



# Fact Sheet

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## A Checklist of Medicinal, Aromatic and Economic Plants of CKNP

(Central Karakoram National Park)

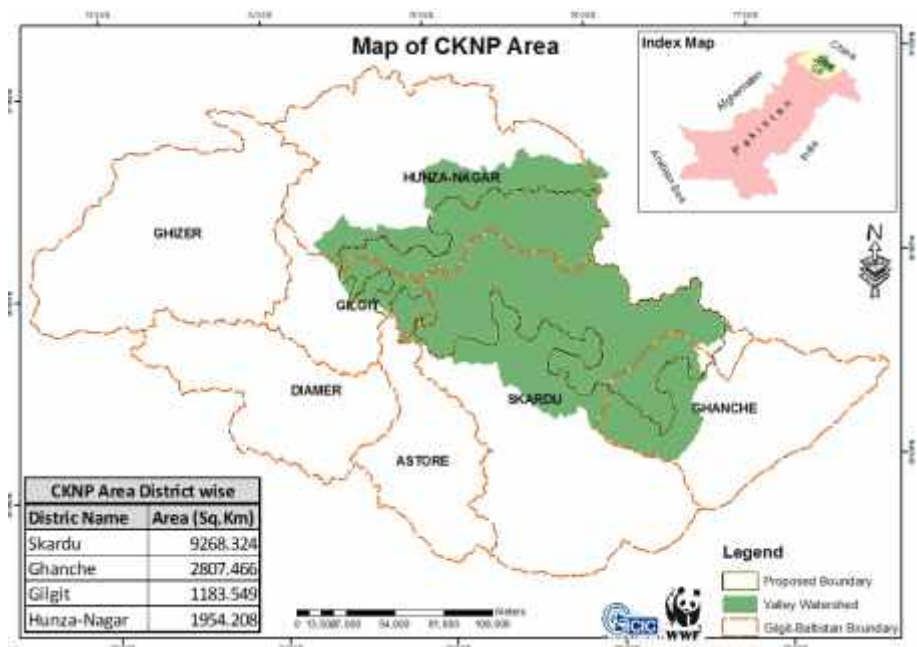
A park between earth and sky



CKNP is the largest protected area of Pakistan spanning over 10,000 km<sup>2</sup> and partly covering four of the seven districts of Gilgit-Baltistan, i.e. Ghanche, Skardu, Gilgit and Hunza-Nagar. With K-2 as its centre piece the Park encompasses some of the world's highest peaks and largest glaciers, internationally famous for world class mountaineering and trekking opportunities. Its geographical width and spread offers a myriad of landscapes and associated biodiversity.

CKNP is a cache of floral diversity; it has abundance of medicinal, aromatic and economic plants. The total number of CKNP's plants is yet to be explored but its richness cannot be doubted as the area has a great variation of elevation, climate, topography and soil, everything needed to support floral diversity. It is also pertinent to note that CKNP also harbours some of the most remote and economically deprived communities who have for centuries made use of their environment, flora and fauna, for survival. The floral diversity has provided the communities with remedies for their ailments, food supplements, construction materials, fuel and other economic benefits. Thus medicinal and economic plants in CKNP have sustained not just the environment but the human settlers as well.

Plants are generally regarded as an important component of the natural environment and are mainly associated with maintaining the air composition and filling-in colour in our surroundings. However, there is more to the importance of plants than just the aforementioned roles. Medicinal and economic plants refer to those species of plant that possess and are used for medicinal and economic benefits. These are best exploited in areas where there is greater dependency on the natural environment. It is estimated that about 80% of the developing world makes use of the traditional methods of medication owing to their easy accessibility. Plants also bring along economic benefits; they can be used as fodder, eatable or sometimes as fuel. Thus, plants exhibit more than just being a regulator of air or a natural adornment of the environment.



# List of Medicinal and Economic Plants of CKNP

#	Scientific Name	Vernacular Name (English/Urdu)	Major uses
1.	<i>Aconitum laeve</i> Royle	Wolf Bane/Atees	Medicinal
2.	<i>Anaphalis nepalensis</i> Spreng.	Pearly Everlasting	Medicinal & Aromatic
3.	<i>Ajuga bracteosa</i> wall ex. Benth	Austral Bugle	Medicinal
4.	<i>Arctium lappa</i> Linnaeus	Budrock	Medicinal
5.	<i>Artemisia maritima</i> (Berg) wellkomm	Santonica/Dermina Turkey	Medicinal
6.	<i>Artemisia absanthium</i> . L	Wormwood/Afsantheen	Medicinal & Aromatic
7.	<i>Asparagus racemosus</i> Willd	Asparagus/Mosli	Medicinal
8.	<i>Asperula oppositifolia</i> Reg. & Schmalh	Asperula	Economic
9.	<i>Aqualegia fragrance</i> . Benth	Sweet-scented columbine	Medicinal
10.	<i>Allium carolinianum</i> . Dc	Alliums/Jungli Piyaz	Medicinal
11.	<i>Berberis orthobotrys</i> . Bien. ex Aitch	Berberly/Kishmal	Medicinal
12.	<i>Berberis pseudumbellata</i> R.Parker	Berberly/Kishmal	Medicinal
13.	<i>Bergenia stracheyi</i> Hook. f. & Thorns	Heart-leaved Bergenia/Zakum-e-Hayat	Medicinal & Economic
14.	<i>Betula utilis</i> D. Don	Indian Paper Birch/Bhojpatar	Economic
15.	<i>Bunium persicum</i> . Bioss	Black Cumin/Sia Zira	Medicinal & Economic
16.	<i>Codonopsis ovata/pilousula</i>	Kashmir Bellflower	Medicinal
17.	<i>Capparis spinosa</i> Linn.	Caper/Kabra	Medicinal
18.	<i>Cannabis sativa</i> . L	Hemp/Bhang	Medicinal
19.	<i>Carthamus tinctorius</i> . L	Safflower/Zafran-e-Kazib	Medicinal & Economic
20.	<i>Carum carvi</i> . L	Caraway/Zerra	Medicinal
21.	<i>Coriandrum sativum</i> . L	Corriander/Dhanya	Medicinal & Economic
22.	<i>Corydalis govaniana</i> Wall.	Corydalis	Medicinal & Economic
23.	<i>Corydalis crassifolia</i> Royle	Corydalis	Economic
24.	<i>Colutea paulsonii</i> . Freyn in Bull	Bladder Senna	
25.	<i>Chenopodium album</i> . L	Fat Hen/Buthuey ka saag	Medicinal
26.	<i>Chenopodium foliosum</i> . Asch	Goose-foot	Economic
27.	<i>Cichorium intybus</i> . L	Chicory/Kasni	Medicinal
28.	<i>Cirsium falconeri</i> . Hook	Falconer's Thistle	Medicinal
29.	<i>Clematis orientalis</i> L.	Oriental Virgin's Bowler	Medicinal
30.	<i>Cistanche tubulosa</i> Schenk	Desert Hyacinth/Lonki ka Mula	Medicinal
31.	<i>Cydonia oblonga</i> . Miller Gard	Quince	Medicinal
32.	<i>Cuscuta europaea</i> . L	Dodder	Medicinal
33.	<i>Convolvulus arvensis</i> Linn.	Field Bindweed	
34.	<i>Cotoneaster integerrima</i> Medik	Common Cottoneaster	Economic
35.	<i>Cicer microphyllum</i> Benth.	Wild Gram	Medicinal & Economic
36.	<i>Cynanchum acutum</i> . L	Montpellier Scamony Plant	Economic
37.	<i>Capsella bursa-pastoris</i> (L.) Medik.	Shephard's Purse	Medicinal
38.	<i>Calendula officinalis</i> Linnaeus	Marigold	Medicinal
39.	<i>Dactylorhiza hatagira</i> D. Don	Marsh Orchid/Salib Punja	Medicinal
40.	<i>Datura stramonium</i> Linn.	Thorn Apple/Datura	Medicinal
41.	<i>Daphne mucronata</i> Royle Syn	Daphane/Ratilal	Medicinal
42.	<i>Dianthus anatolicus</i> . Bois	Dianthus	Economic
43.	<i>Equesitum arvensis</i> . L	Horsetail/Asp Nari	Medicinal
44.	<i>Epilobium latifolium</i>	River Beauty	Economic
45.	<i>Epilobium angustifolium</i> Linnaeus	Fireweed	Economic
46.	<i>Ephedra intermedia</i> . Schernk	Ephedra/Asmaniya	Medicinal
47.	<i>Ephedra gerardiana</i> . Wall. ex Staph	Ephedra/Asmaniya	Medicinal
48.	<i>Echinops cornigerus</i> . Dc	Globe Thistle	Medicinal
49.	<i>Elaeagnus angustifolia</i> . L	Oleaster	Medicinal

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#	Scientific Name	Vernacular Name (English/Urdu)	Major uses
50.	<i>Elaeagnus umbellata</i> . Thunb	Autumn Olive	Medicinal
51.	<i>Fragaria nubicola</i> . Lindl. ex Iacaita	Wild Strawberry	Medicinal
52.	<i>Fagopyrum esculentum</i> Moench. Meth	Buckwheat/Gandum-e-Sia	Medicinal
53.	<i>Fraxinus xanthoxyloides</i> (Wall. ex G. Don) DC.	Algerian Ash	Medicinal & Economic
54.	<i>Ficus carica</i> L.	Fig/Ingeer	Medicinal
55.	<i>Gentianodes tianschanica</i> . Rupr	Gentian	Medicinal
56.	<i>Glycyrrhiza glabra</i> Linn.	Liquorice Root/Mulathi	Medicinal
57.	<i>Hyocyamus niger</i> . L	Henbane/Ajwain-e-Khurasani	Medicinal
58.	<i>Hypricum perforatum</i> . L	St. John's Wort/Balsana	Medicinal
59.	<i>Haplophyllum gilesii</i> (Hemsl.)	Haplophyllum	Economic
60.	<i>Heliotropium europaeum</i> L.	Heliotropium/Hathi-Sura	Medicinal & Economic
61.	<i>Hippophae rhamnoides</i> L.	Sea Buckthorn	Medicinal & Economic
62.	<i>Iris Hookeriana</i> R. C. Foter	Hooker's Iris	Economic
63.	<i>Inula royleana</i> DC.	Himalayan Elecampane	Medicinal & Economic
64.	<i>Isodon rugosus</i> (Wall. ex Benth.)	Wrinkled Leaf Isodon	Medicinal & Economic
65.	<i>Juniperus communis</i> Linn.	Common Juniper	Medicinal, Aromatic & Economic
66.	<i>Juniperus exeelsa</i> . M. B	Pencil Cedar	Medicinal, Aromatic & Economic
67.	<i>Kochia prostrata</i> (L.)	Forage/Uss	Medicinal & Economic
68.	<i>Mentha longifolium</i> . L	Horse Mint/Jungli Podina	Medicinal
69.	<i>Mentha arvensis</i> . L	Corn Mint/Podina	Medicinal
70.	<i>Medicago sativa</i> L.	Alfalfa/Rishka	Medicinal & Economic
71.	<i>Melilotus officinalis</i> . (L)Devs.	Millet/Aspurk	Economic
72.	<i>Morina coulteriana</i> . Royle.	Morina	Economic
73.	<i>Morchella esculenta</i>	Spong Morel	Medicinal
74.	<i>Oxyria digena</i> L.	Alpine Mountain Sorrel	Medicinal
75.	<i>Onosma hispida</i> . Wall	Onosma	Medicinal & Economic
76.	<i>Orobanche cernua</i> . Loef	Nodding Broomrape	
77.	<i>Olea ferruginea</i> Royle	Indian Olive	Economic
78.	<i>Oenothera affinis</i> Cambes	Longflower Evening Primrose	Economic
79.	<i>Papaver somniferum</i> L.	Popy	Medicinal
80.	<i>Pistacia khinjuk</i> . Stocks	Bombay Mastix	Medicinal. Aromatic & Economic
81.	<i>Pinus wallichiana</i> A. B. Jackson	Himalayan White Pine	Medicinal & Economic
82.	<i>Pinus gerardiana</i> Wall. ex Lamb	Chilghoza Pine	Medicinal & Economic
83.	<i>Polemonium caeruleum</i> L.	Jacob' Ladder	Economic
84.	<i>Perovskia abrotanoides</i> . Karel	Russian Sage	Economic
85.	<i>Polygonatum verticillatum</i> (L.)	Whorled Solomon's seal	Medicinal
86.	<i>Phlomis bracteosa</i> Royle ex Benth.	Pholmis	Economic
87.	<i>Prunus prostrata</i> . Labill	Mountain Cherry	Medicinal
88.	<i>Prunus amygdalus</i> Baill	Almond	Medicinal & Economic
89.	<i>Rheum webbiana</i> Royle	Rhubarb/Rawand	Medicinal
90.	<i>Rheum spiciforme</i> Royle	Rhubarb/Rawand	Medicinal
91.	<i>Rosa webbiana</i> Wall. ex Royle	Wild Rose/Gul-e-Surkh	Medicinal
92.	<i>Ranunculus laetus</i> Wall	Ranunculus	Economic
93.	<i>Rhodiola quadrifida</i> (Pallas)	Rhodiola	Economic
94.	<i>Rhodiola wallichiana</i> (Hook.)	Rhodiola	Economic
95.	<i>Rhodiola saxifragoides</i> (Fröd.) H.	Rhodiola	Economic
96.	<i>Ribes alpestre</i> Decne.	Gooseberry	Medicinal
97.	<i>Rubus irritans</i> Focke	Climbing Blackberry Plant	Medicinal

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98.	<i>Rumex acetosa L.</i>	Field Sorrel	Medicinal
99.	<i>Rumex nepalensis Spreng</i>	Golden Dock	Medicinal
100.	<i>Rhododendron anthopogon D. Don</i>	Azalea	Medicinal
101.	<i>Solanum nigrum L.</i>	Black Nightshade	Medicinal
102.	<i>Solanum surattense Burm. f.</i>	Yellow Berried Nightshade/Kateli	Medicinal
103.	<i>Senecio chrysanthemoides DC.</i>	Senecio	Economic
104.	<i>Silene edgeworthii (Bocquet)</i>	Indian Champion	Economic
105.	<i>Silene moorcroftiana Wall.</i>	Silene	Economic
106.	<i>Sedum ewersii Ledeb. (Hylotelephium ewersii (Ledeb.))</i>	Pink Mongolian Stonecrop	Economic
107.	<i>Sexifraga stenopylla Royle</i>	Sexifrgaga	Economic
108.	<i>Swertia petiolata D. D</i>	Swertia	Medicinal
109.	<i>Salix tetrasperma Roxb.</i>	Indian Willow	Medicinal & Economic
110.	<i>Salix flabellaris Andersson.</i>	Willow	Economic
111.	<i>Silybum marianum.L. Syn (Carduus marianus Linnaeus)</i>	Blessed Milk Thistle	Medicinal
112.	<i>Sisymbrium irio Linn</i>	London Rocket/Khub-e-Kalaan	Medicinal
113.	<i>Sophora mollis Royle.</i>	Himalyan Laburnum	Medicinal
114.	<i>Taraxacum officinale Webber.</i>	Dandelion	Medicinal & Economic
115.	<i>Tamaricaria elegans (Royle.)</i>	Elegant False	Economic
116.	<i>Tanacetum artemisioides Schultz-Bip.</i>	Feverfew	Medicinal
117.	<i>Tanacetum baltistanicum Podlech</i>	Tanacetum	Economic
118.	<i>Trigonella foenum-graecum Linn.</i>	Fenugreek/Methi	Medicinal
119.	<i>Thymus linearis linn.</i>	Wild Thyme/Jungli Ajwain	Medicinal
120.	<i>Urtica dioica Linn.</i>	Stinging Nettle/Bichu Buti	Medicinal
121.	<i>Verbascum thapsus. L</i>	Greate Mullein	Medicinal
122.	<i>Viola rupestris Schm.</i>	Sweet Violet/Banafsha	Medicinal
123.	<i>Vicia faba Linn.</i>	Broad Bean or Horse Bean	Economic (Food)

Source: WWF – Pakistan Gilgit-Baltistan, 2012.  
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