# Peoples Biodiversity Register (PBR):General Detaials

Name of Panc	hayat Samiti		Sounder-A							
Block			Dachhan							
District			Kishtwar							
State/UT			J&K							
Geographical	Area of the Panchayat Sami	ti	Hilly & Terra	ain						
Population of	the Panchayati Samiti Total		1352							
Male	692	Female	658							
Habitat & Toj	pography									
Climate (Rain winter.	fall,Temperature & other w	eather Patterns):	-Moderate Rai	in fall/upto 35	in summer & -	5 degree in				
Land Use (Nir	ne fold Classification availab	le with village re	cords)							
Date , Month										
Management	Management Regime:ReserveForests (RF)/Joint Forest Management (JFM) Protected Areas									
(PA)/Commu	nity Owned and Managed Fo	orest(COM)								

### Annexure 1

Detail of Biodiversity Chairperson) and Siz and not less than 18%	others nominated b	y the localk				be women				
1) Name of the Chairperson:	Satesh Kuma	ar S/o Krishan Da	SS							
Age:	27 Year	27 Year								
Gender:	Male	Male								
Area of Specialization :	Agriculture	Agriculture								
2) Name :	Kanta Devi	 W/o Chuni lal								
Age:	30 years									
Gender:	Female									
Area of Specialization :	Social Activi	st								
3) Name :	Kiran Bala V	 V/o Ashoni Kuma	ır							
Age:	37 Year									
Gender:	Female									
Area of Specialization :	Women Acti	Women Activist								
4) Name :	Shamboo Na	th S/o Khanth Ra	ım							
Age:	60 years									
Gender:	Male	Male								
Area of Specialization :	Agricultutre	Agricultutre								
5) Name :	Ravinder Ku	mar S/o Arjun D	ass	1	1	1				
Age:	40 years									
Gender:	Male									
Area of Specialization :	Agriculture									
6) Name :	Shakti Kuma	ur S/o Gopal Dass		1		1				
Age:	42 years									
Gender:	Male									
Area of Specialization :	Agriculture									
7) Name :	Shakti Lal S	o Sukh Ram			•					
Age:	37 years	37 years								
Gender:	Male									

Area of Specialization :	Agriculture/Social Activist
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### Annexue 2

	ds.Hakims and or using b					
Name:	•				•	
Age:						
Gender:						
Address						
Area of Specia	alization :					
Location from	which the Pers	on accesses bio	logical materia	1:		
Perceptiion of	the Practioner of	on the resources	Status:			
Medicinal Use	2:					
Name:	•					
Age:						
Gender:						
Address						
Area of Specia	alization :					
Location from	which the Perso	on accesses bio	logical materia	1:		
Perceptiion of	the Practioner of	on the resources	Status:			
Medicinal Use	:				-	
Name:						
Age:						
Gender:						
Address						
Area of Specia	alization :					
Location from	which the Perso	on accesses bio	logical materia	1:		 
Perceptiion of	the Practioner of	on the resources	Status:			
Medicinal Use						 

## Annexure 3

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	ividuals Pe ted to biodi						dgre				
Name:	1		Shakti Lal S/o	Sukh Ram	I	I	I				
Age:			37 Years								
Gender:			Male								
Address			Sounder-A								
Area of Specia	lization :		Knowledgeabl	e							
Name:			Shakti Kumar	S/o Gopal Dass		-	-				
Age:			42 Years								
Gender:			Male								
Address	Address			Sounder-A							
Area of Specia	lization :		Knowledgeable								
Name:			Som Nath S/o Doulat Ram								
Age:			65 Years								
Gender:			Male								
Address			Sounder								
Area of Specia	lization :		Knowledgeabl	e							
Name:											
Age:											
Gender:											
Address											
Area of Specia	lization :										

### Annexure 4

	eges,departments,Universities,Govt. Institutions,No- ization & Individuals Involved in the Preparation pof PBR
1) Contact Person :	Sandeep Kumar S/o Som Nath
Name & Address:	Sounder
2) Contact Person :	Rahul S/o Bhem Singh
Name & Address:	Kalnu
3) Contact Person :	Prehlad Sing s/o Kanth Ram
Name & Address:	Sounder
4) Contact Person :	Jagdesh Raj S/o Gukal Chand
Name & Address:	Sounder

Annexure	5
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Detail o	Detail of Access to biological resources and tradational Knowledge granted,details of the collection fee imposed and detail of benifits derived & mode of their Sharing											
No	Name & Address of the Person/Institution/Compant Others	biological m	entific Name of the aterial accessed and quantity		lltion of the BMC t by the Panchayat	Detail of Collection of fee Imposed	Anticipated Mode of Sharing benefits or quantum of benifits shared					
N/A	N/A	N/A N/A		N/A	N/A	N/A	N/A	N/A				
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A				

End of Part 1

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	Part-11 PBR- FORMATS														
	AGROBIODIVERSITY														
	Format 1: Crop Plant														
1	1 2 3 4 5 6 7 8 9 10 11 12 13 14													14	
	Scientific			Landscape/	Approx.area	Local S	Status	Special	Cropping			Other		Community	
Сгор	Name	Local Name	Variety	Habitat	shown	Past	Present	Features	season	Uses	Associated TK	Details	Soucr of seeds/Plants	Knowledge Holder	
Maize	Zea mays	Kookri	Local, Pro- Agro, Kanchan	Hilly Temprate & intermediate	82 Ha	Only Local varieties	Improved Varities		Kharief	Food & Fodder feeding to Poultary & Cattle	Sown in Month of April-May	Self use	Farmers stored seed(Households kept sseds) Deptt. Of Agriculture Private Seed dealers	Generally aged- Farmers Communicates	
Wheat	aestivsum iriticum	Kanak, Gundum	Local, Desi Raj,PBW	Hilly Temprate & intermediate	60 Ha	Only Local varieties	Improved Varities		Rabi	Food & Fodder (staple food) grains used as food Straw used as dry fodder	Sown in Month of April-May	Self use	Seed related from Previous years crop,Deptt of Agriculture	Local Farming C0mmunities	
Barley	Hordeum vulgare	Joo/Wooer	Local Barley	Hilly Temprate & intermediate	03 Ha	Only Local varieties			Rabi	Grains used as floor but mainly used as cattle feed & green crop used as fodder	Sown in Month of Oct-Nov	Used for making local Drink during summer	Seeds saved from previous year crop	Generally aged- Farmers Communicates	
Rajmash	Phaseolous vulgaris	Razma	Local Variety, Vespa	Hilly Temprate & intermediate	05 Ha	Only Local varieties			Kharief	Pod used as Vegtables & grain/ used as Pulses	Every village has its own local Strain (Local Variety)	Mixed cropping with Maize	Seeds saved from previous year crop	Local Farming C0mmunities	

	FORMAT-2 FRUIT PLANTS												
1	2	3	4	5	(	6		8	9	10	11	12	
	Scientific	<b>x</b> 1 N		Landscape /	Local	Status	Source Seed	Season of	Associated	T	Other details	Community	
Plant Name	Name	Local Name	Variety	Habitat	Past	Present	Plant	Fruiting	ТК	Uses	market/own use	/Knowledge	
Plum	Prunus Subg	Aalu Bukhara	Santa Rosa, Kala Amritsari, Local	Mountainous and sloppy	Rare		Local Preserved		Edible Fruits	Own use	Own use	Sewa ram	
Quince	Cydonia oblonga	Local	Beehi	Mountainous and sloppy	Rare		Local Preserved		Edible Fruits	Own use	Own use	Dwarka Nath	
Pomeg-ranate	Punica granatum	Anar	Local wild , Ganesh , Kandhari	Mountainous and sloppy			Local Preserved		Edible Fruits			Ramesh Kumar	
Grapes	Vitis vinifera	Angoor	Local wild ,Perlette	Mountainous and sloppy	Rare	Available	Local Preserved	May- June	Edible Fruits	Own use	Own use	Govind Ram	
Olive	Olea europea	Zaitoona	Zaitoona,Coratina	Mountainous and sloppy			Local Preserved					-	
Pecan nuts	Carya illinoensis	Nuts	Stuart, Wichita	Mountainous and sloppy								-	

	Format 3: Fodder Crops/Species													
1	2	3	4		5	6	7	8	9	10				
	Scientific Level Neuro Landscape/ Local Status Sources of		Sources of				Community							
Plants	Name	Local Name	Habitat	Past	Present	seeds/Plants	Associated TK	Part Used	Other Details	Knowledge Holder				
Oats	Avena Sativa	Lavaan	Temprate & intermediate	Local Improved Varieties Varieties		Seeds saved from previous year crop,Deptt of Agriculture	Sored in locally made idigenious structure called tye	Grains used as for seeds purpose and also used as fodder	Above ground portion	farmers				
	Sorgum Species	Ghass	Temprate & intermediate	Local Varieties	Improved Varieties	Seeds saved from previous year crop,Deptt of Agriculture	Two to three cuts followed by application of Urea	Above Ground Portion	Above ground portion	Farmers				

	Format 4: Weeds												
1	2	3	4	5	6	7	7	8	9	10	11	12	
Plant	Scientific	Local Name	Affected Crop	Immed	Landscape/	Local	Status	Uses if some	Management	Associated TK	Other Details	Community	
Flant	Name	Local Name	Anected Crop	Impact	Habitat	Past Present	Uses if any	Options	Associated TK	Like Exotic	Knowledge Holder		
Sedge	Cyprus rotundus	Dhila	Maize/ Paddy	The weed compete with the main crop	Temperate & intermediate	Plenty	Plenty	Nil	Chemical Control besides hand weeding	Reduces the yield of the crop	Local	Farmers	
Ghass	Cyprus esculuntus	Khass	Mash	The weed compete with the main crop	Temprate & intermediate	Plenty	Plenty	Nil	No weed management only hand weeding	Reduces the yield of the crop	Local	Farmers	
Guli Panda	Phalaris minor	Sitli	Wheat	The weed compete with the main crop	Temprate & intermediate	Plenty	Plenty	Nil	Hand weeding & Chemical Control	Reduces the yield of the crop	Local	Farmers	
Bathua	Chenopodium album		All Crops	The weed compete with the main crop	Temprate & intermediate	Plenty	Plenty	Nil	Hand weeding & Chemical Control	Reduces the yield of the crop	Local	Farmers	
Grass	Cynodon dactylon	Dhroob	Wheat	The weed compete with the main crop	Temprate & intermediate	Plenty	Plenty	Used as fodder for cattle	Only hand weeding	Reduces the yield of the crop	Local	Farmers	

				Format 5:	Pests of Crop				
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 Like Exotic	Community Knowledge Holder
Maize	Cut worm	Agrotis Spp	Tokka	Maize fields	April-May		Nil	Nil	Nil
Maize	Stemborer/ Crow	Chilo partelues		Maize fields	April-May		Nil	Nil	Nil
Wheat	Field Rats	Bendicota bengalensis terxaindica	Musso	All fields	All Season		Nil	Nil	Nil
Wheat	Army Worm	Mythimna separata		Oats & Wheat fields	All Season		Nil	Nil	Nil
Wheat	Termites	Microtermes Obesi odentoterms Obesi	Seenak	Wheat fields Rainfed	During dry season		Nil	Nil	Nil

		FOR	MAT 6 : Market	ts for Domestic	ated 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)	Types of Animals bought & sold	Types & Average number of animals transacted in a day	Places from which animals are brought	Places to which the animals are sold /transported	Name & Location of Fish Market	Types of Fishes Sold	Source of Fish
Local market - Nil	Weekly	Local	3	Local	Local	Not Applicable	Not Applicable	Not Applicable

No Registered seller / vendor though locally sold by Farmers agriculturist from their own residence occassionally

				FC	DRMAT 7 : Peop	lescape				
1	2	3	4	5	6	7	8	9	10	11
Community & Population	Families & Major Occuption	Sub-Occupation	Depending Landsacpe	Major Resources accessed and season of access	Landsacpe management Practice	Resource Management Practice	Caste/Tribe	Social Condition	Nature of Inhabitatnts	No of HHs
	Joint Families & Nuclear Families Occuption Agriculture	Animal Husbandry, Horticulture Floriculture & Artisans Govt Employees	Agriculture Landscape Forest , Agriculture crops insufficient	Crops Rabi & Kharief Appler Wallnut Pears & Wild Mashrooms from March to Octobeer ,apricot	By growing Crops for two seasons that is Rabi & Khareif Deriving Minor Forest Produce without disturbing ecologicial balance	Judicious Utilization of Natural resources without their over exploitation	Others	Backward /Financially weak	Religious and have great respect for their tradition , celebrate fairs and festivals/ Local Melas with full enthusiasm	380
					l Husbandry ,Artisans,se	rvices				
			Landscape, Rivers, For		nud and etc.					
			use for satisfying diff							
How the comm	nunity manages the	e resources they ad	ccess for satisfying dif	ferent needs, their stat	rgeies and perception,	conflicts etc.				

							Format-8: La	ndscape						
	1		2	3	3	4	5	6	7	8	9	10	11	12
Majo	or Landscaj	pes		Features a	nd annrov									
Agricultural	Pond	Fallow	Sub- Landscapes	Ar		Ownership	General flora	General fauna	User groups	Management practices	General uses	Associated TK	Other details	Comunity accessed
land		land		К	М									
	_	_	Private land	4279	0	Local Zamindars								
	_	_	Shamlat	1791	11	do								
			State Land	3130	9	J&K Govt								
Agricultural			Aabadi Land	5	17	Local Zamindars	Dry Temp. Fruit plants forest	Cattle, live stocks,	Local		Cultivation			
land			Irrigated Land	1504	4	Local Zamindars	trees,Conifers & Broad leaved, Flowering plants	Wild animals, Birds of dry temerature zone, Amphibians	Zamindars farming	Conventional type	for food grains and	Conventional farming practices	-	Forming community
			Un-irrigated Land	3168	0	Local Zamindars	and MFPs	Repitities Insects	community		grasses	•		
			Cultivated land	4672	4	Local Zamindars								
			No cultivated land	7160	10	Local Zamindars								
			Kacharie Land	632	10	Local Zamindars								
Forest Land			Forest Land	1992	13	J&K Govt								
			Pr	ovide a brief	f description	n of lanscapes such	as forests, plantatio	ons, cultivated land, e	stuary, pond, la	keot other elem	ents			

					Format-9 :	Watersca	pe.					
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 Uses	User Group	Management Practices	General uses	Associated TK	Other Detail	Community Accessed
	Rad Nallah	Nagwan Rad								_	-	_
Nallah	Kibhar Nallah	-	Government	_	_	Drinking	Local population	Conventional type		_	_	-
	Kalnu Rad	Nagwan Rad								-	-	-

			Format 10: S	oil Type			
1	2	3	4	5	6	7	8
Soil Type	Colour & Texture	Features	Soil Management	Plants /Crop Suitable	Flora And Funa	Assiciated TK	Other Information
Clayey Loam Soil	Brown	Elastic With high water holding Capacity (Higher Rate of soil loss due to erosion)	Local Manure	Maize Wheat	Flora And Funa associated with Maize ,Wheat crop Grown		
Sandy Loam Soil	Brown & Reddish	Well drained (High Rate of Soil Loss due to erosion)	Addition of Organic Manure	Maize Wheat	Flora And Funa associated with crop Grown		

					FORMA	T-11 FRU	IT TREES					
1	2	3	4	5	(	5	7	8	9	10	11	12
	Scientific	T I NI	<b>X</b> 7	Landscape	Local	Status	Source Seed	Season of		<b>T</b> T a second	Other details	Community/
Plant Name	Name	Local Name	Variety	/Habitat	Past	Present	Plant	Fruiting	Associated TK	Uses	market/own use	Knowledge
Apple	Malus domestica	Seb	Red Delicious Golden Del. Ambri,Gala Mast etc	Mountainous and sloppy	Rare	Plenty	Local Preserved / Govt Nry/Pvt Nry	July –Oct.	Reducing cholester ol, lowering blood sugar levels,	Own use	Own use	
Walnut	Juglans regia	Akhrot	Local	Mountainous and sloppy	Rare	Plenty	Local Preserved	July- Sept	Reduces prostate cancer and diabetes	Own use	Own use	
Aprocot	Prunus Armeniaca	Khubani	Safeda,Qadri Bebco	Mountainous and sloppy	Rare	Plenty	Local Preserved	May-June	Reduces Heart deases & High Blood Pressure	Own Use	Own use	Ramesh Kumar
Pear	Pyrus communis	Nashpati	Moti Daddi,Half Red,Nakh,Misri Tang	Mountainous and sloppy	Rare	Plenty	Local preserved	July- Sept	<b>used</b> for mild digestion problems, diarrhea, severe diarrhea (cholera),	Own use	Own use	Govind Ram
Peach	Prunus persica	Aadu	Local Shan-e- Panjab, Amba	Mountainous and sloppy	Rare	Plenty	Local Preserved	July –Sept	Edible Fruits	Own Use	Own use	Babi Chand
Cherry , Glass	Prunus avium	Cherry , Glass	Local	Mountainous and sloppy	Rare	Plenty	Local Preserved	May-June	Not known	Own Use	Own use	-
Grapes	Vitis Vinifera	Grapes	Merlot Chardonam	Mountainous and sloppy	Rare	Plenty	Local Preserved	july- Sep	Not known		Own use	-

				Format-12	2 : Medicii	nal Plan	ts (Herbs	, Shrubs, Trees etc.).				
1	2	3	4	5	6		7	8	9	10	11	12
Plant Type	Local Name	Scientific Name	Variety	Landscape/	Source of	Locati	on status	Uses (usage)	Part used	Associated	Other details market/ own	Community
			, arreey	Habitat	plant/ seeds	Past	Present	eses (asige)	1	Tk	use	Know Holders
Shurb	Ban Kakkri	Podophyllum hexandrum	MFP	Forest	Natural	Plenty	Endangered	Useful to the skin for removal of warts,including plantar warts & sexually tranmitted warts.	Fruit			
Shurb	Rhubarb (Churko)	Rheum spiciforme	MFP	Forest	Natural	Plenty	Rare	Harvested from the wild for local use as a food & medicine	Flower/ stem			
Herb	Kuth	Saussurea costus	MFP	Forest	Natural	Plenty	Rare	The root & oil from the root are used to make medicine.treating for asthma, cough,gas,worm ( <b>nemotode</b> ).	Root/ Rhizome			
Herb	Murg jawain,Bajarbhang	Hyoscyamus niger	MFP	Forest	Natural	Plenty	Rare	Useful for ailmentsof the bones,Rh,toothache,asthma,cough nervous disease & stomach pain.	Seeds			
Herb	Guggal/Dhoop	Jurinea dolomiaca	MFP	Forest	Natural	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	MFP	Forest	Natural	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	MFP	Forest	Natural	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 disorders	Roots, Rhizomes
Shurb	Dhatura	Dhatura metel	MFP	Forest	Natural	Plenty	Rare	Used to treat hydrophobia,epilepsy,convulsion,syp hilis,inflammation of the breasts, smallpox,mumps & leprosy,also used as a pesticide.	Seeds
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,la xative,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,bur ns,fractures & general weakness.	Roots, Rhizomes

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,ne rvous 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
Shrub	Gur-Krandel	Ferula jaeschkeana	MFP	Forest	Natural	Plenty	Rare	Treatment of asthma,whooping cough,flatulent colic,pneumonia,bronchitis	Leaves, 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	
	Pitsuaak (Birjung, Pitsouli, Phagermula)	Arctium lappa	MFP	Forest	Natural	Plenty	Rare	Used therapeutically as a depurative,diuretic & digestive stimulant & for dermatologic conditions.	Roots	
Shurb	Kala Zeera	Bunium persicum	MFP	Forest	Natural	Plenty	Rare	Useful in treatment of gastro intenstinal illnesses,including diarrhea & inflammatory bowel disease.	Seeds	
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,indigestio n & menstrual disorders.	Roots	
Tree	Zum	Prunus cormuta	MFP	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	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		Galium aparine L	MFP	Forest	Natural	Plenty	Rare	used as diuretic, used to treat swollen lymph glands, tonsillitis and throat infections.		

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,Timber
Tree	Deodar	Cedrus deodara (Roxb) G. Don	CONIFER	Forest	Natural	Plenty	Rare	used in neurological disorders,asthma,fever,arthritis & headache.	Seeds ,Timber 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,Timber
Tree	Kail	Pinus wallichiana Jackson	CONIFER	Forest	Natural	Plenty	Rare	usful in treating burning of the body,cough,fainting & ulcers.	Timber
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
Shrub	Vethur	Juniperus communis Linn	MFP	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
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, Goug	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	Rare	Treats agues, diarrhoea& dysentery	Leaf
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	Endangered	Respraitory ailments, treat wounds	Leaves
Herb	Kal viuth	Prunella vulgaris L	MFP	Forest	Natural	Plenty	Rare	Protect against cancer, herpes	Leaves
Herb	Kashmir sage	Salvia hians Royle ex Benth	MFP	Forest	Natural	Plenty	Rare	Heal eye infections	Aerial Parts
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
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
Herb		Ipomaea purpurea Roth	MFP	Forest	Natural	Plenty	Rare	Mental disorders, constipations	Seeds

Herb	Cuscuta europaea L	MFP	Forest	Natural	Plenty	Rare	Herbal medicine,tonic for liver & kidney	Seeds,vegitabl e
Herb	Cuscuta reflexa Roxb	MFP	Forest	Natural	Plenty	Rare	Treat difficulty in urinating, jaundice	Stem,Seeds
Herb	Rheum australe D. Don	MFP	Forest	Natural	Plenty	Rare	Gastritis,blood purification	Rhizomes,Ro ots
Herb	Rheum moorcroftianum Royle	MFP	Forest	Natural	Plenty	Rare	improve memory,renal function disorder	Rhizomes,Ro ots
Herb	Jurinea dolomiaea Boiss	MFP	Forest	Natural	Plenty	Rare	loss of apetite, cold bronchitis	Root
Herb	Lactuca lessertiana (DC) C.B Clarke	MFP	Forest	Natural	Plenty	Rare	curative properties	Not available
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	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,Leav es

Herb		Sonchus arvensis Linn	MFP	Forest	Natural	Plenty	Rare	used in treatment of asthma,chest diseases	Stems,Leaves
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	Endangered	increase urine production,,decrease pain	Fruits,Leaves
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,Seed
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

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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,Ro ot
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	Bran	Ulmus wallchiana Planch	B/L	Forest	Natural	Plenty	Rare	used to heal body mind & skin	Leaves
Herb		Cannabis sativa L	MFP	Forest	Natural	Plenty	Rare	used for recrational or medicinal purposes	Whole Plant
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		Lychinus indica Benth	MFP	Forest	Natural	Plenty	Rare	Source of soaps ,ornamentals purposes	Roots,Flowers
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,Floers, Root
Herb		Geranium polyanthes Edgew & H.F	MFP	Forest	Natural	Plenty	Rare	Tumor,cosmetic,laxative & hair colour	Flower
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		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		Trifalium fragiferum L	MFP	Forest	Natural	Plenty	Rare	used as green manure & flowers are used to make jelly	Flowers,Leav es
Herb		Trifllum repens L	MFP	Forest	Natural	Plenty	Rare	a lincture of the leves are applied as an ointmentto Govt.	Flowers,Leav es
Herb		Trigonella emodi Benth	MFP	Forest	Natural	Plenty	Rare	Reduce fever	Stem ,Leaves
Herb		Vicia sative Linn	MFP	Forest	Natural	Plenty	Rare	seeds are used to form bread, cakas, biscuits	Seed
Herb		Vicia sepium Linn	MFP	Forest	Natural	Plenty	Rare	used as nitrogen fixation used for hay or silage particulary arable silage.	Rhizomes,Lea ves
Tree		Fiaus palmata Forsk	B/L	Forest	Natural	Plenty	Rare	used for treatment of longs & bladder diseases	Fruit
Tree		Monus serrate Roxb	B/L	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,Leaves, 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

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Tree		Corylus jacquemontii Decne	B/L	Forest	Natural	Plenty	Rare	seeds are used as oil	Seeds
Tree		Quercus baloot Griffith	B/L	Forest	Natural	Plenty	Rare	seeds are used in manufacturing of insecticides	seeds
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
Tree		Populus oliata Wallich ex Royle	B/L	Forest	Natural	Plenty	Rare	used as fuel wood,also useed as timber & making furniture	Whole Plant
Shrub	Willow	Salix alba Boiss	MFP	Forest	Natural	Plenty	Rare	stems are used in basket making.	Stem
Shrub		Berberis jaeschkeana C.K Schneider	MFP	Forest	Natural	Plenty	Rare	used in treatment of tumor	Rhizomes,Fru it
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		Corydalis cachemiriana Royle	MFP	Forest	Natural	Plenty	Rare	used for mild depression	Flowerrs,Ste ms,Leaves
Herb		Corydalis thyrsiflora Prain	MFP	Forest	Natural	Plenty	Rare	used to treat stomach problem	Leaves,Flowe rs
Herb		Fumaria indica Pugsley	MFP	Forest	Natural	Plenty	Rare	used as a common weed,isolation & polyherbal	Whole Plant

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Herb		Capsella bursa pastoris (L) Moench	MFP	Forest	Natural	Plenty	Rare	used as a folk remedy for cancer,nose bleeding	Seeds,Leaves
Herb		Erysimum melicetae Dunn	MFP	Forest	Natural	Plenty	Rare	used in medicine, food item	Seeds
Herb		Iris hookeriana M. Foster	MFP	Forest	Natural	Plenty	Rare	used in aromatherapy,rhizomes given to babies to help in teething	Rhizomes
Herb		Iris kashmiriana Baker	MFP	Forest	Natural	Plenty	Rare	used in treatment of joint pains	Rhizomes
Herb		Iris kemaonensis D. Don ex Royle	MFP	Forest	Natural	Plenty	Rare	flowers are used in herbal medicines	Flowers
Herb		Narcissus tazetta L	MFP	Forest	Natural	Plenty	Rare	used in treatment of boils & mastits	Root
Herb		Dioscorea deltoidea Wal ex Kunth	MFP	Forest	Natural	Plenty	Rare	used in treatment of digestive disorders ,wound & burns	Rhizomes
Herb	Chingposh	Colchicum luteum Baker	MFP	Forest	Natural	Plenty	Rare	used as carminative & aphrodisiac,treatment of gout	Corm,Seeds
Herb		Fritillaria roylei Hook	MFP	Forest	Natural	Plenty	Rare	used for healing wounds	Roots
Herb		Gagea elegans Wall	MFP	Forest	Natural	Plenty	Rare	Used in the form of infusions or decoctions.	Leaves
Herb		Notholirion thomsonianum (Royle) Stapf	MFP	Forest	Natural	Plenty	Rare	Treatment of Various infectious Diseases espically intestinal.	Flower,Leave s
Herb		Polygonatum multiflorum (Linn.) All	MFP	Forest	Natural	Plenty	Rare	used in wound healing being anti- bectarial	Roots
Herb		Polygonatum verticillatum All	MFP	Forest	Natural	Plenty	Rare	used to cure cardiptonic,aphrodisiac	Tender leaves,Young shoots

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Herb		Trillium govanianum Wall	MFP	Forest	Natural	Plenty	Rare	used in dysentery, wound healing,menstral &sexual disorders.	Rhiozomes,R oots			
Herb		Tulipa stellata Hook f	MFP	Forest	Natural	Plenty	Rare	Used for sinus Pain ,Hay Fever& Headache.	Whole Plant			
Herb		Arisaema jacquemontii Blume	MFP	Forest	Natural	Plenty	Rare	used for the treatment of dermatological disorders,used for phenols	Root			
Herbs		Valeriana pyrolaefolia decne	MFP	Forest	Natural	Plenty	Rare	Used orally for anxiety& Psychological stress.	Root	Local zamindars have got		
Herbs		Dipsacus inermis Wall	MFP	Forest	Natural	Plenty	Rare	used in ayurvedic system of medicine	Fresh & Dried Leaves	emple knowledge with respect	Bonafide	Inhabitants of
Herbs		Achillea millefolium L	MFP	Forest	Natural	Plenty	Rare	above ground parts used in cold, tonic & astringent	Aerial Parts	to identification of the species as	purpose	the area.
Herbs		Ainsliaea aptera DC.	MFP	Forest	Natural	Plenty	Rare	roots used to relieve stomachache, acute fever & constipation	Roots	well their comon usage		
Herbs		Anaphalis nubigena Clarke	MFP	Forest	Natural	Plenty	Rare	used as aromatic & antimicrobial	Aerial Parts			
Herbs		Artemesia scoparia Waldst. & Kit	MFP	Forest	Natural	Plenty	Rare	flowers, stem seeds used as antiseptic, diuretic & antipyretic	Flowers,Stem ,Seeds			
Herbs		Artemesia gmelini Bess	MFP	Forest	Natural	Plenty	Rare	plants rich source of essential oil	Leaf ,Stem			
Herbs	Mooin	Artemisia Maritima L.	MFP	Forest	Natural	Plenty	Rare	antiseptic, diuretic & antipyretic	Leraves ,Flow ering			
Herbs		Aster indamellus Grierson	MFP	Forest	Natural	Plenty	Rare	as food & medicine	Leaf,Flower,R oot			
Herbs		Cirsium arvense (L) Scop	MFP	Forest	Natural	Plenty	Rare	remedy for toothache & treament of indigestion	Root			

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Herbs		Cirsium falconeri (Hook.f.) Petrak	MFP	Forest	Natural	Plenty	Rare	whole plant & roots used for treating oedema	Whole Plant
Herbs		Dubyaea hispide DC.	MFP	Forest	Natural	Plenty	Rare	used to remove excess pitta dosh,treat fever.	Rhizomes
Herbs		Echinops cornigerus DC	MFP	Forest	Natural	Plenty	Rare	root are aphrodisiac, whole plant antipyretic & analgesic	Root
Herbs		Erigeron canadensis L.	MFP	Forest	Natural	Plenty	Rare	whole plant diuretic, hemostatic & antidiarrheal	Whole Plant
Herbs		Filago germanica Linn	MFP	Forest	Natural	Plenty	Rare	has chemical, biological & toxicological properties	Fruit
Herbs		Galinsoga parviflora Cav	MFP	Forest	Natural	Plenty	Rare	used for treatment of nettle sting & similar skin inflammation	Leaves
Herbs		Gnaphalium luteo album Linn	MFP	Forest	Natural	Plenty	Rare	antibacterial, antifungal, antioxidalt	Leaves
Shrub	Shutenger	Rhododendron anthopogon D. Don	MFP	Forest	Natural	Plenty	Rare	treatment of constipation, didysentry, fever	Leaves
Herbs		Anagallis arvensis Linn	MFP	Forest	Natural	Plenty	Rare	whole plant used as expectorant, dropsy,diuractic,purgative	Whole Plant
Herbs		Androsace rotundifolia Hardw.	MFP	Forest	Natural	Plenty	Rare	dried plant used against bronchitis, asthma,cough	Dried Plant
Herbs		Primula rosea Royle	MFP	Forest	Natural	Plenty	Rare	asthma & digestive problems	Flower,Leave
Tree		Fraxinus excelsior L.	B/L	Forest	Natural	Plenty	Rare	bark & leaf used against fever, gout, arthritis	Bark,Leaf
Herbs		Jasminium grandiflorum L.	MFP	Forest	Natural	Plenty	Rare	used for treating wounds, skin disease, ulcers,headache	Not Available

Herbs		Jasminium humile L	MFP	Forest	Natural	Plenty	Rare	root juice used against ringworm, flowers used to cure intestinal problems	Root,Flower
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
Shrub		Buddleja paniculata Wall	MFP	Forest	Natural	Plenty	Rare	used for treatment of skin disease, malaria	Leaves
Herbs		Gentiana carinata Griseb	MFP	Forest	Natural	Plenty	Rare	used against diarrhea, loss of appetite, heart burn	Root
Herbs		Gentiana Kuroo Royle	MFP	Forest	Natural	Plenty	Rare	rhizome is antihelminthic, diaphoretic,digestive tonic	Rhizomes
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
Herbs		(Royle) Kazmi	MFP	Forest	Natural	Plenty	Rare	use to manage disorders like hapatotoxicity	Not Available
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,Flowe rs
Herb	Hamesh-Bahar	Calendula officinalis	MFP	Forest	Natural	Plenty	Rare	Applied on Skin disease,Burns	Flower,leaf
Herb	Banafsha	Viola odorata	MFP	Forest	Natural	Plenty	Rare	Throat problem,Cold,cough	Flower
Fungi		Morchella conica	MFP	Forest	Natural	Plenty	Rare	Indigestion,phlegm,shortness of breath	Whole part

Fungi	Guchhee	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		Agaricusmacrocarpu s	MFP	Forest	Natural	Plenty	Rare	Intoxicating drink,edible	Whole part
Fungi		Cantharellus cibarius	MFP	Forest	Natural	Plenty	Rare	Anti-microbial,cytotoxity,Anti- oxidant,wound healing	Whole part
Fungi		Coprinus atramentarius	MFP	Forest	Natural	Plenty	Rare	Balancing blood sugar level,diabetes properties	Whole part
Fungi		Caprinus comatus	MFP	Forest	Natural	Plenty	Rare	Mimics insulin	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
Fungi		Fomes fomentarius	MFP	Forest	Natural	Plenty	Rare	Laxative, Treatment of cancer	Whole part
Fungi		Fomitopsis pinicola	MFP	Forest	Natural	Plenty	Rare	Anti-tumor, anti-bacterial, anti-viral	Whole part
Fungi		Ganoderma applanatum	MFP	Forest	Natural	Plenty	Rare	Cancer treatment, diabetics	Whole part
Fungi		Ganoderma lucidum	MFP	Forest	Natural	Plenty	Rare	anti-inflammation,Analgesic,Anti- becterial	Whole part
Fungi		Trametes versicolor	MFP	Forest	Natural	Plenty	Rare	Enhance the health of immune system	Whole part
Fungi		Sparassis crispa	MFP	Forest	Natural	Plenty	Rare	Anti-tumor,Anti-inflammatory,Anti- allergic	Whole part
Fungi		Pleurotus spp.	MFP	Forest	Natural	Plenty	Rare	Anti- Tuber,anti- genotoxic,Anti- oxidant	Whole part
Herb		Amaranthus viridis	MFP	Forest	Natural	Plenty	Rare	Treatment of fever, pain, asthma	Whole part

Herb	Allium cepa	MFP	Forest	Natural	Plenty	Rare	Antiinflammatory, antiseptic	Bulb, Leaves
Herb	Allium humile kunth	MFP	Forest	Natural	Plenty	Rare	Treatment of cholera, dysentry, cought	Bulbs
Herb	Allium sativum	MFP	Forest	Natural	Plenty	Rare	Fever, diabetics, swellings	Bulbs
Herb	Allium semenovii	MFP	Forest	Natural	Plenty	Rare	Reduce blood calastrol level	Bulbs
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	Pleurosermum stellatum	MFP	Forest	Natural	Plenty	Rare	To make black or red dye, water proof black ink	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	Alliaria petiolata	MFP	Forest	Natural	Plenty	Rare	Treatment of bronchitis,asthma,& Rh	Whole part

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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	1

Herb	Dianthus angulatus Baumg	MFP	Forest	Natural	Plenty	Rare	Used as a tonic for urinary system, digestive system & bowls	Leaves	
Herb	Anaphalis nepalensis (Spreng.) Hand Mazz.	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	Anticeptic, Antipyretic	Leaves	
Herb	Artemisia vestita Wall. ex Besser	MFP	Forest	Natural	Plenty	Rare	Inflammatory diseases	Leaves	
Herb	Aster diplostephioides (DC.) C. B. Clarke	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flowers	
Herb	Aster falconeri (C. B. Clarke) Hutch.	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flowers, Root	
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	

						1	1	1	
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		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

Herb	Rosularia alpestris (Kar. & Kir.) Boriss.	MFP	Forest	Natural	Plenty	Rare	Ornamental garden plants, Traditional Medicines	Whole part
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	Jaeschkea oligosperma Knobl.	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Whole part
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 himalayense Klotzsch	MFP	Forest	Natural	Plenty	Rare	Garden uses, beds & borders	Whole part
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
Shrub	Philadelphus tomentosus wall ex G. Don	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	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	Lotus corniculatus L.	MFP	Forest	Natural	Plenty	Rare	Anti-inflammatory,Skin	Flowers
	Lows conneuturus L.	.,		- tuturur			inflammation	110 0010
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	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.	MFP	Forest	Natural	Plenty	Rare	Respiratory problems,Anti- inflammatory	Fruit, leaves
Tree	Morus alba L.	MFP	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
Shrub	Arundo donax L.	MFP	Forest	Natural	Plenty	Rare	Basket making, Diuretic, Diaphroetic	Grass
Herb	Bothriochloa ischaemum (L.) Keng	MFP	Forest	Natural	Plenty	Rare	Agro-forestery use	Grass
Herb	Bromus catharticus Vahl	MFP	Forest	Natural	Plenty	Rare	Agro-forestery use	Grass
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 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		Potentilla cuneata Wall. ex Lehm.	MFP	Forest	Natural	Plenty	Rare	Diarrhea, menstraul bleeding	Leaves, Flowers	
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	Guggi Van	Pleurospermum candollei	MFP	Forest	Natural	Plenty	Rare	Used in folk medicines	Whole part	

	FORMAT-13 Ornamental Plants/ Trees/Climbers 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				
Nil	Nill	Nill	Nill	Nill	Nill	Nill	Nill	Nill	Nill				

	Format-14 : Timber Plants/ Trees.													
1	2	3	4	5		6	7	8	9	10				
	nt Type Local Name Scientific Name			Local status		Wild/ home		Associated		Community/				
Plant Type	Local Name	Scientific Name	Habitat	Past	Present	garden	Other uses (multi)	ТК	Other details	Know holder				
	Deodar	Cedrus deodara												
	Fir	Abis pindrow				Wild	Timber							
	Kail	Pinus wallichina				wild								
	Spruce	Picea smithiana					Timber							
	Wallnut	Juglans regia				Wild/private land	Wood/fruit							

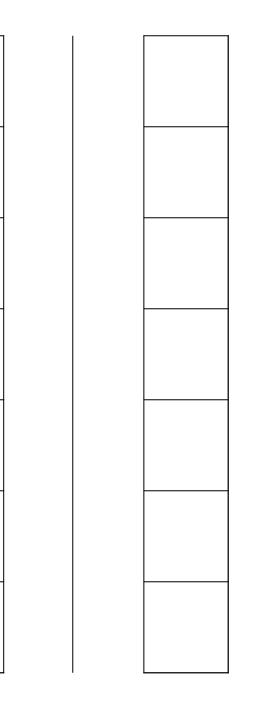
				FORM	MAT 15 : D	OMESTIC	ATED AN	IMALS				
1	2	3	4	5	6		7	8	9	10	11	12
Animal	Local	Scientific	Breed Local		Method of	Local	Status		Associated	Commercial	Other details including	Community
Туре	Name	Name	Hybrid	Features	Keeping	Past	Present	– Uses	ТК	Rearing	products & services	know holders
Sheep	Bhead	Ovis aries	Local	Small size. rough coat	Flock rearing	Plenty	Rear	Mutton, wool & manure	Yes	Least	Mutton, wool, manure, bones, hides	Locals & Nomads
Sheep	Bhead	Ovis aries	Rambouillet Cross (Cross Bred)	Large size, fine wool	Flock rearing	Rear	Plenty	Mutton, wool & manure	Yes	Least	Mutton, wool, manure, bones, hides	Locals & Nomads
Goat	Bakri	Capra hircus	Local	Small size, low body weight	Flock rearing	Plenty	Rear	Chevon,milk & manure	Yes	Least	Chevon, manure, wool,bones, hides	Locals & Nomads
Goat	Bakri	Capra hircus	Kaghani (Bakarwali)	Small Size	Flock rearing	Rear	Plenty	Chevon & manure	Yes	Least	Chevon, manure, wool,bones, hides	Locals & Nomads
Cow	Gaye	Bos.Supp	Local		Flock rearing	Plenty	Rear	Milk and dung	nutrious and complete diet	Least		Local
Horse	Ghorda	Equscabalus	Local	-					-	Least		Local
Mule	Khachhar	Equus asinus	Local							Least		Local
Donkey	Gadda	Equus asinus	Local						-	Least		Local

	FORMAT-16-Cultural Fisheries													
1	2	3	4	5	6     7     8     9     10     11     12							12		
Fich True	Looglagama	Scientific	Variaty	_	Waterscape(Pond/	Local	Status	Uses	Associated TK	Commercial		Community Knowledge holder		
Fish Type	Local name	name	Variety	Features	Bheri/Talao)	Past	Present	Uses		Rearing	Other Details			
Nil	Nill	Nill	Nill	Nill	Nill	Nill	Nill	Nill	Nill	Nill	Nill	Nil		

	FORMAT 17 : Markets/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 in case of BI-Annual or Annual Market Fair	Types of Animal Bought & Sold	No of Animals transacted in a day Average	Places from where the Animals are arrived	Places to where the Animals are transported						
Annual Fruit Market during Hud Mata	Sounder-A	Annual	During Hud mata Yatra	June - July	Nil	Nil	Nil	Nil						

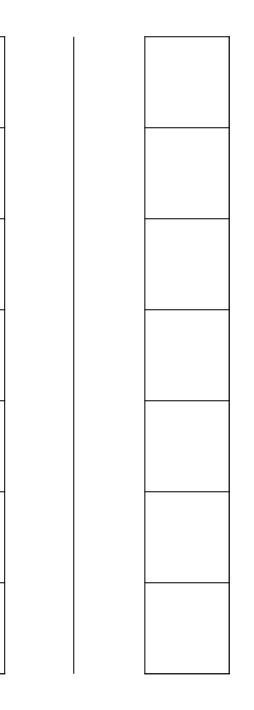
	Format-18 : Trees, Shrubs, Herbs, Tubers, Grasses, Climbers etc.													
1	2	3	4	5		6	7	8	9	10	11			
	I INI	S	H.1.4	<b>H</b> - <b>L</b> *4 - 4	Local	l status		Part	Associated		Community			
Plant Type	Local Name	Scientific Name	Habit	Habitat	Past	Present	Commercial/ own use	collected	Tk	Other details	Knowledge Holder			
Shurb	Ban Kakkri	Podophyllum hexandrum	Grow Annually	Forest	Plenty	Endangered	Useful to the skin for removal of warts,including plantar warts & sexually tranmitted warts.	Fruit			Inhabitants of the area.			
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( <b>nemotode).</b>	Root/ Rhizome						
Herb	Murg jawain,Bajarbha ng	Hyoscyamus niger	Grow Annually	Forest	Plenty	Rare	Useful for ailmentsof the bones,Rh,toothache,asthma,cough 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 disorders	Roots, Rhizomes
Shurb	Dhatura	Dhatura metel	Grow Annually	Forest	Plenty	Rare	Used to treat hydrophobia,epilepsy,convulsion,syphilis,inflamm ation of the breasts,smallpox,mumps & leprosy,also used as a pesticide.	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,antiseptic,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

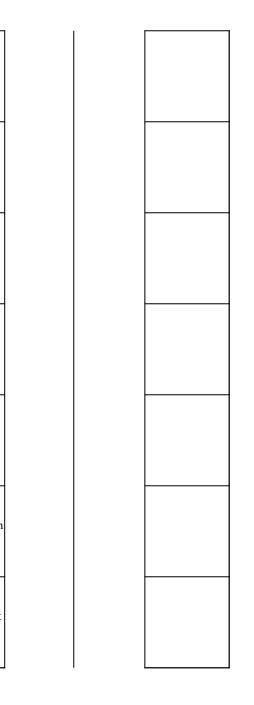


Shurb	Kalveuth	Prunella vulgaris	Grow Annually	Forest	Plenty	Rare	Useful to treat infections & other illnesses,inflammation,protect against cancer,prevent diabetes complications.	Leaves & Flowers
	Ravend-Chini (Pambchalan)	Rheum australe	Grow Annually	Forest	Plenty	Sporadic	Used as laxative & also used 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,hypochondriasis,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

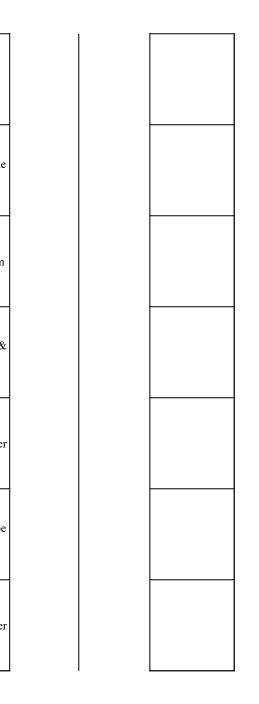
Shrub	Gur-Krandel	Ferula jaeschkeana	Wild	Forest	Plenty	Rare	Treatment of asthma,whooping cough,flatulent colic,pneumonia,bronchitis	Leaves, Flowers
Herb	Kour, Kutki, Kadu, Kadvi	Picrorhiza kurroa	Wild	Forest	Plenty	Rare	Used for the treatment of jaundice,sudden liver infections caused by a virus,fever,allergy & 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
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
Herb	Kasnil Hand	Cichorium intybus	Grow Annually	Forest	Plenty	Rare	Useful in treatment of liver disorders,diabetes,jaundice,gout,Rh	Flowers
Shrub		Cassiope fastigiata	Wild	Forest	Plenty	Rare		Stem/ Branches



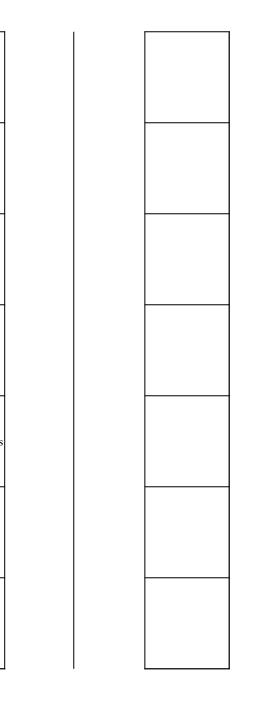
Herb	Pambechalan/ chukri	Rheum emodi	Grow Annually	Forest	Plenty	Rare	Used in various traditional systems as laxative,tonic,fever,cough,indigestion & menstrual disorders.	Roots
Tree		Crataegus songarica	Cultivated	Forest	Plenty	Rare	Treatment against certain fungal & bacterial diseases.	Roots
Tree	Zum	Prunus cormuta	Grow Annually	Forest	Plenty	Rare	Helpful in the treatment of cancer.	Timber
Herb		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		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,Rhizom es,Resin
		Aconitum	Grow Annually	Forest	Plenty	Rare	In homeopathy,used to treat fear,anxiety & restlessness,acute sudden fever.	Flowers,Root s



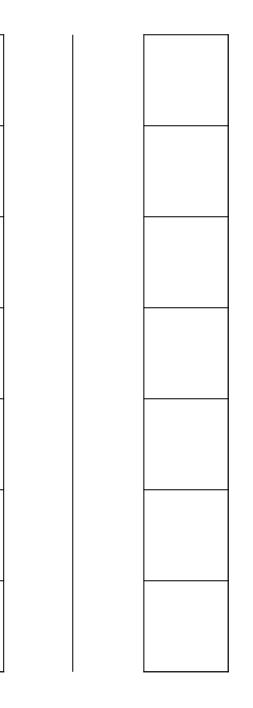
Herb	Choru/Chohori	Angelica glauca Edgw	Wild	Forest	Plenty	Rare	Used in Dyspepsia,constipations,ulcer of plate,Dysentry, Roots are used as a drug wound and gastric pains	Roots
Shrub	Bakru	Lonicera quinquelocularis Hardew	Wild	Forest	Plenty	Rare	Used for turnery & carving,also used for walking sticks.	Stem.,Brache s
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,arthritis & headache.	Seeds ,Timbe r 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



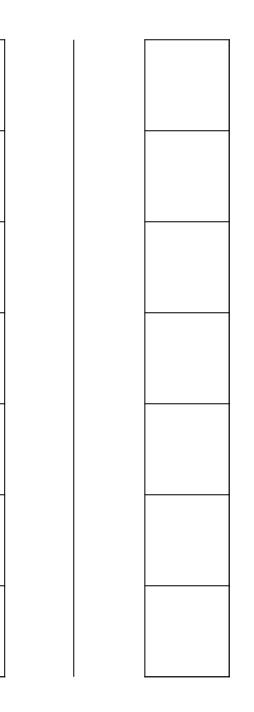
Tree	Kail	Pinus wallichiana Jackson	Wild	Forest	Plenty	Rare	usful in treating burning of the body,cough,fainting & ulcers.	Timber
Herb		Asplenium dathousiae Hook	Grow Annually	Forest	Plenty	Rare	Effective in typhiod, expectorant, anthelmentic & laxative.	Leaves
Herb		Colocassia esculenta (L.) Schott	Grow Annually	Forest	Plenty	Rare	used for the treatentof asthma,arthritis, diarrhea, neurological disorders.	Leaves
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	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
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



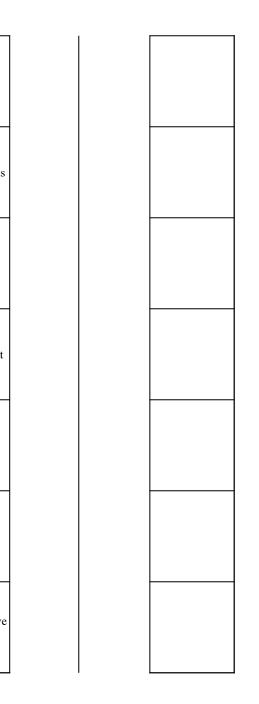
Shrub	Sanglidhoop	Skimmia anquetilia N.P Taylor & Airy Shaw	Wild	Forest	Plenty	Rare	used for treatment of swellings,rheumatism & therapy. Powder of its bark is used for the healing of burns & wounds.	Leaves
Shrub	Beri	Zizyphus oxyphylla Edgw	Grow Annually	Forest	Plenty	Rare	used to treat diabetes,fever,dysentery,as well as blood & skin diseases	Fruit
Tree	Horse chest nut	Aesulus hippocastanum L	Grow Annually	Forest	Plenty	Rare	used for treatment of dysentry,bronchitis,hemorrhoids.	Leaves
Tree	Kanjal	Acer caesium Wallich ex Brandis	Wild	Forest	Plenty	Rare	used for treatment of muscular swelling,boils & pimples	Leaves
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,diarrhoea	Leaves
Herb		Marrubium vulgare L	Grow Annually	Forest	Plenty	Rare	Digestion problem, breathin problem	Whole plant



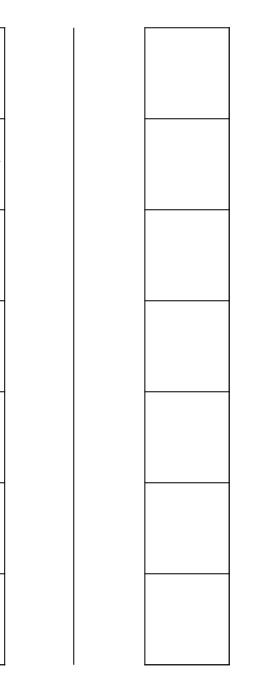
Herb	Jungli Pudina	Mentha arvensis L	Wild	Forest	Plenty	Rare	As a food, stomach problem & allergy	Leaves
Herb	Vena	Mentha longifolia (L) Hudson	Wild	Forest	Plenty	Rare	Respraitory ailments, treat wounds	Leaves
Herb	Kal viuth	Prunella vulgaris L	Wild	Forest	Plenty	Rare	Protect against cancer, herpes	Leaves
Herb	Dand jari	Rhodiola himalensis (D.Don) S.H. Fu	Wild	Forest	Plenty	Rare	Help the body to resist physical, chemical & environmental stress	Bark
Shrub	Hatab	Parrotiopsis jacquemontiana (Decne) Rehder	Wild	Forest	Plenty	Rare	used for handles walking sticks	Wood
Herb	Wild Straberry	Fragania nubicola Lindl ex Lacalta	Grow Annually	Forest	Plenty	Rare	As food, treats profuse mensuration	Fruit
Shrub		Rubus hoffmeisterianus Kunth & Bouche	Grow Annually	Forest	Plenty	Rare	Anti-microbial, anti-cancer	Root,Tubers



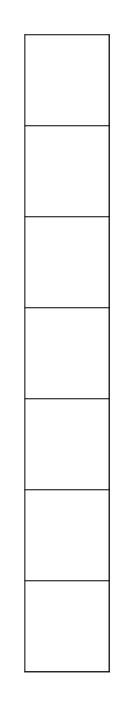
Herb	Datura stramonium L	Wild	Forest	Plenty	Rare	stomach pain toothache	Seed
Herb	Hyoscyamus niger L	Grow Annually	Forest	Plenty	Rare	ailment of bones, nervous diseases	Leaves,seeds
Herb	Solanum nigrum L	Wild	Forest	Plenty	Rare	dysentery, fever& stomiach complains	Roots
Herb	Solanum surattense Burm. 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,Leave s



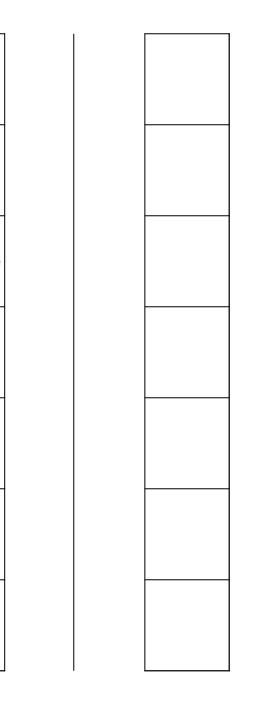
Herb	Pediculans punctata Decne	Grow Annually	Forest	Plenty	Rare	used in treatment of leucorrhoea,fevers,sterility,rheumatism.	Root
Herb	Picrorhiza kurrooa Benth	Grow Annually	Forest	Plenty	Rare	sudden liver infections, fever allergy	Root,Rhizom e
Herb	Achyranthes aspera Linn	Grow Annually	Forest	Plenty	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	Bistorta amplexicaulis (D. Don) Greene	Grow Annually	Forest	Plenty	Rare	leveas as vegetables, tea, fever, joints	Dried Rhizomes



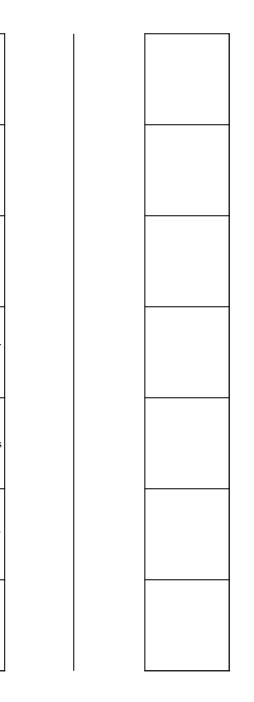
Herb	Oxyria digyna Hill	Wild	Forest	Plenty	Rare	used to treat scurvy,dysentery	Leaves,Roots, Stem
Herb	Aconogonum alpinum (All) Schur	Grow Annually	Forest	Plenty	Rare	as vegetable	Leaves
Herb	Rheum australe D. Don	Grow Annually	Forest	Plenty	Rare	Gastritis, blood purification	Rhizomes,Ro ots
Herb	Rheum moorcroftianum Royle	Grow Annually	Forest	Plenty	Rare	improve memory,renal function disorder	Rhizomes,Ro ots
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, Seed
Herb	Rurnex nepalensis Spreng	Grow Annually	Forest	Plenty	Rare	swollen gums,headache.body pain	Root,seed,Lea f



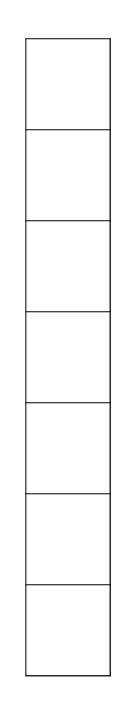
Tree	Daphne oleoides Schreib	Grow Annually	Forest	Plenty	Rare	cutaneous affections,gonorrhoea	Bark,Leaves
Herb	Jurinea dolomiaea Boiss	Grow Annually	Forest	Plenty	Rare	loss of apetite, cold bronchitis	Root
Herb	Lactuca lessertiana (DC) C.B Clarke	Grow Annually	Forest	Plenty	Rare	curative properties	Not 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



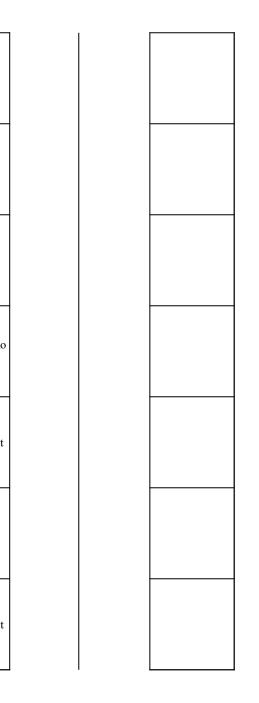
Herb	Senecio amplexicaulis Wall	Grow Annually	Forest	Plenty	Rare	antifungal and phytotoxic	Whole Plant
Herb	Senecio gradliflorus DC	Grow Annually	Forest	Plenty	Rare	used in treatment of irregular menses, ease child birth	Root
Herb	Senecio nudicaulis Ham	Grow Annually	Forest	Plenty	Rare	used in treatment of fever and skin diseases	Leaves
Herb	Solidago virga aurea L	wild	Forest	Plenty	Rare	used in treatment of best pain, insomnia	Flowers,Leav es
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, Tops
Herb	Sonchus oleraceus L	Grow Annually	Forest	Plenty	Rare	used for blood purifier,anti-malarial	Stem & Leaves



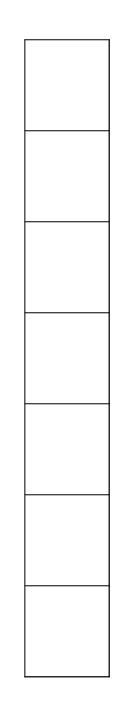
Herb		Tanacetum gracile Hook. F. & T	Grow Annually	Forest	Plenty	Rare	used in treatment of intestinal worms,prevent miscarriage	Dried Aerial Parts
Herb	Handh	Taraxacum officinate Weber	wild	Forest	Plenty	Rare	increase urine production,,decrease pain	Fruits,Leaves
Shrub		Lyonia ovalifolia (Wallich) Drude	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, Pea sized Berries
Herb		Euphorbia cognata (Klotzsch & Garcke) Boiss	Grow Annually	Forest	Plenty	Rare	Breathing disorder,asthma	Seed Stem



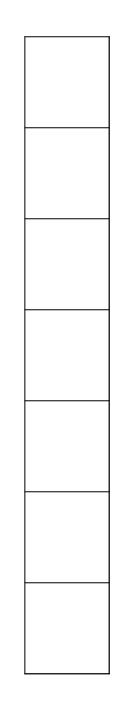
Herb		Euphorbia rothiana Spreng	Grow Annually	Forest	Plenty	Rare	Rheumatism,warts,cough,asthma	Stem Bark
Herb		Euphorbia helioscopia L	Wild	Forest	Plenty	Rare	used in pharmaceutical industry.	Leaves, Stem,Root
Herb		Euphorbia wallichii Hook F	Grow Annually	Forest	Plenty	Rare	used against constipation	Leaf,root
Shrub		Sarcococca saligna (D.Don) Meull Arg	Grow Annually	Forest	Plenty	Rare	laxative ,blood purifier & muscular analgesic	Leaf,Bark,Ro ot
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



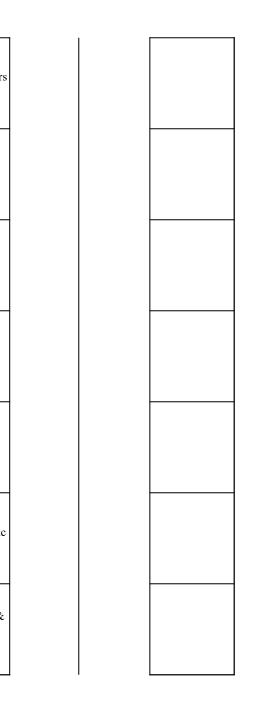
Tree	Ulmus wallchiana Planch	Wild	Forest	Plenty	Rare	used to heal body mind & skin	Leaves
Herb	Cannabis sativa L	Wild	Forest	Plenty	Rare	used for recrational or medicinal purposes	Whole Plant
Herb	Viola betoniofolia Smith	Wild	Forest	Plenty	Rare	used as sedative	Whole Plant
Herb	Violacanescens Wallich	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,Flower s
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

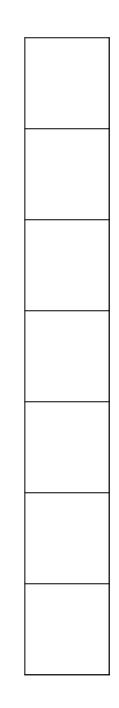


Herb	Suchal	Malva neglecta Wallr	Wild	Forest	Plenty	Rare	Astringent,demulcent,diuretic	Leaves,Floers ,Root
Herb		Geranium polyanthes Edgew & H.F	Wild	Forest	Plenty	Rare	Tumor,cosmetic,laxative & hair colour	Flower
Shrub		Rhus succedanea L	Wild	Forest	Plenty	Rare	Treatment of phthisis	Fruits
Herb		Astragalus 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		Indigofera heterantha Wallich ex Brandis	Grow Annually	Forest	Plenty	Rare	branches are used as basket making it is also used as fuel	Floers ,Branc hes
Shrub		Indigofera tinctoria L	Grow Annually	Forest	Plenty	Rare	used to treat nervous disorders,asthama, liver disease	Flowering & Fruiting Branches

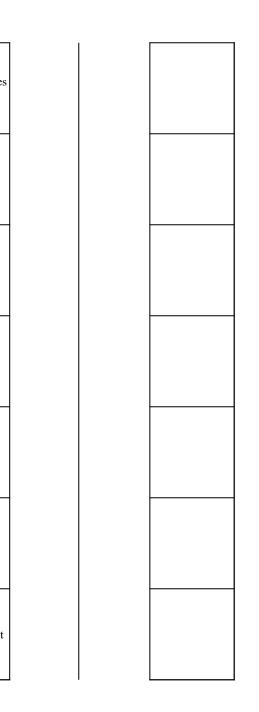


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Herb	Lathyrus aphaca Linn	Grow Annually	Forest	Plenty	Rare	used in the treatment of toothache	Seed		
Herb	Oxytropis lapponica Wahlenb Gay	wild	Forest	Plenty	Rare	foiliage & roots are used for detoxification, pain relief	Roots		
Herb	Medicago lupulina 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,Leav es		
Herb	Trifllum repens L	Grow Annually	Forest	Plenty	Rare	a lincture of the leves are applied as an ointmentto Govt.	Flowers,Leav es		

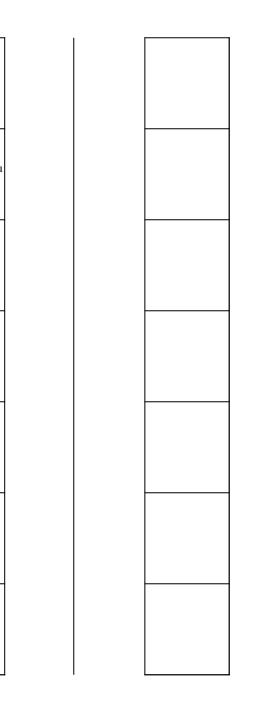
Herb		Trigonella emodi Benth	wild	Forest	Plenty	Rare	Reduce fever	Stem ,Leaves
Herb		Vicia sative Linn	Grow Annually	Forest	Plenty	Rare	seeds are used to form bread, cakas, biscuits	Seed
Herb		Vicia sepium Linn	Grow Annually	Forest	Plenty	Rare	used as nitrogen fixation used for hay or silage particulary arable silage.	Rhizomes,Lea ves
Tree	Fagwara	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	Chinnar	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,



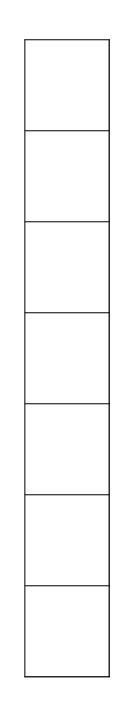
Tree		Alnus nepalensis D. Don	Wild	Forest	Plenty	Rare	Used for making charcoal,reducing swelling of leg,juice is applied on burns	Wood,Leaves ,Roots
Tree	Champ	Alnus nitida (Spach) Endl.	Grow Annually	Forest	Plenty	Rare	Bark is used to treat swelling & body pain	Bark
Tree	Bhoj patra	Betula utilis D Don	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



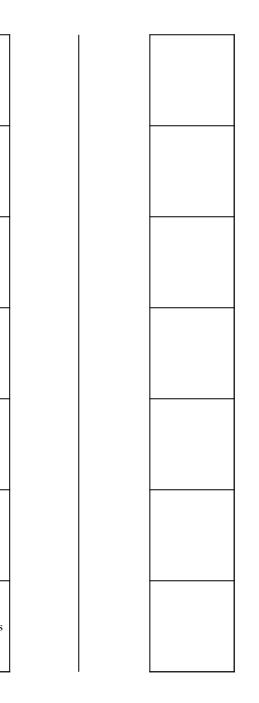
Shrub	Willow	Salix alba Boiss	Wild	Forest	Plenty	Rare	stems are used in basket making.	Stem
Shrub		Berberis jaeschkeana C.K Schneider	Wild	Forest	Plenty	Rare	used in treatment of tumor	Rhizomes,Fru it
Herb		Podophyllum hexandrum Royle	Wild	Forest	Plenty	Rare	usedto treat gynecology infections	Rhizomes
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,Ste ms,Leaves



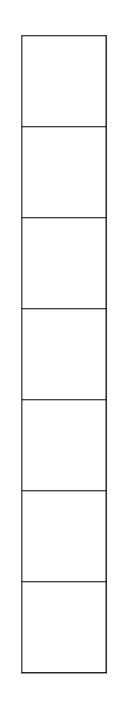
Herb	Corydalis rutifolia (Sibth) DC	Grow Annually	Forest	Plenty	Rare	various medicinal value	Roots
Herb	Corydalis thyrsiflora Prain	Wild	Forest	Plenty	Common Vulnerable	used to treat stomach problem	Leaves,Flowe rs
Herb	Fumaria indica Pugsley	Wild	Forest	Plenty	Rare	used as a common weed, isolation & 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,Fliowr rs,Buds
Herb	Brassica rapa L	Wild	Forest	Plenty	Rare	provides oils & vegetables,fodder	Whole Plant



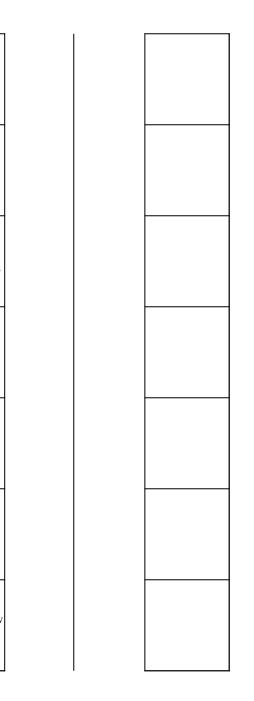
Herb		Iris hookeriana M. Foster	Grow Annually	Forest	Plenty	Rare	used in aromatherapy,rhizomes given to babies to help in teething	Rhizomes
Herb		Iris kashmiriana Baker	Grow Annually	Forest	Plenty	Rare	used in treatment of joint pains	Rhizomes
Herb		Iris kemaonensis D. Don ex Royle	Wild	Forest	Plenty	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



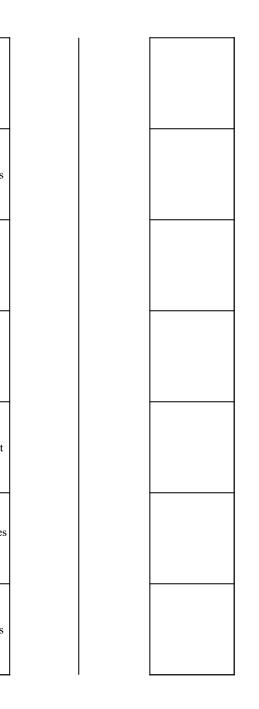
Herb	Fritillaria roylei Hook	Grow Annually	Forest	Plenty	Rare	used for healing wounds	Roots
Herb	Gagea elegans Wall	Grow Annually	Forest	Plenty	Rare	Used in the form of infusions or decoctions.	Leaves
Herb	Notholirion thomsonianum (Royle) Stapf	Wild	Forest	Plenty	Rare	Treatment of Various infectious Diseases espically intestinal.	Flower,Leave s
Herb	Polygonatum multiflorum (Linn.) All	Grow Annually	Forest	Plenty	Rare	used in wound healing being anti-bectarial	Roots
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,R oots
Herb	Tulipa stellata Hook f	Grow Annually	Forest	Plenty	Rare	Used for sinus Pain ,Hay Fever& Headache.	Whole Plant



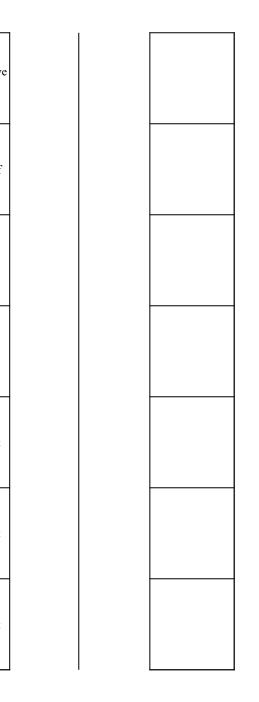
Herb		Arisaema jacquemontii Blume	Wild	Forest	Plenty	Rare	used for the treatment of dermatological disorders,used for phenols	Root
Herbs		Valeriana pyrolaefolia decne	Wild	Forest	Plenty	Rare	Usedb orally for anxiety& Psychological stress.	Root
Herbs		Dipsacus inermis Wall	Wild	Forest	Plenty	Rare	used in ayurvedic system of medicine	Fresh & Dried Leaves
Herbs		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 ,Flow ering



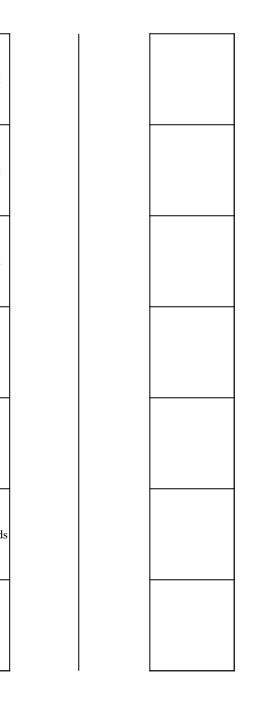
Shrub	Shutenger	Rhododendron anthopogon D. Don	Wild	Forest	Plenty	Rare	treatment of constipation, didysentry, fever	Leaves
Tree	Kahu	Olea cuspidata Wallich ex G. Don	Grow Annually	Forest	Plenty	Rare	bark used for fracture, leave use for treatment of malaria, UTI	Bark,Leaves
Herbs	Kazuban	Arnebia benthamii (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
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	Heru	Quercus ilex	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



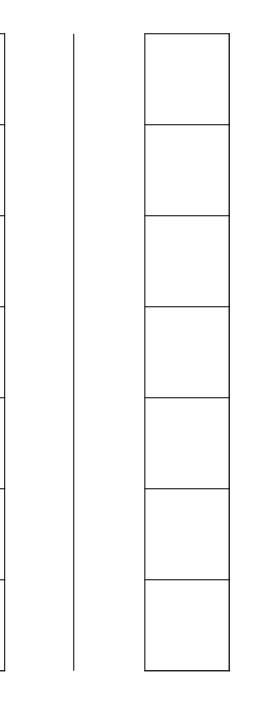
Tree	Bankhoor	Aesculus indica	Wild	Forest	Plenty	Rare	Treatment of skin diseae, Rh, astringent, narcotic,relef of headache	Leaves,Flowe rs
Herb	Hamesh-Bahar	Calendula officinalis	Grow Annually	Forest	Plenty	Rare	Applied on Skin disease, Burns	Flower,leaf
Tree	Feku	Ficus Palmata	Wild	Forest	Plenty	Rare	Skin diseases, contipation	Fruit
Herb	Banafsha	Viola odorata	Grow Annually	Forest	Plenty	Rare	Throat problem,Cold,cough	Flower
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



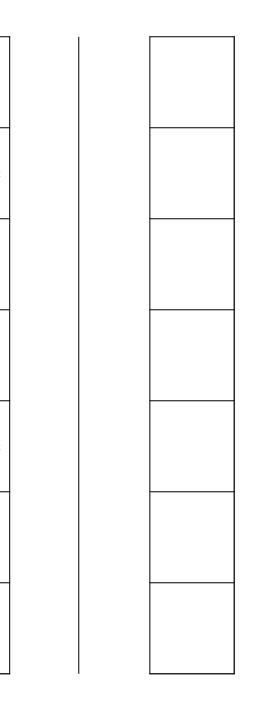
Fungi		Aricus campestris	Grow Annually	Forest	Rare	Rare	treatment of cancer,Type-2 diabetes,high- cholestrol,digestive problem	Whole part
Fungi		Schizophyllum commune	Grow Annually	Forest	Rare	Rare	Anti-cancer activity,edible	Whole part
Fungi	Datura	Geatrum triplex	Grow Annually	Forest	Rare	Rare	Analgesic,anti-inflammatory,treatment 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



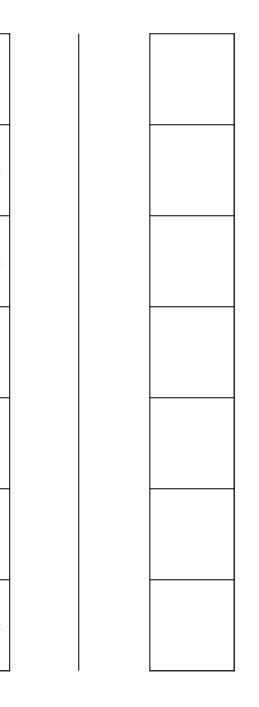
Herb	Ligusticum elatum	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Oenanthe javanica	Wild	Forest	Plenty	Rare	Joundice, abdomnal pain	Whole part
Herb	Pleurosermum brunonis	Wild	Forest	Plenty	Rare	To cure skin infections, joundice, insect repllents	Flowers
Herb	Pleurosermum candollei	Wild	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



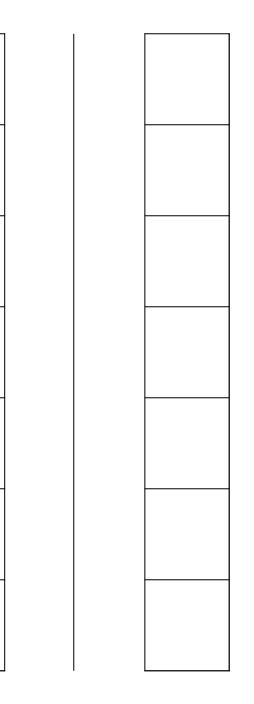
Herb	Arisaema propinquum	Wild	Forest	Plenty	Rare	Uses in snake bite, RH	Rhizomes
Herb	Begonia rubella	Wild	Forest	Plenty	Rare	Cure arthrites & common join pain	Whole part
Herb	Hackelia uncinata	Wild	Forest	Plenty	Rare	Used to cure fractured bones	Leaves, Flowers
Herb	Lindelofia longiflora	Wild	Forest	Plenty	Rare	Folk medicines	Leaves, Flowers
Herb	Myosotis alpestris	Wild	Forest	Plenty	Rare	Lotion for wounds nose bleed	Whole part
Herb	Onosma hispidum	Wild	Forest	Plenty	Rare	Used as food & medicine, wounds	Roots
Herb	Pseudomertensia moltkioides	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers



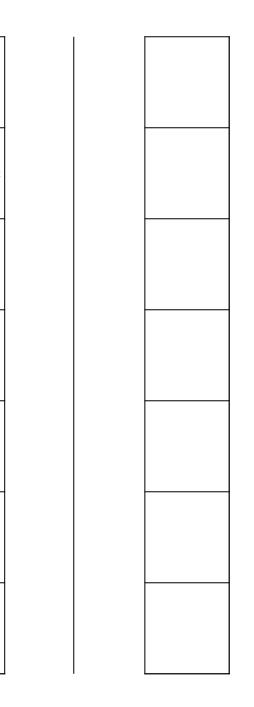
Herb	Pseudomertensia trollii	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Alliaria petiolata	Cultivated	Forest	Plenty	Rare	Treatment of bronchitis,asthma,& Rh	Whole part
Herb	Arabis bijuga	Wild	Forest	Plenty	Rare	Gastro-intestinal problems,dysentry & stomach ache	Whole part
Herb	Arcyosperma primulifolium	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb	Barbarea vulgaris	Wild	Forest	Plenty	Rare	Edible,,used as a salads	Leaves
Herb	Cardamine macrophylla	Wild	Forest	Plenty	Rare	Medicinal uses, as a vegetable	Leaves, Flowers
Herb	Crucihimalaya himalaica	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part



Herb	Crucihimalaya mollissima	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Erysimum hieraciifolium	Wild	Forest	Plenty	Rare	Edible	Leaves
Herb	Hesperis matronalis	Wild	Forest	Plenty	Rare	Treatment of Scurvy,oil used in perfumery	Leaves, Flowers
Herb	Lepidium virginicum	Wild	Forest	Plenty	Rare	To treat vitamin-C deficency,pains & diabetes	Whole part
Herb	Raphanus sativus	Cultivated	Forest	Plenty	Rare	To treat constipation,chronic tracheitis & hypertension	Leaves root
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

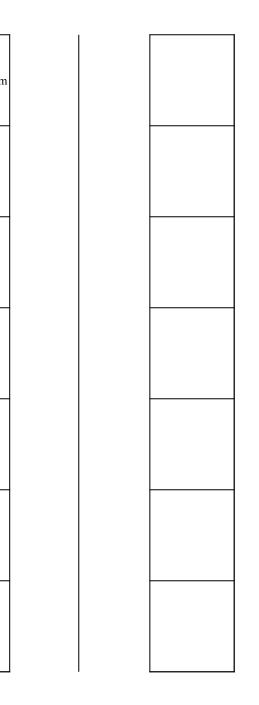


Herb	Thlaspi cochleariforme	Wild	Forest	Plenty	Rare	Treated chronic problems related to menses	Leaves, Flowers
Shrub	Sarcococca pruniformis	Wild	Forest	Plenty	Rare	Laxative,blood purifier	Leaves, Root
Herb	Campanula aristata	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Campanula cana	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

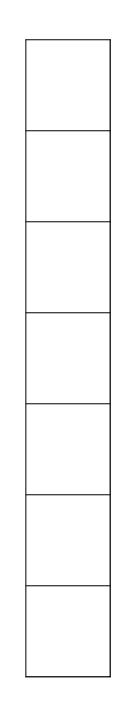


Herb	Codonopsis ovata	Wild	Forest	Plenty	Rare	Treatment of ulcers & wounds	Leaves, Flowers	Inhabitants have		
Herb	Cyananthus lobatus	Wild	Forest	Plenty	Rare	Laxative, treatment of serous disorders & constipation	Leaves, Root	got knowledge w.r.t identification /common use	Bonafide purpose	
Shrub	Abelia triflora	Wild	Forest	Plenty	Rare	Used as a wood,walking sticks	Whole part	of species		
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			

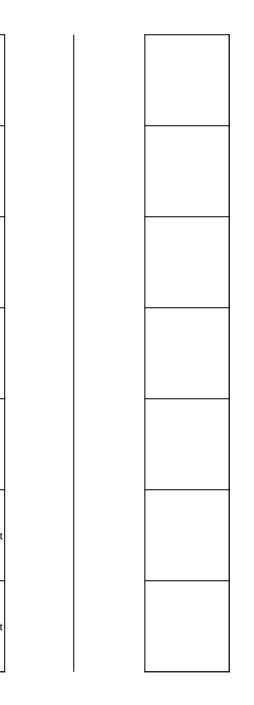
Herb	Cerastium fontanum Baumg	Wild	Forest	Plenty	Rare	Edible	Flowers, stem
Herb	Dianthus angulatus Baumg	Wild	Forest	Plenty	Rare	Used as a tonic for urinary system,digestive system & bowls	Leaves
Herb	Gypsophila cerastoides D.Don	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb	Myosoton 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



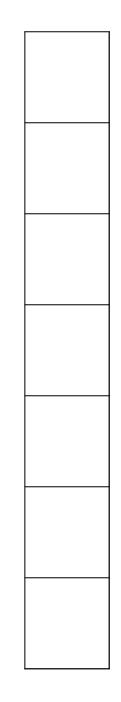
Herb	Silene indica var. edgeworthii (Bocquet)Y.J.Nasir	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Silene indica (Roxb.) Roxb. ex Otth	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb	Stellaria decumbens Edgew.	Wild	Forest	Plenty	Rare	Leaf vegitable, Salad	Leaf, Flower
Herb	Parnassia 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



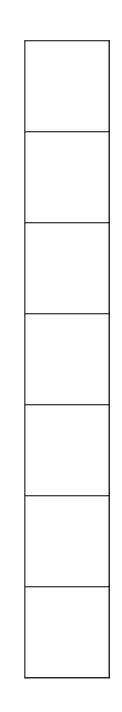
Herb	Anaphalis margaritaceae L.	Wild	Forest	Plenty	Rare	Diarrhoea, dysentry, Rh, joints	Flowers
Herb	Artemisia dubia Wall.	Wild	Forest	Plenty	Rare	Cuts & wounds	Leaves
Herb	Artemisia scoparia Waldst. & Kitam.	Wild	Forest	Plenty	Rare	Anticeptic, Antipyretic	Leaves
Herb	Artemisia vestita Wall. ex Besser	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



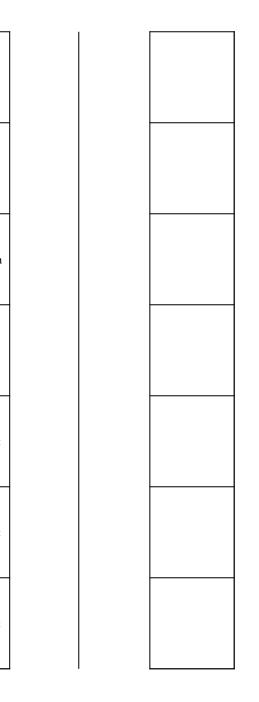
Herb	Aster molliusculus (Lindl. ex DC.) C.B.Clarke	Wild	Forest	Plenty	Rare	Antibacterial, skin infection, ulcers & wounds	Flowers, Root
Herb	Aster thomsonii C.B.Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers, Root
Herb	Carduus edelbergii <u>Rech.f.</u>	Wild	Forest	Plenty	Rare	Traditional 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



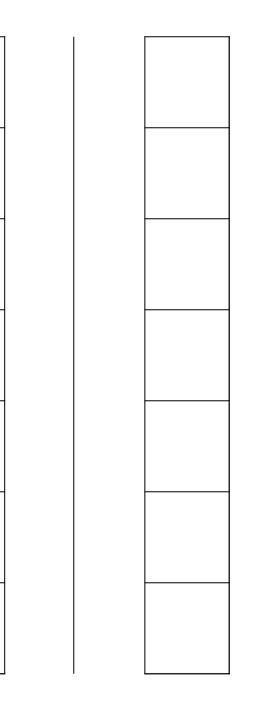
Herb		Crepis sancta L. (Bornm)	Wild	Forest	Plenty	Rare	Edible, salad	Leaves
Herb		Erigeron bellidioides (Buch Ham. ex D. Don) Benth. C. B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		Erigeron multiradiatus (Lindl. ex DC.) Benth. ex C. B. Clarke	Wild	Forest	Plenty	Rare	Traditional 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		Jurinea ceratocarpa (Dcne.)	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		Jurinea macrocephala DC.	Wild	Forest	Plenty	Rare	Cancer, Arthrithes	Leaves, Flowers



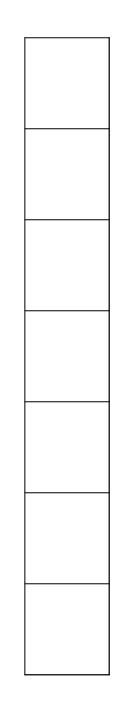
Herb	Lactuca dolichophylla Kitam.	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb	Ligularia amplexicaulis DC.	Wild	Forest	Plenty	Rare	Vomiting from indigestion	Leaves, Flowers
Herb	Onopordum acanthium L.	Wild	Forest	Plenty	Rare	Anti-inflammatory,Anti-tumor,	Roots, stem
Herb	Saussurea costus (Falc.) Lipsch.	Wild	Forest	Plenty	Rare	Treating worm( <i>Nemotode</i> ),Asthma,Cough,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



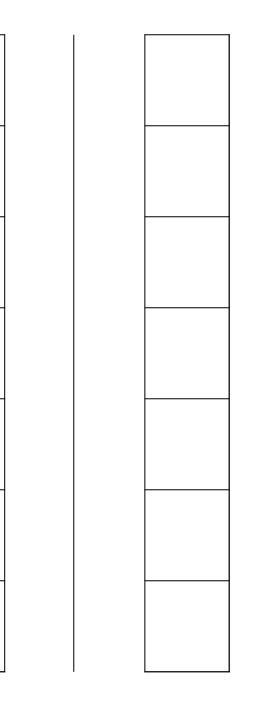
Herb	Saussurea hypsipeta Diels ex H.Limpr.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Saussurea taraxacifolia Wall. ex DC.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Scorzonera virgata DC.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower
Herb	Senecio chrysanthemoides DC.	Wild	Forest	Plenty	Rare	Dysentry, infections, Rh, Cancer, 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



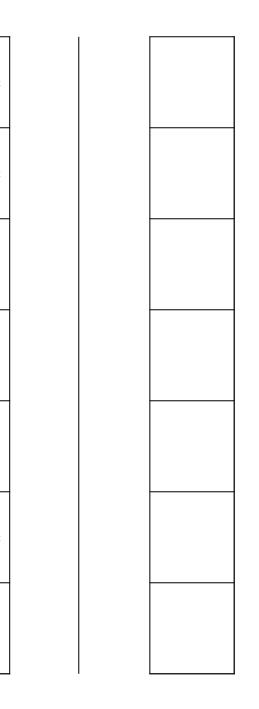
Herb	Tussilago farfara L.	Wild	Forest	Plenty	Rare	Disorder of the respiratory tract, skin, cold	Leaf
Herb	Waldheimia glabra (Decne.) Regel	Wild	Forest	Plenty	Rare	Influenza virus & anti complementry extract	Leaves, Flowers
Herb	Waldheimia tomentosa (Decne.) Regel	Wild	Forest	Plenty	Rare	Stomach ache 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



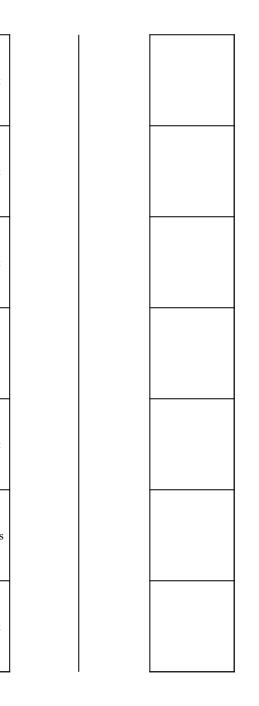
Climber	Cucumis sativus L.	Cultivated	Forest	Plenty	Rare	Blemished skin, heart rash, burns, sores	Whole part
Climber	Cucurbita pepo L.	Cultivated	Forest	Plenty	Rare	Anti inflamentry, anti viral, anti ulcer	Whole part
Shrub	Datisca cannabina L.	Wild	Forest	Plenty	Rare	Treatment of Rh	Root
Herb	Equisetum 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



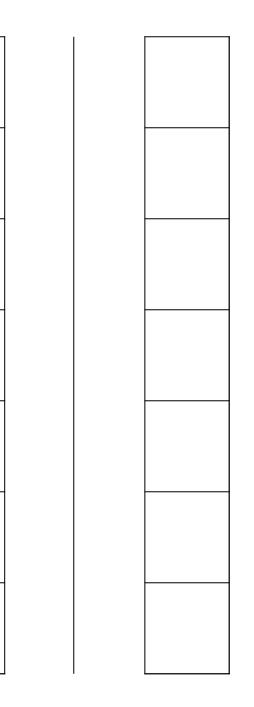
Tree	Quercus baloot Griff.	Wild	Forest	Plenty	Rare	Anti bacterial potential	Whole part
Tree	Quercus semecarpifolia Sm.	Wild	Forest	Plenty	Rare	Diarrhoea, dysentry	Whole part
Herb	Gentiana cachemirica Decne.	Wild	Forest	Plenty	Rare	Digession problem	Leaves, Flowers
Herb	Gentiana ornata (D.Don) Wall. ex 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



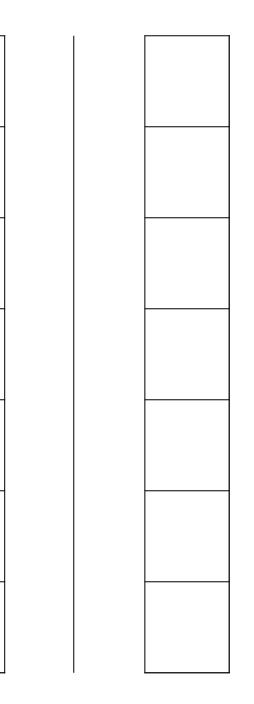
Herb	Jaeschkea oligosperma Knobl.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Swertia ciliata (D. Don ex G. Don) B.L. Burtt	Wild	Forest	Plenty	Rare	Skin diseases, cancer	Whole part
Herb	Swertia petiolata Royle ex D.Don	Wild	Forest	Plenty	Rare	Inflammation of the liver & high blood pressure	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 Iambertii 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



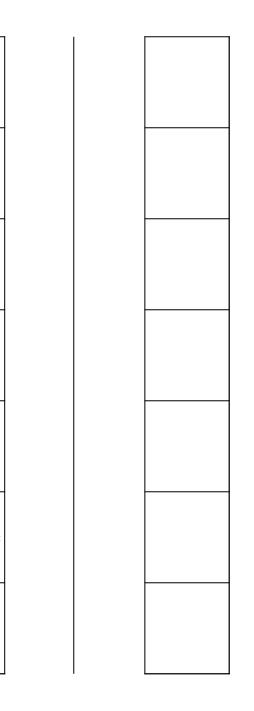
Herb	Geranium nepalense Sweet	Wild	Forest	Plenty	Rare	Nervous diseseas, pains, Rh	Whole part
	Geranium pusillum L.		Forest	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb	Geranium rotundifolium L.	Wild	Forest	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb	Geranium wallichianum 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



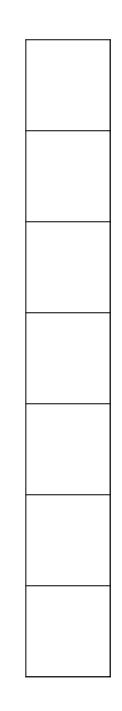
Shrub	Philadelphus tomentosus wall ex G. Don	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb	Ajuga integrifolia BuchHam.	Wild	Forest	Plenty	Rare	Diarrhea, Malaria	Leaf
Herb	Clinopodium vulgare L.	Wild	Forest	Plenty	Rare	Overcome weak digestion	leaves
Herb	Elsholtzia ciliata (Thunb.) 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



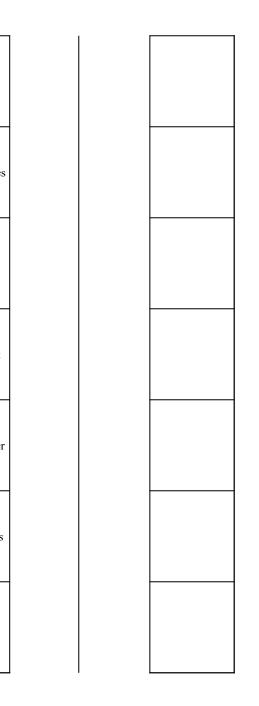
Herb	Mentha arvensis L.	Wild	Forest	Plenty	Rare	Diarrhea & Dysentry,stomach problem	Leaves
Herb	Nepeta connata Royle ex Benth.	Wild	Forest	Plenty	Rare	Dysentry,,Teeth troubles	Leaves
Herb	Nepeta leucophylla Benth.	Wild	Forest	Plenty	Rare	Dysentry,,Teeth troubles	Leaves
Herb	Phlomis bracteosa Royle ex 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



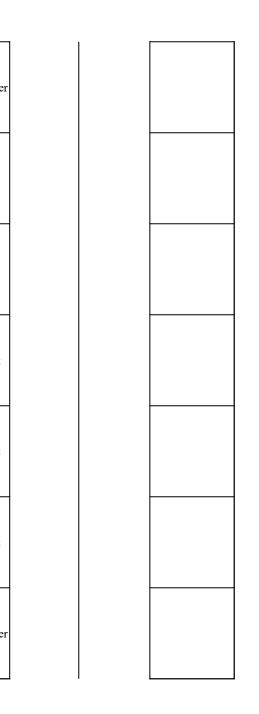
Herb	Astragalus frigidus (L.) A.Gray	Wild	Forest	Plenty	Rare	Immune tonifying, lung tonic	Dried root
Shrub	Indigofera hebepetala Baker	Wild	Forest	Plenty	Rare	Edible	Fruit, flower
Herb	Lotus corniculatus L.	Wild	Forest	Plenty	Rare	Anti-inflammatory,Skin inflammation	Flowers
Shrub	Robinia pseudoacacia 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



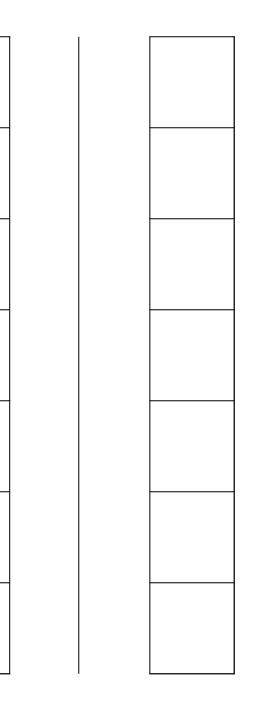
Herb	Fritillaria roylei Hook.	Wild	Forest	Plenty	Rare	Anti-Asthmatic, Anti- Rh	Root
Herb	Gagea lutea	Wild	Forest	Plenty	Rare	Used as food	Bulbs, leaves
Herb	Lilium polyphyllum D.Don	Wild	Forest	Plenty	Rare	Diuretic,Anti-pyruetic	Bulbs
Herb	Tulipa clusiana DC.	Wild	Forest	Plenty	Rare	Edible as oil	Whole 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



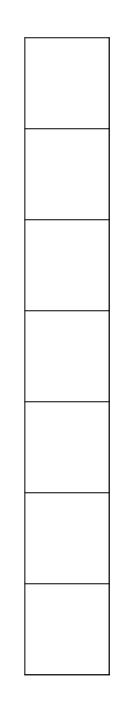
Climber	Jasminum humile L.	Wild	Forest	Plenty	Rare	Heart bowels,Astringent	Roots, Flower
Climber	Jasminum officinale L.	Wild	Forest	Plenty	Rare	Hepatitis,Diarrhea, Cancer treatment	Flower
Shrub	Syringa emodi Wall. ex. Royle.	Wild	Forest	Plenty	Rare	Stomach treatment,instential problems	Seed, Fruit
Herb	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



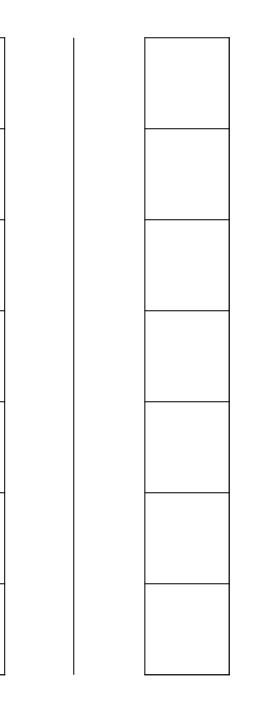
Herb	Cypripedium cordigerum D.Don	Wild	Forest	Plenty	Rare	Fever, Backache	Fruit
Herb	Epipactis helleborine (L.) Crantz	Wild	Forest	Plenty	Rare	Ornamental use	Flower
	Epipactis royleana Lindl.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower
Herb	Herminium josephi Rchb.f.	Wild	Forest	Plenty	Rare	Traditional 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



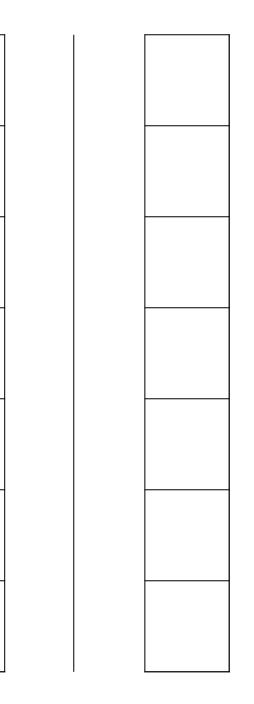
Herb	Pedicularis cheilanthifolia Schrenk	Wild	Forest	Plenty	Rare	Skeletal muscle relaxant	Fresh leaves
Herb	Pedicularis punctata Decne.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Pedicularis pyramidata Royle ex Benth.	Wild	Forest	Plenty	Rare	Pharmacy uses	Leaves, Flowers
Herb	Corydalis 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



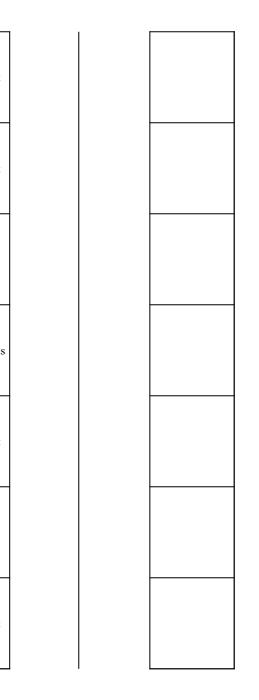
Herb	Wulfenia amherstiana Benth.	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Shrub	Arundo donax L.	Wild	Forest	Plenty	Rare	Basket making, Diuretic, Diaphroetic	Grass
Herb	Bothriochloa ischaemum (L.) Keng	Wild	Forest	Plenty	Rare	Agro-forestery use	Grass
Herb	Bromus catharticus Vahl	Wild	Forest	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



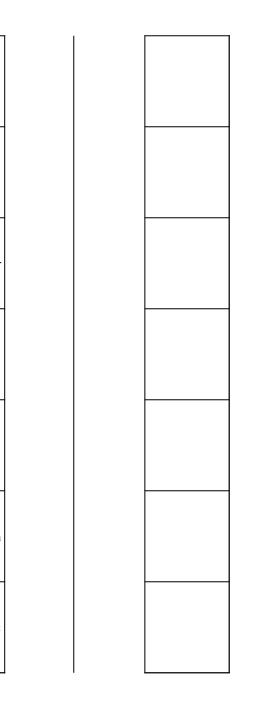
Herb	Eleusine coracana (L.) Gaertn.	Cultivated	Forest	Plenty	Rare	Liver disorder, smallpox	Whole part
Herb	Festuca rubra L.	Wild	Forest	Plenty	Rare	Ornamental grass, Used as food	Grass
Herb	Hierochloe laxa Hook. f	Wild	Forest	Plenty	Rare	Sore throat, fever , Cough	Leaves, stem
Herb	Hordeum vulgare L.	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



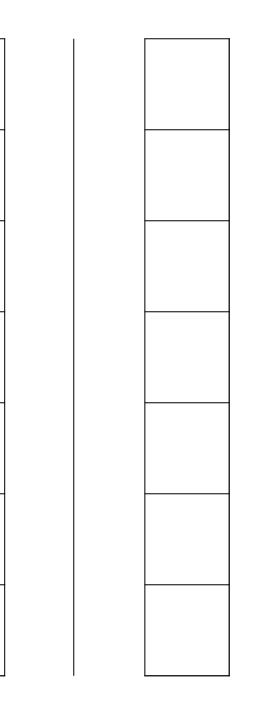
Herb	Pennisetum flaccidum Griseb.	Wild	Forest	Plenty	Rare	Fooder, Traditional medicines	Whole part
Herb	Phelum alpinum	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Poa koelzii Bor	Wild	Forest	Plenty	Rare	Inflammation of kidney	Leaves
Herb	Setaria viridis (L.) P.Beauv.	Wild	Forest	Plenty	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



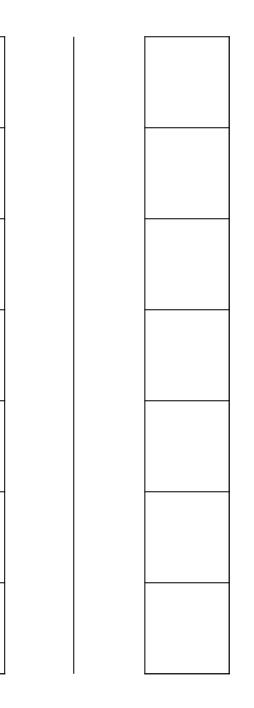
Herb	Polygonaceae	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb	Fagopyrum esculentum Moench	Cultivated	Forest	Plenty	Rare	Anti-cancer, Anti-stress	Whole part
Herb	Fagopyrum tataricum (L.) Gaertn.	Cultivated	Forest	Plenty	Rare	Medicinal food,Ethno-medicinal uses	Roots, flower
Herb	Persicaria 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



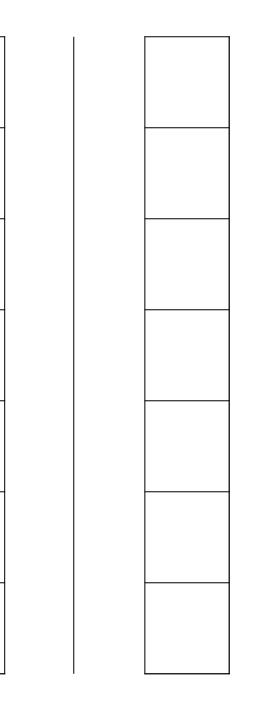
Herb	Persicaria vivipara (L.) Ronse Decr.	Wild	Forest	Plenty	Rare	Traditional Medicines	Root
Herb	Persicaria wallichii Greuter & Burdet	Wild	Forest	Plenty	Rare	Menstrual bleeding & utrine bleeding	Whole part
Herb	Polygonum affine D. Don	Wild	Forest	Plenty	Rare	Diarrhea, Throat infections	Roots
Herb	Rheum 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



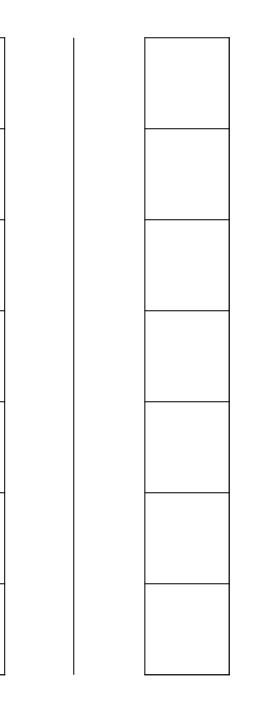
Herb	Androsace mucronifolia Watt	Wild	Forest	Plenty	Rare	Folk medicines	Flower
Herb	Androsace muscoidea Duby	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower
Herb	Androsace primuloides Duby	Wild	Forest	Plenty	Rare	Local use of medicines, ornamental use	Leaves, Flowers
Herb	Cortusa brotheri Pax ex Lipsky	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb	Primula stuartii Wall	Wild	Forest	Plenty	Rare	Analgesic, Cold, Diuretic	Leaves, Flowers
Shrub	Rhamnus virgata Roxb	Wild	Forest	Plenty	Rare	Traditional Medicines	Fruit
Shrub	Ziziphus oxyphylla Edgew.	Wild	Forest	Plenty	Rare	Allergy, Microbial infections	Whole part



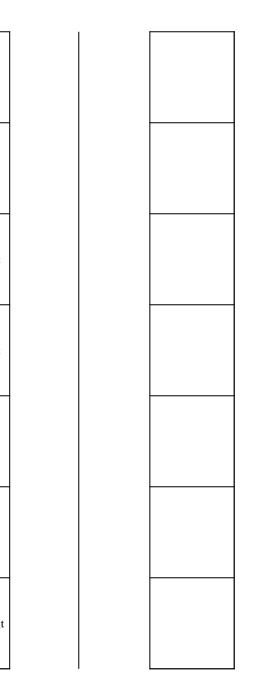
Herb	Aconitum rotundifolium Kar. & Kir.	Wild	Forest	Plenty	Rare	Used as Arrow poisions	Roots
Herb	Aconitum violaceum Jacquem.	Wild	Forest	Plenty	Rare	Antidote,Anti-inflammatory	Whole part
Herb	Actaea spicata L.	Wild	Forest	Plenty	Rare	Snake bite, Nervous disoredr	Roots
Herb	Adonis chrysocyathus Hook.f. & Thomson	Wild	Forest	Plenty	Rare	Anti-oxidant,Anti-inflammatory	Whole part
Herb	Anemone rivularis BuchHam. ex DC.	Wild	Forest	Plenty	Rare	Anti-anemic & vermifuge	Leaf
Herb	Aquilegia fragrans Benth.	Wild	Forest	Plenty	Rare	Sedative, Diarrhea,jaundice	Whole part
Herb	Aquilegia nivalis Falc. ex B. D. Jacks.	Wild	Forest	Plenty	Rare	Cough & Cold	Rhizomes



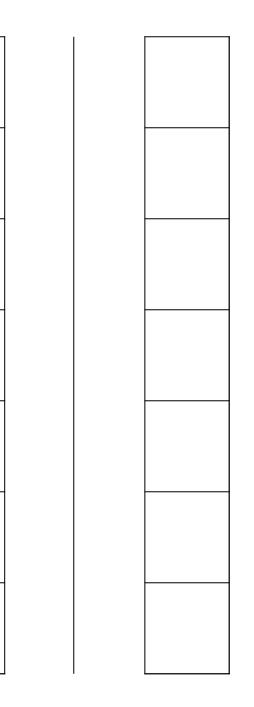
Herb	Delphinium brunonianum Royle	Wild	Forest	Plenty	Rare	Local Medicines,Usee as oil	Whole part
Herb	Delphinium cashmerianum Royle	Wild	Forest	Plenty	Rare	Intestinal worms,insomia	Roots
Herb	Delphinium vestitum Wall. ex Royle	Wild	Forest	Plenty	Rare	Cuts ,Dysentry, Rh,Ulcers	Leaves
Herb	Paraquilegia 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



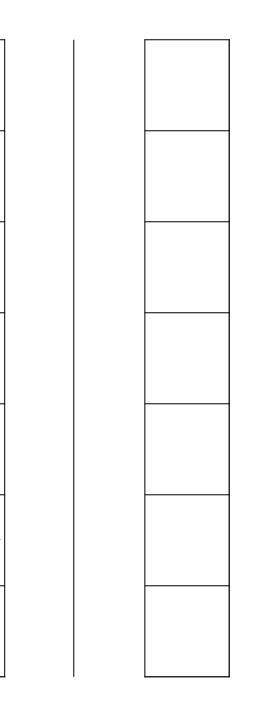
Herb	Thalictrum foliolosum DC.	Wild	Forest	Plenty	Rare	Tonic diuretic, Snakebite, jaundice, Rh	Roots
Herb	Thalictrum virgatum Hook. & Thomson	Wild	Forest	Plenty	Rare	Fever,dysentry, Bloodshot eyes, sore throat	Root, Rhizomes
Herb	Trollius acaulis Lind.	Wild	Forest	Plenty	Rare	To make medicines	Whole 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	Cydonia oblonga Mill.	Cultivated	Forest	Plenty	Rare	Cancer, diabetes	Fruit seeds
Herb	Duchesnea indica (Andrews) Focke	Wild	Forest	Plenty	Rare	Used as fruit, antiseptic	Leaves, fruit



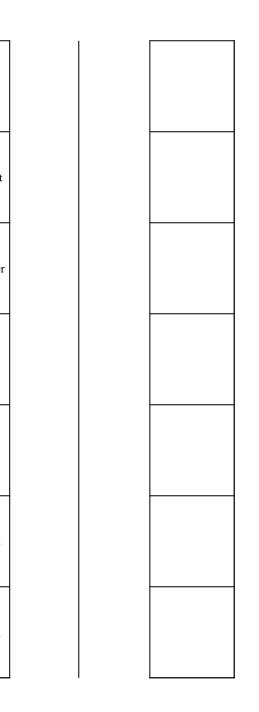
Herb	Filipendula vestita (Wall. ex G. Don) Maxim.	Wild	Forest	Plenty	Rare	Stop bleeding, toothache	Root, leaves
Herb	Geum urbanum L.	Wild	Forest	Plenty	Rare	Treat problems mouth, throat	Rhizomes
Tree	Malus domestica Borkh.	Cultivated	Forest	Plenty	Rare	Heart deseases, high cholestrol	Fruit leaves
Herb	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



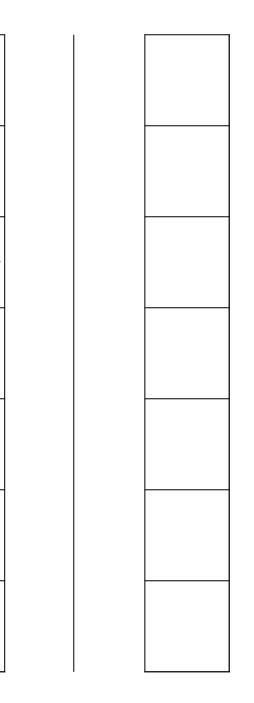
Herb	Potentilla nepalensis	Wild	Forest	Plenty	Rare	Anti diarrheal, digestive problem	Leaves, Flowers
Tree	Prunus armeniaca L.	Cultivated	Forest	Plenty	Rare	Asthama, cough, constipation	Flower
Tree	Prunus avium (L.) L.	Cultivated	Forest	Plenty	Rare	Cough, oedema, anaemia	Flower
Tree	Cerasus vulgaris Mill.	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



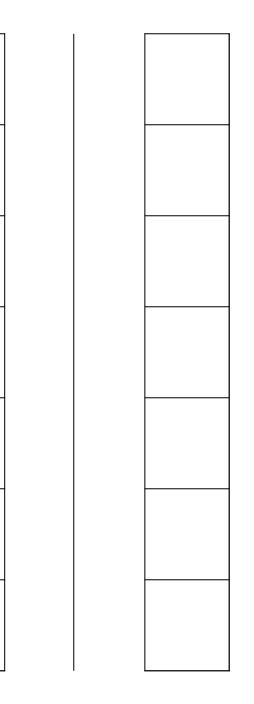
Tree		Pyrus pashia BuchHam. ex D. Don	Cultivated	Forest	Plenty	Rare	Fever, hedache, laxative	Fruit
Shrub		Rosa cymosa Tratt.	Cultivated	Forest	Plenty	Rare	Diarrhea, Rh	Roots, Fruit
Herb		Sibbaldia cuneata Hornem. ex Kuntze	Wild	Forest	Plenty	Rare	Respiratory problems	Stem, flower
Shrub		Sorbaria tomentosa (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



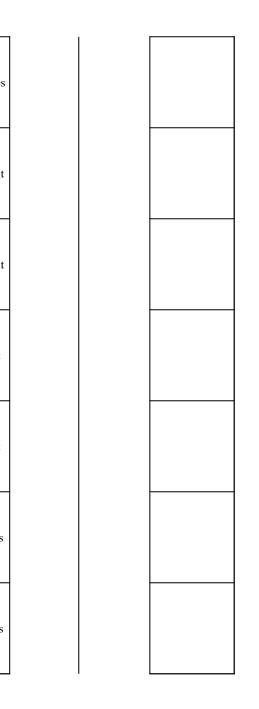
Herb	Salix calyculata Hook. f. ex Andersson	Wild	Forest	Plenty	Rare	Anti cancer activity agent	Bark, Stem
Tree	Acer cappadocicum Gled.	Wild	Forest	Plenty	Rare	Used its wood, ornamental	Whole part
Tree	Acer acuminatum Wall. ex D.Don	Wild	Forest	Plenty	Rare	Treatment of Rh, Brusis, eye disease & pain	Root, 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



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		Format-19 : Wi	ild Plant Specie	es of Importance.	
1	2	3	4	5	6
S. No.	Local Name	Scientific Name	Variety	Importance (as economic, social, cultural etc.)	Status
1	Dhoop	Jurinea dolomiaea	Herb	Economic, social, cultural	Used in aromatics and found in abundance
2	Gucchi	Morchella esculanta	Mashroom	Economic	Fungus. Collected during April- May having high market value
3	Jungli Pudina	Mentha	Herb	Social	Used a spice
4	Kasroad	Pteridium aquilinium	Herb	Economic, social, cultural	Used as vegetable and found in wild from April to May
5	Nagchattri	Trillium govanianum	Heb	Economic	Collected from the forest on the tender has got high market value
6	Pastul	Taxus baccata	Tree	Economic, social, cultural	Heving Medicinal value used for treatment of Cancer

				FORMAT	-20 Aquatic	Bio-Divers	ity			
1	2	3	4	5	6	6		8	9	10
	Scientific				Local Status					Community/
Local Name	Name	Variety	Features	Habitat	Past	Present	Uses	Associated TK	Other Details	Knowledge Holder
Frog (Mundak)	Rana tigrana	-	Long very powerful back led and web feet	Pond/river	Plenty	Rare	Important role in food chain	Frog are natures pharmacy and provide a very efficient transfer of solar energy	Maintain food chain and food wed.	Locals
Brown Trout	Salmon truta fario spp.	Introduced	Back side brownish in color, side are olive with blotted black spots few scattered red spots, two dorsal fins present, 1 <sup>st</sup> having soft rays and 2 <sup>nd</sup> one adipose body elongated somehow compressed very small teeth present	Cold Pockets, snow fed areas	Plenty	Plenty	Food	Commercially important Fish food and sports	Mode of catching hand net availability round the year & breeding season December to February	Anglers and fisheries department

Watercress	Nasturtium officinale	Aquatic flowering plant	Rapid growing perennial plant	Pond / watery place	Plenty	Plenty	As vegetable	Oldest known leaf vegetables consumed by human	Its high content of Vitamin C makes it remedy such that particular valuable for chronic illnesses	Locals
(Nag Biber)										
Maiden hair (Ghvtheer)	Adiantum caudatum	Aquatic Grass	It is a perennial fern producing fronds	Found in shaded areas	Plenty	Plenty	As vegetable	Rich in vitamin-B	It is used n the treatment of chest infection, cough, diabetes, fever and skin disease	Locals

	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	2 : Wild Plan	nts of Medici	nal Importano	ce.			
1	2	3	4	5	6		7	8	9	10	11
Plant (Herb,	Local Name	Scientific Name	Variety	Landscape/	Local	status	- Associated TK	Uses (usego)	Part used	Other details market/ own	Community Knowledge
Shrub, Tree)	Local Name	Scientific Name	v ariety	Habitat	Past	Present	Associated TK	Uses (usage)	rart used	use	Holder
	Banafsha	Violaserpen wallich	Herb		Common	Common		Medicinal use	whole plant/preferably flower		
	Bankakri	Podophyllum hexandrum	Herb		Common	Endangered		Medicinal use	Root/Rhyzomes		
	Belladona	Atropa belladona	Herb		Common	Threatened		Medicinal use	Root/Leaves		
	Bhang	Cannbis sativa	Herb		Common	Common		Medicinal use	Leaves/seed		
	Chouri	Angelica glauca	Herb		Common	Endangered		Medicinal use	Root/Rhyzomes		
	Dhoop	Jurinea dolomiaca	Herb		Common	Endangered		Aromatic	Root		
	Guchhi/Black Mashroom	Morchella esculant	Fungi		Seasonal Common	Seasonal Common		Edible mashroom. Highly nutritutional and medicinal use	Entire Mushroom		
	Kour	Picrorhiza kurrooa	Herb		Common	Rare & threatened		Medicinal use	Root/Rhyzomes		

	Kanies	Disscorea deltoridea	Herb		Common	Common		Medicinal use	Rhyzomes	
Medicinal Plants	Kuth	Saussurea lappa	Herb	Reserved/	Common	Endangered	Local having good knowledge with respect to	Medicinal use	Root	Zamindars living in the vicinity of the forest are well versed with the
Weddeniai i rants	Kakarsinghi	Pistacia intergerrima	Herb	Protected forest	Common	Common	identification of the species and their uses.	Medicinal use	Leaves	medicinal uses of NTFPs found in the forest
	Kahzaban	Macrotomia benthami	Herb		Common	Common vulnerable		Medicinal use	Root	
	Mushakballa	Valeriana jatamansi	Herb		Common	Common		Medicinal use	Root/Rhyzomes	
	Morin	Artimisia maritima	shurb		Common	Common		Medicinal use	Leaves	
	Nagchatri	Trillium govaniaun	Herb		Common	Common vulnerable		Medicinal use	Rhyzomes	
	Patis	Aconitum heterophyiium	Herb	_	Common	Threatened		Medicinal use	Roots/Tubers	
	Panchalan	Rheom australe	Herb		Common	Sporadic		Medicinal use	Root/Bark	
	Postul	Taxus baccata	Tree		Common	Endangered		Medicinal use	Bark/Leaves	

Zakhamahayat	Saxifraga ligulata	Herb	Common	Common	Medicinal use	Leaves	
Zera	Cuminum cyminum	Herb	Not so common	Not so common	Spices	Seed	

				For	rmat 23: W	ild relatives of	Crops			
1	2	3	4	5		6	7	8	9	10
Logal Nama	Scientific Name	Associated	Landscape /	Local S	tatus	- Uses (usage)	Part Used	Associated TK	Other details	Community / Know
Local Name	Scientific Ivanie	сгор	Habitat	Past	Present	Uses (usage)	r art Useu	Associated TK	Other details	holder
Datura	Datura stramonium	Apple, pear, all domestic crops	Low land valley/wild	Plenty	Plenty	Asthama	Leaves	Fruit, leaves & flowers are offered to Lord Shiva	Weed / Medicinal use	Local
Vanpraan	Allium atropurpureum	All agricultural crop	Mountainous region	Plenty	Rare	Food	Leaves and flowers	Medicinal value	Exotic plant used as vegetable	Local
Hund	Taraxacum officinale	Agricultural crop	Mountainous region/ Low land valley	Plenty	Plenty	Food	Leaves	Medicinal value	Used as vegetable	Local
Sochal	Malva neglecta	Agricultural crop	Mountainous region/ Low land valley	Plenty	Rare	Food	Leaves	Medicinal value	Used as vegetable	Local
Seski	Artemisia vestita	Agricultural crop	Low land valley/wild	Plenty	Plenty	Stomach diseases	Leaves	Used in stomach pain	NTFP / medicinal use	Local

		Form	at 24: Orname	ental Plants			
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
Chinar	Plantanus orientalis	Broad leave	Govt./ private premises	Non-commercial	Provide cool shade and home for many birds	Leaves are used as kangri fuel	Locals
Sarva kull	Cupressus cashmeriana	Kashmiri cypress	Govt./ private premises	Non-commercial	Ornamental plant	Provides scenery/beauty of the area	Locals
Ier kull	Salix alba	Weeping willow	Govt./ private premises	Commercial	Provides scenery/beauty of the area	Used in making cricket bats	Locals
Safeda	Populus	Populus	Govt./ private premises	Commercial	Provides scenery/beauty of the area	Used in fruit packing industries	Locals
Gainda	Tagetes erecta	Local/wild	Home Garden	Non-commercial	Ornamental	Religious	Locals
Gulab	Rose indica	Local /wild	Home Garden	Non-commercial	Ornamental	Religious	Locals
Daliya	Dahlia pinnata	Local home plant	Home Garden	Non-commercial	Ornamental	Religious	Locals
Nargis	Narcissus poeticus	Local /wild	Home Garden	Non-commercial	Ornamental	Religious	Locals
chamely	Jasminum	Local /wild	Home Garden	Non-commercial	Ornamental	Religious	Locals

				Format-2	25 : Fumiga	te/ Chewing	g Plants.				
1	2	3	4	5		6	7	8	9	10	11
Plant (Herb,					Local	status				Other details	Community
Shrub, Tree)	Local Name	Scientific Name	Variety	Habitat	Past	Present	Uses (usage)	Part used	Associated TK	(mode of use)	Knowledge Holder
	Jungli pudina	Mentha longifolia					Cooling medicine	Leaves			
	Bantambaku	Verbascum thapsus					Narcotic	Leaves			
Shrub	Bhang	Cannabis sativa					Do	leaves			
Herb	Dhoop	Jurinea dolomiaea					Religious/ cultural/Medicine				
Trees	Khor/Dun	Juglanas regia					Tooth ache	Leaves pericarp			
Shrub	Gurkass		Broad Leaved	Low land	Plenty	lessAbundant	Tooth ache	Leaves pericarp		Bonafide purpose	Inhabitants of the area
Trees	Willow	Salix alba	Broad Leaved	Low land	Plenty	lessAbundant	Tooth ache	Leaves pericarp		Bonafide purpose	Inhabitants of the area
Herb	chorak	Angelica glauca	Broad Leaved	Low land	Plenty	lessAbundant	To avoid insect damage to garments	Roots		Bonafide purpose	Inhabitants of the area

	Format-26 : Timber Plants.												
1	2	3	4		5	6	7	8					
Local Name	Scientific Name	Habitat	Local status		Other Uses, if any	Associated TK	Other Details	Community					
			Past	Present				Knowledge Holder					
Akhroot	Juglans regia	Reserved/Protected /private land	Common	Common	Wood for furniture/edible fruit								
Deodar	Cedrus deodara	Reserved/Protected	Common	Common	Timber								
Fir	Abies pindrow	Reserved/Protected	Common	Common	Timber	Local Zamindars well acquainted							
Kail	Pinus wallichiana	Reserved/Protected	Common	Common	Timber								
Spruce	Picea smithiana	Reserved/Protected	Common	Common	Timber								

	FORMAT 27 A:- Coastal and Marine Flora									
Plant Type	Plant Type Local name Scientific name Habitats		Local	Status		Commercial Uses	Other Uses	Associated TK	Community	
				Past	Present	any)	(If any)			Know holder
Nil	Nill	Nill	Nill	Nill	Nill		Nill		Nill	Nill

	FORMAT 27 B:- Coastal and Marine Fauna										
Animal Type	Local name	Scientific name	Habitats	Local Status		Parts Collected	Commercial Uses (If any)	Other Uses	Associated TK	Community Know	
			Habitats	Past	Present	(If any)		other ests	Associated TR	holder	
Nil	Nill	Nill	Nill	Nill	Nill		Nill		Nill	Nill	

		Format-	28 : Wild A	nimals (Ma	mmals, Birds	, Reptiles	, Amphibi	a, Insects, o	thers).			
1	2	3	4	5	6		7	8	9	10	11	12
Animal Type	Local Name	Scientific Name	Habitat	Description	Session when	Local status		Uses (if any)	Associated	Mode of Hunting,	Other details	Community Knowledge
				2.000.1000	seen	Past	Present		ТК	collecting (if any)		Holder
	Common leopard	Panthra pardus	Forest	-	Both summar/ winter							
	Black bear	Ursus amercians	Forest	-	Both summar/ winter							
	Ibex	Capera ibex	Forest	-	Both summar/ winter							
	Himalayan Goral	Naemorhedus goral	Forest	-	Both summar/ winter							
	Kashmir Musk deer	Moschus cupreus	Forest	-	Both summar/ winter							
Mammal	Red fox	Vulpes vulpus	Forest	-	Every season							
	Jungle cat	Felis chaus	Forest	-	Every season							
	Leapord cat	Prionailurus bengalensis	Forest	-	Every season							
	Porcupine	Erethizon dorsatum	Forest	-	Every season							
	Small indian mongoose	Herpestes javanicus	Forest	-	Every season							
	Kashmir grey langoor	Semnopithecos ajax	Forest	-	Every season							
	Black redstart	Phoenicurus ochruros	Every where	-	summer							
	Black tit	Prarus rufonuchalis	Every where	-	summer							

							-		
Black eared kite	Milvus migrans	Every where	-	summer					
Blue rock thrush	Monticola solitarious	Every where	-	summer					
Blue wistiling thrush	Myophonos careuleus	Every where	-	summer					
Blue headed red Start	Phoenicurus caeruleocethala	Every where	-	summer				-	
common Myna	Acridotheres tristis	Every where	-	summer					
Eagle Owl	Bubo bubo	Every where	-	summer					
grey Headed thrush	Turdus rubrucanus	Every where	-	summer					
Gery Tit	Parus major	Forest	-	Every season	Available	Available			
grey wagtail	Motacilla cinerea	Forest	-	Every season	Available	Available			
Brown dipper	cinclus Pallasii	Forest	-	Every season	Available	Available	Necessary for maintanence of Ecological	Prohibited	
Griffon vulture	Gypas fulvus	Forest	-	Every season	Available	Available	balance		
cheer Pheasent	Catreus wallichi	Forest	-	Every season	Available	Available			
Himalyan golden eagle	Aquila chrysaetos	Forest	-	Every season	Available	Available		•	
chakur	Akectirus chakur	Forest	-	Every season	Available	Available			
common Cuckoo	Cuculus canorus	Forest	-	Every season	Available	Available			
common Kingfisher	Alcedu atthis	Forest	-	Every season	Available	Available			
Himalyan Monol	Lophophorus inpejanus	Forest	-	Every season	Available	Available			

Birds

	Himalyan snow cock	Tetraogallus himalayenisis	Forest	-	Winter	Available	Available			
	House crow	Crovus splendes	Every where	-	Every season	Available	Available			
	House sparrow	Passer domesticus	Every where	-	Every season	Available	Available			
	House swift	Affinis	Every where	-	Every season	Available	Available			
	Indian white backedvulture	Gypes bengalensis	Forest	-	Every season	Available	Available			
	Indian cuckoo	Cuculus micropterus	Forest	-	Every season	Available	Available			
	Jungle Crow	Crovus macroriynchus	Forest	-	Every season	Available	Available			
	Koel	Eudynanamys scolopaceas	Forest	-	Every season	Available	Available			
	Red jungle fowl	Gallus gallus	Forest	-	Every season	Available	Available			
	Red turtle Dove	Strepopelia tranquabarica	Forest	-	Every season	Available	Available			
	Kokerus	Pucrasia macrolopha	Forest	-	Every season	Available	Available			
Dantia	Snake	serpentes	Forest	-	summer	Available	Available			
Raptie	lizerd	Calotes versicolor	Forest	-	summer	Available	Available			
Amphibian	frog	Rana tigrana	Forest	-	summer	Available	Available			
Insects	Honey Bee	Apis domestica	Forest	-	summer	Available	Available			
Insects	Tullar	Kashmiri	Forest	-	summer	Available	Available			

	Format-29 : Flora.								
1	2	3	4	5	6	7			
S. No.	Local Name	Scientific Name	Type of Plants	Habitat	Flowering Season	Remarks (Rare/ Common etc.)			
1	Deodar	Cedrus deodara	Tree	Forest	September to October	Rare			
2	kail	Pinus wallichiana	Tree		September to October	Rare			
3	Mooin	Artemisa meritima	Herbs		May June	Common			
4	Phrast	Populas alba	Tree		March April	Rare			
5	Walnut	Juglans regia	Tree		March April	Common			
6	Brahmi	Texux wallichiana	Tree		September October	Common			
7	Hum	Fraxinus excelsior	Tree		April May	Common			
8	Gulab	Rosa indica	Shrub		April May	Common			
9	Champ	Alnus nitida	Tree		April May	Common			
10	Gugu	Aesculus indica	Tree		April May	Common			
11	Apple	Malus domesticus	Tree		April May	Common			
12	Bhojpatra	Betula utilis	Tree		April May	Common			
13	Heru	Quercus ilex	Tree		April May	Common			
14	Safeda	Eucalyptus globulus	Tree		April May	Common			
15	Nashpati	Pyrus communis	Tree		April May	Common			
16	Chinar	Platanus oriantalis	Tree		April May	Rare			

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				
S. No.	Local Name	Scientific Name	Type of Animals (Mammals/ Birds/ Fish/ Insect etc.)	Habitat	Remarks (Rare/ Common etc.)				
1	Leopard	Panthera pardus	Mammal	Forest	Rare				
2	Ibex	Capra ibex	Mammal	Do	Rare				
3	Black bear	Ursus americanus	Mammal	Do	Rare				
4	Musk deer	Moschus	Mammal	Do	Rare				
5	Markhor	Capra falconeri	Mammal	Do	Rare				
6	Barasingha	Rucervus duvaucelli	Mammal	Do	Rare				
7	Wild goat	Capra aegagrus	Mammal	Do	Rare				
8	Wild dog	Lycaon pictus	Mammal	Do	Rare				
9	Wild fox	Vulpes vulpes	Mammal	Do	Common				
10	Wild cat	Felis silvestris	Mammal	Do	Common				
11	Wild shawl	nudibranchs	Mammal	Do	Common				
12	Pintail	Anas acuta	Bird	Every where	Common				
13	parrot	Psittaciformes	Bird	Do	Common				
14	Pigeon	Columbidae	Bird	Do	Common				
15	House Sparrow	Passer domesticus	Bird	Do	Common				
16	Sparrow	Passeridae	Bird	Do	Common				
17	crow	Corvus	Bird	Do	Common				
18	Peacock	Pavo cristatus	Bird	Do	Common				
19	Spider	Araneae	Insect	Do	Common				
20	Butterfly	Rhopalocera	Insect	Do	Common				
21	Bee	Apis	Insect	Do	Common				
22	Beetle	Coleoptera	Insect	Do	Common				
23	Mosquito	Culicidae	Insect	Do	Common				
24	Lady bird	Coccinellidae	Insect	Do	Common				
25	Fly	Diptera	Insect	Do	Common				
26	Bedbug	Cimex Letularius	Insect	Do	Common				

Form	Format 31: Any other information of local importance								
1	2 3								
S. No.	Information of local importance	Remarks							
1	Nil								
2									