



Himalayan Herbal Study & Trek



Questions?

Call Us: 1-416-233-2049

Email Us: admin@caish.ca

The Centre for Ayurveda & Indian Systems of Healing (CAISH) Canada and Society for Environmental and Rural Awakening (ERA) - India, in collaboration with Naurang Foundation - Delhi India, offers a unique trek that reveals the ancient history of Himalayan Ayurveda medicinal plants and creates an awareness of wellness secrets and the depletion of bio-resources. ERA will introduce visitors to medicinal plants found in their natural Himalayan habitat. Experts will accompany the trek and show/teach the medicinal plants during an 8-day excursion in the mountains. The tour will be very useful for those interested in traditional knowledge of Himalayan Ayurveda and medicinal bio-diversity.

About Bir Bhangal – Area for Herbal Trekking Tour

Himachal Pradesh is well known for its biodiversity, richness and diverse cultural mosaic. The area drains into the Uhl river that originates from the glacier near the Thamsar Pass. The Bara-Bhangal valley is a remote valley between the Dhauladhar and Pirpanjal ranges. It lies partly in Kangra and partly in the Chamba district. The Ravi River rises from the slopes of this valley.

Bir Bhangal of Kangra District represents one of the most interior areas of western Himalaya and is located in the hill state of Himachal Pradesh. The area is rich in forests that comprises mainly of moist Himalayan temperate forests with one. In some areas, dry Himalayan temperate forest dominates the vegetation. These forests form the catchment area of the Uhl river that flow through the region and forms the life support system of the Bhangalis. Chhota Bhangal, located between 32° N lat to 32° 77N and 76° 45' long to 76° 53.83.

The areas in the study zone have a monsoon climate; the rain falls about 100 mm to 250 mm. Therefore, this area is suitable for the cultivation of wheat, maize, potato and French bean (Rajmaha). It also shows the mixed vegetation with evergreen plant species. The village people, even today, depend upon the surrounding flora for medicinal and other life needs.

Objectives of Trekking Tour

- To popularize the concepts of the Ayurvedic system of medicine and create awareness of the depleted herbal wealth of India.
- To offer an opportunity to students and visitors to enjoy the Himalayan biodiversity in a natural habitat.
- To look into the diversity of plant resources that are used by local people for curing ailments.

Details of the Package

Place	Bir Bhargal Region of District Kangra (H.P.)
Trek duration	8 days
Season	July – September
Food	Nutritious and delicious vegetarian meals
Accommodation	Tented accommodation during Trek and in hotel at Joginder Nagar and Bir Bhargal

Attractions of the Trek

A) RESEARCH INSTITUTE IN ISM, HERBAL GARDEN AND HERBARIUM

The Research Institute in Indian Systems of Medicine (RIISM) came into existence at Joginder Nagar in 1958 under a central sector scheme. The institute, along with Herbal Garden and Herbarium stationed at Joginder Nagar, is the main centre established by the department for promotion and development of medicinal plants activities in the State with the following objectives:

- i) Survey ii) Distribution iii) Documentation iv) Identification v) Domestication vi) Conservation vii) Cultivation viii) Utilization ix) Development of nursery & agro-techniques x) Training & awareness xi) Post-harvest procedures and xii) Market linkages

RIISM has undertaken a detailed documentation of herbal resources and developed an Herbarium and Herbal Garden. The Institute has identified the potential species of various agro-climatic zones. RIISM Herbal garden has 24 acres of land to its name: 18 acres are covered under garden activities, 5 acres reserved under future planning, 2.61 acres has been covered with land, buildings & other infrastructure, 3-acre area under Trees, 1 acre area under climbers & shrubs, 1-acre area under herbs & grasses. Four acres are under experimental cultivation, agro-technique development, poly house, nurseries and seed multiplication area.

To expand the conservation efforts, different zonal herbal gardens have been set at Neri, Dist. Hamirpur (subtropical zone), Joginder Nagar District Mandi (mid-hill zone), Dhumreda (Rohru), District Shimla (high-hills temperate wet zone) in the State where the quality germplasm and agro-

techniques of selected potential medicinal plant species are being undertaken for growers / farmers / other users. Simultaneously, to ensure conservation of the species identified in respective agro-climatic zones, activities have been designed.

Demand is being received from the community and urban local bodies as well as Panchayati raj institutes to set up more such herbal gardens in various locations in the State. The germplasm produced in these gardens is not only being supplied to the farmers, but also to other stakeholder departments like Agriculture, Horticulture, Forest, the State Universities (i.e., HPKV Palampur & UHF Nauni), National Institute like IHBT Palampur and the various World Bank Funded project schemes like Kandi Project (now Mid Himalayan Project), National Horticulture Technology Mission under Horticulture project, NATP project and the government-run rural development programs under respective DRDAs vigorously in various districts. Technical consultancy is also being provided on nursery raising, cultivation, and training on the utilization of medicinal plants to these organisations.

The grassroots level efforts of the RIISM (conducting the multidisciplinary training programs on different aspects of medicinal plants for various stakeholders, including the above-mentioned institutions, as well as in the rural areas) have increased the importance of herbs with respect to their sustainable conservation and utilization. This has been now realized by people in general, as well as concerned stakeholders. To give a fillip to the programme, Head of Department (i.e., the Director of Ayurveda) has issued enhanced powers to managers of pharmacies to purchase locally-produced herbs from small farmers, herb collectors, etc. so that these poor people are not exploited by multinationals and big houses. If some of the herbs are locally procured, the quality of medicines will be comparable with Vedic drugs. The following research components of RIISM are actively associated with and enlarged by propagating the concept of medicinal plants in the State.

Sr. No.	Facilities	Mandate / Objectives
1	<i>Ayurvedic plant herbarium</i>	Identification, documentation, preservation of plant specimens used in Ayurvedic drugs and create general awareness among people about sustainable utilization
2	<i>Documentation cell</i>	Comprehensive data of various aspects of medicinal plants, digitally documented for dissemination to public

Sr. No.	Facilities	Mandate / Objectives
3	<i>Training & extension cell</i>	<p>Conducting indoor as well as outdoor training.</p> <p>Programs on different aspects of medicinal plants (utilization as low-cost home remedies, cultivation etc.)</p>
4	<i>State herbal gardens</i>	<p>To conduct applied research on nursery and cultivation techniques, conservation, seed / germplasm production and demonstration in four agro climatic zones of state.</p> <ol style="list-style-type: none"> 1. Subtropical Herbal Garden at Neri, Hamirpur—86 odd species 2. Mid-hills Herbal Garden at Jogindernagar—217 odd species 3. High hills temperate species at Dhumreda, Rohru Dist. Shimla—30 species 4. Subtropical Herbal Garden at Jungle Jhlera, Dist. Bilaspur—in the developmental stage
5	<i>Drug testing laboratory</i>	<p>Conducting drug analysis study to ensure quality control of Ayurvedic preparations manufactured by departmental pharmacies and private pharmaceutical houses. This lab is included in 6 apex laboratories of the country to conduct such scientific studies. Presently carrying out various project schemes on these parameters.</p>
6	<i>Micro propagation lab</i>	<p>To produce quality, uniform, disease-free, true-to-type elite clone of medicinal plants (likely to be functional very shortly) to restore the depleting population of temperate herbal flora under Vanaspati Van project scheme through tissue culture methods. Make the quality germplasm available for the farmers to promote the <i>ex-situ</i> cultivation of these species.</p>
7	Ayurvedic pharmacy	<p>Manufacturing quality Ayurvedic drugs for free distribution in more than 1100 departmental-run dispensaries / hospitals to impart healthcare services in far-flung areas of state.</p>

B) SHANAN HYDEL POWER PROJET

In 1925, Raja Joginder Sen of Mandi created an elaborate hydel (hydroelectric) power scheme near the village of Sukrahatti, which was then renamed Joginder nagar (1,220 m) after him. After tunneling and piping the water over several kilometers from the river Uhl to Joginder Nagar, the Shanana Power House was built by a team of engineers headed by Col. Batty.

C) BUDDHIST MONASTRIES - Sherab Ling Monastery

Sherab Ling Monastery is breathtakingly beautiful. It rests at the base of the Himalayas. Most days, mists disguise these mountains but then, suddenly, the mist dissolves and they appear like a vision from some celestial realm. They are the backdrop to Sherab Ling Monastery, an expression of enlightened mind.

D) BILLING - PARADISE FOR PARAGLIDING

Renowned the world over for having the distinction of the first organized paragliding competitions and the Para Gliding Pre-World Cup at Billing-Bir in October. It is also 'the place' for hang gliding and para sailing.

E) HIMALAYAN VILLAGES

Old Himalayan country villages which still preserve their tradition, culture, daily routine and traditional water floor mill.

F) GLACIER, PEAKS, PASSES AND GLACIAL LAKE OVERPASS

Thamsar Pass is the highest, most beautiful pass in the Dhauladhar range. The trek is arduous and steep. There is a small glacial lake a little below

the Pass and we'll reach basecamp Panihartu through a glacier path. From basecamp, one experiences the excellent view of Peak-8 (climbed and named by Italian soldiers in 1945) and Thamsar Pass.

G) TROUT FISH FARM AND TWO RESERVOIRS

Two reservoirs of the power project are located in Barot. It has a trout breeding centre. Across the river Uhl is the Nargu Wild Life Sanctuary home to the ghoral, Himalayan black bear, leopard, monal, kite, monkey, kasturi deer, wild cat, nilgai, kakkar and a variety of pheasants. There are many varieties of herbs and flowers over these mountains having great importance and medicinal use. There are many temples of local Devtas (Gods) in this valley known as Chauhar Valley.

DAY-BY-DAY ITINERARY (Subject to changes due to emergency, weather, road conditions)

Day 1: Delhi to Shimla

Early morning Departure to Shimla, a prominent large city in Himachal Pradesh.

Transfer to Ayurveda resort, where 3 days of Panchkarma Course starts. For the rest of the day you can explore the hamlet town of Shimla.

Day 2-4: A Combination of Learning & Healing

- **Ayurveda Wellness Experience**
- **Theory Lectures on Ayurveda**
 - Understanding Ayurveda - A complete way of life, various definitions, eight specialized branches, etc.
 - Basic Principles of Ayurveda - Discussing Panchmahabhoot, Tridoshas, Subdoshas, Dhatus, Malas in detail
 - Digestion & Metabolism - Importance of Sattvik food, concept of Jatharagni, Dhatvagni, Ahar Vihar & Ama
 - Aspects of Ayurveda - Prakruti, Rasayana, basics of pulse diagnosis

- **An Introduction to Panchkarma.**
 - Basic concepts of Panchkarma, Importance of Panchkarma therapy, Snehana karma, its indications and contraindications, complication of excessive Snehana and its management
 - Svedana karma, its indications and contraindications
Complication of excessive Svedana and its management
 - Vamana karma, its indications and contraindications
Virechana karma, its indications and contraindications
 - Anuvasana karma, its indications and contraindications
Asthapana karma, its indications and contraindications
 - Sirovirechana karma, its indications and contraindications
 - Raktamokshana, its indications and contraindications
 - Shirodhara, Shirovasti, Pindasveda, Annalepa, Kayaseka and Shirolepa. Samsarjana karma (post-operative management)
- **Discussing and Sharing Relevant Information for the Duration of the Study & Trek**

Day 5: Arrival at Jogindernager

Night stay in hotel or tents.

Day 6: Proceed to Nalohta by Vehicle (2400 meters)

After breakfast, visit Herbal Garden & Shanan Hydel Project and proceed to Barot (sightseeing at Barot) and proceed to Nalohta (Himalayan country village) by vehicles and night stay in village house or tents.

(Breakfast, Lunch, Evening tea & Dinner)

Day 7: Nalohta to Palachak by Trek (2850 meters)

After breakfast, trek to Palachak, collecting herbs during trek with our experts and evening discussion on collected herbs. Night stay in tents.

(Breakfast, Lunch, Evening tea & Dinner)

Day 8: Palachak to Panihartu by Trek (3639 meters)

After breakfast, trek towards Panihartu over the glacier field and collect herbs. Evening discussion on collected herbs and night stay in tents.

(Breakfast, Lunch, Evening tea & Dinner)

Day 9: Camp at Panihartu

This day, camp will be at Panihartu and you will set out for the collection of high-altitude herbs in and around **Thamsar Pass (4700 meters)**. Also, enjoy the picturesque glimpses of Dhauldhar mountain range and glacial lake on top of the mountain. This trek and pass is famous among tourists from all over the world. Evening discussion on herbs. Night stay in tents.

(Breakfast, Lunch, Evening tea & Dinner)

Day 10: Panihartu to Rajgundha by Trek (2450 meters)

Trek downward to Rajgundha through the forest and in the evening, interact with local people about how they use Himalayan herbs for their personal use. Night stay in Village house or tents.

(Breakfast, Lunch, Evening tea & Dinner)

Day 11: Rajgundha to Bir by Trek (2200 meters)

After breakfast, trek towards Bir through Billing (2600 meters) that is known as a paragliding take off site and for the government of Himachal Pradesh conducting Pre-World Cup of Paragliding every year. At Bir, visit Buddhist monasteries. Night stay in hotel or tents.

(Breakfast, Lunch, Evening tea & Dinner)

Day 12: After breakfast, proceed to Dharamsala and meet with traditional healers. Night stay in hotel or tents.

Day 13: Visit to the Tibetan Medical and Astro Institute. Night stay in hotel.

Day 14: Practical at Ayurvedic Pharmacy

Theory-Lectures

Dispensing, Hospital and Clinical Pharmacy, preparations of small packets of powders according to dose, measuring the powders, Bhasma, Pishti etc while dispensing, instructions to patients regarding method of consumption of medicines, Anupana, etc.

Night stay in hotel or tents. (Subject to weather conditions.)

Day 15: Return to Delhi
Ground transportation