Amarkantak plateau:

- Situated on an altitude of around 1000 m. above the mean sea level;
- The flora is unique in the sense it has both the Northwestern and Central Himalayan species.
- The percentage of dicots and monocots in this area are 68.3 and 26.5 respectively, whereas in the world flora it amounts to 81.30 and 18.70, respectively.
- 1000 plant species and 151 families.

Pachmari Plateau:

- More than 300 species of flowering plants and ferns.
- Some of the species are common to Himalayan flora viz. Berberis asiatica, while others are common to the Western Ghats viz. Melastoma malbachicum and others indicating the continuity of forests from the Himalayas to Western Ghats through the Pachmarhi plateau.
- The flora of Pachmari is regarded as a relict in which many families are represented by single species.
- Some very rare orchids, pteridophytes and medicinal plants are also found here.
- This is the only place where Psilotum occurs in the natural state. Tree fern Cyathea gigantea is also found in this area.