



MOUNTAIN FARMING SYSTEMS

Discussion Paper Series

**SEABUCKTHORN RESOURCES AND ITS UNDEREXPLOITED
POTENTIAL IN THE HIMALAYAN REGION**

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International Centre for Integrated Mountain Development

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PREFACE

ICIMOD's approach to problem oriented research involves both knowledge reviews and field studies. The focused reviews and field studies conducted by the Mountain Farming Systems' Division cover various aspects of agricultural development. Since early 1988, a series of 'state of the art' reviews of agricultural policies and programmes were sponsored by ICIMOD in different countries of the HKH Region. The purpose of these studies and the subsequent National Workshop in different countries was to understand some of the constraints and prospects of mountain area development. These exercises were also aimed at acquiring comparative perspectives of the development approaches and strategies in different countries.

This paper is a part of this series of studies commissioned by ICIMOD. It gives a preliminary explanation of the potential of the several species and sub-species of seabuckthorn (*Hippophae rhamnoides*) that grow wild throughout the vast areas of the Hindu Kush-Himalayas. It is not the concluding work of Lu Rong-Sen on this topic.

Properties and Uses

Current and Prospective Uses of Seabuckthorn

Current Use

Economic and Ecological Benefits

Problems Involved in the Use of Seabuckthorn

Conclusion

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1. Comparison of the Vitamin Content of Seabuckthorn and other Fruits (mg/100g) and Vegetables

2. Comparison of the Composition of Fatty Acids, Vitamin F, and Vitamin A in Seabuckthorn Oil and Other Nutrient Oils

3. Principal Chemical Components of the Juice of Seabuckthorn (*Hippophae L.*) in the Himalayas (China)

4. The Chemical Components of the Fatty Acids in Seabuckthorn (*Hippophae L.*) in the Himalayas (China)

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