



AYURVEDA 4 ALL



HERBS - 1



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PREFACE

Ayurveda is a system of traditional Indian medicines. This is an ancient system traced back to around 3000 BC. Reference of Ayurveda is found in the Hindu religious books "Vedas". The system is practiced by "Rishis" and "Vaidya" for centuries. It is a complete system of diagnosis and cure of ailments, including surgeries for certain ailments.

Over a period of time, experienced Vaidya found cure for certain ailments in simple household herbs and passed on this knowledge from generations to the generations. These herbs are very effective in certain ailments. Since, these herbs are easily available at home or General stores and are cheap compared to the medicines available with the chemists, one can give them try before availing further treatment of their choice.

This is my first book in the series of books on Ayurveda, titling "AYURVEDA4ALL". In this book "HERBS", information is given for various herbs and their uses for treatment of various ailments. This is an attempt to compile and share the ancient knowledge of Ayurveda in English as short article to create awareness of medicinal value of herbs easily available around us. It is strongly recommended to consult an experienced Vaidya/ Ayurvedic practitioner before using the herbs as medicine.

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ADHATODA



संस्कृतः	वसाका, वसा	गुजराती:	अरडूसी, अडुलसो
हिन्दी:	अडोसा, रुस	Binomial:	Adhatoda Vasica

Introduction:

Adhatoda plant grows everywhere as a tall shrub or can be grown in your kitchen garden. The plant is of two varieties white and black. Black plant has higher medicinal value. The leaves are long and flowers are white. Highly recommended in treatment of respiratory problems.

Uses:

- 1) Juice of leaves and flowers is very useful in clearing and treatment of old cough, bronchitis, whooping cough, Asthma and also as expectorant.
- 2) Useful in sinusitis, throat pain and tonsillitis.
- 3) Useful in various skin diseases like wounds scabies etc. Juice of leaves may be applied externally.
- 4) Useful in preventing bleeding coming out of Nose, Mouth, Urine and stools.
- 5) Useful in excessive bleeding during menstruation.
- 6) Useful in Urinary disorders where Kidneys are weak and urine passed with burning sensation with yellow or red in color.

Side Effects: Over doses of the herb should be avoided.

ALOE VERA



संस्कृतः	कुमारी, घृतकुमारी	गुजराती:	कुंवारपाठुं
हिन्दी:	धीकुवर, कुमारपाठा	Binomial:	Aloe Vera

Introduction:

Aloe Vera is used in Ayurveda since ancient times. It is a small shrub growing up to height of 2 to 3 feet. The Stem is green in colour having thick and fleshy leaves with thorny sharp edges. They require very little water to grow hence survive long in any weather condition. Can be grown at home in your garden for decoration. Aloe Vera is a household herb useful in many ailments. Best when jelly is used fresh.

Uses:

- 1) It is widely used in cosmetic and beauty products for skin care. Used as moisturizer and softening the skin. Known for relief in Skin Burns and for healing wounds and insect bites. It has anti-ageing qualities. Reduces acne.
- 2) It is also used as herb for digestive disorders. It is a natural laxative.
- 3) It is said to be an Anti-cancer drug, antioxidant and best for our Immune system.
- 4) Used to lower blood sugar, in treatment for overweight and hemorrhoids.
- 5) Used as mouthwash for oral health and to cure mouth ulcers.
- 6) It is known to repair dead skin cells on scalp conditions hair and used to cure hair loss, dandruff.
- 7) Due to its blood thinning property, used in heart related problems and to control cholesterol level.
- 8) Used in gynecologic disorders to regulate menstruation.

AMALTAS



संस्कृतः	आरग्वध, कर्णिकार	गुजराती:	गरमाणे
हिन्दी:	अमलतास	Binomial:	Cassia Fistula Linn.

Introduction:

A medium sized oval shaped tree with brilliant yellow flowers and long cylindrical pods. The pods contain approximately 30-100 large hard flat, light brown round seeds. All parts of tree have medicinal value and used extensively in Ayurveda.

Uses:

1. Skin diseases: Juice and paste of leaves provide relief from skin irritation, swelling and pain. Also used to treat ringworm and inflammation in the hand or feet caused due to cold conditions. The leaves and seeds are useful in leprosy.

2. Laxative: Fruit pulp is used as mild laxative. Soak pulp in water overnight and strain it. Mix sugar in it and use it to treat constipation.

3. Cold: Pulp mixed with jaggery is used to prepare pills which may be used in treatment of common cold. Inhalation of smoke from burning root can treat a running nose.

4. Wounds: Pulp of leaves is used for treating wounds.

5. Fever: Extract of root is used for reducing fever.

AMLA



संस्कृतः	आमलकी, धात्री, अमृतफल	गुजराती:	आंबला, आमला
हिन्दी:	आवला, आमल	Binomial:	Phyllanthus Emblica

Introduction:

Amla known as Indian gooseberry is available throughout India. Fruits are available, usually during "Kartik" month i.e. winter. In Ayurveda, Amla is treated as wonderful fruit and used as medicinal herb. It is a powerhouse of nutrients, minerals, vitamins. Excellent source of Vitamin C, a natural antioxidant, which boost immunity and metabolism. In Indian diet Amla has a regular place and is used raw, juiced, powdered, in pickles, Jam, Murabbas etc. Amla is the main ingredient in "Chyavanprash".

Uses:

1. Boosts Immunity: Amla is a rich source of antioxidants and vitamins, which improves body's disease fighting ability. It is a blood purifier and used as anti-aging herb. Protects body against infections.
2. Urinary Diseases: Take Amla juice with honey and sugar cane juice for burning sensation while urinating. Increases diuretic activity.
3. Cures sore throat and cold: Take amla powder with honey and ginger, 3-4 times a day.
4. Treatment of Hair: Apply Amla juice or oil to the scalp to retain hair's natural color and prevent it from greying. It nourishes the scalp and roots and promotes the growth of long and healthy hair. Useful to treat dandruff and to prevent lice.
5. Improves Eyesight: If taken internally, known to improve eyesight. Triphala Churna (Haritaki +Amala + Behda) soaked in water overnight and used to wash eyes may also help in curing itchy, watery, and sore eyes and improve eye sight.
6. Makes Skin Glow: Amla gives skin a smooth and youthful look. Removes spots and tightens the skin. It remove dead skin cells, also used as a face mask and scrub.
7. Cures mouth ulcer: It helps to cure mouth ulcer, gargle with juice added to warm water.
8. Diabetes: Amla is known to cure diabetes naturally. Take amla powder or juice with water and consume daily.

9. Kidney and Gall bladder Stones: Take amla powder with radish to dissolve kidney stones. Regular use reduces the chances of a build-up of gallstones and improve gallbladder functioning.

10. Controls Cholesterol Levels: Daily consumption of amla powder with water before going to sleep, reduces LDL, VLDL and Increase level of HDL significantly. Strengthens heart muscles.

11. Digestive problems: Useful in dyspepsia, chronic dysentery, diarrhea, constipation, piles, enlarged liver, jaundice, hyperacidity and ulcers.

12. Strengthens Bones: Regularly consuming Amla juice or powder will result in stronger bones.

ARJUNA



संस्कृतः	अर्जुन, ककुभ	गुजरातीः	अर्जुन, घोળો साદ
हिन्दीः	अर्जुन, कौह	Binomial:	Terminalia Arjuna

Introduction:

Arjuna Trees are found in jungles throughout India and countries around. Goes as high as 60-70 feet. In Ayurveda, bark is used as medicine from ancient times. Barks are white/brown in colour. Vagbhatta who was disciple of Charak started using this in heart related ailments. Arjuna Bark strengthens the heart and cardiac muscles, improves blood circulation to the heart tissue, and improves its strength to pump the blood.

Uses:

1. Cardiac health: Used as heart tonic and cardio-protective herb. Strengthens the heart muscles and treats the cardiac debility. It also increases the coronary artery flow and protects the heart muscles from ischemic damage.
2. Fractures: Due to high content of Calcium, paste of the bark is applied over the fractures, helps to promote early healing.
3. Infections: Possesses significant antibacterial activity hence used in healing wounds, ulcers, burns and similar skin conditions.
4. Hemorrhages & Bleeding Disorders: Arjuna Bark have anti-hemorrhagic property that helps to reduce bleeding and treat hemorrhages. Used in Ayurveda for bleeding disorders.
5. Chronic Low-Grade Fever: Used for the treatment of chronic low-grade fever associated with extreme fatigue and physical weakness.
6. Acne: Apply the paste of Arjuna bark powder prepared with milk to cure pimples.

ASHWAGANDHA



संस्कृतः	अश्वगंधा, अजागंधा	गुजराती:	अश्वगंधा, आसंध
हिन्दी:	अश्वगंधा, असगंध	Binomial:	Withania Somnifera

Introduction:

Ashwagandha is a shrub with yellow flowers & red fruits growing wildy in all drier parts of India. The roots are extensively used for its medicinal value. Classified as 'Rasayana' in Ayurveda, it is anti-inflammatory, anti-oxidant, calming, immunity boosting, arresting the ageing process, revitaliz the body, enhance resistance power. It promotes Ojas in the body, end result of healthy food properly digested. Roots have 'the smell of a horse'. Used in powder, extract, ghruta and decoction form.

Uses:

1. It improves muscle strength and put on weight, when it is used along with foods like ghee, milk etc.
2. Used as a general health tonic to restore strength in general debility, hence referred as Indian Ginseng. It has powerful antioxidants that is responsible for its anti-stress, and anti-aging effects.
3. Ashwagandha thickens and increases the nutritive value of the milk when given to nursing mothers.
4. Ashwagandha strengthens body's defense against infections and diseases, increases red blood cell, white blood cell, and platelets count.
5. Ashwagandha helps in treating anxiety, depression, fatigue syndromes and sleep disorders because of its nerve calming effect. It induces a soothing and calming effect on a person. Highly effective in stopping the formation of stress induced ulcers
6. Its root paste or oil prepared in sesame oil base is useful to relieve pain, inflammation, swellings, abscesses, backache, and one-sided paralysis. Also useful in skin diseases and in chronic non healing wounds, white patchiness or leukoderma.
7. Ashwagandha has long been used as a remedy for diabetes in Ayurvedic medicine.

8. Recent studies found Ashwagandha as an alternative in the field of oncology because of its cancer killing properties, in association with radiation therapy and chemotherapy.

9. In cases of hypothyroidism, Ashwagandha can be used to stimulate the thyroid gland.

10. Ashwagandha, with its anti-inflammatory and anti-oxidant properties, is good for cardiovascular problems. It strengthens the heart muscles and can also control cholesterol levels and lower blood pressure.

Side Effects

Large doses of Ashwagandha can cause abdominal discomfort and diarrhea and may be abortive.

BETEL LEAF



संस्कृतः	ताम्बूलवल्ली, नागवल्ली	गुजराती:	नागर वेल
हिन्दी:	नागरबेल	Binomial:	Piper Betel

Introduction:

Betel leaf is grown in many parts of India. The climber plant has lush green leaves. To support the stem, it is put on a wood post or on bamboo roof. Usually it gets length up to around 15-20 feet. It is regularly used as "PAN", mouth freshener, after a meal. Leaves, fruits and roots have medicinal uses.

Uses:

1. Betel leaves are useful in relieving headache due to its cooling properties. The leaves are placed on both the temporal regions in case of headache.
2. Useful in treatment of wounds and boils due to its anti-bacterial and anti-inflammatory properties. The leaf is placed on the affected part and bandaged to clean the wound and get relief from pain.
3. Useful in joint pain and arthritis. Bearable heat is given to the leaves and placed on the affected part.
4. Useful for stomach pain and cough of infants. Apply few drops of castor oil on the smooth part of the leaves and apply some heat by placing over candle flame. Be careful not to overheat the leaves. Place on stomach area for stomach pain or on chest for relief from cough.
5. For sore throat, take out betel leaf juice from 2-3 leaves and add pinch of black pepper and honey. This takes out cough and relieves sore throat. Gargle with betel leaf juice helps keeping throat clean.
6. Widely used for relief from Indigestion and bad breath hence leaves are chewed after meals. It increases secretion of digestive fluids thereby relieving bloating and help in relieving constipation.
7. On insect bites betel leaf juice may be applied to get relief from pain.

(Betel leaf are not advised for those suffering from tuberculosis, asthma, epilepsy and psychological disorders)

BHRINGRAJ



संस्कृतः	मार्कव, भृंगराज, केशरंजन	गुजराती:	भांगरे
हिन्दी:	भांगरा,	Binomial:	<i>Eclipta Alba</i>

Introduction:

Commonly known as False Daisy, Bhringraj is a creeping plant found in damp soil throughout the year. Leaves are long with strong stem and white flowers. Black Bhringraj gets black flowers but is found rarely, though it has more medicinal value. Third variety of Bhringraj has yellow flowers. Considered as "Rasayan" used in Ayurveda for rejuvenation.

Uses:

1. Mainly used for hair related ailments, dandruff, dry scalp, hair fall, baldness etc. Prevents graying of hair and adds shine to hair. Main ingredient of hair oil prepared by many Ayurvedic pharmacies.
2. Juice of leaves provides strength to liver, purifies blood, and provides relief in toothache.
3. Improves eye sight. Leaves are also used for skin disorders, allergies, wounds and cracked heels.
4. Juice of leaves provides relief on pain and inflammation.
5. Due to its Rasayana property, it helps to increase immunity and vitality and rejuvenates the body.
6. Useful in Gastro-intestinal problems like gastric ulcers, abdominal pain, heart burn, nausea etc. Also useful in dysentery and piles.
7. Useful in respiratory disorders like asthma, bronchitis, migraine, cough and cold.
8. Used in preparation of natural hair dyes.

BLACK PEPPER



संस्कृतः	मरिची	गुजरातीः	કાળા મરી, તીખા
हिन्दीः	काली मिर्च	Binomial:	Piper Nigrum

Introduction:

This is a climber plant similar to betel leaf, grown in Southern part of India. The plant gets greenish black fruits in a bunch. Dried fruits become black and is used as spice in traditional Indian dishes. The fruits when fully ripe becomes white. Both Black and White varieties are have medicinal values and used in Ayurveda extensively.

Uses:

1. Useful in Cough and cold, take pinch of powder with hot milk. Can be added to tea also.
2. Add a pinch of powder with lemon juice and ginger juice to relieve stomach pain.
3. In case of headache and migraine, fine powder adding in karanj oil may be applied externally.
4. Drink a pinch of powder adding to curd and jaggery in case of bleeding from nose i.e. epistaxis.
5. In case of whooping cough gargle with hot water after adding black pepper in boiling water.

BRAHMI



संस्कृतः	ब्राह्मी, मंडूकपर्णी, भाणडी	गुजराती:	ब्राह्मी
हिन्दी:	ब्राह्मी, ब्रह्ममंडुकी	Binomial:	Centella Asiatica

Introduction:

Brahmi has two varieties, Centella Asiatica which is called Brahmi or Gotu Kola in Northern India and Bacopa Monnieri called Brahmi in Southern India. Both are widely used in Ayurveda. Brahmi is perennial, creeping herb with succulent leaves, containing numerous branches that grow especially in wet and marshy places. Grow up to 6 inches in height, branches creep horizontally to cover the ground. The leaf of the Brahmi herb has a similar shape like that of the cerebellum - part of the brain which helps in controlling concentration and memory.

Uses:

1. The leaves of brahmi have been used in treatment of epilepsy, fits, seizures and hysteria for ages.
 2. Brahmi helps in boosting of memory, intelligence and improve concentration hence used as mental tonic.
 3. Brahmi reduces stress and anxiety used as mood elevator. Also used to treat sleep disorders.
 4. Brahmi oil is great for dry scalp, prevent hair fall rejuvenating scalp to promote regeneration of healthy hair. Useful in dandruff, itchiness and formation of split ends. Also useful to sooth and calm the mind.
 5. Brahmi juice or oil is used in treatment of psoriasis, eczema, abscess, ulceration and other skin problems. Helps to soothe chronic skin irritation.
 6. Useful in treatment of dementia and Alzheimer's diseases as it helps in re-building of brain tissues.
 7. Brahmi has been used in Ayurvedic treatments for bronchitis, congestion, chest colds, and blocked sinuses. Clears out excess phlegm and mucus and relieve the inflammation in the throat and respiratory tracts.
 8. Useful to boost up the immune system. Also used in treatment of arthritis, gout, and other inflammatory conditions.
- (Overdose of Brahmi may lead to dry mouth, headache, dizziness, drowsiness, palpitation, and nausea.)

CARROM SEEDS (AJWAIN)



संस्कृतः	यमानी, अजमोदिका, दिप्यका	गुजराती:	अजमो
हिन्दी:	अजवाइन, जेवाइन	Binomial:	Trachyspermum Ammi

Introduction:

Ajwain plants grow up to 1.5 Ft to 2.00 Ft in height, having green thick leaves and whitish flowers. Thymol is prepared from Ajwain seeds and have many medicinal properties. Ajwain is a common home remedy for many health conditions apart from a great spice in Indian cooking. Ajwain provides flavor and aroma to dishes.

Uses:

1. Boosts digestive functions:

Used for instant relief from Acidity and Indigestion. Keeps stomach strong. Useful in abdominal pain, cramps, intestinal gas, Loss of appetite and vomiting.

2. For relief from urticarial condition and removing itching, Ajwain is given with jaggary.

3. Useful in Diarrhea, loose motion and heaviness in abdomen after meal.

4. Inhale ajwain putting seeds in fine muslin cloth for relief from Cough, cold and headache, helps in avoiding nasal blockage. Also useful in Asthama and bronchitis.

5. Useful in Gout, Rheumatoid Arthritis and muscle spasm.

6. Useful in Gynecological disorders, especially after child birth.

7. Used to remove intestinal worms. Very effective in removing hook worms.

8. Useful in treating infections, boils and wounds. Crush seeds and apply paste on affected parts.

9. Uses for Skin and Hair Treatment: A paste of ajwain powder removes acne scars from skin. Drinking Ajwain water eradicated problems of hair fall, dandruff and stops pre-mature greying of hairs. Water may be used for hair wash also.

CINNAMON



संस्कृतः	त्वाक, वरांग, दारुसीता	गुजरातीः	तश
हिन्दीः	दालचीनी	Binomial:	Cinnamomum Zeylanicum

Introduction:

Cinnamon is small evergreen plant with aromatic bark of about 6-8 meter in height found growing wild in southern coastal regions of India. Cinnamon has oval-shaped leaves, thick bark, and berry fruits. The bark is used as spice and also in Ayurvedic medicines.

There are two kinds of cinnamon: *Cinnamomum zeylanicum* or "true cinnamon" and *Cinnamomum cassia*, called just "cassia". True cinnamon is native to Ceylon and Southern India, and cassia is native to the Eastern Himalayan Mountains and Southeast Asia. Cassia cinnamon is much more common in the United States, it is inferior to "true cinnamon" and is less expensive. Cassia has stronger flavor than the more subtle true cinnamon. Once upon a time, cinnamon was more valuable than gold and was traded as currency. In Egypt it was used to embalm mummies.

Uses:

- 1) It helps in relieving nausea and vomiting and useful in fever due to intestinal problems.
- 2) Useful in headache, cough and cold. Apply warm paste of fine powder on forehead. It is also useful in asthma and chronic respiratory problems.
- 3) It is useful in digestion of food, in relieving flatulence, abdominal pain and improving liver function. It increases the metabolic fire and improves appetite.
- 4) It is useful in diarrhea, hemorrhoids and irritable bowel syndrome.

- 5) It helps in maintaining oral health and relieves bad breath. For toothache and cavities, place one to two drops of the oil on a piece of cotton and keep on the affected area.
- 6) It improves immunity, strength and vitality. Good Antioxidant.
- 7) Cinnamon oil is useful as pain killer and for inflammation. Apply thin paste in water on affected part.
- 8) It is helpful in painful micturition and cleanses the urinary bladder.
- 9) Cinnamon oil is applied over an insect bite and scorpion sting. Also is natural insect repellent.
- 10) Cinnamon is used in weakness of the nervous system and in paralysis.
- 11) Useful in infections and wounds.
- 12) Recent studies shows its effectiveness in diabetes, lowering cholesterol level and cardiac diseases.

FLAX SEEDS



संस्कृतः	अलसी, रुद्रपत्नी	गुजरातीः	अणसि
हिन्दीः	अलसी, तीसी	Binomial:	Linum Usitatissium

Introduction:

Flax seeds have been used in India as household herb for ailments since ancient time. Many western countries also use flex seeds as food supplement due to its nutritional benefits. It is rich in Omega-3 fatty acids and lignans rich in fibers. Contains proteins, Vitamin B1 and other minerals. Ayurveda prescribes the herb mainly for external uses, when taken internally should be taken with honey and coriander seeds.

Uses:

1. On wounds, burns and inflammation, apply a poultice of flax seed powder adding turmeric powder in hot water.
2. For urinary tract problems flax seeds should be boiled in hot water adding liquorice. This water should be taken at a regular interval throughout the day.
3. In dysentery, decoction of flax seeds may be given.
4. Used for digestive ailments as it helps in reducing inflammation on intestine. Contains high fiber which is effective for constipation.
5. Reduces Cancer risk due to presence of lignans. Regular uses help fighting breast, ovarian colon and prostate cancer.
6. Omega – 3 in flax seeds helps in preventing heart diseases and said to help in hair and scalp nourishment.
7. Helpful in menopausal symptoms. Lignans in flax seeds help to reduce flashes, mood disorders etc.
8. Western medicos have identified flax seeds for the following purposes:
 - i) For weight loss given with walnuts.
 - ii) Regular use in diet reduce cholesterol level.
 - iii) Lignan in flax seeds are known as anti-oxidants and anti-viral, hence used as anti-ageing and hormone balancing herb.

GARLIC



संस्कृतः	लशुन	गुजरातीः	लसण
हिन्दीः	लहसुन	Binomial:	Allium Sativum Linn.

Introduction:

Garlic is grown around the world. Garlic plants grow up to 2-3 feet in height with green leaves and white flowers. Bulb contains cloves which is used when it is green and also after drying in sunlight. Garlic was used for its medicinal properties for long. As per the recent studies, garlic is useful in many conditions of Cardio Vascular system.

There are numerous health benefits of Garlic. However, some spiritual sects and followers of meditation discourage use of garlic and onion due to its Tamasic and Rajasic properties which leads to some negative feelings and emotions like anger, aggression, ignorance, over stimulation of the senses, lethargy, anxiety, and increase in sexual desire.

Uses:

1. In Earache, put two or three drops of warm garlic oil in the ears.
2. Garlic oil is useful in various skin conditions to treat fungal infections, ringworm, warts, scars, boils, wounds and corns. It is also applied to the skin for hair loss, psoriasis and thrush.
3. Improves digestion, stops the growth of certain bacteria in people with stomach inflammation.
4. Boosts immune system. Useful in treatment of fever, coughs, headache, sinus congestion, gout, joint pain, hemorrhoids, asthma, bronchitis, shortness of breath, diarrhea, whooping cough, tooth sensitivity,
5. Used in treatment of fractured bones.
6. Useful in Cardio Vascular diseases, to lower blood pressure, hypertension, chest pain, to improve Cholesterol level and to reduce blood sugar level.
7. Antioxidant properties of garlic is helpful in reducing age related conditions like, risk of Alzheimer's disease, dementia etc.

8. Useful to lower risk of lung cancer, prostate cancer and breast cancer.
9. Garlic is used as aphrodisiac to enhance libido.
10. Useful to reduce fat and body weight when taken with lemon juice in lukewarm water regularly.

SIDE-EFFECTS OF GARLIC:

1. Few people may be Hypersensitivity to garlic. Garlic allergy includes skin rash, temperature and headaches. Garlic is generally safe when taken in a limited quantity, excessive amounts of raw garlic, especially on an empty stomach, can cause gastrointestinal upset and flatulence.
2. It is better to stop taking high garlic supplements 7 to 10 days before surgery because garlic can prolong bleeding time.

GILOY



संस्कृतः	गडुची, अमृता	गुजराती:	गणो
हिन्दी:	गिलोय, गुरुच	Binomial:	Tinaspora Cordifolia

Introduction:

This is widely used herb in India. Giloy is a creeper and usually grow on other tree. Giloy on Neem tree is considered best for medicinal value. It has heart shaped leaves hence known as Heart leaved moon seed.

Uses:

1. Very useful in all types of fevers due to its anti-pyretic property. Even used in treatment of Swine-flue, Dengue and Malaria.
2. Useful in urinary tract disorders like Dysuria and burning sensation while urinating etc.
3. Used for digestive disorders. Helps in digestion of food with proper appetite. Helps in keeping liver healthy and for treatment of jaundice.
4. Useful in skin disorders like eczema, burns, blemishes on skin.
5. Useful in general debility or weakness. "Rasayan Churna" is prescribed for such conditions. Rasayan Churna is made from equal amount of Giloy, Gokharu (Caltrop Fruits) and Amla (Indian gooseberry) powder.
6. Useful in tuberculosis, in asthmatic conditions, whooping cough, wheezing, tonsils, cough and cold.
7. Helps in lowering sugar level in diabetes.
8. Helps in reducing mental stress and useful in anxiety disorders.
9. Used in arthritis and gout.
10. Paste prepared of giloy powder in boiling water is applied on eye lids after it gets cool for improvement in eye vision.

(It is useful in diabetes, however when other medicines for diabetes are continuing, it may further lower the blood glucose levels. Hence should be taken only under medical supervision. Avoid use during pregnancy.)

GINGER



संस्कृतः	आर्दक, आद्रकं, नागर, शुण्ठी	गुजराती:	आद्, सूंठ
हिन्दी:	अदरक, सौंठ	Binomial:	Zingiber Officinale

Introduction:

Ginger, a flowering plant grows up to 20 to 30 inch in height. Roots are useful part. Both raw and dried roots are used as spice and medicine in Ayurveda. Raw root is called 'Adrak' and dried root is called 'sunthi'.

Uses:

1. Digestion: Useful in upset stomach, constipation, nausea, motion/morning sickness, vomiting and acidity. Awakens the taste buds hence useful in Indigestion and as appetizer. Take with lime juice and a pinch of black salt.
2. Cough and Cold: One of the best remedies for cold and immunity booster. Combine Ginger powder and Cinnamon powder in equal parts. Prepare decoction, boiling for few minutes and consume. May add honey.
3. Inflammation/ Pain relief: Reduces Joint and muscle pain. Useful in arthritis. Useful in flu, migraine, headaches and menstrual pains. Drink decoction or tea made of ginger.
4. Respiratory problems
Decoction of ginger is useful in Asthama.
5. Cardiovascular problems:
Lowers cholesterol, regulates blood pressure.
6. Useful in Toothache: Apply paste of one part ginger powder with two parts of alum powder on affected teeth.
7. Aphrodisiac: Ginger is a vajikarana herb. It improves libido.
8. Drops of ginger juice mixed with milk is useful in eye infections.

LIQUORICE



संस्कृतः	यष्टिमधु, मधुका	गुजराती:	જેઠીમધ
हिन्दी:	मुलेठी, जेठीमधु	Binomial:	Glycyrrhiza glabra

Introduction:

Liquorice is a purple and white flowering plant. It is cultivated widely for the sweet taproot that grows to a depth of four feet and is used in medicine. The root is round, long and straight, tough and fibrous. It is grayish outside and yellowish within.

Uses:

- 1) In treatment of cough, cold, asthma and other bronchial irritations. Its expectorant effect liquefy mucus and discharge it out from the body.
- 2) Beneficial to treat eczema, skin rashes, psoriasis and itchy and dry skin.
- 3) Used to treat digestive and intestinal problems like heartburn, gastric ulcers and inflammation of stomach, indigestion and bloating. Given in hyper acidity and constipation also.
- 4) Helps in weight loss and menopause problems.
- 5) Helps maintain oral health, reduces plaque, and fights bad breath.
- 6) For voice improvement small sticks are chewed by singers.
- 7) Good brain tonic and rejuvenator as anti-aging herb.
- 8) For hiccup, powder is given with honey.
- 9) Used for relief of ulcers in mouth.

(Not to be used for longer period. Not recommended during pregnancy and people with heart, liver and kidney disorders.)

MORINGA (DRUM STICK)



संस्कृतः	शिगृ, शोभान्जना	गुजराती:	सरगवो
हिन्दी:	साहिजन, मुनागा	Binomial:	Moringa Oleifera

Introduction:

Drumstick (Moringa) tree rises up to a height of 10 meters. All parts of tree have medicinal value and also used in many food preparations due to its nutrition value. The tree has white flowers and are in bunches. Pods resembles to drumstick having triangular seeds with wing like mass around. It is known as "shobhanjana" as the tree increases the greenery of the surroundings and gives a good look to surroundings. The name "shigru" is gained due to its hot potency. "Theekshnagandha" is another synonym for its pungent smell and also known as "mochaka" as it gives relief (mochana) from many diseases. There are three varieties of Moringa, Black, White and Red.

Uses:

- 1, Juice of Drumstick leaves added with a drop of honey used as eye drop to relieve many eye ailments.
2. Decoction of Moringa tree leaves and bark is used to relieve hiccups and also useful in removing urinary stones.
3. Juice of Moringa leaves helps in removing dandruff.
4. Contains Anti-inflammatory properties hence juice of leaves and bark is applied externally in conditions like wounds, joint pain, arthritis, gout, rheumatism and cramps.
5. Leaves and fruits increase digestion, appetite and reduce stomach cramps. The seeds of drumstick are used to treat intestinal worms.
6. The seed powder is used to reduce headache.
7. Leaves and bark is used to treat paralysis, nervous debility and other nerve disorders.
8. Moringa leaves and fruit are used for treatment of menstrual cramps.
9. Leaves of moringa contain antioxidants and help in reducing blood cholesterol level, and maintain heart's health.

10. Powder of leaves is used as super food due to high contents of minerals like iron, calcium and magnesium. Also contain protein and Vitamin A.
11. Useful in gastric ulcers and diarrhea. Regulates digestive functions and relieves constipation.
12. Moringa leaves are good for skin and hair it helps in keeping skin supple.
13. Useful in regulating sleep cycle hence fights insomnia.

NEEM



संस्कृतः	निम्ब, अरिष्टा, पक्वकृता	गुजराती:	लीमडे
हिन्दी:	निम	Binomial:	Azadirachta Indica

Introduction:

Neem tree grows very high with strong stems and is found all over India. Leaves are green with triangular pattern on border. Gets white coloured flowers, fruits are greenish yellow having one seed. The neem tree becomes a large shade tree with a dense, round canopy and can live for over 100 years. Possess powerful health promoting properties hence used for centuries. Every part of it possess unique therapeutic value.

Neem is treated as 'Kalpataru' by our sages hence recommended to consume neem leaves and flower on First day of Chaitra Shukla (Varsh Pratipada) as per Hindu calendar. Neem is traditionally used in ayurvedic remedies as an antifungal, antiseptic, and anti-inflammatory agent to fight viruses and bacteria, for urinary disorders, diarrhea, fever, skin diseases, burns and inflammatory diseases.

Uses:

1. Skin problems: Used in treating eczema, ringworm, burns, wounds, ulcers, acne and other skin diseases. Leaves are crushed into a paste and applied directly on the affected part. Also, boiled water added with leaves is used for similar effect. On ringworm, ash of burnt leaves added with Karanj oil is more effective. Adding neem powder in bathing water helps in curing skin and nail diseases.
2. Hair and scalp: Used to treat hair/scalp problems like, dandruff, lice, hair fall etc. Shampoo/ conditioners with neem extract is available. May add neem leaves in warm water while taking bath.
3. On inflammation, crushed leaves are directly applied for relief. Used to reduce pain and discomfort. Hence used for treating arthritis.
4. Fever: Decoction of leaves and bark added with ginger powder and coriander powder is effective. Useful in Malaria and dengue.
5. Jaundice: Juice of inner part of bark added with honey and ginger and juice of leaves in warm water is effective.

6. Snake bite: Leaves are given for eating or juice of leaves and inner part of bark is given for drinking till treatment is given for venom. Patient do not feel bitterness till venom has effect in body. In villages people consume leaves daily as preemptive measure so that venom has less effect in case of snake bite.

7. Skin health: Promote healthy skin and clear complexion. It has cooling effect on body hence prevent blemishes on skin.

8. Its detoxifying effects on the body make it a great immune booster. Relieves tiredness of body.

9. Oral hygiene: Useful in maintaining healthy Teeth and gums. Neem toothpaste may be used for overall oral hygiene. In villages twig of Neem is chewed and used to brush the teeth.

10. Insect & Mosquito Repellent: Burn few neem leaves to ward off the insects and different types of mosquitoes. Used as natural disinfectant.

11. Diabetes: Lowers blood glucose level.

12. Respiratory disorders: Relieves Cough clearing breathing.

13. Digestion: Improves digestion and appetite. Relieves Nausea and vomiting. Useful for intestinal worms.

(Neem seeds and oil should not be consumed internally. Avoid use of neem internally during pregnancy.)

NIRGUNDI



संस्कृतः	सिन्दुवार, निर्गुंडी	गुजराती:	नगोड
हिन्दी:	संभालू, मेउड़ी	Binomial:	Vitex negundo

Introduction:

Nirgundi, also called a five-leaved chaste tree, is very useful ayurvedic plant. The shrub, usually goes 2 to 8 meters in height, with a brown bark and green leaves that hold five leaflets. The flowers are white or blue in colour and have oval-shaped, purple fruits with fleshy pulp and seed inside. All parts, roots, leaves, flowers, fruits and bark are used in Ayurveda in the form of oils, pastes, juices and powders "Nirgundi" means "that which protects the body from diseases". Mainly used in treatment of Muscle spasm, all sort of inflammations, relieves pain, wound healing, anxiety and asthma. Used in Panchakarma for swedana for sweating in steam therapy. Oil is prepared by boiling pulp of leaves usually in sesame oil.

Uses:

1. Applied externally in the form of oil or herbal paste to reduce pain, swelling, inflammation, Joint pain, muscle spasm, arthritis, headaches, tumor or poor circulation. Root and bark extracts, has anti-inflammatory and pain-relieving qualities.
2. The extract or powder of leaves is useful in stomach pain caused due to problems in digestion and swelling of the belly. It increases appetite, relieve gas and bloating. Useful in liver diseases also.
3. Decoction helps decongest the respiratory tract. Also useful in bronchitis, asthma and pneumonia. Applying oil, on the nose, neck and chest diminishes congestion in those suffering from asthma and allergic cold, fever and chronic rhinitis. Fumes of burnt leaves may be inhaled to relieve headache and running nose.
4. Medicated oil of root and leaves is useful in healing of all sorts of wounds. It prevents the wounds from getting infected and also helps avoid bad smell. It helps reduce pain and inflammation in the affected area. Useful on pimples, ulcers, scabies, itching etc.
5. The fruits are used in menstrual disorders like dysmenorrhea, amenorrhea, and inflammation on ovary. Also used on menstrual cramps and uterine fibroids, besides treating infertility.

6. In case of sourness and swelling of throat and ulcers, gargle warm water mixing with oil.
7. Paste and oil are used on many skin diseases like vitiligo, leukoderma and leprosy.
8. For earache and pus in ear, put 1-2 drops of oil in ears.
9. Improves memory and intelligence, uplift moods and regulate sleep, thereby useful in anxiety, depression, and insomnia.
10. Useful in getting rid of mosquitoes and other insects by burning leaves, leaves also kept in garments/ woolens to repel the insects.

NUTMEG



संस्कृतः	जातिफल, मालतिफल	गुजराती:	જાઈફળ
हिन्दी:	जाइफल	Binomial:	Myristica fragrans

Introduction:

Nutmeg is a seed of fruits on trees, 9 to 12 meter high, found in the Asian Countries. Best are from Malaysia, Indonesia and Shri Lanka. When the fruits are ready on the tree, we find opened up shell showing nutmeg having red coloured mace encircled on them. Both Nutmeg (Jaiphal) and Mace (Javantri) are used as spice and having medicinal value hence used in many Ayurvedic preparations. Nutmeg oil is used for fragrance in beauty products/ soaps and other ayurvedic preparations.

Uses:

- 1) Headache/ pain relief: Apply fine paste of nutmeg powder on the forehead or affected part.
- 2) Insomnia: A pinch of powder in warm milk may be taken to get relief from sleeplessness, depression.
- 3) Pimples/ Acne/ blackheads: Apply a paste of fine powder in milk externally.
- 4) Cold: Apply fine paste made in cow milk on nose and forehead.
- 5) Vomiting/ Hiccup: Powder may be given with boiled rice water.
- 6) For Digestion: Fine powder mixed in milk may be given to relieve digestive disorders like, indigestion, flatulence etc.
- 7) Dysentery/ Diarrhea: A pinch of Nutmeg powder may be given with a cup of hot milk. Mace powder may be given mixing it with curd made of cow milk.
- 8) Constipation: A pinch of powder mixed in lemon juice is useful.
- 9) Oral health: Useful in toothache, removing bad breath.

Doses: Nutmeg powder – 500 mg to 1 Gram per day
Mace – 250mg to 1 Gram per day
Children 5-16 years half of the above dose.

Side effects: 1) Overdose should be avoided.
2) To be avoided during pregnancy.

PEPPER



संस्कृतः	पिप्पली, मगाधि, कपाला	गुजराती:	पीपर, लीडि पीपर
हिन्दी:	पीपल, पीपर	Binomial:	Piper Longum

Introduction:

Pippali is an aromatic, slender and creeping herb found in tropical rain forest, widely used as spice and Ayurvedic Herb in India. This climber has leaves similar to beetle leaf and is treated as cousin of Black pepper due to its similarity of taste with it. The fruit is found as fleshy spike which is used in medicines. The root is branched and called Pipari Mul (Ganthoda) and also used in Ayurvedic preparations. Widely used as "Rasayan" in Ayurveda. It is one of the ingredient of "Trikatu", an Ayurvedic formulation.

Uses:**1. Respiratory System:**

Useful in colds, coughs, bronchitis, hiccups and asthma, help to ease congestion. Rejuvenate lungs. Used in treatment of Tuberculosis.

2. Digestive System:

Used to improve appetite and digestion, to treat stomachache, heartburn, indigestion, intestinal gas, worms, diarrhea, cholera etc. and protect against ulcers.

3. Liver disorders:

Protects liver, restricting fibrosis and improving regeneration, prevents jaundice from occurring.

4. Insomnia

Powdered pippali is given with honey for sleeping problems like insomnia (Anidra).

5. Used by women after child birth to strengthen the uterus and enhances milk in mothers. Used to treat menstrual cramps.

6. Used as anti-rheumatic in treatment of arthritis.

7. Used in treatment of headache, toothache, epilepsy, etc.

PUNARNAVA



संस्कृतः	पुनर्नवा, श्वेतमुला, शोधाग्नि	गुजराती:	साटोडी, બસેડો
हिन्दी:	पुनर्नवा, साठी, गधपूर्ण	Binomial:	Boerhavia diffusa

Introduction:

Punarnava is a diffuse herb spreading in wide area, having creeping stem, usually purple in colour. The herb is having three varieties, white and red variety is mostly used as medicine. Leaves are small but thick hairy rough surface on top but smooth underneath. Flowers are small and pinkish. Round fruits having one seed inside. Long roots having yellowish brown colour. All five parts (Panchang), Leaves, stems, flowers, seeds and roots have medicinal value and used in Ayurveda, roots are used most.

Punarnava is traditional ayurvedic herb used since ancient time as natural diuretic and in treatment of kidney and liver diseases plus many other ailments. As name suggest it brings back vigor and vitality.

Uses:

1. On Eyes: The juice of roots is used for treatment of infections and diseases of eyes such as conjunctivitis, night blindness etc. Regular use of drops of roots, improves eyesight.
2. Inflammation and Arthritis: Provides a lot of relief from pain in the joints and the pain of inflamed muscles, gout and sciatica. A paste of powdered roots may be prepared and applied on effected part.
3. Liver: It helps to stimulate secretion of bile and keeps the liver healthy and functional. Useful in treatment of Jaundice.
4. Urinary tract diseases: Useful in burning sensation while urinating. Widely used as diuretic. Useful in treatment of kidney stones. Treats urinary tract Infections, heavy menstruation, fibroids, and clotting in women.
5. Obesity: Promotes weight loss in the body.
6. Used as heart tonic, prevents heart failure. Usually given with Arjuna Bark powder.
7. For treatment of bleeding piles mixture of punarnava and turmeric powder is useful.

8. On dog bite and scorpion bite, juice of roots may be given to reduce effect of intoxication.
9. Used in treatment of Guinea worms, scabies and other skin diseases.
10. Leaves and extract of leaves are used to control diabetes.
11. Used in treatment of respiratory disorders like asthma, cough and cold.
12. Boosts general immunity, powder given with milk.
13. Root powder is used in digestive disorders like loss of appetite, abdominal pain, intestinal colic, constipation, acidity and as carminative. It is also a mild laxative. Kills intestinal worms.
14. Punarnava's seeds are beneficial to increase libido in man.
15. Used to correct iron deficiency and anemia.
16. Used to treat oedema, a condition where excessive water is accumulated in body tissues and cavities and also abdominal lining.

SHATAVARI



संस्कृतः	शतावरी, शतपदी, सतवीर्य	गुजराती:	शतावरी
हिन्दी:	शतावरी, सतावर, शतमुली	Binomial:	Asparagus racemosus

Introduction:

Shatavari is a climbing plant, grows in wild throughout India. Shatavari plant leaves resemble to pine needles, and grow up to 2 meters in height. Gets white flowers mostly during July to August.

Fruits are small, round and turns red, contains 2 or 3 seeds having black and dark gray color. Name Shatavari 'One who has 100 husbands' comes from the bunch of roots the plant has. Usually 100s of roots are bunched together. These roots are having medicinal value.

Shatavari is used for a variety of serious diseases as also for impotency of both the sexes. Shatavari is a general tonic and also a female reproductive tonic. Shatavari is used as the main Ayurvedic rejuvenative tonic for females. Shatavari roots are used as a drug. It is good for eyes, muscles, reproductive organs, increases milk secretion and helps to regain vigour and vitality.

Uses:

1) To enhance breast milk production:

Shatavari is very useful herb in increasing the amount of breast milk for mothers.

2) Maintain health of women reproductive system:

Most important herb in Ayurveda for women. Used to treat problems relating to infertility, libido, miscarriage, menopausal problems. It nourishes and cleanses the blood and the female reproductive organs and increases fertility. It also helps in strengthening the uterus thereby helps to stop bleeding in the mother, in the initial few weeks after delivery. Reduces the danger of low birth weight and birth defects during pregnancy. Used for easing pre-menstrual bloating, combat depression and fatigue, reduce menstrual cramps. It also helps in controlling blood loss and maintaining hormonal balance during menstruation.

3) Used as Diuratic

It helps to cure urinary tract infections and increases the frequency and volume of urination. This helps to detoxify and flush the toxic waste out of the body. Useful in urinary stones and Dysuria.

4) Used in Digestive disorders:

It is used for treatment of stomach ulcers, hyperacidity, dyspepsia (amlapitta), gastritis, colic and diarrhoea, improves digestion, and fights against heartburn and colitis. Creates a cooling effect thereby lowering fever, inflammation, and even stomach ulcers. Useful in bloating and constipation.

5) For treatment of boils and smallpox, boiled leaves/roots smeared with ghee are applied on the affected parts.

6) On Nervous system:

Useful in relieving stress, depression as anti-anxiety and anti-depressant herb, helps in enhancing the memory, and has a revitalizing and calming effect on the nervous system. Also used as an anti-epileptic for curing the symptoms of epilepsy. It helps in nervousness, pain, restless sleep, disturbing dreams and people with weak emotional and physical heart.

7) Chronic fever:

Dry and irritated membranes in the upper respiratory tract are soothed by this herb making it useful in cases of bronchitis, tuberculosis and chronic fevers. Fights cholera, typhoid fever.

8) It is also used as one of best home remedies for piles and gonorrhoea.

9) Tumors and Arthritis:

It has anti-cancer and anti-inflammatory properties helping in treatment of tumors and arthritis.

10) Purifying blood:

It is useful in blood imbalance disorders and skin conditions such as acne.

11) Circulatory system:

Anti-oxidant and anti-inflammatory properties help in maintaining Blood Cholesterol Level, reduces risk of heart disease, lowering blood pressure, and reducing risk of heart attack and stroke and lowering of blood sugar levels.

TULSI



संस्कृतः	तुलसी, गौरी, वैष्णवी, मंजरीक	गुजराती:	तुलसी
हिन्दी:	तुलसी, वृंदा, पवित्रा	Binomial:	<i>Ocimum tenuiflorum</i>

Introduction:

Tulsi is one of the most commonly and widely used herb in Ayurveda and many Indian home remedies due to its healing power. Its essential oils are used to treat number of ailments. You will find this herb in almost every household in India. Shrubs are two to three feet in height. Found in two varieties, Black and white. One with Black leaves is more beneficial in Ayurvedic treatment.

Uses:

1. Cures fever: Oils in Tulsi has germicidal, fungicidal, anti-bacterial and anti-biotic properties that cures all types of fevers. A person suffering from fever is asked to have decoction made of tulsi leaves.
2. Skin Diseases: On various skin diseases like eczema, acne, pimple crushed leaves may be applied.
3. Insect Bites: Used as insect repellent and in treating insect bites.
4. Respiratory disorders: Tulsi relieves coughs, cold, and other respiratory disorders including chronic and acute bronchitis. Tulsi tea may be taken regularly.
5. Disorders of eyes: Tulsi leaves drops are used to cure night blindness and other eye disorders.
6. Relieves Headache: Used to relieve Headache, migraine pain and sinus pressure.
7. Vomiting: Tulsi leaves drops are used to relieve vomiting sensation.
8. Digestion: Tulsi drops with black pepper relieves gas.
9. Relieves stress: Tulsi tea is natural remedy for anxiety.
10. Urinary disorders: Regulates uric acid levels in body thereby prevents formation of kidney stones.

Tulsi Tea: Add Tulsi leaves in one glass of water. Boil it till half the water is evaporated. Use this decoction for various ailments.