

Administrative division Afghanistan

Estimation 2020

Division by Department

Department	ISO 3166-2	Capital	Area km ²	Population	Density Persons/ km ²
Badakhshan	AF-BDS	Fayzabad	43.375	1.054.087	24,3
Badghis	AF-BDG	Qala i Naw	19.287	549.583	28,5
Baghlan	AF-BGL	Puli Khumri	17.073	1.014.634	59,4
Balkh	AF-BAL	Mazar-i-Sharif	17.488	1.509.183	86,3
Bamyan	AF-BAM	Bamyan	18.026	495.557	27,5
Daykundi	AF-DAY	Nili	13.608	516.504	38,0
Farah	AF-FRA	Farah	40.905	563.026	13,8
Faryab	AF-FYB	Maymana	20.810	1.109.223	53,3
Ghazni	AF-GHA	Ghazni	21.543	1.362.504	63,2
Ghor	AF-GHO	Chaghcharan	38.866	764.472	19,7
Helmand	AF-HEL	Lashkar Gah	60.748	1.446.230	23,8
Herat	AF-HER	Herat	61.508	2.140.662	34,8
Jowzjan	AF-JOW	Sheberghan	10.598	602.082	56,8
Kabul	AF-KAB	Kabul	4.689	5.204.667	1.110,0
Kandahar	AF-KAN	Kandahar	54.378	1.399.594	25,7
Kapisa	AF-KAP	Mahmud-i-Raqi	1.879	488.298	259,9
Khost	AF-KHO	Khost	4.110	636.522	154,9
Kunar	AF-KNR	Asadabad	4.219	499.393	118,4
Kunduz	AF-KDZ	Kunduz	7.865	1.136.677	144,5
Laghman	AF-LAG	Mihtarlam	3.901	493.488	126,5
Logar	AF-LOG	Pul-i-Alam	4.394	434.374	98,9
Nangarhar	AF-NAN	Jalalabad	7.376	1.701.698	230,7
Nimruz	AF-NIM	Zaranj	40.266	183.554	4,6
Nuristan	AF-NUR	Parun	9.579	163.814	17,1
Paktia	AF-PIA	Gardez	5.466	611.952	32,3
Paktika	AF-PKA	Sharana	18.938	775.498	141,9
Panjshir	AF-PAN	Bazarak	3.744	169.926	45,4
Parwan	AF-PAR	Charikar	5.580	737.700	132,2
Samangan	AF-SAM	Samangan	13.451	430.489	32,0
Sar-e Pol	AF-SAR	Sar-e Pol	14.972	621.002	41,5
Takhar	AF-TAK	Taloqan	12.421	1.093.092	88,0
Urozgan	AF-URU	Tarinkot	13.125	436.079	33,2
Wardak	AF-WAR	Maidan Shar	10.799	660.258	61,1
Zabul	AF-ZAB	Qalat	17.018	384.349	22,6
Total			642.005	31.390.171	48,9

Division by District

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Ab Band	GZ.AB	Ghazni	Ab Band	991	31.089	31,4
Ab-e Kamari	BG.AK	Badghis	Sang Atesh	2.311	83.169	36,0
Abshar	n.d.	Panjshir	Dahmardan Gulzar	517	12.488	24,2
Achin	NG.AC	Nangarhar	Sra Kala	236	53.999	228,8
Adraskan	HR.AD	Herat	Adraskan	8.113	60.716	7,5
Ahmad'Abad	PT.AH	Paktia	Ahmad'Abad	364	31.488	86,5
Aibak	n.d.	Samangan	Aibak	2.145	118.537	55,3
Ajristan	GZ.AJ	Ghazni	Sangar	1.461	32.550	22,3
Alah Say	KP.AL	Kapisa	Alah Say	326	42.780	131,2
Ali Abad	KZ.AA	Kunduz	'Ali Abad	565	53.276	94,3
Alingar	LA.AN	Laghman	Shahi	804	109.343	136,0
Alisheng	LA.AS	Laghman	'Alisheng	654	80.645	123,3
Almar	FB.AL	Faryab	Almar	2.034	79.449	39,1
Anar Darah	FH.AD	Farah	Anar Darah	1.703	31.487	18,5
Andar	GZ.AN	Ghazni	Miray	681	140.963	207,0
Andarab	BL.AN	Baghlan	Andarab	807	28.830	35,7
Andkhoy	FB.AN	Faryab	Andkhoy	378	46.789	123,8
Aqchah	JW.AQ	Jowzjan	Aqchah	611	87.265	142,8
Aqtash	n.d.	Kunduz	Aqtash	435	27.573	63,4
Archi	KZ.DA	Kunduz	Archi	676	95.903	141,9
Arghandab	KD.AD	Kandahar	Arghandab	606	70.016	115,5
Arghandab	ZB.AR	Zabul	Taybaz	1.490	36.934	24,8
Arghanj Khwah	BD.AK	Badakhshan	Noabad	2.327	18.201	7,8
Arghistan	KD.AS	Kandahar	Arghistan	3.728	38.928	10,4
Argo	BD.AR	Badakhshan	Argo	1.059	88.616	83,7
Asad Abad	KR.AA	Kunar	Asad Abad	84	38.374	456,8
Atghar	ZB.AT	Zabul	Atghar	458	14.059	30,7
Azrah	LW.AZ	Logar	Azrah	777	22.985	29,6
Badpash	n.d.	Laghman	Sper Kunday ?	328	8.370	25,5
Baghlan-e Jadid	BL.BJ	Baghlan	Baghlani Jadid	1.676	198.382	118,4
Baghran	HM.BU	Helmand	Baghran	3.191	110.683	34,7
Bagram	PV.BA	Parwan	Bagram	381	117.181	307,6
Bagrami	KB.BA	Kabul	Bagrami	230	62.709	272,6
Baharak	BD.BA	Badakhshan	Baharak	324	32.551	100,5
Baharak	TK.BK	Takhar	Taleqan	379	34.942	92,2
Bak	KT.BA	Khost	Bak	139	24.977	179,7
Bakwah	FH.BA	Farah	Sultani Bakwa	2.324	40.124	17,3
Bala Buluk	FH.BB	Farah	Ganjabad	5.525	80.778	14,6
Bala Murghab	BG.MR	Badghis	Bala Murghab	4.237	109.874	25,9
Balchiragh	FB.BI	Faryab	Balchiragh	1.098	58.989	53,7
Balkh	BK.BA	Balkh	Balkh	536	136.097	253,9
Balkhab	SP.BA	Sar-e Pol	Balkhab	2.958	56.864	19,2
Bamyan	BM.BA	Bamyan	Bamyan	1.798	94.855	52,8

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Bangi	TK.BA	Takhar	Bangi	434	39.725	91,5
Bar Kunar	KR.BK	Kunar	Asmar	187	24.844	132,9
Baraki Barak	LW.BB	Logar	Baraki Barak	239	99.210	415,1
Barg-e Matal	NR.BM	Nuristan	Azok ?	1.731	17.537	10,1
Barmal	PK.BU	Paktika	Newai Ada	952	77.006	80,9
Bati Kot	NG.BK	Nangarhar	Nader Shah Kawt	195	85.562	438,8
Bazarak	PJ.BA	Panjshir	Bazarak	394	21.257	54,0
Bihsud	NG.BI	Nangarhar	Jamal Qala ?	265	128.474	484,8
Burkah	BL.BU	Baghlan	Burkah	933	59.521	63,8
Chaghcharan	GR.CH	Ghor	Chaghcharan	6.870	132.537	19,3
Chahab	TK.CA	Takhar	Chahab	833	90.011	108,1
Chahar Asiab	KB.CA	Kabul	Qalai Naeem	246	41.452	168,5
Chahar Burjak	NM.CB	Nimruz	Chahar Burjak	20.730	29.893	1,4
Chahar Darah	KZ.CD	Kunduz	Four Valleys	1.158	83.037	71,7
Chak-e Wardak	VR.CH	Wardak	Chak-e Wardak	1.153	95.392	82,7
Chakhansur	NM.CH	Nimruz	Chakhansur	8.856	26.837	3,0
Chal	TK.CL	Takhar	Chal	404	31.885	78,9
Chamkani	PT.CH	Paktia	Chamkani	301	56.465	187,6
Chapah Darah	KR.CD	Kunar	Chapah Dara	417	35.074	84,1
Chaparhar	NG.CH	Nangarhar	Chaparhar	277	68.156	246,1
Char Bolak	BK.CB	Balkh	Char Bolak	607	91.539	150,8
Charikar	PV.CH	Parwan	Charikar	258	202.210	783,8
Charkent	BK.CK	Balkh	Shar	1.222	50.220	41,1
Charkh	LW.CH	Logar	Charkh	304	50.220	165,2
Charsadah	GR.CD	Ghor	Qale-Zobayd	1.485	30.956	20,8
Chawkay	KR.CH	Kunar	Chawkay	245	40.389	164,9
Chimtal	BK.CM	Balkh	Chimtal	1.917	103.630	54,1
Chinarto	n.d.	Urozgan	Chorah	893	14.482	16,2
Chorah	OZ.CH	Urozgan	Chorah	1.296	57.794	44,6
Dahanah-ye Ghor	BL.DG	Baghlan	Ghoris Mund	1.333	66.618	50,0
Daman	KD.DM	Kandahar	Daman	4.179	39.193	9,4
Dand Patan	PT.DP	Paktia	Dere Derang	219	30.027	137,1
Dand	n.d.	Kandahar	Sultan Muhammad	617	50.752	82,3
Dangam	KR.DA	Kunar	Dangam	176	19.132	108,7
Darah	PJ.DA	Panjshir	Wech Tughay	192	15.677	81,7
Darah-ye Nur	NG.DN	Nangarhar	Darah-ye Nur	253	45.571	180,1
Darah-ye Pech	KR.DP	Kunar	Mano Gai	418	61.779	147,8
Darah-ye Şuf-e Bala	SM.DB	Samangan	Darah-ye Şuf	2.283	73.072	32,0
Darah-ye Şuf-e Payin	SM.DS	Samangan	Aybak ?	1.699	80.778	47,5
Darayim	BD.DY	Badakhshan	Safa	585	69.618	119,0
Darqad	TK.DA	Takhar	Darqad	310	30.424	98,1
Darwaz-e Bala	BD.DB	Badakhshan	Mir	1.589	26.173	16,5
Darzab	JW.DA	Jowzjan	Darzab	489	55.635	113,8
Dasht-e Qal'ah	TK.DQ	Takhar	Dasht-e Qal'ah	314	36.137	115,1

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Dawraz-e Payin	BD.DA	Badakhshan	Myami	1.217	29.893	24,6
Day Chopan	ZB.DA	Zabul	Kariz	1.491	44.508	29,9
Day Mirdad	VR.DA	Wardak	Miran	976	35.075	35,9
Deh Bala	NG.DL	Nangarhar	Haska Minh ?	337	45.570	135,2
Deh Yak	GZ.DI	Ghazni	Ramak	709	55.269	78,0
Dehdadi	BK.DI	Balkh	Dehdadi	274	76.261	278,3
Deh-e Sabz	KB.DS	Kabul	Tarakhel	525	61.115	116,4
Deh-e Şalah	BL.DS	Baghlan	Zehn Salah	633	36.137	57,1
Dehrawud	OZ.DI	Urozgan	Dehrawud	1.360	69.213	50,9
Dilah wa Khushamand	PK.DI	Paktika	Dilah	1.372	47.848	34,9
Dishu	HM.DI	Helmand	Dishu	11.680	30.296	2,6
Doshi	BL.DO	Baghlan	Doshi	2.356	75.597	32,1
Dowlat Abad	BK.DA	Balkh	Dowlat Abad	1.804	119.083	66,0
Dowlat Abad	FB.DA	Faryab	Dowlat Abad	2.657	55.186	20,8
Dowlat Shah	LA.DS	Laghman	Dowlat Shah	741	37.599	50,7
Dowlat Yar	GR.DY	Ghor	Dowlat Yar	1.686	36.934	21,9
Du'ab	NR.DA	Nuristan	Surich ?	652	8.902	13,7
Dulainah	GR.DL	Ghor	Devliné	3.246	40.788	12,6
Dularam	n.d.	Nimruz	Dularam	1.900	7.440	3,9
Durbaba	NG.DB	Nangarhar	Durbaba	302	26.306	87,1
Farah	FH.FH	Farah	Farah	3.588	128.047	35,7
Farkhar	TK.FA	Takhar	Farkhar	1.306	53.051	40,6
Farsi	HR.FA	Herat	Farsi	2.194	34.676	15,8
Farzah	KB.FS	Kabul	Dehnawe Farza	85	24.313	286,0
Fayroz Nakhchir	SM.FN	Samangan	Fayroz Nakhchir	930	14.747	15,9
Fayzabad	BD.FA	Badakhshan	Fayzabad	497	77.154	155,2
Fayzabad	JW.FA	Jowzjan	Fayzabad	824	47.032	57,1
Fireng wa Gharu	BL.FG	Baghlan	Farang / Gharoo	244	18.733	76,8
Gardah Siray	n.d.	Paktia	Gardah Siray ?	293	12.642	43,1
Gardez	PT.GA	Paktia	Gardez	679	95.663	140,9
Garmsir	HM.GA	Helmand	Garmsir	14.260	119.237	8,4
Ghazi Abad	KR.GA	Kunar	Ghazi Abad	578	21.124	36,5
Ghazni	GZ.GH	Ghazni	Ghazni	380	186.706	491,3
Ghorak	KD.GH	Kandahar	Ghorak	1.742	10.895	6,3
Ghorband	PV.GH	Parwan	Siah Gerd	908	109.342	120,4
Ghorian	HR.GH	Herat	Ghorian	7.934	101.878	12,8
Ghormach	BG.GH	Badghis	Ghormach	1.782	62.311	35,0
Gilan	GZ.GE	Ghazni	Janda	1.116	65.366	58,6
Giro	GZ.GI	Ghazni	Pana	878	41.319	47,1
Giyani	PK.GA	Paktika	Larist ?	261	47.800	183,1
Gizab	DK.GI	Urozgan	Gizab	2.520	47.632	18,9
Gomal	PK.GO	Paktika	Shkin	4.108	46.586	11,3
Gosfandi	SP.GO	Sar-e Pol	Erte ?	620	64.038	103,3
Goshtah	NG.GO	Nangarhar	Goshtah	523	30.823	58,9
Guldarah	KB.GD	Kabul	Guldarah	84	25.907	308,4

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Gulistan	FH.GU	Farah	Gulistan	6.576	49.025	7,5
Gulran	HR.GL	Herat	Gulran	5.544	106.420	19,2
Gultipah	n.d.	Kunduz	Tulawka ?	165	10.703	64,9
Gurbuz	KT.GU	Khost	Gurbuz	379	29.627	78,2
Gurziwan	FB.DR	Faryab	Darzab	1.844	85.694	46,5
Guzarah	HR.GZ	Herat	Guzarah	2.455	165.940	67,6
Guzargah-e Nur	BL.GN	Baghlan	Pass-e-Noor	425	11.426	26,9
Hazar Sumuch	TK.HS	Takhar	Hazara Chiwa	265	15.545	58,7
Hazrat-e Imam Şahib	KZ.HI	Kunduz	Imam Şahib	1.550	228.583	147,5
Hazrat-e Sulţan	SM.HS	Samangan	Azrat Sultan	2.102	46.766	22,2
Herat	HR.HI	Herat	Herat	234	574.276	2.454,2
Heşarak	NG.HI	Nangarhar	Heşarak	620	34.809	56,1
Hişah-e Awal	PJ.HA	Panjshir	Hişah-e Awal	689	45.172	65,6
Hişah-e Awal-e Behsud	VR.HB	Wardak	Dahani Siasang	1.406	41.850	29,8
Hişah-e Awal-e Kohistan	KP.PA	Kapisa	Karimkhel ?	88	76.925	874,1
Hişah-e Duwum-e Kohistan	KP.PJ	Kapisa	Bege Rawan ?	38	50.885	1.339,1
Injil	HR.IN	Herat	Injil	896	276.479	308,6
Ishkashim	BD.IK	Badakhshan	Ishkashim	1.415	15.677	11,1
Ishkmish	TK.IS	Takhar	Ishkmish	948	66.695	70,4
Ishtarlay	DK.IS	Daykundi	Miran	1.607	61.174	38,1
Istalif	KB.IS	Kabul	Istalif	108	37.998	351,8
Jabal Saraj	PV.JA	Parwan	Jabal Saraj	99	72.345	730,8
Jaghatu	n.d.	Ghazni	Gulbouri	696	35.871	51,5
Jaghatu	VR.JG	Wardak	Kalan Deh	595	51.682	86,9
Jaghuri	GZ.JR	Ghazni	Sange-e-Masha	1.965	199.553	101,6
Jaji	PT.JJ	Paktia	Aryob	591	71.212	120,5
Jaji Maidan	KT.JM	Khost	Aka Kawool	331	27.236	82,3
Jalalabad	NG.JA	Nangarhar	Jalalabad	18	271.867	15.103,7
Jalrayz	VR.JL	Wardak	Jalrayz	1.182	59.920	50,7
Jani Khel	n.d.	Paktika	Abdul Bari Kor ?	1.052	36.873	35,1
Jani Khel	PK.JK	Paktia	Jani Khel ?	353	39.459	111,8
Jowand	BG.JA	Badghis	Jowand	6.105	89.148	14,6
Jurm	BD.JU	Badakhshan	Jurm	1.225	42.671	34,8
Kabul	KB.KB	Kabul	Kabul	383	4.434.550	11.578,5
Kahmard	BM.KA	Bamyan	Kahmard	1.389	41.053	29,6
Kajaki	HM.KA	Helmand	Kajaki	2.184	116.827	53,5
Kajran	DK.KA	Daykundi	Kajran	882	37.062	42,0
Kakar	ZB.KA	Zabul	Ghunani	981	27.234	27,8
Kalafgan	TK.KA	Takhar	Kalafgan	526	39.858	75,8
Kalakan	KB.KL	Kabul	Kalakan	73	34.278	469,6
Kalbad	n.d.	Kunduz	Kalbad ?	228	35.972	157,8
Kaldar	BK.KA	Balkh	Kaldar	803	22.586	28,1
Kamah	NG.KA	Nangarhar	Sanger Srye Kama	229	86.890	379,4

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Kamdesh	NR.KA	Nuristan	Kamdesh	1.452	28.564	19,7
Kandahar	KD.KA	Kandahar	Kandahar	114	632.601	5.549,1
Kang	NM.KA	Nimruz	Kang	898	25.376	28,3
Karukh	HR.KA	Herat	Karukh	2.123	72.530	34,2
Khadir	DK.KH	Daykundi	Khadir	1.744	53.434	30,6
Khak-e Jabar	KB.KJ	Kabul	Khak-e Jabar	590	16.209	27,5
Khak-e Safed	FH.KS	Farah	Khak Safed	1.938	34.277	17,7
Khakrez	KD.KH	Kandahar	Khakrez	1.738	25.774	14,8
Khamyab	JW.KM	Jowzjan	Khamyab	912	15.811	17,3
Khan Abad	KZ.KA	Kunduz	Khan Abad	657	156.489	238,2
Khanaqah	JW.KN	Jowzjan	Alili	341	26.306	77,1
Khan-e Chaharbagh	FB.KC	Faryab	Khan Chaharbagh	939	26.173	27,9
Kharwar	LW.KW	Logar	Kafir Kot	469	29.628	63,2
Khaş Kunar	KR.KK	Kunar	Khaş Kunar	209	39.592	189,4
Khaş Uruzgan	OZ.KU	Urozgan	Marghunday	2.821	63.904	22,7
Khash	BD.KH	Badakhshan	Shahran	243	43.046	177,1
Khash Rod	NM.KR	Nimruz	Khash	6.166	28.698	4,7
Khinjan	BL.KH	Baghlan	Khinjan	1.017	34.411	33,8
Khoshi	LW.KH	Logar	Khoshi	398	27.236	68,4
Khost wa Fireng	BL.KF	Baghlan	Khost wa Fereng	1.898	71.345	37,6
Khost	KT.KH	Khost	Khost	418	156.106	373,5
Khugyani	NG.KH	Nangarhar	Kaga	789	147.745	187,3
Khulm	BK.KH	Balkh	Khulm	3.204	83.032	25,9
Khuram wa Sarbagh	SM.KS	Samangan	Pudina Bolagh	1.815	45.039	24,8
Khwahan	BD.KW	Badakhshan	Khwahan	698	18.734	26,8
Khwajah 'Omari	GZ.KO	Ghazni	Khwajah 'Omari	176	21.390	121,5
Khwajah Bahawuddin	TK.KB	Takhar	Khvajeh Baha od Din	182	26.306	144,5
Khwajah Du Koh	JW.KO	Jowzjan	Khwajah Du Koh	2.042	30.424	14,9
Khwajah Ghar	TK.KG	Takhar	Khwaja Ghar	404	76.132	188,4
Khwajah Hijran	BL.KW	Baghlan	Khwajah Hijran	659	26.971	40,9
Khwajah Sabz Posh Wali	FB.KS	Faryab	Khwajah Sabz Posh	610	57.395	94,1
Kishim	BD.KI	Badakhshan	Mashhad	767	91.407	119,2
Kishindeh	BK.KI	Balkh	Kishindh Bala	1.083	55.003	50,8
Kiti	DK.KI	Daykundi	Kiti	1.004	56.436	56,2
Koh Band	KP.KB	Kapisa	Malekar ?	163	26.572	163,0
Koh-e Şafi	PV.KS	Parwan	Nilay	569	35.075	61,6
Koh-e Zure	n.d.	Herat	Mayan Rodi ?	3.251	13.032	4,0
Kohistan	FB.KO	Faryab	Qal' a	2.402	61.646	25,7
Kohistan	BD.KS	Badakhshan	Kohistan	494	18.733	37,9
Kohistanat	SP.KO	Sar-e Pol	Khul	5.771	90.477	15,7
Kohsan	HR.KN	Herat	Kohsan	2.688	61.513	22,9
Kot	NG.KO	Nangarhar	Lori ?	188	58.857	313,1
Kuf ab	BD.KA	Badakhshan	Qal'eh-ye Kuf	1.439	25.243	17,5

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Kunduz	KZ.KU	Kunduz	Kunduz	447	365.529	817,7
Kuran wa Munjan	BD.KM	Badakhshan	Warwarzu	4.712	10.761	2,3
Kushk	HR.KU	Herat	Kushk	2.959	141.585	47,8
Kushk-e Kuhnah	HR.KK	Herat	Kushk Kuhnah	1.817	51.682	28,4
Kuz Kunar	NG.KK	Nangarhar	Kuz Kunar	298	62.178	208,7
La' l wa Sarjantal	GR.LS	Ghor	La' l wa Sarjantal	3.634	126.615	34,8
La' lpur	NG.LP	Nangarhar	La' lpur	475	23.117	48,7
Lajah Ahmad Khel	n.d.	Paktia	Ahmad Khel ?	220	25.775	117,2
Lajah Mangel	PT.LM	Paktia	Ayubkhel ?	193	21.258	110,1
Lash wa Juwayn	FH.LJ	Farah	Lash wa Juwayn	5.323	31.621	5,9
Lashkargah	HM.LA	Helmand	Lashkargah	1.891	194.473	102,8
Ma' ruf	KD.MR	Kandahar	Ma' ruf	3.335	37.333	11,2
Maħmud-e Raqi	KP.MR	Kapisa	Maħmud-e Raqi	173	72.716	420,3
Maidan Shahr	VR.MS	Wardak	Maidan Shahr	211	45.787	217,0
Malistan	GZ.MA	Ghazni	Mir Adina	1.978	92.736	46,9
Mandol	NR.MA	Nuristan	Mandol	1.996	22.320	11,2
Manduzai	KT.MZ	Khost	Mando Zayi	128	63.772	498,2
Marawarah	KR.MA	Kunar	Marawarah	147	23.118	157,3
Mardian	JW.MA	Jowzjan	Mardian	657	43.577	66,3
Marghab	n.d.	Ghor	Shorabak	2.930	21.051	7,2
Marjah	n.d.	Helmand	Marjah	2.904	30.425	10,5
Markaz-e Bihsud	VR.MB	Wardak	Bihsud	3.616	134.852	37,3
Marmul	BK.MM	Balkh	Marmul	375	12.888	34,4
Maywand	KD.MY	Kandahar	Hutal	2.963	66.297	22,4
Mazar-e Sharif	BK.MS	Balkh	Mazar-e Sharif	67	484.492	7.231,2
Mehtarlam	LA.MI	Laghman	Mehtarlam	430	146.727	341,2
Meymaneh	FB.MA	Faryab	Meymaneh	90	95.971	10.066,3
Mingajik	JW.MI	Jowzjan	Mingajik	907	48.493	53,5
Mir Bachah Kot	KB.MK	Kabul	Mir Bachah Kot	62	59.122	953,6
Miramor	DK.MI	Daykundi	Miramor	2.208	86.024	39,0
Mirzakah	n.d.	Paktia	Mirzakah	220	9.698	44,1
Miyaneshin	KD.MN	Kandahar	Miyaneshin	803	17.006	21,2
Mizan	ZB.MI	Zabul	Mizan	1.079	21.623	20,0
Mohmand Darah	NG.MD	Nangarhar	Mohmand Darah	240	50.752	211,5
Muħammad Aghah	LW.MA	Logar	Muħammad Aghah	1.076	85.295	79,3
Muqur	BG.MQ	Badghis	Robat	620	26.838	43,3
Muqur	GZ.MU	Ghazni	Muqur	931	56.863	61,1
Musá Khel	KT.MK	Khost	Balkhel	470	46.368	98,7
Musá Qal' ah	HM.M Q	Helmand	Musá Qal' ah	1.209	121.749	100,7
Musahi	KB.MU	Kabul	Musahi	119	26.439	222,2
Muta Khan	PK.MK	Paktika	Tslah ?	405	27.189	67,1
Nad 'Ali	HM.NA	Helmand	Nad 'Ali	3.046	186.929	61,4
Nadirshah Kot	KT.NS	Khost	Nader Shah	381	36.005	94,5
Nahr-e Saraj	HM.NS	Helmand	Gerisk	1.554	174.820	112,5

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Nahr-e Shahi	BK.NS	Balkh	Nahr-e Shahi	1.409	50.752	36,0
Nahrin	BL.NA	Baghlan	Nahrin	998	78.438	78,6
Namak Ab	TK.NA	Takhar	Talukhan	431	13.817	32,1
Narang Badil	KR.NB	Kunar	Kuz Narang	187	34.145	182,6
Nari	KR.NA	Kunar	Nari	305	31.222	102,4
Nawah	GZ.NA	Ghazni	Loya Nawah	1.753	33.613	19,2
Nawah Mish	n.d.	Helmand	Nawah Mish	667	19.062	28,6
Nawah-ye Barakza'yi	HM.NB	Helmand	Nawah-ye Barakza'yi	617	111.259	180,3
Nawur	GZ.NR	Ghazni	Doabi	5.097	106.952	21,0
Nawzad	HM.NZ	Helmand	Nawzad	5.318	97.824	18,4
Nazyan	NG.NA	Nangarhar	Surubai	188	16.607	88,3
Nesh	KD.NE	Kandahar	Nesh	1.110	15.146	13,6
Nijrab	KP.NI	Kapisa	Nijrab	594	127.013	213,8
Nikeh	PK.NI	Paktika	Nikeh	192	17.041	88,8
Nili	DK.NI	Daykundi	Nili	591	42.832	72,5
Nirkh	VR.NI	Wardak	Shaghasi ?	530	64.436	121,6
Nowbahar	ZB.NB	Zabul	Sarde	1.137	24.534	21,6
Nurgal	KR.NU	Kunar	Nurgal	302	35.739	118,3
Nurgaram	NR.NG	Nuristan	Daba ?	943	36.536	38,7
Obeh	HR.OB	Herat	Obeh	2.427	85.836	35,4
Omnah	PK.OM	Paktika	Yahya Khali ?	468	23.811	50,9
Orgun	PK.UR	Paktika	Orgun	481	90.549	188,3
Pachir wa Agam	NG.PA	Nangarhar	Pachir wa Agam	516	48.095	93,2
Paghman	KB.PA	Kabul	Paghman	385	138.507	359,8
Panjab	BM.PA	Bamyan	Panjab	1.961	77.058	39,3
Panjwa'yi	KD.PA	Kandahar	Bazar-e Panjwa'yi	5.841	98.448	16,9
Parian	PJ.PA	Panjshir	Kawjan	1.428	16.740	11,7
Parun	n.d.	Nuristan	Parun	1.509	15.279	10,1
Pasaband	GR.PA	Ghor	Shinkot	5.073	107.217	21,1
Pashtun Kot	FB.PK	Faryab	Pashtun Kot	2.807	213.371	76,0
Pashtun Zarghun	HR.PZ	Herat	Pashtun Zarghun	2.196	113.329	51,6
Patu	n.d.	Daykundi	Patu	1.945	39.759	20,4
Pul-e 'Alam	LW.PA	Logar	Pul-e 'Alam	1.131	119.800	105,9
Pul-e Hı̄sar	BL.PH	Baghlan	Pol	905	31.222	34,5
Pul-e Khumri	BL.PK	Baghlan	Pul-e Khumri	664	242.859	365,8
Pur Chaman	FH.PC	Farah	Purchaman	6.188	60.450	9,8
Pusht Koh	n.d.	Herat	Najuha	10.330	35.801	3,5
Pusht-e Rod	FH.PR	Farah	China	327	45.969	140,6
Qadis	BG.QD	Badghis	Qadis	3.391	102.833	30,3
Qaişar	FB.QA	Faryab	Qaişar	2.257	161.025	71,3
Qal'ah-ye Kah	FH.QK	Farah	Qal'ah-ye Kah	4.485	34.809	7,8
Qal'ah-ye Now	BG.QN	Badghis	Qala e Naw	841	75.410	89,7
Qal'ah-ye Zal	KZ.QZ	Kunduz	Qal'ah-ye Zal	1.984	79.612	40,1
Qalandar	KT.QA	Khost	Qalandar	100	11.559	115,6
Qalat	ZB.QA	Zabul	Tana Chah	1.914	44.928	23,5

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Qarah Bagh	GZ.QA	Ghazni	Qarah Bagh	1.690	161.424	95,5
Qarah Bagh	KB.QB	Kabul	Qarah Bagh	214	86.358	403,5
Qaram Qol	FB.QQ	Faryab	Qarqal	1.079	22.187	20,6
Qarghah'i	LA.QA	Laghman	Lal Khanabad	944	110.804	117,4
Qarqin	JW.QA	Jowzjan	Qarqin	981	28.243	28,8
Qurghan	FB.QU	Faryab	Qurghan	806	53.277	66,1
Qush Tepah	JW.SC	Jowzjan	Qush Tepah	883	26.572	30,1
Raghistan	BD.RA	Badakhshan	Ziraki	1.321	44.773	33,9
Rashidan	GZ.RA	Ghazni	Rashidan	98	20.328	207,4
Reg Shigah	KD.RE	Kandahar	Reg Alaquadari	13.470	10.097	0,7
Reg-e Khan Neshin	HM.RE	Helmand	Khan Neshin	7.064	26.348	3,7
Rodat	NG.RO	Nangarhar	Hisaar-e-Shahi	272	78.121	287,2
Roḥany Baba	n.d.	Paktia	Dabay ?	653	23.018	35,2
Rukhah	PJ.RU	Panjshir	Sanjan ?	113	25.908	229,3
Rustaq	TK.RU	Takhar	Rustaq	1.824	186.144	102,1
Ruy Du'ab	SM.RA	Samangan	Cangez	2.477	51.550	20,8
Şabari	KT.SB	Khost	Şabari	259	80.114	309,3
Saghar	GR.SA	Ghor	Titan Saghar	2.404	39.193	16,3
Salang	PV.SL	Parwan	Salang	547	29.362	53,7
Sancharak	SP.SA	Sar-e Pol	Tukzar	1.316	115.050	87,4
Sang-e Takht	DK.ST	Daykundi	Silbitos	1.711	59.043	34,5
Sangin	HM.SA	Helmand	Sangin	516	77.353	149,9
Sar Rawzah	PK.SH	Paktika	Sar Rawzah	707	37.053	52,4
Sar-e Pul	SP.SP	Sar-e Pol	Sar-e Pul	2.442	176.994	72,5
Şayad	SP.SY	Sar-e Pol	Şayad	1.334	61.646	46,2
Sayd'abad	VR.SA	Wardak	Josufkhel	1.130	131.264	116,2
Sayed Karam	PT.SK	Paktia	Khandkhel	256	62.975	246,0
Sayed Kheyl	PV.SK	Parwan	Ashrafkhal	31	51.549	1.662,9
Sayghan	BM.SA	Bamyan	Sayghan	1.729	27.103	15,7
Shah Joy	ZB.SJ	Zabul	Jahangir	1.878	79.889	42,5
Shah Wali Kot	KD.SW	Kandahar	Shah Wali Kot	3.345	49.025	14,7
Shahid-e Ḥasas	OZ.SH	Urozgan	Sangandaz	2.261	66.695	29,5
Shahrak	GR.SH	Ghor	Dahan-e Falezak	4.600	67.625	14,7
Shahr-e Buzurg	BD.SB	Badakhshan	Shahr-e Buzurg	942	59.123	62,8
Shahrستان	DK.SR	Daykundi	Shahrستان	1.916	80.740	42,1
Shahrستان Chisht-e Sharif	HR.CS	Herat	Chishti Sharif	1.626	26.838	16,5
Shakar Darah	KB.SD	Kabul	Shakar Darah	271	93.001	343,2
Shamul	KT.SM	Khost	Chost	169	15.411	91,2
Shamulza'yi	ZB.SZ	Zabul	Ambargay	3.295	36.515	11,1
Sharan	PK.SN	Paktika	Zareh Sharan	487	64.774	133,0
Shayb Koh	FH.SK	Farah	Shayb Koh	2.928	26.439	9,0
Sheberghan	JW.SH	Jowzjan	Sheberghan	1.951	192.724	98,8
Shekh 'Ali	PV.SA	Parwan	Jarf	913	27.901	30,6
Sheltan	KR.SS	Kunar	Shīgal wa Sheltan ?	93	19.497	209,6
Shibar	BM.SH	Bamyan	Shibar	1.372	33.348	24,3

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Shigal	n.d.	Kunar	Shigal	336	13.585	40,4
Shighnan	BD.SG	Badakhshan	Shughnan	1.968	31.487	16,0
Shiki	BD.SK	Badakhshan	Jarf	635	29.760	46,9
Shindand	HR.SH	Herat	Sabzevar	316	48.144	152,4
Shinkai	ZB.SK	Zabul	Umin Khel	1.861	31.911	17,1
Shinwar	NG.SW	Nangarhar	Shinwar	133	67.758	509,5
Shinwari	PV.SH	Parwan	Borj-e Gol Jan	722	46.501	64,4
Shirin Tagab	FB.ST	Faryab	Shirin Tagab	1.809	92.071	50,9
Shirzad	NG.SZ	Nangarhar	Shirzad	480	74.932	156,1
Sholgara	BK.SL	Balkh	Sholgara	1.755	129.271	73,7
Shorabak	KD.SR	Kandahar	Shorabak	4.153	13.020	3,1
Shortepah	BK.SR	Balkh	Shor Tappeh	1.563	44.773	28,6
Shuhada	BD.SD	Badakhshan	Sarmaidan	1.244	39.061	31,4
Shutul	PJ.SH	Panjshir	Chilanak ?	225	12.356	54,9
Shwak	PT.SW	Paktia	'Ala'uddin ?	114	6.245	54,8
Sirkanay	KR.SI	Kunar	Sirkanay	320	30.823	96,3
Sozmah Qal'ah	SP.SQ	Sar-e Pol	Suzmeh Qala	531	55.933	105,3
Sperah	KT.SP	Khost	Spera	499	27.501	55,1
Spin Boldak	KD.SB	Kandahar	Spin Boldak	2.963	113.727	38,4
Spin Ghar	n.d.	Nangarhar	Safed Koh	230	59.329	258,0
Surkh Rod	NG.SR	Nangarhar	Sultanpur	312	136.180	436,5
Surkh-e Parsa	PV.SP	Parwan	Lulinj	1.152	46.234	40,1
Surobi	KB.SU	Kabul	Surobi	1.314	62.709	47,7
Surobi	PK.SB	Paktika	Haybati ?	451	38.855	86,2
Tagab	BD.TA	Badakhshan	Qala Dehneh	1.401	31.753	22,7
Tagab	KP.TA	Kapisa	Tagab	497	91.407	183,9
Takhtah Pul	n.d.	Kandahar	Alijan	2.926	14.349	4,9
Talah wa Barfak	BL.TB	Baghlan	Bazar-e Taleh	2.525	34.144	13,5
Taluqan	TK.TA	Takhar	Taluqan	833	258.724	310,6
Tani	KT.TA	Khost	Tani	410	67.360	164,3
Tarinkot	OZ.TK	Urozzgan	Tarinkot	1.974	116.359	58,9
Tarneg wa Jaldak	ZB.TJ	Zabul	Aqa Mosammad Kalay	1.434	22.214	15,5
Taywarah	GR.TA	Ghor	Taywarah	4.030	103.364	25,6
Terwo	PK.TU	Paktika	Salih Khel ?	1.026	11.266	11,0
Tirayzayi	KT.TZ	Khost	Lakan Spinki Bori	427	50.486	118,2
Tishkan	BD.TI	Badakhshan	Zenbor	821	33.746	41,1
Tulak	GR.TU	Ghor	Kwajaha	2.908	58.192	20,0
Unabah	PJ.UN	Panjshir	Panjshir	186	20.328	109,3
Waghaz	GZ.WA	Ghazni	Waghaz	512	43.578	85,1
Wakhan	BD.WA	Badakhshan	Khandud	10.930	16.873	1,5
Wali Muhammad Shahid	GZ.WM	Ghazni	Khogyani	147	22.719	154,6
Wama	NR.WM	Nuristan	Doab ?	389	12.489	32,1
Waras	BM.WA	Bamyan	Waras	2.975	123.293	41,4
Warduj	BD.WJ	Badakhshan	Warduj	684	24.712	36,1

District	HASC	Department	Capital	Area km ²	Population	Density Persons/km ²
Warsaj	TK.WA	Takhar	Warsaj	2.668	42.914	16,1
Washir	HM.WA	Helmand	Washir	4.647	28.945	6,2
Watahpur	KR.WP	Kunar	Watahpur	215	30.956	144,0
Waygal	NR.WG	Nuristan	Waygal	907	22.187	24,5
Wazah Khwah	PK.WA	Paktika	Wazah Khwah	2.336	46.647	20,0
Wor Mamay	PK.WO	Paktika	Kazshan	3.052	21.777	7,1
Yaftal-e Suflá	BD.YS	Badakhshan	Naland	606	59.654	98,4
Yaḥyya Khel	PK.YY	Paktika	Yaḥyya Khel	321	29.771	92,7
Yakawlang	BM.YA	Bamyan	Yakawlang	4.579	68.821	15,0
Yakawlang No 2	n.d.	Bamyan	Yakawlang ?	2.223	30.026	13,5
Yamgan	BD.YG	Badakhshan	Dasht-e-Ghormi	1.744	29.096	16,7
Yangi Qal'ah	TK.YQ	Takhar	Yangi Qal'ah	360	50.782	141,1
Yawan	BD.YW	Badakhshan	Yawan	431	36.669	85,1
Yosuf Khel	PK.YK	Paktika	Yosuf Khel	590	29.193	49,5
Zadran	PT.JD	Paktia	Waza	263	27.480	104,5
Zana Khan	GZ.ZK	Ghazni	Dado	284	14.215	50,1
Zaranj	NM.ZA	Nimruz	Zaranj	1.716	65.310	38,1
Zarghun Shahr	PK.ZS	Paktika	Khairkot	403	42.044	104,3
Zari	BK.ZA	Balkh	Zari	869	49.556	57,0
Zawol	n.d.	Herat	Samalan ?	521	51.698	99,2
Zaybak	BD.ZE	Badakhshan	Zaybak	2.057	8.902	4,3
Zharay	KD.ZH	Kandahar	Pasab	745	96.987	130,2
Zindah Jan	HR.ZJ	Herat	Zindah Jan	2.542	64.569	25,4
Zirkuh	PK.ZI	Herat	Qarya-i-Baghuja	1.342	53.720	40,0
Ziruk	n.d.	Paktika	Ziruk	274	39.415	143,9
Zurmat	PT.ZU	Paktia	Zurmat	747	98.547	131,9
Total				642.005	31.390.171	48,9

Remarks:

The data marked with a question mark are from third party sources and not confirmed by other sources. The district data on their area is not coherent with the internationally recognised area of Afghanistan. The area internationally given area of Afghanistan is 10.800 km larger.

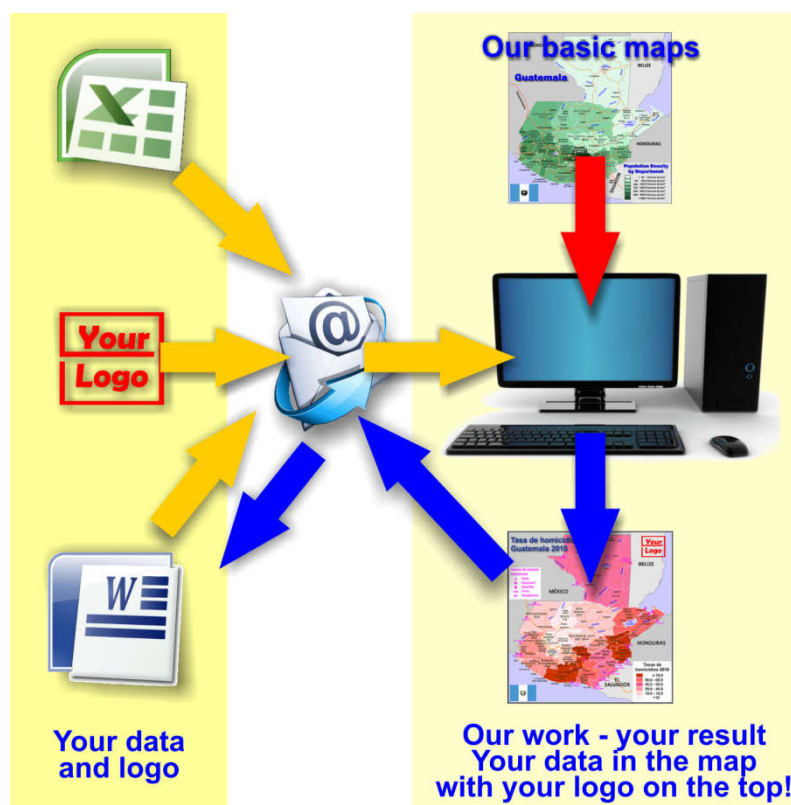
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