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Natural resources and associated biological diversity provide the basis of livelihood for human population, particularly in the rural areas and mountain regions across the globe. Asia is home to the world's highest mountain regions including the Himalayas, Karakorum and Hindukush. These regions are renowned around the globe because of their unique beauty, climate, and biocultural diversity. Because of geoclimatic conditions, the mountains of Asia are medicinal and food plant diversity hot spots. The indigenous communities residing in the valleys of these mountains have their own culture and traditions, and have a long history of interaction with the surrounding plant diversity. Local inhabitants of these mountains areas possess significant traditional knowledge of plant species used as food, medicine, and for cultural purposes. So far, many workers have reported traditional uses of plant species from different regions of Asia including some mountain areas; however, there is not one inclusive document on the ethnobotany of mountains in Asia. This book provides a comprehensive overview on ethno-ecological knowledge and cross cultural variation in the application of plant species among various communities residing in the mountains of Asia; cross cultural variation in traditional uses of plant species by the mountain communities; high value medicinal and food plant species; and threats and conservation status of plant species and traditional knowledge. This book should be useful to researchers of biodiversity and conservation, ethnobiologists, ethnoecologists, naturalists, phytochemists, pharmacists, policy makers, and all who have a devotion to nature.

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