



himalayan plants for people

33,443 hectares

of Himalayan range mapped for management

4,174 harvesters

(41% female) trained in sustainable harvesting in FY24

5 target species

of wild plants secured for protection

As a child, Ramila never learnt to read or write. But she was determined that her children would be educated, and thanks to her work picking wild medicinal plants in the high Himalayas, all of her children have attended high school.

Today, Ramila runs her own business, specialising in the harvest and sale of wild plants and fungi such as Jatamansi, Kutki, and Caterpillar Fungus, renowned for their use in traditional medicine and the wellness industry.

Increasingly, survival of these wild species is under pressure due to overharvesting driven by growing demand, in particular from India and China, for use in Traditional Chinese Medicine.

Ramila's story is intertwined with the efforts of TRAFFIC and its local partner, the [Asia Network for Sustainable Agriculture and Bioresources \(ANSAB\)](#), which are working to strengthen sustainable harvesting practices in Nepal. This not only ensures conservation of these precious plants but also empowers Himalayan communities, with 40% of beneficiaries being women.

[Working with TRAFFIC, the Government of Nepal and partners, ANSAB helps connect villagers with buyers](#), and provides them with sustainable harvesting certifications.

Engaged in a male-dominated trade, Ramila had concerns about receiving fair prices from traders. However, with two years of support from ANSAB, she now enjoys a secure business-to-business relationship with traders in Kathmandu.

A woman of resilience, Ramila is as tough as the landscape from which she was born.

“ I'm proud to be a steward of this environment and benefit from its resources. I feel a sense of ownership of this land, and the responsibility to protect it for future generations.”

In the last year, a total of 4,174 harvester community members across 37 Community Forest User Groups in Nepal's Himalayas were trained, improving practices in sustainable wild-harvesting techniques. This has contributed to community members like Ramila benefitting from at least a 5% increase in income from the sustainable trade in target wild plants and fungi.

[Himalayan Plants for People](#) was a three-year project completed in June 2024. Building on the evidence generated by this project, in 2024 Defra awarded a [scaling-up grant to a further project led by TRAFFIC: 'Scaling-up Conservation of Himalayan Plants and Fungi through Sustainable Trade'](#), runs from April 2024 to March 2029.

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