



Research Paper

‘Valley of Flowers’ Flora, available in August, demonstrates medicinal properties for various disease treatments.

Shivam Kumar Sinha.

Department of Pharmacy and Research, Dev Bhoomi Uttarakhand University, India.

ABSTRACT: This article documents the flora present in the Valley of Flowers National Park, Garhwal Himalaya, Uttarakhand, India, during the month of August. The Valley is renowned for its exceptionally diverse flora, comprising over 600 species, including many rare ones. During my exploration of the Valley, I identified 15 plant species that possess medicinal properties to treat common health disorders resulting from poor diet and hygiene. This study compares the accuracy of online research on plants that supposedly grow in the valley during August with the actual species found in the area, taking into account the impact of increased tourism and climate change.

KEYWORDS: Flora, Common treatment, Climate.

Received 25 Dec., 2024; Revised 28 Dec., 2024; Accepted 31 Dec., 2024 © The author(s) 2024. Published with open access at www.questjournals.org

I. INTRODUCTION

The Valley has the typical microclimate which is associated with Inner Himalayan valleys. The monsoons are heavy, from late June to early September resulting in mist and low cloudy conditions. Therefore, the vegetation is plenty compared to other drier inner Himalayan valleys.

Both Basin and Valley remain snow-bound for 6- 7 months between late October and late March. The snow accumulated is deeper and at lower altitudes on the shadowed southern aspect than on the northern side of the Valleys.

Located in the majestic Himalayas, this enchanting valley is a UNESCO World Heritage Site and one of India's most spectacular natural wonders. Nestled at an altitude of 3,500 to 4,000 meters above sea level, the Valley of Flowers is a hidden paradise that blooms with vibrant colors every summer.

GEOGRAPHICAL AREA

The Valley of Flowers is a geographical area located in the Himalayan mountains of India, specifically in the state of Uttarakhand. Here's a descriptive outline of the area:

1. Location: Nestled in the Garhwal Himalayas, within the Chamoli district of Uttarakhand, India.
 2. Elevation: Ranges from 3,500 to 4,500 meters (11,500 to 14,800 feet) above sea level.
 3. Topography: A high-altitude valley surrounded by snow-capped mountains, glaciers, and alpine forests.
 4. Climate: Alpine and subalpine, with cold winters, mild summers, and limited vegetation growth.
 5. Hydrology: Fed by the Pushpawati River and various streams, with numerous waterfalls and meadows.
 6. Vegetation: Diverse flora, including rare and endangered species, such as the Himalayan blue poppy, Brahma kamal, and various orchids.
 7. Accessibility: Reached via trekking routes from Govindghat or Joshimath, with limited infrastructure and no motorable roads.
 8. Geology: Comprises limestone, sandstone, and shale formations, with evidence of glacial activity.
 9. Biodiversity: Home to various fauna, including Himalayan monals, snow leopards, and blue sheep.
 10. Cultural significance: Considered a sacred site by locals and a UNESCO World Heritage Site since 2002.
- This descriptive outline provides a comprehensive overview of the Valley of Flowers' geographical area, highlighting its unique features and characteristics.

CLIMATE

The valley has the typical microclimate which is associated with Inner Himalayan valleys. The conditions are usually dry and the annual perception is also low. However, the monsoons are heavy, from late June to early September. The presence of mist and low cloudy conditions during the monsoon keeps the soil moisture high. Therefore, the vegetation is plenty than is usual in the other drier inner Himalayan valleys.

FLORA

Majestic Valley of Flowers!

Located in the Western Himalayas, this enchanting valley is a UNESCO World Heritage Site, renowned for its breathtaking beauty and diverse flora. The valley is home to over 500 species of flowers, including:

- Rare and exotic Himalayan orchids
- Vibrant rhododendrons and blue poppies
- Delicate edelweiss and forget-me-nots
- Majestic Himalayan sunflowers and marigolds

The valley's unique geography and climate create a haven for this incredible array of flora, which blooms in a kaleidoscope of colors during the summer months. The flowers are surrounded by towering mountains, glaciers, and picturesque streams, making the Valley of Flowers a true natural wonder.

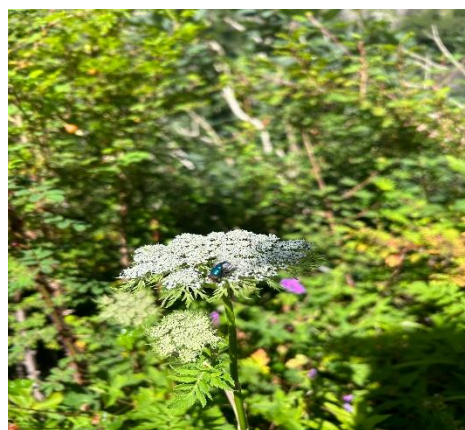
This remarkable valley is also home to a variety of wildlife, including the elusive snow leopard, blue sheep, and Himalayan monals.

A trekker's paradise, the Valley of Flowers is a must-visit destination for nature lovers, botanists, and adventure enthusiasts alike!



S. No	FLOWER NAME	COMMON NAME	HABIT	FAMILY	ALTITUDE RANGE (m)	FLOWERING SEASON	USES
1.	Geranium wallichianum	Crane's bill, Laljar	Herbaceous perennial	Geraniaceae	2400-3600	June-September	Root is used in treating peptic ulcer, hair loss, ear & eye disease
2.	Oxalis corniculata	Indian Sorrel, Katti-bhuti	Herb	Oxalidaceae	Upto 2400	Throughout the year.	Leaves are used as appetizer & to treat cough, cuts, wounds, constipation, jaundice & skin diseases.
3.	Aster albescens	Himalayan Aster	Shrub	Asteraceae	800-3600	June-September	NA
4.	Erigeron Multiradiatus	Himalayan fleabane, Rayhanda	Herb	Asteraceae	2600-4400	August-September	Whole plant is used as a brain tonic & to treat Renal disorders & stomach ache
5.	Ligularia amplexicaulis	NA	Herb	Asteraceae	3000-4500	July-September	In Tibetan medicine, stem & leaf is used to treat digestive disorders, vomiting & indigestion. Root-poultice to sprains & dislocated bones.
6.	Solidago Virgaurea	Golden Rod, Sonali.	Herb	Asteraceae	1800-3500	June-September	To treat asthma, rheumatism, cuts & wounds. Leaves-kidney trouble. Roots-to treat

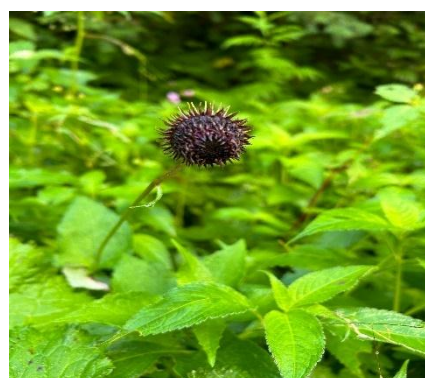
							throat infections
7.	Oxyria digyna	Mountain sorrel	Herb	Polygonaceae	2400-5500	June-August	Whole plant is used as appetizer. The leaves are rich in vitamin C & are used to treat scurvy.
8.	Saussurea auriculata	Nuri, Nurya, Thimra	Perennial herb	Asteraceae	2000-4300	August-late October	Leaves are used as vegetables.
9.	Nepeta erecta	Erect Catmint	Herb	Lamiaceae	2100-3600	June-August	NA
10.	Epilobium laxum	Lax Willow herb	Herb	Onagraceae	2100-4200	July-September	Used to relieve inflammation
11.	Selinum wallichianum	Milky parsely, Bhuktesi	Herb	Apiaceae	2700-4000	June-September	NA
12.	Morina longifolia	Whorl flower, Biskandru	Herb	Dipsacaceae	3000-4000	June-September	Roots is used treating boil and wounds, digestive disorder, vomiting & nausea
13.	Ligularia amplexicaulis	NA	Herb	Asteraceae	3000-4500	July-September	In Tibetan medicine, stem & leaf is used to treat digestive disorders, vomiting & indigestion. Root poultice to sprains & dislocated bones.
14.	Anaphalis royleana	NA	Herb	Asteraceae	1800-3300	June-August	NA
15.	Impatiens sulcata	Gigantic Himalayan Balsam, Dog flower	Herb	Balsaminaceae	1800-4000	July-September	Edible seeds, paste of whole plant is used to treat various skin diseases.
16.	Anemone vitifolia	Grape Leaf Anemone	Herb	Ranunculaceae	2100-3000	August-September	Roots, Leaves used in Ringworm infections, eczema
17.	Desmodium elegans	Elegant tick clover, Chamlai	Shurb	Fabaceae	1000-3000	June-September	The roots are used as a carminative, diuretic & tonic. They are used in the treatment of biliousness & epilepsy



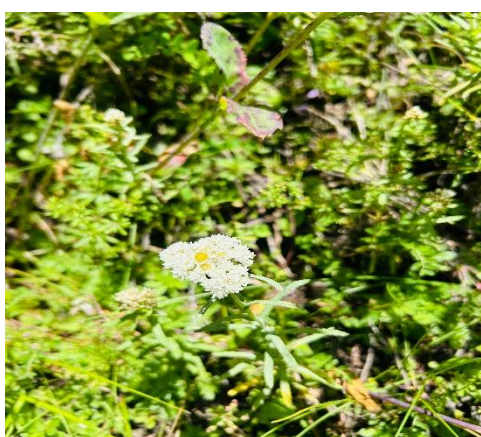
RUMEX ACETOSASELIUM WALLICHIANUM



ERIGERON MULTIRADIATUS
PATIENS SULCATA



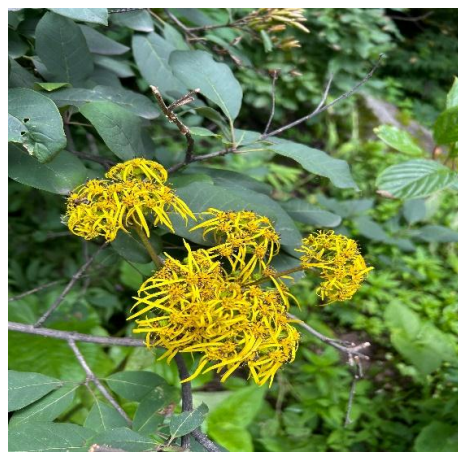
NEPETA ERECTA
SAUSSUREA AURICULATA



GERANIUM WALLICHIANUM
ANAPHALIS ROYLEANA



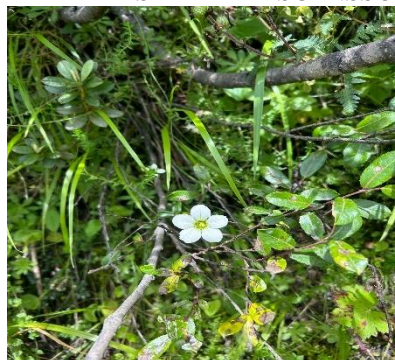
OXALIS CORNICULATA MORINA LONGIFOLIA



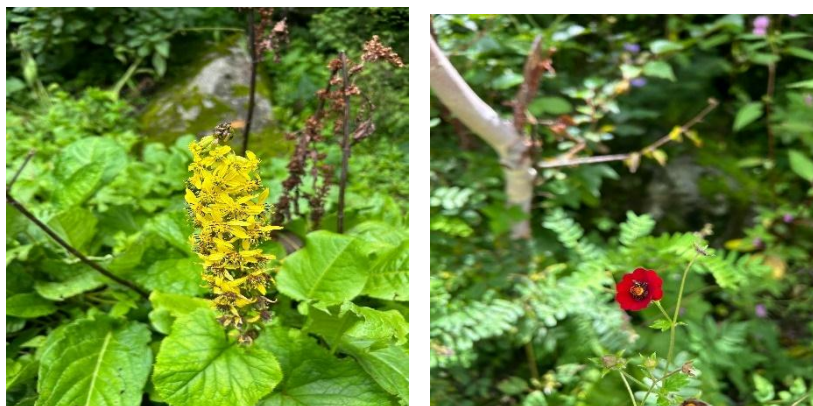
CHAEROPHYLLUM ACUMINATUM LIGULARIA AMPLEXICAULIS



ASTER ALBESCENS SOLIDAGO VIRGAUREA



ANEMONE VITIFOLIA BISTORTA VACCINIFOLIA



CORYDALIS CORNUTAPOTENTILLA ARTRISANGUINEA

MARKET PERSPECTIVE

Some of the plants that I have listed been used in traditional medicine or have properties that could be used medicinally, but I'm not aware of any specific medicines currently on the market that use these exact flowers. However, here are some potential uses or properties associated with each plant:

1. Geranium wallichianum - antibacterial, antifungal, and anti-inflammatory properties
2. Oxalis corniculata - traditionally used to treat fever, rheumatism, and digestive issues
3. Aster albescens - anti-inflammatory and antioxidant properties
4. Erigeron Multiradiatus - antioxidant and anti-inflammatory properties
5. Ligularia amplexicaulis - anti-inflammatory and antioxidant properties
6. Solidago Virgaurea - traditionally used to treat urinary tract issues and respiratory problems
7. Oxyria digyna - antioxidant and anti-inflammatory properties
8. Saussurea auriculata - anti-inflammatory and antioxidant properties
9. Nepeta erecta - traditionally used to treat digestive issues and respiratory problems
10. Epilobium laxum - antioxidant and anti-inflammatory properties
11. Selinum wallichianum - anti-inflammatory and antioxidant properties
12. Morina longifolia - traditionally used to treat fever and digestive issues
13. Ligularia amplexicaulis - anti-inflammatory and antioxidant properties
14. Anaphalis royleana - antioxidant and anti-inflammatory properties
15. Impatiens sulcata - traditionally used to treat wounds and skin issues
16. Anemone vitifolia - anti-inflammatory and antioxidant properties
17. Desmodium elegans - traditionally used to treat fever and digestive issues

FUTURE ASPECTS

From a treatment perspective, the future of utilizing these plants holds promise in various areas:

1. Personalized medicine: With advancements in genomics and pharmacogenomics, plant-based treatments can be tailored to individual genetic profiles.
2. Synthetic biology: Scientists can engineer microorganisms to produce specific plant-derived compounds, making production more efficient and sustainable.
3. Nanotechnology: Nanoparticles can be used to enhance delivery and bioavailability of plant-based compounds, improving treatment efficacy.
4. Combination therapies: Plant-based compounds can be combined with conventional treatments to enhance effectiveness and reduce side effects.
5. Digital health: Telemedicine and AI-powered platforms can facilitate access to plant-based treatments and monitor patient outcomes remotely.
6. Sustainable production: Vertical farming, bioreactors, and other sustainable methods can increase plant production while minimizing environmental impact.
7. Pharmaceutical development: Plant-based compounds can inspire the development of new pharmaceuticals, leading to innovative treatments.
8. Traditional medicine integration: Plant-based treatments can be integrated into conventional healthcare systems, promoting complementary and alternative medicine.
9. Gene editing: CRISPR technology can be used to enhance plant-based compound production, reduce toxicity, and improve treatment outcomes.
10. Global accessibility: Plant-based treatments can be made more accessible globally, particularly in underserved communities, through innovative distribution channels and partnerships.

These advancements will likely lead to more effective, sustainable, and accessible plant-based treatments, revolutionizing the future of healthcare.

II. CONCLUSION

In conclusion, this study highlights the disparity between online research and actual field observation of plant species in the Valley of Flower National Park during August. The finding suggest that increased tourism and climate change may be impacting the flora of the Valley, leading to variations in plant species presence. Furthermore, the identification of 15 plant species with medicinal properties underscores the importance of preserving this unique ecosystem future research should focus on comprehensive field studies to accurately document the flora of the valley and inform conservation efforts

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