

# ETHNOBOTANICAL OBSERVATIONS IN TRANS-HIMALAYAN REGION OF LADAKH

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**Abstract :** An ethno botanical survey of Ladakh region in Jammu and Kashmir State, India was made to document the traditional knowledge and usage pattern of indigenous medicinal plants used by local communities. Based on the survey, information on 40 high altitude plants species, belonging to 35 genera and 21 families has been documented in the present paper. All the forty plants species are traditionally consumed by the local inhabitants of Ladakh either as traditional food, medicine, as fuel and fodder and possess ornamental and sacred value. Owing to rapid urbanization, over-exploitation and unplanned anthropogenic activities, many wild flora and their indigenous folk knowledge are under serious threat of disappearing, indicating an urgent need of their documentation with traditional practices and recommendation for their conservation and sustainable uses.

**Keywords :** Ethnobotany, Ladakh, Traditional knowledge, Local communities

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