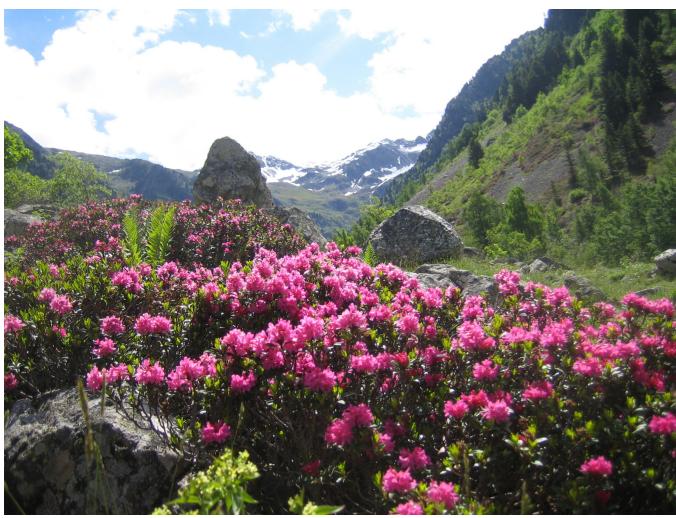
IMPORTANT WILD MEDICINAL SPECIES OF HILLY REGIONS OF HIMACHAL PRADESH

Ragini Gupta¹ and Avinash Kumar Bhatia²
¹B.Sc. (Hons.) Forestry, Dr. Y.S. Parmar University of
Horticulture and Forestry, Nauni, Solan
²Junior Research Fellow, College of Horticulture and Forestry,
Neri, Hamirpur (HP)

INTRODUCTION

Himachal is one of the most diverse states in India in terms of biodiversity of both flora and fauna. Due to its incredible scenic beauty, the state attracts thousands of tourists every year. But along with scenic beauty, the state of Himachal Pradesh is also bestowed with hundreds of medicinal plant species which are occurring naturally in its forest ranges. Himalayas are home to various medicinal plants species few of which are listed in the table below:-



Scientific name	Common name	Location in	Medicinal uses
		Himachal Pradesh	
Valeriana walichii	Mushkbala	Bharmour, Karsog, Rohru	Its paste is applied on wounds and it also acts as stimulant in fever and nervous disorder.
Taxus baccata	Yew	Bharmour division	Taxol is extracted from its bark which is used in treatment ofcancer.
Morchella esculenta	Guchhi	Kullu, Upper rangesof Shimla	Used for stomach problems and for general weakness.
Rhododendron arboreum	Buransh	Upper ranges of Chamba, Mandi, Jakhu forest range, Taradevi region	Flowers are used for making a refreshing drink. The are useful in amoebic dysentery, diarrhea, fever and headache.
Nigella sativa	Kala jeera	Native to Distt.Kinnaur	Lowers cholesterol, controls blood sugar, treats skin problems.
Swertia paniculata	Panicledswertia, chiraita	Distt. Chamba	Plant is used as substitute of Chirayta in treatment of malaria and fever.
Berberi saristata	Kashmal	Dalhousie region of Distt. Chamba	Acts as blood purifier, affectionsof eye, cholera
Rubus ellipticus	Himalayan yellowraspberry	Mandi, Kullu,Chamba	Fruits are edible and mild laxative.
Viola negunda	Banaksha	Kangra and Chamba Distt.	Flowers and whole plants are used in cough, cold and asthma.
Datura stramonium	Dhatura	Mandi, Kullu Distt.	Seeds are used in stomach pain treatment caused due to intestinal worms and help to cure toothache.

