



Chesneya cuneata



Cirsium arvense



Codonopsis clematidea



Dactylorhiza hatagirea



Echinops cornigerus



Ephedra gerardiana



Epilobium latifolium



Geranium wallichianum



Hippophae rhamnoides



Iris lactea



Juniperus macropoda



Marrubium vulgare



Melilotus officinalis



Myrecaria germinica



Physochlaina praelata



Ranunculus arvensis



Ribes orientalis



Rheum speciforme

*Rosa foetida**Rosa webbiana**Taraxicum officinale**Trigonella emodi**Urtica dioica**Verbascum thapsus*

References

- [1] Samant, S. S., Pant, S., Lal, M., Singh, A., Sharma, A. and Bhandari, S., "Diversity, distribution pattern, indigenous uses and conservation prioritisation of medicinal plants of Himachal Pradesh, India," *International journal of Biodiversity and Science Management*, 3, pp. 234-251, 2007.
- [2] Namgyal, G. and S.T. Phuntsog., *In Amchi Pharmacotherapeutics Central Council for Research in Ayurveda and Siddha*. Cambridge Printing Works, New Delhi. 1990.
- [3] Sharma, C. M., Suyal, S., Gairola, S. and Ghildiyal, S. K., "Species richness and diversity along an altitudinal gradient in moist temperate forest of Garwal Himalayan," *Journal on Atmospheric Science*, 5(5), pp. 119-128, 2009.
- [4] Grytnes, J. A., Vetaas, O. R., "Species richness and altitude: A comparison between null models and interpolated plant species richness along the Himalayan altitudinal gradient, Nepal." *The American Naturalist*, 159; pp. 294-304, 2002.
- [5] Behera, M. D., Kushwaha, S. P. S. and Roy, P. S., "High plant endemism in an Indian hotspot – eastern Himalaya," *Biodiversity and Conservation*, 11, pp. 669–682. 2002.
- [6] Kala, C. P., "Indigenous uses, population density, and conservation of threatened medicinal plants in protected areas of the Indian Himalaya," *Conservation Biology*, 19(2), pp.368-378, 2005.
- [7] Ballabh, B. and Chaurasia, O.P., "Traditional medicinal plants of cold desert Ladakh – used in treatment of cold, cough and fever," *Journal of Ethnopharmacology*, 112, pp. 341–349, 2007.
- [8] Khan, S. W. and Khatoon, S., "Ethnobotanical studies on useful trees and shrubs of Haramosh and Bugrote valleys, in Gilgit Northern Areas of Pakistan,". *Pakistan Journal of Botany*, 39(3), pp. 699-710, 2007.
- [9] Ali, H. and Qaiser, M., "The ethnobotany of Chitral Valley, Pakistan with particular reference to medicinal plants," *Pakistan Journal of Botany*, 41(4), pp. 2009-2041, 2009.
- [10] Murugan M, P. Raj. X, J. Kumar G. P, Gupta, S. and Singh, S. B., "Phytofoods of Nubra Valley Ladakh, The cold desert," *Indian Journal of Traditional Knowledge*, 9(2), pp. 303-308, 2010.
- [11] Qasim, M., Gulzar, S., Shinwari, Z. K., Aziz, I. and Khan, M. A., "Traditional Ethnobotanical uses of halophytes from Hub, Balochistan," *Pakistan Journal of Botany*, 42(3), pp. 1543-1551, 2010.
- [12] Srivastava, S. K., "Floristic diversity and conservation strategies in cold desert of western Himalaya, India," *Journal of Plant Science*, 7, pp. 18–25, 2010.
- [13] Verma, R. K., "Floristic Diversity along an Altitudinal Gradients in Hango Valley of Cold Desert in District Kinnaur, Himachal Pradesh, Biological Forum – An International Journal, 6(2), pp. 115-126, 2014.
- [14] Rawat, G. S, Adhikari, B. S., "Floristics and distribution of plant communities across moisture and topographic gradients in Tso Kar basin, Changthang plateau, eastern Ladakh," *Arctic, Antarctic and Alpine Research*, 37, pp. 539–544, 2005.
- [15] Rhoades, R. E and Thompson, S. I., "Adaptive Strategies in Alpine Environments: Beyond ecological particularism," *American Ethnologist*, 2(3), pp. 535–551, 1975.
- [16] Walker, M. D., Webber, P. J., Arnold, E. H., Ebert-May, D., "Effects of Interannual Climate Variation on Aboveground Phytomass in Alpine Vegetation," *Ecology*, 75(2), pp. 393-408, 1994.
- [17] Kala, C. P., Medicinal plants of the high altitude cold desert in India: Diversity, distribution and traditional uses. *International journal of biodiversity Science and Management*. 2(1): 43-56, 2006.
- [18] Samant, S. S., Pant, S., Lal, M., Singh, A., Sharma, A. and Bhandari, S., "Diversity, distribution pattern, indigenous uses and conservation prioritisation of medicinal plants of Himachal Pradesh, India," *International journal of Biodiversity and Science Management*, 3, pp. 234-251, 2007.

- [19] Ballabh, B. and Chaurasia, O. P. "Traditional medicinal plants of cold desert Ladakh – used in treatment of cold, cough and fever," *Journal of Ethnopharmacology*, 112, pp. 341–349, 2007.
- [20] Sharma, P. K., Thakur, S. K., Manuja, S., Rana, R. K., Kumar, P., Sharma, S., Chand, J., Singh, A. and Katoch, K. K., "Observations on Traditional Phytotherapy among the Inhabitants of Lahaul Valley through Amchi System of Medicine—A Cold Desert Area of Himachal Pradesh in North Western Himalayas, India," *Chinese Medicine*, 2, pp. 93-102, 2011.
- [21] Kumar, S. and Sharma, S., "Species diversity, uses and distribution of medicinal plants along an altitudinal gradient in Padder valley, North western Himalaya," *International Journal of Medicinal and Aromatic Plants*, 3(3), pp. 343-351, 2013.
- [22] Murugan M, P. Raj. X, J. Kumar G. P, Gupta, S. and Singh, S. B., "Phytofoods of Nubra Valley Ladakh, The cold desert," *Indian Journal of Traditional Knowledge*, 9(2), pp. 303-308, 2010.
- [23] Ahmed, S., Wariss, H, M., Alam, K., Anjum, S. and Mukhtar, M., "Ethnobotanical studies of plant resources of Cholistan desert, Pakistan," *International Journal of Science and Research*," 3(6), pp. 1782-1788, 2014.
- [24] Dar, A. R., Dar, G. H. and Reshi, Z., "Recovery and restoration of some critically endangered endemic angiosperms of the Kashmir Himalaya," *Journal of Biological Sciences*, 6, pp. 985-991, 2006.
- [25] G. P., Kumar, R. and Chaurasia, O. P., "Conservation Status of Medicinal Plants in Ladakh: Cold Arid Zone of Trans-Himalayas," *Research Journal of Medicinal Plant*, 5, pp. 685-694, 2011.
- [26] Blanken, H. J., *Bulletin 3/99 - Artikel 11. (In German) Bundesamt für Umwelt, Wald und Landschaft CH-3003 Bern*, 1999.
- [27] Kala, C. P., "Indigenous uses, population density, and conservation of threatened medicinal plants in protected areas of the Indian Himalaya," *Conservation Biology*, 19(2), pp. 368-378, 2005.

Author Profile

Abdul Hamid received his M. Phil in Phytodiversity from University of Jammu, Jammu and is currently a P. h D research scholar of the same University.

Anil K. Raina received his M. Phil and Ph.D from University of Jammu, and is currently serving as Professor of Environmental Sciences in University of Jammu, Jammu.