



**Ramakrishna Sarada Mission Vivekananda Vidyabhavan**

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# **RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN**



## **PROJECT- JIVAKA KANAN**

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### About Jivaka Kanan Project

This research project aims to create awareness among students and faculties about medicinal plants and their uses as described in the Ancient Medical Science of Ayurveda. The core objective is to popularize the use of commonly available medicinal plants and to conserve the associated traditional knowledge in sustainable manner.

The research project will be conducted to recognize Indian Knowledge System (IKS) as proposed by Ministry of Education, Govt. of India.

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### LIST OF THE PLANTS

1. Ajwain अजमोद
2. Aloevera तरुणी
3. Amalaki धात्री
4. Arjun अर्जुन
5. Akanda अर्क
6. Ashwagandha पलाशपर्णी
7. Ayyappan/ Mritasanjibani विशल्यकरणी
8. Bel बिल्व
9. Brahmi ब्राह्मी
10. Dhatura धुस्तुर
11. Golmarich मरिच/उषण
12. Green Tulsi तुलसी
13. Gulancha/Giloy गुडूची
14. Haadjoda अस्थिसंहारक
15. Kalmegh भूनिम्ब
16. Kari Pata सुरभिनिम्ब
17. Keshod गोक्षुर
18. Kulekhara क्षुरक
19. Lemongrass भुस्तर
20. Multivitamin चक्रमणि
21. Nayantara नेत्रकल्याणी
22. Neem निम्ब
23. Nishinda सिन्दुवार
24. Pipul पिप्पली
25. Pudina उपोदिका
26. Rosemary शतपत्रिका
27. Chitrak चित्रक
28. Sada Tulsi श्वेततुलसी
29. Sarpagandha सर्पगन्धा
30. Shatamooli - शताबरी
31. Stevia मधुपत्र
32. Talmuli मुसली
33. Thankunki त्वाष्ट्री
34. Turmeric हरिद्रा
35. Vasak - वासा

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36. Vishalyakarani जयन्तीवेद/ विशल्यकरणी
37. Bhringaraj भृङ्गराज
38. Patharkuchi पाषाणभेद
39. Elach एला/त्रुति

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## Details of Herbal Plants



### 1. Ajwain

- **Common English Name: Carom Seed**
- **Source Name: Ajamoda**

यवानिकोग्रगन्धा च ब्रह्मदर्भाजमोदिका।  
**Bhavprakash Nighantu, 75**

#### ○ **Benefits in Ayurvedic Medicine:**

- Ajwain is used in Ayurveda for various purposes, although there is limited scientific evidence to support its efficacy.
- Traditionally, it has been used to aid digestion, relieve flatulence, and improve appetite.
- It is believed to have carminative properties, which means it helps alleviate gas and bloating.
- Ajwain seeds are also used in herbal teas to soothe indigestion and promote overall digestive health.

#### ○ **Uses:**

- For digestive benefits, you can consume ajwain seeds after meals.
- A common dosage is 1-2 grams (about half a teaspoon) of ajwain seeds with warm water.





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### 2. Aloe vera:

- Common English Name: Aloe vera
- Source Name: Ghritakumari

कुमारी गृहकन्या च कन्या घृतकुमारिका।  
कुमारी भेदनी शीता तिक्ता नेत्र्या स्स्यायनी।।  
मधुरा वृंहणी वहण्या वृष्या वातविषप्रणुत्।।  
**Bhavprakash Nighantu, 230**

#### ○ Benefits in Ayurvedic Medicine:

- Aloe vera is highly regarded in Ayurveda for its healing properties.
- It is used externally for skin conditions, burns, and wounds due to its soothing and anti-inflammatory effects.
- Internally, aloe vera juice is believed to support digestion, boost immunity, and promote overall well-being.

#### ○ Uses:

- For internal use, consult an Ayurvedic practitioner for personalized dosages.
- Aloe vera gel can be applied topically to the skin as needed.

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### 3. Amalaki:

- Common English Name: Indian gooseberry or amla
- Source Name: Dhatri

हरीतकीसमं धात्रीफलं किन्तु विशेषतः।

रक्तपित्तप्रमेहघ्नं परं वृष्यं रसायनम्।।

**Bhavprakash Nighantu,39**

#### ○ Benefits in Ayurvedic Medicine:

- Amalaki is a potent antioxidant and rich in vitamin C.
- It supports the immune system, aids digestion, and promotes healthy skin and hair.
- It is commonly used in Ayurvedic formulations such as Chyawanprash.

#### ○ Uses:

- Amalaki can be consumed as fresh fruit, dried powder, or in herbal formulations.
- 1-3 grams of Amlaki powder with warm water or, 5-10ml juice with water or honey or, a decoction made from dried fruit can be taken in a dose of 30 to 60 ml after meal.

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### 4. Arjun:

A tree with medicinal bark is often used for heart health.

- **Common English Name:** Arjuna
- **Source Name:** Arjuna

तत् परैताप्सरसः प्रतिबुद्धा अभूतन। यत्र वः प्रेङ्खा हरिता अर्जुना उत  
यत्राघाटा कर्कर्यः संवदन्ति।। **Atharva veda, 4/37/5**

#### ○ **Benefits in Ayurvedic Medicine:**

- Arjuna bark is used for heart health.
- It is believed to strengthen the heart muscles, improve circulation, and manage blood pressure.
- It also slows down old age-related changes in the body.
- Arjuna is commonly used in Ayurvedic heart tonics.

#### ○ **Uses:**

- The bark powder in a dosage of 1-3 grams with warm water or milk can be taken once or twice a day.
- A decoction can be made by boiling the bark which is then consumed in a dosage of 30-60 ml.

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### 5. Akanda (*Calotropis gigantea*):

- Common English Name: Akanda
- Source Name: Arka

अलर्ककुसुमं वृष्यं लघु दीपनपाचनम्।  
अरोचकप्रसेकार्शः कासश्वासनिवारणम्।।  
**Bhavprakash Nighantu, 70**

- **Benefits in Ayurvedic Medicine:**
  - Akanda is widely used in Ayurvedic treatments, both externally (ksharasutra) and internally.
  - It is used to treat skin conditions and respiratory problems.
  - **Swelling:** Warm mature leaves of Akanda and apply them over the swollen or inflamed area. Regular fomentation for 5-6 days helps reduce swelling effectively.
  - **Joint Pain:** Apply a paste of Akanda leaves over the affected joints. It has analgesic and antipyretic properties.
  - **Uses:**
    - The leaves are used externally, often warmed, and applied to the skin to reduce swelling and pain.
    - The latex part is used with caution in hemorrhoids as a fumigation.
  - **Caution:**
    - The latex of Akanda is a strong irritant; avoid contact with the eyes.
    - Whole plant is used to prepare alkali (Arka kshara).

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### 6. Ashwagandha

- **Common English Name:** Ashwagandha or Indian ginseng
- **Source Name:** Ashwagandha

उदुषा उदु सूर्य उदिदं मामकं वर्चः।

उदैयतु प्रजापतिर्वृषा शुष्मेण वाजिना यथा स्म ते विरोहतोऽभितप्तमिवानति॥

**Atharva Vea, 4/4/2**

#### ○ **Benefits in Ayurvedic Medicine:**

- Ashwagandha is an adaptogenic herb that helps the body cope with stress and anxiety.
- It may have anti-inflammatory and antioxidant effects.
- It helps to reduce arthritis, hypertension, insomnia and diabetes
- Research suggests it could improve brain function, reduce symptoms of depression, and boost fertility in men.
- It also acts as a memory enhancer.

#### ○ **Uses:**

- Take ¼ - ½ teaspoon of Ashwagandha root powder with lukewarm milk or honey twice a day after meal.

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### 7. Ayyappan

- **Common English Name: Ayyappan**
- **Source Name: Vishalyakarani/Mritasanjivani**

मृतसञ्जीवनीं चैव विशल्यकरणीम् अपि।  
सौवर्णकरणीं चैव सन्धानीं च महौषधीम्।  
**Ramyan, Yuddhakandam 6/74/33**

#### ○ **Benefits in Ayurvedic Medicine:**

- Ayyappan is used to control bleeding from open wounds and promote wound healing.
- It has anti-microbial, anti-helminthic, and antioxidant properties.
- The leaves and stem are indicated for conditions like bloody diarrhoea, bleeding piles, and stomach ulcer bleeding.

#### ○ **Uses:**

- It can be taken as fresh juice 5-10 ml, cold infusion 30-40ml, or in tablet form for cardiac diseases.

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### 8. Bel

- **Common English Name: Bel or wood apple**
- **Source Name: Bilwa**

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काश्मर्यं शालपर्णीञ्च पृश्निपर्णी  
निदिगन्धिकाम्।।

**Charak Samhita, Satish Chandra Sharma, 18**

#### ○ **Benefits in Ayurvedic Medicine:**

- Bael is known for its digestive properties.
- It helps relieve constipation, diarrhoea, and indigestion.
- The fruit is rich in vitamins and minerals.

#### ○ **Uses:**

- For diabetes juice of 4 to 5 leaves mixed with little amount of honey is given.
- Fresh bel fruit or its juice can be consumed as needed.

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### 9. Brahmi

- **Common English Name: Brahmi**
- **Source Name: Brahmi**

शं तै नीहारो भवतु शं तै पुष्याव शीयताम्।  
शीतिके शीतिकावति हलादिके हलादिकावति।  
मण्डूक्य१प्सु शं भुव इमं स्व१ग्निं शमय॥  
**Atharva Veda, 18/3/60**

#### ○ **Benefits in Ayurvedic Medicine:**

- Brahmi is a memory-enhancing herb.
- It supports cognitive function, reduces anxiety and stress, and improves learning and attention.
- It may also have neuroprotective effects.

#### ○ **Uses:**

- Take Brahmi extract capsule 250 mg once or, twice a day after a meal.
- It can also be taken during lunch with ghee or honey.
- In powder form it can be taken as 2 grams daily or, in decoction 20-50ml per day.

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### 10. Dhatura

- **Common English Name:** Dhatura or jimsonweed
- **Source Name:** Dhustur

वसुकवसिरकांचनकभार्गिकार्पासिवृश्चिकाली-  
पतुतूरवदरयवकोलकुलत्थप्रवृत्तिनी॥  
**Shusruta Samhita, 39/9**

#### ○ **Benefits in Ayurvedic Medicine:**

- Dhatura has been used traditionally for various purposes like throat infections, bronchitis, whooping cough, asthma, and colds.
- However, it is a toxic plant and should be used cautiously.
- It has hallucinogenic, hypnotic, mydriatic, narcotic, and antispasmodic properties.

#### ○ **Uses:**

- For normal dosage 2 decigram powder only.
- 125 mg of Dhatura seed powder is helpful in indigestion.

#### ○ **Caution:** Dhatura can be poisonous.

- Excessive consumption can lead to mouth and throat dryness.
- Consult an Ayurvedic practitioner before use.

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### 11. Golmarich

- **Common English Name: Black Pepper**
- **Source Name: Marich/Ushan**

अपामार्गस्य बीजानि पिप्पली मरिचानि च।

विडङ्गान्यथ शिग्रानि सर्षपास्तुक्षुरूणि च।।

**Charak Samhita, Chapter 2, P 17**

#### Benefits in Ayurvedic Medicine:

- Black pepper is a potent spice with various health benefits.
- It stimulates appetite, aids digestion, and balances Vata and Kapha doshas.
- Black pepper contains antioxidants and may support lung health.
- It is used in Ayurveda for its warming properties and to alleviate joint pain.

#### Uses:

- Use black pepper in cooking or consume it as part of your meals.
- For specific therapeutic purposes, consult an Ayurvedic practitioner.

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### 12. Green Tulsi

- **Common English Name: Basil**
- **Source Name: Tulsi**

तुलसी सुरसा ग्राम्या सुलभा बहुमञ्जरी।  
अपेतराक्षसी गौरी भूतघ्नी देवदुन्दुभिः॥  
**Bhavprakash Nighantu,62**

#### Benefits in Ayurvedic Medicine:

- Tulsi is revered as the “Queen of Herbs” in Ayurveda.
- It balances Vata and Kapha doshas and increases Pitta dosha.
- Tulsi supports immunity, digestion, and overall well-being.
- It has antioxidant, antimicrobial, and adaptogenic properties.

#### Uses:

- Consume fresh tulsi leaves 2-3 daily or, it can also be taken with hot water.
- Use Tulsi supplements like capsules, and extracts that contain eugenol flavonoids, vitamins, and minerals.
- Follow the recommended dosage based on your health needs.

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### 13. Gulancha/Giloy

- Common English Names: Heartleaf moonseed.
- Source Name: Guruchi

पाटलिञ्चाग्निमहञ्च बिल्वं श्येणाकमेव च  
काश्मर्यं शालपर्णीञ्च पृश्निपर्णी  
निदिगन्धिकाम्।।

**Charak Samhita, Satish Chandra Sharma, 18**

#### Benefits in Ayurvedic Medicine:

- It fortifies bones and joints, promoting bone cell growth.
- It regulates digestion, combats intestinal bacteria, and protects the liver.
- It acts as a natural aphrodisiac, enhancing sexual function.
- It used as an immune-modulator and detoxifier
- Antipyretic: Helps reduce fever.
- Anti-inflammatory: Soothes irritation and inflammation.
- Antioxidant: Protects against oxidative stress.
- Immune-enhancing: Boosts the immune system.
- Used in various conditions, including diabetes, cholesterol, arthritis, stomach issues, gout, and hepatitis.

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### Uses:

- Available in capsules, tablets, and powders.
- A teaspoon of Giloy powder is added to 2 cups of water, boiled and reduced to half a cup, filtered, and administered within 8 hours of preparation.
- Clinical trials are limited, but a common dosage is 300 mg of a standardized aqueous Tinospora stem extract taken 3 times daily for up to 6 months.
- Follow the recommended dosage as per the product instructions.

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### 14. Haadjoda

- Common English Names: Hadjod, Adamant creeper, Veldt grape, or Devil's backbone
- Source Name: Asthisangharak

ग्रन्थिमानस्थिसंहारी वज्राङ्गी वास्थिशृङ्खला।

अस्थिसंहारकः प्रोक्तो

वातश्लेष्महरोऽस्तियुक्॥

**Bhavprakash Nighantu, 194**

#### Benefits in Ayurvedic Medicine:

- Bone Health: May promote bone health and accelerate fracture healing. Used traditionally as a “bone setter.”
- Joint Pain Relief: May reduce joint pain.
- Antioxidant Properties: Contains vitamin C and other antioxidants.
- Potential Protection: Some evidence suggests protection against chronic conditions like heart disease, diabetes, and stroke.
- It acts as an aphrodisiac and promotes overall well-being.

#### Uses:

- No official recommendation, but most supplements offer 500-1,000 mg per day.

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### 15. Kalmegh

- Common English: Green chiretta
- Source Name: Bhunimba

यवतिक्ता महातिक्ता हडपादा विसर्पिणी।  
नाकुली नेत्रमीला च शङ्खिनी पत्रतण्डुली।  
**Rajnighantu, 3/76**

#### Benefits in Ayurvedic Medicine:

- Kalmegh has antiviral, antibacterial, and immune-boosting properties.
- It is used as an appetite suppressant, and anthelmintic.
- It is also used to treat diarrhea, dysentery, etc.
- It supports liver health, helps manage fever, and aids in respiratory conditions.
- Kalmegh is used in Ayurveda for its bitter taste and detoxifying effects.

#### Uses:

- ¼ to ½ teaspoon extract of this plant can be taken twice a day.
- 1 to 2 tablets of its root powder should be taken in specific health conditions.

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### 16. Kari Pata

- Common English Name: Curry Leaves
- Source Name: Surabhinimba

केडर्यकटुकस्तिकः कषायः शीतलो लघुः।

सन्तापशोष्कुष्ठास्रक्रिमिभूतविष-पहः॥

**Raj Nghantu,14**

#### Benefits in Ayurvedic Medicine:

- Curry leaves aid digestion and improves appetite.
- They are rich in antioxidants and may help manage blood sugar levels.
- Curry leaves support hair health and reduce hair fall.
- Traditionally used for skin conditions and as a mild laxative.

#### Uses:

- Use fresh curry leaves daily in cooking.
- It can be taken as 5-10 mg decoction in 1 glass of warm water daily in the morning or, 1-3 grams dried leaves powder.
- For specific therapeutic purposes, consult an Ayurvedic practitioner.

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### 17. Keshod

- **Common English Name:** Puncture vine or Small caltrops
- **Source Name:** Gokshura
- 

पाटलिञ्चाग्निमहञ्च बिल्वं श्येणाकमेव च  
काश्मर्यं शालपर्णीञ्च पृश्निपर्णी  
निदिगन्धिकाम्॥

Charak Samhita, Satish Chandra Sharma, 18

#### Benefits in Ayurvedic Medicine:

- Gokshura is known for its aphrodisiac properties.
- It supports urinary health, kidney function, and reproductive system.
- Used in Ayurveda for male sexual health and vitality.

#### Uses:

- Consult an Ayurvedic practitioner for personalized dosages.

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### 18. Kulekhara

- Common English Name: Swampweed
- Source name: Khurak

शकृन्मूत्रप्रतिघाते परिषेकावगाहयोः।

वरणालम्बुषैरण्डगोकण्टकपुनर्नवैः॥

**Ashtangahriday,  
Chikitsasthan 8/12**

#### Benefits in Ayurvedic Medicine:

- Kulekhara helps improve hemoglobin levels.
- It is very effective in epilepsy, leprosy and insomnia.
- It is used for anemia, digestive issues, and skin conditions.
- Rich in iron, vitamin C and potassium.

#### Uses:

- 4 teaspoons of root juice are taken in the evening for a good sleep.
- 4 teaspoons of this leaf is warmed and consumed in hot water to relieve leprosy.
- Consult an Ayurvedic practitioner for personalized recommendations.

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### 19. Lemongrass

- **Common English Name: Lemongrass**
- **Source Name: Bhustara**

A fragrant herb commonly used in cooking and herbal teas.

भूतृणो कटुतिक्तश्च वातसन्ताननाशनः।  
हन्ति भूतग्रहावेशन्विषदोषाश्च दारुणान्॥

**Charak Samhita, 48**

#### **Benefits in Ayurvedic Medicine:**

- Lemongrass has katu (pungent) and tikta (bitter) tastes.
- It balances doshas and aids digestion.
- Supports skin health and has antioxidant properties.

#### **Uses:**

- Use lemongrass in cooking or as herbal tea.
- Use Lemongrass oil for aroma therapy or topical use.
- Consult an Ayurvedic practitioner for specific use

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### 20. Multivitamin

- **Common English Name: Multivitamin**
- **Source Name: Thavasi Kerai/Chakramoni (From Internet)**
  
- **Benefits:**
- **Medicinal Value:**
  - Thavasi Kerai has been used in traditional medicine for its healing properties.
  - It possesses antioxidant and anti-inflammatory compounds that may boost the immune system and reduce oxidative stress.
  - Additionally, it is believed to aid in digestion and promote overall gut health.
  - Its use is to treat vitamin deficiency directly. Except for vitamin D, all vitamins are present in the leaves of this plant.
- **Nutritional Benefits:**
  - Thavasi Kerai is a rich source of vitamins A, C, and E, which are vital for maintaining healthy skin, vision, and a robust immune system.
- **Uses:**
  - **Adults:** Consume 10-15 fresh leaves daily.
  - **Children:** Adjust the dosage based on age and weight.
- **Powdered Form:**
  - **Adults:** Take 1-2 grams of dried Thavasi Kerai powder once a day.

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### 21. Nayantara

- **Common English Name: Madagascar Periwinkle**
- **Source Name: Netrakalyani**

- **Benefits in Ayurvedic Medicine:**

1. Nayantara is used for diabetes, high blood pressure, asthma, sore throat, and skin infections.
2. It is also helpful in excessive menstrual discharge.
3. It has potential anti-cancer properties.

- **Uses:**

4. Taking 1-2 teaspoons of its juice daily is very beneficial.
5. In case of toothache crushed leaves can reduce the tooth pain from the root.
6. Consult an Ayurvedic practitioner for personalized recommendations.

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### 22. Neem

- **Common English Name:** Margosa, Nimtree, or Indian lilac
- **Source Name:** Nimba

मदनं मधुकं निम्बं जीमूतं कृतवेधनं।  
पिप्पलीकुटजेक्षगाकुण्येलां धामार्गवाणि च॥  
**Charak Samhita, satishkumar Sharma, 18**

#### Benefits in Ayurvedic Medicine:

- Neem is a powerful blood purifier and detoxifier.
- It supports skin health, immunity, and oral hygiene.
- Used for various skin conditions and as an insect repellent.

#### Uses:

- Neem leaves, oil, or supplements can be used.
- For diabetes 10 neem leaves and 5 peppercorns should be chewed in the morning on an empty stomach.
- In congenital diseases, 5 to 30 drops of leaf juice mixed with honey should be taken in the morning.
- Consult an Ayurvedic practitioner for proper usage.

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### 23. Nishinda

- Common English Name: Five-leaved chaste tree
- Source Name: Sindubar

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**Shibkali Bhattacharya, Vol. 1, P-100**

#### Benefits in Ayurvedic Medicine:

1. Nishinda is used for respiratory disorders, including cold, congestion, and cough.
2. It rejuvenates the lungs, balances Kapha dosha, and expels mucus from the respiratory tract.
3. Traditionally, it improves memory and stimulates the central nervous system.

#### Uses:

1. Leaf decoction from dry leaves 20 to 30ml twice or thrice daily.
2. In the case of seed powder 2 to 4 grams should be taken.
3. Consult an Ayurvedic practitioner for personalized dosages.

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### 24 Pipul

- Common English Name: Long Pepper
- Source Name: Pippali

मदनं मधुकं निम्बं जीमूतं कृतवेधनं।

पिप्पलीकुटजेक्षगाकुण्येलां धामार्गवाणि च॥

**Charak Samhita, satishkumar Sharma, 18**

#### Benefits in Ayurvedic Medicine:

- Pipul is a powerful digestive and carminative herb.
- It treats indigestion, improves memory, and combats muscle fatigue.
- Its bark is considered an astringent, haemostatic, and laxative.
- Its leaves are used for treating diarrhoea and dysentery.
- Used in formulations like Trikatu for Kapha-related ailments.

#### Uses:

- It is sometimes applied with clarified butter to swollen salivary glands in mumps.
- The decoction of the bark or root is given in a dose of 50-60 ml in the joint pain.
- Consult an Ayurvedic practitioner for personalized dosages.

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### 25. Pudina

- **Common English Name:** Peppermint
- **Source Name:** Upodika

भृङ्गराजो भृङ्ग रजो मार्कवो भृङ्ग एव च।  
अङ्गारकः केशराजो भृङ्गारः केशरञ्जनः॥  
**Raj Nighantu, 239**

#### Benefits in Ayurvedic Medicine:

- Pudina relieves indigestion, and heartburn, and has antioxidant properties.
- Its essential oil eases stress, anxiety, and headaches.

#### Uses:

- Taken as leaf juice 5-10 ml, often mixed with honey or, cold infusion-25 to 30 ml.
- Use fresh mint leaves in cooking or as herbal tea.

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### 26. Rosemary

- Common English Name: Rosemary
- Source Name: Shatapatrika

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वहन्त्या .....

**Mālatīmādhava, Bhavadhuti, (Bombay) 1.22.**

#### Benefits in Ayurvedic Medicine:

- Rosemary is heating and relaxing for Kapha dosha.
- It improves memory, stimulates the nervous system, and combats muscle fatigue.
- Used in culinary and medicinal preparations.

#### Uses:

- Incorporate rosemary into cooking or use it as an herbal tea.

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### 27. Sada Chita/Chitrak

- Common English Name: White Leadwort
- Source Name: Chitrak

पिप्पली पिप्पलीमुलचव्यचित्रकनागरै।  
यवार्गुदीपनीया स्याच्छ्लघ्नीचोपसादिता।।  
**Charak Samhita, 19**

#### Benefits in Ayurvedic Medicine:

- Sada Chita is used for cardiac, hepatic, and nervous system disorders.
- It has diverse therapeutic properties, including anti-inflammatory effects.

#### Uses:

- Consult an Ayurvedic practitioner for personalized recommendations.

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### 28. Sada Tulsi

- Common English Name: Basil
- Source Name: Swet Tulsi

तुलसी सुरसा ग्राम्या सुलभा बहुमञ्जरी।  
अपेतराक्षसी गौरी भूतघ्नी देवदुन्दुभिः॥  
**Bhavprakash Nighantu, 62**

#### Benefits in Ayurvedic Medicine:

- It balances doshas, supports immunity, and has antioxidant properties.
- Used for respiratory health, stress relief, and overall well-being.

#### Uses:

- Consume fresh tulsi leaves 2-3 daily
- Or it can also be taken with hot water.
- Use Tulsi supplements like capsules, and extracts that contain eugenol flavonoids, vitamins, and minerals.
- Consult an Ayurvedic practitioner for personalized recommendations.

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### 29. Sarpagandha (*Rauwolfia serpentina*):

- **Common English Name:** Indian Snake root
- **Source Name:** Swarpagandha

नाकुली सुरसा नागसुगन्धा गन्धनाकुली।  
नकुलेष्ठा भुजङ्गाक्षी सर्पाङ्गी विषनाशिनी।।  
**Bhavprakash Nighantu, 165**

#### Benefits in Ayurvedic Medicine:

- Sarpagandha is known for its antihypertensive properties.
- It helps manage high blood pressure and has a calming effect.
- It is used in schizophrenia, epilepsy, and insomnia.
- It also helps to regulate urine formation.

#### Uses:

- Its root powder 1-2 grams is commonly used for hypertension.
- The decoction of its dried leaves and roots also can be taken for anxiety and insomnia.
- Consult an Ayurvedic practitioner for personalized dosages.

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### 30. Shatamooli

- Common English Name: *Asparagus*
- Source Name: Shatavari

शतवरी बहुसुता भीरुरिन्दीवरी वरी।  
नारायणी शतपदी शतवीर्या च पीवरी।।  
**Bhavprakash Nighantu, 184**

#### Benefits in Ayurvedic Medicine:

- Shatamooli is a rejuvenating herb for women's health.
- It supports the female reproductive system, balances hormones, and promotes vitality.
- The roots are used in 'Booster Tonic'.
- It is also used to relieve Diarrhea, whooping cough, tuberculosis, etc.

#### Uses:

- Take 10-20 grams of its root extract.
- Consult an Ayurvedic practitioner for personalized recommendations.

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### 31. Stevia Plant:

- Common English Name: Stevia
- Source Name: Madhupatra

#### Benefits in Ayurvedic Medicine:

- Stevia leaves are naturally sweet and used as a sugar substitute.
- They have no calories and do not impact blood sugar levels.
- Stevia is considered cooling and may support digestion.

#### Uses:

- Use stevia leaves or stevia-based products as a sweetener.
- It is taken as – leaf powder 1-3 grams, flower powder 250-500 mg, or, leaf juice 5-10 ml with warm water.

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### 32. Talmuli:

- **Common English Name:** Talmuli
- **Source Name:** Musali

तालमूली तु विद्वद्भिर्मुशली परिकीर्तिता।  
मुशली मधुरा वृष्या वीर्योष्णा वृंहणी गुरुः॥  
**Sushruta Samhita, Kaychikitsatantra,**

#### Benefits in Ayurvedic Medicine:

- Talmuli is used to control bleeding from open wounds and blood clotting.
- It is indicated for conditions like bloody diarrhea, bleeding piles, and stomach ulcer bleeding.
- It also has some Hepatoprotective, diuretic, and anti-cancerous properties.

#### Uses:

- Its root powder can be consumed 1-2 grams daily.
- Consult an Ayurvedic practitioner for personalized dosages.

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### 33. Thankuni:

- Common English Name: Centella asiatica
- Source Name: Twashtri

माण्डुकपर्ण्याः स्वरसः प्रयोज्यः। आयुः प्रदान्यामयनाशनानि  
बलाग्रिवर्णस्वरवर्धनानि। **Charak Samhita,**  
**Chikitsa Shastra, 1/3**

#### Benefits in Ayurvedic Medicine:

- Thankuni supports brain health, memory, and cognitive function.
- It is used for wound healing, skin health, insomnia, and stress management.

#### Uses:

- 5-6 teaspoons of the juice of Thankuni leaves should be warm with a little bit of sugar.
- Boiled water of its leaves heals skin diseases.
- Consult an Ayurvedic practitioner for personalized recommendations.

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### 34. Turmeric:

- **Common English Name:** Turmeric
- **Source Name:** Haridra

अजाजीञ्चाजगन्धाश्च पीलुन्येलां हरेणुकाम।  
पृथ्वीकाम सुरसां श्वेतां कुठेरकष्णणिजङ्गकौ।।  
शिरीषवीजं लशुनं हरिद्रे लवणद्वयम्।।

**Charak Samhita,  
Satish Chandra Sharma, 18**

#### Benefits in Ayurvedic Medicine:

- Turmeric is anti-inflammatory, anti-atherosclerotic, anti-allergic, antioxidant, and supports joint health.
- It aids digestion, boosts immunity, and promotes overall well-being.

#### Uses:

- Use turmeric in cooking or take turmeric supplements.
- It can be taken in a powder form of 1-3 grams daily or, as a decoction, 20-30 ml twice a day.
- Topical application- as needed for skin conditions.

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### 35. Vasak:

- Common English Name: Vasaka (Malabar nut)
- Source Name: Vasa

वासको वासिका वासा भिषङ्माता च सिंहिका।

सिंहास्य वाजिदन्ता

स्यादाटरूषटोऽरूषकः॥

**Charak Samhita,89**

#### Benefits in Ayurvedic Medicine:

- Vasak is used for respiratory health, cough, asthma and bronchitis.
- It has expectorant and bronchodilator properties.
- It also helps to boost immunity.

#### Uses:

- Take Vasak leaf juice 10-20 ml or, root decoction 40-80 ml or, 1-3 grams of dry leaf powder once or twice a day.
- Consult an Ayurvedic practitioner for personalized dosages.

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### 36. Vishalyakarani:

- Common English Name: Vishalyakarani
- Source Name: Vishalyakarani

मृतसञ्जीवनीं चैव विशल्यकरणीम् अपि।

सौवर्णकरणीं चैव सन्धानीं च महौषधीम्।

**Ramyan, Yuddhakandam 6/74/33**

#### Benefits in Ayurvedic Medicine:

- Vishalyakarani is used to control bleeding from wounds and treat dysmenorrhea.
- It supports digestive health and has anti-inflammatory properties.

#### Uses:

- Fresh juice: 5 to 10 ml
- Cold infusion: 30 to 40 ml
- Applied as a paste over fresh

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### 37. Bhringaraj:

- Common English Name: False Daisy or Bhringaraj
- Source Name: Bhringaraj

भृङ्गराजो भृङ्ग रजो मार्कवो भृङ्ग एव च।  
अङ्गारकः केशराजो भृङ्गारः केशरञ्जनः॥  
**Raj Nighantu, 239**

#### Benefits in Ayurvedic Medicine:

- Bhringaraj promotes hair growth, prevents premature graying, and nourishes the scalp.
- It is used in Ayurvedic hair oils and tonics.
- It is also very effective in the skin diseases.

#### Uses:

- Apply Bhringaraj oil to the scalp or consume it as per product instructions.
- Take 3-6 grams of Bhringaraj in powder form.

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### 38. Patharkuchi

- Common English Name: Air Plant/Miracle Leaf
- Source Name: Pashanbheda

वीरतरुसहचरद्वयदर्भवृक्षादनीगु-न्द्रानलकुशकाशाशमभेदकग्निम-न्थमोरटावसुकवसिरभल्लू  
ककु-रुंकेन्दीवरकपोतवंकाश्वदंशटा चेति।।

**Sushruta Samhia, 38/8**

#### Benefits in Ayurvedic Medicine:

- Patharkuchi's traditional use is promoting wound healing that is supported by its antimicrobial and anti-inflammatory properties. Applying extracts of patharkuchi leaves on the infected area may aid in faster healing and reduce the risk of infection.

#### Uses:

- Method to consume Patharkuchi to get rid of kidney stone. Take 100gm Patharkuchi leaves and churn them. A half cup of resultant juice of the leaves is taken empty stomach in the morning as well as in the evening. The intake of this juice daily will lead to eradication of calcium phosphate stones through urine.

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### 39. Elach

- o Common English Name: Cardamom
- o Source Name: Trutih

मदनं मधुकं निम्बं जीमूतं कृतवेधनं।  
पिप्पलीकुटजेक्षगाकुण्येलां धामार्गवाणि च॥  
**Charak Samhita, satishkumar Sharma, 18**

#### Benefits in Ayurvedic Medicine:

- Cardamom may help with things like high blood pressure, weight loss, and infection, but more research is necessary.
- Cardamom is a spice with an intense, slightly sweet flavor that some people compare to mint.
- The seeds, oils and extracts of cardamom are thought to have impressive medicinal properties and have been used in traditional medicine for centuries.

#### Uses:

- 3 grams of cardamom powder a day may reduce high blood pressure.
- The compounds in cardamom may help fight cancer cells.
- Essential oil of cardamom is helpful to reduce nausea, vomiting, heal ulcers.

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