Plenty	Rare	Tooth ache,gastric pain,	Whole part

Herb		Lamium album L.	MFP	Forest	Natural	Plenty	Rare	Abnormal vaginal discharge, & to relieve painful periods	Leaves, Flowers
Herb		Leonurus cardiaca L.	MFP	Forest	Natural	Plenty	Rare	Gynacological afflictions	Seed
Herb		Mentha arvensis L.	MFP	Forest	Natural	Plenty	Rare	Diarrhea & Dysentry,stomach problem	Leaves
Herb		Nepeta connata Royle ex Benth.	MFP	Forest	Natural	Plenty	Rare	Dysentry,,Teeth troubles	Leaves
Herb		Nepeta leucophylla Benth.	MFP	Forest	Natural	Plenty	Rare	Dysentry,,Teeth troubles	Leaves
Herb		Phlomis bracteosa Royle ex Benth.	MFP	Forest	Natural	Plenty	Rare	Bone fractures, sinus congustion, indigestion	Leaves, Flowers
Herb		Salvia campanulata Wall. ex Benth.	MFP	Forest	Natural	Plenty	Rare	Gout, Rh, Diarrhea	Leaves, Flowers
Herb		Astragalus candolleanus Benth.	MFP	Forest	Natural	Plenty	Rare	Analgesic, nutritive	Leaves, Root
Herb		Astragalus chlorostachys Lindl.	MFP	Forest	Natural	Plenty	Rare	Immune tonifying, lung tonic	Dried root
Herb		Astragalus frigidus (L.) A.Gray	MFP	Forest	Natural	Plenty	Rare	Immune tonifying, lung tonic	Dried root
Herb	Soyabean	Glycine max (L.) Merr.	MFP	Forest	Natural	Plenty	Rare	Treatment of oedema, dysuria	Seed
Herb		Lotus corniculatus L.	MFP	Forest	Natural	Plenty	Rare	Anti-inflammatory,Skin inflammation	Flowers
Shrub		Robinia pseudoacacia L.	MFP	Forest	Natural	Plenty	Rare	Wounds, Pain reliever	Dried leaves
Herb		Trifolium pratense L.	MFP	Forest	Natural	Plenty	Rare	Antispasmodic, Anti-inflammatory	Leaves flower
Herb		Trifolium repens L.	MFP	Forest	Natural	Plenty	Rare	Gout, Cough, Eyewash	Leaves flower
		Vicia rigidula Royle	MFP	Forest	Natural	Plenty	Rare	Weight loss	Leaves flower
Herb		Fritillaria roylei Hook.	MFP	Forest	Natural	Plenty	Rare	Anti-Asthmatic, Anti- Rh	Root

Herb	Gagea lutea	MFP	Forest	Natural	Plenty	Rare	Used as food	Bulbs, leaves
Herb	Lilium polyphyllum D.Don	MFP	Forest	Natural	Plenty	Rare	Diuretic,Anti-pyruetic	Bulbs
Herb	Lavatera cachemiriana Cambess.	MFP	Forest	Natural	Plenty	Rare	Throat problem, mild laxative	Leaf, Flower
Tree	Ficus carica L.	B/L	Forest	Natural	Plenty	Rare	Respiratory problems,Anti- inflammatory	Fruit, leaves
Tree	Morus alba L.	B/L	Forest	Natural	Plenty	Rare	Asthma,Bronochits	Bark
Climber	Jasminum humile L.	MFP	Forest	Natural	Plenty	Rare	Heart bowels, Astringent	Roots, Flower
Climber	Jasminum officinale L.	MFP	Forest	Natural	Plenty	Rare	Hepatitis, Diarrhea, Cancer treatment	Flower
Shrub	Syringa emodi Wall. ex. Royle.	MFP	Forest	Natural	Plenty	Rare	Stomach treatment, instential problems	Seed, Fruit
Herb	Epilobium angustifolium L.	MFP	Forest	Natural	Plenty	Rare	Anti- septic, ulcers,inflammation	Whole part
Herb	Epilobium latifolium L.	MFP	Forest	Natural	Plenty	Rare	Analgesic,Antidote	Whole part
	Epilobium royleanum Hausskn.	MFP	Forest	Natural	Plenty	Rare	Treatment & prostate bladder	Whole part
Herb	Calanthe tricarinata Lindl.	MFP	Forest	Natural	Plenty	Rare	Asthma, Coughing	Leaves flower
Herb	Cypripedium cordigerum D.Don	MFP	Forest	Natural	Plenty	Rare	Fever, Backache	Fruit
Herb	Euphrasia himalayica Wettst.	MFP	Forest	Natural	Plenty	Rare	Calms stressed & tired eyes	Aeriel part
Herb	Orobanche alba Stephan	MFP	Forest	Natural	Plenty	Rare	Digestive problem	Roots
Herb	Pedicularis cheilanthifolia Schrenk	MFP	Forest	Natural	Plenty	Rare	Skeletal muscle relaxant	Fresh leaves
Herb	Corydalis meifolia Wall	MFP	Forest	Natural	Plenty	Rare	Depression, Mental Disorder	Tuber & roots

Herb	Corydalis stewartii Fedde	MFP	Forest	Natural	Plenty	Rare	Stomach problem	Tuber & roots
Herb	Papaver argemone L.	MFP	Forest	Natural	Plenty	Rare	Tumors,warts, skin diseases	Whole part
Shrub	Arundo donax L.	MFP	Forest	Natural	Plenty	Rare	Basket making, Diuretic, Diaphroetic	Grass
Herb	Cymbopogon jwarancusa	MFP	Forest	Natural	Plenty	Rare	Blood diseases,skin,Burning, vomiting	Whole part
Herb	Dichanthium annulatum (Forssk.) Stapf	MFP	Forest	Natural	Plenty	Rare	Hypertension,Anti-ulcer	Whole part
Herb	Eleusine coracana (L.) Gaertn.	MFP	Forest	Natural	Plenty	Rare	Liver disorder, smallpox	Whole part
Herb	Hierochloe laxa Hook. f	MFP	Forest	Natural	Plenty	Rare	Sore throat, fever, Cough	Leaves, stem
Herb	Hordeum vulgare L.	MFP	Forest	Natural	Plenty	Rare	Emollient febrifuga,& stoamachic	Whole part
Herb	Oryza sativa L.	MFP	Forest	Natural	Plenty	Rare	Poor appetite, indigestion bloating	Seeds
Herb	Pennisetum flaccidum Griseb.	MFP	Forest	Natural	Plenty	Rare	Fooder, Traditional medicines	Whole part
Herb	Poa koelzii Bor	MFP	Forest	Natural	Plenty	Rare	Inflammation of kidney	Leaves
Herb	Setaria viridis (L.) P.Beauv.	MFP	Forest	Natural	Plenty	Rare	Diuretic,Emollient febrifuge	Leaves seeds
Herb	Triticum aestivum L.	MFP	Forest	Natural	Plenty	Rare	Anti-oxidant, Astringgent,laxative	Whole part
Herb	Zea mays L.	MFP	Forest	Natural	Plenty	Rare	Bladder infection,prostrate issue	Corn silk
Herb	Polemonium caeruleum L.	MFP	Forest	Natural	Plenty	Rare	Headache ,fever,	Whole part
Herb	Fagopyrum esculentum Moench	MFP	Forest	Natural	Plenty	Rare	Anti-cancer, Anti-stress	Whole part
Herb	Persicaria alpina (All.) H.Gross	MFP	Forest	Natural	Plenty	Rare	Treatment of sore throat & loose gum	Roots
Herb	Persicaria capitata (BuchHam. ex D.Don) H.Gross	MFP	Forest	Natural	Plenty	Rare	Urological disorder	Whole part

Herb	Persicaria amplexicaulis (D.Don) Ronse Decr.	MFP	Forest	Natural	Plenty	Rare	Constipation,Common cold	Leaves, Stem
Herb	Persicaria nepalensis (Meisn.) Miyabe	MFP	Forest	Natural	Plenty	Rare	Anti- bacterial,Anti-fungal	Leaves, Root
Herb	Persicaria vivipara (L.) Ronse Decr.	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Root
Herb	Persicaria wallichii Greuter & Burdet	MFP	Forest	Natural	Plenty	Rare	Menstrual bleeding & utrine bleeding	Whole part
Herb	Polygonum affine D. Don	MFP	Forest	Natural	Plenty	Rare	Diarrhea, Throat infections	Roots
Herb	Rheum spiciforme Royle	MFP	Forest	Natural	Plenty	Rare	oxidative stress	Whole part
Herb	Rheum webbianum Royle	MFP	Forest	Natural	Plenty	Rare	Renal function disorders, Cancer	Whole part
Herb	Rumex acetosa L.	MFP	Forest	Natural	Plenty	Rare	Diuretic, Astringent, laxative	Leaves
Herb	Rumex nepalensis Spreng.	MFP	Forest	Natural	Plenty	Rare	Astringent, Astringent	Leaves
Herb	Androsace mucronifolia Watt	MFP	Forest	Natural	Plenty	Rare	Folk medicines	Flower
Herb	Androsace muscoidea Duby	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flower
Herb	Androsace primuloides Duby	MFP	Forest	Natural	Plenty	Rare	Local use of medicines, ornamental use	Leaves, Flowers
Herb	Cortusa brotheri Pax ex Lipsky	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb	Primula stuartii Wall	MFP	Forest	Natural	Plenty	Rare	Analgesic, Cold, Diuretic	Leaves, Flowers
Shrub	Ziziphus oxyphylla Edgew.	MFP	Forest	Natural	Plenty	Rare	Allergy, Microbial infections	Whole part
Herb	Aconitum rotundifolium Kar. & Kir.	MFP	Forest	Natural	Plenty	Rare	Used as Arrow poisions	Roots
Herb	Aconitum violaceum Jacquem.	MFP	Forest	Natural	Plenty	Rare	Antidote,Anti-inflammatory	Whole part

Herb		Actaea spicata L.	MFP	Forest	Natural	Plenty	Rare	Snake bite, Nervous disoredr	Roots
Herb		Adonis chrysocyathus Hook.f. & Thomson	MFP	Forest	Natural	Plenty	Rare	Anti-oxidant,Anti-inflammatory	Whole part
Herb		Anemone rivularis BuchHam. ex DC.	MFP	Forest	Natural	Plenty	Rare	Anti-anemic & vermifuge	Leaf
Herb		Aquilegia fragrans Benth.	MFP	Forest	Natural	Plenty	Rare	Sedative, Diarrhea, jaundice	Whole part
Herb		Aquilegia nivalis Falc. ex B. D. Jacks.	MFP	Forest	Natural	Plenty	Rare	Cough & Cold	Rhizomes
Herb		Delphinium brunonianum Royle	MFP	Forest	Natural	Plenty	Rare	Local Medicines,Usee as oil	Whole part
Herb		Delphinium cashmerianum Royle	MFP	Forest	Natural	Plenty	Rare	Intestinal worms,insomia	Roots
Herb		Delphinium vestitum Wall. ex Royle	MFP	Forest	Natural	Plenty	Rare	Cuts ,Dysentry, Rh,Ulcers	Leaves
Herb		Ranunculus distans Royle	MFP	Forest	Natural	Plenty	Rare	Anti-Rh, Intermittent fever	Leaves
Herb		Ranunculus hirtellus Royle	MFP	Forest	Natural	Plenty	Rare	Curing swellingin testes	Leaves, Flowers
Herb		Thalictrum cultratum Wall.	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Whole part
Herb		Thalictrum foliolosum DC.	MFP	Forest	Natural	Plenty	Rare	Tonic diuretic, Snakebite, jaundice, Rh	Roots
Herb		Thalictrum virgatum Hook. & Thomson	MFP	Forest	Natural	Plenty	Rare	Fever, dysentry, Bloodshot eyes, sore throat	Root, Rhizomes
Herb		Agrimonia pilosa Ledeb.	MFP	Forest	Natural	Plenty	Rare	Abdominal pain, sore throat, hedache	Leaves
Tree	Bahi	Cydonia oblonga Mill.	B/L	Forest	Natural	Plenty	Rare	Cancer, diabetes	Fruit seeds
Herb		Duchesnea indica (Andrews) Focke	MFP	Forest	Natural	Plenty	Rare	Used as fruit, antiseptic	Leaves, frui

Herb	Filipendula vestita (Wall. ex G. Don) Maxim.	MFP	Forest	Natural	Plenty	Rare	Stop bleeding, toothache	Root, leaves
Herb	Geum urbanum L.	MFP	Forest	Natural	Plenty	Rare	Treat problems mouth, throat	Rhizomes
Tree	Malus domestica Borkh.	B/L	Forest	Natural	Plenty	Rare	Heart deseases, high cholestrol	Fruit leaves
Herb	Potentilla argyrophylla Wall. ex Lehm.	MFP	Forest	Natural	Plenty	Rare	Herbal remedy for inflammation & gastro intestinal disorder	Leaves, Flowers
Herb	Potentilla argyrophylla var. atrosanguinea (Lodd., G. Lodd. & W. Lodd.) Hook. f.	MFP	Forest	Natural	Plenty	Rare	Herbal remedy for inflammation & gastro intestinal disorder	Leaves, Flowers
Herb	Potentilla cuneata Wall. ex Lehm.	MFP	Forest	Natural	Plenty	Rare	Diarrhea, menstraul bleeding	Leaves, Flowers
Herb	Potentilla curviseta L.	MFP	Forest	Natural	Plenty	Rare	Diarrhea	Leaves, Flowers
Herb	Potentilla nepalensis	MFP	Forest	Natural	Plenty	Rare	Anti diarrheal, digestive problem	Leaves, Flowers
Tree	Prunus armeniaca L.	B/L	Forest	Natural	Plenty	Rare	Asthama, cough, constipation	Flower
Tree	Prunus avium (L.) L.	B/L	Forest	Natural	Plenty	Rare	Cough, oedema, anaemia	Flower
Tree	Cerasus vulgaris Mill.	B/L	Forest	Natural	Plenty	Rare	Urinary tract infections	Fruit
Tree	Prunus spinosa L.	B/L	Forest	Natural	Plenty	Rare	Diaphoretic, diuretic, laxative	Whole part
Tree	Prunus persica (L.) Stokes	B/L	Forest	Natural	Plenty	Rare	Laxative, sedative & antiasthmatic	Seed, Flower
Tree	Prunus prostrata Labill.	B/L	Forest	Natural	Plenty	Rare	Cancer	Seed
Tree	Pyrus pashia Buch Ham. ex D. Don	B/L	Forest	Natural	Plenty	Rare	Fever, hedache, laxative	Fruit
Shrub	Rosa cymosa Tratt.	MFP	Forest	Natural	Plenty	Rare	Diarrhea, Rh	Roots, Fruit

Herb		Sibbaldia cuneata Hornem. ex Kuntze	MFP	Forest	Natural	Plenty	Rare	Respiratory problems	Stem, flower
Shrub		Sorbaria tomentosa (Lindl.) Rehder	MFP	Forest	Natural	Plenty	Rare	Dysentry	Leaves, Flower
Shrub		Spiraea bella Sims	MFP	Forest	Natural	Plenty	Rare	Antiseptic, aeromatic, anti inflammatory	Stem
Tree		Populus ciliata Wall. ex Royle	B/L	Forest	Natural	Plenty	Rare	Making boxes for packing purposes, furniture & cross beams	Whole part
Shrub	White/ Kashmir willow	Salix alba L.	MFP	Forest	Natural	Plenty	Rare	Cold, fever & joint pains	Bark, Stem
Herb		Salix calyculata Hook. f. ex Andersson	MFP	Forest	Natural	Plenty	Rare	Anti cancer activity agent	Bark, Stem
Tree		Acer acuminatum Wall. ex D.Don	B/L	Forest	Natural	Plenty	Rare	Treatment of Rh, Brusis, eye disease & pain	Root, Flower
Herb		Saxifraga caveana W.W. Sm	MFP	Forest	Natural	Plenty	Rare	Anti inflamentry, diaphoretic, diuretic	Whole part
Herb		Saxifraga flagellaris Willd.	MFP	Forest	Natural	Plenty	Rare	Wounds & other minor skin injuries	Stem, flower
Herb		Veronica anagallis- aquatica	MFP	Forest	Natural	Plenty	Rare	Scurvy, impurity of the blood	Root, leaves
Herb		Veronica laxa Benth.	MFP	Forest	Natural	Plenty	Rare	Respiratory problems, wound healing	Stem, flower
Herb		Veronica persica Poir.	MFP	Forest	Natural	Plenty	Rare	Rh, hernia, wound healing	Seed, leaves
Herb		Lycopersicon esculentum Mill.	MFP	Forest	Natural	Plenty	Rare	Protect from heart attack, burns, salads	Seed, fruit
Herb		Physochlaina praealta (Decne.) Miers	MFP	Forest	Natural	Plenty	Rare	Asthma, chronic bronochits, abdominal pain	Stem, root
Herb		Solanum nigrum L.	MFP	Forest	Natural	Plenty	Rare	Dysentry, stomach complaints, fever tonic, laxative	Leaves, fruit
Herb		Solanum tuberosum L.	MFP	Forest	Natural	Plenty	Rare	Peptic ulcers, relief from pain & acidity	Whole part
Tree		Taxus wallichiana Zucc.	B/L	Forest	Natural	Plenty	Rare	Common cold, Cough, Fever & pain	Bark, Leaves

Shrub		Daphne mucronata Royle	MFP	Forest	Natural	Plenty	Rare	Skin diseases, ,cancer & Rh	Leaves, fruit
Herb		Girardinia diversifolia (Link) Friis	MFP	Forest	Natural	Plenty	Rare	Constipation , Headache, & swollen juice	Leaves, fruit
Herb		Viola biflora L.	MFP	Forest	Natural	Plenty	Rare	Anti-inflammatory, Laxative	Whole part
Herb		Viola canescens Wall.	MFP	Forest	Natural	Plenty	Rare	Cough,cold, flu,fever & Malaria	Root, leaves
Climber		Vitis vinifera L.	MFP	Forest	Natural	Plenty	Rare	Natural Anti-oxidant	Fruit, leaves
Herb	Sanjeevani	Rhodiola fastigiata	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Whole part
Herb	Guggi Van	Pleurospermum candollei	MFP	Forest	Natural	Plenty	Rare	Used in folk medicines	Whole part

			Format 13:	: Ornamental Pl	ants/ Trees/Clim	bers etc.			
1	2	3	4	5	6	7	8	9	10
Plant Type	Local Name	Scientific Name	Variety	Source of plant/seeds	Commercial/ non- commercial	Uses	Associated TK	Other details	Community/ Know. holder
NA	NA	NA	NA	NA	NA	NA	NA	NA	Locals

Format-14: Timber Plants/ Tree	S.
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1	2	3	4		5	6	7	8	9	10
				Local	status	Wild/ home				Community/
Plant Type	Local Name	Scientific Name	Habitat	Past	Present	garden	Other uses (multi)	Associated TK	Other details	Know holder
Trees	Deodar	Cedrus deodara	Forest	Plenty	Rear	Wild	Used in neurological disorders, asthma, fever, arthritis & headache.			Elder members of the community
Trees	Kail	Pinus walichina	Forest	Plenty	Rear	Wild	Usful in treating burning of the body, cough, fainting & ulcers.	Local zamindars		
Trees	Fir	Abies pindrow	Forest	Plenty	Rear	Wild	Used for treating fever, wheezing cough & cold.	have got emple knowledge with respect to identification of the		
Trees	Postul/ Brahmi	Taxus baccata	Forest	Plenty	Rear	Wild	Useful for treating common cold, cough, fever & pain.	species as well their comon usage		
Trees	Bojpater	Batulla	Forest	Plenty	Rear	Wild	Used for relegious purposes, traditional medicines, herbalism, alcohal extract i.e; tincture			
Trees	Akhrot	Juglans regia	Local/ Forest	Plenty	Rear	Wild/ home garden	Leaves are used in treatment of of chronic coughs, asthma & purify blood and treat diabetes			
Trees	Bankhor	Aesculus indica	Forest	Plenty	Rear	Wild	Treatment of skin diseae, Rh, astringent, narcotic, relef of headache			
Trees	Braari	Ulmus wallichiana	Forest	Plenty	Rear	Wild	Used as Firewood & fodder			
Trees	Bren	Ulmus villosa	Forest	Plenty	Rear	Wild	Medicinal ,aeromatic,anti- inflammatory, furniture			

Trees	Brimij	Celtis australis	Forest	Plenty	Rear	Wild	Treatment of amenorrhoea,heavy menstrual bleeding & colic		
Trees	Chaamp	Alnus nitida	Forest	Plenty	Rear	Wild	Bark is used to treat swelling & body pain		
Trees	Haadi	Prunus armeniaca	Forest	Plenty	Rear	Wild	Antisposmodic, chronic bronchitis		
Trees	Hatab	Parrotiopsis jacquemontiana	Forest	Plenty	Rear	Wild	Used for handles walking sticks		
Trees	Heru	Quercus ilex	Forest	Plenty	Rear	Wild	Firewood & fodder		
Trees	Kahu	Olea cuspidate	Forest	Plenty	Rear	Wild	Root/ bark decoction is used as a remedy for malaria		
Trees	Kakarsinghi	Pistacia integerrima	Forest	Plenty	Rear	Wild	Used in traditional herbalism for cough, asthma, fever, vomiting		
Trees	Kanjal	Acer caesium	Forest	Plenty	Rear	Wild	Used for treatment of muscular swelling,boils & pimples		
Trees	Spruce	Picea smithiana	Forest	Plenty	Rear	Wild	Used in pulp industry to make paper, also used for construction shingles, crates & household purposes.		
Trees	Trikanni	Acer pictum	Forest	Plenty	Rear	Wild	Use as food ,medicine,ornamental & source of wood		
Trees	Tung	Cotinus coggygria	Forest	Plenty	Rear	Wild	Formally used to make yellow dye		
Trees	Zum	Prunus cornuta	Forest	Plenty	Rear	Wild	Improves digestion		

Format 15: Domesticated Animals

1	2	3	4	5	6	,	7	8	9	10	11	12
Animal Type	Local Name	Scientific Name	Breed (local/	Features	Method of	Local	status	Uses	Associated	Commercial	Other details including products	Community Know.
Annual Type	Local Name	Scientific Name	hybrid)	reatures	keeping	Past	Present	Uses	TK	rearing	and services	Holders
Sheep	Daeng,	Orisaries	Local	Small size rough coat	Flock rearing	Plenty	Rare	Mutton and wool	Yes	Yes	Mutton, wool, manure, bones and hides	Local/Nomads
Sheep	Daeng,	Orisaries	Rambouillet cross bread	Large size low body weight	Flock rearing	Rare	Plenty	Mutton and wool	Yes	Yes	Mutton, wool, manure, bones and hides	Local/Nomads
Goat	Bakri	Capra hircas	Local	Small size low body weight	Flock rearing	Plenty	Rare	Mutton and wool	Yes	Yes	Mutton, wool, manure, bones and hides	Local/Nomads
Goat	Bakri	Capra hircas	Kaghani, bakasooli	Large size high body weight	Flock rearing	Rare	Plenty	Mutton and wool	Yes	Yes	Mutton, wool, manure, bones and hides	Local/Nomads
Cow	Gaaa,	Bos taures	Local	Cow have hooves on there feet and can weight upto 400 pounds	Flock rearing	Rare	Plenty	Milk, Cow dung	Milk good for health	Yes	High milk production	Local/Nomads
Buffalo	Bhains	Babulas	Local	Dark slab colour less	Domesticate	Plenty	Rare	Milk, Dung	Milk good for health	Yes	High milk production	Local/Nomads
Ox	Bhadel	Bos spp.	Local	For plugging	Domesticate	Plenty	Rare	For plugging	Use for plugging	Yes	Use for plugging	Local/Nomads
Dog	Kotar	Cains familiaris	Local	Pet	Pet	Rare	Plenty	Guard, hunting dog	Nil	Nil	Nil	Local/Nomads
Cat	Balai	Felis cats	Local	Pet	Pet	Rare	Plenty	Pest control	Nil	Nil	Nil	Local/Nomads

		Yak	Chonr	Bos grunniens						Ploughing				
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					Format 16: Cu	lture Fis	sheries					
1	2	3	4	5	6	,	7	8	9	10	11	12
Fish Type	Local Name	Scientific	Variety	Features	Waterscape (pond	Local status		Uses	Associated TK	Commercial	Other details	Community
rish Type	Local Ivalit	Name	varicty	reatures	/ bheri / talao)	Past	Present	Oscs	Associated TK	rearing	Other details	Community Know. Holders
NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL

Format-17: Markers/ Fairs for Domesticated Animals, Medicinal Plants and other products.											
1	2	3	4	5	6	7	8	9			
Name of the Weekly Market/ Fair	Location	Weekly/ Fortnightly & others Bi-annual/ Annual	Day held	Month incase of bi- annual or annual market fair	Types of animal bought and sold	Number of animals (average) transacted in a day	the enimals are	Places to where the animals are transported			
				Nil							

WILD BIODIVERSITY.

$Format-18: Trees, Shrubs, Herbs, Tubers, Grasses, Climbers\ etc.$

1	2	3	4	5		6	7	8	9	10	11
Plant Type	Local Name	Scientific Name	Habit	Habitat	Local Past	status Present	Commercial/ own use	Part collected	Associated Tk	Other details	Community Knowledge Holder
Shurb	Ban Kakkri	Podophyllum hexandrum	Grow Annually	Forest	Plenty		Useful to the skin for removal of warts,including plantar warts & sexually tranmitted warts.	Fruit			Inhabitants of the area.
Shurb	Rhubarb (Churko)	Rheum spiciforme	Grow Annually	Forest	Plenty	Rare	Harvested from the wild for local use as a food & medicine	Flower/ stem			
Herb	Kuth	Saussurea costus	Grow Annually	Forest	Plenty	Rare	The root & oil from the root are used to make medicine.treating for asthma, cough,gas,worm(nemotode).	Root/ Rhizome			
Herb	Murg jawain, Bajarbhang	Hyoscyamus niger	Grow Annually	Forest	Plenty	Rare	Useful for ailmentsof the bones,Rh,toothache,asthma,co ugh nervous disease & stomach pain.	Seeds			
Herb	Guggal/Dhoop	Jurinea dolomiaca	Grow Annually	Forest	Plenty	Rare	useful for the treatment of fevers.The root extract is used as an incense,skin eruption,gout & Rh,	Roots			

Herb	Rohan-hak/ Pran/ Gogcheegma	Allium carolinianum	Grow Annually	Forest	Plenty	Rare	Contain sulphur compounds (which give them their onion flavour)help to reduce blood cholesterol levels,acts as a tonic to the digestive system	Bulbs, Leaves, Flowers
Herb	Gaozabaan (Ratanjot)	Amebia benthami	Grow Annually	Forest	Plenty	Rare	Used for imparting pleasing red colour to fodstuff,oils & fats. The flowering shoots are used in prepration of Shrubet(syrup) & jam useful in various disease of tongue,throat,fever & Cardiac disarders	Roots, Rhizomes
Shurb	Dhatura	Dhatura metel	Grow Annually	Forest	Plenty	Rare	hydrophobia,epilepsy,convulsi on,syphilis,inflammation of the breasts, smallpox,mumps & leprosy,also used as a nesticide.	Seeds
	Gokhru	Tribulus terrestris	Grow Annually	Forest	Plenty	Rare	Traditionally,people have used this plant for a variety of potential effects,I ncluding to enhance libido,keep the urinary tract healthy & reduce swelling.	Leaves & Flowers
Shurb	Seski (murin)	Artemisia brevifolia	Grow Annually	Forest	Plenty	Rare	Used as a digestive & carminative & hence mixed with meat dishes,known to be an anthelmintic,aphrodisiac,antis eptic,laxative,blood purifier & antidote to scorpion stings.	Leaves
Herb	Zakhm-e-hayaat	Bergenia ciliata	Wild	Forest	Plenty	Rare	Useful for the treatment of uterine contraction,ulcers,fever & kidney stone,also treat throat infection,diabetes.	Leaves & Roots
	Surajan-e-talakh	Colchicum luteum	Wild	Forest	Plenty	Rare	Used as a carminative ,laxative & are effective in the treatment of gout,Rh,& disease of liver & spleen.	Corms

Herb	Salam-panja	Dactylorhiza hatagirea	Wild	Forest	Plenty	Rare	Widely used to cure various diseass like dysentery, diarrhoea, chronic fever, cough, stomachache, wounds, cuts, burns, fractures & general weakness.	Roots, Rhizomes
Climber	Shingli-mingli	Dioscorea deltoidea	Wild	Forest	Plenty	Rare	Rhizomes used for the treatment of different diseases such as digestive disorders, sore of throat for struma,dirrhea,wounds,burns & anemia.	Roots
Shurb	Kalveuth	Prunella vulgaris	Grow Annually	Forest	Plenty	Rare	Useful to treat infections & other illnesses,inflammation,protect against cancer,prevent diabetes complications.	Leaves & Flowers
	Ravend-Chini (Pambchalan)	Rheum australe	Grow Annually	Forest	Plenty	Sporadic	Used as laxative & also used in various herbal preparations.	Roots, Rhizomes
Herb	Handh	Traraxacum officinale	Grow Annually	Forest	Plenty	Rare	Has a special effect on the organs involved in digestion, its coffee helps with liver damage & liver weakness as well as bile weakness, stimulate pancreas & kidney function.	Leaves
Herb	Mushakbala	Valeriana hardwickii	Wild	Forest	Plenty	Rare	Useful in epilepsy,hysteria,hypochondri asis,nervous unrest & skin diseases.	Roots

Shurb	Kasrore	Diplazium esculentum	Grow Annually	Forest	Plenty	Rare	Used as vegetable,dried rhizomes are used as an insecticide,decoction of this plant is used in the treatment of cough & sometimes as a tonic.	Leaves
	Shivlingi	Diplocyclos palmatus	Grow Annually	Forest	Plenty	Rare	Useful for treatment of Aphrodisiac & tonic, constipation,stomach problem,diarrhoea,malaria fever etc.	Ariel plants parts
Herb	Patrees	Aconitum heterophyllum	Grow Annually	Forest	Plenty	Threatened	Usefulto treat bronchitis,persistent cough,upper respiratory tract infections, common cold,flu & malaria,treat fever,cough,vomiting & diarrhea.	Roots
	Pushkarmula	Inula racemosa	Grow Annually	Forest	Plenty	Rare	Treat chronic bronchitis & Rh,dried hizomes & roots are used to cure loss of appetite & stomach troubles.	Roots, Rhizomes
	Tilpushpi (Foxglove)	Digitalis purpurea	Grow Annually	Forest	Plenty	Rare	Useful to treat congestive heart failure & heart rhythm problems	Roots
Shrub	Gur-Krandel	Ferula jaeschkeana	Wild	Forest	Plenty	Rare	Treatment of asthma, who oping cough, flatulent colic, pneumonia, bronchitis	Leaves, Flowers
Herb	Resha-Khatmi	Lavatera cashmeriana	Grow Annually	Forest	Plenty	Rare	A known medicinal herb used in many unani medicinal preprations,cure throat problem,mild laxative,	Leaves, Roots & Flowers

Herb	Kour, Kutki, Kadu, Kadvi	Picrorhiza kurroa	Wild	Forest	Plenty	Rare	Used for the treatment of jaundice, sudden liver infections caused by a virus, fever, allergy & asthma.	Roots
	Chuka Ladur	Polygonum alpinum	Grow Annually	Forest	Plenty	Rare	Used for edible,an acid flavour,the juice from the plant has been sweetened & used asa refreshing drink.	Leaf stems
	Pitsuaak (Birjung, Pitsouli, Phagermula)	Arctium lappa	Wild	Forest	Plenty	Rare	Used therapeutically as a depurative, diuretic & digestive stimulant & for dermatologic conditions.	Roots
Herb	Marchi	Thymus linearis	Wild	Forest	Plenty	Rare	Useful for the treatment of abdominal pain & vomiting	Flowers
Shurb	Kala Zeera	Bunium persicum	Grow Annually	Forest	Plenty	Rare	Useful in treatment of gastro intenstinal illnesses,including diarrhea & inflammatory bowel disease.	Seeds
Herb	Rumkath, Budarkath (Gidar Tambakoo)	Verbascum thapsus	Wild	Forest	Plenty	Rare	Useful to treat pulmonary problems ,inflammatory diseases,asthma,diarrhoea & migraine headaches.	Leaves
	Kuhushbondhri (Gas plant)	Dictamnus albus	Grow Annually	Forest	Plenty	Rare	The plant is used both internally & externally in the treatment of skin diseases (especially scabies & eczema), arthritic pain & jaundice.	Leaves, Bark & Root
Tree	Khareu	Ilex dipyrena	Grow Annually	Forest	Plenty	Rare	Moderate sized evergreen tree with light gray smooth bark. Close grained with a preety silver grain, the wood is used for fuel.	Flower, Leaf & Fruit

Herb	Kasnil Hand	Cichorium intybus	Grow Annually	Forest	Plenty	Rare	Useful in treatment of liver disorders,diabetes,jaundice,go ut,Rh	Flowers
Shrub		Cassiope fastigiata	Wild	Forest	Plenty	Rare		Stem/ Branches
Herb	Pambechalan/ chukri	Rheum emodi	Grow Annually	Forest	Plenty	Rare	Used in various traditional systems as laxative,tonic,fever,cough,indi gestion & menstrual disorders.	Roots
Tree		Crataegus songarica	Cultivated	Forest	Plenty	Rare	Treatment against certain fungal & bacterial diseases.	Roots
Tree	Zum	Prunus cormuta	Grow Annually	Forest	Plenty	Rare	Helpful in the treatment of cancer.	Timber
Herb	Neelkanth	Ajuga bracteosa	Grow Annually	Forest	Plenty	Rare	Useful in the treatment of agues, the juice of the root is used in the treatment of diarrhoea & dysentery, leaves are used in treatment of fevers as a substitute for quinine	Roots
Herb		Rumex nepalensis	Grow Annually	Forest	Plenty	Rare	A paste of the root is applied to swollen gums. The leaves are used in the treatment of colic. The juice of the leaves is applied externally to relieve headaches.	Whole Plant
Herb	Bergeur,Gandana	Achillea millifolium	Wild	Forest	Plenty	Rare	used in folk medicines to treat inflammation,pain & gastrointestinal disorders.	Aerial plant parts

Herb		Rumex acetosa	Grow Annually	Forest	Plenty	Rare	Useful to cure itchy skin & ringworm,laxative.	Leaves
Herb		Sinopodophyllum hexandrum	Grow Annually	Forest	Plenty	Rare	Used for the ayurvedic treatment of warts,skin diseases.	Roots,Rhizome s,Resin
		Aconitum	Grow Annually	Forest	Plenty	Rare	In homeopathy, used to treat fear, anxiety & restlessness, acute sudden fever.	Flowers,Roots
Herb	Choru/Chohori	Angelica glauca Edgw	Wild	Forest	Plenty	Rare	Used in Dyspepsia,constipations,ulcer of plate,Dysentry, Roots are used as a drug wound and gastric pains	Roots
Herb	Cow Parsnip	Heracleum candicans Wallich ex Benth	Wild	Forest	Plenty	Rare	The roots are a very good source of xanthotoxin ,which is used in the prepration of suntan lotions & to some extent for the treatment of leucoderma.	Roots
Climber	Agranth	Hedera nepaiensis K. Koch	Wild	Forest	Plenty	Rare	Used for cure of benign wart, anti-inflamatory & anti-arthritic properties.	Leaves
Shrub	Bakru	Lonicera quinquelocularis Hardew	Wild	Forest	Plenty	Rare	Used for turnery & carving, also used for walking sticks.	Stem.,Braches
Shrub	Chalander	Viburnum grandiflorum Wallich ex DC	Grow Annually	Forest	Plenty	Rare	Used as laxative & blood purifier, also used to reduce muscular cramps.	Fruit

Herb		Galium aparine L	Wild	Forest	Plenty	Rare	used as diuretic, used to treat swollen lymph glands, tonsillitis and throat infections.	Leaves,Stem
Herb	Mushkbala	Valeriana jatamansi Jones	Grow Annually	Forest	Plenty	Rare	useful for epilepsy,hysteria,skin diseases & nervous unrest.	Dried roots & Rhizomes
Tree	Fir	Abies pindrow Spach	Wild	Forest	Plenty	Rare	used for treating fever,wheezing cough & cold.	Seeds,Timber
Tree	Deodar	Cedrus deodara (Roxb) G. Don	Wild	Forest	Plenty	Rare	used in neurological disorders,asthma,fever,arthriti s & headache.	Seeds ,Timber oil
Tree	Spruce	Picea smithiana (Wall.) Boiss	Wild	Forest	Plenty	Rare	used in pulp industry to make paper, also used for construction shingles, crates & household purposes.	Seeds,Timber
Tree	Chilgoza	Pinus gerardiana Wall	Wild	Forest	Plenty	Rare	used in anti-bacterial,anti- viral,anti-fungal,anti-septic,& anti-hypertensive.	Seeds
Tree	Kail	Pinus wallichiana Jackson	Wild	Forest	Plenty	Rare	usful in treating burning of the body,cough,fainting & ulcers.	Timber
Herb		Asplenium dathousiae Hook	Grow Annually	Forest	Plenty	Rare	Effective in typhiod, expectorant, anthelme ntic & laxative.	Leaves
Herb	Gentheer	Adiantum capillus- veneris L	Grow Annually	Forest	Plenty	Rare	used for antibacterial,anti- implantation,antihyperglycem ic.	Leaves

Herb	Sapp Guggal	Arisaema flavum (Forsskal) Schott	Wild	Forest	Plenty	Rare	used in the treatment of chronic tracheitis, bronchiectasis, tetanus and epilepsy	Leaves, Tubers
Herb		Colocassia esculenta (L.) Schott	Grow Annually	Forest	Plenty	Rare	used for the treatentof asthma,arthritis, diarrhea, neurological disorders.	Leaves
Herb	Deela	Cyperus rotundus L	Grow Annually	Forest	Plenty	Rare	Malaria,diarrhea,dibaties	Rhizomes,Root
Herb	Drub	Cynodon dactylon (L) Pers	Wild	Forest	Plenty	Rare	used as a laxatie,coolant,expectorant, & as a brain & hert tonic used for all types of bleedings & skin troubles.	Whole plant
Herb	Palain	Dichanthium annulatum Stapf	Grow Annually	Forest	Plenty	Rare	commonly used as a fodder grass.	Whole plant
Herb	Kai	Saccharum spontaneum L	Grow Annually	Forest	Plenty	Endangered	useful in treatment of dyspepsia, burning sensation, piles, sexual weakness, gynecological troubles, respiratory troules.	Flowers,Grass
Shrub	Vethur	Juniperus communis Linn	Wild	Forest	Plenty	Rare	used as anti-diarrhoeal,anti- inflammatory,astringent & antiseptic & also used for the treatment of various abdominal disorders.	Stem
Tree	Postul/Brahmi	Taxus baccata L	Grow Annually	Forest	Plenty	Rare	useful for treating common cold,cough,fever & pain.	Leaves,Bark
Herb		Geranium robertianium L	Grow Annually	Forest	Plenty	Rare	useful for the treatment of diabetes, bleedings, stomach aliments, kidney infections, jaundice etc.	Leaves

Herb	Gul-e-sanobar	Geranium wallichianum D. Don. Ex Sweet	Grow Annually	Forest	Plenty	Rare	used as a cure fortoothache and has been applied externally to the eyes.	Roots,Bark
Herb	Chuku	Oxalis corniculata L	Wild	Forest	Plenty	Rare	used in the treatment of influenza,fever,urinary tract infections & poisonous snake bites.	Whole plant
Herb	Hillu	Impatiens glandulifera Royle	Grow Annually	Forest	Plenty	Rare	It is one of the Bach flower remedies, flower extracts used as herbal remedies for physical & emotional problems.	Flower
Shrub	Sanglidhoop	Skimmia anquetilia N.P Taylor & Airy Shaw	Wild	Forest	Plenty	Rare	used for treatment of swellings,rheumatism & therapy. Powder of its bark is used for the healing of burns & wounds.	Leaves
Shrub	Beri	Zizyphus oxyphylla Edgw	Grow Annually	Forest	Plenty	Rare	used to treat diabetes,fever,dysentery,as well as blood & skin diseases	Fruit
Tree	Horse chest nut	Aesulus hippocastanum L	Grow Annually	Forest	Plenty	Rare	used for treatment of dysentry,bronchitis,hemorrhoi ds.	Leaves
Tree	Kanjal	Acer caesium Wallich ex Brandis	Wild	Forest	Plenty	Rare	used for treatment of muscular swelling,boils & pimples	Leaves
Tree	Mapple	Acer cappadocicum Gled	Grow Annually	Forest	Plenty	Rare	It is an ornamental tree	Sap,Seeds
Shrub		Staphyiea emodi Wallich ex Brandis	Grow Annually	Forest	Plenty	Rare	Used for making walking sticks	Wood

Herb	Ban Tambaku	Verbascum thapsus L	Grow Annually	Forest	Plenty	Rare	Inflammatory diseases,asthma,cough,diarrho ea	Leaves
Herb	Neelkanth	Ajuga bracteosa Wall ex Benth	Grow Annually	Forest	Plenty	Rare	Treats agues, diarrhoea& dysentery	Leaf
Herb		Marrubium vulgare L	Grow Annually	Forest	Plenty	Rare	Digestion problem, breathin problem	Whole plant
Herb	Jungli Pudina	Mentha arvensis L	Wild	Forest	Plenty	Rare	As a food, stomach problem & allergy	Leaves
Herb	Vena	Mentha longifolia (L) Hudson	Wild	Forest	Plenty	Rare	Respraitory ailments, treat wounds	Leaves
Herb	Kal viuth	Prunella vulgaris L	Wild	Forest	Plenty	Rare	Protect against cancer, herpes	Leaves
Shrub	Sheshak	Rabdosia rugosa (Wall ex Benth) Hara	Grow Annually	Forest	Plenty	Rare	Remedy of helminthiosis, in live stocks	Leaves
Herb	Kashmir sage	Salvia hians Royle ex Benth	Wild	Forest	Plenty	Rare	Heal eye infections	Aerial Parts
Herb	Gaddo	Salvia moorcroftiana Wall	Wild	Forest	Plenty	Rare	Gas, gastritis, heart burn	Roots
Shrub	Kanhaji	Sorbaria tomentosa Rehder	Grow Annually	Forest	Plenty	Rare	Ornamental, stimulate, respiration	Whole Plant
Shrub	Dhak	Spiraea canescens D. Don	Wild	Forest	Plenty	Rare	Fodderfor goats, making baskets	Whole Plant
Herb	DhadKopdi	Bergenia stracheyi (H.F.T) Engl	Wild	Forest	Plenty	Rare	kidney & gall bladder stone	Roots

Herb	Agg jari	Saxifraga jacquemontiana Decne	Grow Annually	Forest	Plenty	Rare	Medicinal pupose & human sustenance.	Roots,Flowers
Herb	Dand jari	Rhodiola himalensis (D.Don) S.H. Fu	Wild	Forest	Plenty	Rare	Help the body to resist physical, chemical & environmental stress	Bark
Herb	Kuuppad jari	Sedum ewersii Ledeb	Wild	Forest	Plenty	Rare	Herbal remedy for diptheria, ring worm, treats pimples, acne etc.	Whole plant
Shrub	Hatab	Parrotiopsis jacquemontiana (Decne) Rehder	Wild	Forest	Plenty	Rare	used for handles walking sticks	Wood
Shrub	Anar	Punica granatum L	Wild	Forest	Plenty	Rare	Treatment of cancer,osteo- arthritic	Whole plant
Herb	Wallichos willow	Epilobium latifolium L	Grow Annually	Forest	Plenty	Rare	Analgesic,anti-dote	Whole plant
Tree	Ringkul	Crataegus songarica G. Koch	Grow Annually	Forest	Plenty	Rare	Pulmonary disesses	Whole plant
Herb	Wild Straberry	Fragania nubicola Lindl ex Lacalta	Grow Annually	Forest	Plenty	Rare	As food, treats profuse mensuration	Fruit
Tree	Haadi	Prunus armeniaca L	Wild	Forest	Plenty	Rare	Antisposmodic, chronic bronchitis	Whole plant
Shrub		Rubus hoffmeisterianus Kunth & Bouche	Grow Annually	Forest	Plenty	Rare	Anti-microbial, anti-cancer	Root,Tubers

Herb	Patrishi	Aconitum heterophyllum Wallich ex Royle	Wild	Forest	Plenty	Rare	Treats reproductive disorders	Not Available
Herb	Tatnu	Caltha palustris L	Wild	Forest	Plenty	Rare	Treatment of fits & anemia	Leaves,Stem
Herb	Jala-Kafal	Atropa acuminata Royle	Wild	Forest	Plenty	Rare	used to make plasters ,in asthma	Whole plant
Herb		Datura stramonium L	Wild	Forest	Plenty	Rare	stomach pain toothache	Seed
Herb		Hyoscyamus niger L	Grow Annually	Forest	Plenty	Rare	ailment of bones, nervous diseases	Leaves,seeds
Herb		Solanum nigrum L	Wild	Forest	Plenty	Rare	dysentery, fever& stomiach complains	Roots
Herb		Solanum surattense Burm. F	Grow Annually	Forest	Plenty	Rare	bronchitis, cough & constipation	Whole plant
Herb		Digitalis lanata Ehrh	Wild	Forest	Plenty	Rare	heart condations, reduce swelling	Leaves
Herb		Digitalis purpurea L	Grow Annually	Forest	Plenty	Rare	treat heart failure, swelling	Leaves
Herb		Pedicularis pectinata Wall	Grow Annually	Forest	Plenty	Rare	muscle tension, neck & back pain	Flower,Leaves
Herb		Pediculans punctata Decne	Grow Annually	Forest	Plenty	Rare	used in treatment of leucorrhoea, fevers, sterility, rhe umatism.	Root
Herb		Picrorhiza kurrooa Benth	Grow Annually	Forest	Plenty	Rare	sudden liver infections, fever allergy	Root,Rhizome

Herb		Achyranthes aspera Linn	Grow Annually	Forest	Plenty	Rare	indigestion, snakebite	Whole Plant
Herb		Plantago lanceolata L	Grow Annually	Forest	Plenty	Rare	eye irritation, inflamation of mouth	Leaves
Herb		Plantago major L	Grow Annually	Forest	Plenty	Rare	wound healing, anti inflamation	Aerial Parts
Herb		Plantago himalaica Pilg	Grow Annually	Forest	Plenty	Rare	applied on wounds, anti microbial	Leaves
Herb	Brand	Phytolacca acinosa Roxb	Wild	Forest	Plenty	Rare	urinary disorders, abdominal tensions	Leaves,Roots
Herb		Bistorta amplexicaulis (D. Don) Greene	Grow Annually	Forest	Plenty	Rare	leveas as vegetables, tea, fever, joints	Dried Rhizomes
Herb		Oxyria digyna Hill	Wild	Forest	Plenty	Rare	used to treat scurvy,dysentery	Leaves,Roots, Stem
Herb		Aconogonum alpinum (All) Schur	Grow Annually	Forest	Plenty	Rare	as vegetable	Leaves
Herb		Rheum australe D. Don	Grow Annually	Forest	Plenty	Rare	Gastritis,blood purification	Rhizomes,Root s
Herb		Rheum moorcroftianum Royle	Grow Annually	Forest	Plenty	Rare	improve memory,renal function disorder	Rhizomes,Root
Herb		Rumex acetosa L	Grow Annually	Forest	Plenty	Rare	Treatment of itchy skin,scurvy	Leaves

Herb		Rurnex hastatus D. Don	Grow Annually	Forest	Plenty	Rare	Treatment of bloody dysentery,aches in throat	Root,Leaves,S eed
Herb		Rurnex nepalensis Spreng	Grow Annually	Forest	Plenty	Rare	swollen gums,headache.body pain	Root,seed,Leaf
Tree		Daphne oleoides Schreib	Grow Annually	Forest	Plenty	Rare	cutaneous affections,gonorrhoea	Bark,Leaves
Herb	Mulain	Inula royleana DC	Wild	Forest	Plenty	Rare	reduce blood pressure,perestatic movement in intenstines	Aerial Parts
Herb		Jurinea dolomiaea Boiss	Grow Annually	Forest	Plenty	Rare	loss of apetite, cold bronchitis	Root
Herb		Lactuca lessertiana (DC) C.B Clarke	Grow Annually	Forest	Plenty	Rare	curative properties	Not available
Herb		Leontopodium himalayanum DC	Grow Annually	Forest	Plenty	Rare	used in herbal and protect over skin	Aerial Parts
Herb		Saussurea albescence HK F & T	wild	Forest	Plenty	Rare	ornamental	Whole plant
Herb		Saussurea heteromalla (D. Don) Hand Mazz	wild	Forest	Plenty	Rare	horse bite, oil, leucoderma & wounds	Leaf, root
Herb		Saussurea lappa Clarke	Grow Annually	Forest	Plenty	Rare	anti ulcer, anti cancer	Root
Herb		Senecio amplexicaulis Wall	Grow Annually	Forest	Plenty	Rare	antifungal and phytotoxic	Whole Plant

Herb	Jarjam	Senecio chrysanthemoides DC	Grow Annually	Forest	Plenty	Rare	used in eye infections	Whole Plant
Herb		Senecio gradliflorus DC	Grow Annually	Forest	Plenty	Rare	used in treatment of irregular menses, ease child birth	Root
Herb		Senecio nudicaulis Ham	Grow Annually	Forest	Plenty	Rare	used in treatment of fever and skin diseases	Leaves
Herb		Solidago virga aurea L	wild	Forest	Plenty	Rare	used in treatment of best pain, insomnia	Flowers,Leave
Herb		Sonchus arvensis Linn	Grow Annually	Forest	Plenty	Rare	used in treatment of asthma,chest diseases	Stems,Leaves
Herb		Sonchus asper Vill	Grow Annually	Forest	Plenty	Rare	used in treatment of skin ailments,anti-bacterial	Leaves,Stem,T ops
Herb		Sonchus oleraceus L	Grow Annually	Forest	Plenty	Rare	used for blood purifier,anti- malarial	Stem & Leaves
Herb		Tanacetum gracile Hook. F. & T	Grow Annually	Forest	Plenty	Rare	used in treatment of intestinal worms,prevent miscarriage	Dried Aerial Parts
Herb	Handh	Taraxacum officinate Weber	wild	Forest	Plenty	Rare	increase urine production,,decrease pain	Fruits,Leaves
Shrub		Lyonia ovalifolia (Wallich) Drude	Grow Annually	Forest	Plenty	Rare	treat skin disease,external parasite	Leaves& Buds
Shrub		Rhododendron campanulatum D. Don	Wild	Forest	Plenty	Rare	treat chronic rheumatism,headache	Leaves

Shrub		Elaeagnus parvifolla Wallich ex Royle	Wild	Forest	Plenty	Rare	anti-inflamatory anti-oxidant	Flowers,Seed
Climber		Viscum album L	Wild	Forest	Plenty	Rare	treatment of cardiac weakness,arrhythmia	Leaves,Stem,P ea sized Berries
Herb		Euphorbia cognata (Klotzsch & Garcke) Boiss	Grow Annually	Forest	Plenty	Rare	Breathing disorder,asthma	Seed Stem
Herb		Euphorbia rothiana Spreng	Grow Annually	Forest	Plenty	Rare	Rheumatism,warts,cough,asth ma	Stem Bark
Herb		Euphorbia helioscopia L	Wild	Forest	Plenty	Rare	used in pharmaceutical industry.	Leaves, Stem,Root
Herb		Euphorbia wallichii Hook F	Grow Annually	Forest	Plenty	Rare	used against constipation	Leaf,root
Shrub		Sarcococca saligna (D.Don) Meull Arg	Grow Annually	Forest	Plenty	Rare	laxative ,blood purifier & muscular analgesic	Leaf,Bark,Roo t
Herb		Girardinia heterophylla Decne	Grow Annually	Forest	Plenty	Rare	used as soap/shampoo for washing,cattle fodder	Whole Plant
Herb		Urtica dioica Linn	Wild	Forest	Plenty	Rare	urinary tract infections	Root
Tree	Brimij	Celtis australis Willd	Wild	Forest	Plenty	Rare	treatment of amenorrhoea,heavy menstrual bleeding & colic	Leaves,Root
Tree		Ulmus wallchiana Planch	Wild	Forest	Plenty	Rare	used to heal body mind & skin	Leaves
Herb		Cannabis sativa L	Wild	Forest	Plenty	Rare	used for recrational or medicinal purposes	Whole Plant

Herb		Viola betoniofolia Smith	Wild	Forest	Plenty	Rare	used as sedative	Whole Plant
Herb		Violacanescens Wallich	Grow Annually	Forest	Plenty	Rare	used for cough .cold,flu,fever & malaria	Leaf,Flower
Herb		Viola indica W Becker	Grow Annually	Forest	Plenty	Rare	Respraitory tract congestion asthma ,sore throat	Flowers
Herb		Viola kunawarensis Royle	Grow Annually	Forest	Plenty	Rare	chronic bronchitic,asthma	Flowers
Herb		Dianthus jacquemontii Edgew	Grow Annually	Forest	Plenty	Rare	used to stimulates urinary system,digestive system & bowels	Flowers
Herb		Gypsophilla cerastioides D Don	Grow Annually	Forest	Plenty	Rare	used for production of photographic films	Not Available
Herb		Lychinus indica Benth	Grow Annually	Forest	Plenty	Rare	Source of soaps ,ornamentals purposes	Roots,Flowers
Herb		Silene edgeworthii Bocquet	Grow Annually	Forest	Plenty	Rare	Anti-cancer,anti-fungal & anti-viral	Leaves
Herb		Stellaria media L	Grow Annually	Forest	Plenty	Rare	cough ,cold constipation,burns	Whole plant
Herb		Hypericum elodeoides Choisy	Grow Annually	Forest	Plenty	Rare	treatment in mild to moderate depression	Aerial Parts
Shrub		Hypericum oblongifolium Choisy	Wild	Forest	Plenty	Rare	Hepatitis,gastric ulcers	Aerial Parts
Herb		Hypericum perforatum L	Wild	Forest	Plenty	Rare	Moderate depression ,anxiety & sleep disorders	Aerial Parts
Herb	Suchal	Malva neglecta Wallr	Wild	Forest	Plenty	Rare	Astringent,demulcent,diuretic	Leaves,Floers, Root
Herb		Geranium polyanthes Edgew & H.F	Wild	Forest	Plenty	Rare	Tumor,cosmetic,laxative & hair colour	Flower
Herb	Gugchuk,Ringras h	Geranium pretense L	Grow Annually	Forest	Plenty	Rare	cholera,diarrhoea	Root

Shrub	Tung	Cotinus coggygnia Scop	Grow Annually	Forest	Plenty	Rare	Coagulant,fever reducer	Leaves,Bark
Shrub		Rhus succedanea L	Wild	Forest	Plenty	Rare	Treatment of phthisis	Fruits
Herb		Astragalus grahamianus Royle ex Benth	Wild	Forest	Plenty	Rare	Urinary disease,respiratory,skin problems	Roots
Shrub		Astragalus himalayana Klotsch	Grow Annually	Forest	Plenty	Rare	Kidney disease,diabetes	Gum
Shrub	Shemar	Desmodium elegans DC	Wild	Forest	Plenty	Rare	used for chronic hepitites, treatment of bilious ccomplaints	Whole Plant
Shrub		Indigofera heterantha Wallich ex Brandis	Grow Annually	Forest	Plenty	Rare	branches are used as basket making it is also used as fuel	Floers ,Branch es
Shrub		Indigofera tinctoria L	Grow Annually	Forest	Plenty	Rare	used to treat nervous disorders,asthama, liver disease	Flowering & Fruiting Branches
Herb		Lathyrus aphaca Linn	Grow Annually	Forest	Plenty	Rare	used in the treatment of toothache	Seed
Herb		Oxytropis lapponica Wahlenb Gay	wild	Forest	Plenty	Rare	foiliage & roots are used for detoxification, pain relief	Roots
Herb		Medicago lupulina Linn	wild	Forest	Plenty	Rare	flowers are used for making honey	Flowers
Herb		Medicago polymorpha Linn	Grow Annually	Forest	Plenty	Rare	leaves & young shoots are used for as food, used as green manure	Leaves,Shoot
Herb		Robinia prsudoacacia L	Grow Annually	Forest	Plenty	Rare	dried leaves are used in treatment of wounds also used in treatment of fever.	Dried Leaves
Herb		Trifalium fragiferum L	Grow Annually	Forest	Plenty	Rare	used as green manure & flowers are used to make jelly	Flowers,Leave
Herb		Trifllum repens L	Grow Annually	Forest	Plenty	Rare	a lincture of the leves are applied as an ointmentto Govt.	Flowers,Leave

Herb		Trigonella emodi Benth	wild	Forest	Plenty	Rare	Reduce fever	Stem ,Leaves
Herb		Vicia sative Linn	Grow Annually	Forest	Plenty	Rare	seeds are used to form bread, cakas, biscuits	Seed
Herb		Vicia sepium Linn	Grow Annually	Forest	Plenty	Rare	used as nitrogen fixation used for hay or silage particulary arable silage.	Rhizomes,Lea ves
Tree		Fiaus palmata Forsk	Grow Annually	Forest	Plenty	Rare	used for treatment of longs & bladder diseases	Fruit
Tree		Monus serrate Roxb	Grow Annually	Forest	Plenty	Rare	juice of the root is used as an anthelmintic.wood is used for making furniture	Root ,Wood
Tree		Platanus orientalis L	Grow Annually	Forest	Plenty	Rare	Making fabric dye,	Dried leaves
Tree	Akhroot	Juglans regia Linn	wild	Forest	Plenty	Rare	leaves are used in treatment of of chronic coughs,asthma & purify blood and treat diabetes	Leaves,Fruit,
Tree		Alnus nepalensis D. Don	Wild	Forest	Plenty	Rare	Used for making charcoal, reducing swelling of leg, juice is applied on burns	Wood,Leaves, Roots
Tree	Champ	Alnus nitida (Spach) Endl.	Grow Annually	Forest	Plenty	Rare	Bark is used to treat swelling & body pain	Bark
Tree	Bhoj patra	Betula utilis D Don	Wild	Forest	Plenty	Rare	Bark is used for writing lengthy scriptures & texts,also used for packaging	Bark
Tree		Corylus jacquemontii Decne	Wild	Forest	Plenty	Rare	seeds are used as oil	Seeds
Tree		Quercus baloot Griffith	Grow Annually	Forest	Plenty	Rare	seeds are used in manufacturing of insecticides	seeds
Tree		Populus alba L	Grow Annually	Forest	Plenty	Rare	used in the treatment of arthritis,gout,lower back problem and reduce fever	Stem,Bark

Tree		Populus oliata Wallich ex Royle	Grow Annually	Forest	Plenty	Rare	used as fuel wood, also useed as timber & making furniture	Whole Plant
Shrub	Willow	Salix alba Boiss	Wild	Forest	Plenty	Rare	stems are used in basket making.	Stem
Shrub	Kareel- kaimbal	Berberis aristata DC	Wild	Forest	Plenty	Rare	used in treament of juindice,urinary disorders	Root,Stem,Lea ves
Shrub		Berberis jaeschkeana C.K Schneider	Wild	Forest	Plenty	Rare	used in treatment of tumor	Rhizomes,Fruit
Shrub	Kaimal/Daruhaldi	Berberis lycium Royle Trans Linn	Wild	Forest	Plenty	Rare	used an immunity booster	Roots ,Stem,B ark
Herb		Podophyllum hexandrum Royle	Wild	Forest	Plenty	Rare	usedto treat gynecology infections	Rhizomes
Herb		Meconopsis aculeata Royle	Wild	Forest	Plenty	Rare	used to help heal broken bones,treaty inflammation from fractures	Whole Plant
Herb		Meconopsis latifolia Prain	Grow Annually	Forest	Plenty	Rare	used against ulces, disorders of lungs.	Flowers
Herb		Papaver somniferum L	Grow Annually	Forest	Plenty	Rare	used for commercial purposes	Whole Plant
Herb		Corydalis cachemiriana Royle	Grow Annually	Forest	Plenty	Rare	used for mild depression	Flowerrs,Stem s,Leaves
Herb	Bhutyata	Corydalis govaniana Wallich	Wild	Forest	Plenty	Rare	its drug is usd in the form of decoction	Whole Plant
Herb		Corydalis rutifolia (Sibth) DC	Grow Annually	Forest	Plenty	Rare	various medicinal value	Roots
Herb		Corydalis thyrsiflora Prain	Wild	Forest	Plenty	Common Vulnerable	used to treat stomach problem	Leaves,Flower
Herb		Fumaria indica Pugsley	Wild	Forest	Plenty	Rare	used as a common weed,isolation & polyherbal	Whole Plant

Herb		Capsella bursa pastoris (L) Moench	Wild	Forest	Plenty	Rare	used as a folk remedy for cancer,nose bleeding	Seeds,Leaves
Herb		Erysimum melicetae Dunn	Wild	Forest	Plenty	Rare	used in medicine,food item	Seeds
Herb		Nasturtium officinale Br.	Wild	Forest	Plenty	Rare	leaves are used as a pungent garnish,eatenraw in salads	Leaves,Fliowrr s,Buds
Herb		Brassica rapa L	Wild	Forest	Plenty	Rare	provides oils & vegetables,fodder	Whole Plant
Herb		Iris hookeriana M. Foster	Grow Annually	Forest	Plenty	Rare	used in aromatherapy,rhizomes given to babies to help in teething	Rhizomes
Herb		Iris kashmiriana Baker	Grow Annually	Forest	Plenty	Rare	used in treatment of joint pains	Rhizomes
Herb		Iris kemaonensis D. Don ex Royle	Wild	Forest	Plenty	Rare	flowers are used in herbal medicines	Flowers
Herb		Narcissus tazetta L	Grow Annually	Forest	Plenty	Rare	used in treatment of boils & mastits	Root
Herb		Dioscorea deltoidea Wal ex Kunth	Grow Annually	Forest	Plenty	Rare	used in treatment of digestive disorders ,wound & burns	Rhizomes
Herb		Allium royiei Stern	Wild	Forest	Plenty	Rare	used in breeding programmes	Leaves
Herb	Chingposh	Colchicum luteum Baker	Grow Annually	Forest	Plenty	Rare	used as carminative & aphrodisiac,treatment of gout	Corm,Seeds
Herb		Fritillaria roylei Hook	Grow Annually	Forest	Plenty	Rare	used for healing wounds	Roots
Herb		Gagea elegans Wall	Grow Annually	Forest	Plenty	Rare	Used in the form of infusions or decoctions.	Leaves
Herb		Notholirion thomsonianum (Royle) Stapf	Wild	Forest	Plenty	Rare	Treatment of Various infectious Diseases espically intestinal.	Flower,Leaves
Herb		Polygonatum multiflorum (Linn.) All	Grow Annually	Forest	Plenty	Rare	used in wound healing being anti-bectarial	Roots

ants	
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Inhabitants have got

Herb		Polygonatum verticillatum All	Grow Annually	Forest	Plenty	Rare	used to cure cardiptonic,aphrodisiac	Tender leaves, Young shoots
Herb		Trillium govanianum Wall	Wild	Forest	Plenty	Rare	used in dysentery, wound healing,menstral &sexual disorders.	Rhiozomes,Ro ots
Herb		Tulipa stellata Hook f	Grow Annually	Forest	Plenty	Rare	Used for sinus Pain ,Hay Fever& Headache.	Whole Plant
Herb		Arisaema jacquemontii Blume	Wild	Forest	Plenty	Rare	used for the treatment of dermatological disorders,used for phenols	Root
Herbs		Valeriana pyrolaefolia decne	Wild	Forest	Plenty	Rare	Usedb orally for anxiety& Psychological stress.	Root
Herbs		Dipsacus inermis Wall	Wild	Forest	Plenty	Rare	used in ayurvedic system of medicine	Fresh & Dried Leaves
Herbs	Kim	Morina Longifolia Wallich ex DC	Wild	Forest	Plenty	Rare	Stem, leaves & flowers used as digestive, emetic & stomachic	Whole Plant
Herbs		Achillea millefolium L	Grow Annually	Forest	Plenty	Rare	above ground parts used in cold, tonic & astringent	Aerial Parts
Herbs		Ainsliaea aptera DC.	Grow Annually	Forest	Plenty	Rare	roots used to relieve stomachache, acute fever & constipation	Roots
Herbs		Anaphalis nubigena Clarke	Grow Annually	Forest	Plenty	Rare	used as aromatic & antimicrobial	Aerial Parts
Herbs	Mooin	Artemisia Maritima L.	Wild	Forest	Plenty	Rare	antiseptic, diuretic & antipyretic	Leraves ,Flowe ring
Shrub	Shutenger	Rhododendron anthopogon D. Don	Wild	Forest	Plenty	Rare	treatment of constipation, didysentry, fever	Leaves
Tree	Kahu	Olea cuspidata Wallich ex G. Don	Grow Annually	Forest	Plenty	Rare	bark used for fracture, leave use for treatment of malaria, UTI	Bark,Leaves
Herbs	Kazuban	Arnebia benthamii (Wall. Ex G.Don) Johnston	Grow Annually	Forest	Plenty	Rare	used as red clour to food, oil & fats, plantalso used as diuretic, expectorant, tonic	Flowering, Shoots & Roots

knowledge w.r.t identification /common use of species

Bonafide purpose

afide pose	

Grass	Congress grass /Jadi	Parthenium hysterophorus	Grow Annually	Forest	Plenty	Plenty	Commercial enzymes production, biopesticides, green manure & composte	Weed
Herb	Bhang	Cannabis sativa	Grow Annually	Forest	Plenty	Rare	Used as a source of industrial fibre, seed oil, food, recreation, religious & spritiual moods & medicine	Leaves
Tree	Trikanni	Acer pictum	Grow Annually	Forest	Plenty	Rare	Use as food ,medicine,ornamental & source of wood	Whole plant
Tree	Sheesham	Dalbergia sisoo	Grow Annually	Forest	Rare	Rare	Making furniture & paper.	Wood,Leaves,
Tree	Heru	Quercus ilex	Grow Annually	Forest	Plenty	Rare	Firewood & fodder	Wood,Leaves,
Tree	Marhu/oak	Quercus floribunda	Grow Annually	Forest	Plenty	Rare	Firewood & fodder	Wood,Leaves
Tree	Bren	Ulmus villosa	Grow Annually	Forest	Plenty	Rare	Medicinal ,aeromatic,anti- inflammatory,furniture	Bark,Leaves
Tree	Bankhoor	Aesculus indica	Wild	Forest	Plenty	Rare	Treatment of skin diseae, Rh, astringent, narcotic, relef of headache	Leaves,Flower
Herb	Hamesh-Bahar	Calendula officinalis	Grow Annually	Forest	Plenty	Rare	Applied on Skin disease,Burns	Flower,leaf
Tree	Feku	Ficus Palmata	Wild	Forest	Plenty	Rare	Skin diseases, contipation	Fruit
Herb	Banafsha	Viola odorata	Grow Annually	Forest	Plenty	Rare	Throat problem,Cold,cough	Flower
Herb	Nirbisha	Delthinium drunonianum	Grow Annually	Forest	Plenty	Rare	Diabetes	Whole Plant
Shrub	Tutfoor,Rachi	Ephedra gegardina	Grow Annually	Forest	Plenty	Rare	Asthma,Cardic Stimulate,Allergy,Respiratory Disorder	Twigs
Herb	Kaahlu	Eremurus himailicus	Wild	Forest	Plenty	Rare	Vegetable	Leaves,Roots
Herb	Tengu,Tyangu	Hyssopus officinalis	Grow Annually	Forest	Plenty	Rare	Substitute for saffron,Liver & Blood Disorder	Flower
Fungi		Gyromitra esculenta	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part

Fungi	Guchhi	Morchilla esculenta	Grow Annually	Forest	Rare	Rare	Edible,laxative,Body tonic,stomach problem,economical beneficial	Whole part
Fungi		Peziza vesiculosa	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Fungi		Aricus campestris	Grow Annually	Forest	Rare	Rare	treatment of cancer, Type-2 diabetes, high- cholestrol, digestive problem	Whole part
Fungi		Schizophyllum commune	Grow Annually	Forest	Rare	Rare	Anti-cancer activity,edible	Whole part
Fungi	Datura	Geatrum triplex	Grow Annually	Forest	Rare	Rare	Analgesic,anti- inflammatory,treatment of stomach	Whole part
Herb		Bupleurum bupjucundum	Wild	Forest	Plenty	Rare	Respiratory infection, swine flu	Aerial Part
Herb		Bupleurum longifolium	Wild	Forest	Plenty	Rare	Respiratory infection, swine flu	Aerial Part
Herb		Coriandrum sativum	Cultivated	Forest	Plenty	Rare	Measals, hemorrhoits, toothache & joint pain	Leaves, Seeds
Herb		Cortia depressa	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		Ligusticum elatum	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		Oenanthe javanica	Wild	Forest	Plenty	Rare	Joundice, abdomnal pain	Whole part
Herb		Pleurosermum brunonis	Wild	Forest	Plenty	Rare	To cure skin infections, joundice, insect repllents	Flowers
Herb		Pleurosermum candollei	Wild	Forest	Plenty	Rare	Used in folk medicines	Flowers
Herb		Pleurosermum stellatum	Wild	Forest	Plenty	Rare	To make black or red dye, water proof black ink	Flowers
Herb		Selinum wallichinum	Wild	Forest	Plenty	Rare	Garden uses beds & borders	Aerial Part
Herb		Aralia cachemirica	Wild	Forest	Plenty	Rare	To treat RH, Nephritis, Gastritis, inflammation	Whole part
Herb		Arisaema propinquum	Wild	Forest	Plenty	Rare	Uses in snake bite, RH	Rhizomes

Begonia rubella	Wild	Forest	Plenty	Rare	Cure arthrites & common join pain	Whole part
Hackelia uncinata	Wild	Forest	Plenty	Rare	Used to cure fractured bones	Leaves, Flowers
Lindelofia longiflora	Wild	Forest	Plenty	Rare	Folk medicines	Leaves, Flowers
Myosotis alpestris	Wild	Forest	Plenty	Rare	Lotion for wounds nose bleed	Whole part
Onosma hispidum	Wild	Forest	Plenty	Rare	Used as food & medicine, wounds	Roots
Pseudomertensia moltkioides	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Pseudomertensia trollii	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Alliaria petiolata	Cultivated	Forest	Plenty	Rare	Treatment of bronchitis,asthma,& Rh	Whole part
Arabis bijuga	Wild	Forest	Plenty	Rare	Gastro-intestinal problems,dysentry & stomach ache	Whole part
Arcyosperma primulifolium	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Barbarea vulgaris	Wild	Forest	Plenty	Rare	Edible,,used as a salads	Leaves
Cardamine macrophylla	Wild	Forest	Plenty	Rare	Medicinal uses, as a vegetable	Leaves, Flowers
Crucihimalaya himalaica	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Crucihimalaya mollissima	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Erysimum hieraciifolium	Wild	Forest	Plenty	Rare	Edible	Leaves
Hesperis matronalis	Wild	Forest	Plenty	Rare	Treatment of Scurvy,oil used in perfumery	Leaves, Flowers
Lepidium virginicum	Wild	Forest	Plenty	Rare	To treat vitamin-C deficency,pains & diabetes	Whole part
Raphanus sativus	Cultivated	Forest	Plenty	Rare	To treat constipation, chronic tracheitis & hypertension	Leaves root
	Hackelia uncinata Lindelofia longiflora Myosotis alpestris Onosma hispidum Pseudomertensia moltkioides Pseudomertensia trollii Alliaria petiolata Arabis bijuga Arcyosperma primulifolium Barbarea vulgaris Cardamine macrophylla Crucihimalaya himalaica Crucihimalaya mollissima Erysimum hieraciifolium Hesperis matronalis Lepidium virginicum	Hackelia uncinata Lindelofia longiflora Myosotis alpestris Wild Onosma hispidum Pseudomertensia moltkioides Pseudomertensia trollii Alliaria petiolata Cultivated Arabis bijuga Wild Arcyosperma primulifolium Barbarea vulgaris Wild Cardamine macrophylla Crucihimalaya himalaica Crucihimalaya mollissima Erysimum hieraciifolium Hesperis matronalis Lepidium virginicum Wild	Hackelia uncinata Wild Forest Lindelofia longiflora Wild Forest Myosotis alpestris Wild Forest Onosma hispidum Wild Forest Pseudomertensia moltkioides Wild Forest Pseudomertensia trollii Wild Forest Alliaria petiolata Cultivated Forest Arabis bijuga Wild Forest Arcyosperma wild Forest Barbarea vulgaris Wild Forest Cardamine macrophylla Wild Forest Crucihimalaya himalaica Wild Forest Crucihimalaya mollissima Wild Forest Erysimum hieraciifolium Wild Forest Hesperis matronalis Wild Forest Lepidium virginicum Wild Forest Lepidium virginicum Wild Forest	Hackelia uncinata Wild Forest Plenty Lindelofia longiflora Wild Forest Plenty Myosotis alpestris Wild Forest Plenty Onosma hispidum Wild Forest Plenty Pseudomertensia moltkioides Wild Forest Plenty Pseudomertensia trollii Wild Forest Plenty Alliaria petiolata Cultivated Forest Plenty Arabis bijuga Wild Forest Plenty Arcyosperma primulifolium Wild Forest Plenty Barbarea vulgaris Wild Forest Plenty Cardamine macrophylla Wild Forest Plenty Crucihimalaya himalaica Wild Forest Plenty Crucihimalaya mollissima Wild Forest Plenty Erysimum Mild Forest Plenty Erysimum Wild Forest Plenty Lepidium Wild Forest Plenty Lepidium Wild Forest Plenty Lepidium Wild Forest Plenty	Hackelia uncinata Wild Forest Plenty Rare Lindelofia longiflora Wild Forest Plenty Rare Myosotis alpestris Wild Forest Plenty Rare Onosma hispidum Wild Forest Plenty Rare Pseudomertensia molikioides Wild Forest Plenty Rare Pseudomertensia trollii Wild Forest Plenty Rare Alliaria petiolata Cultivated Forest Plenty Rare Arabis bijuga Wild Forest Plenty Rare Arabis bijuga Wild Forest Plenty Rare Arcyosperma primulifolium Wild Forest Plenty Rare Barbarea vulgaris Wild Forest Plenty Rare Cardamine macrophylla Wild Forest Plenty Rare Crucihimalaya himalaica Wild Forest Plenty Rare Erysimum hieraciifolium Wild Forest Plenty Rare Hesperis matronalis Wild Forest Plenty Rare Lepidium virginicum Wild Forest Plenty Rare	Hackelia uncinata

Herb	Sisymbrium irio	Wild	Forest	Plenty	Rare	Edible, Treat cough & chest congestion, Rh & clean wounds	Leaves, Flowers
Herb	Thlaspi arvense	Wild	Forest	Plenty	Rare	Antidote,Blood tonic	Seed, Leaf
Herb	Thlaspi cochleariforme	Wild	Forest	Plenty	Rare	Treated chronic problems related to menses	Leaves, Flowers
Shrub	Sarcococca pruniformis	Wild	Forest	Plenty	Rare	Laxative, blood purifier	Leaves, Root
Herb	Campanula aristata	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Campanula cana	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Campanula latifolia	Wild	Forest	Plenty	Rare	Local use as a food & medicine	Whole part
Herb	Campanula pallida	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Codonopsis clematidea	Wild	Forest	Plenty	Rare	Increase red & white blood cells counts & promote blood circulation	Leaves, Flowers
Herb	Codonopsis ovata	Wild	Forest	Plenty	Rare	Treatment of ulcers & wounds	Leaves, Flowers
Herb	Cyananthus lobatus	Wild	Forest	Plenty	Rare	Laxative, treatment of serous disorders & constipation	Leaves, Root
Shrub	Abelia triflora	Wild	Forest	Plenty	Rare	Used as a wood,walking sticks	Whole part
Shrub	Lonicera oblate	Wild	Forest	Plenty	Rare	Used for digestive disorders,including pain & swelling	Aerial Part
Shrub	Scabiosa speciosa	Wild	Forest	Plenty	Rare	To treat heel cracks,liver diseases	Leaves
Herb	Arenaria bryophylla Fernald	Wild	Forest	Plenty	Rare	useful in diarrhoea & vomiting	Aerial Part
Herb	Cerastium cerastoides (L.) Britton	Wild	Forest	Plenty	Rare	Anti bacterial activity	Flowers, stem
Herb	Cerastium fontanum Baumg	Wild	Forest	Plenty	Rare	Edible	Flowers, stem

Herb	Dianthus angulatus Baumg	Wild	Forest	Plenty	Rare	Used as a tonic for urinary system,digestive system & bowls	Leaves
Herb	Gypsophila cerastoides D.Don	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb	Myosoton aquaticum (L.) Moench	Wild	Forest	Plenty	Rare	Treatment of fistula	Flowers, Seeds
Herb	Minuartia kashmirica (Edgew. & Hook. f.) Mattf.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Silene conoidea L.	Wild	Forest	Plenty	Rare	Herbal Medicines	Flowers
Herb	Silene gonosperma (Rupr.) Bocquet	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Silene indica var. edgeworthii (Bocquet)Y.J.Nasir	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Silene indica (Roxb.) Roxb. ex Otth	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Stellaria decumbens Edgew.	Wild	Forest	Plenty	Rare	Leaf vegitable, Salad	Leaf, Flower
Herb	Parnassia nubicola Wall. ex Royle	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Euonymus hamiltonianus Wall	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Anaphalis nepalensis (Spreng.) Hand Mazz.	Wild	Forest	Plenty	Rare	Respiratory problems including asthma, cough etc.	Flowers

Herb	Anaphalis triplinervis (Sims) C. B. Clarke	Wild	Forest	Plenty	Rare	Emilepsy, laceration of toes & wounds	Flowers
Herb	Anaphalis margaritaceae L.	Wild	Forest	Plenty	Rare	Diarrhoea, dysentry, Rh, joints	Flowers
Herb	Artemisia dubia Wall.	Wild	Forest	Plenty	Rare	Cuts & wounds	Leaves
Herb	Artemisia scoparia Waldst. & Kitam.	Wild	Forest	Plenty	Rare	Anticeptic, Antipyretic	Leaves
Herb	Artemisia vestita Wall. ex Besser	Wild	Forest	Plenty	Rare	Inflammatory diseases	Leaves
Herb	Aster diplostephioides (DC.) C. B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Aster falconeri (C. B. Clarke) Hutch.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers, Root
Herb	Aster flaccidus Bunge	Wild	Forest	Plenty	Rare	Tuberculosis & pertussis	Flowers, Root
Herb	Aster molliusculus (Lindl. ex DC.) C.B.Clarke	Wild	Forest	Plenty	Rare	Antibacterial, skin infection, ulcers & wounds	Flowers, Root
Herb	Aster thomsonii C.B.Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers, Root
Herb	Carduus edelbergii <u>Rech.f.</u>	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower, Leaf
Herb	Cicerbita macrorhiza (Royle) Beauverd	Wild	Forest	Plenty	Rare	Fever	Whole part
Herb	Conyza japonica (Thunb.) Less. ex DC.	Wild	Forest	Plenty	Rare	Food flavouring	Aerial Part

Herb		Cremanthodium decaisnei C.B.Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		Cremanthodium ellisii (Hook.f.) Kitam.	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		Crepis sancta L. (Bornm)	Wild	Forest	Plenty	Rare	Edible, salad	Leaves
Herb		Erigeron bellidioides (BuchHam. ex D. Don) Benth. C. B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		Erigeron multiradiatus (Lindl. ex DC.) Benth. ex C. B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		Gnaphalium stewartii C.B.Clarke	Wild	Forest	Plenty	Rare	Sciatica, Rh pain	Leaves, Flowers
Herb	Sunflower	Helianthus annuus L.	Cultivated	Forest	Plenty	Rare	High fever, snake bite	Leaf, Seed
Herb	Pushkarmula	Inula grandiflora Willd.	Wild	Forest	Plenty	Rare	Chronic bronochits & Rh	Rhizomes
Herb		Jurinea ceratocarpa (Dcne.)	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		Jurinea macrocephala DC.	Wild	Forest	Plenty	Rare	Cancer, Arthrithes	Leaves, Flowers
Herb		Lactuca dolichophylla Kitam.	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		Ligularia amplexicaulis DC.	Wild	Forest	Plenty	Rare	Vomiting from indigestion	Leaves, Flowers

Herb	Gomchooi	Ligularia fischeri (Ledeb.) Turcz.	Wild	Forest	Plenty	Rare	Jaundice,Rh,Hepatic disease	Leaves, Flowers
Herb		Onopordum acanthium L.	Wild	Forest	Plenty	Rare	Anti-inflammatory,Anti- tumor,	Roots, stem
Herb		Saussurea costus (Falc.) Lipsch.	Wild	Forest	Plenty	Rare	Treating worm(Nemotode),Asthma,Co ugh,cold & Gas	Roots
Herb		Saussurea gnaphalodes (Royle) Sch.Bip.	Wild	Forest	Plenty	Rare	Inflammation,heart diseases, & liver diseases	Whole part
Herb		Saussurea gossypiphora D.Don	Wild	Forest	Plenty	Rare	Inflammation,heart diseases, & liver diseases	Whole part
Herb		Saussurea glacialis Herder	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		Saussurea hypsipeta Diels ex H.Limpr.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		Saussurea taraxacifolia Wall. ex DC.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		Scorzonera virgata DC.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower
Herb		Senecio chrysanthemoides DC.	Wild	Forest	Plenty	Rare	Dysentry,infections,Rh,Cance r,Asthma	Whole part
Herb		Sonchus asper (L.) Hill	Wild	Forest	Plenty	Rare	Anti-bacterial & Anti-fungal	Leaves
Herb		Tanacetum dolichophyllum Kitam.	Wild	Forest	Plenty	Rare	Fever, migrana, headache, Rh	Flowers
Herb		Tanacetum tibeticum Hook.f. & Thomson	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		Tussilago farfara L.	Wild	Forest	Plenty	Rare	Disorder of the respiratory tract, skin, cold	Leaf

Herb	Waldheimia glabra (Decne.) Regel	Wild	Forest	Plenty	Rare	Influenza virus & anti complementry extract	Leaves, Flowers
Herb	Waldheimia tomentosa (Decne.) Regel	Wild	Forest	Plenty	Rare	Stomach ache problem	Leaves, Flowers
Herb	Youngia japonica (L.) DC.	Wild	Forest	Plenty	Rare	Boils & snake bites	Leaves, Flowers
Herb	Rhodiola heterodonta (Hook. f. & Thomson) Boriss.	Wild	Forest	Plenty	Rare	Anxiety, fituge & dipression	Rhizomes
Herb	Rhodiola wallichiana (Hook.) S.H. Fu	Wild	Forest	Plenty	Rare	Anxiety, fituge & dipression	Leaves, Flowers
Herb	Rosularia alpestris (Kar. & Kir.) Boriss.	Wild	Forest	Plenty	Rare	Ornamental garden plants, Traditional Medicines	Whole part
Climber	Cucumis sativus L.	Cultivated	Forest	Plenty	Rare	Blemished skin, heart rash, burns, sores	Whole part
Climber	Cucurbita pepo L.	Cultivated	Forest	Plenty	Rare	Anti inflamentry, anti viral, anti ulcer	Whole part
Shrub	Datisca cannabina L.	Wild	Forest	Plenty	Rare	Treatment of Rh	Root
Herb	Equisetum arvense L.	Wild	Forest	Plenty	Rare	Stop bleeding, heal ulcer & wounds	Whole part
Shrub	Gaultheria trichophylla Royle	Wild	Forest	Plenty	Rare	Anti oxidant & anti inflamentry	Whole part
Herb	Euphorbia cornigera Boiss.	Wild	Forest	Plenty	Rare	Breathing disorders including asthma, bronchitis	Leaves, Flowers
Herb	Euphorbia thomsoniana Boiss.	Wild	Forest	Plenty	Rare	Breathing disorders including asthma, bronchitis	Leaves, Flowers
Tree	Quercus baloot Griff.	Wild	Forest	Plenty	Rare	Anti bacterial potential	Whole part

Tree	Quercus semecarpifolia Sm.	Wild	Forest	Plenty	Rare	Diarrhoea, dysentry	Whole part
Herb	Gentiana cachemirica Decne.	Wild	Forest	Plenty	Rare	Digession problem	Leaves, Flowers
Herb	Gentiana ornata (D.Don) Wall. ex Griseb.	Wild	Forest	Plenty	Rare	Diarrhoea, dysentry	Leaves, Flowers
Herb	Gentiana phyllocalyx C.B Clarke	Wild	Forest	Plenty	Rare	Diarrhoea, dysentry	Leaf, sepal
Herb	Gentiana tianschanica Rupr. ex Kusn.	Wild	Forest	Plenty	Rare	Digession problem	Whole part
Herb	Gentianella moorcroftiana (Wall. ex Griseb.) Airy Shaw	Wild	Forest	Plenty	Rare	Cold cough, nausa	Leaf
Herb	Jaeschkea oligosperma Knobl.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Swertia ciliata (D. Don ex G. Don) B.L. Burtt	Wild	Forest	Plenty	Rare	Skin diseases, cancer	Whole part
Herb	Swertia petiolata Royle ex D.Don	Wild	Forest	Plenty	Rare	Inflammation of the liver & high blood pressure	Whole part
Herb	Swertia speciosa G.Don	Wild	Forest	Plenty	Rare	Asthma, liver disorder	Root
Herb	Erodium cicutarium L. (L.) Her	Wild	Forest	Plenty	Rare	Typhoid, fever	Whole part
Herb	Geranium lambertii Sweet	Wild	Forest	Plenty	Rare	Skin problem, reduces strss	Dried leaves
Herb	Geranium himalayense Klotzsch	Wild	Forest	Plenty	Rare	Garden uses, beds & borders	Whole part

Herb	Geranium nepalense Sweet	Wild	Forest	Plenty	Rare	Nervous diseseas, pains, Rh	Whole part
	Geranium pusillum L.		Forest	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb	Geranium rotundifolium L.	Wild	Forest	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb	Geranium wallichianum D.Don ex Sweet	Wild	Forest	Plenty	Rare	Peptic ulcers, cure toothache	Whole part
Shrub	Ribes nigrum L.	Wild	Forest	Plenty	Rare	Useful in allergy, fatigue, rhimities	Whole part
Shrub	Ribes himalense Royle ex Decne.	Wild	Forest	Plenty	Rare	Used as food & medicine	Fruit
Herb	Hypericum japonicum Thunb.	Wild	Forest	Plenty	Rare	Asthama & dycenty	Leaves, Flowers
Shrub	Philadelphus tomentosus wall ex G. Don	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb	Ajuga integrifolia BuchHam.	Wild	Forest	Plenty	Rare	Diarrhea, Malaria	Leaf
Herb	Clinopodium vulgare L.	Wild	Forest	Plenty	Rare	Overcome weak digestion	leaves
Herb	Elsholtzia ciliata (Thunb.) Hyl.	Wild	Forest	Plenty	Rare	Common cold, fevers, headache	Whole part
Shrub	Isodon rugosus (Wall. ex Benth.) Codd	Wild	Forest	Plenty	Rare	Tooth ache,gastric pain,	Whole part
Herb	Lamium album L.	Wild	Forest	Plenty	Rare	Abnormal vaginal discharge, & to relieve painful periods	Leaves, Flowers
Herb	Leonurus cardiaca L.	Wild	Forest	Plenty	Rare	Gynacological afflictions	Seed
Herb	Mentha arvensis L.	Wild	Forest	Plenty	Rare	Diarrhea & Dysentry,stomach problem	Leaves
Herb	Nepeta connata Royle ex Benth.	Wild	Forest	Plenty	Rare	Dysentry,,Teeth troubles	Leaves

Herb		Nepeta leucophylla Benth.	Wild	Forest	Plenty	Rare	Dysentry,,Teeth troubles	Leaves
Herb		Phlomis bracteosa Royle ex Benth.	Wild	Forest	Plenty	Rare	Bone fractures, sinus congustion, indigestion	Leaves, Flowers
Herb		Salvia campanulata Wall. ex Benth.	Wild	Forest	Plenty	Rare	Gout, Rh, Diarrhea	Leaves, Flowers
Herb		Astragalus candolleanus Benth.	Wild	Forest	Plenty	Rare	Analgesic, nutritive	Leaves, Root
Herb		Astragalus chlorostachys Lindl.	Wild	Forest	Plenty	Rare	Immune tonifying, lung tonic	Dried root
Herb		Astragalus frigidus (L.) A.Gray	Wild	Forest	Plenty	Rare	Immune tonifying, lung tonic	Dried root
Herb	Soyabean	Glycine max (L.) Merr.	Cultivated	Forest	Plenty	Rare	Treatment of oedema, dysuria	Seed
Shrub		Indigofera hebepetala Baker	Wild	Forest	Plenty	Rare	Edible	Fruit, flower
Herb		Lotus corniculatus L.	Wild	Forest	Plenty	Rare	Anti-inflammatory,Skin inflammation	Flowers
Shrub		Robinia pseudoacacia L.	Wild	Forest	Plenty	Rare	Wounds, Pain reliever	Dried leaves
Herb		Trifolium pratense L.	Wild	Forest	Plenty	Rare	Antispasmodic, Anti- inflammatory	Leaves flower
Herb		Trifolium repens L.	Wild	Forest	Plenty	Rare	Gout, Cough, Eyewash	Leaves flower
		Vicia rigidula Royle		Forest	Plenty	Rare	Weight loss	Leaves flower
Herb		Fritillaria roylei Hook.	Wild	Forest	Plenty	Rare	Anti-Asthmatic, Anti- Rh	Root
Herb		Gagea lutea	Wild	Forest	Plenty	Rare	Used as food	Bulbs, leaves
Herb		Lilium polyphyllum D.Don	Wild	Forest	Plenty	Rare	Diuretic,Anti-pyruetic	Bulbs

Herb	Tulipa clusiana DC.	Wild	Forest	Plenty	Rare	Edible as oil	Whole part
Herb	Lavatera cachemiriana Cambess.	Wild	Forest	Plenty	Rare	Throat problem, mild laxative	Leaf, Flower
Tree	Ficus carica L.	Wild	Forest	Plenty	Rare	Respiratory problems,Anti- inflammatory	Fruit, leaves
Tree	Morus alba L.	Wild	Forest	Plenty	Rare	Asthma, Bronochits	Bark
Climber	Jasminum humile L.	Wild	Forest	Plenty	Rare	Heart bowels, Astringent	Roots, Flower
Climber	Jasminum officinale L.	Wild	Forest	Plenty	Rare	Hepatitis,Diarrhea, Cancer treatment	Flower
Shrub	Syringa emodi Wall. ex. Royle.	Wild	Forest	Plenty	Rare	Stomach treatment,instential problems	Seed, Fruit
Herb	Epilobium angustifolium L.	Wild	Forest	Plenty	Rare	Anti- septic, ulcers,inflammation	Whole part
Herb	Epilobium latifolium L.	Wild	Forest	Plenty	Rare	Analgesic,Antidote	Whole part
	Epilobium royleanum Hausskn.	Wild	Forest	Plenty	Rare	Treatment & prostate bladder	Whole part
Herb	Calanthe tricarinata Lindl.	Wild	Forest	Plenty	Rare	Asthma, Coughing	Leaves flower
Herb	Cypripedium cordigerum D.Don	Wild	Forest	Plenty	Rare	Fever, Backache	Fruit
Herb	Epipactis helleborine (L.) Crantz	Wild	Forest	Plenty	Rare	Ornamental use	Flower
	Epipactis royleana Lindl.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower
Herb	Herminium josephi Rchb.f.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower
Herb	Euphrasia himalayica Wettst.	Wild	Forest	Plenty	Rare	Calms stressed & tired eyes	Aeriel part
Herb	Orobanche alba Stephan	Wild	Forest	Plenty	Rare	Digestive problem	Roots

Herb	Pedicularis bicornuta Klotzsch	Wild	Forest	Plenty	Rare	Local medicine	Flowers
Herb	Pedicularis cheilanthifolia Schrenk	Wild	Forest	Plenty	Rare	Skeletal muscle relaxant	Fresh leaves
Herb	Pedicularis punctata Decne.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Pedicularis pyramidata Royle ex Benth.	Wild	Forest	Plenty	Rare	Pharmacy uses	Leaves, Flowers
Herb	Corydalis cornuta Royle	Wild	Forest	Plenty	Rare	Wild sedative & tranquilizer	Tuber & roots
Herb	Corydalis meifolia Wall	Wild	Forest	Plenty	Rare	Depression, Mental Disorder	Tuber & roots
Herb	Corydalis stewartii Fedde	Wild	Forest	Plenty	Rare	Stomach problem	Tuber & roots
Herb	Papaver argemone L.	Wild	Forest	Plenty	Rare	Tumors,warts, skin diseases	Whole part
Herb	Wulfenia amherstiana Benth.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Shrub	Arundo donax L.	Wild	Forest	Plenty	Rare	Basket making, Diuretic, Diaphroetic	Grass
Herb	Bothriochloa ischaemum (L.) Keng	Wild	Forest	Plenty	Rare	Agro-forestery use	Grass
Herb	Bromus catharticus Vahl	Wild	Forest	Plenty	Rare	Agro-forestery use	Grass
Herb	Carex nivalis Boott	Wild	Forest	Plenty	Rare	Economical use	Grass
Herb	Cymbopogon jwarancusa	Wild	Forest	Plenty	Rare	Blood diseases,skin,Burning, vomiting	Whole part
Herb	Dichanthium annulatum (Forssk.) Stapf	Wild	Forest	Plenty	Rare	Hypertension,Anti-ulcer	Whole part

Herb	Eleusine coracana (L.) Gaertn.	Cultivated	Forest	Plenty	Rare	Liver disorder, smallpox	Whole part
Herb	Festuca rubra L.	Wild	Forest	Plenty	Rare	Ornamental grass, Used as food	Grass
Herb	Hierochloe laxa Hook. f	Wild	Forest	Plenty	Rare	Sore throat, fever, Cough	Leaves, stem
Herb	Hordeum vulgare L.	Cultivated	Forest	Plenty	Rare	Emollient febrifuga,& stoamachic	Whole part
Herb	Juncus thomsonii Bucheanu	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Kobresia pygmaea C.B Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Oryza sativa L.	Cultivated	Forest	Plenty	Rare	Poor appetite,indigestion bloating	Seeds
Herb	Pennisetum flaccidum Griseb.	Wild	Forest	Plenty	Rare	Fooder, Traditional medicines	Whole part
Herb	Phelum alpinum	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Poa koelzii Bor	Wild	Forest	Plenty	Rare	Inflammation of kidney	Leaves
Herb	Setaria viridis (L.) P.Beauv.	Wild	Forest	Plenty	Rare	Diuretic,Emollient febrifuge	Leaves seeds
Herb	Triticum aestivum L.	Cultivated	Forest	Plenty	Rare	Anti-oxidant, Astringgent,laxative	Whole part
Herb	Zea mays L.	Cultivated	Forest	Plenty	Rare	Bladder infection,prostrate issue	Corn silk
Herb	Polemonium caeruleum L.	Wild	Forest	Plenty	Rare	Headache ,fever,	Whole part
Herb	Polygonaceae	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Fagopyrum esculentum Moench	Cultivated	Forest	Plenty	Rare	Anti-cancer,Anti-stress	Whole part
Herb	Fagopyrum tataricum (L.) Gaertn.	Cultivated	Forest	Plenty	Rare	Medicinal food,Ethno- medicinal uses	Roots, flower

Herb	Persicaria alpina (All.) H.Gross	Wild	Forest	Plenty	Rare	Treatment of sore throat & loose gum	Roots
Herb	Persicaria capitata (BuchHam. ex D.Don) H.Gross	Wild	Forest	Plenty	Rare	Urological disorder	Whole part
Herb	Persicaria amplexicaulis (D.Don) Ronse Decr.	Wild	Forest	Plenty	Rare	Constipation,Common cold	Leaves, Stem
Herb	Persicaria nepalensis (Meisn.) Miyabe	Wild	Forest	Plenty	Rare	Anti- bacterial,Anti-fungal	Leaves, Root
Herb	Persicaria vivipara (L.) Ronse Decr.	Wild	Forest	Plenty	Rare	Traditional Medicines	Root
Herb	Persicaria wallichii Greuter & Burdet	Wild	Forest	Plenty	Rare	Menstrual bleeding & utrine bleeding	Whole part
Herb	Polygonum affine D. Don	Wild	Forest	Plenty	Rare	Diarrhea, Throat infections	Roots
Herb	Rheum spiciforme Royle	Wild	Forest	Plenty	Rare	oxidative stress	Whole part
Herb	Rheum webbianum Royle	Wild	Forest	Plenty	Rare	Renal function disorders, Cancer	Whole part
Herb	Rumex acetosa L.	Wild	Forest	Plenty	Rare	Diuretic, Astringent, laxative	Leaves
Herb	Rumex nepalensis Spreng.	Wild	Forest	Plenty	Rare	Astringent, Astringent	Leaves
Herb	Androsace mucronifolia Watt	Wild	Forest	Plenty	Rare	Folk medicines	Flower
Herb	Androsace muscoidea Duby	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower

Wild	Forest	Plenty	Rare	Local use of medicines, ornamental use	Leaves, Flowers
Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Wild	Forest	Plenty	Rare	Analgesic, Cold, Diuretic	Leaves, Flowers
Wild	Forest	Plenty	Rare	Traditional Medicines	Fruit
Wild	Forest	Plenty	Rare	Allergy, Microbial infections	Whole part
Wild	Forest	Plenty	Rare	Used as Arrow poisions	Roots
Wild	Forest	Plenty	Rare	Antidote,Anti-inflammatory	Whole part
Wild	Forest	Plenty	Rare	Snake bite, Nervous disoredr	Roots
Wild	Forest	Plenty	Rare	Anti-oxidant,Anti- inflammatory	Whole part
Wild	Forest	Plenty	Rare	Anti-anemic & vermifuge	Leaf
Wild	Forest	Plenty	Rare	Sedative, Diarrhea, jaundice	Whole part
Wild	Forest	Plenty	Rare	Cough & Cold	Rhizomes
Wild	Forest	Plenty	Rare	Local Medicines,Usee as oil	Whole part
Wild	Forest	Plenty	Rare	Intestinal worms,insomia	Roots
	Wild Wild Wild Wild Wild Wild Wild Wild	Wild Forest	Wild Forest Plenty	Wild Forest Plenty Rare	Wild Forest Plenty Rare Traditional Medicines Wild Forest Plenty Rare Analgesic, Cold, Diuretic Wild Forest Plenty Rare Analgesic, Cold, Diuretic Wild Forest Plenty Rare Traditional Medicines Wild Forest Plenty Rare Allergy, Microbial infections Wild Forest Plenty Rare Used as Arrow poisions Wild Forest Plenty Rare Antidote, Anti-inflammatory Wild Forest Plenty Rare Snake bite, Nervous disoredr Wild Forest Plenty Rare Anti-oxidant, Anti-inflammatory Wild Forest Plenty Rare Anti-anemic & vermifuge Wild Forest Plenty Rare Sedative, Diarrhea, jaundice Wild Forest Plenty Rare Cough & Cold Wild Forest Plenty Rare Local Medicines, Usee as oil

	1							
Herb		Delphinium vestitum Wall. ex Royle	Wild	Forest	Plenty	Rare	Cuts ,Dysentry, Rh,Ulcers	Leaves
Herb		Paraquilegia microphylla (Royle) J.R. Drumm. & Hutch.	Wild	Forest	Plenty	Rare	Traditional Medicines	Aeriel part
Herb		Ranunculus distans Royle	Wild	Forest	Plenty	Rare	Anti-Rh, Intermittent fever	Leaves
Herb		Ranunculus hirtellus Royle	Wild	Forest	Plenty	Rare	Curing swellingin testes	Leaves, Flowers
Herb		Thalictrum cultratum Wall.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		Thalictrum foliolosum DC.	Wild	Forest	Plenty	Rare	Tonic diuretic, Snakebite, jaundice, Rh	Roots
Herb		Thalictrum virgatum Hook. & Thomson	Wild	Forest	Plenty	Rare	Fever, dysentry, Bloodshot eyes, sore throat	Root, Rhizomes
Herb		Trollius acaulis Lind.	Wild	Forest	Plenty	Rare	To make medicines	Whole part
Herb		Acomastylis elata (Wall. ex G. Don) F. Bolle	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		Agrimonia pilosa Ledeb.	Wild	Forest	Plenty	Rare	Abdominal pain, sore throat, hedache	Leaves
Tree	Bahi	Cydonia oblonga Mill.	Cultivated	Forest	Plenty	Rare	Cancer, diabetes,herbal tea,throat infection	Fruit seeds
Herb		Duchesnea indica (Andrews) Focke	Wild	Forest	Plenty	Rare	Used as fruit, antiseptic	Leaves, fruit
Herb		Filipendula vestita (Wall. ex G. Don) Maxim.	Wild	Forest	Plenty	Rare	Stop bleeding, toothache	Root, leaves
Herb		Geum urbanum L.	Wild	Forest	Plenty	Rare	Treat problems mouth, throat	Rhizomes
Tree		Malus domestica Borkh.	Cultivated	Forest	Plenty	Rare	Heart deseases, high cholestrol	Fruit leaves

Herb	Potentilla argyrophylla Wall. ex Lehm.	Wild	Forest	Plenty	Rare	Herbal remedy for inflammation & gastro intestinal disorder	Leaves, Flowers
Herb	Potentilla argyrophylla var. atrosanguinea (Lodd., G. Lodd. & W. Lodd.) Hook. f.	Wild	Forest	Plenty	Rare	Herbal remedy for inflammation & gastro intestinal disorder	Leaves, Flowers
Herb	Potentilla cuneata Wall. ex Lehm.	Wild	Forest	Plenty	Rare	Diarrhea, menstraul bleeding	Leaves, Flowers
Herb	Potentilla curviseta L.	Wild	Forest	Plenty	Rare	Diarrhea	Leaves, Flowers
Herb	Potentilla nepalensis	Wild	Forest	Plenty	Rare	Anti diarrheal, digestive problem	Leaves, Flowers
Tree	Prunus armeniaca L.	Cultivated	Forest	Plenty	Rare	Asthama, cough, constipation	Flower
Tree	Prunus avium (L.) L.	Cultivated	Forest	Plenty	Rare	Cough, oedema, anaemia	Flower
Tree	Cerasus vulgaris Mill.	Cultivated	Forest	Plenty	Rare	Urinary tract infections	Fruit
Tree	Prunus spinosa L.	Cultivated	Forest	Plenty	Rare	Diaphoretic, diuretic, laxative	Whole part
Tree	Prunus persica (L.) Stokes	Cultivated	Forest	Plenty	Rare	Laxative, sedative & antiasthmatic	Seed, Flower
Tree	Prunus prostrata Labill.	Wild	Forest	Plenty	Rare	Cancer	Seed
Tree	Pyrus pashia BuchHam. ex D. Don	Cultivated	Forest	Plenty	Rare	Fever, hedache, laxative	Fruit
Shrub	Rosa cymosa Tratt.	Cultivated	Forest	Plenty	Rare	Diarrhea, Rh	Roots, Fruit
Herb	Sibbaldia cuneata Hornem. ex Kuntze	Wild	Forest	Plenty	Rare	Respiratory problems	Stem, flower

Shrub		Sorbaria tomentosa (Lindl.) Rehder	Wild	Forest	Plenty	Rare	Dysentry	Leaves, Flower
Shrub		Spiraea bella Sims	Wild	Forest	Plenty	Rare	Antiseptic, aeromatic, anti inflammatory	Stem
Tree		Populus ciliata Wall. ex Royle	Wild	Forest	Plenty	Rare	Making boxes for packing purposes, furniture & cross beams	Whole part
Shrub	White/ Kashmir willow	Salix alba L.	Wild	Forest	Plenty	Rare	Cold, fever & joint pains	Bark, Stem
Herb		Salix calyculata Hook. f. ex Andersson	Wild	Forest	Plenty	Rare	Anti cancer activity agent	Bark, Stem
Tree		Acer cappadocicum Gled.	Wild	Forest	Plenty	Rare	Used its wood, ornamental	Whole part
Tree		Acer acuminatum Wall. ex D.Don	Wild	Forest	Plenty	Rare	Treatment of Rh, Brusis, eye disease & pain	Root, Flower
		Saxifraga caveana W.W. Sm		Forest	Plenty	Rare	Anti inflamentry, diaphoretic, diuretic	Whole part
Herb		Saxifraga flagellaris Willd.	Wild	Forest	Plenty	Rare	Wounds & other minor skin injuries	Stem, flower
Herb		Saxifraga sibirica L.	Wild	Forest	Plenty	Rare	Herbal medicines	Leaves, flower
Herb		Veronica anagallis-aquatica	Wild	Forest	Plenty	Rare	Scurvy, impurity of the blood	Root, leaves
Herb		Veronica laxa Benth.	Wild	Forest	Plenty	Rare	Respiratory problems, wound healing	Stem, flower
Herb		Veronica persica Poir.	Wild	Forest	Plenty	Rare	Rh, hernia, wound healing	Seed, leaves
Herb		Lagotis cashmeriana Rupr.	Wild	Forest	Plenty	Rare	Medicinal use of plants by the nomadic & migratory gujjars	Leaves, flower
Herb		Lycopersicon esculentum Mill.	Cultivated	Forest	Plenty	Rare	Protect from heart attack, burns, salads	Seed, fruit

Herb		Physochlaina praealta (Decne.) Miers	Wild	Forest	Plenty	Rare	Asthma, chronic bronochits, abdominal pain	Stem, root		
Herb		Solanum nigrum L.	Wild	Forest	Plenty	Rare	Dysentry, stomach complaints, fever tonic, laxative	Leaves, fruit		
Herb		Solanum tuberosum L.	Cultivated	Forest	Plenty	Rare	Peptic ulcers, relief from pain & acidity	Whole part		
Tree		Taxus wallichiana Zucc.	Wild	Forest	Plenty	Rare	Common cold, Cough, Fever & pain	Bark, Leaves		
Shrub		Daphne mucronata Royle	Wild	Forest	Plenty	Rare	Skin diseases, ,cancer & Rh	Leaves, fruit		
Herb		Girardinia diversifolia (Link) Friis	Wild	Forest	Plenty	Rare	Constipation , Headache, & swollen juice	Leaves, fruit		
Herb		Pilea umbrosa Blume	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part		
Herb		Viola biflora L.	Wild	Forest	Plenty	Rare	Anti-inflammatory, Laxative	Whole part		
Herb		Viola canescens Wall.	Wild	Forest	Plenty	Rare	Cough,cold, flu,fever & Malaria	Root, leaves		
Climber		Vitis vinifera L.	Wild	Forest	Plenty	Rare	Natural Anti-oxidant	Fruit, leaves		
Herb	Sanjeevani	Rhodiola fastigiata	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part		
Herb	Guggi Van	Pleurospermum candollei	Wild	Forest	Plenty	Rare	Used in folk medicines	Whole part		

Format-19: Wild Plant Species of Importance.

1	2	3	4	5	6
S. No.	Local Name	Scientific Name	Variety	Importance (as economic, social, cultural etc.)	Status
1	Akhrot	Juglans regia	Broad Leave	Ecnomical & Social	Do exist
2	Hatab	Parraotia jacquemontiana	Broad Leave	Ecnomical & Social	Do exist
3	Phrast	Populas alba	Broad Leave	Ecnomical & Social	Do exist
4	Kiker	Acacia nilotica	Broad Leave	Ecnomical & Social	Do exist
5	Champ	Alnus nitida	Broad Leave	Ecnomical & Social	Do exist
6	Heru	Quercus ilex	Broad Leave	Ecnomical & Social	Do exist
7	Kolum	Vibernum novasum	Broad Leave	Ecnomical & Social	Do exist
8	Mohru	Quercus floribunda	Broad Leave	Ecnomical & Social	Do exist
9	Bren	Ulmus wallichiana	Broad Leave	Ecnomical & Social	Do exist
10	Mooin	Artemisia meritima	Broad Leave	Ecnomical & Social	Do exist
11	Boj Patar	Betula utilis	Broad Leave	Cultural & Social	Do exist
12	Pudina	Mentha longifolia	Broad Leave	Ecnomical & Social	Do exist
13	Socchal	Malva neglecta	Broad Leave	Ecnomical & Social	Do exist
14	Pamachari/Pamchalan	Rheum australe	Broad Leave	Ecnomical & Social	Do exist
15	Kuth	Saussurea lappa	Broad Leave	Ecnomical & Social	Do exist
16	Kakarsinghi	Pistacia intergerrima	Broad Leave	Ecnomical & Social	Do exist
17	Naghchatri	Trillium govaniaum	Broad Leave	Ecnomical & Social	Do exist
18	Ber	Ziziphus mauritiane	Broad Leave	Ecnomical & Social	Do exist
19	Plum	Prunus persica	Broad Leave	Ecnomical & Social	Do exist

20	Zakhamahayat	Sexifraga ligulata	Broad Leave	Ecnomical & Social	Do exist
21	Jangli angoor	Vitis vinefera	Broad Leave	Ecnomical & Social	Do exist
22	Jangli gulab	Rosa maschata	Broad Leave	Ecnomical & Social	Do exist
23	Agg jari	Saxifraga jacquemontiana	Broad Leave	Ecnomical & Social	Do exist
24	Ban tambaku	Verbascum thapsus	Broad Leave	Ecnomical & Social	Do exist
25	Banafsha	Viola odorata	Broad Leave	Ecnomical & Social	Do exist
26	Bankakdi	Podophyllum hexandrum	Broad Leave	Ecnomical & Social	Do exist
27	Belladonna	Atropa belladonna	Broad Leave	Ecnomical & Social	Do exist
28	Bhang	Cannabis sativa	Broad Leave	Ecnomical & Social	Do exist
29	Bhutyata	Corydalis govaniana	Broad Leave	Ecnomical & Social	Do exist
30	Brand	Phytolacca acinosa	Broad Leave	Ecnomical & Social	Do exist
31	Chalander	Viburnum grandiflorum	Broad Leave	Ecnomical & Social	Do exist
32	Chora	Angelica glauca	Broad Leave	Ecnomical & Social	Do exist
33	Chukri	Rheum australe	Broad Leave	Ecnomical & Social	Do exist
34	Chuku	Oxalis corniculata	Broad Leave	Ecnomical & Social	Do exist
35	Dand jari	Rhodiola himalensis	Broad Leave	Ecnomical & Social	Do exist
36	Dhad Kopdi	Bergenia stracheyi	Broad Leave	Ecnomical & Social	Do exist
37	Feku	Ficus palmata	Broad Leave	Ecnomical & Social	Do exist
38	Gaddo	Salvia moorcroftiana	Broad Leave	Ecnomical & Social	Do exist
39	Guggal	Jurinea dolomiaea	Broad Leave	Ecnomical & Social	Do exist
40	Gul-e-snobar	Geranium wallichianum	Broad Leave	Ecnomical & Social	Do exist
41	Hamesh bahar	Calendula officinalis	Broad Leave	Ecnomical & Social	Do exist
42	Handh	Taraxacum officinale	Broad Leave	Ecnomical & Social	Do exist
43	Hillu	Impatiens glandulifera	Broad Leave	Ecnomical & Social	Do exist
44	Jarjam	Sanecio chrysanthemoides	Broad Leave	Ecnomical & Social	Do exist

45	Kaimal	Berberis lyceum	Broad Leave	Ecnomical & Social	Do exist
46	Kala zeera	Bunium persicum	Broad Leave	Ecnomical & Social	Do exist
47	Kahjuban	Arnebia benthami	Broad Leave	Ecnomical & Social	Do exist
48	Kalishadi	Daphne oleoides	Broad Leave	Ecnomical & Social	Do exist
49	Kanhaji	Sorbaria tomentosa	Broad Leave	Ecnomical & Social	Do exist
50	Kareel Kaimbul	Berberis aristata	Broad Leave	Ecnomical & Social	Do exist
51	Kim	Morina longifolia	Broad Leave	Ecnomical & Social	Do exist
52	Kinns	Diascorea deltoidea	Broad Leave	Ecnomical & Social	Do exist
53	Kour	Picrorhiza Kurrooa	Broad Leave	Ecnomical & Social	Do exist
54	Kuppad jari	Sedum ewersii	Broad Leave	Ecnomical & Social	Do exist
55	Mooin	Artemisa maritime	Broad Leave	Ecnomical & Social	Do exist
56	Mori	Delphinium roylei	Broad Leave	Ecnomical & Social	Do exist
57	Mulam	Inula royeleana	Broad Leave	Ecnomical & Social	Do exist
58	Murma	Valeriana dubia	Broad Leave	Ecnomical & Social	Do exist
59	Nag Rus	Acorus calamus	Broad Leave	Ecnomical & Social	Do exist
60	Neel Kanth	Ajuga bracteosa	Broad Leave	Ecnomical & Social	Do exist
61	Nichni	Rhododendron campannalatum	Broad Leave	Ecnomical & Social	Do exist
62	Patrishi	Aconitum heterophyllum	Broad Leave	Ecnomical & Social	Do exist
63	Postul	Taxus baccata	Broad Leave	Ecnomical & Social	Do exist
64	Sapp Google	Arisaema flavum	Broad Leave	Ecnomical & Social	Do exist
65	Shemar	Desmodium elegans	Broad Leave	Ecnomical & Social	Do exist
66	Sheshak	Rhabdosia rugosa	Broad Leave	Ecnomical & Social	Do exist
67	Shutenger	Rhododendren anthopogon	Broad Leave	Ecnomical & Social	Do exist
68	Suchal	Malva neglecta	Broad Leave	Ecnomical & Social	Do exist
69	Tatnu	Caltha palustris	Broad Leave	Ecnomical & Social	Do exist

70	Avens	Geum elatum	Broad Leave	Ecnomical & Social	Do exist
71	Baby's breath	Gypsophila cerastioides	Broad Leave	Ecnomical & Social	Do exist
72	Black Henbit, Henbane,	Hyoscyamus niger	Broad Leave	Ecnomical & Social	Do exist
73	Bladder Campion	Silene vulgaris	Broad Leave	Ecnomical & Social	Do exist
74	Burdock	Arctium lappa	Broad Leave	Ecnomical & Social	Do exist
75	Cinquefoil	Potentilla argyrophylla	Broad Leave	Ecnomical & Social	Do exist
76	Cow Parsnip	Heracleum candicans	Broad Leave	Ecnomical & Social	Do exist
77	Crame's bill flower	Geranium pratense	Broad Leave	Ecnomical & Social	Do exist
78	Cudweed	Gnaphalium hypoleucum	Broad Leave	Ecnomical & Social	Do exist
79	Dandelion	Taraxacum officinale	Broad Leave	Ecnomical & Social	Do exist
80	Darnel grass	Lolium temulentum	Broad Leave	Ecnomical & Social	Do exist
81	Foreget-me-Not	Myosotis sylvatica	Broad Leave	Ecnomical & Social	Do exist
82	Golden Rod	Solidago virgaurea	Broad Leave	Ecnomical & Social	Do exist
83	Granny's Bonnet	Aquilegia fragrans	Broad Leave	Ecnomical & Social	Do exist
84	Groundsel	Senecio chrysanthemoides	Broad Leave	Ecnomical & Social	Do exist
85	Helleborine	Epipactis latifolia	Broad Leave	Ecnomical & Social	Do exist
86	Helleborine Orchid	Epipactis wallichii	Broad Leave	Ecnomical & Social	Do exist
87	Hound's Tongue	Cynoglossum zeylanicum	Broad Leave	Ecnomical & Social	Do exist
88	Kashmir Sage	Salvia hians	Broad Leave	Ecnomical & Social	Do exist
89	Larkspur	Delphinium vestitum	Broad Leave	Ecnomical & Social	Do exist
90	May Apple	Podophyllum hexandrum	Broad Leave	Ecnomical & Social	Do exist
91	Milkvetch	Astragalus	Broad Leave	Ecnomical & Social	Do exist
92	Millfoil	Achillea millefolium	Broad Leave	Ecnomical & Social	Do exist
93	Mountain Sorrel	Oxyria digyna	Broad Leave	Ecnomical & Social	Do exist
94	Nepal Cinquefoil	Potentilla nepalensis	Broad Leave	Ecnomical & Social	Do exist

95	Nepal Dock	Rumex nepalensis	Broad Leave	Ecnomical & Social	Do exist
96	Northern Bedstraw	Galium boreale	Broad Leave	Ecnomical & Social	Do exist
97	Pink Evening Primrose	Oenthera rosea	Broad Leave	Ecnomical & Social	Do exist
98	Red Clover	Trifolium pretense	Broad Leave	Ecnomical & Social	Do exist
99	Rock splitter	Bergenia stracheyi	Broad Leave	Ecnomical & Social	Do exist
100	Silky Woundwort	Stachys sericea	Broad Leave	Ecnomical & Social	Do exist
101	St. John's Wort	Hypericum perforatum	Broad Leave	Ecnomical & Social	Do exist
102	Sun Spurge,	Euphorbia helioscopia	Broad Leave	Ecnomical & Social	Do exist
103	Touch me not	Impatiens thomsonii	Broad Leave	Ecnomical & Social	Do exist
104	Wallich's Willow Herb	Epilobium wallichianum	Broad Leave	Ecnomical & Social	Do exist
105	White spotted Lousewort	Pedicularis punctata	Broad Leave	Ecnomical & Social	Do exist
106	Wild Indigo	Indigofera heterantha	Broad Leave	Ecnomical & Social	Do exist
107	Wild Lettuce	Lactuca longifolia	Broad Leave	Ecnomical & Social	Do exist
108	Wild Rose	Rosa webbiana	Broad Leave	Ecnomical & Social	Do exist
109	Wild Strawberry	Fragaria nubicola	Broad Leave	Ecnomical & Social	Do exist

	Format 20: Aquatic Biodiversity												
1	2	3	4	5		6	7	8	9	10			
Local Name	Scientific Name	Local Status	Hann	A		Community /							
Local Name	Scientific Name	Variety	Features	Habitat	Past	Present	Uses	Associated TK	Other details	Knowledge Holder			
Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil			

Format-21: Wild Aquatic Plant Species of Importance.					
1	2	3	4	5	6
S. No.	Local Name	Scientific Name	Variety	Importance	Trends
1					
2	Nil				
3					

Format-22: Wild Plants of Medicinal Importance. 2 3 4 5 6 7 8 9 10 11 1 Local status Other details Plant (Herb, Community Landscape/ Variety Local Name Scientific Name Associated TK Uses (usage) Part used market/ own Shrub, Tree) Habitat Knowledge Holder use Past Present Leaf infusion against Achillea Bergeur, stomachache, cold and as Herb Leaves Gandana millefolium L. tonic A conitumUsed against diarrhea, heterophyllumWall Herb Patrees Roots general weakness, .ex Řoyale Indigestion and in cooking pulses and AlliumPraan, Herb Bulbs corolinianum DC. Gogcheegma vegetables by the nomads Angelica glauca Roots as spice and Choru, Chohore Herb Roots Edgew condiment Cystitis, gout, eczema, psoriasis and blood sugar Kalumb, Jangli Aquilegia Herb Roots kuth fragrans Benth Arnebia Anti-inflammatory, eye-Herb Ratanjot euchroma (Royale) Roots diseases, cuts & wounds, Johnston

Herb	Moori, Joon, tarkha	Artemisia brevifolia Wall.ex DC.			Stomach-ache, intestinal worms,	Leaves		
Herb	Jala kafal	Atropa accuminata Royale			Anti-asthmatic, anti- spasmodic, diuretic,	Root		
Herb	Daruhaldi, khawaray	Berberis lycium Royale			Fruit extract against stomachache and diarrhoea,	Fruits, roots		
Herb	Zakham-a- hayat, sapdotri	Bergenia ciliata (Hookf.Tho mas) Engl.			Massage to cure body swelling, kidney stones,	Roots		
Herb	Kala zeera, siazeera	Bunium persicum L			Seed as spice, appetiser, reduces cholesterol,	Seeds		
Herb	Bibdi	Codonopsis rotundifolia Benth			Eaten as vegetable, roots are aphrodisiac,	Fruit		
Herb	Chingposh	Colchicum leutum Baker			Rheumatism, gout, diseases of liver and spleen	Corms		
Herb	Salam panja	Dactylorhiza hetagirea (D.Don) Soo			Round worms of stomach,	Roots		
Herb	Nirvisha	Delphinium brunonianum Wall			Diabetes	Whole plant		

Format 23: Wild relatives of Crops 1 2 3 4 5 6 7 8 9 10 **Local Status** Community / Associated crop | Landscape / Habitat Scientific Name Part Used **Associated TK Local Name** Uses (usage) Other details Know holder Past **Present** Steep slope Cooking Purpose Kalazera Cuminum cymnium Seed Local Fo eniculum vulgore Steep slope Cooking Purpose Sonf Local Seed Chilgoza Pinus grardena Steep slope Medicinal Seed Local Raj Mash Phaseolus Vulgaris Steep slope Cooking Purpose Seed Local Phulan Steep slope Medicinal Local Seed Steep slope Wheat Triticum Used as flour Seed Local Paspalum scrobiculatum Steep slope Used as flour Kodra Seed Local

Medicinal

Seed

Local

Steep slope

Grim

Grimmia pulvinata

			Format	24: Ornamental Plan	ts		
1	2	3	4	5	6	7	8
Local Name	Scientific Name	Variety	Habitat	Commercial / Non- commercial Uses	Associated TK	Any other Detail	Community/ Knowledge Holder
Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil

Format-25: Fumigate/ Chewing Plants.

1	2	3	4	5		6	7	8	9	10	11
Plant (Herb,	Local Name	Scientific Name	Variety	Habitat	Loca	ıl status	Uses (needs)	Part used	Associated TK	Other details	Community Knowledge
Shrub, Tree)	Locai Name	Scientific Ivame	variety	Парнас	Past	Present	Uses (usage)	rari useu	Associated 1 K	(mode of use)	Holder
Herb	Sonf/Bodiyana	Foenicum vulgare					Constipation treatment	Seeds	Also used as flavouring agent		
Herb	Jungli pudina	Mentha longifolia					Cooling medicine	Leaves	Mouth freshner		
Herb	Kim	Morima longifolia					to avoid insect Damage to garments	Rhizomes			
Herb	Bantambaku		Broad Leaved	Low land	Plenty	less Abundant	Narcotic	Leaves			
Herb	Bhang	Cannabis sativa					Narcone	leaves	used as local beverage		
Herb	Dhoop	Jurinum locosepla									
Trees	khor/Dun	Juglanas regia					Tooth ache	Leaves pericarp			

			For	rmat-26 : Ti	imber Plants.			
1	2	3	2	4	5	6	7	8
Local Name	Scientific Name	Habitat	Local	status	Other Uses if any	Associated TK	Other Details	Community Knowledge
Local Name	Scientific Name	парісас	Past	Present	Other Uses, if any	Associated 1 K	Other Details	Holder
						Kail,Fir,Oak		
Deodar	Cedrus deodara	Temperate zone	Timber	Timber	Oil use for skin infection	Hatab,bankhor		
						Akhrot		
Kail	Pinus wallichiana	Temperate zone				Deo,Hatan,Oak,		
Kali	r inus waitichiana	Temperate zone	Timber	Timber	Gum use in cracks	Bankhor Akhrot		
Fir	Abies pindrow	Alpine				R.T.Texa, sproos		
Spruce	Picea smithiana	Temperate						

				Format 2	7 A: Coasta	al and Marine F	lora			
1	2	3	4		5	6	7	8	9	10
Plant Type	Local Name	Scientific Name	Habitat	Local	Status	Parts Collected (if	Commercial	Other Uses	Associated TK	Community/
Tiant Type	Local Name	Scientific Name	Habitat	Past	Present	any)	Uses (if any)	Other Oses	Associated TK	Knowledge Holder
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

				Format 2	7 B: Coast	al and Marine	Fauna			
1	2	3	4	:	5	6	7	8	9	10
Animal Type	Local Name	Scientific Name	Habitat	Local	Status	Parts Collected (if	Commercial Uses (if	Other Uses	Associated TK	Community/
Animai Type	Local Ivallie	Scientific Ivame	Habitat	Past	Present	any)	any)	Other Uses	Associated TK	Knowledge Holder
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

		F	ormat-28 : Wil	d Animals (M	ammals, Bir	ds, Repti	les, Ampl	nibia, Insects,	others).			
1	2	3	4	5	6		7	8	9	10	11	12
Animal				5	Session when	Local	status	T. (20	Associated	Mode of Hunting,	Other	Community
Type	Local Name	Scientific Name	Habitat	Description	seen	Past	Present	Uses (if any)	TK	collecting (if any)	details	Knowledge Holder
Mammal	Suh/Leopard	Panthera pardus	High altitude	Fur with dark rossettes	Both summar/ winter	Plenty	Rare					
Mammal	Pijad	Capra aegagrus	High altitude	Resembles goat	winter	Plenty	Rare					
Mammal	Jungli billi	Felis chaus	Lower scrubb Forest	Grey , light brown in colour	winter	Plenty	Rare					
Mammal	Jackal/ Gidur	Cains aureus	Around Habitation	Nocturnal	winter	Plenty	Rare					
Mammal	Reech/ Bhalu	Ursus americames	High altitude	Omnivore	winter	Plenty	Rare					
Mammal	Snow leopard	Unica unica	High altitude		throughout year							
Mammal	Leopard cat	Prionailurus begalensis	High altitude		throughout year							
Mammal	Eurasian lynx	Lynx lynx	High altitude		throughout year							
Mammal	Grey wolf	Canis lupus	High altitude		throughout year							1
Mammal	Red fox	Vulpus vulpus	High altitude		throughout year							1

Mammal	Himalayan Brown Bear	Ursus arctos	High altitude	throughout year	
Mammal	Eurasian Black Bear	Ursus thibetanus	High altitude	throughout year	
Mammal	Himalayan weasel	Mustela siberica	High altitude	throughout year	
Mammal	Himalayan stoat	Mustela ermine	High altitude	throughout year	
Mammal	Beach or stone weasel	Martes foina	High altitude	throughout year	
Mammal	Yellow-throated marten	Martes flavigula	High altitude	throughout year	
Mammal	Pine martin	Martes martes	High altitude	throughout year	
Mammal	Eurasian otter	Lutra lutra	High altitude	throughout year	
Mammal	Kashmir Musk deer	Moscus cupreus	High altitude	throughout year	
Mammal	Alpine ibex	Capra ibex	High altitude	throughout year	
Mammal	Himalayan goral	Nemorhaedus flavigula	High altitude	throughout year	
Mammal	Himalayan Tahr	Hermitragus jemlahicus	High altitude	throughout year	
Mammal	Kashmir grey langur	Semnopithecus ajas	High altitude	 throughout year	
Mammal	Small Indian Mangoose	Herpestes auropunctatus	High altitude	throughout year	

		_

Locals having

Mammal	Monkey	Simiiformes catarrhini	High altitude	Social	throughout year	Plenty	Rare	Necessary for maintanence of Ecological balance	Probhited	good knowledge with respect to their
Rodents	Chuha	Mus booduga	fields	Common in houses	throughout year	Plenty	Common	barance		identification
Rodents	Himalayan marmot	Marmota bobak	Around Habitation		throughout year					
Rodents	long -tailed marmot	Marmota caudate	Around Habitation		throughout year					
Rodents	Small Kashmir flying squirrel	Eoglaucomys fimbriatus	Around Habitation		throughout year					
Rodents	Himalayan mouse hare	Ochotona roylei	Around Habitation		throughout year					
Rodents	Short-Tailed Bandicoot Rat	Nesolia indica	Around Habitation		throughout year					
Rodents	Porcupine/ Shale	Hystrix indica	Rocky Hills	Has sharp spikes	throughout year	Plenty	Common			
Reptiles	Saanp	Serpentes	Rocky Hills	Limbless, carnivore with mobile jaw	Summer	Plenty	Common			
Reptiles	Himalayan pit viper	Agkistrodon himalayanus			throughout year					
Reptiles	Russell's viper	Viper russelii			throughout year					
Reptiles	Common Skink	Lygosoma himalayanus			throughout year					
Reptiles	Northern house gecko	Hemidactyius flaviviridis			throughout year					
Reptiles	Chipkali	Lacertila	Rocky Hills	Quadrepedal	Summer	Plenty	Common			

Birds	Chidya	Passer domestica	Around habitation	Feeds on seeds, weeds, grain	Through out Year	Plenty	Common		
Birds	Koel	Eudynamys scolopaceus	Around habitation	Feeds on seeds, weeds, grain	Through out Year	Plenty	Common		
Birds	Tota	Alexendrine parakeet	Around habitation	Feeds on seeds, weeds, grain	Through out Year	Plenty	Common		
Birds	kawa	Corvus	Around habitation	Feeds on seeds, weeds, grain	Through out Year	Plenty	Common		
Birds	Cheel	Milvus migrans	Migratory	Carvinore	Through out Year	Plenty	Common		
Birds	Chakor	Alectoris chukar	lowlands		Through out Year	Abundant	Rare		
Amphibian	Frog	Rana cyanophlictis	Ponds, lakes		summer	Abundant	Common		
Amphibian	Toad	Bufo virdis							
Insects	Bichoo	Typhlochactas mitchelli	Moist low land		summer	Abundant	Common		
Insects	Ttili	Rhopalocera	low Lands	feeds on flowers nectar	summer	Abundant	Common		
Insects	Cockroach	Blattodea	low Lands	waste Materila	summer	Abundant	Common		
	AS (Alpine Scrub)	RO (Rockey Outcrops)	AE (Ariel Edges)	GD (Garbage Dumps)	OH (Open Hill)				
	OS (Open Scrub)	TB (Temperate Broadleaf)	TC (Temperate Conifer)	RF (Riparian Forest)	UF (Urban Forest)	AQ (Aquatic Forest)			

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Format 29: Flora									
1	2	3	4	5	6	7			
Sr. No.	Local Name	Scientific Name	Type of Plants	Habitat	Flowering Season	Remarks (Rare / Common etc.)			

Note: Separate format should be used for road side plantation / Parks and Gardens / Housing estate / Commercial buildings/ other institutional areas, Private club premises and also for Aquatic (water) habitat and Terrestrial (land) habitat

Format 30: Fauna								
1	2	3	4	5	6			
Sr. No.	Local Name	Scientific Name	Type of Animals (Mammals / Birds / Fish / Insect etc.)	Habitat	Remarks (Rare / Common etc.)			

Format-31: Any other information of local importance.						
1	2	3				
S. No.	Information of local importance	Remarks				
1	Shilajeet (Pather Momiya)	Shilajeet contains fulvic acid & morethan 84 minerals. It offers numerous health benefits.				
2						