

EXPLORATION OF PLANT BASED TRADITIONAL KNOWLEDGE FROM SHAM REGION OF LADAKH (J&K), INDIA

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Abstract: Ethnobotanical forays were conducted in three villages viz. Wanla, Domkhar and Skurbuchan of Sham region in Ladakh (J&K). The present paper documents significant ethnobotanical information on traditional usage of some interesting high altitude plants by the indigenous villagers in Sham region of Ladakh as food, beverage, medicine, fodder, timber and fuel. Acquaintances on twenty plants including their botanical names, vernaculars and traditional usage and recipes were incorporated in the present paper.

Keywords:

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