



***Rubus ellipticus* Sm.**

**Family:** Rosaceae

**Common names:** Himalayan yellow raspberry, Akkhe



**Description:**

*Rubus ellipticus* distributed from the Himalayan foothills of northern India to the central and southern regions of China. It is a stout, weakly climbing, evergreen shrub. Branchlets are purplish brown or brownish in colour, with bristles or glandular hairs. Leaves are imparipinnate, 3-foliolate with minute prickles, terminal leaflet much larger than lateral leaflets. Flower occurs in several clusters in leaf axils in dense glomerate racemes. Fruits are subglobose and golden yellow in colour.

**Utilization:**

Fruits are consumed by local people. It is also commercially cultivated in India, and nectar sugar is derived from its blossoms. The juice of the fruit has an attractive colour and rich flavour, can be preserved as such and can also be used for squash-making. A very good jam can also be prepared from its fruit (Wagner *et al.*, 1999). A paste of the roots is applied externally to wounds.

Part	Uses
fruit	treatment of fever, colic, coughs
inner bark	renal tonic and antidiuretic

**References:**

Wagner W.L, Herbst D.R, Sohmer S.H; (1999) Manual of the flowering plants of Hawaii. Revised edition. Honolulu, Hawaii, USA: University of Hawaii Press/Bishop Museum Press,.  
Shrestha P. M and Dhillon, S. S; (2003). Medicinal plant diversity and use in the highlands of Dolakha district, Nepal. *Journal of ethnopharmacology*, 86(1), 81-96.