

## Low Altitude Medicinal Plants of South Garhwal (Garhwal Himalaya)

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*The ancient Indian system of medicine practised by the Aryans is based on Ayurveda. Various parts of many species of plants are used in the treatment of diseases by the natives of Garhwal Himalaya in the north-west of India. The medicinal plants in the lower parts of south Garhwal are enumerated. Their medicinal uses, habit, distribution in the area, vernacular names (Garhwali) and author's collection number are presented.*

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