

# Arjuna

Common Name  
Arjuna

Botanical Name (Latin)  
Terminalia arjuna

Ayurveda / Traditional System Reference  
Classified as a Hridya (heart tonic) in Ayurveda.



## Short Description

Arjuna is a large deciduous tree found throughout India. The reddish bark of the tree is the primary medicinal part, traditionally used for centuries to support cardiovascular health and emotional balance. It is considered a cooling and strengthening herb.

## Key Health Benefits

- Supports healthy cardiovascular function and heart muscle strength.
- Helps maintain blood pressure levels already within the normal range.
- Contains antioxidants (flavonoids and glycosides) that combat oxidative stress.
- Traditionally used to support healthy cholesterol levels.
- May support physical endurance and recovery.

## Source & Availability

- India: Found along river banks in Uttar Pradesh, Bihar, Maharashtra, and Madhya Pradesh.
- Global: Cultivated in parts of Southeast Asia.
- Type: Wild-harvested and cultivated.

## Safety & Notes

- Generally considered safe for long-term use when taken as directed.
- Caution advised for those on blood-thinning medication or blood pressure medication; consult a doctor.

Pregnancy/Breastfeeding: Consult a healthcare professional.



## Maca Root

Common Name  
Maca (Peruvian Ginseng)

Botanical Name (Latin)  
*Lepidium meyenii*

Ayurveda / Traditional System Reference  
Not native to Ayurveda;  
traditional to Andean medicine.



### Short Description

Maca is a cruciferous vegetable native to the Andes of Peru. The root is consumed as a food and dietary supplement. It is widely known as an adaptogen, helping the body manage stress and fatigue.

### Key Health Benefits

- Supports energy, stamina, and athletic performance.
- Traditionally used to support libido and sexual function in men and women.
- May help balance mood and reduce symptoms of menopause.
- Acts as an adaptogen to improve resilience to stress.
- Nutrient-dense, containing amino acids, vitamins, and minerals.

### Source & Availability

- India: Imported (not natively grown).
- Global: Primarily sourced from the high Andes of Peru and Bolivia.
- Type: Cultivated.

### Safety & Notes

- Generally safe in food amounts.
- People with thyroid issues should be cautious (contains goitrogens).
- Consult a doctor if you have hormone-sensitive conditions.



## Amlaki

Common Name  
Amla (Indian Gooseberry)

Botanical Name (Latin)  
Phyllanthus emblica (syn. Emblica officinalis)



Ayurveda / Traditional System Reference  
Classified as a Rasayana (rejuvenator) and acts on all three doshas (Tridoshic).

### Short Description

Amlaki is a small, sour, round fruit native to India. It is one of the most important herbs in Ayurveda, celebrated for its exceptionally high Vitamin C content and antioxidant properties. It is the main ingredient in Chyawanprash.

### Key Health Benefits

- Potent antioxidant activity supports immune system function.
- Promotes healthy skin, hair, and nails.
- Supports healthy digestion and acidity regulation (Pitta pacifying).
- Supports eye health and vision.
- Helps maintain healthy blood sugar levels.

### Source & Availability

- India: Grows wild and cultivated throughout tropical and subtropical India (Uttar Pradesh, Tamil Nadu, Rajasthan).
- Global: Southeast Asia.
- Type: Cultivated and wild-harvested.

### Safety & Notes

- Very safe for most people.
- High dosages may cause loose stools due to mild laxative effect.
- Safe during pregnancy in traditional moderation, but consult a doctor for supplements.



## Milk Thistle

Common Name  
Milk Thistle

Botanical Name (Latin)  
*Silybum marianum*



Ayurveda / Traditional System Reference  
Used in Western Herbalism; comparable to Yakrit (liver) herbs in Ayurveda.

### Short Description

A prickly flowering plant with distinctive white veins on its leaves (legend says it is milk). The seeds contain silymarin, a group of compounds extensively studied for liver support and detoxification.

### Key Health Benefits

- Supports liver health and detoxification processes.
- Acts as a powerful antioxidant and anti-inflammatory agent.
- May promote skin health.
- Supports healthy cholesterol levels.
- Helps protect the liver from oxidative stress.

### Source & Availability

- India: Cultivated in Kashmir and Punjab; also imported.
- Global: Native to Mediterranean regions; grown globally.
- Type: Cultivated and wild-harvested.

### Safety & Notes

- Generally safe.
- May cause allergic reactions in people allergic to the ragweed/daisy family.
- May mimic estrogen; caution for those with hormone-sensitive conditions.



## Alfalfa

Common Name  
Alfalfa (Lucerne)

Botanical Name (Latin)  
Medicago sativa



Ayurveda / Traditional System Reference  
Used in Unani and Ayurveda for strength (Balya).

### Short Description

Alfalfa is a perennial flowering plant in the legume family. It has a deep root system allowing it to absorb a wide spectrum of vitamins and minerals from the soil. It is often consumed as sprouts or dried herb.

### Key Health Benefits

- Rich source of Vitamin K, Vitamin C, copper, manganese, and folate.
- Traditionally used to support healthy cholesterol levels.
- May support metabolic health and blood sugar regulation.
- Acts as a nutritive tonic for general vitality.
- Supports digestive health due to fiber content.

### Source & Availability

- India: Cultivated as a fodder crop and for medicinal use in Punjab, Haryana, and Gujarat.
- Global: Worldwide (North America, Europe).
- Type: Cultivated.

### Safety & Notes

- Avoid consumption of raw seeds due to potential bacterial risks; sprouts and leaves are safer.
- Contains Vitamin K; caution for those on blood thinners (Warfarin).
- Autoimmune disease patients should avoid alfalfa seeds (L-canavanine).



## Manjistha

Common Name  
Manjistha (Indian Madder)

Botanical Name (Latin)  
*Rubia cordifolia*



Ayurveda / Traditional System Reference

Key Raktashodhak (blood purifier) and Varnya (complexion enhancer) in Ayurveda.

### Short Description

Manjistha is a perennial climber with red roots. In Ayurveda, it is the quintessential blood-purifying herb, used to remove toxins (Ama) and support the lymphatic system.

### Key Health Benefits

- Supports clear, glowing skin and helps manage acne.
- Supports healthy lymphatic drainage and blood purification.
- Promotes healthy liver and kidney function.
- Traditionally used to support menstruation comfort.
- Contains antioxidants that support cellular health.

#### • Source & Availability

- India: Himalayas and hill stations (Himachal Pradesh, Sikkim).
- Global: Parts of Asia and Africa.
- Type: Wild-harvested and cultivated.

### Safety & Notes

- Generally safe.
- May temporarily turn urine slightly orange/red (harmless).
- Avoid during pregnancy due to potential uterine stimulating effects.



## Ashoka

Common Name  
Ashoka

Botanical Name (Latin)  
Saraca asoca



Ayurveda / Traditional System Reference

Known as the "Remover of Sorrow," specifically for women's reproductive health.

### Short Description

The Ashoka tree is a rainforest tree with beautiful orange-red flowers. Its bark is a highly potent astringent used extensively in Ayurveda to support the female reproductive system and menstrual health.

### Key Health Benefits

- Supports healthy and regular menstrual cycles.
- Traditionally used to manage excessive uterine bleeding (menorrhagia).
- Supports uterine health and comfort.
- Beneficial for skin complexion due to blood-purifying properties.
- Astringent properties help in managing digestion.

### Source & Availability

- India: Western Ghats, Deccan Plateau, and Himalayas.
- Type: Wild-harvested (becoming rare) and cultivated.

### Safety & Notes

- Generally safe for women.
- Consult a doctor if trying to conceive.
- Ensure the source is genuine *Saraca asoca*, as *Polyalthia longifolia* is often sold as a fake substitute.



## Methi

Common Name  
Fenugreek

Botanical Name (Latin)  
Trigonella foenum-graecum



Ayurveda / Traditional System Reference

Used as both a spice and medicine for Prameha (urinary disorders/diabetes).

### Short Description

Methi is an annual herb with white flowers and long pods containing golden-brown seeds. Both seeds and leaves are used. It is a staple in Indian kitchens and a powerful metabolic support herb.

### Key Health Benefits

- Helps maintain healthy blood sugar levels.
- Supports healthy lactation in breastfeeding mothers.
- Supports digestion and reduces bloating.
- May help maintain healthy cholesterol and triglyceride levels.
- Traditionally used to support testosterone levels and libido.

### Source & Availability

- India: Rajasthan, Gujarat, Madhya Pradesh.
- Global: Mediterranean, North Africa.
- Type: Cultivated.

### Safety & Notes

- Generally safe as a food.
- Diabetics taking medication should monitor blood sugar (potential hypoglycemia).
- Avoid large doses during pregnancy (uterine stimulant).



# Ashwagandha

Common Name  
Ashwagandha (Indian Ginseng / Winter Cherry)

Botanical Name (Latin)  
Withania somnifera



Ayurveda / Traditional System Reference  
Classified as a Rasayana (rejuvenative) and Balya (strength-promoting).

## Short Description

Ashwagandha is a small shrub with yellow flowers and red fruit. The root is one of the most revered herbs in Ayurveda, acting as a premier adaptogen to help the body manage stress and restore balance.

## Key Health Benefits

- Helps reduce stress, anxiety, and cortisol levels.
- Supports quality sleep and relaxation.
- Enhances physical performance, muscle strength, and recovery.
- Supports cognitive function and memory.
- Supports male reproductive health and vitality.

## Source & Availability

- India: Madhya Pradesh, Rajasthan, Punjab, Gujarat.
- Global: Middle East, Africa.
- Type: Cultivated (widely) and wild.

## Safety & Notes

- Generally safe.
- Caution for those with hyperthyroidism (may increase thyroid hormone).
- Avoid during pregnancy unless under strict Ayurvedic supervision.



## Mulethi

Common Name  
Licorice (Yashtimadhu)

Botanical Name (Latin)  
Glycyrrhiza glabra



Ayurveda / Traditional System Reference  
Used as a Kanthya (good for throat) and Medhya (intellect promoter).

### Short Description

Mulethi is a sweet, woody root. It is 50 times sweeter than sugar due to glycyrrhizin. It is traditionally used to soothe the respiratory tract and digestive system.

#### • Key Health Benefits

- Soothes sore throats, coughs, and respiratory irritation.
- Supports healthy digestion and acidity management (heartburn).
- Supports adrenal function and stress response.
- Promotes healthy skin and complexion.
- Acts as a demulcent (protects mucous membranes).

### Source & Availability

- India: Jammu & Kashmir, Punjab.
- Global: Southern Europe, Middle East.
- Type: Cultivated and wild.

### Safety & Notes

- Long-term high dosage can raise blood pressure and lower potassium levels.
- Avoid if you have hypertension or kidney issues.
- Consult a doctor if pregnant.



## Noni

Common Name  
Noni (Indian Mulberry)

Botanical Name (Latin)  
*Morinda citrifolia*



Ayurveda / Traditional System Reference  
Known as Achuka in ancient texts; traditionally used for general vitality.

### Short Description

Noni is a lumpy, mango-sized fruit that is yellow-green when fresh and has a distinct pungent odor. It has been used in Polynesian and Asian medicine for thousands of years as a general tonic.

### Key Health Benefits

- Supports immune system function.
- Contains proxeronine, believed to support cellular repair.
- Rich in antioxidants supports joint health and mobility.
- May support healthy endurance and energy levels.
- Traditionally used to support digestion.

### Source & Availability

- India: Coastal regions, Andaman & Nicobar Islands, Karnataka.
- Global: Southeast Asia, Pacific Islands, Hawaii.
- Type: Cultivated and wild.

### Safety & Notes

- Generally safe as juice.
- High potassium content; caution for those with kidney disease.
- May interact with liver medications; consult a doctor.



## Brahmi

Common Name  
Brahmi (Water Hyssop)

Botanical Name (Latin)  
Bacopa monnieri



Ayurveda / Traditional System Reference  
A premier Medhya Rasayana (brain tonic) in Ayurveda.

### Short Description

Brahmi is a small, creeping succulent herb that grows in wet, marshy areas. It is the gold standard in Ayurveda for enhancing memory, learning, and concentration.

### Key Health Benefits

- Enhances memory, learning, and concentration.
- Supports cognitive function and mental clarity.
- Helps reduce anxiety and stress.
- Acts as a neuroprotector (protects brain cells).
- Supports healthy hair growth (when applied as oil).

### Source & Availability

- India: Wetlands throughout India (West Bengal, Kerala).
- Global: Tropical regions worldwide.
- Type: Cultivated and wild.

### Safety & Notes

- Generally safe.
- May cause mild digestive upset (nausea/cramps) if taken on an empty stomach.
- Dosage should be monitored; consult a professional for children.
- 



## Punarnava

Common Name  
Punarnava (Hogweed)

Botanical Name (Latin)  
Boerhavia diffusa



Ayurveda / Traditional System Reference  
Name means "The one that renews the body"; key diuretic herb.

### Short Description

Punarnava is a creeping perennial herb. In Ayurveda, it is highly valued for its ability to support kidney function, fluid balance, and reduce swelling (edema) in the body.

### Key Health Benefits

- Supports healthy kidney and urinary tract function.
- Promotes healthy fluid balance and reduces water retention.
- Supports liver health and detoxification.
- Supports joint comfort and reduces inflammation.
- Traditionally used to support heart health.

### Source & Availability

- India: Grows wild throughout India as a weed.
- Type: Wild-harvested mostly.

### Safety & Notes

- Generally safe.
- Acts as a diuretic; ensure adequate hydration.
- Consult a doctor if you have kidney stones or are on blood pressure medication.



## Curcumin

Common Name  
Curcumin (Turmeric Extract)

Botanical Name (Latin)  
Extracted from *Curcuma longa*

Ayurveda / Traditional System Reference  
Active compound of Haridra (Turmeric).



### Short Description

Curcumin is the primary bioactive substance in turmeric, responsible for its yellow color. It is a potent anti-inflammatory and antioxidant compound, isolated for higher potency than standard spice powder.

### Key Health Benefits

- Potent anti-inflammatory support for joints and muscles.
- Strong antioxidant activity fights free radicals.
- Supports brain health and cognitive function.
- Supports heart and cardiovascular health.
- May improve symptoms of mild mood disorders.

### Source & Availability

- India: Andhra Pradesh, Tamil Nadu, Odisha, Maharashtra.
- Global: Southeast Asia.
- Type: Cultivated (Turmeric).

### Safety & Notes

- Poorly absorbed alone; often paired with Black Pepper (Piperine).
- High doses may thin blood; stop before surgery.
- Consult a doctor if you have gallstones.



## Pushkarmool

Common Name  
Pushkarmool (Elecampane)

Botanical Name (Latin)  
*Inula racemosa*



Ayurveda / Traditional System Reference  
Renowned in Ayurveda for Shwasa (respiratory) and Hridya (heart) health.

### Short Description

Pushkarmool is a herb that grows in the high altitudes of the Himalayas. Its roots are aromatic and used traditionally to support respiratory health and cardiovascular function.

### Key Health Benefits

- Supports healthy respiratory function and bronchial comfort.
- Supports healthy blood pressure levels.
- Traditionally used to relieve chest pain (angina) support.
- Possesses antihistamine and bronchodilator properties.
- Supports metabolic health.

### Source & Availability

- India: Western Himalayas (Kashmir to Kumaon).
- Type: Wild-harvested (endangered in some areas) and cultivated.

### Safety & Notes

- Consult a healthcare professional before use.
- Evidence is promising but limited compared to major herbs.
- Avoid during pregnancy.



## Dalchini

Common Name  
Cinnamon (True Cinnamon / Ceylon Cinnamon)

Botanical Name (Latin)  
Cinnamomum verum (or *C. zeylanicum*)



Ayurveda / Traditional System Reference  
Used as Tvak, enhances digestion and circulation.

### Short Description

Dalchini is the inner bark of the cinnamon tree. True cinnamon (Ceylon) is preferred over Cassia for medicinal use. It is a warming spice that supports metabolism and digestion.

### Key Health Benefits

- Helps maintain healthy blood sugar levels.
- Supports healthy digestion and reduces gas.
- Contains antioxidants with anti-inflammatory effects.
- Supports healthy circulation.
- Supports heart health.

### Source & Availability

- India: Kerala, Tamil Nadu.
- Global: Sri Lanka (major source of True Cinnamon).
- Type: Cultivated.

### Safety & Notes

- Ceylon Cinnamon is safer than Cassia (which has high Coumarin) for long-term use.
- Safe in food amounts.
- High medicinal doses may interact with diabetes medication.



## Elderberry

Common Name  
Black Elderberry

Botanical Name (Latin)  
*Sambucus nigra*



Ayurveda / Traditional System Reference  
Traditional European remedy for immune support.

### Short Description

Elderberry refers to the dark purple berry of the European elder tree. It has a long history of use for immune support, particularly during the cold and flu season.

### Key Health Benefits

- Supports immune system defense.
- High in anthocyanins (antioxidants) and Vitamin C.
- Traditionally used to reduce the duration of cold/flu symptoms.
- Supports heart health via antioxidant action.
- Promotes skin health.

### Source & Availability

- India: Himalayan regions (*Sambucus wightiana* is a local relative).
- Global: Europe, North America.
- Type: Cultivated and wild.

### Safety & Notes

- Warning: Never eat raw elderberries (contain toxic cyanogenic glycosides). Must be cooked/processed.
- Supplements (syrups/extracts) are generally safe.
- Consult a doctor if you have autoimmune conditions



## Siberian Ginseng

Common Name  
Siberian Ginseng (Eleuthero)

Botanical Name (Latin)  
Eleutherococcus senticosus



Ayurveda / Traditional System Reference  
Traditional Chinese Medicine (TCM) adaptogen.

### Short Description

Not a "true" ginseng (Panax), but works similarly as an adaptogen. It is a woody shrub native to Northeastern Asia. It is milder than Panax ginseng and used to build resistance to stress.

### Key Health Benefits

- Increases stamina and endurance.
- Supports immune system function.
- Helps the body adapt to physical and mental stress.
- May reduce fatigue.
- Supports cognitive function.

### Source & Availability

- India: Imported.
- Global: Russia, China, Korea, Japan.
- Type: Wild-harvested and cultivated.

### Safety & Notes

- Generally safe.
- Avoid if you have high blood pressure (monitor carefully).
- May interact with heart medications.



## Flaxseed

Common Name

Flaxseed (Linseed) / Alsi

Botanical Name (Latin)

Linum usitatissimum

Ayurveda / Traditional System Reference

Known as Atasi; used for Vata disorders and skin health.



### Short Description

Flaxseeds are small, brown or golden oilseeds. They are one of the richest plant sources of Omega-3 fatty acids (ALA) and lignans. They are used as both food and medicine.

### Key Health Benefits

- Excellent source of Omega-3 fatty acids (heart health).
- High fiber content supports digestive regularity.
- Contains lignans which may support hormonal balance.
- Supports healthy cholesterol levels.
- Supports healthy skin and hair.

### Source & Availability

- India: Madhya Pradesh, Maharashtra, Bihar.
- Global: Canada, Russia, China.
- Type: Cultivated.

### Safety & Notes

- Safe as food.
- Always drink water when consuming (high fiber absorbs water).
- Ground flaxseeds are better absorbed than whole seeds.
- Avoid large amounts during pregnancy (phytoestrogens).



## Gokhru

Common Name  
Gokhru (Tribulus)

Botanical Name (Latin)  
Tribulus terrestris



Ayurveda / Traditional System Reference  
A vital Mootrala (diuretic) and Vajikarana (aphrodisiac) herb.

### Short Description

Gokhru is a creeping weed with sharp, spiny fruits (caltrops) that can puncture bicycle tires. In Ayurveda, these spiny fruits are used to support the urinary system and male reproductive health.

### Key Health Benefits

- Supports healthy urinary tract function and urine flow.
- Supports kidney health and may help prevent stone formation.
- Traditionally used to support male libido and vitality.
- Supports muscle strength and energy.
- Helpful for prostate health.

### Source & Availability

- India: Grows wild across India (Rajasthan, Haryana, Deccan plateau).
- Global: Southern Europe, Africa, Australia.
- Type: Wild-harvested.

### Safety & Notes

- Generally safe.
- Consult a doctor if you have prostate cancer or hormone-sensitive conditions.
- May lower blood sugar; diabetics should monitor levels.



## Sigru (Moringa)

Common Name  
Moringa (Drumstick Tree)

Botanical Name (Latin)  
Moringa oleifera



Ayurveda / Traditional System Reference  
Known as Sigru or Shobhanjana; highly nutritious.

### Short Description

Often called the "Miracle Tree," every part of Moringa (leaves, pods, flowers, bark) is usable. The leaves are a nutritional powerhouse, packed with protein, vitamins, and minerals.

### Key Health Benefits

- Extremely nutrient-dense (multivitamin properties).
- Potent antioxidant and anti-inflammatory support.
- Supports healthy blood sugar levels.
- Supports joint health and reduces inflammation.
- Promotes healthy lactation in nursing mothers.

### Source & Availability

- India: Cultivated widely across South India, Maharashtra, and Gujarat.
- Global: Africa, Asia, Latin America.
- Type: Cultivated.

### Safety & Notes

- Leaves and pods are safe as food.
- Avoid the root and bark during pregnancy (can cause uterine contractions).
- Consult a doctor if taking medication for diabetes or blood pressure.



## Gymnema

Common Name  
Gymnema / Gurmar

Botanical Name (Latin)  
Gymnema sylvestre

Ayurveda / Traditional System Reference  
Known as Gurmar (The Sugar Destroyer).



### Short Description

Gymnema is a woody climber. Its Hindi name, Gurmar, literally means "destroyer of sugar." Chewing the fresh leaves temporarily paralyzes the ability to taste sweetness, which helps curb sugar cravings.

### Key Health Benefits

- Helps reduce sugar cravings by blocking sweet receptors.
- Supports healthy blood sugar levels by improving insulin function.
- Supports pancreatic health.
- Assists in weight management efforts.
- Supports healthy cholesterol levels.

### Source & Availability

- India: Central and Southern India (Western Ghats).
- Global: Sri Lanka, Africa.
- Type: Wild-harvested and cultivated.

### Safety & Notes

- Caution: Can lower blood sugar significantly. Diabetics on medication must consult a doctor to avoid hypoglycemia.
- Not recommended during pregnancy/lactation due to lack of data.



## Safed Musli

Common Name  
Safed Musli

Botanical Name (Latin)  
*Chlorophytum borivilianum*



Ayurveda / Traditional System Reference  
A potent Vajikarana (Aphrodisiac) and Rasayana (Rejuvenator).

### Short Description

Safed Musli is a rare herb with tuberous roots. It is often referred to as "Herbal Viagra" or "Indian Ginseng" (along with Ashwagandha) due to its powerful effects on sexual health and physical stamina.

### Key Health Benefits

- Supports male sexual health, libido, and performance.
- Improves energy, stamina, and physical strength.
- Supports immune system function (immunomodulator).
- Used as a nutritive tonic for general weakness.
- Supports joint health.

### Source & Availability

- India: Aravalli hills (Rajasthan), Gujarat, Madhya Pradesh.
- Type: Cultivated (due to endangered wild status).

### Safety & Notes

- Generally safe.
- High doses may cause gastrointestinal upset.
- Consult a doctor if pregnant or breastfeeding.



## Garcinia

Common Name

Garcinia Cambogia / Vrikshamla

Botanical Name (Latin)

Garcinia gummi-gutta

Ayurveda / Traditional System Reference

Used in cooking and as Vrikshamla for digestion.



### Short Description

Garcinia is a tropical fruit that looks like a small pumpkin, green to pale yellow. The rind contains Hydroxycitric Acid (HCA), which is popular globally for weight management support.

### Key Health Benefits

- May help curb appetite and promote fullness.
- Supports healthy weight management (inhibits fat production enzyme).
- Supports healthy cholesterol and triglyceride levels.
- Traditionally used to support digestion.
- Enhances exercise endurance.

### Source & Availability

- India: Western Ghats, Kerala, Karnataka (coastal regions).
- Global: Southeast Asia.
- Type: Cultivated.

### Safety & Notes

- Generally safe for short-term use (up to 12 weeks).
- Caution: Potential liver toxicity in rare cases with multi-ingredient supplements; use pure extracts.
- Avoid if pregnant or breastfeeding.



## Shatavari

Common Name  
Shatavari

Botanical Name (Latin)  
Asparagus racemosus



Ayurveda / Traditional System Re  
"She who possesses a hundred husbands"; premier female tonic.

### Short Description

Shatavari is a climbing plant with pine-needle-like leaves. The roots are used in Ayurveda as the primary rejuvenative tonic for women, supporting the reproductive system through all stages of life.

### Key Health Benefits

- Supports female reproductive health and hormonal balance.
- Promotes healthy lactation in nursing mothers.
- Supports relief from menopausal symptoms (hot flashes).
- Acts as a soothing demulcent for the digestive tract (acidity/ulcers).
- Supports the immune system.

### Source & Availability

- India: Throughout tropical and subtropical India.
- Global: Sri Lanka, Nepal, Australia.
- Type: Wild-harvested and cultivated.

### Safety & Notes

- Generally safe.
- Avoid if you have a history of estrogen-sensitive cancers (breast/ovarian).
- May cause allergic reactions in those sensitive to asparagus.



## Green Tea

Common Name  
Green Tea

Botanical Name (Latin)  
Camellia sinensis

Ayurveda / Traditional System Reference  
Bitter/astringent properties; used for lightness (Laghu).



### Short Description

Made from unoxidized leaves of the tea bush, Green Tea retains the highest amount of antioxidants (catechins/EGCG). It is one of the most consumed beverages globally for health.

### Key Health Benefits

- High in antioxidants (polyphenols/EGCG) for cellular health.
- Supports metabolism and fat burning.
- Supports brain function and alertness (contains caffeine + L-theanine).
- Supports heart health.
- May support healthy blood sugar control.

### Source & Availability

- India: Darjeeling, Assam, Nilgiris, Kangra.
- Global: China, Japan.
- Type: Cultivated.

### Safety & Notes

- Contains caffeine; avoid if sensitive or before sleep.
- High doses of green tea extract (supplements) can be hard on the liver; stick to the beverage or moderate doses.
- Interacts with iron absorption (drink away from meals).



## Shilajit

Common Name  
Shilajit (Mineral Pitch)

Botanical Name (Latin)  
Asphaltum punjabianum



Ayurveda / Traditional System Reference  
"Conqueror of mountains"; known as a Yogavahi (enhancer of other herbs).

### Short Description

Shilajit is not a plant, but a sticky, tar-like resin that exudes from rocks in the high Himalayas during summer. It is biomass decomposed over centuries, rich in Fulvic Acid and minerals.

### Key Health Benefits

- Enhances energy, stamina, and reduces fatigue.
- Rich in Fulvic Acid, improving nutrient absorption.
- Supports healthy testosterone levels and male fertility.
- Supports cognitive function and memory.
- Supports healthy aging (Rasayana).

### Source & Availability

- India: High Himalayas (Ladakh, Kashmir, Uttarakhand).
- Global: Tibet, Altai Mountains, Andes.
- Type: Wild-harvested (exudate).

### Safety & Notes

- Must be purified. Raw Shilajit contains heavy metals/fungus. Only use purified/standardized forms.
- Avoid if you have high iron levels (hemochromatosis).
- Consult a doctor if you have gout.



## Guduchi

Common Name  
Giloy / Guduchi

Botanical Name (Latin)  
*Tinospora cordifolia*



Ayurveda / Traditional System Reference  
Known as Amrita (Nectar of Immortality); powerful immunomodulator.

### Short Description

Guduchi is a climbing shrub with heart-shaped leaves. It is one of the most valued herbs in Ayurveda for immunity. It helps the body fight infections and detoxify.

### Key Health Benefits

- Potent immune system support (immunomodulator).
- Supports healthy fever management.
- Supports liver health and detoxification.
- Helpful for skin conditions and blood purification.
- Supports joint health (anti-inflammatory).

### Source & Availability

- India: Tropical regions throughout India.
- Type: Wild-harvested and cultivated.

### Safety & Notes

- Generally safe.
- Autoimmune patients should consult a doctor (boosts immune system).
- May lower blood sugar; monitor if diabetic.
- Pregnancy: Consult a healthcare professional.



# Spirulina

Common Name  
Spirulina

Botanical Name (Latin)  
*Arthrospira platensis*



Ayurveda / Traditional System Reference  
Not traditional Ayurveda; modern superfood.

## Short Description

Spirulina is a blue-green algae that grows in both fresh and salt water. It is one of the most nutrient-dense foods on the planet, packed with protein, B-vitamins, and antioxidants.

## Key Health Benefits

- High protein content (complete protein).
- Rich in antioxidants (Phycocyanin) and anti-inflammatory properties.
- Supports healthy cholesterol levels.
- May improve muscle strength and endurance.
- Supports anemia management (rich in iron).

## Source & Availability

- India: Cultivated in ponds (Tamil Nadu).
- Global: USA, China.
- Type: Cultivated (Aquaculture).

## Safety & Notes

- Ensure the source is free from microcystins and heavy metals (quality control is vital).
- Avoid if you have Phenylketonuria (PKU).
- Autoimmune conditions: Consult a doctor.



## Guggulu

Common Name  
Guggul

Botanical Name (Latin)  
Commiphora wightii



Ayurveda / Traditional System Reference  
Used as a binder in pills (Vati) and for Medo Roga (obesity/lipids).

### Short Description

Guggul is the resin (gum guggul) from a small, thorny tree. It has been used for thousands of years in Ayurveda to manage weight, joint health, and cholesterol.

### Key Health Benefits

- Supports healthy cholesterol and triglyceride levels.
- Supports healthy weight management.
- Promotes joint comfort and reduces inflammation.
- Supports thyroid function.
- Used for deep detoxification.

### Source & Availability

- India: Arid regions of Rajasthan and Gujarat.
- Type: Wild-harvested (Critically endangered, sustainable sourcing is key).

### Safety & Notes

- Avoid during pregnancy (uterine stimulant).
- May interact with thyroid medications and blood thinners.
- Can cause mild gastric upset.



## Shallaki

Common Name  
Boswellia (Indian Frankincense)

Botanical Name (Latin)  
Boswellia serrata

Ayurveda / Traditional System Reference  
Key herb for Sandhivata (joint disorders).



### Short Description

Shallaki is a large tree that produces a gum resin known as Salai Guggul. It is globally recognized for its powerful anti-inflammatory properties, specifically for joint mobility.

### Key Health Benefits

- Supports joint health, mobility, and comfort.
- Reduces inflammation (inhibits 5-LOX enzyme).
- Supports respiratory health (bronchial asthma).
- Supports gut health (inflammatory bowel conditions).
- Promotes healthy circulation.

### Source & Availability

- India: Dry forests of Madhya Pradesh, Maharashtra, Rajasthan.
- Type: Wild-harvested.

### Safety & Notes

- Generally safe.
- May cause mild digestive upset or acid reflux.
- Consult a doctor during pregnancy.
- 



## Tulsi

Common Name  
Tulsi (Holy Basil)

Botanical Name (Latin)  
*Ocimum sanctum* (syn. *Ocimum tenuiflorum*)



Ayurveda / Traditional System Reference  
"The Queen of Herbs"; sacred plant used for spiritual and physical health.

### Short Description

Tulsi is a sacred aromatic shrub in India, found in almost every household. It is a powerful adaptogen and expectorant, used to support the respiratory system and manage stress.

### Key Health Benefits

- Supports respiratory health (coughs, colds, congestion).
- Acts as an adaptogen to reduce stress and anxiety.
- Potent antioxidant and anti-microbial properties.
- Supports healthy immune response.
- Supports digestion and oral health.

### Source & Availability

- India: Cultivated throughout the country.
- Type: Cultivated.

### Safety & Notes

- Generally safe.
- Mild blood-thinning effect; caution with anticoagulants.
- May lower blood sugar.
- Traditional caution: Avoid high therapeutic doses if trying to conceive (anti-fertility effect in animals).



## Jatamansi

Common Name  
Jatamansi (Spikenard)

Botanical Name (Latin)  
Nardostachys jatamansi



Ayurveda / Traditional System Reference  
Highly valued Medhya (brain tonic) and Nidrajanana (sleep inducer).

### Short Description

Jatamansi is a critically endangered herb found in the high Himalayas. Its rhizomes differ from others as they are covered in reddish-brown fibers that look like hair (Jata). It is intensely calming.

### Key Health Benefits

- Promotes deep sleep and fights insomnia.
- Calms the nervous system and reduces anxiety.
- Supports cognitive function and memory.
- Promotes healthy hair growth.
- Balances blood pressure (calming effect).

### Source & Availability

- India: High altitude Himalayas (Uttarakhand, Sikkim).
- Type: Wild-harvested (Strictly regulated due to endangered status).

### Safety & Notes

- Use only sustainably sourced/certified products.
- Sedative effect; excessive use may cause drowsiness.
- Consult a doctor if pregnant or on antidepressants.



## Kanchanara

Common Name  
Kanchanar (Orchid Tree / Mountain Ebony)

Botanical Name (Latin)  
Bauhinia variegata



Ayurveda / Traditional System Reference  
Famous for treating Gandamala (glandular swellings/thyroid).

### Short Description

Kanchanara is a deciduous tree with orchid-like flowers (pink/purple). The bark is primarily used in Ayurveda to support the lymphatic system and manage glandular swellings, particularly thyroid issues.

### Key Health Benefits

- Supports thyroid health and function.
- Supports the lymphatic system and reduces glandular swelling.
- Traditionally used to support the management of cysts and fibroids.
- Supports healthy skin.
- Helps normalize Kapha imbalances.

### Source & Availability

- India: Throughout India (sub-Himalayan tracts).
- Type: Cultivated and wild.

### Safety & Notes

- Generally safe.
- Caution for those with hyperthyroidism (monitor levels).
- Consult a healthcare professional during pregnancy.



## Wheatgrass

Common Name  
Wheatgrass

Botanical Name (Latin)  
Triticum aestivum



Ayurveda / Traditional System Reference  
Used in naturopathy and modern dietetics for blood purification.

### Short Description

Wheatgrass represents the freshly sprouted leaves of the common wheat plant. It is harvested before the grain forms. It is rich in chlorophyll, enzymes, and vitamins, often consumed as a juice for detoxification.

### Key Health Benefits

- Rich in Chlorophyll (supports blood health).
- Potent antioxidant and detoxifying agent.
- Supports healthy digestion.
- Boosts energy and vitality.
- Supports immune function.

### Source & Availability

- India: Cultivated indoors or in fields.
- Global: Worldwide.
- Type: Cultivated.

### Safety & Notes

- Generally gluten-free (harvested before grain), but contamination is possible; celiacs should use certified gluten-free sources.
- Raw juice can cause nausea in some people.
- Safe for most.



## Mangosteen

Common Name  
Mangosteen

Botanical Name (Latin)  
*Garcinia mangostana*



Ayurveda / Traditional System Reference  
Used in Southeast Asian traditional medicine.

### Short Description

Mangosteen is a tropical fruit with a thick purple rind and sweet, juicy white flesh. The rind (pericarp) is rich in xanthenes, a class of polyphenols with potent antioxidant properties.

### Key Health Benefits

- Rich in Xanthenes (potent antioxidants).
- Supports a healthy inflammatory response.
- Supports skin health and wound healing.
- Supports immune system function.
- Supports digestive health (rind is astringent).

### Source & Availability

- India: Kerala, Tamil Nadu (limited).
- Global: Thailand, Indonesia, Malaysia.
- Type: Cultivated.

### Safety & Notes

- Fruit is safe.
- Supplements (rind extract) may slow blood clotting; stop before surgery.
- Consult a doctor if undergoing chemotherapy (antioxidant interference).



## Sea Buckthorn

Common Name  
Sea Buckthorn

Botanical Name (Latin)  
*Hippophae rhamnoides*



### Ayurveda / Traditional System Reference

Used in Tibetan, Chinese, and Central Asian traditional medicine; not classical Ayurveda but used in modern Ayurvedic formulations.

### Short Description

Sea Buckthorn is a thorny shrub producing bright orange berries. The berries and seeds are rich in omega fatty acids, vitamins, and antioxidants.

### Key Health Benefits

- Rich in omega-3, 6, 7, and 9 fatty acids
- Supports skin and mucosal health
- Supports immune function
- Supports cardiovascular health
- Antioxidant and anti-inflammatory properties

### Source & Availability

- India: Ladakh, Himachal Pradesh (cold desert regions)
- Global: Russia, China, Europe
- Type: Wild and cultivated

### Safety & Notes

- Generally safe when consumed as food
- May lower blood pressure and blood sugar
- Use caution with blood-thinning medications



## Draksha

Common Name  
Draksha (Grape)

Botanical Name (Latin)  
Vitis vinifera



Ayurveda / Traditional System Reference  
Widely used in Ayurveda (Draksha, Draksharishta).

### Short Description

Draksha refers to dried or fresh grapes. It is nourishing, cooling, and rich in natural sugars, polyphenols, and antioxidants such as resveratrol.

### Key Health Benefits

- Supports heart health
- Supports digestion and relieves constipation
- Helps reduce fatigue and weakness
- Antioxidant support (polyphenols)
- Supports liver function (traditional use)

### Source & Availability

- India: Maharashtra, Karnataka, Tamil Nadu
- Global: Mediterranean regions, USA
- Type: Cultivated

### Safety & Notes

- Safe as food
- High sugar content; diabetics should monitor intake
- Grape seed extracts may interact with blood thinners



## Carissa

Common Name

Karonda / Indian Berry

Botanical Name (Latin)

Carissa carandas

Ayurveda / Traditional System Reference

Used in Ayurveda and folk medicine.



### Short Description

Carissa is a small, sour berry traditionally used for digestive and blood-related disorders. The fruit is rich in vitamin C and antioxidants.

### Key Health Benefits

- Supports digestive health
- Supports appetite and metabolism
- Rich in vitamin C
- Traditionally used for anemia support
- Antioxidant activity

### Source & Availability

- India: Widely found across plains and dry regions
- Global: South Asia
- Type: Wild and cultivated

### Safety & Notes

- Ripe fruit is safe
- Unripe fruit contains latex and should not be consumed
- Avoid excessive intake during pregnancy



## Haritaki

Common Name

Haritaki / Chebulic Myrobalan

Botanical Name (Latin)

Terminalia chebula



Ayurveda / Traditional System Reference

One of the three fruits of Triphala in Ayurveda; extensively referenced in classical Ayurvedic texts such as Charaka Samhita and Sushruta Samhita.

### Short Description

Haritaki is a dried fruit traditionally used for digestive regulation and detoxification. It is considered a rejuvenative herb with broad systemic effects.

### Key Health Benefits

- Supports digestive health and bowel regularity
- Traditionally used for detoxification
- Supports gut microbiome balance
- Mild laxative and carminative properties
- Antioxidant activity

### Source & Availability

- India: Himachal Pradesh, Uttarakhand, West Bengal, South India
- Global: South and Southeast Asia
- Type: Wild and cultivated

### Safety & Notes

- Generally safe at recommended doses
- Excess use may cause diarrhea or dehydration
- Avoid during pregnancy unless advised by a healthcare professional
- Use caution in individuals with chronic diarrhea or severe debility

