

SUPER HERBS



25

ULTIMATE AYURVEDIC HERBS
With MAGICAL HEALING POWERS
and HOW TO USE THEM

Advait

‘Super Herbs’

25 Ultimate Ayurvedic Herbs with Magical Healing Powers and How to Use Them

By

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Important

In modern botanical terms, a herb is considered as a plant with a non-woody stem, which has a very short lifespan and which withers away after flowering.

In Ayurveda, a herb is called as *Aushadhi Vanaspati* ('औषधी वनस्पति') i.e. a plant whose leaves, stems, roots, flowers, fruits or seeds have medicinal uses. This criterion is the basis of the 25 herbs included in this book.

Let's get started...

Herb #1

Cardamom



Ayurvedic Name: *Elaichi*

Botanical Name: *Ellettaria Cardamomum*

Origin & Physical Properties:

In India Cardamom is called as the ‘Queen of Spices’ and rightly so is one of the most valued spices in the world.

Cardamom grows as a perennial herb with very large leaves and white or pale green flowers.

The dried cardamom fruits of the plant have healing properties.

Originating in Southern India this spice moved westwards and was extensively used for consumption and as medicine. The earliest mention of cardamom in the western world is by *Theophrastus* in 4th Century B.C.

Healing Properties:

The aroma and the healing properties of the cardamom are owing to the volatile oil in its seeds. It is mainly used for relieving flatulence and for strengthening the digestive system.

In Digestive Disorders

Cardamom rectifies air element and water element imbalance in the body. It is helpful in relieving gas and heart-burn.

* Ground Cardamom seeds mixed with Ginger, Cloves and Coriander, is an effective remedy for indigestion.

In Bad Breath

Cardamom is an extremely effective mouth freshener. Chewing a few seeds will cure bad breath.

In Genital & Urinary Disorders

* Powdered cardamom seeds mixed with a tablespoon of banana leaf and *Amla*(*Indian Gooseberry*) juice should be consumed for treating gonorrhoea, cystitis, scanty urination or to cure burning sensation during urination.

In Depression

* Powdered cardamom seeds when added while brewing tea gives it a pleasant aroma and is a very common remedy for treating depression.

In Impotency

Cardamom works like a charm in treatment of sexual dysfunction and premature ejaculation.

* A pinch of cardamom seed powder boiled in milk and sweetened with honey when taken every night yields excellent results.

****Very Important**

It is specified throughout Ayurveda, that *'excessive use of anything should be avoided; any good thing which is a life saver in small quantities is poisonous if taken in large quantities over a long period of time'*.

Herb #2

Clove



Ayurvedic Name: *Laung / Lavang*

Botanical Name: *Syzygium aromaticum*

Origin & Physical Properties:

Clove is the dried unopened flower bud obtained from an evergreen tree growing up to 12 meters.

Clove is being extensively used in India for the past 3,000 years.

Historical references show cloves being imported in Alexandria in 176

A.D.

Healing Properties:

Clove has stimulating properties; it helps in regulating blood circulation and in relieving flatulence.

In Digestive Disorders

Cloves are extremely useful in cases of gastric irritability and dyspepsia.

* Powder of dried cloves when mixed with a spoon of honey and consumed is very effective in controlling vomiting.

Cough

Chewing a clove with a crystal of common salt eases expectoration and soothes the throat.

* 3-4 drops of clove oil + Spoonful of honey + a clove of garlic, help in soothing spasmodic coughs in Asthma and Bronchitis. (should be taken before sleeping)

Asthma

Clove is a very effective remedy for asthma.

* Boil 5-6 cloves in a cup of water, add a spoonful of honey. Consume thrice daily.

In Bad Breath & Toothache

Clove is an extremely effective mouth freshener. Chewing a single clove will cure bad breath and clove oil when applied to a tooth cavity in a decayed tooth relieves toothache.

In Muscular Cramping

Muscular cramping is immediately relieved by applying clove oil to the affected area.

Herb #3

Dandelion



Ayurvedic Name: *Kaanphool*

Botanical Name: *Taraxacum officinale*

Origin & Physical Properties:

Dandelion is a perennial herb which is extensively used as a tasty salad vegetable.

Dandelion is native to Europe. It is a very common plant and grows wild almost everywhere.

Nutritionally, you will be surprised to know that it contains as much Iron as Spinach and 4 times more vitamin A than Lettuce.

Healing Properties:

In Bone Disorders

The juice obtained from the leaves and stem of Dandelion is mixed with juices of the leaves of carrots and turnips for curing bone disorders.

In Liver and Gall Bladder Disorders

Regular consumption of Dandelion benefits our Liver and Gall Bladder which are essential organs for handling fats within the body and for detoxification.

* A Hepatitis patient can greatly benefit from drinking Dandelion Tea, which is a brew made of boiling dandelion roots.

In Urinary Disorders

Dandelion when consumed increases the quantity and flow of Urine and cures any other urinary tract disorders.

Dandelion Coffee

Dandelion Coffee is made from its dried, roasted and ground roots. It's a natural and organic beverage without any harmful effects of regular coffee.

Herb #4

Garlic



Ayurvedic Name: *Lahsoon*

Botanical Name: *Allium Sativum*

Origin & Physical Properties:

Garlic is a biennial herb of the onion family. It has a flattened stem and narrow, flat leaves.

Garlic originated in Central Asia and still remains one of the staple spices of various Asian cuisines.

**** Do You Know**

Garlic was a part of the monthly salary of the Pyramid builders of ancient

Egypt. They even went on a strike when Garlic was not provided to them and resumed work only after Garlic was reinstated as a part of their salaries.

Healing Properties:

In Ayurveda, Garlic has been used for treating cough, asthma, leprosy, arteriosclerosis, fever, worms and a lot of other disorders.

In Digestive Disorders

Garlic is one of the most beneficial herbs for the digestive system. It stimulates the movement of intestines and aids in secretion of digestive juices.

It has an antiseptic effect and is an excellent remedy for infectious diseases and inflammations of the stomach and intestine.

Garlic is also an excellent worm expeller.

In High Blood Pressure

Garlic is one of the most effective remedy for lowering blood pressure. It also works like a charm in curing arrhythmia.

In Arteriosclerosis

When consumed regularly garlic prevents arteriosclerosis.

In Blood Disorders

Garlic is the best natural rejuvenator. It removes toxins from the blood, revitalizes the body and stimulates circulation.

It is the only food ingredient known to man, which when consumed promotes and fertilizes essential intestinal flora while at the same time killing the harmful bacteria, truly a miracle herb.

If you wish to learn more about the wonders of garlic, you can read my book, ['Ayurveda of Garlic: 25 Ultimate Uses of Garlic for Health and](#)

Healing' here, <http://www.amazon.com/dp/B00N8YKTLU>

(The book is enrolled in 'Kindle Unlimited' program, so you can read it for free if you are a 'Kindle Unlimited' user)

Herb #5

Nutmeg



Ayurvedic Name: *Jaiphal*

Botanical Name: *Myristica fragrans*

Origin & Physical Properties:

Nutmeg is the dried kernel of the seeds of the Nutmeg tree.

It has a strong aroma with a slightly bitter taste.

Nutmeg trees originated in Asia and are now abundant in Indonesia, Malaysia and Sri Lanka.

Healing Properties:

Nutmeg is used in the preparation of various Ayurvedic medicines since ancient times. The oil extracted from it is used in liniments, perfumery and as an antispasmodic.

In Digestive Disorders

* Nutmeg powder (about 4-5 grams) taken with a tablespoon of *Amla*(Indian Gooseberry) 3 to 4 times a day is effective for indigestion and morning sickness.

In Insomnia

Nutmeg powder mixed with *Amla* juice is also an effective medicine for insomnia.

* A pinch of Nutmeg powder mixed with a few drops of honey, is given to infants who cry at night, to induce sleep. (Do not follow this method regularly and take your doctor's advice before doing it.)

In Dehydration

Nutmeg cures the dehydration caused by vomiting and diarrhea.

In Skin Disorders

Nutmeg is very effective in treatment of skin diseases like ringworm and eczema.

In Rheumatism

Nutmeg powdered and fried in Sesame oil until brown, is very effective external application to relieve rheumatic pain.

As a Sex Stimulant

* A pinch of Nutmeg powder mixed with a tablespoon of Honey and a half-boiled egg, when consumed an hour before sex acts as an excellent stimulant and also prolongs the duration of sexual act.

Herb #6
Rosemary



Ayurvedic Name: *Ruusmary*

Botanical Name: *Rosmarinus officinalis*

Origin & Physical Properties:

Rosemary is a sweet scented evergreen shrub which grows around a meter high. It has narrow leaves which look like curved pine needles.

Rosemary has been extensively used to symbolize Loyalty, Love and Immortality.

Rosemary is native to Southern Europe, and from there it spread worldwide.

Rosemary was an essential herb of the ancient Greek and Roman

civilizations.

Healing Properties:

Rosemary is extensively used as an antidote for mental fatigue and for memory improvement. The other Ayurvedic uses are;

Indigestion

It is very useful in curing indigestion and stiffness of the stomach.

In Common Cold

* Rosemary oil mixed with hot water and taken as a drink is helpful in curing common cold. Also this mixture when gargled cures sore throat.

In Rheumatism

Rosemary leaves have camphor like odor, and are used in vapor baths for treating rheumatism.

As a Heart Stimulant

Rosemary oil is extensively used as a cardiac stimulant. (In this case rosemary oil is taken internally)

For Treating Dandruff

* Simmer leafy Rosemary branches in water for 30 minutes, then strain it and let it cool down. Apply this mixture to your scalp to treat dandruff. ***This Lotion is also found to be very helpful in curing premature baldness.***

Herb #7
Watercress



Ayurvedic Name: *Jal Kumbhi*

Botanical Name: *Nasturtium officinale*

Origin & Physical Properties:

Watercress is a perennial aquatic herb. It has dark & shiny leaves which are further divided into smaller leaflets.

It is native to Europe, and from there it spread worldwide.

The ancient Greeks and Romans used Watercress to treat mental disorders.

Healing Properties:

Watercress has a cooling and soothing effect on the body and also helps with digestion.

In Anemia

Watercress is a rich source of Iron.

* A cup of fresh Watercress juice with a tea spoon of lime juice and a pinch of salt when taken every morning for a month cures anemia.

Asthma

Watercress aids expectoration, hence it is very helpful in treating asthma and cough.

Piles

* A mixture of Watercress juice, Carrot juice, Spinach juice and Turnip juice is helpful in dissolving the coagulated blood fibrin in piles.

In Skin Disorders

A paste made of Watercress seed is very helpful if directly applied in curing skin diseases caused by impure blood.

During Pregnancy and lactation

* A nutritious tonic is made by boiling the Watercress seeds in milk, which produces a thin, soft mass. Then add some sugar to it. This tonic increases the secretion of milk in nursing mothers and cures general debility in pregnant women.

Herb #8

Fennel



Ayurvedic Name: *Saunf*

Botanical Name: *Fenniculum Vulgare*

Origin & Physical Properties:

Fennel is a pale green perennial herb.

It originated in India and then spread westward.

The entire plant body is aromatic, and is extensively used for flavoring and in medicine across India.

Healing Properties:

The leaves of fennel are digestive and stimulating while the seeds are sweet, aphrodisiac, and relieve flatulence.

In Digestion

Fennel seeds have been extensively used since ancient times as a digestive aid. In India, after every meal a few seeds of fennel of seeds are chewed for proper digestion of food.

In Bad Breath

Fennel is an extremely effective mouth freshener. Chewing a few seeds will cure foul breath.

In Respiratory Disorders

Leaves of Fennel are useful in curing respiratory disorders like asthma and bronchitis. Eating a few fennel seeds with a fig is also an effective medicine for cough.

In Menstrual Disorders

Fennel seeds regulate monthly menstrual cycle in women, and are very helpful in curing painful menstruation.

In Eye Disorders

Fennel tea is used to treat sore and inflamed eyes, and chewing the seeds is also beneficial to the health of your eyes.

Herb #9

Alfalfa



Ayurvedic Name: *Alfalf*

Botanical Name: *Medicago satina*

Origin & Physical Properties:

Alfalfa is a leguminous herb with green alternate leaves and purple flowers.

Alfalfa is native to Europe and from there it spread worldwide.

The Arabs called it 'The King of Kings of the Herbs'.

Nutritionally, Alfalfa is the most versatile herb. (The roots of this plant go down 15 meters into the ground, thus absorbing every kind of mineral present in the soil.)

Healing Properties:

Every part of Alfalfa, seeds, leaves and stem all have medicinal properties.

In Heart Disorders

Fresh juice of Alfalfa leaves is very effective in curing any and all arterial problems and heart diseases. (This juice is very strong hence it should be mixed with carrot juice to tone it down.)

Respiratory Disorders

Similar to Wheat grass, alfalfa is very rich in chlorophyll, and hence is extensively used for curing respiratory disorders and discomforts.

In Stomach Disorders

Sprouts are obtained from seeds of alfalfa and used in salads extensively as they help in curing stomach disorders.

In High Blood Pressure

Alfalfa is a very effective remedy for high blood pressure. It has all the elements necessary for softening of hardened arteries and thus can cure high blood pressure.

In Hair Disorders

Alfalfa juice mixed with the juice of carrot and lettuce taken daily induces a healthy growth of hair. Alfalfa helps in strengthening the roots of the hair.

Herb #10

Celery



Ayurvedic Name: *Ajwain Patti*

Botanical Name: *Apium graveolens*

Origin & Physical Properties:

Celery is a plant with bulbous roots where the leaves sprout directly from the fleshy roots.

The roots and seeds of celery are commonly used in Ayurvedic medicine.

Celery is native to Europe and Asia. Historical medicinal references of celery can be found as early as 5th century B.C. in Asia, while in the western world celery is used for its medicinal purposes from the 16th

century.

Nowadays it is extensively used in salads world over.

Healing Properties:

The word 'Celery' comes from the Latin word '*celeri*' meaning 'the one which acts or takes effect very quickly'.

In Arthritis

Celery is useful in the treatment of arthritis due to its high sodium content. For best results, it should be consumed in form of fresh juice, which is extracted from the leaves and the stems.

In Nervous Afflictions

A cup of Celery juice must be combined with equal amount of Carrot juice and consumed at least 3-4 times to cure nerve afflictions.

In Respiratory Disorders

Celery has antispasmodic properties which are very useful in curing Asthma, Bronchitis and Tuberculosis.

In kidney and Gall Stone Disorders

Celery is a miracle food for those who have a tendency of stone formation in the gall bladder and in kidneys. To prevent the stone formation regular consumption of celery salad is recommended.

Indigestion

Seeds of celery are a very effective treatment for indigestion.

* a teaspoon of celery seeds soaked in buttermilk for 5 hrs, should be finely ground, and this paste should be consumed along with the buttermilk to cure indigestion.

Herb #11

Cumin Seeds



Ayurvedic Name: *Zeera*

Botanical Name: *Cuminum cyminum*

Origin & Physical Properties:

Cumin is an annual herb with a smooth stem and slender, long roots.

Cumin seed, which actually is a seed like fruit of the plant, has the medicinal properties.

It is native to Egypt and Eastern Mediterranean region, and from there it spread around the world.

Healing Properties:

Cumin is an excellent stimulant which increases the discharge of urine and is very effective in relieving flatulence.

In Piles

Black cumin is very beneficial in curing piles.

* 25 grams of roasted cumin seeds should be mixed with 25 grams of regular cumin seeds. Ground the mixture to form a powder. A teaspoon of this powder should be taken thrice a day with water.

In Insomnia

Cumin is very effective in curing sleeplessness.

* Fry a teaspoon of cumin seeds and then ground them, add this powder to the pulp of a ripe banana. Consume this mixture before going to bed.

In Common Cold

Diluted Cumin water is very useful in curing common cold and fevers.

In Amnesia

Cumin seeds are very effective in curing amnesia and for memory improvement.

* half a teaspoon of black cumin seed powder is mixed with a teaspoon of honey and consumed for curing Insomnia.

Boils

Cumin powder is mixed with a few drops of water to form a paste and is applied over boils to cure them.

Herb #12
Fenugreek



1. Leaves



2. Fenugreek Seeds

Ayurvedic Name: *Methi*

Botanical Name: *Trigonella foenum graecum*

Origin & Physical Properties:

Fenugreek is a robust annual herb with compound light green leaves and a bitter taste.

It is native to Ethiopia and Eastern Europe.

It has been used as both food and medicine extensively across Asia since ancient times.

Healing Properties:

Fenugreek leaves and seeds are excellent cleansers and their regular consumption keeps the body clean and healthy.

In Digestive Disorders

Consuming boiled fenugreek leaves is very effective in curing indigestion, flatulence and dyspepsia.

In Curing Withered Senses

Fenugreek seeds help restore the deadened senses of taste and smell, which is caused due to accumulation of mucus on tongue and in the nose.

Body Odor

Tea prepared of fenugreek seeds is very effective in eliminating foul body odor.

In Diabetes

Fenugreek seeds can also be consumed for treatment of diabetes.

* Directly swallow 2 teaspoons of fenugreek seeds whole or soak the seeds in a cup of water overnight and drink the water in the morning.

Mouth Ulcers

Eating boiled fenugreek leaves helps in healing mouth ulcers.

Herb #13
Holy Basil



Ayurvedic Name: *Dev Tulsi*

Botanical Name: *Ocimum sanctum*

Origin & Physical Properties:

Holy Basil is a multi-branched, erect aromatic herb.

It is native to India and is used as a medicine since the ancient Vedic period.

It started spreading westwards in the 16th century and is now widely

cultivated worldwide.

Healing Properties:

Its leaves are used as a nerve tonic and to sharpen memory. Chewing the leaves is an excellent remedy for cough.

In Fever

Tender basil leaves when boiled with tea and consumed act as a preventive measure in various kind of fevers, especially against malaria and dengue fever.

Sore Throat

Water boiled with basil leaves can be taken as drink in case of a sore throat. This dilute decoction can also be used as a gargle.

In Kidney Stones

Basil strengthens the kidneys. Regular consumption of basil eradicates the tendency of stone formation in the kidneys.

In Respiratory Disorders

* A decoction of basil leaves with ginger and honey is an effective remedy for bronchitis asthma and cough.

Mouth Infections

Chewing basil leaves is very effective in curing ulcers and infections of the mouth.

Herb #14

Parsley



Ayurvedic Name: *Praajmudi*

Botanical Name: *Petroselinum crispum*

Origin & Physical Properties:

Parsley is a short lived perennial herb with flesh roots and shiny dark green leaves.

It is native Southern Europe and now it is extensively cultivated all around the world.

The ancient Roman fed parsley to their gladiators to increase their strength.

Healing Properties:

Being rich in ascorbic acid, parsley works as a good blood cleanser.

In Digestive Disorders

Parsley aids digestion and helps in preventing gas formation in stomach and intestines. Eating parsley is one of the most popular and most common home remedy for indigestion.

In Hypertension

Regular consumption of parsley helps to maintain your blood vessels in a healthy condition, thus anyone suffering from hypertension should include parsley in their daily diet.

Eye Disorders

Ancient Romans used parsley as a treatment for sore eyes.

* Parsley juice mixed with carrot juice is very effective when applied to your eyes in case of any ailments connected with your eyes.

Insect Bites

* Crush some parsley leaves and apply it to insect bites and stings, it will provide an instant relief.

In Menstrual Disorders

Parsley is a very effective treatment for scanty menstruation and also helps in regulating the periods in women.

Herb #15

Turmeric



Ayurvedic Name: *Haldi / Halad*

Botanical Name: *Curcuma longa*

Origin & Physical Properties:

Turmeric is a perennial herb; its underground stems are boiled, dried and then powdered to obtain Turmeric that we use in cooking.

It's a very important and highly regarded spice/herb in India.

Turmeric is native to southern and south-eastern Asia. It is one of The Most Important herb in Ayurveda.

Healing Properties:

Turmeric has numeral medicinal uses; from arresting blood flow from a wound to relieving flatulence, it is extensively used in Ayurveda.

Intestinal Worms

* 15-20 drops of juice of raw turmeric mixed with a pinch of salt, drank early in the morning is a very effective remedy to expel worms.

Anemia

Turmeric is very rich in Iron, and is therefore used to treat anemia.

* a spoonful of raw turmeric juice mixed with a teaspoon of honey taken every morning before breakfast is an excellent cure for anemia.

Asthma

It is an effective household remedy for bronchial asthma.

* add a teaspoon of turmeric powder to a small glass of warm milk, and drink it twice or thrice a day.

Skin Disorders

Turmeric works like a charm when used for treating skin disorders like ringworm and eczema.

In Treating Boils

Paste prepared by mixing turmeric powder and a few drops of plain water or rose water, when applied to boils, help in speeding up the curing process.

Herb #16

Pepper



Ayurvedic Name: *Kaali Mirch*

Botanical Name: *Piper nigrum*

Origin & Physical Properties:

In India Pepper is called as the ‘King of Spices’ and rightly so is one of the most valued spices in the world.

The Pepper plant is an evergreen creeper, native to Western Ghats of India and are now cultivated in tropics world over.

It was introduced to the western world at around 6th Century B.C. and the first mention of pepper is found in 350 B.C. by Theophrastus.

Healing Properties:

Black pepper is an excellent stimulant and aromatic tonic, it is used to generate heat through the food we eat.

In Common Cold

Pepper is very useful in curing common cold and fever. Include black pepper powder in adequate quantities in the food you eat when you are suffering from cold.

Amnesia

* A pinch of pepper powder mixed with a teaspoon of honey, consumed twice a day cures amnesia.

In Impotency

Consuming 5-6 peppers with 4-4 almonds once daily with milk, acts as an amazing aphrodisiac for an impotent person.

Teeth Disorders

Pepper powder mixed with common salt and a pinch of baking soda is an excellent tooth powder for massaging your teeth and gums.

Also, pepper powder mixed with a few drops of clove oil is very useful in suppressing toothache.

In Cough

* Take 2-3 pepper's, a pinch of caraway seeds and a crystal of sea salt, when mixed and sucked together provides instant relief from cough.

Herb #17
Bishop's Weed



Ayurvedic Name: *Ajwain*

Botanical Name: *Trachyspermum ammi*

Origin & Physical Properties:

Bishop's weed is a small annual herb with small, soft hairs along its stem and minute, oval shaped, grey fruits.

It is native to India and middle-east.

It has been widely used in many medicines mentioned in *Charaka Sanhita* and *Sushruta Sanhita*, two of the very early written texts on Ayurveda.

Healing Properties:

Bishop's weed is a very rich source of Thymol.

In Respiratory Disorders

Chewing a pinch of its seeds with a crystal of common salt and a clove is a very effective remedy for cough and other respiratory disorders.

* Mix a pinch of its seeds with a cup of buttermilk when drunk in the morning will help in expectoration of dried up phlegm.

In Common Cold

Bishop's weed has a remarkable property to open up clogged and congested nasal passages.

* Crush a tablespoon of its seeds and inhale them through a clean cloth after that keep this powder wrapped in the same cloth near your pillow while sleeping to cure the cold.

In Migraine

The seeds are extremely useful in treatment of migraine. The seeds should be smoked or sniffed as is done for common cold.

In Mouth Disorders

Put crushed seeds and a teaspoon of salt in a cup of warm water and gargle with it to cure a congested throat and a hoarse voice.

In Rheumatism

Oil obtained from its seeds is very effective when applied externally in cases of acute rheumatic pains.

Herb #18

Cinnamon



Ayurvedic Name: *Daalchini*

Botanical Name: *Cinnamomum zeylanicum*

Origin & Physical Properties:

Cinnamon is obtained from a small evergreen tree. It is the inner bark of the tree that is widely used as a spice and condiment and as a versatile herb in Ayurveda.

Cinnamon is native to Asia and from here it spread around the world.

Healing Properties:

Cinnamon leaves are dried and used as a medicine in powdered form while

the inner bark is also dried before it could be used as a spice and medicine.

In Acne

* make a paste by adding a few drops of lime juice to cinnamon powder and then apply over the acne's and blackheads. It is very effective in treatment of acne.

In Foul Breath

A small cinnamon twig, when chewed acts as a very good mouth freshener.

In Common Cold

* Boil a glass of water, put in coarse cinnamon powder in it while the water is still boiling, add a pinch of pepper powder and a teaspoon of honey and drink it while hot. It acts as an instant cure for common cold, influenza and malaria.

In Digestive Disorders

Cinnamon checks indigestion, nausea and vomiting. Use cinnamon in your daily cooking to keep the digestive system oiled up and running.

Herb #19

Onion



Ayurvedic Name: *Pyaz / Palandu*

Botanical Name: *Allium cepa*

Origin & Physical Properties:

Onion is a biennial herb with a strong odor. It has a superficial root system, with the stem near the root forming a bulb like structure which is primarily consumed along with the part of leaves which is near to the bulb.

The Sanskrit word for Onion is *Palandu* and it is one of the oldest Ayurvedic herbs to be documented in the '*Garuda Purana*'.

Onion is native to central Asia and is been cultivated in India and middle-

east since ancient times.

Healing Properties:

Onion has amazing healing properties. It has diuretic as well as expectoration properties.

In Anemia

Onions have a very easily assimilable Iron content, hence it works really well when used to cure anemia.

In Skin Disorders

When directly applied to the skin it stimulates the skin and enhances circulation in the skin and helps in curing skin disorders.

In Teeth Disorders

Chewing raw onion for 2-3 minutes is enough to kill all the bacteria's and germs present in your mouth. It is that effective.

In Piles

* In bleeding piles, ground half a bulb of onion while adding small amounts of water to it then add 2 tablespoons of sugar to it and consume the mixture thrice daily to cure the bleeding piles.

***** V.Imp**

In Preventing Heart Disease

Ayurveda prescribes daily consumption of raw onion (at least half a bulb) to prevent heart disease.

This has been proven over ages in India that people consuming onion daily do not suffer from blood pressure and other cardiovascular disorders.

Herb #20

Rhubarb



Ayurvedic Name: *Revand chini*

Botanical Name: *Rheum emodi*

Origin & Physical Properties:

Rhubarb is a tall perennial herb with a stout stem and large radical leaves. Its underground stem, which produces roots and leaf shoots is used for medicinal purposes.

It is native to south eastern Russia, but was introduced to the western world fairly recently (around the 16th century it came to Britain).

Healing Properties:

In Diarrhea

Rhubarb has an astringent action; due to this property it is very beneficial for curing Diarrhea which is caused by any irritating object in the intestine.

In Poison Ivy Itch

* Rub raw Rhubarb over the patch of skin where you are feeling the itch caused by poison ivy. It is an excellent home remedy.

In Piles

If suffering from piles, make rhubarb a regular ingredient of your meals.

In Asthma

Rhubarb is also found to be very useful for patients with Asthma, when consumed regularly as a part of your meals. (Through pies and sauces)

Agitated mind

Consuming Rhubarb is found to be very useful in calming down an agitated mind. It has a soothing effect when consumed.

Herb #21
Coriander



Ayurvedic Name: *Dhania Patti*

Botanical Name: *Coriandrum sativum*

Origin & Physical Properties:

Coriander is an annual as well as a perennial herb with slender light green stem and compound leaves with a strong sweet smell. Its leaves as well as fruits (after being dried) are used for cooking and medicinal purposes.

It is native to the Mediterranean region.

Healing Properties:

Its leaves help with digestion and relieve flatulence while the seeds are known to provide coolness after being consumed.

In Cases of High Cholesterol

Regular consumption of 'coriander water' helps lower the blood cholesterol levels.

* To prepare coriander water, boil a teaspoon of dried coriander seeds in a glass of water and then strain off the decoction after cooling.

In Conjunctivitis

'Coriander water' is an excellent eye wash for curing conjunctivitis. It relieves the burning sensation and reduces the swelling of the eyes.

In Digestive Disorders

* Add two teaspoons of fresh coriander juice to a cup of buttermilk and drink it, to cure indigestion, nausea and ulcerative colitis.

In Pimples and Acne

* Add a teaspoon of fresh coriander juice to a pinch of turmeric powder to form a paste and apply it on acne, pimples and blackheads. It is a very effective, beautifying remedy.

Herb #22

Ginger



Ayurvedic Name: *Adrak*

Botanical Name: *Zingiber officinale*

Origin & Physical Properties:

Ginger is a perennial herb, with branching underground stems which actually possess the medicinal properties.

Ginger is native to India and then it spread all over the world very early.

In Ayurveda Ginger is called '*Maha Aushadhi*' which means 'The Supreme Medicine'.

Healing Properties:

Ginger is very widely used in local medicines in India and China.

In Cough

* Fresh juice of ginger mixed with a teaspoon of honey is taken thrice a day to cure cough. (Also adding small shredded pieces of ginger while brewing tea will do the trick)

In Cold

* Cut small pieces of ginger then boil them in a cup of water. Add a teaspoon of sugar to taste and then strain off the pieces and drink the tea thus prepared while it is warm.

In Respiratory Disorders

Add a teaspoon of fresh ginger juice to a cup of fenugreek decoction (tea made by boiling fenugreek seeds in water and then straining off the seeds), add honey to taste the drink and consume twice daily to induce expectoration to cure bronchitis, whooping cough, Asthma etc.

In Digestive Disorders

Ginger is very effective in treatment of dyspepsia, flatulence and vomiting. Chewing a small piece of fresh ginger cures these ailments and also works as a mouth freshener.

As a Pain Killer

Ginger is an excellent pain killer when applied externally.

* create ginger ointment by rubbing 'dry' ginger on a grinding stone and by adding a few drops of water to it while grinding. This ointment works very well in cases of headache and toothache.

Herb #23

Liquorice



Ayurvedic Name: *Mulethi*

Botanical Name: *Glycyrrhiza glabra*

Origin & Physical Properties:

Liquorice is a tall herb (grows up to 9-10 feet tall) with compound leaves, and light violet / Purple flowers.

The dried roots of liquorice and its underground stem is used for consumption and medicinal uses.

It is native to Southern Europe and it had already spread world over during the ancient times.

Healing Properties:

The dried roots of liquorice work as an excellent laxative and expectorant.

In Cough

* A cup of decoction of its roots mixed with a tablespoon of honey should be consumed or gargled to relieve dry cough.

In Myopia

Liquorice is extremely effective in curing myopia.

* mix half a teaspoon of liquorice root powder with half a teaspoon of honey and a quarter teaspoon of *Ghee* (clarified butter). Consume this mixture twice a day with milk and on an empty stomach.

In Stomach Ulcers

It is very effective in treating pain caused due to stomach ulcers.

* Pieces of dried roots should be soaked overnight in water and the infusion thus formed should be taken with rice gruel for curing stomach ulcers.

In Sore Throat

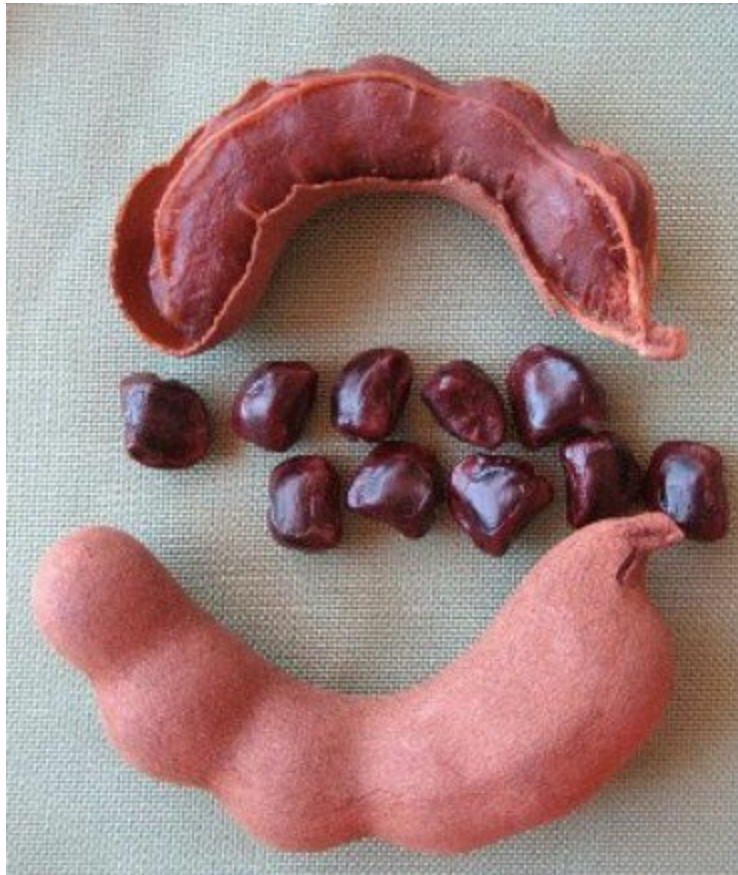
A small piece of raw liquorice when chewed or sucked provides instant relief from a sore throat.

In Baldness

Liquorice is extremely effective in treating patchy baldness.

* Ground small pieces of liquorice roots into a paste by adding small quantities of milk while grinding the roots. Then add a pinch of saffron to the paste and then apply this paste in the bald patches before going to bed and leave it overnight. You will see hair growth within a few weeks.

Herb #24
Tamarind



Ayurvedic Name: *Imli*

Botanical Name: *Tamarindus indica*

Origin & Physical Properties:

Tamarind tree is a large tree with small compound leaves, and it has bean pod-like fleshy fruits which are light green and extremely sour when raw and turn brown in colour and sweeten up when ripe. The seeds are shiny

dark brown in colour.

Tamarind is native to Africa and is now grown in tropics all over the world.

Healing Properties:

The whole plant has incredible medicinal importance in Ayurveda. The leaves, the bark, the fruits and also the seeds all are used for medicinal purposes.

In Scurvy

Tamarind fruit pulp is extremely rich in vitamin C, and therefore is an excellent ingredient for preventing and curing scurvy. (In ancient times sailors used to carry sacks of Tamarind to avoid scurvy in long voyages)

Inflamed Joints

The leaves of Tamarind are crushed in water and a poultice is prepared. Apply this poultice to the inflamed joints and ankles. It reduces pain and swelling.

In Sore Throat

Gargling with Tamarind water is extremely helpful in curing sore throat and cough.

* Prepare Tamarind water by boiling Tamarind fruit in water and then straining off the boiled pulp.

In Digestive Disorders

Pulp of ripe Tamarind fruit is very useful in treatment of indigestion, flatulence and vomiting.

Herb #25

Sage



Ayurvedic Name: *Safakus*

Botanical Name: *Salvia officinalis*

Origin & Physical Properties:

Sage is an evergreen shrub with a woody stem. It has slender leaves which are rough in texture with small bluish/purple flowers. The herb is usually dried up before using for medicinal purpose.

Sage is native to Europe and is now cultivated widely in Europe, the U.S and Canada.

Healing Properties:

Sage is one of the most popular herbs used in culinary preparations in the west. The ancient Chinese adage 'Sage for Old Age' sums up its medicinal

importance.

In Sore Throat

* Pour a glassful of boiling water on a cup of Sage leaves, allow it to cool down moderately, then add a teaspoon of honey and vinegar to it then strain off the leaves. This Sage water when used for gargling cures sore throat.

For Strong Teeth and Gums

Rub Sage leaves on your teeth regularly, to keep them sparkling white and to strengthen the gums.

For Stress

Drinking a cup of Sage tea is extremely beneficial in coping with stress.

* Put a teaspoon of dried Sage leaves in a bowl and add a cup of boiling water to it and put a lid over the bowl. Let it brew for a couple of minutes. Strain off the leaves and add a teaspoon of honey to sweeten the tea.

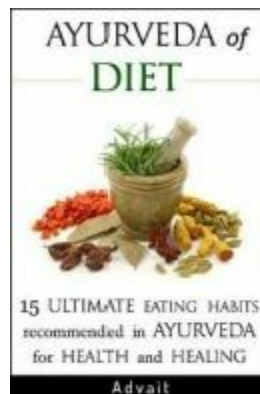
Failing Memory

Sage is extremely beneficial for old people with a failing memory. Make the Sage tea a part of their daily diet.

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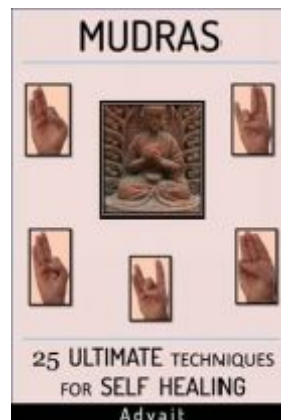
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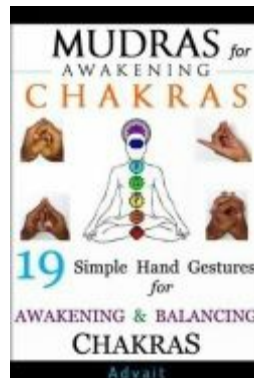
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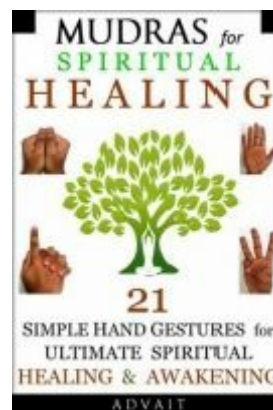
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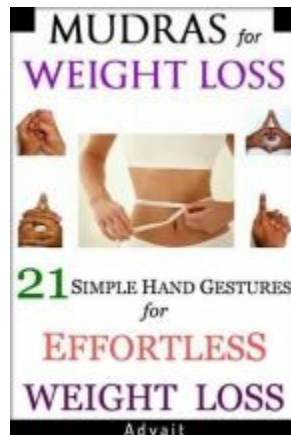
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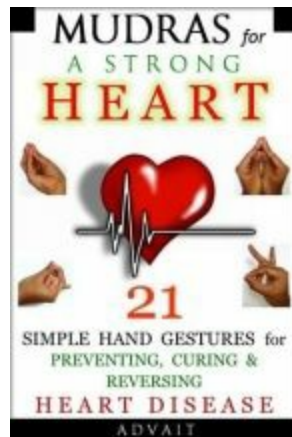
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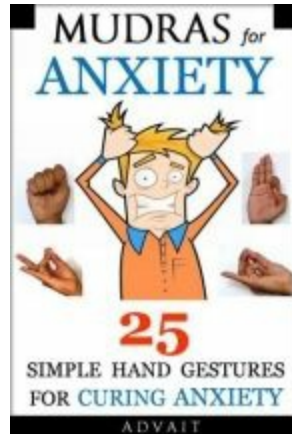
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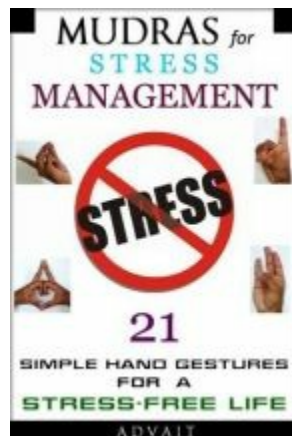
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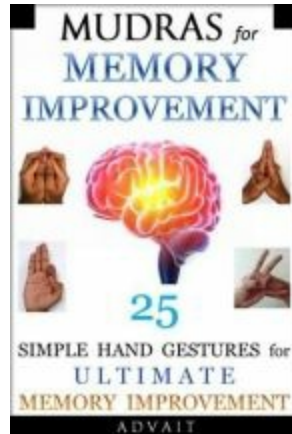
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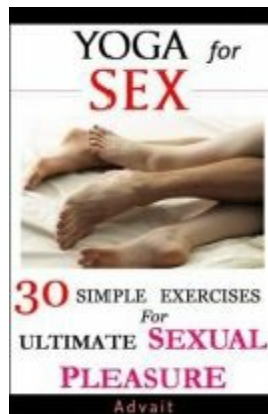
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