

Botanic name: *Cupressus torulosa* D.Don

Common name: Himalayan Cypress (English)

Family: Cupressaceae

Habitat: Terrestrial

Distribution: Native to South Asia; widely found in Indian Himalayan regions, also found in China and Vietnam, at 1800-2500m, msl

Description: Evergreen tree carrying large, oval to broadly conical crown, 15-25 m tall, with a dbh of 40-60 cm; the bark is thick which is brown in color; the branches are slender and the branchlets are cylindrical, branching lies in whorls; leaves are scale-shaped and dark green which are closely appressed, obtuse, often with a small dorsal furrow; shoots lie in a single plane, male cones are subglobular and the female cones are elliptical, composed of 6-8 scales, with a small central depression; stamens are numerous, each with 2–6 globose anther cells; seeds are reddish-brown in color and 6-8 in each scale

Phytochemicals: Phenols, alkaloids, resin, saponin, flavonoids, biflavones-amentoflavone, cupressuflavone, hinokiflavone, and apigenin; essential oils contain mono-, sesqui- and di-terpenes, alpha-thujene, pinene, camphene, limonene, terpineol, curcumene, cubebene, etc.

Medicinal/Economic uses: Anti-inflammatory (essential oil). Extract obtained from the whole plant is used as antiseptic and used to cure wounds. Essential oil extracted from root-wood is used in cosmetics and as incense. Volatile oil obtained from the leaf essential oil is found effective to treat rheumatism and whooping cough, and is an astringent. Aromatic wood is a fuel and has been used for ordinary construction, cabinet making, furniture, fine art articles, fence posts, and poles. Traditionally it has been used for the construction of Buddhist temples and religious wood carving in Sikkim (India), Nepal & Bhutan. Ornamental in many European countries