

Botanic name : *Anaphalis contorta* (D.Don) Hook.f

Common name: Eared-leaf pearly ever lasting

Family: Asteraceae

Habitat: Terrestrial

Distribution: Found in the Himalayas, from Afganistan to South China,at altitudes of 1500-4500m (msl) often as invasive species

Description: Small herb,erect perennial stem usually branched with dense white woolly, leaves crowded at the base,narrowly liner or oblong,pointed,flowers are densely crowded corymbs,tiny yellow florets are surrounded by shiny white bracts.

Phytochemicals: Plant leaf extract contains syringic acid, vanillic acid, p-hydroxybenzoic acid, ferulic acid, protocatechuic acid,gallic acid, p-coumaric acid, and 3,5-dihydroxybenzoic acid.The hydro-distilled dried flower contain sbeta-caryophyllene (19.2%), gamma-curcumene (17.5%), delta-cadinene (10.2%), labda-7,14-dien-13-ol (4.8%), alpha-cadinol (3.8%), beta-bisabolol (3.7%), epi-alpha-cadinol (4.3%), bulnesol (4.3%), and labda-8,14-dien-13-ol (3.3%). The oil is rich in sesquiterpene hydrocarbons (60.5%),oxygenated sesquiterpenes (26.6%), diterpene hydrocarbons and oxygenated diterpenes.

Medicinal/Economic uses: Aromatic or essential oil from dried flowers. whole plant is anodyne, antiseptic, astringent, expectorant and sedative.used for treating cold,eye infection ,colds and weight loss.