



***Abies spectabilis* (D.Don.)Spach**

Family: Pinaceae

Common names: Silver fir, Tosh



Description:

Abies spectabilis is a lofty green tree. Leaves are linear, 2.5-7.5 cm, spirally arranged around the branches. Upper surface of leaf is dark green, shining and lower leaves with a silvery white line on each side of the mid rib with incurved margins. Mature female cones are cylindrical 10- 20 cm erect, dark purple with compact bracts. Male catkins are cylindrical and are 5 cm long.

Utilization:

The leaves are utilized as a type of decoction for treating constant bronchitis, and other pneumonic affections. The bark of this plant is a waste product of the timber industry, contains significant amounts of natural antioxidants (Dall'Acqua *et al.*, 2012).

Part	Uses
Bark	antioxidants
Leaves	bronchitis, Pneumonic affections

Reference:

Dall'Acqua S, Minesso P, Shresta BB, Comai S, Jha PK, Gewali MB, Greco E, Innocenti, G and Cervellati, R; (2012) Phytochemical and antioxidant-related investigations on bark of *Abies spectabilis* (D. Don) Spach. from Nepal. *Molecules* 8;17(2):1686-97.