

(for light/dark) and 16% (light), when seeds were exposed to salt stress. Sonnentag *et al.* (2011), suggested that the appropriate amount of light reached even to the lowest leaves of the *Lepidium latifolium* plant.

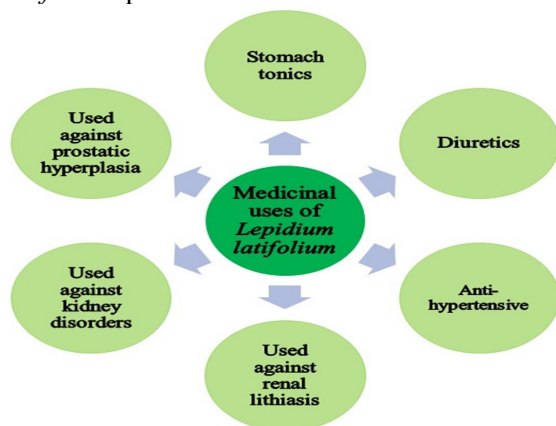


Figure2. Medicinal uses of *Lepidium latifolium*.

Conclusion

Several medicinal plants have grown in Ladakh area. Ladakh is mountainous region located in the Trans-Himalayan area. *Lepidium latifolium* (also known as Perennial pepperweed) is an invasive plant, mainly found in southern east Europe and western Asia. It belongs to the family Brassicaceae and *Lepidium* genera have more than 150 species. It is also found in the mountainous region of Ladakh area in India. Traditional herbalists used *Lepidium latifolium* in the treatment of many diseases. It is widely used as vegetable and in salads in cold desert Ladakh. It has numerous medicinal properties and used in the treatment of many diseases. *Lepidium latifolium* is mainly used as stomach tonics and diuretic. It is also used in kidney related diseases. At some places, it is also used in the treatment of hypertension and prostatic hyperplasia. Many studies reported the diuretic activity of *Lepidium latifolium*. Navarro *et al.* study also revealed the standard dose for human of *Lepidium latifolium* leaves was 3 to 5 gm/day in the form of tea for improved urinary excretion. *Lepidium latifolium* leaves extract and juices also exhibit the anti-tumor activities. It grows in very low temperature of Ladakh. Many studies revealed that the *Lepidium latifolium* has high capability of physiological plasticity due to which it grows in the high altitude and low temperature region of Ladakh. It can be concluded that *Lepidium*

latifolium has several medicinal uses against many diseases and it is tolerant to extreme temperature and light conditions due to which it can grow in Ladakh area.

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