Given an integer array nums, return *the number of non-empty* ***subarrays*** *with the leftmost element of the subarray not larger than other elements in the subarray*.

A **subarray** is a **contiguous** part of an array.

**Example 1:**

Input: nums = [1,4,2,5,3]  
Output: 11  
Explanation: There are 11 valid subarrays: [1],[4],[2],[5],[3],[1,4],[2,5],[1,4,2],[2,5,3],[1,4,2,5],[1,4,2,5,3].

**Example 2:**

Input: nums = [3,2,1]  
Output: 3  
Explanation: The 3 valid subarrays are: [3],[2],[1].

**Example 3:**

Input: nums = [2,2,2]  
Output: 6  
Explanation: There are 6 valid subarrays: [2],[2],[2],[2,2],[2,2],[2,2,2].

**Constraints:**

* 1 <= nums.length <= 5 \* 104
* 0 <= nums[i] <= 105