

**List of important Minor Forest Produce/ NTFP found in
Pir Panjal Forest Division.**

Specie Name	Local Name	Medicinal Use	Part Used
<i>Aconitum hetrophyllum</i>	Patis	Nasal insufflations of roots is beneficial in migrane, crushed seeds locally applied on throat, in tonsillitis. Roots are also used in cervical lymphadenitis, ascites, sperrnatorrhoea. Root decoction reduces burning of urinary tract and perspiration.	Roots and leaves
<i>Arnebia acuminata</i>	Khazaban	Dry flowering shoots used in tongue and throat diseases. Also useful in cardiac ailments. Underground parts yield a purple dye. It is one of the ingredients of Livocin.	Whole plants used for medicines especially Flower and leaves
<i>Atropa acuminata / Atropa belladona</i>	Deadly night shade / Belladona	Pain reliever, muscle relaxer anti-inflammatory; helps treat menstrual problems, peptic ulcer disease, histaminic reaction and motion sickness	Whole plant
<i>Dioscorea deltoidea</i>	Dioscorea / Kreach / Yam	Tubers used for washing woollens. Also a promising source of steroidal sapogenins used in oral contraceptives.	Underground stem/rhizom e
<i>Valeriana jatamansi</i>	Mushkibala	Roots used medicinally in Ayurvedic formulations. Valtrats isolated from rhizomes have tranquilizing and sedative action. Also used in perfumes.	Roots / rhizomes

<i>Viola odorata</i> <i>/Viola canescens</i> <i>/viola himalyensis</i>	Banafsha / Nunposh	It is mainly used in respiratory ailments. It is very beneficial in treatment of congestion, coughs and sore throat. It is also used as emetic. Presence of glycoside of salicylic acid in its leaves explains its efficient use in headache and body pain. Flowers are anti-septic, anti inflammatory, laxative and expectorant.	Whole plant mostly Flowers
<i>Picrorhiza kurroa</i>	Kour	The rhizome has a long history of use in treatment of digestive problems. Other uses have been proposed for asthma, liver damage, wound healing, vitiligo.	Root
<i>Saussurea lappa/ Saussurea</i>	Kuth	Very important medicinal plant, roots used in cosmetic and ayurvedic formulations. Roots yield essential oil	Root
<i>costus</i>		which has strong aromatic odour. The powdered roots are sprinkled over crops as insecticide. Roots are also kept in woollen garments as insect repellent. Root drug is useful in controlling Bronchial asthma.	
<i>Heracleum candicans</i>	Shuriyal, Phulao, Kaindal	Roots are used as a source of xanthotoxin, a furanocoumarin used in treatment of leuciderma. Fruits are used as nerve tonic.	Roots, leaves, Flowers
<i>Rheum emodi / Rheum moorcroftianum</i>	Pambechalan	Roots used in wound healing, muscular swellings and mumps. Also used to dye woollens.	Roots, leaves

<i>Adiantum capillus</i>	Gavtheri	The plant is pectoral, expectorant, emmenagogue, astringent and diuretic. Also used in throat affections and bronchial disorders. Leaves are used in catarrhal affections. The plant is also used as a tea to relieve colic and for amenorrhoea. Rhizome is used for respiratory diseases. Decoction of leaves cures stomach pain.	Roots, leaves
<i>Althea officinalis</i> / <i>Althea rosea</i>	Sazposh	The root of the plant is used in jaundice, stomach, urinary ulcers and liver disorders. This plant possesses valuable soothing properties, especially for the inflammation of the uterus and general female troubles.	Flowers and roots
<i>Angelica orchangetica</i>	Mohrchhar / Chohore	Roots used for flavouring dishes. Seeds fed to horses in stomach pain. Musk like odour of roots is used in perfumes. An infusion of leaves is useful in sore throat.	Roots, leaves, Seed
<i>Carum spp.</i>	Zeera	Caraway seeds are useful for relieving gas pains and bronchial spasms. Useful in amenorrhoea, blood vomiting, rheumatism and fevers. Reported to be abortifacient. Also used in breads, cakes, cheeses and liquors.	Seeds
<i>Ferula jaeschkeana</i>	Hingu / Haput Kanphur	Used as fodder for goats. Also yields essential oil.	Whole plant
<i>Juniperus spp.</i>	Wethur	Fruits and oil used for flavouring gin and food products. Used against swellings, tumors and warts by locals. Useful in asthma.	Leaves, Seeds, Fruits.

<i>Jurinea macrocephala</i>	Dhoop	Roots are used in dhoop making	Roots
<i>Phytoloea acinosa</i>	Hapatmakai	Leaves are cooked as vegetables. Ripe fruits are eaten by black bears	Leaves, seeds, Fruits
<i>Skimmia laureola / Skimmia anquetilia</i>	Botapater/ Ruspatta / Nera	Leaves used as incense and flavouring agent. Finds use in perfumes and cosmetics	Leaves
<i>Trillium govaniana</i>	Naagshatri / Satgandi	Roots yield diosgenin on hydrolysis.	Underground stem/rhizom e
<i>Podophyllum emodi</i>	Banwgum	Used in cancer treatment, as stimulant and purgative.	Fruit, roots