























`Wsf]hWwWdV[LS^efZSF YWwSfVSi [WwS YW  
aXeb] i ShWfZSF Vlegbf fZW` Xad Sf]a` aX`  
YWwWzEa^gf]a` eLā` dffgVfS TSd]WfZSF ^ [ fe  
fZW` fWefk aXZVb] i ShW) i) \*Q

Ea^gf]a` eLā` fS] fZWSWāV efdUfgdWāXfZW  
Lāe ad Lā` e]f] Y aXfZW/Si e S V bSfW e  
dWba` e]T^W Xad fZW`g` U]a` [ Y aX T]a^aY]S^  
UWēz 8ad <g` Y fZWSWāVZWSdZVWbW fZSF  
WwW [ WZg\_ S T^ZSh]adea^gf]a` eUS` bdbSV  
fZdagYZagf fZW`g` [hWwVi [fZagf V]e]ad]a`  
S V fZW` Va` if V]ebV]Z FZW` V]ef Xa\_ fZW  
TW] ^ [ YaX^XVfa fZWbWwWz

FZWlāe ae [e WwWk X^W i [fZ S ea^gf]a`  
`W ad] i USd] Y Lā` fWf S V \_ W [ Yz FZW  
Tds] ZSe fZWSI]f]k fa YWwSfV S dWwW  
ea^gf]a` XWefZSF fS] V S SU]hWbSf [ Zg\_ S  
^XVbcaUwW S V WwW [ WZg\_ S Z^SfZ  
V]eSfV S VbWā` S]f]k WwWb\_ Wf]h+Q

Eb] i ShW Vlegbf fZ]e efdUfgdW ea^gf]a` e  
d]e]ad]f S]S] S V S]dWba` e]T^W Xad fZWwWz  
dVg`Sf]a` aX T]a^aY]S^ bcaUwW) Ž%Q

5^ad` Y fZWWwUd]b]a` aXfZWSU]a` aX^W  
dV]S^d [f eZag^VTWafWfZSF fZW]bWwWdSf  
aXSaussurea lappa Zse S eY [XLS f WwW a`  
eShWY] Y XWwSfV]S^e [ fZWI]a^aY]S^ e]e]W  
S V S^ea ZseSZ]YZ bZsd\_ SU]g]f]S^ S]f]h]k S]f]h]V  
bZkfa` g]d]W]d bafW]f]S^k geWg^ Xad hScage  
fZWSW]f]UbgbaeW]S]S] e] bSfZaYwēz.S. lappa  
WwW]S^a]^ Zse WwW]S^ S f]\_ [Lā T]S^ S]f]h]k  
^ai Ukafaj [U]f]k [dā` UZWS] Y LsbS]f]k S V [e  
fZWI]adWdMā\_ WwW Xad geW] \_ W]U] W  
S]S] e] bSfZaYwēS Vi WēgYwW bae[T^WgēW  
fZW]dSf\_ Wf aX5AH;6 #+ž8ad\_ W]U] W]Z]e  
[eS` W UZS^WwW] fZWSdLZ XadbS` fe fZSF  
Lā` fS] S Z]YZ S\_ ag` f aXea^gf]a` eM]QFavSk  
[ \_ W]U] W] Waa] Sf bcaVg]fe i [fZ Z]YZ ad  
^ai b: ] Tgf eaa` \_ W]U] W] [^TWaa] [ Y Xad  
bcaVg]fe i [fZ eY [XLS f S\_ ag` fe aXea^gf]a` ež  
FZWW YWwSf]a` hSU] V]S]S] e] 5AH;6 Ž#+  
i [^` aff ^] W]dS]f]a` S^hSU] W] `af [ fcaVg]UW  
fZW Za^Vh]d]e [ fa agdTav]k Tgf dSfZ]f i [^  
[ fcaVg]UW Xad Sf]a` fZSF i [^z]d]U]Š fZWTavk  
[ fa fZ] ] [ Y fZSF [f Zse fZWh]d]e [ [f S V  
Se S dēg` f i [^ \_ S] WS f]Tav]Wē; f [e bae[T^W  
fZS` ]e fa fZW]ā` fca^ aXcgs fg\_ [ Xad Sf]a`  
bcaUwW Wēz Tk\_ W^ e aXS` WwWca\_ SY W]U  
i ShW ea^gf]a` i ShWwW]dUXW] Slage]Ui ShW

eb] i ShWadT]ab/Se\_ ž

### Conclusion

B^S fe ZShW\_ W]U] S^ [ badS` UW/Se \_ S k  
b^S fe SdWZWSbW]U]b^S fegf]e]WfaZS^ \_ S k  
S]\_ Wfēz FZV]gdWf dWwSdZ i SeLā` Vg]fW fa  
V]S\_ [ WfZWbcaTST^Ww] b^ak aXSaussurea lappa  
SeSdW]gdU]aXS` f]žaj [V]S` f\_ W]Sfadc6 [XW]f  
ea]hWfe X]S]a` SFW Xa\_ Saussurea lappa chafe  
i W]V]S\_ [ W]Xad fZWS` f]žaj [V]S]hWwW]U]Wēz  
S. lappa i SeLā` W]W]Xa\_ fZW [ S]S` d]Mā` ]  
S V U]gWw]f]dSf aXfZWS. lappa i SeLā` W]W  
Sf dā\_ fW]bW]f]gd]i Z]WfZW]f]dSf]a` aX  
hScageLā\_ bag` Vei SeVa` W^ VS` S]k]Wgē] Y  
fZW Yse UZd\_ SfaYbZkZ` See ebW]ca\_ W]U  
fWZ [cg]W FZWb] U]bS^ Lā\_ bae]fW [ \_ S.  
lappa WwW]S^ a]^ i W]W]dēg` a^ [Ww+ZS^\_ fi  
aZ]gdg\_ Ww /82% fi S V W]W]bca]dēgē  
^S]fa` W]ž ž & fē FZWSdWwSf]S^ e]ShWY] Y  
S]f]a` i Se W]S^g]SfW ge] Y fZW]U]gWw]f]dSf aX  
S. lappa] S V afZW] bZsd\_ SU]g]f]S^k dWwS` f  
S]f]h]f]Wēg]Z Se Ukafaj [U]f]k S f]\_ [Lā T]S^ S V  
\_ [ L\_ g\_ [ Z]T]fackLā` U]W]d]f]a` i W]S^e]e]W  
i [fZ eY [XLS f dēg`fēz FZW] V] Ye aX fZ]e  
Se]e]e\_ Wf [ V]SfW fZSF S. lappa Zse V]XW]f  
bZsd\_ Slā` aY]S^k S]f]h]W bZkfa` Lā` dffg]Wfe  
bafW]f]S^k geWg^ XadhScage\_ W]U] S^bgdāe]W  
S]S] e] bSfZaYwēz

FZWwē]f]S^ a]^ aXēZ` SbbS bae]Ww]U]WwWf  
S f]TSU]f]S^ S]f]h]k]k ^ai Ukafaj [U]f]k [dā`  
UZWS]a` U]bS]f]k S V fZge dMā\_ WwW Xad  
\_ W]U] S^ge]V]S]S] e] bSfZaYwēS Vi WēgYwW  
S bae[T^W]bb] [U]S]a` Xad S bafW]f]S^ f]dSf\_ Wf  
aX5AH;6 Ž#+ž; f Zse S^ea TWw eZai` fZSF  
aZS` V]ž]b] Ww]k]b]W]b]Ww]ZShMT]caSV Z]SfZ  
bca]b]f]W]S` V]S` TWgeW fa f]dSf` 5AH;6 Ž#+  
Se i W^ Se afZW\_ W]U]S^ V]e]S]Wēz : ai WwW  
U] [U]S^ f]d]S^e SdW WwW fa U]dā T]ad]SfWfZW  
W]U]S]k d]W]d]U] Y S bae[T^W]bb] [U]S]a` Xad fZW  
5AH;6 Ž#+ f]dSf\_ Wēz

### Acknowledgement

FZ]e efg]k [e egbbadW Tk : [YZW] 7Vg]S]f]a`  
5a\_ [e]a` /: 75fi;eS\_ S]S]M BS] [e]S` ž

### Competing Interests

FZWSgfZadWwSdWfZSF fZWZShW a Lā\_ bW] Y  
[ f]W]e







