

Inula racemosa — Manu

Scientific Name: *Inula racemosa*

Common Name: Himalayan Inula / Pushkarmool

Local Name: Manu

Family: Asteraceae



1. General Description

Inula racemosa is a perennial medicinal herb belonging to the family Asteraceae. It is found in the Himalayan region, including parts of Ladakh. The plant has large, broad leaves with prominent veins and yellow flower heads. Its roots are valued in traditional herbal medicine.

2. Habitat and Distribution

It grows in mountainous regions and is adapted to cool climatic conditions. It is an important part of the Himalayan medicinal plant diversity.

3. Medicinal Uses

- The roots are traditionally used in herbal preparations for respiratory complaints.
- They have also been used in traditional medicine for digestive problems.
- The plant is studied for its potentially useful biological properties.

4. Important Phytochemicals

The roots contain **alantolactone** and **isoalantolactone**, which belong to a group of plant compounds called sesquiterpene lactones.

5. Importance in Ladakh

Locally known as **Manu**, this plant represents the traditional knowledge of medicinal herbs in Ladakh. Studying it helps students understand plant identification, phytochemistry and the value of regional biodiversity.

6. Conservation Importance

Responsible harvesting and cultivation are important because the roots are the main medicinal part. Sustainable practices can help protect wild populations and preserve this valuable Himalayan plant.