

## **Peoples Biodiversity Register (PBR):General Detaials**

**Name of Panchayat Samiti : Drab**

**Taluk : Trigam**

**District : Kishtwar**

**State/UT : J&K**

**Geographical Area of the Panchayat Samiti**

**Population of the Panchayati Samiti Total : 1231**

**Male : 543**

**Female : 588**

**Habitat & Topography**

**Climate (Rainfall, Temperature & other weather Patterns):-Moderate Rain fall/upto 35 in summer & -5 degree in winter.**

**Land Use (Nine fold Classification available with village records)**

**Date , Month and Year of PBR preparation : 25-08-2020**

**Management Regime:ReserveForests (RF)/Joint Forest Management (JFM) Protected Areas(PA)/Community Owned and Managed Forest(COM)**

## Annexure 1

<b>Detail of Biodiversity Management Committee (BMC) of the Panchayat (one elected Chairperson) and Six others nominated by the local body; not less than one third to be women and not less than 18% belonging to SC/ST)</b>
1) Name of the Chairperson: Sh.Baljeet Singh S/O Ram Lal
Age: 28 years
Gender: Male
Adress:
Area of Specialization : Labour/Farmer
2) Name: Smt.Geeta Devi W/O Ramesh Kumar
Age: 32 years
Gender: Female
Adress :
Area of Specialization : Housewife
3) Name: Smt.Ujla Devi W/O Shiv Kumar
Age: 28 years
Gender: Female
Adress:
Area of Specialization : Housewife
4) Name: Sh. Parshotam Lal S/O Jagdish Raj
Age: 34
Gender: Male
Adress:
Area of Specialization : Farmer
5) Name : Sh. Mahinder Singh S/O Karam Chand
Age: 27 years
Gender: Male
Adress:
Area of Specialization : Farmer
6) Name : Sh. Vikas Kumar S/O Bansi Lal
Age: 28 years
Gender: Male
Adress:
Area of Specialization : Farmer
7) Name : Sh. Rakesh Kumar S/O Naib Chand
Age: 36 years
Gender: Male
Adress:

Area of Specialization : Farmer

## Annexue 2

### List of Vaid, Hakims and traditional health care (human & Livestock) Practitioners residing and or using biological resources occurring within the jurisdiction of the village

Name of the Chairperson: Sh. Kunj Lal S/O Assa Ram

Age: 63 Years

Gender: Male

Address :

Area of Specialization :

Location from which the Person accesses biological material:

Perception of the Practitioner on the resources Status:

Medicinal Use:

Name : Nil

Age:

Gender:

Address

Area of Specialization :

Location from which the Person accesses biological material:

Perception of the Practitioner on the resources Status:

Medicinal Use:

Name : Nil

Age:

Gender:

Address

Area of Specialization :

Location from which the Person accesses biological material:

Perception of the Practitioner on the resources Status:

Medicinal Use:

### Annexure 3

<b>List of individuals Perceived by the villagers to possess Traditional Knowledge ((TK) related to biodiversity in agriculture, Fishries and Forestry</b>
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Name of the Chairperson: Sh. Deewan Chand S/O Gori Nand

Age: 58
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Gender: Male
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Address
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Area of Specialization :
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Name :
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Age:
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Gender:
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Address
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Area of Specialization :
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Name :
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Age:
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Gender:
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Address
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Area of Specialization :
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Name :
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Age:
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Gender:
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Address
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Area of Specialization :
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**Annexure 4**

<b>Detail of Schools, Colleges, departments, Universities, Govt. Institutions, Non-Governmental Organization &amp; Individuals Involved in the Preparation of PBR</b>
1) Contact Person :
Name & Address:
2) Contact Person :
Name & Address:
3) Contact Person :
Name & Address:
4) Contact Person :
Name & Address:



**Part II**  
**PBR – Formats**  
**AGROBIODIVERSITY**

**Format 1: Crop Plants**

1	2	3	4	5	6	7		8	9	10	11	12	13	14
Crop	Scientific Name	Local Name	Variety	Landscape / Habitat	Approx. area shown	Local Status		Special features	Cropping season	Uses	Associated TK	Other details	Source of Seeds/Plants	Community/ Knowledge Holder
						Past	Present							
Maize	<i>Zea mays</i>	Kukri	Chuchuri, Tripachi, Pro Agro 4794, DMH7314, Star gold	Hilly, Temperate & intermediate	41 Ha.	Plenty	Plenty	April sown local var. Dentless Corn, Flour sweet in taste Drought Resistant	Kharif	Major food item used as flour, feed for poultry & cattle	Local var. sown before 15 April in Upper belt & harvested when husk cover over cabs turn yellow to brown		Farmers saved seeds, Agriculture Deptt. & Pvt. Seed dealers	Farmers
Wheat	<i>Triticum aestivum</i>	Kanak, Gundam, Kounda	Local, Raj 3765, PBW644, HS240	do	35 Ha	Plenty	Plenty	Hyv Short duration Drought resistant	Rabi	Used as Flour & Fodder	Staple food			do
Barley	<i>Hordeum Vulgare</i>	Joe, Vohar	Local	Temperate & intermediate	7 Ha	Plenty	Plenty	Drought resistant	Rabi Used as Flour & Fodder	Used as Flour & Fodder	-		Farmers saved seeds	do
Rajmash	<i>Phaseolus Vulgare</i>	Rajmah	Local, Tripachi, Tangroo	do	7 Ha	Plenty	Plenty	Has distinct colour, taste & amoma on cooking	Kharif	vegetable & Pulses	-		do	do
Mash	<i>Vigna Mungo</i>	Mash	Local Pu19	do	3.5 Ha	Plenty	Plenty	Distinct taste	Kharif	Pulses	-	Small in size than Hyv	do	do



Moong	<i>Vigna radiata</i>	Moong	Kashmir moong	Temperate & intermediate	0.5 Ha	Rare	Improved Variety	Distinct taste	Kharif	Pulses	-	Small in size than Hyv	Farmers saved seeds	do
Mustard	<i>Brassica Juneea</i>	Sarsoon	Local KS-1, KS-101	do	1.5 Ha	Normal	Normal	Polatability Preferred	Rabi	Edible Oil	-	-	do	do
Potato	<i>Solanum tubersum</i>	Aloo	Local, Kufri Sindoori, Kufri Jyoti	do	1 Ha	Normal	Normal	Tubers are round to oval shape	Kharif	vegetable & Chips	Rich in starch	-	Farmers saved seeds, Agriculture Deptt.	do
Knol-Khol	<i>Brassica Oleracia var. Gongylodes</i>	Kadam	Local, Purple viana	do	1.5 Ha	Normal	Normal	Polatability Preferred	Kharif/Rabi	Vegetable/ Pickle	2-3 Crops in a Year	-	do	Farmers
Raddish	<i>Raphanus sativus</i>	Muli	Local Round, JWL	do	1 Ha	Normal	Normal	do	do	do	do	-	do	do
Peas	<i>Pisum sativum</i>	Matar	Local, Arkal	do	1 Ha	Local var.	Improved Variety	do	Rabi	Vegetable	Table Peas	-	do	do

**Format 2: Fruit Plants**

1	2	3	4	5	6		7	8	9	10	11	12
Plant	Scientific Name	Local Name	Variety	Landscape / Habitat	Local Status		Source of Seeds/Plants	Season of Fruiting (Repining)	Associated TK	Uses	Other details market/own use	Community / Knowledge holder
					Past	Present						
Plum	<i>Prunus Subg</i>	Aalu Bukhara	Santa Rosa, Kala Amritsari, Local	Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Quince	<i>Cydonia Oblonga</i>	Local Name Variety	Beehi	Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Pomegranate	<i>Punica granatum</i>	Anar	Local wild, Ganesh, Kandhari	Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Grapes	<i>Vitis Vinifera</i>	Angoor	Local wild Perlette	Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Olive	<i>Olea europea</i>	Zaitoon	Zaitoona Coratina	Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Pecan Nuts	<i>Carya Illinoensis</i>	Nuts	Stuart, Wichita	Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Pear	<i>Pyrus</i>	Tang		Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Peach	<i>Prunus persica</i>	Chinun		Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Apricot	<i>Prunus armeniaca</i>	Cher		Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	
Apple	<i>Malus domestica</i>	Choont		Mountainous and sloppy	Rare	Available	Local Preserved	May-June	Edible Fruits	Own use	Own use	

**Format 3: Fodder Crops /Species**

1	2	3	4	5		6	7	8	9	10
Plant	Scientific Name	Local Name	Landscape / Habitat	Local Status		Source of Plants / Seeds	Associated TK	Part Used	Other details	Community / Knowledge holder
				Past	Present					
Oats	<i>Avena</i>	Ghas, Javi, lavaan	Temperature Intermediate	Plenty	Plenty	Farmers saved seeds, Departmental supply	Stored in tie during winters & rainy season	Above ground portion of plant	-	Farming community
Jowar	<i>Sorghum Bichlour</i>	Ghas, Javi, lavaan	do	Rare	Rare	do	Preffered by milk animals	do	-	Farming community

### Format 4: Weeds

1	2	3	4	5	6	7		8	9	10	11	12
Plant	Scientific Name	Local Name	Affected crop	Impact	Landscape / Habitat	Local Status		Uses if any	Management options	Associated TK	Other details like exotic	Community / Knowledge holder
						Past	Present					
Guli Danda	<i>Phalaris minor</i>	Sitti	Wheat	Compete with crop for nutrients, water etc	Temperate/ Intermediate	Plenty	Plenty	Nil	Hand weeding & chemical control	Reduces crop yield	Local	Farmer
Doob Grass	<i>Cyanodan dactylon</i>	Dhrub	Wheat	do	do	do	do	Fodder/ Relegious use	Hand weeding	do	Local	Farmer
Sedge	<i>Cyprus rotundus</i>	Dhila	Paddy/ maize	do	do	do	do	Nil	Hand weeding & chemical control	do	Local	Farmer
Bathua	<i>Chenopodium album</i>	Bathua	All crops	do	do	do	do	Nil	do	do	Local	Farmer
Binding weed	<i>Convulvulus arvensis</i>	-	Maize	do	do	do	do	Nil	do	do	Local	Farmer
Ghass	<i>Cyprus esculentus</i>	Khass	Mash	do	do	do	do	Nil	Hand weeding	do	Local	Farmer

**Format 5: Pests of Crops**

1	2	3	4	5	6	7	8	9	10
Host	Insect / Animal	Scientific name	Local name	Habitat	Time / season of attack	Management mechanism	Associated TK	Other details	Community knowledge holder
Maize	Cut worm	<i>Agrotis ipsilon</i>	Toka	Maize Fields	April-May	Chemical Mangement through insecticide	Nil	Nil	Nil
Maize	Maize stem borer	<i>Chilo Partelus</i>	-	do	June-July	Chemical Mangement through insecticide	Nil	Nil	Nil
Wheat	Termite	<i>Microtermes obesi</i>	Seenak	wheat Fields	During dry season	Chemical Mangement through insecticide	Nil	Nil	Nil
Wheat/Oats	Army worms	<i>Mythinna separate</i>	Peerhi	wheat/Oat fields	All season	Chemical Mangement through insecticide	Nil	Nil	Nil
Mash	white fly	<i>vamisa tabacci</i>	chitti makhi	Mash crop	July-Aug.	Chemical Mangement through insecticide	Nil	Nil	Nil
Mustard	Mustard aphids	<i>Lipaphis erysimi</i>	Paddy	Mustard crop	March-April	Chemical Mangement through insecticide	Nil	Nil	Nil



### FORMAT 7 : Peoplescape

1	2	3	4	5	6	7	8	9	10	11
Community & Population	Families & Major Occupation	Sub-Occupation	Depending Landscape	Major Resources accessed and season of access	Landscape management Practice	Resource Management Practice	Caste/Tribe	Social Condition	Nature of Inhabitants	No of HHs
Community Hindu Population	Joint Families & Nuclear Families Occupation Agriculture	Animal Husbandry & Artisans Govt Employees	Agriculture Landscape Forest Irrigation Channels	Crops Rabi & Kharief Appler Walnut Pears & Wild Mashrooms from March to October	Manually	Judicious Utilization of Natural resources without their over exploitation	Others/SC	Backward /Financially weak	APL/BPL/AAY	280

Major occupation may be farming. Sub-occupations could be fishing, collection of NTFP animal husbandry, artisans, services

Examples of depending landscapes are agriculture landscape, rivers, forest etc.

Major resources accessed could be agriculture resources of different nature, fish, birds, water, mud, and etc

How the community manages the landscapes they use for satisfying different needs, their strategies and perception

How the community manages the resources they access for satisfying different needs, their strategies and perception, conflicts etc

**Format-8 : Landscape.**

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

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



**Format-9 : Waterscape.**

1	2	3	4	5	6	7	8	9	10	11	12	13
<b>Waterscape Element type</b>	<b>Sub-type</b>	<b>Features and Approx</b>	<b>Ownership</b>	<b>General Flora</b>	<b>General Fauna</b>	<b>Major Sues</b>	<b>User Group</b>	<b>Management Practices</b>	<b>General uses</b>	<b>Associated TK</b>	<b>Other Detail</b>	<b>Community Accessed</b>
Nallah	Ghratmenan	Tributary of river Chenab	Govt	Mostly ferns, bryophytes and pteridophytes	Amphibians and insets	Irrigation and drinking	Local population		Irrigation			

**Format 10: Soil type**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Soil Type</b>	<b>Color &amp; Texture</b>	<b>Features</b>	<b>Soil management</b>	<b>Plants / crop suitable</b>	<b>Flora and fauna</b>	<b>Associated TK</b>	<b>Other information</b>
Sandy Loam	Brown to Reddish	Well drained	do	Maize, vegetables etc	Associated with maize, vegetables	Application of FYM to improve soil texture	-

## DOMESTICATED BIODIVERSITY

### Format 11: Fruit Trees

1	2	3	4	6	7		8	9	10	11	12	13
Plant Type	Local Name	Scientific Name	Variety	Landscape/ Habitat	Local Status		Source of plant/seeds	Season of Fruiting (Repining)	Uses (usage)	Associated TK	Other details market/own use	Community/ Know. holder
					Past	Present						
Apple	Seb	<i>Malus domestica</i>	Red Delicious Golden Del. Ambri, Gala, Mast etc	Mountainous and sloppy	Available	Available	Local Preserved/Govt. Nry/Pvt Nry	July-Oct.	Reducing cholesterol, lowering blood sugar levels.	Own use	Own use/Local market	Baldev Singh S/O Manak Chand
Walnut	Akhrot	<i>Juglans regia</i>	Local	Mountainous and sloppy	Available	Available	Local Preserved	July-Sep.	Reduces Prostate cancer and diabetes	Own use	Own use/Local market	Rattan Lal S/O Om Raj
Apricot	Khubani	<i>Prunus armeniaca</i>	Safeda,Qadri,Be bco	Mountainous and sloppy	Available	Available	Local Preserved	May-June	Cures Heart Disease & High Blood Pressure	Own use	Own use/Local market	Badri nath
Pear	Nashpati	<i>Pyrus communis</i>	Moti Daddi, Half Red, Nakh,Misri Tang	Mountainous and sloppy	Rare	Available	Local Preserved	July-Sept	Used for mild digestion problems, diarrhea, Severe diarrhea (Cholera).	Own use	Own use/Local market	Bansi Lal S/O Jant Ram
Peach	Aadu	<i>Prunus persica</i>	Local,Shan-e- Panjab,Amba	Mountainous and sloppy	Available	Available	Local Preserved	July-Sept	Edible Fruits	Own use	Own use/Local market	Choor Singh S/O Prem Nath

**Format-12 : Medicinal Plants (Herbs, Shrubs, Trees etc.).**

1	2	3	4	5	6	7		8	9	10	11	12
Plant Type	Local Name	Scientific Name	Variety	Landscape/ Habitat	Source of plant/ seeds	Location status		Uses (usage)	Part used	Associated Tk	Other details market/ own use	Community Know Holders
						Past	Present					
Shurb	Ban Kakkri	<i>Podophyllum hexandrum</i>	MFP	Forest	Natural	Plenty	Endangered	<i>Useful to the skin for removal of warts, including plantar warts &amp; sexually transmitted warts.</i>	Fruit			
Shurb	Rhubarb (Churko)	<i>Rheum spiciforme</i>	MFP	Forest	Natural	Plenty	Rare	<i>Harvested from the wild for local use as a food &amp; medicine</i>	Flower/ stem			
Herb	Kuth	<i>Saussurea costus</i>	MFP	Forest	Natural	Plenty	Rare	<i>The root &amp; oil from the root are used to make medicine. treating for asthma, cough, gas, worm(nemotode).</i>	Root/ Rhizome			
Herb	Murg jawain, Bajarbhang	<i>Hyoscyamus niger</i>	MFP	Forest	Natural	Plenty	Rare	<i>Useful for ailments of the bones, Rh, toothache, asthma, cough nervous disease &amp; stomach pain.</i>	Seeds			
Herb	Guggal/Dhoop	<i>Jurinea dolomiaca</i>	MFP	Forest	Natural	Plenty	Rare	<i>useful for the treatment of fevers. The root extract is used as an incense, skin eruption, gout &amp; Rh,</i>	Roots			
Herb	Rohan-hak/Pran/ Gogcheegma	<i>Allium carolinianum</i>	MFP	Forest	Natural	Plenty	Rare	<i>Contain sulphur compounds (which give them their onion flavour) help to reduce blood cholesterol levels, acts as a tonic to the digestive system</i>	Bulbs, Leaves, Flowers			

Herb	Gaozabaan (Ratanjot)	<i>Amebia benthami</i>	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	<i>Dhatura metel</i>	MFP	Forest	Natural	Plenty	Rare	Used to treat hydrophobia,epilepsy,convulsio n,syphilis,inflammation of the breasts, smallpox,mumps & leprosy,also used as a pesticide.	Seeds
	Gokhru	<i>Tribulus terrestris</i>	MFP	Forest	Natural	Plenty	Rare	Traditionally,people have used this plant for a variety of potential effects.I ncluding to enhance libido,keep the urinary tract healthy & reduce swelling.	Leaves & Flowers
Shurb	Seski (murin)	<i>Artemisia brevifolia</i>	MFP	Forest	Natural	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	<i>Bergenia ciliata</i>	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	<i>Colchicum luteum</i>	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	<i>Dactylorhiza hatagirea</i>	MFP	Forest	Natural	Plenty	Rare	<i>Widely used to cure various diseases like dysentery, diarrhoea, chronic fever, cough, stomachache, wounds, cuts, burns, fractures &amp; general weakness.</i>	Roots, Rhizomes
Climber	Shingli-mingli	<i>Dioscorea deltoidea</i>	MFP	Forest	Natural	Plenty	Rare	<i>Rhizomes used for the treatment of different diseases such as digestive disorders, sore of throat for struma, diarrhoea, wounds, burns &amp; anemia.</i>	Roots
Shurb	Kalveuth	<i>Prunella vulgaris</i>	MFP	Forest	Natural	Plenty	Rare	<i>Useful to treat infections &amp; other illnesses, inflammation, protect against cancer, prevent diabetes complications.</i>	Leaves & Flowers
	Ravend-Chini (Pambchalan)	<i>Rheum australe</i>	MFP	Forest	Natural	Plenty	Sporadic	<i>Used as laxative &amp; also used in various herbal preparations.</i>	Roots, Rhizomes
Herb	Handh	<i>Traxacum officinale</i>	MFP	Forest	Natural	Plenty	Rare	<i>Has a special effect on the organs involved in digestion, its coffee helps with liver damage &amp; liver weakness as well as bile weakness, stimulate pancreas &amp; kidney function.</i>	Leaves
Herb	Mushakbala	<i>Valeriana hardwickii</i>	MFP	Forest	Natural	Plenty	Rare	<i>Useful in epilepsy, hysteria, hypochondriasis, nervous unrest &amp; skin diseases.</i>	Roots
Shurb	Kasrore	<i>Diplazium esculentum</i>	MFP	Forest	Natural	Plenty	Rare	<i>Used as vegetable, dried rhizomes are used as an insecticide, decoction of this plant is used in the treatment of cough &amp; sometimes as a tonic.</i>	Leaves

	Shivlingi	<i>Diplocyclos palmatus</i>	MFP	Forest	Natural	Plenty	Rare	Useful for treatment of Aphrodisiac & tonic , constipation, stomach problem, diarrhoea, malaria fever etc.	Ariel plants parts
Herb	Patrees	<i>Aconitum heterophyllum</i>	MFP	Forest	Natural	Plenty	Threatened	Useful to treat bronchitis, persistent cough, upper respiratory tract infections, common cold, flu & malaria, treat fever, cough ,vomiting & diarrhea.	Roots
	Pushkarmula	<i>Inula racemosa</i>	MFP	Forest	Natural	Plenty	Rare	Treat chronic bronchitis & Rh, dried hizomes & roots are used to cure loss of appetite & stomach troubles.	Roots, Rhizomes
	Tilpushpi (Foxglove)	<i>Digitalis purpurea</i>	MFP	Forest	Natural	Plenty	Rare	Useful to treat congestive heart failure & heart rhythm problems	Roots
Shrub	Gur-Krandel	<i>Ferula jaeschkeana</i>	MFP	Forest	Natural	Plenty	Rare	Treatment of asthma, whooping cough, flatulent colic, pneumonia, bronchitis	Leaves, Flowers
Herb	Resha-Khatmi	<i>Lavatera cashmeriana</i>	MFP	Forest	Natural	Plenty	Rare	A known medicinal herb used in many unani medicinal preprations, cure throat problem, mild laxative,	Leaves, Roots & Flowers
Herb	Kour, Kutki, Kadu, Kadvi	<i>Picrorhiza kurroa</i>	MFP	Forest	Natural	Plenty	Rare	Used for the treatment of jaundice, sudden liver infections caused by a virus, fever, allergy & asthma.	Roots
	Chuka Ladur	<i>Polygonum alpinum</i>	MFP	Forest	Natural	Plenty	Rare	Used for edible, an acid flavour, the juice from the plant has been sweetened & used asa refreshing drink.	Leaf stems
	Pitsuaak (Birjung, Pitsouli, Phagermula)	<i>Arctium lappa</i>	MFP	Forest	Natural	Plenty	Rare	Used therapeutically as a depurative, diuretic & digestive stimulant & for dermatologic conditions.	Roots
Herb	Marchi	<i>Thymus linearis</i>	MFP	Forest	Natural	Plenty	Rare	Useful for the treatment of abdominal pain & vomiting	Flowers

Shurb	Kala Zeera	<i>Bunium persicum</i>	MFP	Forest	Natural	Plenty	Rare	<i>Useful in treatment of gastro intestinal illnesses, including diarrhea &amp; inflammatory bowel disease.</i>	Seeds
Herb	Rumkath, Budarkath (Gidar Tambakoo)	<i>Verbascum thapsus</i>	MFP	Forest	Natural	Plenty	Rare	<i>Useful to treat pulmonary problems, inflammatory diseases, asthma, diarrhoea &amp; migraine headaches.</i>	Leaves
	Kuhushbondhri (Gas plant)	<i>Dictamnus albus</i>	MFP	Forest	Natural	Plenty	Rare	<i>The plant is used both internally &amp; externally in the treatment of skin diseases (especially scabies &amp; eczema), arthritic pain &amp; jaundice.</i>	Leaves, Bark & Root
Tree	Khareu	<i>Ilex dipyrena</i>	MFP	Forest	Natural	Plenty	Rare	<i>Moderate sized evergreen tree with light gray smooth bark. Close grained with a pretty silver grain, the wood is used for fuel.</i>	Flower, Leaf & Fruit
Herb	Kasnil Hand	<i>Cichorium intybus</i>	MFP	Forest	Natural	Plenty	Rare	<i>Useful in treatment of liver disorders, diabetes, jaundice, gout, Rh</i>	Flowers
Herb	Pambechalan/chukri	<i>Rheum emodi</i>	MFP	Forest	Natural	Plenty	Rare	<i>Used in various traditional systems as laxative, tonic, fever, cough, indigestion &amp; menstrual disorders.</i>	Roots
Tree	Zum	<i>Prunus cormuta</i>	MFP	Forest	Natural	Plenty	Rare	<i>Helpful in the treatment of cancer.</i>	Timber
Herb	Neelkanth	<i>Ajuga bracteosa</i>	MFP	Forest	Natural	Plenty	Rare	<i>Useful in the treatment of agues, the juice of the root is used in the treatment of diarrhoea &amp; dysentery, leaves are used in treatment of fevers as a substitute for quinine</i>	Roots
Herb	Bergeur, Gandana	<i>Achillea millifolium</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in folk medicines to treat inflammation, pain &amp; gastrointestinal disorders.</i>	Aerial plant parts



Herb	Choru/Chohori	<i>Angelica glauca</i> Edgw	MFP	Forest	Natural	Plenty	Rare	Used in Dyspepsia, constipations, ulcer of plate, Dysentery, Roots are used as a drug wound and gastric pains	Roots
Herb	Cow Parsnip	<i>Heracleum candicans</i> Wallich ex Benth	MFP	Forest	Natural	Plenty	Rare	The roots are a very good source of xanthotoxin ,which is used in the prepration of suntan lotions & to some extent for the treatment of leucoderma.	Roots
Climber	Agranth	<i>Hedera nepaiensis</i> K. Koch	MFP	Forest	Natural	Plenty	Rare	Used for cure of benign wart, anti-inflammatory & anti-arthritis properties.	Leaves
Shrub	Bakru	<i>Lonicera quinquelocularis</i> Hardew	MFP	Forest	Natural	Plenty	Rare	Used for turnery & carving, also used for walking sticks.	Stem., Braches
Shrub	Chalander	<i>Viburnum grandiflorum</i> Wallich ex DC	MFP	Forest	Natural	Plenty	Rare	Used as laxative & blood purifier, also used to reduce muscular cramps.	Fruit
Herb		<i>Galium aparine</i> L	MFP	Forest	Natural	Plenty	Rare	used as diuretic, used to treat swollen lymph glands, tonsillitis and throat infections.	Leaves, Stem
Herb	Mushkbala	<i>Valeriana jatamansi</i> Jones	MFP	Forest	Natural	Plenty	Rare	useful for epilepsy, hysteria, skin diseases & nervous unrest.	Dried roots & Rhizomes
Tree	Fir	<i>Abies pindrow</i> Spach	CONIFER	Forest	Natural	Plenty	Rare	used for treating fever, wheezing cough & cold.	Seeds, Timber
Tree	Deodar	<i>Cedrus deodara</i> (Roxb) G. Don	CONIFER	Forest	Natural	Plenty	Rare	used in neurological disorders, asthma, fever, arthritis & headache.	Seeds , Timber oil
Tree	Spruce	<i>Picea smithiana</i> (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	<i>Pinus wallichiana</i> Jackson	CONIFER	Forest	Natural	Plenty	Rare	usful in treating burning of the body, cough, fainting & ulcers.	Timber
Herb	Gentheer	<i>Adiantum capillus-veneris</i> L	MFP	Forest	Natural	Plenty	Rare	used for antibacterial, anti-implantation, antihyperglycemic	Leaves

Herb	Sapp Guggal	<i>Arisaema flavum (Forsskal) Schott</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in the treatment of chronic tracheitis, bronchiectasis, tetanus and epilepsy</i>	Leaves, Tubers
Herb	Deela	<i>Cyperus rotundus L</i>	MFP	Forest	Natural	Plenty	Rare	<i>Malaria, diarrhea, diabetes</i>	Rhizomes, Roots
Herb	Drub	<i>Cynodon dactylon (L) Pers</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as a laxative, coolant, expectorant, &amp; as a brain &amp; heart tonic used for all types of bleedings &amp; skin troubles.</i>	Whole plant
Herb	Palain	<i>Dichanthium annulatum Stapf</i>	MFP	Forest	Natural	Plenty	Rare	<i>commonly used as a fodder grass.</i>	Whole plant
Herb	Kai	<i>Saccharum spontaneum L</i>	MFP	Forest	Natural	Plenty	Rare	<i>useful in treatment of dyspepsia, burning sensation, piles, sexual weakness, gynecological troubles, respiratory troubles.</i>	Flowers, Grass
Shrub	Vethur	<i>Juniperus communis Linn</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as anti-diarrhoeal, anti-inflammatory, astringent &amp; antiseptic &amp; also used for the treatment of various abdominal disorders.</i>	Stem
Tree	Postul/Brahmi	<i>Taxus baccata L</i>	B/L	Forest	Natural	Plenty	Rare	<i>useful for treating common cold, cough, fever &amp; pain.</i>	Leaves, Bark
Herb	Gul-e-sanobar	<i>Geranium wallichianum D. Don. Ex Sweet</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as a cure for toothache and has been applied externally to the eyes.</i>	Roots, Bark
Herb	Chuku	<i>Oxalis corniculata L</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in the treatment of influenza, fever, urinary tract infections &amp; poisonous snake bites.</i>	Whole plant
Herb	Hillu	<i>Impatiens glandulifera Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>It is one of the Bach flower remedies, flower extracts used as herbal remedies for physical &amp; emotional problems.</i>	Flower
Shrub	Sanglidhoop	<i>Skimmia anquetilia N.P Taylor &amp; Airy Shaw</i>	MFP	Forest	Natural	Plenty	Rare	<i>used for treatment of swellings, rheumatism &amp; therapy. Powder of its bark is used for the healing of burns &amp; wounds.</i>	Leaves

Shrub	Beri	<i>Zizyphus oxyphylla</i> Edgw	MFP	Forest	Natural	Plenty	Rare	<i>used to treat diabetes, fever, dysentery, as well as blood &amp; skin diseases</i>	Fruit
Tree	Horse chest nut	<i>Aesulus hippocastanum</i> L	B/L	Forest	Natural	Plenty	Rare	<i>used for treatment of dysentery, bronchitis, hemorrhoids.</i>	Leaves
Tree	Kanjai	<i>Acer caesium</i> Wallich ex Brandis	B/L	Forest	Natural	Plenty	Rare	<i>used for treatment of muscular swelling, boils &amp; pimples</i>	Leaves
Herb	Ban Tambaku	<i>Verbascum thapsus</i> L	MFP	Forest	Natural	Plenty	Rare	<i>Inflammatory diseases, asthma, cough, diarrhoea</i>	Leaves
Herb	Neelkanth	<i>Ajuga bracteosa</i> Wall ex Benth	MFP	Forest	Natural	Plenty	Rare	<i>Treats agues, diarrhoea &amp; dysentery</i>	Leaf
Herb	Jungli Pudina	<i>Mentha arvensis</i> L	MFP	Forest	Natural	Plenty	Rare	<i>As a food, stomach problem &amp; allergy</i>	Leaves
Herb	Vena	<i>Mentha longifolia</i> (L) Hudson	MFP	Forest	Natural	Plenty	Endangered	<i>Respiratory ailments, treat wounds</i>	Leaves
Herb	Kal viuth	<i>Prunella vulgaris</i> L	MFP	Forest	Natural	Plenty	Rare	<i>Protect against cancer, herpes</i>	Leaves
Shrub	Sheshak	<i>Rabdosia rugosa</i> (Wall ex Benth) Hara	MFP	Forest	Natural	Plenty	Rare	<i>Remedy of helminthiasis, in live stocks</i>	Leaves
Herb	Kashmir sage	<i>Salvia hians</i> Royle ex Benth	MFP	Forest	Natural	Plenty	Rare	<i>Heal eye infections</i>	Aerial Parts
Herb	Gaddo	<i>Salvia moorcroftiana</i> Wall	MFP	Forest	Natural	Plenty	Rare	<i>Gas, gastritis, heart burn</i>	Roots
Shrub	Kanhaji	<i>Sorbaria tomentosa</i> Rehder	MFP	Forest	Natural	Plenty	Rare	<i>Ornamental, stimulate, respiration</i>	Whole Plant
Herb	DhadKopdi	<i>Bergenia stracheyi</i> (H.F.T) Engl	MFP	Forest	Natural	Plenty	Rare	<i>kidney &amp; gall bladder stone</i>	Roots
Herb	Dand jari	<i>Rhodiola himalensis</i> (D.Don) S.H. Fu	MFP	Forest	Natural	Plenty	Rare	<i>Help the body to resist physical, chemical &amp; environmental stress</i>	Bark
Herb	Kuuppad jari	<i>Sedum ewersii</i> Ledeb	MFP	Forest	Natural	Plenty	Rare	<i>Herbal remedy for diphtheria, ring worm, treats pimples, acne etc.</i>	Whole plant
Shrub	Anar	<i>Punica granatum</i> L	MFP	Forest	Natural	Plenty	Rare	<i>Treatment of cancer, osteo-arthritis</i>	Whole plant
Herb	Wallichos willow	<i>Epilobium latifolium</i> L	MFP	Forest	Natural	Plenty	Common Vulnerable	<i>Analgesic, anti-dote</i>	Whole plant
Tree	Ringkul	<i>Crataegus songarica</i> G. Koch	B/L	Forest	Natural	Plenty	Rare	<i>Pulmonary disesses</i>	Whole plant

Herb	Wild Strawberry	<i>Fragaria nubicola Lindl ex Lacalca</i>	MFP	Forest	Natural	Plenty	Rare	<i>As food, treats profuse mensuration</i>	Fruit
Tree	Haadi	<i>Prunus armeniaca L</i>	B/L	Forest	Natural	Plenty	Rare	<i>Antisposmodic, chronic bronchitis</i>	Whole plant
Herb	Patrishi	<i>Aconitum heterophyllum Wallich ex Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>Treats reproductive disorders</i>	Not Available
Herb	Tatnu	<i>Caltha palustris L</i>	MFP	Forest	Natural	Plenty	Rare	<i>Treatment of fits &amp; anemia</i>	Leaves,Stem
Herb		<i>Ipomaea purpurea Roth</i>	MFP	Forest	Natural	Plenty	Rare	<i>Mental disorders,constipations</i>	Seeds
Herb		<i>Cuscuta europaea L</i>	MFP	Forest	Natural	Plenty	Rare	<i>Herbal medicine,tonic for liver &amp; kidney</i>	Seeds,vegetable
Herb		<i>Cuscuta reflexa Roxb</i>	MFP	Forest	Natural	Plenty	Rare	<i>Treat difficulty in urinating,jaundice</i>	Stem,Seeds
Herb	Jala-Kafal	<i>Atropa acuminata Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>used to make plasters ,in asthma</i>	Whole plant
Herb	Brand	<i>Phytolacca acinosa Roxb</i>	MFP	Forest	Natural	Plenty	Rare	<i>urinary disorders, abdominal tensions</i>	Leaves,Roots
Herb		<i>Rheum australe D. Don</i>	MFP	Forest	Natural	Plenty	Rare	<i>Gastritis,blood purification</i>	Rhizomes,Roots
Herb		<i>Rheum moorcroftianum Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>improve memory,renal function disorder</i>	Rhizomes,Roots
Herb	Mulain	<i>Inula royleana DC</i>	MFP	Forest	Natural	Plenty	Rare	<i>reduce blood pressure,perestatic movement in intenstines</i>	Aerial Parts
Herb		<i>Jurinea dolomiaea Boiss</i>	MFP	Forest	Natural	Plenty	Rare	<i>loss of apetite, cold bronchitis</i>	Root
Herb		<i>Lactuca lessertiana (DC) C.B Clarke</i>	MFP	Forest	Natural	Plenty	Rare	<i>curative properties</i>	Not available
Herb		<i>Leontopodium himalayanum DC</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in herbal and protect over skin</i>	Aerial Parts
Herb		<i>Saussurea heteromalla (D. Don) Hand Mazz</i>	MFP	Forest	Natural	Plenty	Rare	<i>horse bite, oil, leucoderma &amp; wounds</i>	Leaf, root
Herb		<i>Saussurea lappa Clarke</i>	MFP	Forest	Natural	Plenty	Rare	<i>anti ulcer, anti cancer</i>	Root
Herb		<i>Senecio amplexicaulis Wall</i>	MFP	Forest	Natural	Plenty	Rare	<i>antifungal and phytotoxic</i>	Whole Plant
Herb	Jarjam	<i>Senecio chrysanthemoides DC</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in eye infections</i>	Whole Plant
Herb		<i>Senecio gradliflorus DC</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of irregular menses, ease child birth</i>	Root

Herb		<i>Senecio nudicaulis</i> Ham	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of fever and skin diseases</i>	Leaves
Herb		<i>Solidago virga aurea</i> L	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of best pain, insomnia</i>	Flowers,Leaves
Herb		<i>Sonchus arvensis</i> Linn	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of asthma,chest diseases</i>	Stems,Leaves
Herb		<i>Sonchus asper</i> Vill	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of skin ailments,anti-bacterial</i>	Leaves,Stem,Tops
Herb		<i>Sonchus oleraceus</i> L	MFP	Forest	Natural	Plenty	Rare	<i>used for blood purifier,anti-malarial</i>	Stem & Leaves
Herb		<i>Tanacetum gracile</i> Hook. F. & T	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of intestinal worms,prevent miscarriage</i>	Dried Aerial Parts
Herb	Handh	<i>Taraxacum officinate</i> Weber	MFP	Forest	Natural	Plenty	Endangered	<i>increase urine production,,decrease pain</i>	Fruits,Leaves
Shrub		<i>Lyonia ovalifolia</i> (Wallich) Drude	MFP	Forest	Natural	Plenty	Rare	<i>treat skin disease,external parasite</i>	Leaves& Buds
Shrub		<i>Rhododendron campanulatum</i> D. Don	MFP	Forest	Natural	Plenty	Rare	<i>treat chronic rheumatism,headache</i>	Leaves
Shrub		<i>Elaeagnus parvifolia</i> Wallich ex Royle	MFP	Forest	Natural	Plenty	Rare	<i>anti-inflammatory anti-oxidant</i>	Flowers,Seed
Climber		<i>Viscum album</i> L	MFP	Forest	Natural	Plenty	Rare	<i>treatment of cardiac weakness,arrhythmia</i>	Leaves,Stem,Pea sized Berries
Herb		<i>Euphorbia cognata</i> (Klotzsch & Garcke) Boiss	MFP	Forest	Natural	Plenty	Rare	<i>Breathing disorder,asthma</i>	Seed Stem
Herb		<i>Euphorbia rothiana</i> Spreng	MFP	Forest	Natural	Plenty	Rare	<i>Rheumatism,warts,cough,asthma</i>	Stem Bark
Herb		<i>Euphorbia helioscopia</i> L	MFP	Forest	Natural	Plenty	Rare	<i>used in pharmaceutical industry.</i>	Leaves, Stem,Root
Herb		<i>Euphorbia wallichii</i> Hook F	MFP	Forest	Natural	Plenty	Rare	<i>used against constipation</i>	Leaf,root
Shrub		<i>Sarcococca saligna</i> (D.Don) Meull Arg	MFP	Forest	Natural	Plenty	Rare	<i>laxative ,blood purifier &amp; muscular analgesic</i>	Leaf,Bark,Root
Herb		<i>Girardinia heterophylla</i> Decne	MFP	Forest	Natural	Plenty	Rare	<i>used as soap/shampoo for washing,cattle fodder</i>	Whole Plant
Herb		<i>Urtica dioica</i> Linn	MFP	Forest	Natural	Plenty	Rare	<i>urinary tract infections</i>	Root
Tree	Brimij	<i>Celtis australis</i> Willd	B/L	Forest	Natural	Plenty	Rare	<i>treatment of amenorrhoea,heavy menstrual bleeding &amp; colic</i>	Leaves,Root
Tree		<i>Ulmus wallichiana</i> Planch	B/L	Forest	Natural	Plenty	Rare	<i>used to heal body mind &amp; skin</i>	Leaves

Herb		<i>Cannabis sativa L</i>	MFP	Forest	Natural	Plenty	Rare	<i>used for recreational or medicinal purposes</i>	Whole Plant
Herb		<i>Violacnescens Wallich</i>	MFP	Forest	Natural	Plenty	Rare	<i>used for cough ,cold,flu,fever &amp; malaria</i>	Leaf,Flower
Herb		<i>Viola indica W Becker</i>	MFP	Forest	Natural	Plenty	Rare	<i>Respratory tract congestion asthma ,sore throat</i>	Flowers
Herb		<i>Viola kunawarensis Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>chronic bronchitic,asthma</i>	Flowers
Herb		<i>Dianthus jacquemontii Edgew</i>	MFP	Forest	Natural	Plenty	Rare	<i>used to stimulates urinary system,digestive system &amp; bowels</i>	Flowers
Herb		<i>Gypsophilla cerastioides D Don</i>	MFP	Forest	Natural	Plenty	Rare	<i>used for production of photographic films</i>	Not Available
Herb		<i>Lychinus indica Benth</i>	MFP	Forest	Natural	Plenty	Rare	<i>Source of soaps ,ornamentals purposes</i>	Roots,Flowers
Herb		<i>Silene edgeworthii Bocquet</i>	MFP	Forest	Natural	Plenty	Rare	<i>Anti-cancer,anti-fungal &amp; anti-viral</i>	Leaves
Herb		<i>Stellaria media L</i>	MFP	Forest	Natural	Plenty	Rare	<i>cough ,cold constipation,burns</i>	Whole plant
Herb		<i>Hypericum elodeoides Choisy</i>	MFP	Forest	Natural	Plenty	Rare	<i>treatment in mild to moderate depression</i>	Aerial Parts
Shrub		<i>Hypericum oblongifolium Choisy</i>	MFP	Forest	Natural	Plenty	Rare	<i>Hepatitis,gastric ulcers</i>	Aerial Parts
Herb		<i>Hypericum perforatum L</i>	MFP	Forest	Natural	Plenty	Rare	<i>Moderate depression ,anxiety &amp; sleep disorders</i>	Aerial Parts
Herb	Suchal	<i>Malva neglecta Wallr</i>	MFP	Forest	Natural	Plenty	Rare	<i>Astringent,demulcent,diuretic</i>	Leaves,Floers,Root
Herb		<i>Geranium polyanthes Edgew &amp; H.F</i>	MFP	Forest	Natural	Plenty	Rare	<i>Tumor,cosmetic,laxative &amp; hair colour</i>	Flower
Herb	Gugchuk, Ringrash	<i>Geranium pretense L</i>	MFP	Forest	Natural	Plenty	Rare	<i>cholera,diarrhoea</i>	Root
Shrub	Tung	<i>Cotinus coggygnia Scop</i>	MFP	Forest	Natural	Plenty	Rare	<i>Coagulant,fever reducer</i>	Leaves,Bark
Shrub		<i>Rhus succedanea L</i>	MFP	Forest	Natural	Plenty	Rare	<i>Treatment of phthisis</i>	Fruits
Herb		<i>Astragalus grahamianus Royle ex Benth</i>	MFP	Forest	Natural	Plenty	Rare	<i>Urinary disease,respiratory,skin problems</i>	Roots
Shrub		<i>Astragalus himalayana Klotsch</i>	MFP	Forest	Natural	Plenty	Rare	<i>Kidney disease,diabetes</i>	Gum
Shrub	Shemar	<i>Desmodium elegans DC</i>	MFP	Forest	Natural	Plenty	Rare	<i>used for chronic hepittes, treatment of bilious ccomplaints</i>	Whole Plant
Shrub		<i>Indigofera heterantha Wallich ex Brandis</i>	MFP	Forest	Natural	Plenty	Rare	<i>branches are used as basket making it is also used as fuel</i>	Floers ,Branches

Shrub		<i>Indigofera tinctoria L</i>	MFP	Forest	Natural	Plenty	Rare	<i>used to treat nervous disorders, asthma, liver disease</i>	Flowering & Fruiting Branches	Local zamindars have got ample knowledge with respect to identification of the species as well their common usage	Bonafide purpose	Inhabitants of the area.
Herb		<i>Trifolium fragiferum L</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as green manure &amp; flowers are used to make jelly</i>	Flowers, Leaves			
Herb		<i>Trifolium repens L</i>	MFP	Forest	Natural	Plenty	Rare	<i>a lincture of the leaves are applied as an ointment to Govt.</i>	Flowers, Leaves			
Herb		<i>Trigonella emodi Benth</i>	MFP	Forest	Natural	Plenty	Rare	<i>Reduce fever</i>	Stem, Leaves			
Herb		<i>Vicia sativa Linn</i>	MFP	Forest	Natural	Plenty	Rare	<i>seeds are used to form bread, cakes, biscuits</i>	Seed			
Herb		<i>Vicia sepium Linn</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as nitrogen fixation used for hay or silage particularly arable silage.</i>	Rhizomes, Leaves			
Tree		<i>Ficus palmata Forsk</i>	B/L	Forest	Natural	Plenty	Rare	<i>used for treatment of lungs &amp; bladder diseases</i>	Fruit			
Tree		<i>Monus serrate Roxb</i>	B/L	Forest	Natural	Plenty	Rare	<i>juice of the root is used as an anthelmintic. wood is used for making furniture</i>	Root, Wood			
Tree	Akhroot	<i>Juglans regia Linn</i>	B/L	Forest	Natural	Plenty	Rare	<i>leaves are used in treatment of chronic coughs, asthma &amp; purify blood and treat diabetes</i>	Leaves, Fruit,			
Tree		<i>Alnus nepalensis D. Don</i>	B/L	Forest	Natural	Plenty	Rare	<i>Used for making charcoal, reducing swelling of leg, juice is applied on burns</i>	Wood, Leaves, Roots			
Tree	Champ	<i>Alnus nitida (Spach) Endl.</i>	B/L	Forest	Natural	Plenty	Rare	<i>Bark is used to treat swelling &amp; body pain</i>	Bark			
Tree	Bhoj patra	<i>Betula utilis D Don</i>	B/L	Forest	Natural	Plenty	Rare	<i>Bark is used for writing lengthy scriptures &amp; texts, also used for packaging</i>	Bark			
Tree		<i>Corylus jacquemontii Decne</i>	B/L	Forest	Natural	Plenty	Rare	<i>seeds are used as oil</i>	Seeds			
Tree		<i>Quercus baloot Griffith</i>	B/L	Forest	Natural	Plenty	Rare	<i>seeds are used in manufacturing of insecticides</i>	seeds			
Tree		<i>Populus alba L</i>	B/L	Forest	Natural	Plenty	Rare	<i>used in the treatment of arthritis, gout, lower back problem and reduce fever</i>	Stem, Bark			

Tree		<i>Populus oliata Wallich ex Royle</i>	B/L	Forest	Natural	Plenty	Rare	<i>used as fuel wood,also useed as timber &amp; making furniture</i>	Whole Plant
Shrub	Willow	<i>Salix alba Boiss</i>	MFP	Forest	Natural	Plenty	Rare	<i>stems are used in basket making.</i>	Stem
Shrub	Kareel- kaimbal	<i>Berberis aristata DC</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of juindice,urinary disorders</i>	Root,Stem,Leaves
Shrub		<i>Berberis jaeschkeana C.K Schneider</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of tumor</i>	Rhizomes,Fruit
Shrub	Kaimal/Daruhaldi	<i>Berberis lycium Royle Trans Linn</i>	MFP	Forest	Natural	Plenty	Rare	<i>used an immunity booster</i>	Roots ,Stem,Bark
Herb		<i>Podophyllum hexandrum Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>usedto treat gynecology infections</i>	Rhizomes
Herb		<i>Meconopsis aculeata Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>used to help heal broken bones,treaty inflammation from fractures</i>	Whole Plant
Herb		<i>Meconopsis latifolia Prain</i>	MFP	Forest	Natural	Plenty	Rare	<i>used against ulces,disorders of lungs.</i>	Flowers
Herb		<i>Corydalis cachemiriana Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>used for mild depression</i>	Flowerrs,Stems,Leaves
Herb	Bhutyata	<i>Corydalis govaniana Wallich</i>	MFP	Forest	Natural	Plenty	Rare	<i>its drug is usd in the form of decoction</i>	Whole Plant
Herb		<i>Corydalis thyrsoiflora Prain</i>	MFP	Forest	Natural	Plenty	Rare	<i>used to treat stomach problem</i>	Leaves,Flowers
Herb		<i>Fumaria indica Pugsley</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as a common weed,isolation &amp; polyherbal</i>	Whole Plant
Herb		<i>Capsella bursa pastoris (L) Moench</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as a folk remedy for cancer,nose bleeding</i>	Seeds,Leaves
Herb		<i>Erysimum melicetae Dunn</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in medicine,food item</i>	Seeds
Herb		<i>Iris hookeriana M. Foster</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in aromatherapy,rhizomes given to babies to help in teething</i>	Rhizomes
Herb		<i>Iris kashmiriana Baker</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of joint pains</i>	Rhizomes
Herb		<i>Iris kemaonensis D. Don ex Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>flowers are used in herbal medicines</i>	Flowers
Herb		<i>Narcissus tazetta L</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of boils &amp; mastits</i>	Root
Herb		<i>Dioscorea deltoidea Wal ex Kunth</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in treatment of digestive disorders ,wound &amp; burns</i>	Rhizomes



Herb	Chingposh	<i>Colchicum luteum Baker</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as carminative &amp; aphrodisiac, treatment of gout</i>	Corn, Seeds
Herb		<i>Fritillaria roylei Hook</i>	MFP	Forest	Natural	Plenty	Rare	<i>used for healing wounds</i>	Roots
Herb		<i>Gagea elegans Wall</i>	MFP	Forest	Natural	Plenty	Rare	<i>Used in the form of infusions or decoctions.</i>	Leaves
Herb		<i>Notholirion thomsonianum (Royle) Stapf</i>	MFP	Forest	Natural	Plenty	Rare	<i>Treatment of Various infectious Diseases espically intestinal.</i>	Flower, Leaves
Herb		<i>Polygonatum multiflorum (Linn.) All</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in wound healing being anti-bacterial</i>	Roots
Herb		<i>Polygonatum verticillatum All</i>	MFP	Forest	Natural	Plenty	Rare	<i>used to cure cardioponic, aphrodisiac</i>	Tender leaves, Young shoots
Herb		<i>Trillium govianum Wall</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in dysentery, wound healing, menstrual &amp; sexual disorders.</i>	Rhizomes, Roots
Herb		<i>Tulipa stellata Hook f</i>	MFP	Forest	Natural	Plenty	Rare	<i>Used for sinus Pain , Hay Fever &amp; Headache.</i>	Whole Plant
Herb		<i>Arisaema jacquemontii Blume</i>	MFP	Forest	Natural	Plenty	Rare	<i>used for the treatment of dermatological disorders, used for phenols</i>	Root
Herbs		<i>Valeriana pyrolaefolia decne</i>	MFP	Forest	Natural	Plenty	Rare	<i>Used orally for anxiety &amp; Psychological stress.</i>	Root
Herbs		<i>Dipsacus inermis Wall</i>	MFP	Forest	Natural	Plenty	Rare	<i>used in ayurvedic system of medicine</i>	Fresh & Dried Leaves
Herbs	Kim	<i>Morina Longifolia Wallich ex DC</i>	MFP	Forest	Natural	Plenty	Rare	<i>Stem, leaves &amp; flowers used as digestive, emetic &amp; stomachic</i>	Whole Plant
Herbs		<i>Achillea millefolium L</i>	MFP	Forest	Natural	Plenty	Rare	<i>above ground parts used in cold, tonic &amp; astringent</i>	Aerial Parts
Herbs		<i>Ainsliaea aptera DC.</i>	MFP	Forest	Natural	Plenty	Rare	<i>roots used to relieve stomachache, acute fever &amp; constipation</i>	Roots
Herbs		<i>Anaphalis nubigena Clarke</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as aromatic &amp; antimicrobial</i>	Aerial Parts
Herbs		<i>Artemesia scoparia Waldst. &amp; Kit</i>	MFP	Forest	Natural	Plenty	Rare	<i>flowers, stem seeds used as antiseptic, diuretic &amp; antipyretic</i>	Flowers, Stem, Seeds
Herbs		<i>Artemesia gmelini Bess</i>	MFP	Forest	Natural	Plenty	Rare	<i>plants rich source of essential oil</i>	Leaf, Stem
Herbs	Mooin	<i>Artemesia Maritima L.</i>	MFP	Forest	Natural	Plenty	Rare	<i>antiseptic, diuretic &amp; antipyretic</i>	Leraves, Flowering

Herbs		<i>Aster indamellus</i> Grierson	MFP	Forest	Natural	Plenty	Rare	as food & medicine	Leaf,Flower,Root
Herbs		<i>Cirsium arvense</i> (L) Scop	MFP	Forest	Natural	Plenty	Rare	remedy for toothache & treatment of indigestion	Root
Herbs		<i>Cirsium falconeri</i> (Hook.f.) Petrak	MFP	Forest	Natural	Plenty	Rare	whole plant & roots used for treating oedema	Whole Plant
Herbs		<i>Dubyaea hispida</i> DC.	MFP	Forest	Natural	Plenty	Rare	used to remove excess pitta dosh,treat fever.	Rhizomes
Herbs		<i>Echinops cornigerus</i> DC	MFP	Forest	Natural	Plenty	Rare	root are aphrodisiac, whole plant antipyretic & analgesic	Root
Herbs		<i>Erigeron canadensis</i> L.	MFP	Forest	Natural	Plenty	Rare	whole plant diuretic, hemostatic & antidiarrheal	Whole Plant
Herbs		<i>Filago germanica</i> Linn	MFP	Forest	Natural	Plenty	Rare	has chemical, biological & toxicological properties	Fruit
Herbs		<i>Galinsoga parviflora</i> Cav	MFP	Forest	Natural	Plenty	Rare	used for treatment of nettle sting & similar skin inflammation	Leaves
Herbs		<i>Gnaphalium luteo album</i> Linn	MFP	Forest	Natural	Plenty	Rare	antibacterial, antifungal, antioxidant	Leaves
Shrub	Shutenger	<i>Rhododendron anthopogon</i> D. Don	MFP	Forest	Natural	Plenty	Rare	treatment of constipation, didysentry, fever	Leaves
Herbs		<i>Anagallis arvensis</i> Linn	MFP	Forest	Natural	Plenty	Rare	whole plant used as expectorant, dropsy,diuractic,purgative	Whole Plant
Herbs		<i>Androsace rotundifolia</i> Hardw.	MFP	Forest	Natural	Plenty	Rare	dried plant used against bronchitis, asthma,cough	Dried Plant
Herbs		<i>Primula rosea</i> Royle	MFP	Forest	Natural	Plenty	Rare	asthma & digestive problems	Flower,Leaves
Tree		<i>Fraxinus excelsior</i> L.	B/L	Forest	Natural	Plenty	Rare	bark & leaf used against fever, gout, arthritis	Bark,Leaf
Herbs		<i>Jasminium grandiflorum</i> L.	MFP	Forest	Natural	Plenty	Rare	used for treating wounds, skin disease, ulcers,headache	Not Available
Herbs		<i>Jasminium humile</i> L	MFP	Forest	Natural	Plenty	Rare	root juice used against ringworm, flowers used to cure intestinal problems	Root,Flower
Tree	Kahu	<i>Olea cuspidata</i> Wallich ex G. Don	B/L	Forest	Natural	Plenty	Rare	bark used for fracture, leave use for treatment of malaria, UTI	Bark,Leaves
Shrub		<i>Buddleja paniculata</i> Wall	MFP	Forest	Natural	Plenty	Rare	used for treatment of skin disease, malaria	Leaves
Herbs		<i>Gentiana carinata</i> Griseb	MFP	Forest	Natural	Plenty	Rare	used against diarrhea, loss of appetite, heart burn	Root

Herbs		<i>Gentiana Kuroo Royle</i>	MFP	Forest	Natural	Plenty	Rare	<i>rhizome is antihelminthic, diaphoretic, digestive tonic</i>	Rhizomes
Herbs	Kazuban	<i>Arnebia benthamii (Wall. Ex G.Don) Johnston</i>	MFP	Forest	Natural	Plenty	Rare	<i>used as red clour to food, oil &amp; fats, plantalso used as diuretic, expectorant, tonic</i>	Flowering, Shoots & Roots
Herbs		<i>(Royle) Kazmi</i>	MFP	Forest	Natural	Plenty	Rare	<i>use to manage disorders like hapatototoxicity</i>	Not Available
Grass	Congress grass /Jadi	<i>Parthenium hysterophorus</i>	MFP	Forest	Natural	Plenty	Rare	<i>Commercial enzymes production, biopesticides, green manure &amp; composte</i>	Weed
Tree	Trikanni	<i>Acer pictum</i>	B/L	Forest	Natural	Plenty	Rare	<i>Use as food, medicine, ornamental &amp; source of wood</i>	Whole plant
Tree	Bren	<i>Ulmus villosa</i>	B/L	Forest	Natural	Plenty	Rare	<i>Medicinal, aeromatic, anti-inflammatory, furniture</i>	Bark, Leaves
Tree	Bankhoor	<i>Aesculus indica</i>	B/L	Forest	Natural	Plenty	Rare	<i>Treatment of skin diseae, Rh, astringent, narcotic, relef of headache</i>	Leaves, Flowers
Herb	Hamesh-Bahar	<i>Calendula officinalis</i>	MFP	Forest	Natural	Plenty	Rare	<i>Applied on Skin disease, Burns</i>	Flower, leaf
Tree	Feku	<i>Ficus Palmata</i>	B/L	Forest	Natural	Plenty	Rare	<i>Skin diseases, contipation</i>	Fruit
Herb	Banafsha	<i>Viola odorata</i>	MFP	Forest	Natural	Plenty	Rare	<i>Throat problem, Cold, cough</i>	Flower
Herb	Nirbisha	<i>Delphinium drunonianum</i>	MFP	Forest	Natural	Plenty	Rare	<i>Diabetes</i>	Whole Plant
Shrub	Tutfoor, Rachi	<i>Ephedra gegardina</i>	MFP	Forest	Natural	Plenty	Rare	<i>Asthma, Cardic Stimulate, Allergy, Respiratory Disorder</i>	Twigs
Herb	Tengu, Tyangu	<i>Hyssopus officinalis</i>	MFP	Forest	Natural	Plenty	Rare	<i>Substitute for saffron, Liver &amp; Blood Disorder</i>	Flower
Fungi		<i>Morchella conica</i>	MFP	Forest	Natural	Plenty	Rare	<i>Indigestion, phlegm, shortness of breath</i>	Whole part
Fungi		<i>Morchilla esculenta</i>	MFP	Forest	Natural	Plenty	Rare	<i>Edible, laxative, Body tonic, stomach problem, economical beneficial</i>	Whole part
Fungi		<i>Aricus campestris</i>	MFP	Forest	Natural	Plenty	Rare	<i>treatment of cancer, Type-2 diabetes, high-cholesterol, digestive problem</i>	Whole part
Fungi		<i>Agaricus macrocarpus</i>	MFP	Forest	Natural	Plenty	Rare	<i>Intoxicating drink, edible</i>	Whole part
Fungi		<i>Cantharellus cibarius</i>	MFP	Forest	Natural	Plenty	Rare	<i>Anti-microbial, cytotoxicity, Anti-oxidant, wound healing</i>	Whole part

Fungi		<i>Coprinus atramentarius</i>	MFP	Forest	Natural	Plenty	Rare	Balancing blood sugar level,diabetes properties	Whole part
Fungi		<i>Caprinus comatus</i>	MFP	Forest	Natural	Plenty	Rare	Mimics insulin	Whole part
Fungi		<i>Schizophyllum commune</i>	MFP	Forest	Natural	Plenty	Rare	Anti-cancer activity,edible	Whole part
Fungi	Datura	<i>Geatrum triplex</i>	MFP	Forest	Natural	Plenty	Rare	Analgesic,anti-inflammatory,treatment of stomach	Whole part
Fungi		<i>Fomes fomentarius</i>	MFP	Forest	Natural	Plenty	Rare	Laxative,Treatment of cancer	Whole part
Fungi		<i>Fomitopsis pinicola</i>	MFP	Forest	Natural	Plenty	Rare	Anti-tumor,anti-bacterial,anti-viral	Whole part
Fungi		<i>Ganoderma applanatum</i>	MFP	Forest	Natural	Plenty	Rare	Cancer treatment,diabetics	Whole part
Fungi		<i>Ganoderma lucidum</i>	MFP	Forest	Natural	Plenty	Rare	anti-inflammation,Analgesic,Anti-bacterial	Whole part
Fungi		<i>Trametes versicolor</i>	MFP	Forest	Natural	Plenty	Rare	Enhance the health of immune system	Whole part
Fungi		<i>Sparassis crispa</i>	MFP	Forest	Natural	Plenty	Rare	Anti-tumor,Anti-inflammatory,Anti-allergic	Whole part
Fungi		<i>Pleurotus spp.</i>	MFP	Forest	Natural	Plenty	Rare	Anti- Tuber,anti-genotoxic,Anti-oxidant	Whole part
Herb		<i>Amaranthus viridis</i>	MFP	Forest	Natural	Plenty	Rare	Treatment of fever, pain, asthma	Whole part
Herb		<i>Allium cepa</i>	MFP	Forest	Natural	Plenty	Rare	Antiinflammatory, antiseptic	Bulb, Leaves
Herb		<i>Allium humile kunth</i>	MFP	Forest	Natural	Plenty	Rare	Treatment of cholera, dysentery, cough	Bulbs
Herb		<i>Allium sativum</i>	MFP	Forest	Natural	Plenty	Rare	Fever, diabetics, swellings	Bulbs
Herb		<i>Allium semenovii</i>	MFP	Forest	Natural	Plenty	Rare	Reduce blood calastrol level	Bulbs
Herb		<i>Bupleurum bupjucundum</i>	MFP	Forest	Natural	Plenty	Rare	Respiratory infection, swine flu	Aerial Part
Herb		<i>Bupleurum longifolium</i>	MFP	Forest	Natural	Plenty	Rare	Respiratory infection, swine flu	Aerial Part
Herb		<i>Coriandrum sativum</i>	MFP	Forest	Natural	Plenty	Rare	Measals, hemorrhoids, toothache & joint pain	Leaves, Seeds
Herb		<i>Oenanthe javanica</i>	MFP	Forest	Natural	Plenty	Rare	Joundice, abdomnal pain	Whole part
Herb		<i>Pleurosermum brunonis</i>	MFP	Forest	Natural	Plenty	Rare	To cure skin infections, joundice, insect repllents	Flowers
Herb		<i>Pleurosermum stellatum</i>	MFP	Forest	Natural	Plenty	Rare	To make black or red dye, water proof black ink	Flowers
Herb		<i>Aralia cachemirica</i>	MFP	Forest	Natural	Plenty	Rare	To treat RH, Nephritis, Gastritis, inflammation	Whole part
Herb		<i>Arisaema propinquum</i>	MFP	Forest	Natural	Plenty	Rare	Uses in snake bite, RH	Rhizomes

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

Herb		<i>Dianthus angulatus</i> Baumg	MFP	Forest	Natural	Plenty	Rare	Used as a tonic for urinary system, digestive system & bowels	Leaves
Herb		<i>Anaphalis nepalensis</i> (Spreng.) Hand.-Mazz.	MFP	Forest	Natural	Plenty	Rare	Respiratory problems including asthma, cough etc.	Flowers
Herb		<i>Anaphalis triplinervis</i> (Sims) C. B. Clarke	MFP	Forest	Natural	Plenty	Rare	Emilepsy, laceration of toes & wounds	Flowers
Herb		<i>Anaphalis margaritaceae</i> L.	MFP	Forest	Natural	Plenty	Rare	Diarrhoea, dysentery, Rh, joints	Flowers
Herb		<i>Artemisia dubia</i> Wall.	MFP	Forest	Natural	Plenty	Rare	Cuts & wounds	Leaves
Herb		<i>Artemisia scoparia</i> Waldst. & Kitam.	MFP	Forest	Natural	Plenty	Rare	Anticeptic, Antipyretic	Leaves
Herb		<i>Artemisia vestita</i> Wall. ex Besser	MFP	Forest	Natural	Plenty	Rare	Inflammatory diseases	Leaves
Herb		<i>Aster diplostephioides</i> (DC.) C. B. Clarke	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Aster falconeri</i> (C. B. Clarke) Hutch.	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Flowers, Root
Herb		<i>Aster flaccidus</i> Bunge	MFP	Forest	Natural	Plenty	Rare	Tuberculosis & pertussis	Flowers, Root
Herb		<i>Aster molliusculus</i> (Lindl. ex DC.) C.B.Clarke	MFP	Forest	Natural	Plenty	Rare	Antibacterial, skin infection, ulcers & wounds	Flowers, Root
Herb		<i>Cicerbita macrorrhiza</i> (Royle) Beauverd	MFP	Forest	Natural	Plenty	Rare	Fever	Whole part
Herb		<i>Gnaphalium stewartii</i> C.B.Clarke	MFP	Forest	Natural	Plenty	Rare	Sciatica, Rh pain	Leaves, Flowers
Herb	Sunflower	<i>Helianthus annuus</i> L.	MFP	Forest	Natural	Plenty	Rare	High fever, snake bite	Leaf, Seed
Herb	Pushkarmula	<i>Inula grandiflora</i> Willd.	MFP	Forest	Natural	Plenty	Rare	Chronic bronochits & Rh	Rhizomes
Herb	Gomchooi	<i>Ligularia fischeri</i> (Ledeb.) Turcz.	MFP	Forest	Natural	Plenty	Rare	Jaundice, Rh, Hepatic disease	Leaves, Flowers
Herb		<i>Sonchus asper</i> (L.) Hill	MFP	Forest	Natural	Plenty	Rare	Anti-bacterial & Anti-fungal	Leaves
Herb		<i>Tanacetum dolichophyllum</i> Kitam.	MFP	Forest	Natural	Plenty	Rare	Fever, migrana, headache, Rh	Flowers
Herb		<i>Tussilago farfara</i> L.	MFP	Forest	Natural	Plenty	Rare	Disorder of the respiratory tract, skin, cold	Leaf
Herb		<i>Waldheimia glabra</i> (Decne.) Regel	MFP	Forest	Natural	Plenty	Rare	Influenza virus & anti complementry extract	Leaves, Flowers
Herb		<i>Waldheimia tomentosa</i> (Decne.) Regel	MFP	Forest	Natural	Plenty	Rare	Stomach ache problem	Leaves, Flowers
Herb		<i>Youngia japonica</i> (L.) DC.	MFP	Forest	Natural	Plenty	Rare	Boils & snake bites	Leaves, Flowers

Herb		<i>Rhodiola heterodonta</i> (Hook. f. & Thomson) Boriss.	MFP	Forest	Natural	Plenty	Rare	Anxiety, fituge & dipression	Rhizomes
Herb		<i>Rhodiola wallichiana</i> (Hook.) S.H. Fu	MFP	Forest	Natural	Plenty	Rare	Anxiety, fituge & dipression	Leaves, Flowers
Herb		<i>Rosularia alpestris</i> (Kar. & Kir.) Boriss.	MFP	Forest	Natural	Plenty	Rare	Ornamental garden plants, Traditional Medicines	Whole part
Climber		<i>Cucumis sativus L.</i>	MFP	Forest	Natural	Plenty	Rare	Blemished skin, heart rash, burns, sores	Whole part
Climber		<i>Cucurbita pepo L.</i>	MFP	Forest	Natural	Plenty	Rare	Anti inflamentry, anti viral, anti ulcer	Whole part
Shrub		<i>Datisca cannabina L.</i>	MFP	Forest	Natural	Plenty	Rare	Treatment of Rh	Root
Herb		<i>Equisetum arvense L.</i>	MFP	Forest	Natural	Plenty	Rare	Stop bleeding, heal ulcer & wounds	Whole part
Shrub		<i>Gaultheria trichophylla</i> Royle	MFP	Forest	Natural	Plenty	Rare	Anti oxidant & anti inflamentry	Whole part
Herb		<i>Euphorbia cornigera</i> Boiss.	MFP	Forest	Natural	Plenty	Rare	Breathing disorders including asthma, bronchitis	Leaves, Flowers
Herb		<i>Euphorbia thomsoniana</i> Boiss.	MFP	Forest	Natural	Plenty	Rare	Breathing disorders including asthma, bronchitis	Leaves, Flowers
Tree		<i>Quercus baloot Griff.</i>	B/L	Forest	Natural	Plenty	Rare	Anti bacterial potential	Whole part
Tree		<i>Quercus semecarpifolia</i> Sm.	B/L	Forest	Natural	Plenty	Rare	Diarrhoea, dysentry	Whole part
Herb		<i>Gentiana cachemirica</i> Decne.	MFP	Forest	Natural	Plenty	Rare	Digession problem	Leaves, Flowers
Herb		<i>Gentiana ornata</i> (D.Don) Wall. ex Griseb.	MFP	Forest	Natural	Plenty	Rare	Diarrhoea, dysentry	Leaves, Flowers
Herb		<i>Gentiana phyllocalyx C.B</i> Clarke	MFP	Forest	Natural	Plenty	Rare	Diarrhoea, dysentry	Leaf, sepal
Herb		<i>Gentiana tianschanica</i> Rupr. ex Kusun.	MFP	Forest	Natural	Plenty	Rare	Digession problem	Whole part
Herb		<i>Gentianella</i> <i>moorcroftiana</i> (Wall. ex Griseb.) Airy Shaw	MFP	Forest	Natural	Plenty	Rare	Cold cough, nausea	Leaf
Herb		<i>Jaeschkea oligosperma</i> Knobl.	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Swertia ciliata</i> (D. Don ex G. Don) B.L. Burt	MFP	Forest	Natural	Plenty	Rare	Skin diseases, cancer	Whole part
Herb		<i>Swertia petiolata</i> Royle ex D.Don	MFP	Forest	Natural	Plenty	Rare	Inflammation of the liver & high blood pressure	Whole part
Herb		<i>Swertia speciosa</i> G.Don	MFP	Forest	Natural	Plenty	Rare	Asthma, liver disorder	Root

Herb		<i>Erodium cicutarium L. (L.) Her</i>	MFP	Forest	Natural	Plenty	Rare	Typhoid, fever	Whole part
Herb		<i>Geranium lambertii Sweet</i>	MFP	Forest	Natural	Plenty	Rare	Skin problem, reduces strss	Dried leaves
Herb		<i>Geranium himalayense Klotzsch</i>	MFP	Forest	Natural	Plenty	Rare	Garden uses, beds & borders	Whole part
Herb		<i>Geranium nepalense Sweet</i>	MFP	Forest	Natural	Plenty	Rare	Nervous diseseas, pains, Rh	Whole part
		<i>Geranium pusillum L.</i>	MFP	Forest	Natural	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb		<i>Geranium rotundifolium L.</i>	MFP	Forest	Natural	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb		<i>Geranium wallichianum D.Don ex Sweet</i>	MFP	Forest	Natural	Plenty	Rare	Peptic ulcers, cure toothache	Whole part
Shrub		<i>Ribes nigrum L.</i>	MFP	Forest	Natural	Plenty	Rare	Useful in allergy, fatigue, rhimities	Whole part
Shrub		<i>Ribes himalense Royle ex Decne.</i>	MFP	Forest	Natural	Plenty	Rare	Used as food & medicine	Fruit
Herb		<i>Hypericum japonicum Thunb.</i>	MFP	Forest	Natural	Plenty	Rare	Asthama & dycenty	Leaves, Flowers
Shrub		<i>Philadelphus tomentosus wall ex G. Don</i>	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		<i>Ajuga integrifolia Buch.-Ham.</i>	MFP	Forest	Natural	Plenty	Rare	Diarrhea, Malaria	Leaf
Herb		<i>Clinopodium vulgare L.</i>	MFP	Forest	Natural	Plenty	Rare	Overcome weak digestion	leaves
Herb		<i>Elsholtzia ciliata (Thunb.) Hyl.</i>	MFP	Forest	Natural	Plenty	Rare	Common cold,fevers,headache	Whole part
Shrub		<i>Isodon rugosus (Wall. ex Benth.) Codd</i>	MFP	Forest	Natural	Plenty	Rare	Tooth ache,gastric pain,	Whole part
Herb		<i>Lamium album L.</i>	MFP	Forest	Natural	Plenty	Rare	Abnormal vaginal discharge, & to relieve painful periods	Leaves, Flowers
Herb		<i>Leonurus cardiaca L.</i>	MFP	Forest	Natural	Plenty	Rare	Gynacological afflictions	Seed
Herb		<i>Mentha arvensis L.</i>	MFP	Forest	Natural	Plenty	Rare	Diarrhea & Dysentry,stomach problem	Leaves
Herb	Soyabean	<i>Glycine max (L.) Merr.</i>	MFP	Forest	Natural	Plenty	Rare	Treatment of oedema, dysuria	Seed
Herb		<i>Lotus corniculatus L.</i>	MFP	Forest	Natural	Plenty	Rare	Anti-inflammatory,Skin inflammation	Flowers
Shrub		<i>Robinia pseudoacacia L.</i>	MFP	Forest	Natural	Plenty	Rare	Wounds, Pain reliever	Dried leaves



Herb		<i>Trifolium pratense L.</i>	MFP	Forest	Natural	Plenty	Rare	Antispasmodic, Anti-inflammatory	Leaves flower
Herb		<i>Trifolium repens L.</i>	MFP	Forest	Natural	Plenty	Rare	Gout, Cough, Eyewash	Leaves flower
		<i>Vicia rigidula Royle</i>	MFP	Forest	Natural	Plenty	Rare	Weight loss	Leaves flower
Herb		<i>Fritillaria roylei Hook.</i>	MFP	Forest	Natural	Plenty	Rare	Anti-Asthmatic, Anti- Rh	Root
Herb		<i>Lilium polyphyllum D.Don</i>	MFP	Forest	Natural	Plenty	Rare	Diuretic, Anti-pyruetic	Bulbs
Herb		<i>Lavatera cachemiriana Cambess.</i>	MFP	Forest	Natural	Plenty	Rare	Throat problem, mild laxative	Leaf, Flower
Tree		<i>Ficus carica L.</i>	MFP	Forest	Natural	Plenty	Rare	Respiratory problems, Anti-inflammatory	Fruit, leaves
Tree		<i>Morus alba L.</i>	MFP	Forest	Natural	Plenty	Rare	Asthma, Bronchitis	Bark
Climber		<i>Jasminum humile L.</i>	MFP	Forest	Natural	Plenty	Rare	Heart bowels, Astringent	Roots, Flower
Climber		<i>Jasminum officinale L.</i>	MFP	Forest	Natural	Plenty	Rare	Hepatitis, Diarrhea, Cancer treatment	Flower
Shrub		<i>Syringa emodi Wall. ex. Royle.</i>	MFP	Forest	Natural	Plenty	Rare	Stomach treatment, intestinal problems	Seed, Fruit
Herb		<i>Epilobium angustifolium L.</i>	MFP	Forest	Natural	Plenty	Rare	Anti-septic, ulcers, inflammation	Whole part
Herb		<i>Epilobium latifolium L.</i>	MFP	Forest	Natural	Plenty	Rare	Analgesic, Antidote	Whole part
		<i>Epilobium royleanum Hausskn.</i>	MFP	Forest	Natural	Plenty	Rare	Treatment & prostate bladder	Whole part
Herb		<i>Calanthe tricarinata Lindl.</i>	MFP	Forest	Natural	Plenty	Rare	Asthma, Coughing	Leaves flower
Herb		<i>Cypripedium cordigerum D.Don</i>	MFP	Forest	Natural	Plenty	Rare	Fever, Backache	Fruit
Shrub		<i>Arundo donax L.</i>	MFP	Forest	Natural	Plenty	Rare	Basket making, Diuretic, Diaphroetic	Grass
Herb		<i>Bothriochloa ischaemum (L.) Keng</i>	MFP	Forest	Natural	Plenty	Rare	Agro-forestry use	Grass
Herb		<i>Bromus catharticus Vahl</i>	MFP	Forest	Natural	Plenty	Rare	Agro-forestry use	Grass
Herb		<i>Aquilegia fragrans Benth.</i>	MFP	Forest	Natural	Plenty	Rare	Sedative, Diarrhea, jaundice	Whole part
Herb		<i>Aquilegia nivalis Falc. ex B. D. Jacks.</i>	MFP	Forest	Natural	Plenty	Rare	Cough & Cold	Rhizomes
Herb		<i>Delphinium brunonianum Royle</i>	MFP	Forest	Natural	Plenty	Rare	Local Medicines, Use as oil	Whole part
Herb		<i>Delphinium cashmerianum Royle</i>	MFP	Forest	Natural	Plenty	Rare	Intestinal worms, insomnia	Roots
Herb		<i>Delphinium vestitum Wall. ex Royle</i>	MFP	Forest	Natural	Plenty	Rare	Cuts, Dysentery, Rh, Ulcers	Leaves

Herb		<i>Ranunculus distans</i> Royle	MFP	Forest	Natural	Plenty	Rare	Anti-Rh, Intermittent fever	Leaves
Herb		<i>Ranunculus hirtellus</i> Royle	MFP	Forest	Natural	Plenty	Rare	Curing swelling in testes	Leaves, Flowers
Herb		<i>Thalictrum foliolosum</i> DC.	MFP	Forest	Natural	Plenty	Rare	Tonic diuretic, Snakebite, jaundice, Rh	Roots
Herb		<i>Thalictrum virgatum</i> Hook. & Thomson	MFP	Forest	Natural	Plenty	Rare	Fever, dysentery, Bloodshot eyes, sore throat	Root, Rhizomes
Herb		<i>Potentilla cuneata</i> Wall. ex Lehm.	MFP	Forest	Natural	Plenty	Rare	Diarrhea, menstrual bleeding	Leaves, Flowers
Tree		<i>Populus ciliata</i> Wall. ex Royle	B/L	Forest	Natural	Plenty	Rare	Making boxes for packing purposes, furniture & cross beams	Whole part
Shrub	White/ Kashmir willow	<i>Salix alba</i> L.	MFP	Forest	Natural	Plenty	Rare	Cold, fever & joint pains	Bark, Stem
Herb	Sanjeevani	<i>Rhodiola fastigiata</i>	MFP	Forest	Natural	Plenty	Rare	Traditional Medicines	Whole part
Herb	Guggi Van	<i>Pleurospermum candollei</i>	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
<b>Plant Type</b>	<b>Local Name</b>	<b>Scientific Name</b>	<b>Variety</b>	<b>Source of plant/seeds</b>	<b>Commercial/ non-commercial</b>	<b>Uses</b>	<b>Associated TK</b>	<b>Other details</b>	<b>Community/ Know. holder</b>
Rose	Gulab	<i>Rosa</i>							

**Format-14 : Timber Plants/ Trees.**

1	2	3	4	5		6	7	8	9	10
Plant Type	Local Name	Scientific Name	Habitat	Local status		Wild/ home garden	Other uses (multi)	Associated TK	Other details	Community/ Know holder
				Past	Present					
Trees	Kail	<i>Pinus wallichiana</i>	Forest	Plenty	Rare	Wild	Firewood	Local zamindars have got ample knowledge with respect to identification of the species as well their comon usage		
Trees	Kikar	<i>Acacia nilotica</i>	Forest	Plenty	Rare	Wild	Fuel wood, fodder			
Trees	Deodar	<i>Cedrus deodara</i>	Forest	Plenty	Rare	Wild	Firewood, Cedar oil			
Trees	Akhrot	<i>Juglans regia</i>	Forest	Plenty	Rare	Wild/homegrown	Firewood,medicine			
Trees	Phrast	<i>Populus alba</i>	Forest	Plenty	Rare	Wild	Firewood,Fodder			
Trees	Champ	<i>Alnus nitida</i>	Forest	Plenty	Rare	Wild	Firewood,fodder			
Trees	Fir	<i>Abies pindrow</i>	Forest	Plenty	Rare	Wild	Firwood/timber			
Trees	Spruce	<i>Picea smithana</i>	Forest	Plenty	Rare	Wild	Firewood/Timber			
Trees	Kharshu	<i>Quercus spp</i>	Forest	Plenty	Rare	Wild	Firwood			
Trees	Bankhor	<i>Aesculus indica</i>	Forest	Plenty	Rare	Wild/homegrown	Firwood/Fodder			
Trees	Braari	<i>Ulmus wallichiana</i>	Forest	Plenty	Rare	Wild	Firwood/timber			
Trees	Bren	<i>Ulmus villosa</i>	Forest	Plenty	Rare	Wild	Firwood/timber			
Trees	Brimij	<i>Celtis australis</i>	Forest	Plenty	Rare	Wild	Firwood/timber			
Trees	Haadi	<i>Prunus armeniaca</i>	Forest	Plenty	Rare	Wild	Firwood/Fodder			
Trees	Heru	<i>Quercus ilex</i>	Forest	Plenty	Rare	Wild/homegrown	Firwood/Fodder			
Trees	Kahu	<i>Olea cospidate</i>	Forest	Plenty	Rare	Wild	Firwood/timber			
Trees	Postul	<i>Taxus baccata</i>	Forest	Plenty	Rare	Wild	Firwood/timber			
Trees	Shisham	<i>Dalbergia sisoo</i>	Forest	Plenty	Rare	Wild	Firwood/timber			
Trees	Trikanni	<i>Acer pictum</i>	Forest	Plenty	Rare	Wild	Firwood/timber			
Trees	Tung	<i>Cotinus coggygria</i>	Forest	Plenty	Rare	Wild	Firwood/timber			

Trees	Zum	<i>Prunus cormuta</i>	Forest	Plenty	Rare	Wild	Firwood/timber		
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**Format 16: Culture Fisheries**

1	2	3	4	5	6	7		8	9	10	11	12
Fish Type	Local Name	Scientific Name	Variety	Features	Waterscape (pond/bheri/talao)	Local status		Uses	Associated TK	Commercial rearing	Other details	Community Know. Holders
						Past	Present					
NA	NA	NA	NA	NA	NA	NA	NA	NA	-	NA	NA	NA



**Format-17 : Markers/ Fairs for Domesticated Animals, Medicinal Plants and other products.**

1	2	3	4	5	6	7	8	9
Name of the Weekly Market/ Fair	Location	Weekly/ Fortnightly & others Bi-annual/ Annual	Day held	Month incase of bi-annual or annual market fair	Types of animal bought and sold	Number of animals (average) transacted in a day	Places from where the animals are arrived	Places to where the animals are transported
		Not applicable						

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## WILD BIODIVERSITY

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

1	2	3	4	5	6		7	8	9	10	11
Plant Type	Local Name	Scientific Name	Habit	Habitat	Local status		Commercial/ own use	Part collected	Associated Tk	Other details	Community Knowledge Holder
					Past	Present					
Shurb	Ban Kakkri		Grow Annually	Forest	Plenty	Endangered	Useful to the skin for removal of warts,including plantar warts & sexually tranmitted warts.	Fruit			
Shurb	Rhubarb (Churko)	<i>Rheum spiciforme</i>	Grow Annually	Forest	Plenty	Rare	Harvested from the wild for local use as a food & medicine	Flower/ stem			
Herb	Kuth	<i>Saussurea costus</i>	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,Bajarbhang	<i>Hyoscyamus niger</i>	Grow Annually	Forest	Plenty	Rare	Useful for ailmentsof the bones,Rh,toothache,asthma,cough nervous disease & stomach pain.	Seeds			
Herb	Guggal/Dhoop	<i>Jurinea dolomiaca</i>	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	<i>Allium carolinianum</i>	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)	<i>Amebia benthami</i>	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	<i>Dhatura metel</i>	Grow Annually	Forest	Plenty	Rare	Used to treat hydrophobia,epilepsy,convulsion,syphilis,inflam mation of the breasts, smallpox,mumps & leprosy,also used as a pesticide.	Seeds			

	Gokhru	<i>Tribulus terrestris</i>	Grow Annually	Forest	Plenty	Rare	Traditionally, people have used this plant for a variety of potential effects, including to enhance libido, keep the urinary tract healthy & reduce swelling.	Leaves & Flowers
Shurb	Seski (murin)	<i>Artemisia brevifolia</i>	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	<i>Bergenia ciliata</i>	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	<i>Colchicum luteum</i>	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	<i>Dactylorhiza hatagirea</i>	Wild	Forest	Plenty	Rare	Widely used to cure various diseases like dysentery, diarrhoea, chronic fever, cough, stomachache, wounds, cuts, burns, fractures & general weakness.	Roots, Rhizomes
Climber	Shingli-mingli	<i>Dioscorea deltoidea</i>	Wild	Forest	Plenty	Rare	Rhizomes used for the treatment of different diseases such as digestive disorders, sore of throat for struma, diarrhoea, wounds, burns & anemia.	Roots
Shurb	Kalveuth	<i>Prunella vulgaris</i>	Grow Annually	Forest	Plenty	Rare	Useful to treat infections & other illnesses, inflammation, protect against cancer, prevent diabetes complications.	Leaves & Flowers
	Ravend-Chini (Pambchalan)	<i>Rheum australe</i>	Grow Annually	Forest	Plenty	Sporadic	Used as laxative & also used in various herbal preparations.	Roots, Rhizomes
Herb	Handh	<i>Traraxacum officinale</i>	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	<i>Valeriana hardwickii</i>	Wild	Forest	Plenty	Rare	Useful in epilepsy, hysteria, hypochondriasis, nervous unrest & skin diseases.	Roots
Shurb	Kasrore	<i>Diplazium esculentum</i>	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	<i>Diplocyclos palmatus</i>	Grow Annually	Forest	Plenty	Rare	Useful for treatment of Aphrodisiac & tonic , constipation, stomach problem, diarrhoea, malaria fever etc.	Ariel plants parts
Herb	Patrees	<i>Aconitum heterophyllum</i>	Grow Annually	Forest	Plenty	Threatened	Useful to treat bronchitis, persistent cough, upper respiratory tract infections, common cold, flu & malaria, treat fever, cough , vomiting & diarrhea.	Roots
	Pushkarmula	<i>Inula racemosa</i>	Grow Annually	Forest	Plenty	Rare	Treat chronic bronchitis & Rh, dried hizomes & roots are used to cure loss of appetite & stomach troubles.	Roots, Rhizomes
	Tilpushpi (Foxglove)	<i>Digitalis purpurea</i>	Grow Annually	Forest	Plenty	Rare	Useful to treat congestive heart failure & heart rhythm problems	Roots
Shrub	Gur-Krandel	<i>Ferula jaeschkeana</i>	Wild	Forest	Plenty	Rare	Treatment of asthma, whooping cough, flatulent colic, pneumonia, bronchitis	Leaves, Flowers
Herb	Resha-Khatmi	<i>Lavatera cashmeriana</i>	Grow Annually	Forest	Plenty	Rare	A known medicinal herb used in many unani medicinal preparations, cure throat problem, mild laxative,	Leaves, Roots & Flowers
Herb	Kour, Kutki, Kadu, Kadvi	<i>Picrorhiza kurroa</i>	Wild	Forest	Plenty	Rare	Used for the treatment of jaundice, sudden liver infections caused by a virus, fever, allergy & asthma.	Roots
	Chuka Ladur	<i>Polygonum alpinum</i>	Grow Annually	Forest	Plenty	Rare	Used for edible, an acid flavour, the juice from the plant has been sweetened & used as a refreshing drink.	Leaf stems
	Pitsuaak (Birjung, Pitsouli, Phagermula)	<i>Arctium lappa</i>	Wild	Forest	Plenty	Rare	Used therapeutically as a depurative, diuretic & digestive stimulant & for dermatologic conditions.	Roots
Herb	Marchi	<i>Thymus linearis</i>	Wild	Forest	Plenty	Rare	Useful for the treatment of abdominal pain & vomiting	Flowers
Shurb	Kala Zeera	<i>Bunium persicum</i>	Grow Annually	Forest	Plenty	Rare	Useful in treatment of gastro intestinal illnesses, including diarrhea & inflammatory bowel disease.	Seeds
Herb	Rumkath, Budarkath (Gidar Tambakoo)	<i>Verbascum thapsus</i>	Wild	Forest	Plenty	Rare	Useful to treat pulmonary problems ,inflammatory diseases, asthma, diarrhoea & migraine headaches.	Leaves
	Kuhushbondhri (Gas plant)	<i>Dictamnus albus</i>	Grow Annually	Forest	Plenty	Rare	The plant is used both internally & externally in the treatment of skin diseases ( especially scabies & eczema), arthritic pain & jaundice.	Leaves, Bark & Root
Tree	Khareu	<i>Ilex dipyrena</i>	Grow Annually	Forest	Plenty	Rare	Moderate sized evergreen tree with light gray smooth bark. Close grained with a pretty silver grain, the wood is used for fuel.	Flower, Leaf & Fruit

Herb	Kasnil Hand	<i>Cichorium intybus</i>	Grow Annually	Forest	Plenty	Rare	Useful in treatment of liver disorders,diabetes,jaundice,gout,Rh	Flowers
Herb	Pambechalan/chukri	<i>Rheum emodi</i>	Grow Annually	Forest	Plenty	Rare	Used in various traditional systems as laxative,tonic,fever,cough,indigestion & menstrual disorders.	Roots
Tree	Zum	<i>Prunus cormuta</i>	Grow Annually	Forest	Plenty	Rare	Helpful in the treatment of cancer.	Timber
Herb	Neelkanth	<i>Ajuga bracteosa</i>	Grow Annually	Forest	Plenty	Rare	Useful in the treatment of agues,the juice of the root is used in the treatment of diarrhoea & dysentery,leaves are used in treatment of fevers as a substitute for quinine	Roots
Herb	Bergeur,Gandana	<i>Achillea millifolium</i>	Wild	Forest	Plenty	Rare	used in folk medicines to treat inflammation,pain & gastrointestinal disorders.	Aerial plant parts
Herb	Choru/Chohori	<i>Angelica glauca Edgw</i>	Wild	Forest	Plenty	Rare	Used in Dyspepsia,constipations,ulcer of plate,Dysentery, Roots are used as a drug wound and gastric pains	Roots
Herb	Cow Parsnip	<i>Heracleum candicans Wallich ex Benth</i>	Wild	Forest	Plenty	Rare	The roots are a very good source of xanthotoxin ,which is used in the prepration of suntan lotions & to some extent for the treatment of leucoderma.	Roots
Climber	Agranth	<i>Hedera nepaiensis K. Koch</i>	Wild	Forest	Plenty	Rare	Used for cure of benign wart, anti-inflammatory & anti-arthritis properties.	Leaves
Shrub	Bakru	<i>Lonicera quinquelocularis Hardew</i>	Wild	Forest	Plenty	Rare	Used for turnery & carving,also used for walking sticks.	Stem.,Braches
Shrub	Chalander	<i>Viburnum grandiflorum Wallich ex DC</i>	Grow Annually	Forest	Plenty	Rare	Used as laxative & blood purifier,also used to reduce muscular cramps.	Fruit
Herb		<i>Galium aparine L</i>	Wild	Forest	Plenty	Rare	used as diuretic,used to treat swollen lymph glands, tonsillitis and throat infections.	Leaves,Stem
Herb	Mushkbala	<i>Valeriana jatamansi Jones</i>	Grow Annually	Forest	Plenty	Rare	useful for epilepsy,hysteria,skin diseases & nervous unrest.	Dried roots & Rhizomes
Tree	Fir	<i>Abies pindrow Spach</i>	Wild	Forest	Plenty	Rare	used for treating fever,wheezing cough & cold.	Seeds,Timber
Tree	Deodar	<i>Cedrus deodara (Roxb) G. Don</i>	Wild	Forest	Plenty	Rare	used in neurological disorders,asthma,fever,arthritis & headache.	Seeds ,Timber oil
Tree	Spruce	<i>Picea smithiana (Wall.) Boiss</i>	Wild	Forest	Plenty	Rare	used in pulp industry to make paper,also used for construction shingles,crates & household purposes.	Seeds,Timber

Tree	Kail	<i>Pinus wallichiana Jackson</i>	Wild	Forest	Plenty	Rare	usful in treating burning of the body,cough,fainting & ulcers.	Timber
Herb	Gentheer	<i>Adiantum capillus-veneris L</i>	Grow Annually	Forest	Plenty	Rare	used for antibacterial,anti-implantation,antihyperglycemic.	Leaves
Herb	Sapp Guggal	<i>Arisaema flavum (Forsskal) Schott</i>	Wild	Forest	Plenty	Rare	used in the treatment of chronic tracheitis, bronchiectasis, tetanus and epilepsy	Leaves,Tubers
Herb	Deela	<i>Cyperus rotundus L</i>	Grow Annually	Forest	Plenty	Rare	Malaria,diarrhea,dibaties	Rhizomes,Roots
Herb	Drub	<i>Cynodon dactylon (L) Pers</i>	Wild	Forest	Plenty	Rare	used as a laxatie,coolant,expectorant, & as a brain & hert tonic used for all types of bleedings & skin troubles.	Whole plant
Herb	Palain	<i>Dichanthium annulatum Stapf</i>	Grow Annually	Forest	Plenty	Rare	commonly used as a fodder grass.	Whole plant
Herb	Kai	<i>Saccharum spontaneum L</i>	Grow Annually	Forest	Plenty	Endangered	useful in treatment of dyspepsia,burning sensation, piles,sexual weakness,gynecological troubles,respiratory troubles.	Flowers,Grass
Shrub	Vethur	<i>Juniperus communis Linn</i>	Wild	Forest	Plenty	Rare	used as anti-diarrhoeal,anti-inflammatory,astringent & antiseptic & also used for the treatment of various abdominal disorders.	Stem
Tree	Postul/Brahmi	<i>Taxus baccata L</i>	Grow Annually	Forest	Plenty	Rare	useful for treating common cold,cough,fever & pain.	Leaves,Bark
Herb	Gul-e-sanobar	<i>Geranium wallichianum D. Don. Ex Sweet</i>	Grow Annually	Forest	Plenty	Rare	used as a cure for toothache and has been applied externally to the eyes.	Roots,Bark
Herb	Chuku	<i>Oxalis corniculata L</i>	Wild	Forest	Plenty	Rare	used in the treatment of influenza,fever,urinary tract infections & poisonous snake bites.	Whole plant
Herb	Hillu	<i>Impatiens glandulifera Royle</i>	Grow Annually	Forest	Plenty	Rare	It is one of the Bach flower remedies,flower extracts used as herbal remedies for physical & emotional problems.	Flower
Shrub	Sanglidhoop	<i>Skimmia anquetilia N.P Taylor &amp; Airy Shaw</i>	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	<i>Zizyphus oxyphylla Edgw</i>	Grow Annually	Forest	Plenty	Rare	used to treat diabetes,fever,dysentery,as well as blood & skin diseases	Fruit
Tree	Horse chest nut	<i>Aesulus hippocastanum L</i>	Grow Annually	Forest	Plenty	Rare	used for treatment of dysentery,bronchitis,hemorrhoids.	Leaves

Tree	Kanjai	<i>Acer caesium Wallich ex Brandis</i>	Wild	Forest	Plenty	Rare	used for treatment of muscular swelling,boils & pimples	Leaves
Tree	Mapple	<i>Acer cappadocicum Gled</i>	Grow Annually	Forest	Plenty	Rare	It is an ornamental tree	Sap,Seeds
Shrub		<i>Staphylea emodi Wallich ex Brandis</i>	Grow Annually	Forest	Plenty	Rare	Used for making walking sticks	Wood
Herb	Ban Tambaku	<i>Verbascum thapsus L</i>	Grow Annually	Forest	Plenty	Rare	Inflammatory diseases,asthma,cough,diarrhoea	Leaves
Herb	Neelkanth	<i>Ajuga bracteosa Wall ex Benth</i>	Grow Annually	Forest	Plenty	Rare	Treats agues, diarrhoea& dysentery	Leaf
Herb	Jungli Pudina	<i>Mentha arvensis L</i>	Wild	Forest	Plenty	Rare	As a food, stomach problem & allergy	Leaves
Herb	Vena	<i>Mentha longifolia (L) Hudson</i>	Wild	Forest	Plenty	Rare	Respraitory ailments, treat wounds	Leaves
Herb	Kal viuth	<i>Prunella vulgaris L</i>	Wild	Forest	Plenty	Rare	Protect against cancer, herpes	Leaves
Shrub	Sheshak	<i>Rabdosia rugosa (Wall ex Benth) Hara</i>	Grow Annually	Forest	Plenty	Rare	Remedy of helminthiosis, in live stocks	Leaves
Herb	Kashmir sage	<i>Salvia hians Royle ex Benth</i>	Wild	Forest	Plenty	Rare	Heal eye infections	Aerial Parts
Herb	Gaddo	<i>Salvia moorcroftiana Wall</i>	Wild	Forest	Plenty	Rare	Gas, gastritis, heart burn	Roots
Shrub	Kanhaji	<i>Sorbaria tomentosa Rehder</i>	Grow Annually	Forest	Plenty	Rare	Ornamental, stimulate, respiration	Whole Plant
Shrub	Dhak	<i>Spiraea canescens D. Don</i>	Wild	Forest	Plenty	Rare	Fodderfor goats, making baskets	Whole Plant
Herb	DhadKopdi	<i>Bergenia stracheyi (H.F.T) Engl</i>	Wild	Forest	Plenty	Rare	kidney & gall bladder stone	Roots
Herb	Agg jari	<i>Saxifraga jacquemontiana Decne</i>	Grow Annually	Forest	Plenty	Rare	Medicinal pupose & human sustenance.	Roots,Flowers
Herb	Dand jari	<i>Rhodiola himalensis (D.Don) S.H. Fu</i>	Wild	Forest	Plenty	Rare	Help the body to resist physical, chemical & environmental stress	Bark
Herb	Kuuppad jari	<i>Sedum ewersii Ledeb</i>	Wild	Forest	Plenty	Rare	Herbal remedy for diptheria, ring worm, treats pimples, acne etc.	Whole plant
Shrub	Hatab	<i>Parrotiopsis jacquemontiana (Decne) Rehder</i>	Wild	Forest	Plenty	Rare	used for handles walking sticks	Wood
Shrub	Anar	<i>Punica granatum L</i>	Wild	Forest	Plenty	Rare	Treatment of cancer,osteo-arthritis	Whole plant
Herb	Wallichos willow	<i>Epilobium latifolium L</i>	Grow Annually	Forest	Plenty	Rare	Analgesic,anti-dote	Whole plant
Tree	Ringkul	<i>Crataegus songarica G. Koch</i>	Grow Annually	Forest	Plenty	Rare	Pulmonary disesses	Whole plant
Herb	Wild Strawberry	<i>Fragaria nubicola Lindl ex Lecalta</i>	Grow Annually	Forest	Plenty	Rare	As food, treats profuse mensuration	Fruit

Tree	Haadi	<i>Prunus armeniaca L</i>	Wild	Forest	Plenty	Rare	Antisposmodic, chronic bronchitis	Whole plant
Herb	Patrishi	<i>Aconitum heterophyllum Wallich ex Royle</i>	Wild	Forest	Plenty	Rare	Treats reproductive disorders	Not Available
Herb	Tatnu	<i>Caltha palustris L</i>	Wild	Forest	Plenty	Rare	Treatment of fits & anemia	Leaves,Stem
Herb		<i>Ipomaea purpurea Roth</i>	Grow Annually	Forest	Plenty	Rare	Mental disorders,constipations	Seeds
Herb		<i>Cuscuta europaea L</i>	Grow Annually	Forest	Plenty	Rare	Herbal medicine,tonic for liver & kidney	Seeds,vegetable
Herb		<i>Cuscuta reflexa Roxb</i>	Wild	Forest	Plenty	Rare	Treat difficulty in urinating,jaundice	Stem,Seeds
Herb	Jala-Kafal	<i>Atropa acuminata Royle</i>	Wild	Forest	Plenty	Rare	used to make plasters ,in asthma	Whole plant
Herb	Brand	<i>Phytolacca acinosa Roxb</i>	Wild	Forest	Plenty	Rare	urinary disorders, abdominal tensions	Leaves,Roots
Herb		<i>Rheum australe D. Don</i>	Grow Annually	Forest	Plenty	Rare	Gastritis,blood purification	Rhizomes,Roots
Herb		<i>Rheum moorcroftianum Royle</i>	Grow Annually	Forest	Plenty	Rare	improve memory,renal function disorder	Rhizomes,Roots
Herb	Mulain	<i>Inula royleana DC</i>	Wild	Forest	Plenty	Rare	reduce blood pressure,perestatic movement in intenstines	Aerial Parts
Herb		<i>Jurinea dolomiaea Boiss</i>	Grow Annually	Forest	Plenty	Rare	loss of appetite, cold bronchitis	Root
Herb		<i>Lactuca lessertiana (DC) C.B Clarke</i>	Grow Annually	Forest	Plenty	Rare	curative properties	Not available
Herb		<i>Leontopodium himalayanum DC</i>	Grow Annually	Forest	Plenty	Rare	used in herbal and protect over skin	Aerial Parts
Herb		<i>Saussurea albescence HK F &amp; T</i>	wild	Forest	Plenty	Rare	ornamental	Whole plant
Herb		<i>Saussurea heteromalla (D. Don) Hand Mazz</i>	wild	Forest	Plenty	Rare	horse bite, oil, leucoderma & wounds	Leaf, root
Herb		<i>Saussurea lappa Clarke</i>	Grow Annually	Forest	Plenty	Rare	anti ulcer, anti cancer	Root
Herb		<i>Senecio amplexicaulis Wall</i>	Grow Annually	Forest	Plenty	Rare	antifungal and phytotoxic	Whole Plant
Herb	Jarjam	<i>Senecio chrysanthemoides DC</i>	Grow Annually	Forest	Plenty	Rare	used in eye infections	Whole Plant
Herb		<i>Senecio gradliflorus DC</i>	Grow Annually	Forest	Plenty	Rare	used in treatment of irregular menses, ease child birth	Root
Herb		<i>Senecio nudicaulis Ham</i>	Grow Annually	Forest	Plenty	Rare	used in treatment of fever and skin diseases	Leaves
Herb		<i>Solidago virga aurea L</i>	wild	Forest	Plenty	Rare	used in treatment of best pain, insomnia	Flowers,Leaves



Herb		<i>Sonchus arvensis</i> Linn	Grow Annually	Forest	Plenty	Rare	used in treatment of asthma,chest diseases	Stems,Leaves
Herb		<i>Sonchus asper</i> Vill	Grow Annually	Forest	Plenty	Rare	used in treatment of skin ailments,anti-bacterial	Leaves,Stem,Tops
Herb		<i>Sonchus oleraceus</i> L	Grow Annually	Forest	Plenty	Rare	used for blood purifier,anti-malarial	Stem & Leaves
Herb		<i>Tanacetum gracile</i> Hook. F. & T	Grow Annually	Forest	Plenty	Rare	used in treatment of intestinal worms,prevent miscarriage	Dried Aerial Parts
Herb	Handh	<i>Taraxacum officinate</i> Weber	wild	Forest	Plenty	Rare	increase urine production,,decrease pain	Fruits,Leaves
Shrub		<i>Lyonia ovalifolia</i> (Wallich) Drude	Grow Annually	Forest	Plenty	Rare	treat skin disease,external parasite	Leaves& Buds
Shrub		<i>Rhododendron campanulatum</i> D. Don	Wild	Forest	Plenty	Rare	treat chronic rheumatism,headache	Leaves
Shrub		<i>Elaeagnus parvifolia</i> Wallich ex Royle	Wild	Forest	Plenty	Rare	anti-inflammatory anti-oxidant	Flowers,Seed
Climber		<i>Viscum album</i> L	Wild	Forest	Plenty	Rare	treatment of cardiac weakness,arrhythmia	Leaves,Stem,Pea sized Berries
Herb		<i>Euphorbia cognata</i> (Klotzsch & Garcke) Boiss	Grow Annually	Forest	Plenty	Rare	Breathing disorder,asthma	Seed Stem
Herb		<i>Euphorbia rothiana</i> Spreng	Grow Annually	Forest	Plenty	Rare	Rheumatism,warts,cough,asthma	Stem Bark
Herb		<i>Euphorbia helioscopia</i> L	Wild	Forest	Plenty	Rare	used in pharmaceutical industry.	Leaves, Stem,Root
Herb		<i>Euphorbia wallichii</i> Hook F	Grow Annually	Forest	Plenty	Rare	used against constipation	Leaf,root
Shrub		<i>Sarcococca saligna</i> (D.Don) Meull Arg	Grow Annually	Forest	Plenty	Rare	laxative ,blood purifier & muscular analgesic	Leaf,Bark,Root
Herb		<i>Girardinia heterophylla</i> Decne	Grow Annually	Forest	Plenty	Rare	used as soap/shampoo for washing,cattle fodder	Whole Plant
Herb		<i>Urtica dioica</i> Linn	Wild	Forest	Plenty	Rare	urinary tract infections	Root
Tree	Brimij	<i>Celtis australis</i> Willd	Wild	Forest	Plenty	Rare	treatment of amenorrhoea,heavy menstrual bleeding & colic	Leaves,Root
Tree		<i>Ulmus wallechiana</i> Planch	Wild	Forest	Plenty	Rare	used to heal body mind & skin	Leaves
Herb		<i>Cannabis sativa</i> L	Wild	Forest	Plenty	Rare	used for recreational or medicinal purposes	Whole Plant
Herb		<i>Viola betonifolia</i> Smith	Wild	Forest	Plenty	Rare	used as sedative	Whole Plant
Herb		<i>Violacanesens</i> Wallich	Grow Annually	Forest	Plenty	Rare	used for cough .cold,flu,fever & malaria	Leaf,Flower

Herb		<i>Viola indica W Becker</i>	Grow Annually	Forest	Plenty	Rare	Respiratory tract congestion asthma ,sore throat	Flowers
Herb		<i>Viola kunawarensis Royle</i>	Grow Annually	Forest	Plenty	Rare	chronic bronchitic,asthma	Flowers
Herb		<i>Dianthus jacquemontii Edgew</i>	Grow Annually	Forest	Plenty	Rare	used to stimulates urinary system,digestive system & bowels	Flowers
Herb		<i>Gypsophilla cerastioides D Don</i>	Grow Annually	Forest	Plenty	Rare	used for production of photographic films	Not Available
Herb		<i>Lychinus indica Benth</i>	Grow Annually	Forest	Plenty	Rare	Source of soaps ,ornamentals purposes	Roots,Flowers
Herb		<i>Silene edgeworthii Bocquet</i>	Grow Annually	Forest	Plenty	Rare	Anti-cancer,anti-fungal & anti-viral	Leaves
Herb		<i>Stellaria media L</i>	Grow Annually	Forest	Plenty	Rare	cough ,cold constipation,burns	Whole plant
Herb		<i>Hypericum elodeoides Choisy</i>	Grow Annually	Forest	Plenty	Rare	treatment in mild to moderate depression	Aerial Parts
Shrub		<i>Hypericum oblongifolium Choisy</i>	Wild	Forest	Plenty	Rare	Hepatitis,gastric ulcers	Aerial Parts
Herb		<i>Hypericum perforatum L</i>	Wild	Forest	Plenty	Rare	Moderate depression ,anxiety & sleep disorders	Aerial Parts
Herb	Suchal	<i>Malva neglecta Wallr</i>	Wild	Forest	Plenty	Rare	Astringent,demulcent,diuretic	Leaves,Floers,Root
Herb		<i>Geranium polyanthes Edgew &amp; H.F</i>	Wild	Forest	Plenty	Rare	Tumor,cosmetic,laxative & hair colour	Flower
Herb	Gugchuk, Ringrash	<i>Geranium pretense L</i>	Grow Annually	Forest	Plenty	Rare	cholera,diarrhoea	Root
Shrub	Tung	<i>Cotinus coggygnia Scop</i>	Grow Annually	Forest	Plenty	Rare	Coagulant,fever reducer	Leaves,Bark
Shrub		<i>Rhus succedanea L</i>	Wild	Forest	Plenty	Rare	Treatment of phthisis	Fruits
Herb		<i>Astragalus grahamianus Royle ex Benth</i>	Wild	Forest	Plenty	Rare	Urinary disease,respiratory,skin problems	Roots
Shrub		<i>Astragalus himalayana Klotsch</i>	Grow Annually	Forest	Plenty	Rare	Kidney disease,diabetes	Gum
Shrub	Shemar	<i>Desmodium elegans DC</i>	Wild	Forest	Plenty	Rare	used for chronic hepities, treatment of bilious ccomplaints	Whole Plant
Shrub		<i>Indigofera heterantha Wallich ex Brandis</i>	Grow Annually	Forest	Plenty	Rare	branches are used as basket making it is also used as fuel	Floers ,Branches
Shrub		<i>Indigofera tinctoria L</i>	Grow Annually	Forest	Plenty	Rare	used to treat nervous disorders,asthama, liver disease	Flowering & Fruiting Branches
Herb		<i>Trifalium fragiferum L</i>	Grow Annually	Forest	Plenty	Rare	used as green manure & flowers are used to make jelly	Flowers,Leaves

Herb		<i>Triflum repens L</i>	Grow Annually	Forest	Plenty	Rare	a lincture of the leves are applied as an ointmentto Govt.	Flowers,Leaves
Herb		<i>Trigonella emodi Benth</i>	wild	Forest	Plenty	Rare	Reduce fever	Stem ,Leaves
Herb		<i>Vicia sative Linn</i>	Grow Annually	Forest	Plenty	Rare	seeds are used to form bread, cakas, biscuits	Seed
Herb		<i>Vicia sepium Linn</i>	Grow Annually	Forest	Plenty	Rare	used as nitrogen fixation used for hay or silage particulary arable silage.	Rhizomes,Leaves
Tree		<i>Fiaus palmata Forsk</i>	Grow Annually	Forest	Plenty	Rare	used for treatment of longs & bladder diseases	Fruit
Tree		<i>Monus serrate Roxb</i>	Grow Annually	Forest	Plenty	Rare	juice of the root is used as an anthelmintic.wood is used for making furniture	Root ,Wood
Tree		<i>Platanus orientalis L</i>	Grow Annually	Forest	Plenty	Rare	Making fabric dye,	Dried leaves
Tree	Akhroot	<i>Juglans regia Linn</i>	wild	Forest	Plenty	Rare	leaves are used in treatment of of chronic coughs,asthma & purify blood and treat diabetes	Leaves,Fruit,
Tree		<i>Alnus nepalensis D. Don</i>	Wild	Forest	Plenty	Rare	Used for making charcoal,reducing swelling of leg,juice is applied on burns	Wood,Leaves,Roots
Tree	Champ	<i>Alnus nitida (Spach) Endl.</i>	Grow Annually	Forest	Plenty	Rare	Bark is used to treat swelling & body pain	Bark
Tree	Bhoj patra	<i>Betula utilis D Don</i>	Wild	Forest	Plenty	Rare	Bark is used for writing lengthy scriptures & texts,also used for packaging	Bark
Tree		<i>Corylus jacquemontii Decne</i>	Wild	Forest	Plenty	Rare	seeds are used as oil	Seeds
Tree		<i>Quercus baloot Griffith</i>	Grow Annually	Forest	Plenty	Rare	seeds are used in manufacturing of insecticides	seeds
Tree		<i>Populus alba L</i>	Grow Annually	Forest	Plenty	Rare	used in the treatment of arthritis,gout,lower back problem and reduce fever	Stem,Bark
Tree		<i>Populus oliata Wallich ex Royle</i>	Grow Annually	Forest	Plenty	Rare	used as fuel wood,also useed as timber & making furniture	Whole Plant
Shrub	Willow	<i>Salix alba Boiss</i>	Wild	Forest	Plenty	Rare	stems are used in basket making.	Stem
Shrub	Kareel- kaimbal	<i>Berberis aristata DC</i>	Wild	Forest	Plenty	Rare	used in treatment of juindice,urinary disorders	Root,Stem,Leaves
Shrub		<i>Berberis jaeschkeana C.K Schneider</i>	Wild	Forest	Plenty	Rare	used in treatment of tumor	Rhizomes,Fruit
Shrub	Kaimal/Daruhaldi	<i>Berberis lycium Royle Trans Linn</i>	Wild	Forest	Plenty	Rare	used an immunity booster	Roots ,Stem,Bark
Herb		<i>Podophyllum hexandrum Royle</i>	Wild	Forest	Plenty	Rare	usedto treat gynecology infections	Rhizomes
Herb		<i>Meconopsis aculeata Royle</i>	Wild	Forest	Plenty	Rare	used to help heal broken bones,treaty inflammation from fractures	Whole Plant

Herb		<i>Meconopsis latifolia</i> Prain	Grow Annually	Forest	Plenty	Rare	used against ulces, disorders of lungs.	Flowers
Herb		<i>Papaver somniferum</i> L	Grow Annually	Forest	Plenty	Rare	used for commercial purposes	Whole Plant
Herb		<i>Corydalis cachemiriana</i> Royle	Grow Annually	Forest	Plenty	Rare	used for mild depression	Flowers, Stems, Leaves
Herb	Bhutyata	<i>Corydalis govaniana</i> Wallich	Wild	Forest	Plenty	Rare	its drug is used in the form of decoction	Whole Plant
Herb		<i>Corydalis rutifolia</i> (Sibth) DC	Grow Annually	Forest	Plenty	Rare	various medicinal value	Roots
Herb		<i>Corydalis thyrsoiflora</i> Prain	Wild	Forest	Plenty	Common Vulnerable	used to treat stomach problem	Leaves, Flowers
Herb		<i>Fumaria indica</i> Pugsley	Wild	Forest	Plenty	Rare	used as a common weed, isolation & polyherbal	Whole Plant
Herb		<i>Capsella bursa pastoris</i> (L) Moench	Wild	Forest	Plenty	Rare	used as a folk remedy for cancer, nose bleeding	Seeds, Leaves
Herb		<i>Erysimum melicetae</i> Dunn	Wild	Forest	Plenty	Rare	used in medicine, food item	Seeds
Herb		<i>Nasturtium officinale</i> Br.	Wild	Forest	Plenty	Rare	leaves are used as a pungent garnish, eaten raw in salads	Leaves, Flowers, Buds
Herb		<i>Brassica rapa</i> L	Wild	Forest	Plenty	Rare	provides oils & vegetables, fodder	Whole Plant
Herb		<i>Iris hookeriana</i> M. Foster	Grow Annually	Forest	Plenty	Rare	used in aromatherapy, rhizomes given to babies to help in teething	Rhizomes
Herb		<i>Iris kashmiriana</i> Baker	Grow Annually	Forest	Plenty	Rare	used in treatment of joint pains	Rhizomes
Herb		<i>Iris kemaonensis</i> D. Don ex Royle	Wild	Forest	Plenty	Rare	flowers are used in herbal medicines	Flowers
Herb		<i>Narcissus tazetta</i> L	Grow Annually	Forest	Plenty	Rare	used in treatment of boils & mastitis	Root
Herb		<i>Dioscorea deltoidea</i> Wal ex Kunth	Grow Annually	Forest	Plenty	Rare	used in treatment of digestive disorders, wound & burns	Rhizomes
Herb		<i>Allium roylei</i> Stern	Wild	Forest	Plenty	Rare	used in breeding programmes	Leaves
Herb	Chingposh	<i>Colchicum luteum</i> Baker	Grow Annually	Forest	Plenty	Rare	used as carminative & aphrodisiac, treatment of gout	Corm, Seeds
Herb		<i>Fritillaria roylei</i> Hook	Grow Annually	Forest	Plenty	Rare	used for healing wounds	Roots
Herb		<i>Gagea elegans</i> Wall	Grow Annually	Forest	Plenty	Rare	Used in the form of infusions or decoctions.	Leaves
Herb		<i>Notholirion thomsonianum</i> (Royle) Stapf	Wild	Forest	Plenty	Rare	Treatment of Various infectious Diseases especially intestinal.	Flower, Leaves

Herb		<i>Polygonatum multiflorum (Linn.) All</i>	Grow Annually	Forest	Plenty	Rare	used in wound healing being anti-bacterial	Roots	Inhabitants have got knowledge w.r.t identification /common use of species	Bonafide purpose	Inhabitants of the area.
Herb		<i>Polygonatum verticillatum All</i>	Grow Annually	Forest	Plenty	Rare	used to cure cardioponic,aphrodisiac	Tender leaves,Young shoots			
Herb		<i>Trillium govanianum Wall</i>	Wild	Forest	Plenty	Rare	used in dysentery, wound healing,menstral &sexual disorders.	Rhizomes,Roots			
Herb		<i>Tulipa stellata Hook f</i>	Grow Annually	Forest	Plenty	Rare	Used for sinus Pain ,Hay Fever& Headache.	Whole Plant			
Herb		<i>Arisaema jacquemontii Blume</i>	Wild	Forest	Plenty	Rare	used for the treatment of dermatological disorders,used for phenols	Root			
Herbs		<i>Valeriana pyrolaefolia decne</i>	Wild	Forest	Plenty	Rare	Usedb orally for anxiety& Psychological stress.	Root			
Herbs		<i>Dipsacus inermis Wall</i>	Wild	Forest	Plenty	Rare	used in ayurvedic system of medicine	Fresh & Dried Leaves			
Herbs	Kim	<i>Morina Longifolia Wallich ex DC</i>	Wild	Forest	Plenty	Rare	Stem, leaves & flowers used as digestive, emetic & stomachic	Whole Plant			
Herbs		<i>Achillea millefolium L</i>	Grow Annually	Forest	Plenty	Rare	above ground parts used in cold, tonic & astringent	Aerial Parts			
Herbs		<i>Ainsliaea aptera DC.</i>	Grow Annually	Forest	Plenty	Rare	roots used to relieve stomachache, acute fever & constipation	Roots			
Herbs		<i>Anaphalis nubigena Clarke</i>	Grow Annually	Forest	Plenty	Rare	used as aromatic & antimicrobial	Aerial Parts			
Herbs		<i>Artemesia scoparia Waldst. &amp; Kit</i>	Grow Annually	Forest	Plenty	Rare	flowers, stem seeds used as antiseptic, diuretic & antipyretic	Flowers,Stem ,Seeds			
Herbs		<i>Artemesia gmelini Bess</i>	Grow Annually	Forest	Plenty	Rare	plants rich source of essential oil	Leaf ,Stem			
Herbs	Mooin	<i>Artemesia Maritima L.</i>	Wild	Forest	Plenty	Rare	antiseptic, diuretic & antipyretic	Leraves ,Flowering			
Herbs		<i>Aster indamellus Grierson</i>	Grow Annually	Forest	Plenty	Rare	as food & medicine	Leaf,Flower,Root			
Herbs		<i>Cirsium arvense (L) Scop</i>	Wild	Forest	Plenty	Rare	remedy for toothache & treatment of indigestion	Root			
Herbs		<i>Cirsium falconeri (Hook.f.) Petrak</i>	Wild	Forest	Plenty	Rare	whole plant & roots used for treating oedema	Whole Plant			
Herbs		<i>Dubyaea hispide DC.</i>	Grow Annually	Forest	Plenty	Rare	used to remove excess pitta dosh,treat fever.	Rhizomes			
Herbs		<i>Echinops cornigerus DC</i>	Grow Annually	Forest	Plenty	Rare	root are aphrodisiac, whole plant antipyretic & analgesic	Root			
Herbs		<i>Erigeron canadensis L.</i>	Grow Annually	Forest	Plenty	Rare	whole plant diuretic, hemostatic & antidiarrheal	Whole Plant			
Herbs		<i>Filago germanica Linn</i>	Grow Annually	Forest	Plenty	Rare	has chemical, biological & toxicological properties	Fruit			

Herbs		<i>Galinsoga parviflora Cav</i>	Wild	Forest	Plenty	Rare	used for treatment of nettle sting & similar skin inflammation	Leaves
Herbs		<i>Gerbera gossypina (Royle) Beauv</i>	Grow Annually	Forest	Plenty	Rare	ornamental	Leaves
Herbs		<i>Gnaphalium luteo album Linn</i>	Grow Annually	Forest	Plenty	Rare	antibacterial, antifungal, antioxidant	Leaves
Shrub	Shutenger	<i>Rhododendron anthopogon D. Don</i>	Wild	Forest	Plenty	Rare	treatment of constipation, didysentry, fever	Leaves
Herbs		<i>Anagallis arvensis Linn</i>	Grow Annually	Forest	Plenty	Rare	whole plant used as expectorant, dropsy,diuractic,purgative	Whole Plant
Herbs		<i>Androsace rotundifolia Hardw.</i>	Wild	Forest	Plenty	Rare	dried plant used against bronchitis, asthma,cough	Dried Plant
Herbs		<i>Androsace sempervivoides Jacquem, ex Duby</i>	Wild	Forest	Plenty	Rare	Industrial usage.	Flowering,Leaves
Herbs		<i>Primula atrodentata W.W.Smith</i>	Grow Annually	Forest	Plenty	Rare	flower & leaves are edible, used to make tea	Flower,Leaves
Herbs		<i>Primula denticulata Smith</i>	Wild	Forest	Plenty	Rare	flower & leaves are edible, used to make tea	Flower,Leaves
Herbs		<i>Primula rosea Royle</i>	Wild	Forest	Plenty	Rare	asthma & digestive problems	Flower,Leaves
Tree		<i>Fraxinus excelsior L.</i>	Grow Annually	Forest	Plenty	Rare	bark & leaf used against fever, gout, arthritis	Bark,Leaf
Herbs		<i>Jasminium grandiflorum L.</i>	Grow Annually	Forest	Plenty	Rare	used for treating wounds, skin disease, ulcers,headache	Not Available
Herbs		<i>Jasminium humile L</i>	Grow Annually	Forest	Plenty	Rare	root juice used against ringworm, flowers used to cure intestinal problems	Root,Flower
Tree	Kahu	<i>Olea cuspidata Wallich ex G. Don</i>	Grow Annually	Forest	Plenty	Rare	bark used for fracture, leave use for treatment of malaria, UTI	Bark,Leaves
Shrub		<i>Buddleja paniculata Wall</i>	Grow Annually	Forest	Plenty	Rare	used for treatment of skin disease, malaria	Leaves
Herbs		<i>Gentiana carinata Griseb</i>	Grow Annually	Forest	Plenty	Rare	used against diarrhea, loss of appetite, heart burn	Root
Herbs		<i>Gentiana Kuroo Royle</i>	Grow Annually	Forest	Plenty	Rare	rhizome is antihelminthic, diaphoretic,digestive tonic	Rhizomes
Herbs	Kazuban	<i>Arnebia benthamii (Wall. Ex G.Don) Johnston</i>	Grow Annually	Forest	Plenty	Rare	used as red clour to food, oil & fats, plantalso used as diuretic, expectorant, tonic	Flowering, Shoots & Roots
Herbs		<i>(Royle) Kazmi</i>	Grow Annually	Forest	Plenty	Rare	use to manage disorders like hapatotoxicity	Not Available
Grass	Congress grass /Jadi	<i>Parthenium hysterophorus</i>	Grow Annually	Forest	Plenty	Plenty	Commercial enzymes production,biopesticides,green manure & composte	Weed

Herb	Bhang	<i>Cannabis sativa</i>	Grow Annually	Forest	Plenty	Rare	Used as a source of industrial fibre,seed oil,food,recreation,religious & spritiual moods & medicine	Leaves
Tree	Trikanni	<i>Acer pictum</i>	Grow Annually	Forest	Plenty	Rare	Use as food ,medicine,ornamental & source of wood	Whole plant
Tree	Sheesham	<i>Dalbergia sisoo</i>	Grow Annually	Forest	Rare	Rare	Making furniture & paper.	Wood,Leaves,
Tree	Heru	<i>Quercus ilex</i>	Grow Annually	Forest	Plenty	Rare	Firewood & fodder	Wood,Leaves,
Tree	Marhu/oak	<i>Quercus floribunda</i>	Grow Annually	Forest	Plenty	Rare	Firewood & fodder	Wood,Leaves
Tree	Bren	<i>Ulmus villosa</i>	Grow Annually	Forest	Plenty	Rare	Medicinal ,aeromatic,anti-inflammatory,furniture	Bark,Leaves
Tree	Bankhoor	<i>Aesculus indica</i>	Wild	Forest	Plenty	Rare	Treatment of skin diseae, Rh, astringent, narcotic,relief of headache	Leaves,Flowers
Herb	Hamesh-Bahar	<i>Calendula officinalis</i>	Grow Annually	Forest	Plenty	Rare	Applied on Skin disease,Burns	Flower,leaf
Tree	Feku	<i>Ficus Palmata</i>	Wild	Forest	Plenty	Rare	Skin diseases,contipation	Fruit
Herb	Banafsha	<i>Viola odorata</i>	Grow Annually	Forest	Plenty	Rare	Throat problem,Cold,cough	Flower
Herb	Nirbisha	<i>Delphinium drunonianum</i>	Grow Annually	Forest	Plenty	Rare	Diabetes	Whole Plant
Shrub	Tutfoor,Rachi	<i>Ephedra gegardina</i>	Grow Annually	Forest	Plenty	Rare	Asthma,Cardic Stimulate,Allergy,Respiratory Disorder	Twigs
Herb	Kaahlu	<i>Eremurus himailicus</i>	Wild	Forest	Plenty	Rare	Vegetable	Leaves,Roots
Herb	Tengu,Tyangu	<i>Hyssopus officinalis</i>	Grow Annually	Forest	Plenty	Rare	Substitute for saffron,Liver & Blood Disorder	Flower
Fungi		<i>Gyromitra esculenta</i>	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Fungi		<i>Helvella crispa</i>	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Fungi		<i>Helvella elastica</i>	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Fungi		<i>Morchella conica</i>	Grow Annually	Forest	Rare	Rare	Indigestion,phlegm,shortness of breath	Whole part
Fungi		<i>Morchilla esculenta</i>	Grow Annually	Forest	Rare	Rare	Edible,laxative,Body tonic,stomach problem,economical beneficial	Whole part
Fungi		<i>Peziza vesiculosa</i>	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Fungi		<i>Aricus campestris</i>	Grow Annually	Forest	Rare	Rare	treatment of cancer,Type-2 diabetes,high-cholesterol,digestive problem	Whole part

Fungi		<i>Agaricus macrocarpus</i>	Grow Annually	Forest	Rare	Rare	Intoxicating drink, edible	Whole part
Fungi		<i>Amanita pantherina</i>	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Fungi		<i>Boletus edulis</i>	Grow Annually	Forest	Rare	Rare	Edible	Whole part
Fungi		<i>Cantharellus cibarius</i>	Grow Annually	Forest	Rare	Rare	Anti-microbial, cytotoxicity, Anti-oxidant, wound healing	Whole part
Fungi		<i>Coprinus atramentarius</i>	Grow Annually	Forest	Rare	Rare	Balancing blood sugar level, diabetes properties	Whole part
Fungi		<i>Caprinus comatus</i>	Grow Annually	Forest	Rare	Rare	Mimics insulin	Whole part
Fungi		<i>Galerina helvolicens</i>	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Fungi		<i>Galerina mutabilis</i>	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Fungi		<i>Hypholoma capnoides</i>	Grow Annually	Forest	Rare	Rare	Edible mushroom	Whole part
Fungi		<i>Schizophyllum commune</i>	Grow Annually	Forest	Rare	Rare	Anti-cancer activity, edible	Whole part
Fungi	Datura	<i>Geatrum triplex</i>	Grow Annually	Forest	Rare	Rare	Analgesic, anti-inflammatory, treatment of stomach	Whole part
Fungi		<i>Bovista pussila</i>	Grow Annually	Forest	Rare	Rare	Medicine, edible	Whole part
Fungi		<i>Fomes fomentarius</i>	Grow Annually	Forest	Rare	Rare	Laxative, Treatment of cancer	Whole part
Fungi		<i>Fomitopsis pinicola</i>	Grow Annually	Forest	Rare	Rare	Anti-tumor, anti-bacterial, anti-viral	Whole part
Fungi		<i>Ganoderma applanatum</i>	Grow Annually	Forest	Rare	Rare	Cancer treatment, diabetics	Whole part
Fungi		<i>Ganoderma lucidum</i>	Grow Annually	Forest	Rare	Rare	anti-inflammation, Analgesic, Anti-bacterial	Whole part
Fungi		<i>Trametes versicolor</i>	Grow Annually	Forest	Rare	Rare	Enhance the health of immune system	Whole part
Fungi		<i>Sparassis crispa</i>	Grow Annually	Forest	Rare	Rare	Anti-tumor, Anti-inflammatory, Anti-allergic	Whole part
Fungi		<i>Pleurotus spp.</i>	Grow Annually	Forest	Rare	Rare	Anti-Tuber, anti-genotoxic, Anti-oxidant	Whole part
Fungi		<i>Ramaria formosa</i>	Grow Annually	Forest	Rare	Rare	Traditional Medicines	Whole part
Herb		<i>Strodilanthes urticifolia</i>	Wild	Forest	Plenty	Rare	Medicinal value	Whole part



Herb		<i>Achyranthes bidentata blume</i>	Wild	Forest	Plenty	Rare	Treatment of leach bites, diuretic	Seeds, Roots
Herb		<i>Amaranthus caubatus</i>	Cultivated	Forest	Plenty	Rare	Ornamental, laxative	Roots, Seeds
Herb		<i>Amaranthus viridis</i>	Cultivated	Forest	Plenty	Rare	Treatment of fever, pain, asthma	Whole part
Herb		<i>Allium cepa</i>	Cultivated	Forest	Plenty	Rare	Antiinflammatory, antiseptic	Bulb, Leaves
Herb		<i>Allium humile kunth</i>	Wild	Forest	Plenty	Rare	Treatment of cholera, dysentery, cough	Bulbs
Herb		<i>Allium sativum</i>	Cultivated	Forest	Plenty	Rare	Fever, diabetics, swellings	Bulbs
Herb		<i>Allium semenovii</i>	Wild	Forest	Plenty	Rare	Reduce blood calastrol level	Bulbs
Herb		<i>Bupleurum bupjucundum</i>	Wild	Forest	Plenty	Rare	Respiratory infection, swine flu	Aerial Part
Herb		<i>Bupleurum longifolium</i>	Wild	Forest	Plenty	Rare	Respiratory infection, swine flu	Aerial Part
Herb		<i>Coriandrum sativum</i>	Cultivated	Forest	Plenty	Rare	Measals, hemorrhoids, toothache & joint pain	Leaves, Seeds
Herb		<i>Cortia depressa</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Ligusticum elatum</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Oenanthe javanica</i>	Wild	Forest	Plenty	Rare	Joundice, abdomnal pain	Whole part
Herb		<i>Pleurosermum brunonis</i>	Wild	Forest	Plenty	Rare	To cure skin infections, joundice, insect repllents	Flowers
Herb		<i>Pleurosermum candollei</i>	Wild	Forest	Plenty	Rare	Used in folk medicines	Flowers
Herb		<i>Pleurosermum stellatum</i>	Wild	Forest	Plenty	Rare	To make black or red dye, water proof black ink	Flowers
Herb		<i>Selinum wallichinum</i>	Wild	Forest	Plenty	Rare	Garden uses beds & borders	Aerial Part
Herb		<i>Aralia cachemirica</i>	Wild	Forest	Plenty	Rare	To treat RH, Nephritis, Gastritis, inflammation	Whole part
Herb		<i>Arisaema propinquum</i>	Wild	Forest	Plenty	Rare	Uses in snake bite, RH	Rhizomes
Herb		<i>Begonia rubella</i>	Wild	Forest	Plenty	Rare	Cure arthrites & common join pain	Whole part
Herb		<i>Hackelia uncinata</i>	Wild	Forest	Plenty	Rare	Used to cure fractured bones	Leaves, Flowers
Herb		<i>Lindelofia longiflora</i>	Wild	Forest	Plenty	Rare	Folk medicines	Leaves, Flowers
Herb		<i>Myosotis alpestris</i>	Wild	Forest	Plenty	Rare	Lotion for wounds nose bleed	Whole part
Herb		<i>Onosma hispidum</i>	Wild	Forest	Plenty	Rare	Used as food & medicine, wounds	Roots
Herb		<i>Pseudomertensia moltkioides</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Pseudomertensia trollii</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Alliaria petiolata</i>	Cultivated	Forest	Plenty	Rare	Treatment of bronchitis, asthma, & Rh	Whole part
Herb		<i>Arabis bijuga</i>	Wild	Forest	Plenty	Rare	Gastro-intestinal problems, dysentery & stomach ache	Whole part
Herb		<i>Arcyosperma primulifolium</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		<i>Barbarea vulgaris</i>	Wild	Forest	Plenty	Rare	Edible, used as a salads	Leaves
Herb		<i>Cardamine macrophylla</i>	Wild	Forest	Plenty	Rare	Medicinal uses, as a vegetable	Leaves, Flowers

Herb		<i>Crucihimalaya himalaica</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Crucihimalaya mollissima</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Erysimum hieraciifolium</i>	Wild	Forest	Plenty	Rare	Edible	Leaves
Herb		<i>Hesperis matronalis</i>	Wild	Forest	Plenty	Rare	Treatment of Scurvy,oil used in perfumery	Leaves, Flowers
Herb		<i>Lepidium virginicum</i>	Wild	Forest	Plenty	Rare	To treat vitamin-C deficiency,pains & diabetes	Whole part
Herb		<i>Raphanus sativus</i>	Cultivated	Forest	Plenty	Rare	To treat constipation,chronic tracheitis & hypertension	Leaves root
Herb		<i>Sisymbrium irio</i>	Wild	Forest	Plenty	Rare	Edible,Treat cough & chest congestion, Rh & clean wounds	Leaves, Flowers
Herb		<i>Thlaspi arvense</i>	Wild	Forest	Plenty	Rare	Antidote,Blood tonic	Seed, Leaf
Herb		<i>Thlaspi cochleariforme</i>	Wild	Forest	Plenty	Rare	Treated chronic problems related to menses	Leaves, Flowers
Shrub		<i>Sarcococca pruniformis</i>	Wild	Forest	Plenty	Rare	Laxative,blood purifier	Leaves, Root
Herb		<i>Campanula aristata</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Campanula cana</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Campanula latifolia</i>	Wild	Forest	Plenty	Rare	Local use as a food & medicine	Whole part
Herb		<i>Campanula pallida</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Codonopsis clematidea</i>	Wild	Forest	Plenty	Rare	Increase red & white blood cells counts & promote blood circulation	Leaves, Flowers
Herb		<i>Codonopsis ovata</i>	Wild	Forest	Plenty	Rare	Treatment of ulcers & wounds	Leaves, Flowers
Herb		<i>Cyananthus lobatus</i>	Wild	Forest	Plenty	Rare	Laxative, treatment of serous disorders & constipation	Leaves, Root
Shrub		<i>Abelia triflora</i>	Wild	Forest	Plenty	Rare	Used as a wood,walking sticks	Whole part
Shrub		<i>Lonicera oblate</i>	Wild	Forest	Plenty	Rare	Used for digestive disorders,including pain & swelling	Aerial Part
Shrub		<i>Scabiosa speciosa</i>	Wild	Forest	Plenty	Rare	To treat heel cracks,liver diseases	Leaves
Herb		<i>Arenaria bryophylla Fernald</i>	Wild	Forest	Plenty	Rare	useful in diarrhoea & vomiting	Aerial Part
Herb		<i>Cerastium cerastoides (L.) Britton</i>	Wild	Forest	Plenty	Rare	Anti bacterial activity	Flowers, stem
Herb		<i>Cerastium fontanum Baumg</i>	Wild	Forest	Plenty	Rare	Edible	Flowers, stem
Herb		<i>Dianthus angulatus Baumg</i>	Wild	Forest	Plenty	Rare	Used as a tonic for urinary system,digestive system & bowels	Leaves
Herb		<i>Gypsophila cerastoides D.Don</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		<i>Myosoton aquaticum (L.) Moench</i>	Wild	Forest	Plenty	Rare	Treatment of fistula	Flowers, Seeds

Herb		<i>Minuartia kashmirica</i> (Edgew. & Hook. f.) Mattf.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Silene conoidea</i> L.	Wild	Forest	Plenty	Rare	Herbal Medicines	Flowers
Herb		<i>Silene gonosperma</i> (Rupr.) Bocquet	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Silene indica</i> var. <i>edgeworthii</i> (Bocquet) Y.J. Nasir	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Silene indica</i> (Roxb.) Roxb. ex Otth	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Stellaria decumbens</i> Edgew.	Wild	Forest	Plenty	Rare	Leaf vegetable, Salad	Leaf, Flower
Herb		<i>Parnassia nubicola</i> Wall. ex Royle	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Euonymus hamiltonianus</i> Wall	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Anaphalis nepalensis</i> (Spreng.) Hand.-Mazz.	Wild	Forest	Plenty	Rare	Respiratory problems including asthma, cough etc.	Flowers
Herb		<i>Anaphalis triplinervis</i> (Sims) C. B. Clarke	Wild	Forest	Plenty	Rare	Emilepsy, laceration of toes & wounds	Flowers
Herb		<i>Anaphalis margaritaceae</i> L.	Wild	Forest	Plenty	Rare	Diarrhoea, dysentery, Rh, joints	Flowers
Herb		<i>Artemisia dubia</i> Wall.	Wild	Forest	Plenty	Rare	Cuts & wounds	Leaves
Herb		<i>Artemisia scoparia</i> Waldst. & Kitam.	Wild	Forest	Plenty	Rare	Anticeptic, Antipyretic	Leaves
Herb		<i>Artemisia vestita</i> Wall. ex Besser	Wild	Forest	Plenty	Rare	Inflammatory diseases	Leaves
Herb		<i>Aster diplostephioides</i> (DC.) C. B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Aster falconeri</i> (C. B. Clarke) Hutch.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers, Root
Herb		<i>Aster flaccidus</i> Bunge	Wild	Forest	Plenty	Rare	Tuberculosis & pertussis	Flowers, Root
Herb		<i>Aster molliusculus</i> (Lindl. ex DC.) C.B. Clarke	Wild	Forest	Plenty	Rare	Antibacterial, skin infection, ulcers & wounds	Flowers, Root
Herb		<i>Aster thomsonii</i> C.B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers, Root
Herb		<i>Carduus edelbergii</i> Rech.f.	Wild	Forest	Plenty	Rare	Traditional Medicines	Flower, Leaf
Herb		<i>Cicerbita macrorrhiza</i> (Royle) Beauverd	Wild	Forest	Plenty	Rare	Fever	Whole part

Herb		<i>Conyza japonica</i> (Thunb.) Less. ex DC.	Wild	Forest	Plenty	Rare	Food flavouring	Aerial Part
Herb		<i>Cremanthodium decaisnei</i> C.B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		<i>Cremanthodium ellisii</i> (Hook.f.) Kitam.	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		<i>Crepis sancta</i> L. (Bornm)	Wild	Forest	Plenty	Rare	Edible, salad	Leaves
Herb		<i>Erigeron bellidioides</i> (Buch.-Ham. ex D. Don) Benth. C. B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Erigeron multiradiatus</i> (Lindl. ex DC.) Benth. ex C. B. Clarke	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Gnaphalium stewartii</i> C.B. Clarke	Wild	Forest	Plenty	Rare	Sciatica, Rh pain	Leaves, Flowers
Herb	Sunflower	<i>Helianthus annuus</i> L.	Cultivated	Forest	Plenty	Rare	High fever, snake bite	Leaf, Seed
Herb	Pushkarmula	<i>Imula grandiflora</i> Willd.	Wild	Forest	Plenty	Rare	Chronic bronochits & Rh	Rhizomes
Herb	Gomchooi	<i>Ligularia fischeri</i> (Ledeb.) Turcz.	Wild	Forest	Plenty	Rare	Jaundice, Rh, Hepatic disease	Leaves, Flowers
Herb		<i>Sonchus asper</i> (L.) Hill	Wild	Forest	Plenty	Rare	Anti-bacterial & Anti-fungal	Leaves
Herb		<i>Tanacetum dolichophyllum</i> Kitam.	Wild	Forest	Plenty	Rare	Fever, migrana, headache, Rh	Flowers
Herb		<i>Tanacetum tibeticum</i> Hook.f. & Thomson	Wild	Forest	Plenty	Rare	Traditional Medicines	Flowers
Herb		<i>Tussilago farfara</i> L.	Wild	Forest	Plenty	Rare	Disorder of the respiratory tract, skin, cold	Leaf
Herb		<i>Waldheimia glabra</i> (Decne.) Regel	Wild	Forest	Plenty	Rare	Influenza virus & anti complementry extract	Leaves, Flowers
Herb		<i>Waldheimia tomentosa</i> (Decne.) Regel	Wild	Forest	Plenty	Rare	Stomach ache problem	Leaves, Flowers
Herb		<i>Youngia japonica</i> (L.) DC.	Wild	Forest	Plenty	Rare	Boils & snake bites	Leaves, Flowers
Herb		<i>Rhodiola heterodonta</i> (Hook. f. & Thomson) Boriss.	Wild	Forest	Plenty	Rare	Anxiety, fituge & dipression	Rhizomes
Herb		<i>Rhodiola wallichiana</i> (Hook.) S.H. Fu	Wild	Forest	Plenty	Rare	Anxiety, fituge & dipression	Leaves, Flowers
Herb		<i>Rosularia alpestris</i> (Kar. & Kir.) Boriss.	Wild	Forest	Plenty	Rare	Ornamental garden plants, Traditional Medicines	Whole part

Climber		<i>Cucumis sativus L.</i>	Cultivated	Forest	Plenty	Rare	Blemished skin, heart rash, burns, sores	Whole part
Climber		<i>Cucurbita pepo L.</i>	Cultivated	Forest	Plenty	Rare	Anti inflammatory, anti viral, anti ulcer	Whole part
Shrub		<i>Datisca cannabina L.</i>	Wild	Forest	Plenty	Rare	Treatment of Rh	Root
Herb		<i>Equisetum arvense L.</i>	Wild	Forest	Plenty	Rare	Stop bleeding, heal ulcer & wounds	Whole part
Shrub		<i>Gaultheria trichophylla Royle</i>	Wild	Forest	Plenty	Rare	Anti oxidant & anti inflammatory	Whole part
Herb		<i>Euphorbia cornigera Boiss.</i>	Wild	Forest	Plenty	Rare	Breathing disorders including asthma, bronchitis	Leaves, Flowers
Herb		<i>Euphorbia thomsoniana Boiss.</i>	Wild	Forest	Plenty	Rare	Breathing disorders including asthma, bronchitis	Leaves, Flowers
Tree		<i>Quercus baloot Griff.</i>	Wild	Forest	Plenty	Rare	Anti bacterial potential	Whole part
Tree		<i>Quercus semecarpifolia Sm.</i>	Wild	Forest	Plenty	Rare	Diarrhoea, dysentery	Whole part
Herb		<i>Gentiana cachemirica Decne.</i>	Wild	Forest	Plenty	Rare	Digestion problem	Leaves, Flowers
Herb		<i>Gentiana ornata (D.Don) Wall. ex Griseb.</i>	Wild	Forest	Plenty	Rare	Diarrhoea, dysentery	Leaves, Flowers
Herb		<i>Gentiana phyllocalyx C.B Clarke</i>	Wild	Forest	Plenty	Rare	Diarrhoea, dysentery	Leaf, sepal
Herb		<i>Gentiana tianschanica Rupr. ex Kusn.</i>	Wild	Forest	Plenty	Rare	Digestion problem	Whole part
Herb		<i>Gentianella moorcroftiana (Wall. ex Griseb.) Airy Shaw</i>	Wild	Forest	Plenty	Rare	Cold cough, nausea	Leaf
Herb		<i>Jaeschkea oligosperma Knobl.</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Swertia ciliata (D. Don ex G. Don) B.L. Burt</i>	Wild	Forest	Plenty	Rare	Skin diseases, cancer	Whole part
Herb		<i>Swertia petiolata Royle ex D.Don</i>	Wild	Forest	Plenty	Rare	Inflammation of the liver & high blood pressure	Whole part
Herb		<i>Swertia speciosa G.Don</i>	Wild	Forest	Plenty	Rare	Asthma, liver disorder	Root
Herb		<i>Erodium cicutarium L. (L.) Her</i>	Wild	Forest	Plenty	Rare	Typhoid, fever	Whole part
Herb		<i>Geranium lambertii Sweet</i>	Wild	Forest	Plenty	Rare	Skin problem, reduces stress	Dried leaves
Herb		<i>Geranium himalayense Klotzsch</i>	Wild	Forest	Plenty	Rare	Garden uses, beds & borders	Whole part
Herb		<i>Geranium nepalense Sweet</i>	Wild	Forest	Plenty	Rare	Nervous diseases, pains, Rh	Whole part
		<i>Geranium pusillum L.</i>		Forest	Plenty	Rare	Used as an Anodyne, Astringent	Whole part

Herb		<i>Geranium rotundifolium L.</i>	Wild	Forest	Plenty	Rare	Used as an Anodyne, Astringent	Whole part
Herb		<i>Geranium wallichianum D.Don ex Sweet</i>	Wild	Forest	Plenty	Rare	Peptic ulcers, cure toothache	Whole part
Shrub		<i>Ribes nigrum L.</i>	Wild	Forest	Plenty	Rare	Useful in allergy, fatigue, rhinitis	Whole part
Shrub		<i>Ribes himalense Royle ex Decne.</i>	Wild	Forest	Plenty	Rare	Used as food & medicine	Fruit
Herb		<i>Hypericum japonicum Thunb.</i>	Wild	Forest	Plenty	Rare	Asthma & dysentery	Leaves, Flowers
Shrub		<i>Philadelphus tomentosus wall ex G. Don</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Leaves, Flowers
Herb		<i>Ajuga integrifolia Buch.-Ham.</i>	Wild	Forest	Plenty	Rare	Diarrhea, Malaria	Leaf
Herb		<i>Clinopodium vulgare L.</i>	Wild	Forest	Plenty	Rare	Overcome weak digestion	leaves
Herb		<i>Elsholtzia ciliata (Thunb.) Hyl.</i>	Wild	Forest	Plenty	Rare	Common cold, fevers, headache	Whole part
Shrub		<i>Isodon rugosus (Wall. ex Benth.) Codd</i>	Wild	Forest	Plenty	Rare	Tooth ache, gastric pain,	Whole part
Herb		<i>Lamium album L.</i>	Wild	Forest	Plenty	Rare	Abnormal vaginal discharge, & to relieve painful periods	Leaves, Flowers
Herb		<i>Leonurus cardiaca L.</i>	Wild	Forest	Plenty	Rare	Gynecological afflictions	Seed
Herb		<i>Mentha arvensis L.</i>	Wild	Forest	Plenty	Rare	Diarrhea & Dysentery, stomach problem	Leaves
Herb	Soyabean	<i>Glycine max (L.) Merr.</i>	Cultivated	Forest	Plenty	Rare	Treatment of oedema, dysuria	Seed
Shrub		<i>Indigofera hebeptala Baker</i>	Wild	Forest	Plenty	Rare	Edible	Fruit, flower
Herb		<i>Lotus corniculatus L.</i>	Wild	Forest	Plenty	Rare	Anti-inflammatory, Skin inflammation	Flowers
Shrub		<i>Robinia pseudoacacia L.</i>	Wild	Forest	Plenty	Rare	Wounds, Pain reliever	Dried leaves
Herb		<i>Trifolium pratense L.</i>	Wild	Forest	Plenty	Rare	Antispasmodic, Anti-inflammatory	Leaves flower
Herb		<i>Trifolium repens L.</i>	Wild	Forest	Plenty	Rare	Gout, Cough, Eyewash	Leaves flower
		<i>Vicia rigidula Royle</i>		Forest	Plenty	Rare	Weight loss	Leaves flower
Herb		<i>Fritillaria roylei Hook.</i>	Wild	Forest	Plenty	Rare	Anti-Asthmatic, Anti- Rh	Root
Herb		<i>Gagea lutea</i>	Wild	Forest	Plenty	Rare	Used as food	Bulbs, leaves
Herb		<i>Lilium polyphyllum D.Don</i>	Wild	Forest	Plenty	Rare	Diuretic, Anti-pyretic	Bulbs
Herb		<i>Tulipa clusiana DC.</i>	Wild	Forest	Plenty	Rare	Edible as oil	Whole part
Herb		<i>Lavatera cachemiriana Cambess.</i>	Wild	Forest	Plenty	Rare	Throat problem, mild laxative	Leaf, Flower

Tree		<i>Ficus carica L.</i>	Wild	Forest	Plenty	Rare	Respiratory problems, Anti-inflammatory	Fruit, leaves
Tree		<i>Morus alba L.</i>	Wild	Forest	Plenty	Rare	Asthma, Bronchitis	Bark
Climber		<i>Jasminum humile L.</i>	Wild	Forest	Plenty	Rare	Heart bowels, Astringent	Roots, Flower
Climber		<i>Jasminum officinale L.</i>	Wild	Forest	Plenty	Rare	Hepatitis, Diarrhea, Cancer treatment	Flower
Shrub		<i>Syringa emodi Wall. ex. Royle.</i>	Wild	Forest	Plenty	Rare	Stomach treatment, intestinal problems	Seed, Fruit
Herb		<i>Epilobium angustifolium L.</i>	Wild	Forest	Plenty	Rare	Anti-septic, ulcers, inflammation	Whole part
Herb		<i>Epilobium latifolium L.</i>	Wild	Forest	Plenty	Rare	Analgesic, Antidote	Whole part
		<i>Epilobium royleanum Hausskn.</i>	Wild	Forest	Plenty	Rare	Treatment & prostate bladder	Whole part
Herb		<i>Calanthe tricarinata Lindl.</i>	Wild	Forest	Plenty	Rare	Asthma, Coughing	Leaves flower
Herb		<i>Cypripedium cordigerum D. Don</i>	Wild	Forest	Plenty	Rare	Fever, Backache	Fruit
Herb		<i>Epipactis helleborine (L.) Crantz</i>	Wild	Forest	Plenty	Rare	Ornamental use	Flower
Shrub		<i>Arundo donax L.</i>	Wild	Forest	Plenty	Rare	Basket making, Diuretic, Diaphoretic	Grass
Herb		<i>Bothriochloa ischaemum (L.) Keng</i>	Wild	Forest	Plenty	Rare	Agro-forestry use	Grass
Herb		<i>Bromus catharticus Vahl</i>	Wild	Forest	Plenty	Rare	Agro-forestry use	Grass
Herb		<i>Aquilegia fragrans Benth.</i>	Wild	Forest	Plenty	Rare	Sedative, Diarrhea, jaundice	Whole part
Herb		<i>Aquilegia nivalis Falc. ex B. D. Jacks.</i>	Wild	Forest	Plenty	Rare	Cough & Cold	Rhizomes
Herb		<i>Delphinium brunonianum Royle</i>	Wild	Forest	Plenty	Rare	Local Medicines, Use as oil	Whole part
Herb		<i>Delphinium cashmerianum Royle</i>	Wild	Forest	Plenty	Rare	Intestinal worms, insomnia	Roots
Herb		<i>Delphinium vestitum Wall. ex Royle</i>	Wild	Forest	Plenty	Rare	Cuts, Dysentery, Rh, Ulcers	Leaves
Herb		<i>Ranunculus distans Royle</i>	Wild	Forest	Plenty	Rare	Anti-Rh, Intermittent fever	Leaves
Herb		<i>Ranunculus hirtellus Royle</i>	Wild	Forest	Plenty	Rare	Curing swelling in testes	Leaves, Flowers
Herb		<i>Thalictrum cultratum Wall.</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part
Herb		<i>Thalictrum foliolosum DC.</i>	Wild	Forest	Plenty	Rare	Tonic diuretic, Snakebite, jaundice, Rh	Roots
Herb		<i>Thalictrum virgatum Hook. &amp; Thomson</i>	Wild	Forest	Plenty	Rare	Fever, dysentery, Bloodshot eyes, sore throat	Root, Rhizomes

Herb		<i>Trollius acaulis Lind.</i>	Wild	Forest	Plenty	Rare	To make medicines	Whole part			
Herb		<i>Potentilla cuneata Wall. ex Lehm.</i>	Wild	Forest	Plenty	Rare	Diarrhea, menstrual bleeding	Leaves, Flowers			
Tree		<i>Populus ciliata Wall. ex Royle</i>	Wild	Forest	Plenty	Rare	Making boxes for packing purposes, furniture & cross beams	Whole part			
Shrub	White/ Kashmir willow	<i>Salix alba L.</i>	Wild	Forest	Plenty	Rare	Cold, fever & joint pains	Bark, Stem			
Herb	Sanjeevani	<i>Rhodiola fastigiata</i>	Wild	Forest	Plenty	Rare	Traditional Medicines	Whole part			
Herb	Guggi Van	<i>Pleurospermum candollei</i>	Wild	Forest	Plenty	Rare	Used in folk medicines	Whole part			



**Format-19 : Wild Plant Species of Importance.**

1	2	3	4	5	6
S. No.	Local Name	Scientific Name	Variety	Importance (as economic, social, cultural etc.)	Status
1	Akhrot	<i>Juglans regia</i>	Broad Leave	Ecnomical & Social	Do exist
2	Hatab	<i>Parraotia jacquemontiana</i>	Broad Leave	Ecnomical & Social	Do exist
3	Phrast	<i>Populas alba</i>	Broad Leave	Ecnomical & Social	Do exist
4	Kiker	<i>Acacia nilotica</i>	Broad Leave	Ecnomical & Social	Do exist
5	Champ	<i>Alnus nitida</i>	Broad Leave	Ecnomical & Social	Do exist
6	Heru	<i>Quercus ilex</i>	Broad Leave	Ecnomical & Social	Do exist
7	Kolum	<i>Vibernum novasum</i>	Broad Leave	Ecnomical & Social	Do exist
8	Mohru	<i>Quercus floribunda</i>	Broad Leave	Ecnomical & Social	Do exist
9	Bren	<i>Ulmus wallichiana</i>	Broad Leave	Ecnomical & Social	Do exist
10	Moooin	<i>Artemisia meritima</i>	Broad Leave	Ecnomical & Social	Do exist
11	Boj Patar	<i>Betula utilis</i>	Broad Leave	Cultural & Social	Do exist
12	Pudina	<i>Mentha longifolia</i>	Broad Leave	Ecnomical & Social	Do exist
13	Socchal	<i>Malva neglecta</i>	Broad Leave	Ecnomical & Social	Do exist
14	Pamachari/Pamchalan	<i>Rheum australe</i>	Broad Leave	Ecnomical & Social	Do exist
15	Kuth	<i>Saussurea lappa</i>	Broad Leave	Ecnomical & Social	Do exist
16	Kakarsinghi	<i>Pistacia intergerrima</i>	Broad Leave	Ecnomical & Social	Do exist
17	Naghchatri	<i>Trillium govaniaum</i>	Broad Leave	Ecnomical & Social	Do exist
18	Ber	<i>Ziziphus mauritiane</i>	Broad Leave	Ecnomical & Social	Do exist
19	Plum	<i>Prunus persica</i>	Broad Leave	Ecnomical & Social	Do exist
20	Zakhamahayat	<i>Sexifraga ligulata</i>	Broad Leave	Ecnomical & Social	Do exist
21	Jangli angoor	<i>Vitis vinefera</i>	Broad Leave	Ecnomical & Social	Do exist
22	Jangli gulab	<i>Rosa maschata</i>	Broad Leave	Ecnomical & Social	Do exist
23	Agg jari	<i>Saxifraga jacquemontiana</i>	Broad Leave	Ecnomical & Social	Do exist
24	Ban tambaku	<i>Verbascum thapsus</i>	Broad Leave	Ecnomical & Social	Do exist

25	Banafsha	<i>Viola odorata</i>	Broad Leave	Ecnomical & Social	Do exist
26	Bankakdi	<i>Podophyllum hexandrum</i>	Broad Leave	Ecnomical & Social	Do exist
27	Belladonna	<i>Atropa belladonna</i>	Broad Leave	Ecnomical & Social	Do exist
28	Bhang	<i>Cannabis sativa</i>	Broad Leave	Ecnomical & Social	Do exist
29	Bhutyata	<i>Corydalis govaniiana</i>	Broad Leave	Ecnomical & Social	Do exist
30	Brand	<i>Phytolacca acinosa</i>	Broad Leave	Ecnomical & Social	Do exist
31	Chalander	<i>Viburnum grandiflorum</i>	Broad Leave	Ecnomical & Social	Do exist
32	Chora	<i>Angelica glauca</i>	Broad Leave	Ecnomical & Social	Do exist
33	Chukri	<i>Rheum australe</i>	Broad Leave	Ecnomical & Social	Do exist
34	Chuku	<i>Oxalis corniculata</i>	Broad Leave	Ecnomical & Social	Do exist
35	Dand jari	<i>Rhodiola himalensis</i>	Broad Leave	Ecnomical & Social	Do exist
36	Dhad Kopdi	<i>Bergenia stracheyi</i>	Broad Leave	Ecnomical & Social	Do exist
37	Feku	<i>Ficus palmata</i>	Broad Leave	Ecnomical & Social	Do exist
38	Gaddo	<i>Salvia moorcroftiana</i>	Broad Leave	Ecnomical & Social	Do exist
39	Guggal	<i>Jurinea dolomiaea</i>	Broad Leave	Ecnomical & Social	Do exist
40	Gul-e-snohar	<i>Geranium wallichianum</i>	Broad Leave	Ecnomical & Social	Do exist
41	Hamesh bahar	<i>Calendula officinalis</i>	Broad Leave	Ecnomical & Social	Do exist
42	Handh	<i>Taraxacum officinale</i>	Broad Leave	Ecnomical & Social	Do exist
43	Hillu	<i>Impatiens glandulifera</i>	Broad Leave	Ecnomical & Social	Do exist
44	Jarjam	<i>Sanecio chrysanthemoides</i>	Broad Leave	Ecnomical & Social	Do exist
45	Kaimal	<i>Berberis lyceum</i>	Broad Leave	Ecnomical & Social	Do exist
46	Kala zeera	<i>Bunium persicum</i>	Broad Leave	Ecnomical & Social	Do exist
47	Kahjuban	<i>Arnebia benthami</i>	Broad Leave	Ecnomical & Social	Do exist
48	Kalishadi	<i>Daphne oleoides</i>	Broad Leave	Ecnomical & Social	Do exist
49	Kanhaji	<i>Sorbaria tomentosa</i>	Broad Leave	Ecnomical & Social	Do exist
50	Kareel Kaimbul	<i>Berberis aristata</i>	Broad Leave	Ecnomical & Social	Do exist
51	Kesar	<i>Crocus sativus</i>	Broad Leave	Ecnomical & Social	Do exist
52	Kim	<i>Morina longifolia</i>	Broad Leave	Ecnomical & Social	Do exist
53	Kinns	<i>Dioscorea deltoidea</i>	Broad Leave	Ecnomical & Social	Do exist

54	Kour	<i>Picrorhiza Kurrooa</i>	Broad Leave	Ecnomical & Social	Do exist
55	Kuppad jari	<i>Sedum ewersii</i>	Broad Leave	Ecnomical & Social	Do exist
56	Mooiin	<i>Artemisa maritime</i>	Broad Leave	Ecnomical & Social	Do exist
57	Mori	<i>Delphinium roylei</i>	Broad Leave	Ecnomical & Social	Do exist
58	Mulam	<i>Inula royeleana</i>	Broad Leave	Ecnomical & Social	Do exist
59	Murma	<i>Valeriana dubia</i>	Broad Leave	Ecnomical & Social	Do exist
60	Nag Rus	<i>Acorus calamus</i>	Broad Leave	Ecnomical & Social	Do exist
61	Neel Kanth	<i>Ajuga bracteosa</i>	Broad Leave	Ecnomical & Social	Do exist
62	Nichni	<i>Rhododendron campannalatum</i>	Broad Leave	Ecnomical & Social	Do exist
63	Patrishi	<i>Aconitum heterophyllum</i>	Broad Leave	Ecnomical & Social	Do exist
64	Postul	<i>Taxus baccata</i>	Broad Leave	Ecnomical & Social	Do exist
65	Sapp Google	<i>Arisaema flavum</i>	Broad Leave	Ecnomical & Social	Do exist
66	Shemar	<i>Desmodium elegans</i>	Broad Leave	Ecnomical & Social	Do exist
67	Sheshak	<i>Rhabdosia rugosa</i>	Broad Leave	Ecnomical & Social	Do exist
68	Shutenger	<i>Rhododendren anthopogon</i>	Broad Leave	Ecnomical & Social	Do exist
69	Suchal	<i>Malva neglecta</i>	Broad Leave	Ecnomical & Social	Do exist
70	Tatnu	<i>Caltha palustris</i>	Broad Leave	Ecnomical & Social	Do exist
71	Avens	<i>Geum elatum</i>	Broad Leave	Ecnomical & Social	Do exist
72	Baby's breath	<i>Gypsophila cerastioides</i>	Broad Leave	Ecnomical & Social	Do exist
73	Black Henbit, Henbane,	<i>Hyoscyamus niger</i>	Broad Leave	Ecnomical & Social	Do exist
74	Bladder Champion	<i>Silene vulgaris</i>	Broad Leave	Ecnomical & Social	Do exist
75	Burdock	<i>Arctium lappa</i>	Broad Leave	Ecnomical & Social	Do exist
76	Cinquefoil	<i>Potentilla argyrophylla</i>	Broad Leave	Ecnomical & Social	Do exist
77	Cow Parsnip	<i>Heracleum candicans</i>	Broad Leave	Ecnomical & Social	Do exist
78	Crame's bill flower	<i>Geranium pratense</i>	Broad Leave	Ecnomical & Social	Do exist
79	Cudweed	<i>Gnaphalium hypoleucum</i>	Broad Leave	Ecnomical & Social	Do exist
80	Dandelion	<i>Taraxacum officinale</i>	Broad Leave	Ecnomical & Social	Do exist
81	Darnel grass	<i>Lolium temulentum</i>	Broad Leave	Ecnomical & Social	Do exist
82	Foreget-me-Not	<i>Myosotis sylvatica</i>	Broad Leave	Ecnomical & Social	Do exist

83	Golden Rod	<i>Solidago virgaurea</i>	Broad Leave	Ecnomical & Social	Do exist
84	Granny's Bonnet	<i>Aquilegia fragrans</i>	Broad Leave	Ecnomical & Social	Do exist
85	Groundsel	<i>Senecio chrysanthemoides</i>	Broad Leave	Ecnomical & Social	Do exist
86	Helleborine	<i>Epipactis latifolia</i>	Broad Leave	Ecnomical & Social	Do exist
87	Helleborine Orchid	<i>Epipactis wallichii</i>	Broad Leave	Ecnomical & Social	Do exist
88	Hound's Tongue	<i>Cynoglossum zeylanicum</i>	Broad Leave	Ecnomical & Social	Do exist
89	Kashmir Sage	<i>Salvia hians</i>	Broad Leave	Ecnomical & Social	Do exist
90	Larkspur	<i>Delphinium vestitum</i>	Broad Leave	Ecnomical & Social	Do exist
91	May Apple	<i>Podophyllum hexandrum</i>	Broad Leave	Ecnomical & Social	Do exist
92	Milkvetch	<i>Astragalus</i>	Broad Leave	Ecnomical & Social	Do exist
93	Millfoil	<i>Achillea millefolium</i>	Broad Leave	Ecnomical & Social	Do exist
94	Mountain Sorrel	<i>Oxyria digyna</i>	Broad Leave	Ecnomical & Social	Do exist
95	Nepal Cinquefoil	<i>Potentilla nepalensis</i>	Broad Leave	Ecnomical & Social	Do exist
96	Nepal Dock	<i>Rumex nepalensis</i>	Broad Leave	Ecnomical & Social	Do exist
97	Northern Bedstraw	<i>Galium boreale</i>	Broad Leave	Ecnomical & Social	Do exist
98	Pink Evening Primrose	<i>Oenothera rosea</i>	Broad Leave	Ecnomical & Social	Do exist
99	Red Clover	<i>Trifolium pretense</i>	Broad Leave	Ecnomical & Social	Do exist
100	Rock splitter	<i>Bergenia stracheyi</i>	Broad Leave	Ecnomical & Social	Do exist
101	Silky Woundwort	<i>Stachys sericea</i>	Broad Leave	Ecnomical & Social	Do exist
102	St. John's Wort	<i>Hypericum perforatum</i>	Broad Leave	Ecnomical & Social	Do exist
103	Sun Spurge,	<i>Euphorbia helioscopia</i>	Broad Leave	Ecnomical & Social	Do exist
104	Touch me not	<i>Impatiens thomsonii</i>	Broad Leave	Ecnomical & Social	Do exist
105	Wallich's Willow Herb	<i>Epilobium wallichianum</i>	Broad Leave	Ecnomical & Social	Do exist
106	White spotted Lousewort	<i>Pedicularis punctata</i>	Broad Leave	Ecnomical & Social	Do exist
107	Wild Indigo	<i>Indigofera heterantha</i>	Broad Leave	Ecnomical & Social	Do exist
108	Wild Lettuce	<i>Lactuca longifolia</i>	Broad Leave	Ecnomical & Social	Do exist
109	Wild Rose	<i>Rosa webbiana</i>	Broad Leave	Ecnomical & Social	Do exist
110	Wild Strawberry	<i>Fragaria nubicola</i>	Broad Leave	Ecnomical & Social	Do exist



**Format-21 : Wild Aquatic Plant Species of Importance.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>S. No.</b>	<b>Local Name</b>	<b>Scientific Name</b>	<b>Variety</b>	<b>Importance</b>	<b>Trends</b>
<b>1</b>	-----Nil-----				
<b>2</b>					
<b>3</b>					

**Format-22 : Wild Plants of Medicinal Importance.**

1	2	3	4	5	6		7	8	9	10
Plant (Herb, Shrub, Tree)	Local Name	Scientific Name	Variety	Landscape/ Habitat	Local status		Associated TK	Uses (usage)	Part used	Other details market/ own use
					Past	Present				
Herb	<b>Kanees</b>	<i>Dioscorea deltoidea</i>	Wild	Low Lands	Abundant	Rare	Local having good knowledge with respect to identification of the species and their uses.	Rhematoid	Roots	Medicinal use
	<b>Handh</b>	<i>Taraxacum officinale</i>						Anti rheumatic	leaves / Roots	Medicinal use
	<b>Bunafsha</b>	<i>Viola serpens</i>						Cough/cold Treatment	Flowers	Medicinal use
	<b>Sonf</b>	<i>Foeniculum vulgare</i>						Constipation	seeds	Also used as Flavouring agent
	<b>Pumchalam</b>	<i>Rheom australe</i>		Cuts/Wounds healing				Roots	Medicinal use	
	<b>Soyi</b>	<i>Urtica dioica</i>		To Heel Cuts/ wounds				Roots	Causes acute skin Allergy	
	<b>Mushak bala</b>	<i>Valeriana wallchi</i>		Insomnia, stress				Roots	Medicinal use	
	<b>Hebel</b>	<i>Rumex sprengel</i>		To Heal Cuts/ Wounds				Leaves/stemp	Medicinal use	
	<b>Pudina</b>	<i>Mentha longifolia</i>		Cooling Medicine				Leaves	Also used cooling Mouth Freshner	
	<b>Mooin</b>	<i>Artemisia meritima</i>		Stomatch problems				leaves	Medicinal use	
Trees	<b>khlor/Dun</b>	<i>Juglanas regia</i>	wild/ Home grown	Low Lands	Abundant	Rare	Local having good knowledge with respect to identification of the species and their uses.	to treat toothache	Leavrs, bark, Pericarp	Medicinal use
	<b>Gugu</b>	<i>Asculus indica</i>						to Treat rheumatism	seeds	Medicinal use
	<b>Feku</b>	<i>Ficus palmata</i>						To Trat skin dieases	Latex fruit	Medicinal use
Shurb	<b>Khumblai</b>	<i>Berberis aristata</i>	wild/ Home grown	Low Lands	Abundant	Rare	Local having good knowledge with respect to identification of the species and their uses.	Laxative	Roots	Also Used as fencing
	<b>Anardana</b>	<i>Punica granatum</i>						To traet juandice	seeds	Pericarp Used as dye
	<b>Neel Kanth</b>	<i>Ajuga bracteosa</i>						Malarial fever/Gastric problem/typhoid treatment	leaves	Medicinal use
	<b>Parontha</b>	<i>Viscum album</i>						used to increase milk Production	leaves	Medicinal use
	<b>Bhang</b>	<i>Cannabis sativa</i>						Narcotic	seeds/Leaves	Medicinal use
	<b>Datura</b>	<i>Datura stramonium</i>						totreat headache,joint pain	seeds	Medicinal use

	<b>Mooin</b>	<i>Artemisa vulgaris</i>	wild				Stomach and intsetinal infection	leaves	Medicinal use
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11
<b>Community Knowledge Holder</b>
Zamindars living in the vicinity of the forest are well versed with the medicinal uses of NTFPs found in the forest





**Format 24: Ornamental Plants**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Local Name</b>	<b>Scientific Name</b>	<b>Variety</b>	<b>Habitat</b>	<b>Commercial / Non-commercial Uses</b>	<b>Associated TK</b>	<b>Any other Detail</b>	<b>Community/ Knowledge Holder</b>
Rose	<i>Rosa</i>						

**Format-25 : Fumigate/ Chewing Plants.**

1	2	3	4	5	6		7	8	9	10	11
Plant (Herb, Shrub, Tree)	Local Name	Scientific Name	Variety	Habitat	Local status		Uses (usage)	Part used	Associated TK	Other details (mode of use)	Community Knowledge Holder
					Past	Present					
Herb	<b>Sonf/Bodiyana</b>	<i>Foeniculum vulgare</i>	Broad Leaved	Low land	Plenty	lessAbundant	Constipation treatment	Seeds	Inhabitants have got knowledge w.r.t identification /common use of species	Bonafide purpose	Inhabitants of the area
	<b>Jungli pudina</b>	<i>Mentha longifolia</i>					Cooling medicine	Leaves			
	<b>Kim</b>	<i>Morima longifolia</i>					to avoid insect damage to garments	Rhizomes			
	<b>Bantambaku</b>	<i>Verbascum thapsus</i>					Narcotic	Leaves			
Shrub	<b>Bhang</b>	<i>Cannabis sativa</i>					Do	leaves			
Herb	<b>Dhoop</b>	<i>Jurinea dolomiaea</i>					Religious/cultural/Medicine				
Trees	<b>Khor/Dun</b>	<i>Juglanas regia</i>					Tooth ache	Leaves pericarp			
Trees	<b>Pear</b>	<i>Pyrus</i>	Broad Leaved		Plenty	Plenty	Tooth cleaning	Tiny Branches			
Trees	<b>Peach</b>	<i>Prunus persica</i>	Broad Leaved		Plenty	Plenty	Tooth cleaning	Tiny Branches			

Trees	<b>Apricot</b>	<i>Prunus armeniaca</i>	Broad Leaved		Plenty	Plenty	Tooth cleaning	Tiny Branches			
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**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 Knowledge Holder
			Past	Present				
Trees	<b>Kail</b>	<i>Pinus wallichiana</i>	Plenty	Rare	less abundant	Wild	Firewood	Inhabitants of the area.
	<b>Kiker</b>	<i>Acacia nilotica</i>	Plenty	Rare	less abundant	Wild	Fuel wood, fodder	
	<b>Diyar</b>	<i>Cedrus deodara</i>	Plenty	Rare	less abundant	Wild	Firewood, Cedar oil	
	<b>Khor/Dun</b>	<i>Juglans regia</i>	Plenty	Rare	less abundant	Wild/homegrown	Firewood,medicine	
	<b>Phrast</b>	<i>Populus alba</i>	Plenty	Rare	less abundant	Wild/homegrown	Firewood,Fodder	
	<b>Champ</b>	<i>Alnus nitida</i>	Plenty	Rare	less abundant	Wild/homegrown	Firewood,fodder	
	<b>Fir</b>	<i>Abies pindrow</i>	Plenty	Rare	less abundant	Wild	Firwood/timber	
	<b>Spruce</b>	<i>Picea smithana</i>	Plenty	Rare	less abundant	Wild	Firwood/timber	
	<b>Kharshu</b>	<i>Quercus semecarpifolia</i>	Plenty	Rare	less abundant	Wild	Firwood	







**Format-28 : Wild Animals (Mammals, Birds, Reptiles, Amphibia, Insects, others).**

1	2	3	4	5	6	7		8	9	10	11	12
Animal Type	Local Name	Scientific Name	Habitat	Description	Session when seen	Local status		Uses (if any)	Associated TK	Mode of Hunting, collecting (if any)	Other details	Community Knowledge Holder
						Past	Present					
Mammal	Suh/Leopard	<i>Panthera pardus</i>	High altitude	Fur with dark rosettes	Both summer/ winter	Plenty	Rare					
	Pijad	<i>Capra aegagrus</i>	High altitude	Resembles goat	winter	Plenty	Rare					
	Jungli billi	<i>Felis chaus</i>	Lower scrub Forest	Grey , light brown in colour	winter	Plenty	Rare					
	Jackal/ Gidur	<i>Canis aureus</i>	Around Habitation	Nocturnal	winter	Plenty	Rare					
	Reech/ Bhalu	<i>Ursus americanus</i>	High altitude	Omnivore	winter	Plenty	Rare					
	Snow leopard	<i>Uncia uncia</i>	High altitude		throughout year							
	Leopard cat	<i>Prionailurus bengalensis</i>	High altitude		throughout year							
	Eurasian lynx	<i>Lynx lynx</i>	High altitude		throughout year							
	Grey wolf	<i>Canis lupus</i>	High altitude		throughout year							
	Red fox	<i>Vulpus vulpus</i>	High altitude		throughout year							
	Himalayan Brown Bear	<i>Ursus arctos</i>	High altitude		throughout year							
	Eurasian Black Bear	<i>Ursus thibetanus</i>	High altitude		throughout year							
	Himalayan weasel	<i>Mustela sibirica</i>	High altitude		throughout year							
	Himalayan stoat	<i>Mustela ermine</i>	High altitude		throughout year							
	Beach or stone weasel	<i>Martes foina</i>	High altitude		throughout year							

	Yellow-throated marten	<i>Martes flavigula</i>	High altitude		throughout year			Necessary for maintenance of Ecological balance		Prohibited		Locals having good knowledge with respect to their identification
	Pine martin	<i>Martes martes</i>	High altitude		throughout year							
	Eurasian otter	<i>Lutra lutra</i>	High altitude		throughout year							
	Kashmir Musk deer	<i>Moschus cupreus</i>	High altitude		throughout year							
	Alpine ibex	<i>Capra ibex</i>	High altitude		throughout year							
	Himalayan goral	<i>Nemorhaedus flavigula</i>	High altitude		throughout year							
	Himalayan Tahr	<i>Hermitragus jemlahicus</i>	High altitude		throughout year							
	Kashmir grey langur	<i>Semnopithecus ajas</i>	High altitude		throughout year							
	Small Indian Mongoose	<i>Herpestes auropunctatus</i>	High altitude		throughout year							
	Monkey	<i>Simiiformes catarrhini</i>	High altitude	Social	throughout year	Plenty	Rare					
Rodents	Chuha	<i>Mus booduga</i>	fields	Common in houses	throughout year	Plenty	Common					
	Himalayan marmot	<i>Marmota bobak</i>	Around Habitation		throughout year							
	long -tailed marmot	<i>Marmota caudate</i>	Around Habitation		throughout year							
	Small Kashmir flying squirrel	<i>Eoglaucomys fimbriatus</i>	Around Habitation		throughout year							
	Himalayan mouse hare	<i>Ochotona roylei</i>	Around Habitation		throughout year							
	Short-Tailed Bandicoot Rat	<i>Nesolia indica</i>	Around Habitation		throughout year							
	Porcupine/ Shale	<i>Hystrix indica</i>	Rocky Hills	Has sharp spikes	throughout year	Plenty	Common					
	Saanp	<i>Serpentes</i>	Rocky Hills	Limbless, carnivore with mobile jaw	Summer	Plenty	Common					
	Himalayan pit viper	<i>Agkistrodon himalayanus</i>			throughout year							

Reptiles	Russell's viper	<i>Viper russelii</i>			throughout year								
	Common Skink	<i>Lygosoma himalayanus</i>			throughout year								
	Northern house gecko	<i>Hemidactylus flaviviridis</i>			throughout year								
	Chipkali	<i>Lacertila</i>	Rocky Hills	Quadrepedal	Summer	Plenty	Common						
Birds	Chidya	<i>Passer domestica</i>	Around habitation	Feeds on seeds , weeds, grain	Through out Year	Plenty	Common						
	Koel	<i>Eudynamys scolopaceus</i>	Around habitation	Feeds on seeds , weeds, grain	Through out Year	Plenty	Common						
	Tota	<i>Alexandrine parakeet</i>	Around habitation	Feeds on seeds , weeds, grain	Through out Year	Plenty	Common						
	kawa	<i>Corvus</i>	Around habitation	Feeds on seeds , weeds, grain	Through out Year	Plenty	Common						
	Cheel	<i>Milvus migrans</i>	Migratory	Carvinore	Through out Year	Plenty	Common						
	Chakor	<i>Alectoris chukar</i>	lowlands		Through out Year	Abundant	Rare						
Amphibian	Frog	<i>Rana cyanophlictis</i>	Ponds, lakes		summer	Abundant	Common						
	Toad	<i>Bufo viridis</i>											
Insects	Bichoo	<i>Typhlochactas mitchelli</i>	Moist low land		summer	Abundant	Common						
	Ttili	<i>Rhopalocera</i>	low Lands	feeds on flowers nectar	summer	Abundant	Common						
	Cockroach	<i>Blattodea</i>	low Lands	waste Materila	summer	Abundant	Common						
	AS (Alpine Scrub)	RO (Rockey Outcrops)	AE (Ariel Edges)	GD (Garbage Dumps)	OH (Open Hill)								
	OS (Open Scrub)	TB (Temperate Broadleaf)	TC (Temperate Conifer)	RF (Riparian Forest)	UF (Urban Forest)	AQ (Aquatic Forest)							

**URBAN BIODIVERSITY**

**Format 29: Flora**

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

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

**Format 30: Fauna**

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

<b>Format-31 : Any other information of local importance.</b>		
<b>1</b>	<b>2</b>	<b>3</b>
<b>S. No.</b>	<b>Information of local importance</b>	<b>Remarks</b>
<b>1</b>		
<b>2</b>		

All the information found in this PBR is found correct.

*End of Part II*