

Codonopsis ovata



Family: Campanulaceae

Local/common names:
Bonnet bellflower, Lude-
dorje, Golchokpa, Luduk

Trade name: Data not
available

Profile:

This species belongs to the family Campanulaceae and is a small perennial herb native to Asia. The bluish-pink funnel-shaped flowers of *Codonopsis* add aesthetic value to the arid landscape of the cold deserts. The plant has various ethno-medicinal uses.

Habitat and ecology: The plant inhabits rocks and alpine slopes of the eastern Himalayas, at an elevation of 2400-4200 m. It is also found in the western Himalayas from Pakistan to Kashmir. It occurs commonly on moist slopes of hillocks and along glacial moraines. The plant requires moderate shade for optimum growth.

Morphology: It is a sub erect or decumbent, hairy, perennial herb and 20-30 cm in height. The leaves are alternate, hairy, ovate, obtuse or acute with smooth margins. The flowers are light blue to pale pink in colour, solitary, terminal and are present in the form of a long peduncle. The calyx is oblong and corolla is bell-shaped. The fruit capsule is depressed and obconic.

Distinguishing Features: It is a perennial herb with ovate hairy leaves and long peduncles. The flowers are borne terminally and have elliptic calyx lobes. The *Codonopsis* plant can be distinguished by its bell shaped flowers and the variation in the hue and nerves in the flowers.

Life cycle: Reproductive cycle is from June-August.

Uses: A paste made from the roots and leaves are applied as poultice in bruises, ulcers and wounds. The roots and flowers are known to have anti-inflammatory and analgesic properties. The poultice from the crushed flowers when applied to swellings has the ability to absorb serous fluids. The preparation in various dosages is used against a variety of ailments including chronic arthritis, swelling of joints, stiffening of ureter and paralysis due to cerebral damages. The roots of the plant are also dried and powdered and used as flour.

Market rate: Not available