



Be herbilicious

Herbs have always been revered by ancient Ayurvedic practitioners. Here is a chance to know and include them in our modern health solutions.



India is a natural breeding ground for herbs, most of them being therapeutic. We tend to forget the Indian ancient herbal remedies and lean towards western treatments and products. Here is a lowdown on some powerful Indian herbs and what they can cure.

1. CALENDULA

Popular names: Marigold, Pot Marigold, Garden Marigold, Holigold, Mary Bud, Pot Marigold and Calendula

Parts used: Dried marigold flowers, dried marigold petals, leaves & roots.

Calendula, named 2008 Herb of the Year, by the International Herb Association, is among the most colourful herb for kitchen and garden.

Healthy herb

Calendula has a long history of use as a wound-healing and skin-soothing agent. It is considered a vulnerary agent, a substance that promotes healing. It also has anti-inflammation and anti-microbial properties. It is most often used for laceration, abrasions, and skin infections. Less commonly, it is used to heal inflamed and infected mucous membranes.

2. KHUS KHUS

Popular Names: Khus Khus, Cuscus and Vetivert

Parts used: Roots and essential oils

Every Indian has probably heard of Khus Khus. This famous herb is mostly used for making the sweet green coloured sherbet. This grass has a very earthy and musky smell, which has a cooling effect on the mind and body. The essential oil is used in aromatherapy.

Anti-inflammatory

It is anti-inflammatory, pacifying all sorts of inflammations in

the nervous and circulatory system of the body. It is a known remedy for inflammations caused due to sun strokes, dehydration and heat-stroke. It also acts as an anti-septic for external wounds and internal organs.

This oil efficiently stops the growth of *Staphylococcus aureus*, the bacteria which causes septic. Being absolutely safe, the oil can be applied externally or taken orally.

Aphrodisiac

Mixed in sherbets and beverages, this oil has an aphrodisiac effect. Vetivert essential oil has a cicatrisant effect, helping in eradication of scars from the skin. It promotes growth of new tissues in place of the dead cells and thus achieving a smooth skin.

Nervine

The oil acts as a nervine by taking care of the neurotic disorders such as Parkinson's disease, lack of control over limbs, and so on. Vetivert essential oil is a well known sedative. It calms nervous affliction, convulsion and emotional outburst. It also benefits patient suffering from insomnia.

Overall health

It serves as an overall tonic to make the body mechanism smooth. It gives strength and boosts immunity. It alleviates pain especially in cases like rheumatism, arthritis, gout, muscular aches, dryness and cracking of skin. The oil is completely safe due to its non-irritant, non-sensitising, and non-toxic nature.

3. BHRINGRAJ

Popular Names: Babri, Galagara, Gunta-kalagara, Kaikeshi, Karisha-langanni, Karisirang-kanni, Kesharaji, Kesuri, Kesuria, Kesutti, Maka, Mochkand.

Parts used: Herbs, roots, leaves





Liver protection

The leaves, roots and stem of bhringaraj have been used to treat liver cirrhosis, jaundice, gall bladder problems and hepatitis.

Hair health

The most popular use of bhringaraj is to apply it as oil in the hair. It promotes hair growth and keeps it lustrous. It also prevents graying and balding.

Vital functions

Scientists at the Department of Food and Nutrition, Agricultural University, Hyderabad, have proven that bhringaraj has the ability to lower blood pressure and cholesterol levels and improve kidney function. Thus, it acts as diuretic, hypotensive, and hypocholesterolemic. It is also taken as brain tonic. It helps improve memory, concentration, and cognition.

Immunity

It helps improve immunity and build up natural resistance. Research reveals that bhringaraj improves the action of phagocytes, important immune cells which seek and destroy any infectious bugs that may be present in the body. It also acts as a safe and effective pain killer. It helps in relieving mild to moderate pain without any side effects.

Bhringaraj offers hope to diabetes patients as it helps in reducing sugar levels. It is also seen as a remedy for anaemia, diarrhoea, and eye infections.

4. MANJISHTHA

Popular names: Indian Madder, Manjishtha, Manjit Gandari, Manchatti

Parts used: Root and fruit

Doshas balance

Manjishtha has a bitter sweet taste and a cooling effect. It spreads throughout the body and works on the arterial and

Skin care

When used in face wash and creams, manjishtha rejuvenates and improves the complexion of the skin. It can also be used to bring discoloured or pigmented skin back to health.

Women friendly

Manjishtha is a boon for women when it comes to gynecological problems. All menstrual imbalances involving 'kapha' and 'pitta' are cured. Painful periods can be averted by the consumption of manjishtha. It also acts as a healer for amenorrhoea, congested uterus, and endometriosis.

Overall health

Manjishtha is capable of stopping bleeding by cooling the excessive heat that causes it. This property proves useful in curing diseases like diarrhoea, bleeding ulcers, and dysentery. Manjishtha helps to dissolve stones in bladder and kidney. It also has a cooling effect on the mind. It is specially used in epilepsy and agitated conditions.

5. QUINCE SEEDS

Popular names: Quince seeds

Parts used: Seeds

Overall health

It is beneficial for children as it is alcohol free and 100 per cent natural. Quince is also used to make wine which helps in treating asthma patients.

It is used as an infusion to treat sore throat, diarrhoea and haemorrhage of the bowel. It is effective against inflammation of the mucous membranes, intestines and stomach.

Cosmetic purpose

They are also used in the cosmetic industry and for medicinal cosmetics. Traditionally used in Chinese medicine, the stem bark is used as an astringent for ulcers, and the fruits for their antivenous, astringent, carminative and peptic qualities. 🌿

Combinations of Manjishtha

- **Skin conditions with high pitta:** Manjishtha, neem, brahmi, aloe
- **Bleeding:** Manjishtha, lotus node, amalaki
- **Congestion in uterus:** Manjishtha, kusumbar, shatavari, guggul
- **Tumours and accumulations all over the body:** Manjishtha, guggul, turmeric
- **Bladder and kidney stones, urinary discomfort:** Manjishtha, gokshura and Shilajit

circulatory system, and blood. It specifically reduces the 'pitta' and 'kapha' doshas in the body and improves the 'vata' dosha.

It is specifically used to clean the blood of all excess pitta, heat, inflammation and toxins. It is used to cure itching in eczema, psoriasis, dermatitis, and herpes, scabies and tinea pedis.

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