

# IMPORTANT WILD MEDICINAL SPECIES OF HILLY REGIONS OF HIMACHAL PRADESH

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

