

ATIS

Scientific Name: Aconitum Heterophyllum
Family Name: Ranunculaceae
Nepali Name: Atis, Atisjara
English Name: Atis root, Indian aconite root
Other Name: Atis, Patisha (Hindi)

Introduction

Atis is a perennial herb that is tall up to 1m. It has heart shaped leaves which ranges from 5-10cm. The leaves of *Atis* are heteromorphous. Lowest leaves of the *Atis* have petioles and the lobes of these leaves are divided into five parts by its vein. Whereas there are no petioles on the uppermost leaves and they are directly connected to the stems. The uppermost leaf doesn't have partition either. The flowers are furry and dark blue in color. The vein of leaves are violet colored. Fruits are long and pointed in shape. The single fruit are divided into five parts. In Nepal literature *Atis* is famous as Delphenium Himalaya, it's another scientific name. In India, Aconitum Heterophyllum is known as *Atis*. The samples of *Atis* collected by the National Herbarium and Laboratory shows that the study done on *Atis* so far is not sufficient and significant. That's why further research work on *Atis* should be conducted.

Flower and Fruits

Atis blossoms during mid August to mid October. The fruiting takes place from September to December.

Uses

Roots are lesser poisonous when compared to other species of the Aconitum family. The roots are mixed with cow's urine, treated and then purified so as to remove the poison content. Roots are bitter in taste and have a number of uses. It helps in decreasing any type of pain i.e. acts as pain killer. It helps in increasing libido. Likewise, it is useful in diarrhea, fever, cuts, indigestion, colds and coughs.

Chemical Composition

The chemical composition of roots consists up of Acotine 1%, Atisine 0.4%, Heterophyllisine, Hetrophylline, Heterophyllidine, Hetidine, Hetisinone, Aconitic acid, Tannic acid, Pectin and Starch.

Where is Atis found?

Atis are common in Himalayan belts of Pakistan, Kashmir (India) and Nepal. In Nepal, *Atis* is found at an altitude of 3,200 – 4,200 m. It is usually found in western Nepal.