PLANT FACT SHEET

Aconitum heterophyllum Wall. ex Royle

GENUS *Aconitum* **FAMILY** Ranunculaceae

COMMON NAMES Atis root

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Tubers

Caution: It contains several toxic alkaloids. The roots are used as a tonic.
It has been reported that the leaves and roots are cooked and eaten.
The young leaves are used.

DESCRIPTION

A perennial herb. It grows 1 m high.

HABITAT

It grows naturally on humus-rich soils in the alpine and subalpine zones of the Himalayas and in forests, from 2300 - 2900 metres altitude. It will grow in most soils and does best with light shade.

PRODUCTION

Cultivation

Plants are grown from seed but they are slow to germinate. Plants can also be grown by division of clumps.

NOTES

There are about 100-300 Aconitum species. The roots are used in medicine in Nepal. Most Ranunculaceae grow in cool moist locations.

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Wild edible plants of Himachal Pradesh

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