



**Amchi Name : Ma-nu**  
*Inula racemosa* Hook.f. (Asteraceae)  
 Uses : Used for balancing rLung (wind disease) and thak (blood), inflammation due pad kan (phlegm) fever and pain in upper body region

Himalayan regions of India, Bhuriyat republic of Russia etc. Sowa-Rigpa uses around 2000 substances for preparations of different medicines, out of these 80% are of plants origin. So, skillful uses of high altitude plants is a unique specialties of this system.

### Cultivation and Conservation of medicinal plants

It is observed during our studies and field trips that due to current increasing demand for herbal products, ecological changes, unscientific and over exploitation etc. are causing great threat for survival of many plant species. Therefore this Centre has taken up few projects for conservation and cultivation of some important and threatened medicinal plants of Ladakh. Some rural Amchi farmers have been adopted by this Unit for cultivation of medicinal plants in their fields. Few workshops and awareness programmes on conservation of medicinal plants are being organized by this Centre time to time. A new project on establishing of Trans-Himalayan medicinal plants is recently started by this Centre.

Further information can be obtained from :

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## Trans-Himalayan Medicinal Plants



**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES**  
 Ministry of AYUSH  
 (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
 Government of India

### Introduction

Sowa-Rigpa (Amchi) Research Centre, Leh has been engaged in extensive medico-botanical surveys of Trans-Himalayan regions. Around one thousand plant species are collected from Ladakh and Lahoul-Spiti region, out of these 50% of plants species have medicinal uses in various Indian systems of medicine and folk traditions. The flora of Trans-Himalayas comes under alpine and high alpine zones dominated by annual and perennial herbs, followed



**Amchi Name : Bcha-rog-spos**  
*Delphinium brunonianum* Royle. (Ranunculaceae)  
 Uses : Used against influenza fever from congenital disease and poisoning, Skin disease

by few stunted shrubs and bushes. The vegetation of this region can be broadly classified into three categories - Alpine mesophytes, Oasitic vegetation and Desert vegetation.

### People and Plants in Trans-Himalayas

Trans-Himalaya being one of the most remote and inaccessible regions of the world has been a self-sustained region for most part of history. Due to isolation from major



**Amchi Name : Wang-lack**  
*Dactylorhiza hatagirea* (D. Don) Soo. (Orchidaceae)  
 Uses : General Tonic, aphrodisiac. Useful for increasing sexual appetite and body strength.

part of the world the people of region have been largely dependent on surrounding plants for their fundamental needs, day-to-day life, socio-cultural and religious events. Basic commodities like vegetables, medicines, fuel, fodder and ornamental flower etc. were completely collected from wild plant sources. This long dependence on wildplants had enriched the knowledge of Ladakhi people about use of plants.

### Sowa-Rigpa & Medicinal Plants

"Sowa Rigpa" (Science of healing), is popularly known as Amchi Medicine in Ladakh, beside Ladakh it has been popularly practiced in Tibet, Mangolia, Bhutan, China, Nepal,