

Botanic name : *Anaphalis triplinervis* Sims ex C.B.Clarke

Common name : Woolly Pearly Everlasting, Bhukiphul (Nepal)

Family : Asteraceae (Compositae)

Habitat : Terrestrial

Distribution : Temperate Indian Himalayas, Nepal, Bhutan, Pakistan, Afganistan to SW China, 1800-3300m, msl

Description : Erect perennial herb with woolly or cottony haired stem; leaves elliptic, densely tomentose below, less on the upper surface, mucronate, lower part nearly clasping with rhizomatous stem; flowers small, white, arranged in clusters in a capitulum, >15 per inflorescence, disc florets are yellow, surrounded by shiny white papery bracts, anthers syngenesious; fruit cypsela; cypsela of female florets oblong, papillose, that of bisexual florets oblong, papillose, pappus setae 3-3.5 mm long.

Phytochemicals: Essential oil- beta-caryophyllene, gamma-curcumene, delta-cadinene, labda-7,14-dien-13-ol, epi-alpha-cadinol, bulnesol, alpha-cadinol, beta-bisabolol, oxygenated mono-, diterpenes, diterpene hydrocarbons, sesquiterpenes, terpenoids, flavonoids, phenolics (syringic acid, vanillic acid, p-hydroxybenzoic acid, ferulic acid, gallic acid, photocatechuic acid, p-coumaric acid)

Medicinal/Economic uses : Antioxidant, anodyne, pectoral, astringent. Leaf decoction is used in pulmonary infection, snake bites and dysentery. Externally, a poultice of plants is employed in the treatment of bruises, boils, sprains, and painful swellings, and sleep promoting when used in head. Leaf juice and flowers are used in laceration of toes and dressing wounds in Garhwal Himalayas, while the whole plant is used in rituals/ceremony in Sikkim, India. In Nepal, flower paste is employed in skin problem by Limbu community while root juice is effective against diarrhea. Used as ornamental in temperate garden and landscape