

## Role to the local economy

Jatamansi collection and trade provide employment and monetary benefits to the local people of high mountains, especially to the disadvantaged groups such as the ultra-poor and marginalized households. It is estimated that over 15,000 households in Nepal are engaged in harvesting of jatamansi contributing to about 20 to 25% of their annual income on average.

## Trade

Jatamansi in raw form and oil has been an export product for Nepal. It has remained as a high value commercial product with demand in international markets including India, Europe and the United States. It has almost no use in manufactured products at domestic market and India has remained as a prime market that currently accounts for over 70% of the total exports from Nepal. The current trade of Jatamansi is stopped in international markets with the adoption of the CITES Act aimed at strengthening CITES implementation that unintentionally banned exports of all Appendix II listed species, including Jatamansi. The Ministry of Forests and Environment has been working with the key stakeholders to develop the regulations enabling trade of Jatamansi to resume.

## Uses

### Medicinal Uses

The plant is used as a tonic and to treat several illness such as headache, high altitude sickness, fever, epilepsy, insomnia, indigestion, dysentery, diuretics, measles, skin diseases, ulcers. It is used in Ayurvedic and Amchi medicines as well as in modern herbal preparations.

### Commercial Uses

Jatamansi oil has a high value in perfumery and is used as an aromatic adjunct in the preparation of medicinal oils and cosmetic products. In beauty industry, jatamansi oil has been used in products like deodorants, perfumes, anti aging creams, soaps, air fresheners, incense, hand and body lotions, body wash, and colour cosmetics by many leading cosmetic industries at international level. It is used in commercial preparations as a laxative, carminative, antispasmodic, tonic, stimulant, antiseptic and diuretic.

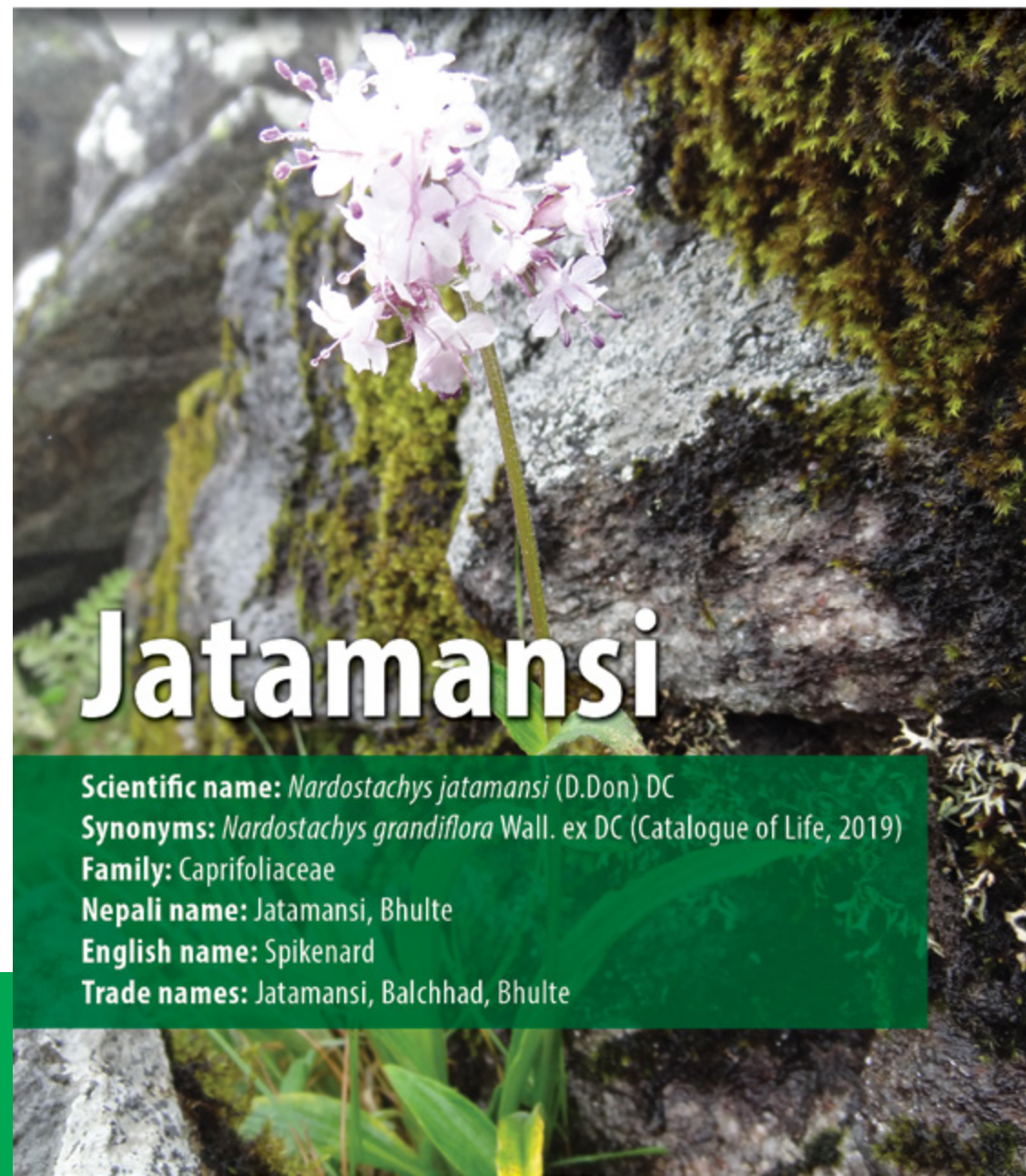
[For more information](#)

Department of Forests & Soil Conservation  
Babarmahal, Kathmandu, Nepal  
E: [info@dof.gov.np](mailto:info@dof.gov.np) | [www.dof.gov.np](http://www.dof.gov.np)

ANSAB  
New Baneshwor, Kathmandu, Nepal  
E: [ansab@ansab.org](mailto:ansab@ansab.org) | [www.ansab.org](http://www.ansab.org)



**TRAFFIC**  
the wildlife trade monitoring network



# Jatamansi

**Scientific name:** *Nardostachys jatamansi* (D. Don) DC

**Synonyms:** *Nardostachys grandiflora* Wall. ex DC (Catalogue of Life, 2019)

**Family:** Caprifoliaceae

**Nepali name:** Jatamansi, Bhulte

**English name:** Spikenard

**Trade names:** Jatamansi, Balchhad, Bhulte

## Conservation status

**CITES:** Appendix II (Convention on International Trade in Endangered Species of Wild Flora and Fauna)

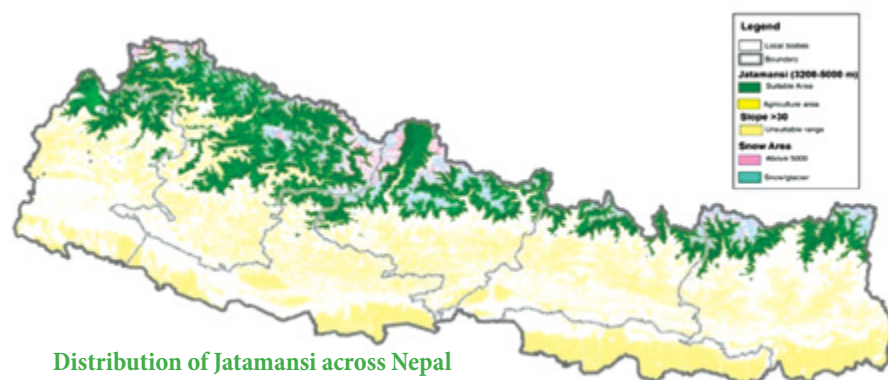
**IUCN Red list data:** Critically endangered.

## General description

Jatamansi (*Nardostachys jatamansi*, (D. Don) DC.) is a perennial aromatic herb found across the Himalayan region. The plant grows up to 75 cm tall. The flowers are hermaphrodite, rosy, pale pink, or purple, and flowering takes place during July to September followed by fruiting from October onward. The plant typically multiplies through rhizomes and its ramets, forming a dense clump.

## Distribution and habitat

Jatamansi is native to the Himalayas, primarily in a belt through Nepal, India, Bhutan, Myanmar, Southeast China and Pakistan, between altitudes of 2,200–5,000m above sea level. In Nepal, it is generally found over 3,000m, most abundantly occurring in the western part of the country with gradual decrease of population towards the east. Populations are concentrated in Jumla, Dolpa, Humla and Kalikot districts, and to some extent in the northern part of Gorkha and Rasuwa districts and the southern part of Ganesh Himal (Nuwakot District) and Mustang.



## Ecology

It is mostly found growing in steep areas; open, moist, rocky, undisturbed grassy slopes; or on stones on coarse, sandy loam soil. Best growth is found in the high mountain, having a slope of 25-45 degree in alpine and subalpine zones of Nepal.

## Collection

**What type:** Mature plants whose leaves start turning into yellow and the rhizomes are brown and reach up to 7-10 cm in length.

**When:** Asoj, Kartik and Mangshir (Mid September to Mid December)

**How:** The matured rhizomes leaving at least 20-25% of the mother plants.

## Things to be considered while collecting

- The collection should be done when it reaches 3-4 years.
- For the effective conservation, it should be collected once in 4 years (rotation basis) from the forest areas.

## Post harvest handling

After removal of the mud, the rhizome should be air dried in mild sunlight or in shadow. The dried rhizome should be then packed in jute bags or other ventilated bags and stored in air-circulated dry places.

## Processing

In order to produce the quality oil from this plant, the following should be considered:

- The rhizomes from the matured plants are kept inside processing machine (stainless steel vessel).
- The rhizomes are placed uniformly on all sides inside the vessel and then closed.
- Inside the closed vessel, with minimum pressure it should be processed for about 18 -22 hr (2-3 gaze/kg).
- During the processing period, cold water should be circulated to the machine and condenser.
- In order to increase the production of the oil, the temperature should be uniform.
- The machine should be closed once the oil stops coming. So to separate the water from the oil, 1 kg of salt should be used with 50 kg of oil.

## Storage of oil

The oil should be stored in cool and dry places to avoid the sunlight and air. For the small quantity it can be put in the bottle and for the larger quantity steel drum can be used.