

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)

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MKJC'S THE HERBALIST'S HANDBOOK: A GUIDE TO MEDICINAL PLANTS AND HEALING TEAS

VOLUME 1

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MKJC'S

THE HERBALIST'S HANDBOOK: A GUIDE TO

MEDICINAL PLANTS AND HEALING TEAS

VOLUME - 1

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THE HERBALIST'S HANDBOOK: A GUIDE TO MEDICINAL PLANTS
AND HEALING TEAS
VOLUME – I

By

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ABOUT MKJC

Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi, was established in 1994. It is recognized under Sec. 2(f) & 12(B) of the UGC Act 1956, approved by the Government of Tamil Nadu. The college has been affiliated to Thiruvalluvar University, Vellore. In November 2023, the college attained autonomous status. The college was accredited with an “A” grade by NAAC, Bengaluru, in its 3rd cycle in 2019 and is certified as an ISO 21001:2018 (EOMS) institution by BSI.

Located on a sprawling 25-acre campus along the Vaniyambadi-Tirupattur Highway, the college is surrounded by the scenic beauty of the Yelagiri Hills, providing an ideal environment for teaching and learning. With a focus on the empowerment of rural women, Marudhar Kesari Jain College strives to provide a high-quality, experiential education that equips women to become self-reliant and independent.

The college offers a diverse range of academic programs, including 20 undergraduate, 15 postgraduate, and 10 Ph.D. programs. It serves 3,051 students with the support of 195 teaching staff, 161 non-teaching staff, and 12 sports coaches and martial arts trainers. MKJC prides itself on delivering a holistic education that balances academic excellence with industry-relevant skills, preparing students for leadership, innovation, and entrepreneurship.

Committed to continuous growth, the college boasts a team of highly qualified teachers who regularly upgrade their skills to enhance teaching, research, and outreach initiatives. Guided by a code of professional ethics, all stakeholders of the institution work together to fulfill its vision and mission, focusing on quality education and sustainable practices.

With over 30 years of service, Marudhar Kesari Jain College for Women has become a beacon of educational excellence in the region, earning numerous accolades and making a significant impact on the lives of rural women. The college remains dedicated to surpassing educational standards and adapting to the evolving needs of society.



Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi.



ABOUT AUTHOR

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Dr. Magendira Mani, born on August 30, 1985, in Tamil Nadu, India, completed his schooling at Hindu Higher Secondary School, Vaniyambadi. He earned both his undergraduate and postgraduate degrees from Islamiah College, Vaniyambadi, and later obtained his Master of Philosophy from the University of Madras, Guindy Campus, Chennai. He holds a doctoral degree from Thiruvalluvar University, Vellore, and has successfully qualified the Tamil Nadu State Eligibility Test (TN-SET), conducted by Mother Teresa Women's University.

With over 15 years of research experience his research primarily explores the protective effects of herbal plants extracts and its bioactive compounds against xenobiotics-induced nephrotoxicity, cardiotoxicity, hepatotoxicity, and neurotoxicity, with his findings published 24 research papers in peer-reviewed journals indexed in Scopus, Web of Science, and UGC-approved journals with Scopus, WOS and Google Scholar citations. He has also presented over five conference papers, received several awards, and served as a reviewer for 23 academic journals.

He has held positions as an Assistant Professor in the Department of Biochemistry at both Islamiah College, Vaniyambadi, and Adhiparasakthi College of Arts and Science (Autonomous), Kalavai. He currently serves as the Research Coordinator at Marudhar Kesari Jain College for Women. His extensive teaching experience spans undergraduate and postgraduate levels, and he is an approved research supervisor for M.Phil and Ph.D. programs in Biochemistry at Thiruvalluvar University. Over the course of his career, he has supervised 3 M.Phil students and 18 Master's students, offering guidance and mentoring on dissertations and theses.

He also served as academic council member at Marudhar Kesari Jain College for Women, member of Board of Studies and as an External Examiner for the UG/PG Biochemistry Board at Thiruvalluvar University, Islamiah College, and Adhiparasakthi College of Arts and Science. Additionally, he was a member of the ICT Academy Committee at Islamiah College (Autonomous), Vaniyambadi. His contributions extend to community engagement, where he served as a guest lecturer for the Community Extension Service Program, providing hands-on training in mushroom cultivation to entrepreneurs and farmers in Yelagiri Hill and nearby villages.

His administrative experience includes roles such as External Additional Chief Superintendent for Thiruvalluvar University-affiliated college examinations and Coordinator of the certificate course on Mushroom Cultivation Techniques for B.Sc. Biochemistry and Biotechnology students. He has published numerous e-chapters and e-notes on platforms such as academia.edu and slideshare.net, amassing a global following of seven million users. As the Nodal Officer at MKJC, he was responsible for uploading student data to the Academic Bank of Credits (ABC) and National Academic Depository (NAD).

ABOUT THIS BOOK

Marudhar Kesari Jain College for Women (MKJC) proudly features a remarkable 7600 sq ft herbal garden, showcasing an impressive array of 200 herbal plant varieties. This meticulously curated garden is an invaluable resource for managing and treating a broad spectrum of health conditions, including diabetes mellitus, cardiovascular diseases, hormonal imbalances, as well as liver, kidney, and skin disorders.

Volume I of this comprehensive herbal guide is designed to serve as an essential reference for anyone interested in herbal medicine and its diverse applications. This volume explores nearly 60 herbal plants, offering detailed insights into their medicinal benefits and practical uses.

Each entry in the book provides

In-Depth Description: Detailed information on each herbal plant, including its key medicinal components and their properties.

Traditional Uses: Examples of how these herbs have been used historically, highlighting their cultural significance.

Preparation Instructions: Practical guidance on preparing herbal remedies, including:

Herbal Tea Preparation: Step-by-step instructions for making herbal teas, with ingredient lists and preparation methods.

Herbal Soup Preparations: Recipes for soups that utilize the healing properties of herbs.

Curry Preparations: Flavorful curry recipes that incorporate herbs to enhance both taste and therapeutic benefits.

The book also provides dosage recommendations, precautions, and potential side effects for each herb, ensuring safe and effective use.

Whether you are a seasoned herbalist or new to herbal remedies, this volume offers a wealth of knowledge to support your journey towards holistic health and wellness.

This book also provides the role of Siruthanyam (Millets) With Kashaya (Herbal tea) for leading a healthy lifestyle.

“WHEN DIET IS WRONG, MEDICINE IS OF NO USE

WHEN DIET IS RIGHT, MEDICINE IS OF NO NEED”

ACKNOWLEDGEMENT

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I extend my sincere thanks to **Dr. M. Inbavalli**, Principal, for her initiative, guidance, and support in making this book a reality. I am grateful to **Dr. T. Balasubramanian**, Academic Advisor cum COE, for his unwavering support. My special thanks to **Ms. B. Sakthimala**, Chief Administrative Officer, for her invaluable guidance and motivation throughout the creation of this book.

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Lastly, I would like to thank **Mr. A. Udayakumar**, Vallalar Green Tech Nursery, Vallalar Herbal Garden, Arni, Polur Taluk, Tiruvannamalai District, for providing the herbal plants that have contributed to MKJC's herbal garden.

This book, MKJC's The Herbalist's Handbook: A Guide to Medicinal Plants and Healing Teas, would not have been possible without the collective efforts of all these individuals. Thank you for your support and contributions.

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Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	2 days
Kodo millet	-	வரகு	-	2 days
Foxtail millet	-	திணை	-	2 days
Barnyard millet	-	குதிரைவாலி	-	2 days
Browntop millet	-	சீமை திணை	-	2 days

Consuming Siruthanya grains along with herbal tea can help control blood sugar levels more effectively. Follow this regimen: consume each type of Siruthanya grain once every two days, completing a cycle over 10 days. Combine this with all herbal teas mentioned above to effectively manage diabetes.

SENNA AURICULATA (L.) ROXB (ஆவாரம்பூ)

Common name: *Avaram Senna*

Description

Senna auriculata is a perennial shrub or small tree that grows up to 3-5 meters in height. The plant is recognized for its bright yellow flowers, which are often used in traditional medicine. The leaves are pinnately compound, with 10-20 leaflets per leaf, each leaflet being elliptical in shape. The fruit is a flattened, oblong pod that contains several seeds.



Medicinal Components

Flavonoids: Quercetin, kaempferol – known for their antioxidant properties.

Glycosides: Auriculatin – exhibits anti-diabetic and antimicrobial activities.

Tannins: Contribute to the astringent properties of the plant.

Saponins: Possess anti-inflammatory and antimicrobial effects.

Traditional Uses

Diabetes Management: The flowers and leaves of *Senna auriculata* are traditionally used to manage blood sugar levels.

Skin Care: The plant is applied topically for treating various skin conditions such as eczema and acne.

Urinary Disorders: Used in the treatment of urinary infections and to promote diuresis.

Digestive Health: The leaves are used to alleviate constipation and promote digestive health.

Herbal Tea Ingredients

- 1/3 cup (1-2 g) of dried avarampoo flowers.
- 2 cups (470 mL) of water.
- 1 piece of ginger, peeled, 2 to 3 cardamoms.
- 1/2 tsp (100 mg) of tea powder (optional).
- 2 tsp (2 g) of brown sugar (optional).
- 50 millilitres of whole milk (optional).
- Boil for 5 – 10 minutes.

Preparation and Dosage

To prepare avarampoo tea, begin by boiling 2 cups (470 mL) of water in a saucepan. Add 1/3 cup (1-2 g) of dried avarampoo flowers, a peeled piece of ginger, and 2 to 3 cardamoms to the boiling water. Optionally, you can add 1/2 teaspoon (100 mg) of tea powder for a stronger flavor. Let the mixture boil for 5 to 10 minutes to extract the essence of the ingredients. Once done, strain the tea into a cup. If desired, sweeten with 2 teaspoons (2 g) of brown sugar and add 50 millilitres of whole milk. Stir well and enjoy your refreshing avarampoo tea.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

Precautions

Pregnant or breastfeeding women, as well as individuals with hypoglycemia or diabetes, should consult a healthcare provider before use.

Side Effects

May cause hypoglycemia if taken in excess, particularly in individuals on diabetes medication.

PSIDIUM GUAJAVA (கொய்யா இலை)

Common name: *Guava*

Description

Psidium guajava, commonly known as guava, is a small, tropical tree belonging to the Myrtaceae family. It has broad, elliptical leaves, white flowers, and bears round or oval fruits that are typically green to yellow when ripe. The fruit's flesh can be white, pink, or red, with a sweet, fragrant flavor.



Medicinal Components

Vitamin C: known for boosting immunity and acting as an antioxidant.

Quercetin: A flavonoid with anti-inflammatory, antihypertensive, and antioxidant properties.

Tannins: Possess astringent properties, beneficial for gastrointestinal health.

Pectin: A soluble fiber that aids in digestion and helps regulate blood sugar levels.

Traditional Uses

Antidiabetic: Helps regulate blood sugar levels and is used in managing diabetes.

Digestive Health: Used to treat diarrhea, dysentery, and other gastrointestinal issues.

Respiratory Health: Employed in the treatment of colds, coughs, and sore throats.

Wound Healing: The leaves are used topically to aid in wound healing and to reduce inflammation.

Herbal Tea Ingredients

- 5-6 Fresh leaves or 1-2 teaspoons of (1-2 g) dried guava leaves.
- Water: 1 cup.
- Honey or lemon (optional): For taste.

Preparation and Dosage

To prepare guava leaf herbal tea, start by bringing 1 cup of water to a boil in a pot. Once the water is boiling, add 1-2 teaspoons of dried guava leaves or 5-6 fresh leaves. Reduce the heat and allow the leaves to simmer in the water for 5-10 minutes, depending on your desired strength. After simmering, strain the tea into a cup to remove the leaves. If you like, you can add a bit of honey or a squeeze of lemon to enhance the flavor.

The tea is best enjoyed fresh and can be consumed 1-2 times per day, preferably after meals.

Precautions

Pregnant and breastfeeding women should consult a healthcare provider before using guava leaves. People with underlying health conditions should seek medical advice before regular consumption.

Side Effects

Overconsumption may lead to constipation due to its astringent properties. In rare cases, allergic reactions may occur.

TINOSPORA CORDIFOLIA (சீந்தில்)

Common name: *Giloy*

Description

Tinospora cordifolia, commonly known as Guduchi, is a climbing shrub found in tropical regions of India. It has heart-shaped leaves and yellowish-green flowers.

Medicinal Components

Alkaloids (e.g., Berberine): Anti-microbial, anti-inflammatory.

Glycosides (e.g., Tinocordifolin): Antioxidant, immune modulating.

Steroids (e.g., β -Sitosterol): Anti-inflammatory, cholesterol-lowering.

Flavonoids: Antioxidant, anti-inflammatory.

Saponins: Immunostimulant, anti-cancer.



Traditional Uses

Diabetes Management: Helps regulate blood sugar levels.

Immunity Enhancement: Boosts the immune system and combats infections.

Anti-pyretic: Used traditionally to reduce fever.

Anti-inflammatory: Relieves joint pain and reduces inflammation.

Detoxification: Purifies the blood and supports liver health.

Digestive Support: Alleviates indigestion and promotes gut health.

Herbal Tea Ingredients

- 1-2 inches of *Tinospora cordifolia* stem (chopped) / 3-5 leaves / 300-500 mg extract powder.
- 1 cup of water.
- 1 teaspoon honey, lemon, ginger, mint, or a cinnamon stick (optional).

Preparation and Dosage

To prepare *Tinospora cordifolia* herbal tea, start by boiling 1 cup of water in a pan. Once the water reaches a rolling boil, add the chopped pieces of *Tinospora cordifolia* stem/2-5 leaves/300-500 mg powder extract. Allow the mixture to simmer for 10-15 minutes, letting the water reduce by half, which helps concentrate the beneficial compounds. After simmering, strain the tea into a cup to remove the solid pieces. If desired, you can add a teaspoon of honey, lemon, ginger, mint, or a cinnamon stick to enhance the flavor with a touch of sweetness.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

Precautions

Pregnant or breastfeeding women, as well as individuals with hypoglycemia or diabetes, should consult a healthcare provider before use.

Side Effects

May cause hypoglycemia if taken in excess, particularly in individuals on diabetes medication. Possible mild gastrointestinal discomfort.

SYZYGIUM CUMINI (நாவல்)

Common name: *Black Plum*

Description

Syzygium cumini, commonly known as Jamun or Black Plum, is a large evergreen tropical tree native to India. It bears oblong fruits with a dark purple to black skin and a sweet, tangy flavor.



Medicinal Components

Jambosine (Alkaloid): Hypoglycemic, aids in blood sugar control.

Anthocyanins: Antioxidant, anti-inflammatory.

Ellagic Acid: Anti-cancer, anti-inflammatory.

Tannins: Astringent, antimicrobial.

Flavonoids: Antioxidant, cardioprotective.

Traditional Uses

Diabetes Management: Used to lower blood sugar levels and improve insulin sensitivity.

Digestive Health: Supports digestion and treats conditions like diarrhea and dysentery.

Cardiovascular Health: Promotes heart health and reduces cholesterol levels.

Antioxidant: Protects cells from oxidative stress and free radical damage.

Anti-inflammatory: Reduces inflammation and supports joint health.

Herbal Tea Ingredients

- 1-2 teaspoons of dried *Syzygium cumini* seeds or 3-5 leaves (crushed)/100-200 mg of extract powder.
- 1 cup of water.
- 1 teaspoon honey or lemon (optional).

Preparation and Dosage

To prepare *Syzygium cumini* herbal tea, begin by boiling 1 cup of water in a pan. Once the water is boiling, add the crushed seeds (200-300 mg) or fresh leaves (2-5) of *Syzygium cumini*. Allow the mixture to simmer gently for 10-15 minutes to extract the beneficial properties. After simmering, strain the tea into a cup to remove any solid particles. You can add honey or a squeeze of lemon if desired, to enhance the flavor.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

Precautions

Pregnant or breastfeeding women, as well as individuals with hypoglycemia or diabetes, should consult a healthcare provider before use.

Side Effects

May cause hypoglycemia if taken in excess, particularly in individuals on diabetes medication. Possible mild gastrointestinal discomfort.

COCCINIA GRANDIS (கோவை)

Common name: *Ivy Gourd*

Description

Coccinia grandis, commonly known as Ivy Gourd, Kundru, or Tindora, is a tropical vine found across India and Southeast Asia. It produces small, oblong green fruits that turn red when ripe and is often used as a vegetable in cooking.



Medicinal Components

Triterpenoids: Anti-inflammatory, antioxidant.

Flavonoids: Antioxidant, anti-diabetic.

Saponins: Hypoglycemic, anti-inflammatory.

Alkaloids: Anti-microbial, supports liver health.

Beta-sitosterol: Cholesterol-lowering, anti-cancer.

Traditional Uses

Diabetes Management: Commonly used to lower blood sugar levels and improve insulin sensitivity.

Liver Health: Helps detoxify the liver and supports overall liver function.

Digestive Aid: Used to treat indigestion, constipation, and other digestive issues.

Anti-inflammatory: Reduces inflammation and supports joint health.

Weight Management: Supports weight loss and metabolism.

Herbal Tea Ingredients

- 1-2 teaspoons of dried *Coccinia grandis* leaves (crushed)/4-5 fresh leaves.
- 1 cup of water.
- 1 teaspoon honey or lemon (optional).

Preparation and Dosage

To make *Coccinia grandis* herbal tea, start by boiling 1 cup of water in a pan. Once boiling, add the crushed leaves/4-5 fresh leaves, 300-500 extract power of *Coccinia grandis*. Let the mixture simmer for 10-15 minutes to allow the leaves to release their beneficial properties. After simmering, strain the tea into a cup to remove the leaf particles. You can add honey or lemon if you wish to enhance the flavor.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

Precautions

Pregnant or breastfeeding women, as well as individuals with hypoglycemia or diabetes, should consult a healthcare provider before use.

Side Effects

May cause hypoglycemia if taken in excess, particularly in individuals on diabetes medication. Possible mild gastrointestinal discomfort.

MORINGA OLEIFERA (முருங்கை)

Common name: *Drumstick Tree*

Description

Moringa oleifera, commonly known as the Drumstick Tree or Miracle Tree, is a fast-growing, drought-resistant tree native to India. It has slender, drumstick-shaped pods and small, round leaves that are highly nutritious.



Medicinal Components

Isothiocyanates and polyphenols: Antimicrobial, anti-cancer, contribute to lower blood glucose levels and support overall metabolic health.

Vitamins (e.g., Vitamin C, A): Antioxidant, immune boosting.

Minerals (e.g., Calcium, Iron): Supports bone health, prevents anemia.

Amino Acids (e.g., Lysine): Essential for protein synthesis, muscle repair.

Polyphenols (e.g., Quercetin): Anti-inflammatory, cardioprotective.

Traditional Uses

Diabetes Management: Helps lower blood sugar levels and improves insulin sensitivity.

Nutritional Supplement: Rich in vitamins, minerals, and amino acids, it supports overall health.

Anti-inflammatory: Reduces inflammation and alleviates pain, especially in joints.

Antioxidant: Protects against oxidative stress and strengthens the immune system.

Digestive Aid: Supports digestion and alleviates constipation.

Moringa oleifera is known for its potential benefits in managing diabetes due to its high nutrient content and ability to regulate blood sugar levels. Here are different ways to consume Moringa for diabetes management.

1. Herbal Tea Ingredients

- 1-2 teaspoons of dried Moringa oleifera leaves (crushed)/handful of fresh leaves.
- 1 cup of water.
- 1 teaspoon honey or lemon (optional).

Preparation and Dosage

To prepare Moringa herbal tea, begin by boiling 1 cup of water in a pan. Once the water is boiling, add the hand full of fresh Moringa leaves/1-2 g of power extract. Let the mixture simmer for 5-10 minutes to extract the beneficial compounds. After simmering, strain the tea into a cup to remove the leaf particles. You can add honey or a squeeze of lemon if you prefer, to enhance the flavor.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

2. Moringa Leaf Powder

To incorporate Moringa leaf powder into a rice meal, you can prepare a Moringa rice dish that is both nutritious and flavorful.

Ingredients

- 1 cup cooked rice (brown or white rice).
- 1-2 teaspoons Moringa leaf powder.
- 1 tablespoon olive oil or ghee.
- 1/2 teaspoon mustard seeds.
- 1/2 teaspoon cumin seeds.
- 1 small onion finely chopped.
- 1-2 green chilies chopped (optional).
- A few curry leaves.
- 1/4 teaspoon turmeric powder.
- Salt to taste.
- Fresh lemon juice (optional).

First, cook 1 cup of rice (either white or brown) and set it aside to cool slightly. In a pan, heat 1 tablespoon of olive oil or ghee over medium heat. Once the oil is hot, add 1/2 teaspoon each of mustard seeds and cumin seeds. Allow them to splutter, releasing their flavors.

Next, add a finely chopped small onion, along with 1-2 chopped green chilies (optional) and a few curry leaves. Sauté the mixture until the onions turn golden brown and fragrant. Once the onions are done, add 1/4 teaspoon of turmeric powder and salt to taste. Stir to ensure the spices are evenly mixed.

Reduce the heat to low and sprinkle in 1-2 teaspoons of Moringa leaf powder. Stir well to combine, ensuring the powder doesn't burn. Let it cook for 1-2 minutes to infuse its nutrients and flavor into the dish.

Now, add the cooked rice to the pan and gently mix it with the Moringa-spice mixture, ensuring that the rice is evenly coated. If desired, you can finish the dish with a squeeze of fresh lemon juice to enhance the flavor.

Serve the Moringa rice warm as a healthy and nutrient-rich meal that supports blood sugar regulation, especially for those managing diabetes.

3. Moringa Leaf Juice

Preparation: Blend a handful of fresh Moringa leaves with water to extract the juice.

Consumption: Drink 1/4 to 1/2 cup of this juice on an empty stomach in the morning.

Benefit: Fresh Moringa leaf juice is rich in antioxidants and helps reduce blood glucose levels.

4. Moringa Soup

Preparation: Add fresh Moringa leaves to soups along with other vegetables and spices.

Consumption: Include Moringa soup in your diet 2-3 times a week.

Benefit: A nutrient-dense soup that helps in the slow release of sugars into the bloodstream.

Precautions

Pregnant or breastfeeding women should consult a healthcare provider before use, as high doses may cause uterine contractions.

Side Effects

Excessive consumption may lead to digestive discomfort, including nausea or diarrhea.

TRIGONELLA FOENUM-GRÆCUM (வெந்தயக்கீரை)

Common name: *Fenugreek*



Description

Trigonella foenum-graecum, commonly known as Fenugreek, is an annual herb native to the Mediterranean region and widely cultivated for its seeds and leaves. The plant has small, green, clover-like leaves and produces small yellowish-white flowers.

Medicinal Components

Saponins: Enhance insulin sensitivity, reduce blood sugar levels.

Alkaloids (e.g., Trigonelline): Help in glucose metabolism and have anti-diabetic properties.

Flavonoids: Antioxidant, anti-inflammatory, and support metabolic health.

Fiber: Helps in regulating blood sugar levels and improving digestion.

Lecithin: Supports liver function and cholesterol management.

Traditional Uses

Diabetes Management: Reduces blood sugar levels and improves insulin sensitivity.

Digestive Health: Alleviates symptoms like constipation and indigestion.

Lactation: Promotes milk production in breastfeeding women.

Anti-inflammatory: Used to reduce inflammation and relieve joint pain.

Cholesterol Management: Helps in lowering LDL cholesterol levels.

***Trigonella foenum-graecum* (Fenugreek) is commonly used for managing diabetes due to its blood sugar-lowering properties. Here are various ways to consume it for diabetes management.**

1. Herbal Tea Ingredients

- 1-2 teaspoons of fenugreek seeds (crushed).
- 1 cup of water.
- 1 teaspoon honey or lemon (optional).

Preparation and Dosage

To make fenugreek tea, start by boiling 1 cup of water in a pan. Once boiling, add the crushed fenugreek seeds. Let the mixture simmer for 10-15 minutes to allow the seeds to infuse their flavors and benefits. After simmering, strain the tea into a cup to remove the seeds. You can add honey or lemon if desired to enhance the taste.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

2. Fenugreek Seeds Soaked in Water

- Soak 1–2 tablespoons of fenugreek seeds in water overnight.
- Drink the water along with the seeds on an empty stomach in the morning.
- This helps improve insulin sensitivity and lower blood sugar levels.

3. Fenugreek Powder

- Grind fenugreek seeds into a fine powder.
- Take 1 teaspoon of fenugreek powder with a glass of warm water or milk, once or twice a day, preferably before meals.
- This helps regulate blood glucose levels.

4. Fenugreek Sprouts

- Soak fenugreek seeds and allow them to sprout over 2–3 days.
- Add the sprouts to salads or consume directly for better blood sugar control.
- Sprouted fenugreek seeds enhance the availability of nutrients.

5. Fenugreek in Cooking

- Add fenugreek seeds or powder to dishes such as curries, soups, or stews.
- Regular inclusion of fenugreek in meals can help regulate blood glucose levels over time.

Precautions

Typically, 5–30 grams of fenugreek seeds or powder daily is considered safe, but dosage should be personalized based on individual needs.

Pregnant or breastfeeding women should consult a healthcare provider before use, as high doses may stimulate uterine contractions.

Side Effects

May cause gastrointestinal discomfort, such as bloating or gas. Excessive use may lead to a strong maple-like odor in urine.

Fenugreek may interact with medications, particularly those for diabetes or blood thinners, so consult your doctor before using it regularly.

BOERHAVIA DIFFUSA (மூக்கிரட்டை)

Common name: *Spreading Hogweed*

Description

Boerhavia diffusa, commonly known as Punarnava, is a perennial herb native to India and tropical regions. It has trailing or climbing stems, ovate leaves, and small pink or purple flowers.



Medicinal Components

Alkaloids (e.g., Boerhavine): Diuretic, anti-inflammatory.

Flavonoids: Antioxidant, anti-inflammatory.

Saponins: Support kidney function, anti-inflammatory.

Tannins: Antioxidant, antimicrobial.

Traditional Uses

Diuretic: Helps in reducing water retention and supporting kidney health.

Anti-inflammatory: Reduces inflammation and pain, particularly in conditions like arthritis.

Liver Health: Supports liver function and detoxification.

Digestive Health: Alleviates gastrointestinal issues like indigestion and constipation.

Anti-aging: Used in traditional medicine for its rejuvenating properties.

Herbal Tea Ingredients

- 1-2 teaspoons of dried *Boerhavia diffusa* leaves or roots (crushed).
- 1 cup of water.
- 1 teaspoon honey or lemon (optional).

Preparation and Dosage

To prepare *Boerhavia diffusa* tea, start by boiling 1 cup of water in a pan. Once the water is boiling, add the crushed dried leaves or roots of *Boerhavia diffusa*. Let the mixture simmer for 10-15 minutes to allow the plant material to release its beneficial compounds. After simmering, strain the tea into a cup to remove the solids. You can add honey or a squeeze of lemon if you wish to enhance the flavor.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

Take 2-5 gm of punarnava on an empty stomach daily.

Boerhavia diffusa Curry Recipe

Ingredients

- Fresh Boerhavia diffusa (Punarnava) leaves – 1 cup (chopped).
- Onion – 1 (finely chopped).
- Tomato – 1 (chopped).
- Green chilies – 1-2 (slit).
- Ginger-garlic paste – 1 teaspoon.
- Cumin seeds – 1/2 teaspoon.
- Mustard seeds – 1/2 teaspoon.
- Turmeric powder – 1/4 teaspoon.
- Coriander powder – 1 teaspoon.
- Cumin powder – 1/2 teaspoon.
- Red chili powder – 1/2 teaspoon (optional).
- Salt – to taste.
- Oil – 2 tablespoons.
- Water – 1/2 cup.
- Fresh coriander leaves – for garnish.
- Lemon juice – a few drops (optional).

Preparation

To prepare Boerhavia diffusa (Punarnava) curry, begin by thoroughly washing the Boerhavia diffusa leaves under running water to remove any dirt or impurities. Once clean, drain the water and chop the leaves finely. Heat 2 tablespoons of oil in a pan and add 1/2 teaspoon each of cumin seeds and mustard seeds, allowing them to crackle and release their aroma. Next, add one finely chopped onion and 1-2 slit green chilies, sautéing until the onions turn golden brown.

After this, stir in 1 teaspoon of ginger-garlic paste and cook for another 1-2 minutes until the raw smell disappears. Then, add one chopped tomato and cook until it becomes soft and mushy. Now, add the dry spices: 1/4 teaspoon of turmeric powder, 1 teaspoon of coriander powder, 1/2 teaspoon of cumin powder, and 1/2 teaspoon of red chili powder (optional). Mix everything well to combine the spices with the tomato-onion mixture.

Once the spices are blended, add the chopped Boerhavia diffusa leaves to the pan and stir. Cook the leaves for about 3-4 minutes, then pour in 1/2 cup of water and cover the pan. Let the curry simmer for 5-7 minutes until the leaves become tender. Remove the lid and add salt to taste, allowing the curry to cook uncovered for another 2-3 minutes until the desired consistency is achieved.

Finally, garnish the dish with freshly chopped coriander leaves and, optionally, add a few drops of lemon juice for a refreshing tang. This nutritious Boerhavia diffusa curry can be served with rice or chapati.

Precautions

Pregnant or breastfeeding women should consult a healthcare provider before use, as high doses may affect kidney function.

Side Effects

May cause gastrointestinal discomfort or allergic reactions in some individuals.

COSTUS IGNEUS (இன்சுலின் செடி)

Common name: *Insulin Plant*

Description

Costus igneus, commonly known as Insulin Plant, is a perennial herb belonging to the family Costaceae. It is native to Southeast Asia and is widely cultivated for its medicinal properties, particularly for managing diabetes. The plant grows in a spiral arrangement and can reach a height of about 2 feet. Its leaves are lance-shaped, glossy, and bright green with a wavy margin, growing alternately along the stem.



Medicinal Components

Flavonoids: Antioxidant, anti-inflammatory.

Saponins: Help regulate blood sugar levels.

Triterpenoids: Potential anti-diabetic properties, supports overall metabolic health.

Glycosides: May help lower blood glucose levels.

Traditional Uses

Diabetes Management: Traditionally used to lower blood sugar levels and improve insulin sensitivity.

Digestive Health: Supports digestion and alleviates symptoms like indigestion.

Anti-inflammatory: Reduces inflammation and supports overall health.

General Health: Used to boost overall vitality and well-being.

Herbal Tea Ingredients

- 1-2 teaspoons of dried *Costus igneus* leaves (crushed) or 1-2 teaspoons of fresh leaves.
- 1 cup of water.
- 1 teaspoon honey or lemon (optional).

Preparation and Dosage

To prepare herbal tea with *Costus igneus*, start by boiling 1 cup of water in a pan. Once boiling, add the crushed dried leaves or fresh leaves of *Costus igneus*. Reduce the heat and let it simmer for 10-15 minutes to allow the flavors and beneficial compounds to infuse into the water. After simmering, strain the tea into a cup using a fine mesh strainer. If desired, add honey or lemon to taste.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

Take 2-5 leaves of insulin plant leaves on an empty stomach daily.

Precautions

Pregnant or breastfeeding women should consult a healthcare provider before use.

Side Effects

Potential mild gastrointestinal issues such as nausea or diarrhea.

ANNONA SQUAMOSA (சீத்தா மரம்)

Common name: *Custard Apple*

Description

Annona squamosa, commonly known as the Custard Apple or Sugar Apple, is a tropical fruit tree belonging to the Annonaceae family. It is recognized for its heart-shaped, green, and scaly fruit, which has a sweet, creamy pulp. The tree typically grows to about 5-10 meters in height and is native to the tropical Americas but now cultivated in various tropical regions worldwide.



Medicinal Components

Alkaloids: Such as annonine and asimilobine, which have anti-inflammatory and antimicrobial properties.

Flavonoids: Including quercetin and kaempferol, known for their antioxidant and anti-inflammatory effects.

Tannins: Provide astringent properties and help in reducing inflammation.

Saponins: Have antimicrobial and immune-boosting effects.

Traditional Uses

Diabetes Management: a hypoglycemic effect by improving the transport of blood glucose to peripheral tissues or by increasing the release of insulin from pancreatic islet β -cells.

Digestive Health: The fruit is used to relieve constipation and support digestive health.

Skin Care: Applied topically, the seeds and leaves can treat skin issues like acne and eczema.

Fever Reduction: Infusions made from the leaves are used to help reduce fever.

Antimicrobial: The leaves and seeds have been used for their antimicrobial effects.

Herbal Tea Ingredients

- 1-2 teaspoons of dried *Annona squamosa* leaves or 2-5 fresh leaves.
- 1 cup of water.
- 1 teaspoon honey or lemon (optional).

Preparation and Dosage

To prepare herbal tea with *Annona squamosa*, start by boiling 1 cup of water in a pan. Once boiling, add the crushed dried leaves or fresh leaves of *Annona squamosa*. Reduce the heat and let it simmer for 10-15 minutes to allow the flavors and beneficial compounds to infuse into the water. After simmering, strain the tea into a cup using a fine mesh strainer. If desired, add honey or lemon to taste.

Drinking it once in the morning and once in the evening is generally considered safe for most people.

Precautions

Avoid use during pregnancy.

Side Effects

Digestive Issues: High consumption may cause digestive problems like diarrhea.

Nausea: Large amounts can lead to nausea and vomiting.

THYROID/PCOD/FIBROID/HORMONE IMBALANCE

S. No	Common name	Scientific Name	Tamil Name	Page No
1	Golden Apple	Aegle marmelos L	வில்வம் இலை	24
2	Tamarind Leaves	Tamarindus indica	புளிய மர இலை	25
3	Pongamia	Pongamia pinnata	புங்கை இலை	26
4	Kenaf	Hibiscus cannabinus	புளிச்ச கீரை	27
5	Betel Leaves	Piper betle L	வெற்றிலை	28
6	Neem Leaves	Azadirachta indica	வேப்ப மர இலை	29
7	Peepal Leaves	Ficus religiosa	அரச மர இலை	30

Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	3 days
Kodo millet	-	வரகு	-	2 days
Foxtail millet	-	திணை	-	1 day
Barnyard millet	-	குதிரைவாலி	-	2 day
Browntop millet	-	சீமை திணை	-	2 days

Consuming Siruthanya grains along with herbal tea can help control hormonal imbalance. Follow this regimen: consume each type of Siruthanya grain as mentioned, completing a cycle over 10 days. Combine this with the seven herbal teas mentioned above to effectively manage hormonal imbalance.

AEGLE MARMELOS (L.) (வில்வம்)

Common name: *Golden Apple*

Description

Aegle marmelos, commonly known as Bael or Bengal quince, is a tree native to India and Southeast Asia. Its leaves are aromatic and have been used in traditional medicine for centuries.

Medicinal Components

Essential Oils: Contain compounds like eugenol and citronellol.

Flavonoids: Include quercetin and rutin, known for their antioxidant properties.

Tannins: Have astringent properties.

Alkaloids: Contribute to various therapeutic effects.



Traditional Uses

Regulate hormone: used in modulating key hormones linked to metabolic, thyroid, and reproductive health, making it valuable in traditional and herbal therapies.

Digestive Health: Used to treat diarrhea, dysentery, and constipation.

Fever Reduction: Used to lower fever.

Skin Health: Applied topically for skin infections and wounds.

Herbal Tea Ingredients

- Fresh or dried Aegle marmelos leaves.
- Water.
- Optional: Honey or lemon for taste.

Preparation and Dosage

To prepare Aegle marmelos tea, start by boiling 2 cups (470 mL) of water. Add 1 tablespoon of dried Aegle marmelos leaves, or a few fresh leaves, to the boiling water. Reduce the heat and let the mixture simmer for 10 to 15 minutes to extract the beneficial properties of the leaves. After simmering, strain the tea into a cup. If desired, you can enhance the flavor by adding honey or lemon. For optimal results, drink 1 to 2 cups of tea per day, preferably after meals.

Drink it once a week for optimal benefits.

Precautions

Pregnant or breastfeeding women should consult a healthcare provider before use.

Side Effects

Excessive consumption may lead to stomach discomfort. May interact with certain medications, especially those affecting blood sugar levels.

TAMARINDUS INDICA (புளிய மர இலை)

Common name: *Tamarind*



Description

Tamarind (*Tamarindus indica*) is a tropical tree native to Africa but widely cultivated in tropical regions worldwide. It bears edible fruit that is sour and used in cooking and traditional medicine.

Medicinal Components

Tartaric Acid: Contributes to its sour taste and has antioxidant properties.

Flavonoids: Includes compounds like quercetin, which have antioxidant and anti-inflammatory effects.

Vitamins: Rich in Vitamin C, which supports immune function and skin health.

Minerals: Contains potassium, magnesium, and iron, essential for various bodily functions.

Traditional Uses

Digestive Health: Used to relieve constipation and indigestion.

Fever Reduction: Employed to reduce fever and inflammation.

Skin Health: Applied topically for its antimicrobial and soothing properties.

Herbal Tea Ingredients

- 2 cups water.
- 1/4 cup of light brown sugar or 1/8 cup honey.
- 1 teaspoons ginger.
- Tamarind leaves/200-300 mg powder.
- 2 drops lemon juice.
- mint leaves to garnish.

Preparation and Dosage

To make this refreshing tamarind drink, start by boiling 2 cups of water. Once the water is boiling, add 1/4 cup of light brown sugar or 1/8 cup of honey. Incorporate a peeled piece of ginger, then 5 g of tamarind leaves or 200-300 mg of tamarind powder. Boil for 5 -10 minutes, Add 2 drops of lemon juice to the mixture. Serve cold, garnished with fresh mint leaves for a delightful finish.

Drinking it once a week is advisable.

Precautions

Due to its high acidity, excessive consumption may cause or exacerbate acid reflux or gastritis. It may impact blood sugar levels, so individuals with diabetes should monitor.

Side Effects

Excessive consumption may lead to stomach upset or diarrhea.

PONGAMIA PINNATA (புங்கை இலை)

Common name: *Poonga*

Description

Pongamia pinnata, also known as *Karanja* or *Pongam*, is a medium-sized tree native to tropical and subtropical regions of Asia. It has glossy, ovate leaves and clusters of fragrant white to pink flowers.



Medicinal Components

Karanjin: Anti-inflammatory, antioxidant, may influence endocrine function.

Pongamol: Antibacterial, antifungal.

Karanja Oil: Antiseptic, anti-inflammatory.

Traditional Uses

Skin Disorders: Treats eczema, psoriasis, and other skin conditions.

Digestive Health: Helps in managing digestive issues and improving liver function.

Wound Healing: Applied topically to promote wound healing and treat infections.

Herbal Tea Ingredients

- handful of Fresh leaves of *Pongamia pinnata*/ 1-2 teaspoons of powder.
- Water (2 cups).
- Optional: Honey or lemon for taste.

Preparation and Dosage

To prepare herbal tea with *Pongamia pinnata*, first bring 2 cups of water to a boil. Add 1-2 teaspoons of dried *Pongamia pinnata* leaves or fresh leaves to the boiling water. Reduce the heat and let it simmer for 5-10 minutes. After simmering, strain the tea to remove the leaves. Serve the tea hot and enjoy 1-2 cups daily.

Drink it once a week for optimal benefits.

Precautions

Consult a healthcare provider before use, especially if pregnant or breastfeeding. May cause allergic reactions in some individuals.

Side Effects

May cause gastrointestinal discomfort if consumed in excess.

HIBISCUS CANNABINUS (புளிச்ச கீரை)

Common name: *Kenaf*

Description

Hibiscus cannabinus, also known as Kenaf, is a tropical plant with fibrous stems and large, lobed leaves. It's related to the hibiscus family and is cultivated for its fibers and medicinal uses.

Medicinal Components

Tannins: Antioxidant, astringent.

Flavonoids: Anti-inflammatory, antioxidant.

Saponins: Immune-boosting, antimicrobial.

Traditional Uses

Digestive Health: Helps in managing gastrointestinal issues.

Anti-inflammatory: Used to reduce inflammation and pain.

Skin Health: Applied topically for its soothing effects on skin conditions.



Pulicha Keerai Curry (Sour Spinach Curry) Recipe Ingredients

- Pulicha Keerai (Sour Spinach or Gongura leaves) – 2 cups, cleaned and chopped.
- Onion – 1 medium, finely chopped.
- Tomato – 1 medium, chopped.
- Green Chilies – 2, slit.
- Garlic – 4-5 cloves, crushed.
- Turmeric Powder – 1/4 teaspoon.
- Red Chili Powder – 1/2 teaspoon.
- Mustard Seeds – 1/2 teaspoon.
- Cumin Seeds – 1/2 teaspoon.
- Urad Dal – 1 teaspoon.
- Fenugreek Seeds – 1/4 teaspoon.
- Asafoetida (Hing) – a pinch.
- Curry Leaves – a few.
- Oil – 2 tablespoons.
- Salt – to taste.

Preparation and Dosage

To make Pulicha Keerai Curry, start by washing and chopping 2 cups of Pulicha Keerai (Sour Spinach). Heat 2 tablespoons of oil in a pan and add 1/2 teaspoon of mustard seeds. Once they splutter, add 1/2 teaspoon of cumin seeds, 1 teaspoon of urad dal, 1/4 teaspoon of fenugreek seeds, and a pinch of asafoetida. Sauté until the urad dal turns golden. Then, add 1 finely chopped onion, 2 slit green chilies, and 4-5 crushed garlic cloves, and cook until the onions are translucent. Add 1 chopped tomato and cook until it softens. Stir in 1/4 teaspoon of turmeric powder, 1/2 teaspoon of red chili powder, and salt to taste. Mix well, then add the chopped Pulicha Keerai. Cover the pan and cook on low heat for 5-7 minutes, stirring occasionally. Once the spinach is cooked, add a few curry leaves, stir, and cook for another minute. Serve hot with rice, roti, or dosa.

Precautions

Consult a healthcare provider if pregnant, breastfeeding, or on medication.

Side Effects

May cause gastrointestinal discomfort if consumed in excess.

PIPER BETLE L (வெற்றிலை)

Common name: *Betel Leaves*

Description

Piper betle L., also known as Betel, is a species in the Piperaceae family, native to the Caribbean and tropical regions. It is a climbing vine with heart-shaped leaves and small, spike-like flowers.



Medicinal Components

Alkaloids: Analgesic, anti-inflammatory.

Essential Oils: Antimicrobial, digestive aid.

Flavonoids: Antioxidant, anti-inflammatory.

Traditional Uses

Pain Relief: Used to alleviate headaches and muscle pain.

Digestive Health: Helps in managing digestive issues such as indigestion and bloating.

Respiratory Health: Used to treat respiratory conditions like coughs and colds.

Herbal Tea Ingredients

- Fresh Betel Leaves – 2 to 3 large leaves.
- Water – 2 cups.
- Honey or Jaggery – 1 to 2 teaspoons (optional, for sweetness).
- Ginger – 1 small piece, crushed (optional).
- Lemon Juice – 1 teaspoon (optional, for added flavor).

Preparation and Dosage

Start by thoroughly washing 2 to 3 large fresh Betel leaves. In a pot, bring 2 cups of water to a boil. Once boiling, tear the betel leaves into small pieces and add them to the water. If desired, add a small piece of crushed ginger for additional flavor. Reduce the heat and let the mixture simmer for 5-10 minutes, allowing the leaves to release their essence. After simmering, strain the tea into a cup. If you like, you can sweeten it with 1 to 2 teaspoons of honey or jaggery. You may also add 1 teaspoon of lemon juice for a tangy twist. Enjoy your Piper Betel tea warm.

Drink it once a week for optimal benefits.

Precautions

Pregnant or breastfeeding women should consult a healthcare provider before use. May interact with certain medications, particularly blood thinners.

Side Effects

Possible allergic reactions in sensitive individuals. Overconsumption may lead to gastrointestinal discomfort or nausea.

AZADIRACHTA INDICA (ஐப்ப மரம்)

Common name: *Neem Tree*

Description

Azadirachta indica, commonly known as Neem, is a large evergreen tree native to the Indian subcontinent. It has serrated, pinnate leaves and small white flowers, with bitter-tasting seeds, bark, and leaves.



Medicinal Components

Nimbin: Anti-inflammatory, antifungal.

Azadirachtin: Insecticidal, antiparasitic.

Quercetin: Antioxidant, anti-inflammatory.

Traditional Uses

Skin Health: Treats acne, eczema, and other skin conditions.

Oral Health: Used as a natural mouthwash to treat gum disease.

Immune Support: Strengthens the immune system and combats infections.

Herbal Tea Ingredients

Fresh or dried Neem leaves – 8 to 10 leaves (or 1 teaspoon dried neem leaves).

Water – 2 cups.

Honey – 1 teaspoon (optional, for sweetness).

Lemon juice – 1 teaspoon (optional, for added flavor).

Preparation and Dosage

To make neem tea, start by boiling 2 cups of water in a pot. Once the water reaches a boil, add 8 to 10 fresh neem leaves or 1 teaspoon of dried neem leaves. Reduce the heat and let the tea simmer for about 5-7 minutes. This allows the neem leaves to infuse the water with their medicinal properties. After simmering, strain the tea into a cup. If desired, you can add 1 teaspoon of honey to balance the bitterness and a teaspoon of lemon juice for extra flavor. Drink neem tea while it's warm but limit it to 1 cup per day due to its potency.

Drink it once a week for optimal benefits.

Precautions

Not recommended for pregnant or breastfeeding women due to potential toxicity.

Side Effects

May cause nausea, vomiting, or dizziness in some individuals. Long-term or excessive use can lead to liver toxicity.

FICUS RELIGIOSA (அரசு மரம்)

Common name: *Peepal tree*

Description

Ficus religiosa, commonly known as the Sacred Fig or Peepal tree, is a large deciduous tree native to the Indian subcontinent. It has heart-shaped leaves with a distinctive elongated tip and is revered in various cultures for its spiritual significance.



Medicinal Components

Tannins: Astringent, antioxidant.

Flavonoids: Anti-inflammatory, antioxidant.

Saponins: Antimicrobial, immune boosting.

Beta-sitosterol: Antibacterial, anti-inflammatory.

Traditional Uses

Respiratory Health: Used to manage asthma, cough, and bronchitis.

Digestive Health: Treats diarrhea, dysentery, and indigestion.

Skin Health: Applied topically to promote wound healing and treat skin infections.

Herbal Tea Ingredients

- Fresh Peepal leaves (Sacred Fig leaves) – 2 to 3 leaves.
- Water – 2 cups.
- Honey – 1 teaspoon (optional, for sweetness).
- Ginger – 1 small piece, crushed (optional).
- Lemon juice – 1 teaspoon (optional, for added flavor).

Preparation and Dosage

Begin by thoroughly washing 2 to 3 fresh Peepal leaves. Boil 2 cups of water in a pot. Once the water comes to a boil, tear the Peepal leaves into smaller pieces and add them to the boiling water. If you like, you can also add a small piece of crushed ginger to enhance the flavor. Lower the heat and let the mixture simmer for 5-10 minutes, allowing the essence of the leaves to infuse the water. After simmering, strain the tea into a cup. For added taste, you may sweeten the tea with 1 teaspoon of honey and add 1 teaspoon of lemon juice. Enjoy your Peepal tea warm, savoring its unique flavor and potential health benefits.

Drink it once a week for optimal benefits.

Precautions

Consult a healthcare provider before use, especially if pregnant, breastfeeding, or on medication. Avoid excessive use as it may cause mild gastrointestinal discomfort.

Side Effects

Overconsumption may lead to digestive disturbances like nausea or constipation.

HERBAL TO CONTROL BLOOD PRESSURE

S. No	Common name	Scientific Name	Tamil Name	Page No
1	Holy Basil	Ocimum tenuiflorum	துளசி	32
2	Star Bermuda Grass	Cynodon dactylon	அருகம்புல்	33
3	Coriander	Coriandrum sativum	கொத்தமல்லி	34
4	Malabar Spinach	Basella alba	பசலை கீரை	35-36
5	Indian Snakeroot	Rauwolfia serpentina	சர்பகந்தா	37
6	Pongamia	Pongamia pinnata	புங்கை இலை	26
7	Giloy	Tinospora cordifolia	சீந்தில்	12
8	Neem Leaves	Azadirachta indica	வேப்ப மர இலை	29
9	Peepal Leaves	Ficus religiosa	அரச மர இலை	30
10	Stone Apple	Aegle marmelos L	வில்வம் இலை	24
11	Hibiscus	Hibiscus rosa-sinensis	செம்பருத்தி	50

Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	2 days
Kodo millet	-	வரகு	-	2 days
Foxtail millet	-	திணை	-	2 day
Barnyard millet	-	குதிரைவாலி	-	2 day
Browntop millet	-	சீமை திணை	-	2 days

Consuming Siruthanya grains along with herbal tea can help control hormonal imbalance. Follow this regimen: consume each type of Siruthanya grain as mentioned, completing a cycle over 10 days. Combine this with the seven herbal teas mentioned above to effectively manage hormonal imbalance.

OCIMUM TENUIFLORUM (துளசி)

Common name: *Holy Basil*

Description

Ocimum tenuiflorum, commonly known as Holy Basil or Tulsi, is a sacred plant in Hindu culture. It is an aromatic perennial herb with green or purple leaves and small flowers. The plant is native to India and widely cultivated throughout Southeast Asia.



Medicinal Components

Eugenol: Has anti-inflammatory, analgesic, and antibacterial properties.

Rosmarinic Acid: Provides antioxidant, anti-inflammatory, and antiviral effects.

Ursolic Acid: Known for its anti-inflammatory and anticancer properties.

Apigenin: Offers anti-inflammatory, antioxidant, and anxiolytic benefits.

Traditional Uses

Stress Relief: Used as an adaptogen to help the body adapt to stress.

Respiratory Disorders: Commonly used to treat colds, coughs, and bronchitis.

Blood Sugar Regulation: Helps in managing blood sugar levels in diabetic patients.

Anti-inflammatory: Used to reduce inflammation in various conditions.

Digestive Aid: Supports digestion and alleviates symptoms of indigestion.

Herbal Tea Ingredients

- Fresh or dried Ocimum tenuiflorum leaves – 8 -10 leaves.
- Water.
- Optional: honey, lemon, cardamom or ginger for added flavor.

Preparation and Dosage

To prepare a refreshing cup of Holy Basil herbal tea, start by boiling 2 cups of water in a saucepan. Once the water reaches a rolling boil, add 8-10 fresh or dried Ocimum tenuiflorum (Holy Basil) leaves. Reduce the heat and let the leaves simmer for about 5-10 minutes, allowing the water to absorb the beneficial properties and aroma of the basil. For added flavor, you can include a small piece of ginger, a pinch of cardamom, or a slice of lemon, and let the mixture simmer for an additional 2 minutes. Once the tea is ready, remove it from the heat and strain it into a cup. If you prefer a sweeter tea, stir in some honey to taste.

Drink 1-2 cups daily for optimal benefits.

Take 5-8 fresh leaves on empty stomach.

Precautions

Those with low blood pressure should be cautious as it may lower blood pressure further. Pregnant or breastfeeding women should consult a healthcare provider before use.

Side Effects

May cause mild nausea or discomfort in some individuals. Potential interactions with anticoagulants or blood sugar-lowering medications.

CYNODON DACTYLON (அருகம்புல்)

Common name: *Bermuda Grass*

Description

Cynodon dactylon, commonly known as Bermuda Grass or Durva, is a perennial grass native to Africa but now found worldwide. It is a resilient grass with deep green leaves and a vigorous growth pattern, often used for lawns, pastures, and as a medicinal plant in traditional practices.



Medicinal Components

Flavonoids: Possess antioxidant and anti-inflammatory properties.

Cyanogenic Glycosides: Known for their potential anti-tumor and immune-modulating effects.

Saponins: Have antimicrobial and anti-inflammatory properties.

Alkaloids: Exhibit analgesic and antipyretic effects.

Traditional Uses

Detoxification: Used to purify the blood and cleanse the body of toxins.

Urinary Tract Infections: Commonly used to treat urinary disorders.

Wound Healing: Applied topically to aid in the healing of cuts and wounds.

Anti-inflammatory: Used to reduce inflammation in various conditions, including arthritis.

Digestive Health: Supports digestion and alleviates issues such as diarrhea and dysentery.

Herbal Tea Ingredients

- Half a cup of arugampul (*Cynodon dactylon*).
- Water (for soaking and rinsing).
- Half a cup of boiled water (for blending).
- 100 ml of boiled water (for dilution).
- Optional: Lemon juice, Salt, Honey.

Preparation and Dosage

To prepare arugampul juice, start by taking half a cup of arugampul (*Cynodon dactylon*) and soaking it in water for 5-10 minutes. After soaking, rinse the leaves thoroughly to ensure they are clean. Next, drain the water and place the arugampul in a blender. Add half a cup of boiled water and blend the mixture until smooth. Once blended, dilute the juice by adding 100 ml of boiled water. For a better taste, you can drizzle some lemon juice and add a pinch of salt or a little honey. It is recommended to consume about 50 ml of arugampul juice twice daily to promote overall health and well-being.

Drink 1-2 cups (50 ml) daily for optimal benefits.

Precautions

Individuals with known allergies to grass should avoid using this herb. Pregnant or breastfeeding women should consult a healthcare provider before use.

Side Effects

May cause mild gastrointestinal discomfort in some individuals. Potential interactions with diuretics or medications for blood pressure.

CORIANDRUM SATIVUM (கொத்தமல்லி)

Common name: *Coriander*

Description

Coriandrum sativum, commonly known as coriander or cilantro, is an annual herb native to the Mediterranean and Middle Eastern regions. It is widely used in culinary practices for its aromatic leaves and seeds. The plant has slender stems, delicate leaves, and small, white or pink flowers.



Medicinal Components

Linalool: Exhibits anti-anxiety, sedative, and anti-inflammatory properties.

Coriandrin: Has antioxidant and liver-protective effects.

Flavonoids: Provide antioxidant, anti-inflammatory, and antimicrobial benefits.

Essential Oils: Contain antibacterial and antifungal properties.

Traditional Uses

Digestive Aid: Helps in relieving indigestion, bloating, and gas.

Detoxification: Supports liver function and detoxifies the body.

Anti-inflammatory: Used to reduce inflammation in conditions like arthritis.

Blood Sugar Control: Assists in managing blood sugar levels in diabetic patients.

Antimicrobial: Used to treat infections and prevent food spoilage.

Herbal Tea Ingredients

- 1 teaspoon of coriander seeds or 1 teaspoon of dried coriander leaves.
- 2 cups of water.
- Optional: honey, lemon, or ginger for added flavor.

Preparation and Dosage

To prepare coriander tea, start by bringing 2 cups of water to a boil in a saucepan. Once the water reaches a rolling boil, add 1 teaspoon of coriander seeds or dried coriander leaves. Reduce the heat and let the mixture simmer for about 5-10 minutes, allowing the flavors and beneficial properties of the coriander to infuse the water. After simmering, remove the saucepan from the heat and strain the tea into a cup. For added flavor, you can stir in a bit of honey, a slice of lemon, or a small piece of ginger if you like. Enjoy the tea warm, drinking 1-2 cups daily for optimal benefits. Drink 1-2 cups (50 ml) daily for optimal benefits.

Precautions

Individuals with low blood pressure should use it cautiously, as it may lower blood pressure further. Excessive consumption may lead to gastrointestinal discomfort.

Side Effects

May cause allergic reactions in some individuals, especially those with allergies to plants in the Apiaceae family.

Overconsumption may lead to photosensitivity or skin irritation.

BASELLA ALBA (பச்சை கீரை)

Common name: *Malabar Spinach*

Description

Basella alba, commonly known as Malabar Spinach or Ceylon Spinach, is a tropical, perennial vine native to India and Southeast Asia. It has succulent, green leaves and stems, and is often used as a leafy vegetable in various culinary dishes. The plant is known for its high nutritional value and medicinal properties.



Medicinal Components

Vitamins A and C: Provide antioxidant properties and support immune function.

Calcium and Iron: Essential for bone health and preventing anemia.

Beta-Carotene: Acts as an antioxidant and supports eye health.

Saponins: Have anti-inflammatory and antimicrobial effects.

Traditional Uses

Digestive Health: Used to improve digestion and relieve constipation.

Anti-inflammatory: Helps in reducing inflammation and soothing conditions like arthritis.

Detoxification: Aids in detoxifying the body and supporting liver health.

Wound Healing: Applied topically to help heal minor cuts and wounds.

Malabar Spinach Curry Recipe Ingredients

- Malabar Spinach: 2 cups, washed and chopped.
- Onion: 1 large, finely chopped.
- Tomato: 1 large, chopped.
- Green Chili: 1-2, slit (adjust to taste).
- Ginger-Garlic Paste: 1 tablespoon.
- Turmeric Powder: 1/2 teaspoon.
- Red Chili Powder: 1 teaspoon.
- Coriander Powder: 1 teaspoon.
- Cumin Seeds: 1/2 teaspoon.
- Mustard Seeds: 1/2 teaspoon.
- Oil: 2 tablespoons (vegetable or coconut oil).
- Salt: To taste.
- Water: 1/2 cup (or as needed).
- Coconut (optional): 1/4 cup, grated (for a richer flavor).
- Curry Leaves: A few (optional).
- Lemon Juice: 1 teaspoon (optional, for added tanginess).

Preparation and Dosage

To prepare Malabar Spinach Curry, start by heating oil in a pan over medium heat. Once the oil is hot, add mustard seeds and cumin seeds; when they begin to splutter, add curry leaves if using. Next, add finely chopped onions and slit green chili to the pan, sautéing until the onions turn golden brown. Incorporate ginger-garlic paste and cook for another minute until the raw smell dissipates. Add chopped tomatoes, turmeric powder, red chili powder, and coriander powder to the pan. Cook the mixture until the tomatoes are soft and the oil begins to separate from the spices. Stir in the chopped Malabar Spinach, ensuring it is well mixed with the spices. Pour in water, stir, and let the curry simmer on low heat until the spinach is cooked and the sauce has thickened, about 10-15 minutes. If desired, add grated coconut in the last 5 minutes of cooking for extra richness. Season with salt to taste and, if preferred, add a teaspoon of lemon juice for a tangy touch before serving. Serve the curry hot with rice, roti, or your favorite bread.

Usually take weekly once.

Precautions

Generally safe for most people but should be used in moderation.

Pregnant or breastfeeding women should consult a healthcare provider before use.

Side Effects

Rarely, may cause mild gastrointestinal discomfort in some individuals.

Overconsumption might lead to a laxative effect.



RAUVOLFIA SERPENTINA (சர்பகந்தா)

Common name: *Indian Snakeroot*

Description

Rauvolfia serpentina, commonly known as Indian Snakeroot or Sarpagandha, is a perennial shrub native to India and Southeast Asia. It has thick, dark green leaves and small white or pink flowers. The plant is known for its medicinal properties and has been used traditionally for various ailments.



Medicinal Components

Reserpine: Has antihypertensive and antipsychotic properties; used to lower blood pressure and manage mental health conditions.

Ajmaline: Known for its antiarrhythmic effects, used to manage heart rhythm disorders.

Serpentine: Provides antihypertensive and sedative effects.

Traditional Uses

Hypertension: Used to lower high blood pressure.

Mental Health: Helps in managing anxiety, insomnia, and schizophrenia.

Digestive Issues: Used to treat gastrointestinal disorders and improve digestion.

Fever and Pain: Employed to reduce fever and alleviate pain.

Herbal Tea Ingredients

- Dried *Rauvolfia serpentina* root.
- Water.
- Optional: honey or lemon for flavor.

Preparation and Dosage

Start by boiling 1-2 cups of water in a saucepan. Once the water reaches a rolling boil, add 1-2 teaspoons of dried *Rauvolfia serpentina* root or dried leaf. Reduce the heat and let the mixture simmer for 10-15 minutes to allow the beneficial compounds to infuse into the water. After simmering, remove the saucepan from the heat and strain the tea into a cup. If desired, you can enhance the flavor by adding honey or a squeeze of lemon. Drink 1 cup of this tea daily for its potential health benefits.

Drink it once a week for optimal benefits.

Precautions

Use under medical supervision, especially if you are taking other medications, as it can interact with various drugs.

Not recommended for pregnant or breastfeeding women.

Individuals with a history of depression or mental health disorders should use cautiously.

Side Effects

May cause drowsiness, depression, or gastrointestinal discomfort.

High doses can lead to hypotension, bradycardia, or other cardiovascular issues.

HERBAL FOR KIDNEY STONE REMOVAL

S. No	Common name	Scientific Name	Tamil Name	Page No
1	Life Plant	Bryophyllum pinnatum	ரணகளளி	39
2	Large Caltrops	Pedaliun murex Linn	யானை நெருஞ்சில்	40
3	Mountain Knotgrass	Aerva lanata	சிறுபீளை	41
4	Stonebreaker	Phyllanthus amarus	கீழாநெல்லி	42
5	Night-flowering Jasmine	Nyctanthes arbor-Tristis	பவழமல்லி	43
6	Coriander	Coriandrum sativum	கொத்தமல்லி	34
7	Spreading Hogweed	Boerhavia diffusa	மூக்கிரட்டை	19-20

Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

Take one serving of the seven-leaf herbal tea once daily for seven days.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	2 days
Kodo millet	-	வரகு	-	2 days
Foxtail millet	-	திணை	-	1 day
Barnyard millet	-	குதிரைவாலி	-	1 day
Browntop millet	-	சீமை திணை	-	1 day

Consuming Siruthanya grains along with herbal tea can help removes renal stone. Follow this regimen: consume each type of Siruthanya grain as mentioned, completing a cycle over 7 days. Combine this with the seven herbal teas mentioned above to effectively removes kidney stone.

BRYOPHYLLUM PINNATUM (இரண்கள்ளி)

Common name: *Life Plant*

Description

Bryophyllum pinnatum, commonly known as Leaf of Life or Life Plant, is a succulent perennial herb native to Madagascar but found in tropical and subtropical regions worldwide. It has thick, fleshy leaves and small, tubular flowers that can be pink, white, or red. The plant is believed to possess diuretic properties, which may help in the dissolution and removal of kidney stones.



Medicinal Components

Bryophyllin: Known for its anti-inflammatory, antimicrobial, and analgesic properties.

Flavonoids: Provide antioxidant and anti-inflammatory benefits.

Tannins: Provide astringent properties, which may reduce the formation of stones.

Saponins: Have diuretic effects that can increase urine production, helping to flush out kidney stones.

Traditional Uses

Respiratory Health: Used to treat coughs, bronchitis, and asthma.

Digestive Issues: Helps in relieving gastrointestinal problems such as ulcers and indigestion.

Wound Healing: Applied topically to aid in the healing of wounds and cuts.

Anti-inflammatory: Used to reduce inflammation and pain in conditions like arthritis.

Fever Reduction: Helps in managing fever and reducing body temperature.

Herbal Tea Ingredients

- Fresh or dried *Bryophyllum pinnatum* leaves.
- Water.
- Optional: honey or lemon for flavor.

Preparation and Dosage

To prepare *Bryophyllum pinnatum* tea, start by boiling 1-2 cups of water. Add 1-2 teaspoons of fresh or dried *Bryophyllum pinnatum* leaves to the boiling water. Allow the mixture to simmer for 5-10 minutes, letting the leaves infuse their beneficial properties into the water. After simmering, strain the tea to remove the leaves. You can enhance the flavor by adding honey or lemon, if desired. Drinking 1 cup daily for optimal benefits.

Take 2-3 fresh leaves on an empty stomach.

Precautions

Consult a healthcare provider before use, especially if pregnant, breastfeeding, or taking other medications.

Use with caution if you have a known allergy to plants in the Crassulaceae family.

Side Effects

May cause mild gastrointestinal discomfort in some individuals. Overconsumption might lead to nausea or diarrhea.

PEDALIUM MUREX LINN
(ஆனைநெருஞ்சி)
Common name: *Large Caltrops*



Description

Pedalium murex, commonly known as "Large Caltrops" or "Gokhru," is a small, annual herb that belongs to the Pedaliaceae family. It typically grows in sandy soils and has a spreading habit with hairy, ovate leaves and small yellow flowers. The fruit is four-angled and covered with spines.

Medicinal Components

Pedalitin: A flavonoid with antioxidant properties.

Diosgenin: A steroidal saponin known for its anti-inflammatory and diuretic effects.

Sitosterol: A phytosterol that helps lower cholesterol levels and has anti-inflammatory effects.

Mucilage: Provides soothing effects and is used for its demulcent properties.

Traditional Uses

Diuretic: Used to treat urinary disorders and kidney stones.

Aphrodisiac: Traditionally used to enhance libido and treat sexual dysfunction.

Anti-inflammatory: Used to reduce inflammation in conditions like arthritis.

Digestive Aid: Helps in treating indigestion, flatulence, and other digestive issues

Herbal Tea Ingredients

- Pedalium murex Linn fresh leaves (4-6) or seeds - 1-2 teaspoons (dried and crushed).
- Water - 1 cup.
- Honey or jaggery (optional) - for taste.
- Lemon (optional) - a few drops for added flavor.

Preparation and Dosage

To prepare Pedalium murex herbal tea, start by boiling one cup of water in a pan. Once the water reaches a rolling boil, add 1-2 teaspoons of dried and crushed Pedalium murex leaves or seeds to the water. Reduce the heat and let the mixture simmer for about 5-10 minutes, allowing the essence of the herb to fully infuse into the water. After simmering, strain the tea into a cup to remove the herbal residue. If desired, you can enhance the flavor by adding a sweetener such as honey or jaggery, and a few drops of lemon for a tangy twist. Enjoy the tea warm. Consume only once a day for optimal benefits.

Note: Take the whole Pedalium murex plant, stir it thoroughly in water until the water turns into a jelly-like consistency. Once it thickens, drink it directly.

Precautions

Pregnant and breastfeeding women should avoid using Pedalium murex.

Consult a healthcare professional before using it if you are on medications or have existing health conditions.

Side Effects

May cause mild gastrointestinal discomfort in some individuals. Overconsumption may lead to dehydration due to its diuretic effects.

AERVA LANATA (சிறுபிள்ளை)
Common name: *Mountain Knotgrass*

Description

Aerva lanata, commonly known as "Mountain Knotgrass" or "Polpala," is a small, perennial herb found in tropical and subtropical regions. It features small, white to pinkish flowers and is often recognized for its use in traditional medicine.



Medicinal Components

Flavonoids: Antioxidant, anti-inflammatory, helping to neutralize free radicals in the body.

Alkaloids: Diuretic, hypotensive.

Saponins: Antimicrobial, expectorant.

Tannins: Astringent, wound healing.

Traditional Uses

Kidney Health: Used for the prevention and treatment of kidney stones.

Diuretic: Promotes urine flow, aiding in detoxification.

Respiratory Issues: Helps in treating asthma and bronchitis.

Wound Healing: Applied topically for skin conditions and wounds.

Herbal Tea Ingredients

- Aerva lanata leaves or roots (dried and crushed) - 1-2 teaspoons.
- Water - 1 cup.
- Honey (optional) - for taste.

Preparation and Dosage

To prepare Aerva lanata tea, start by boiling 1-2 cups of water. Add 1-2 teaspoons of fresh or dried Aerva lanata leaves to the boiling water. Allow the mixture to simmer for 5-10 minutes, letting the leaves infuse their beneficial properties into the water. After simmering, strain the tea to remove the leaves. You can enhance the flavor by adding honey or lemon, if desired.

Drink 1 cup daily for optimal benefits, preferably in the morning.

Precautions

Consult a healthcare provider before use, especially during pregnancy, lactation, or if you have any chronic conditions.

Side Effects

Generally considered safe when used in moderation, but excessive use may lead to hypotension or electrolyte imbalance due to its diuretic properties.

PHYLLANTHUS AMARUS (கீழாநெல்லி)

Common name: *Stonebreaker*

Description

Phyllanthus amarus, commonly known as "Stonebreaker" or "Bhumi Amla," is a small, herbaceous plant found in tropical and subtropical regions. It has tiny green leaves and bears small, inconspicuous flowers. The plant is well-known in traditional medicine for its hepatoprotective and antiviral properties.

Medicinal Components

Lignans (e.g., Phyllanthin): Hepatoprotective, antioxidant.

Alkaloids: Antiviral, antidiabetic.

Flavonoids: Anti-inflammatory, antioxidant.

Tannins: Astringent, antimicrobial.



Traditional Uses

Kidney Stones: Known for its ability to break down and expel kidney stones.

Liver Health: Used for treating liver disorders, including jaundice and hepatitis.

Diabetes Management: Helps in regulating blood sugar levels.

Antiviral: Used in the treatment of viral infections, particularly hepatitis B.

Herbal Tea Ingredients

- *Phyllanthus amarus* leaves (dried and crushed) - 1-2 teaspoons/ fresh leaves.
- Water - 1 cup.
- Honey or lemon (optional) - for taste.

Preparation and Dosage

To prepare *Phyllanthus amarus* herbal tea, start by boiling one cup of water (200 ml). Once the water is boiling, add 5 branches of *Phyllanthus amarus* leaves or 1-2 teaspoons of dried and crushed leaves. Reduce the heat and allow the mixture to simmer for 5-10 minutes, giving the herb time to infuse its beneficial properties into the water. After simmering, strain the tea to remove any herbal residue. If desired, you can enhance the flavor by adding honey or a few drops of lemon.

Drink 1 cup per day, preferably in the morning.

Take fresh leaves in an empty stomach also recommended.

Precautions

Consult a healthcare provider before use, especially during pregnancy, lactation, or if you have any chronic conditions.

Side Effects

Generally safe when used in moderation. Overconsumption may lead to a drop in blood sugar levels or potential liver enzyme alterations.

NYCTANTHES ARBOR-TRISTIS (பவழமல்லி)

Common name: *Night-flowering Jasmine*

Description

Nyctanthes arbor-tristis, commonly known as "Night-flowering Jasmine" or "Parijat," is a small, ornamental tree native to South Asia. It is recognized for its fragrant, white flowers with orange centers that bloom at night and fall by morning. The plant is valued not only for its beauty but also for its medicinal properties.



Medicinal Components

Flavonoids: Anti-inflammatory, antioxidant and useful in the treatment of arthritis.

Glycosides: Hepatoprotective, immune boosting.

Alkaloids: Antifungal, analgesic.

Tannins: Astringent, antimicrobial.

Traditional Uses

Kidney Stones: anti-crystallization activity against calcium oxalate crystals, which may help prevent urinary stones.

Arthritis: Used for treating joint pain and inflammation.

Fever: Traditionally used to reduce fever, particularly in cases of malaria.

Respiratory Issues: Helps in treating coughs and colds.

Skin Disorders: Applied topically for skin conditions like rashes and fungal infections.

Herbal Tea Ingredients

- *Nyctanthes arbor-tristis* leaves or flowers (dried and crushed) - 1-2 teaspoons.
- Water - 1 cup.
- Honey or jaggery (optional) - for taste.

Preparation and Dosage

To prepare *Nyctanthes arbor-tristis* herbal tea, start by boiling one cup of water. Once the water is boiling, add 4-6 fresh leaves or 1-2 teaspoons of dried and crushed leaves or 10 flowers. Reduce the heat and allow the mixture to simmer for 5-10 minutes, ensuring the medicinal properties of the herb are infused into the water. After simmering, strain the tea to remove any herbal residue. If you prefer, you can sweeten the tea with honey or jaggery to enhance the flavor.

Take 1 cup per day, preferably in the morning or evening.

Precautions

Consult a healthcare provider before use, especially during pregnancy, lactation, or if you have any chronic conditions.

Side Effects

Generally safe when used in moderation. Excessive use may cause gastrointestinal discomfort or exacerbate low blood pressure.

HERBAL FOR HEART HEALTH

S. No	Common name	Scientific Name	Tamil Name	Page No
1	Ash Gourd	Benincasa hispida	வெள்ளை பூசணி	45
2	Cucumber	Cucumis sativus	வெள்ளரிக்காய்	46
3	Bottle Gourd	Lagenaria siceraria	சுரைக்காய்	47-48
4	Spearmint	Mentha spicata	புதினா	49
5	Hibiscus	Hibiscus rosa-sinensis	செம்பருத்தி	50
6	Holy Basil	Ocimum tenuiflorum	துளசி	32
7	Coriander	Coriandrum sativum	கொத்தமல்லி	34
8	Betel Leaves	Piper betle L	வெற்றிலை	28

Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	2 days
Kodo millet	-	வரகு	-	2 days
Foxtail millet	-	திணை	-	1 day
Barnyard millet	-	குதிரைவாலி	-	1 day
Browntop millet	-	சீமை திணை	-	1 day

Consuming Siruthanya grains along with herbal tea can help heart health. Follow this regimen: consume each type of Siruthanya grain as mentioned, completing a cycle over 7 days. Combine this with the seven herbal teas mentioned above to solve heart problems.

BENINCASA HISPIDA (வள்ளை பூசணி)

Common name: Ash Gourd

Description

Benincasa hispida, commonly known as winter melon, ash gourd, or white pumpkin, is a large vine plant in the Cucurbitaceae family. The fruit is oblong, covered with fine hairs when young, and has a waxy coating when mature. It is cultivated in tropical and subtropical regions.



Medicinal Components

Triterpenoids: Anti-inflammatory, antioxidant.

Flavonoids: Antioxidant, cardioprotective.

Cucurbitacins: Anti-cancer, hepatoprotective.

Vitamins: Provides vitamin C, which is an antioxidant.

Traditional Uses

Heart health: Ash gourd juice can help maintain heart health by managing blood pressure levels and lowering cholesterol.

Digestive Health: Used to treat indigestion, acidity, and ulcers.

Weight Management: Helps in reducing obesity due to its low-calorie content.

Diuretic: Promotes urine production and helps in detoxification.

Cooling Agent: Traditionally used to reduce body heat and treat fevers.

Respiratory Issues: Used to manage respiratory conditions like cough and asthma.

Ingredients for Juice preparation

- 2 cups of peeled and chopped *Benincasa hispida* (ash gourd) flesh
- 1-2 tablespoons of lemon juice (optional, for added flavor)
- 1-2 teaspoons of honey or sugar (optional, for sweetness)
- A few mint leaves (optional, for garnish)
- 1 cup of water (adjust as needed)

Preparation and Dosage

To prepare ash gourd juice, start by peeling the ash gourd and removing the seeds. Chop the flesh into small pieces and place them in a blender. Add about 1 cup of water and blend until the mixture is smooth. Next, strain the blended mixture through a fine mesh strainer or cheesecloth into a bowl or jug to separate the juice from the pulp, pressing or squeezing to extract as much juice as possible. If desired, stir in lemon juice and honey or sugar to taste, mixing until the sweetener is fully dissolved. Pour the juice into glasses and, if preferred, garnish with fresh mint leaves. For a refreshing twist, you can also chill the juice in the refrigerator before serving. Enjoy your nutritious and cooling ash gourd juice immediately for the best taste and benefits.

1 cup per day, preferably to be taken in the morning.

Precautions

Consult a healthcare provider if you have a pre-existing medical condition or are pregnant/breastfeeding. Ensure the fruit is fresh and free from contamination before use.

Side Effects: Overconsumption may lead to gastrointestinal issues like diarrhea. Individuals with cold sensitivity may experience worsened symptoms, as ash gourd has a cooling effect.

CUCUMIS SATIVUS (வெள்ளரிக்காய்)

Common name: *Cucumber*

Description

Cucumis sativus, commonly known as "Cucumber," is a widely cultivated creeping vine in the Cucurbitaceae family. The plant is known for its long, green, cylindrical fruits and is often used in salads and culinary dishes. Cucumber is also valued for its cooling and hydrating properties.

Medicinal Components

Vitamins (e.g., Vitamin C): Antioxidant, skin health.

Minerals (e.g., Potassium): Supports heart health, regulates blood pressure.

Cucurbitacin: Anti-inflammatory, anti-cancer.

Silica: Supports skin, hair, and nail health.



Traditional Uses

Heart health: Cucumber juice can help maintain heart health by managing blood pressure levels and lowering cholesterol.

Hydration: Used for its high-water content to maintain hydration and support overall health.

Skin Health: Applied topically to soothe and hydrate the skin, reduce swelling, and treat minor burns.

Digestive Health: Consumed to promote healthy digestion and relieve constipation.

Ingredients for Juice preparation

- Fresh cucumbers - 1-2 medium-sized.
- Lemon (optional) - 1 tablespoon of juice.
- Honey or agave syrup (optional) - 1-2 teaspoons, to taste.
- Mint leaves (optional) - a few for garnish.
- Water - as needed (to adjust consistency).

Preparation and Dosage

To prepare cucumber juice, start by thoroughly washing 1-2 medium-sized fresh cucumbers. Peel them if preferred, though the skin can be left on for added nutrients and fiber. Cut the cucumbers into chunks and place them into a blender or juicer. Blend until smooth. For a smoother texture, strain the mixture using a fine mesh strainer or cheesecloth to remove the pulp. Stir in 1 tablespoon of lemon juice for a tangy flavor, and sweeten with 1-2 teaspoons of honey or agave syrup if desired. If the juice is too thick, add a small amount of water to achieve your preferred consistency. Garnish with fresh mint leaves if desired, then pour the juice into a glass and serve chilled.

1 cup per day, preferably to be taken in the morning.

Consume cucumber directly by sprinkling a little salt and chili powder for added flavor.

Precautions: Generally safe for most people, but those with allergies to cucumbers should avoid consumption. Consult a healthcare provider if you have any chronic health conditions.

Side Effects: Rare but may include mild gastrointestinal discomfort in some individuals.

LAGENARIA SICERARIA (சுரைக்காய்)

Common name: *Bottle Gourd*

Description

Lagenaria siceraria, commonly known as "Bottle Gourd" or "Sorakaya," is a vine-grown fruit in the Cucurbitaceae family. It is characterized by its large, green, bottle-shaped fruit and is widely cultivated in tropical and subtropical regions.



Medicinal Components

Vitamins (e.g., Vitamin C): Antioxidant, supports immune health.

Minerals (e.g., Calcium, Magnesium): Supports bone health, regulates blood pressure.

Polysaccharides: Hydrating, diuretic.

Saponins: Antimicrobial, anti-inflammatory.

Polysaccharides in bottle gourd help in hydration and have diuretic properties, which can support kidney function.

Traditional Uses

Heart health: Cucumber juice can help maintain heart health by regulating blood pressure levels, lowering cholesterol, and prevent arterial blockages.

Hydration: Used for its high-water content to maintain hydration.

Digestive Health: Promotes digestion and helps in treating constipation.

Detoxification: Used for its detoxifying properties to cleanse the body.

Skin Health: Applied to soothe and heal skin conditions.

Lagenaria siceraria Curry Preparation

Ingredients

- Fresh bottle gourd (*Lagenaria siceraria*) – 1 medium-sized, peeled and diced.
- Onions – 1 large, finely chopped.
- Tomatoes – 2 small sized, chopped.
- Garlic – 3-4 cloves, minced.
- Ginger – 1-inch piece, minced.
- Green chilies – 1-2, slit or chopped (adjust to taste).
- Oil – 2 tablespoons (vegetable or cooking oil).
- Cumin seeds – 1 teaspoon.
- Turmeric powder – ½ teaspoon.
- Coriander powder – 1 teaspoon.
- Cumin powder – 1 teaspoon.
- Garam masala – ½ teaspoon.
- Red chili powder – ½ teaspoon (adjust to taste).
- Salt – to taste.
- Fresh coriander leaves – a handful, chopped (for garnish).
- Water – as needed.

Preparation of curry

To prepare *Lagenaria siceraria* curry, start by washing, peeling, and dicing one medium-sized bottle gourd into bite-sized pieces. Heat 2 tablespoons of oil in a large pan over medium heat, and add 1 teaspoon of cumin seeds, allowing them to splutter. Next, add one finely chopped large onion and sauté until it turns golden brown. Incorporate 3-4 minced garlic cloves, 1-inch minced ginger, and 1-2 slit or chopped green chilies, sautéing for an additional 1-2 minutes until fragrant. Add 2 chopped tomatoes and cook until they soften and the oil separates from the mixture. Stir in ½ teaspoon of turmeric powder, 1 teaspoon each of coriander powder and cumin powder, ½ teaspoon of garam masala, and ½ teaspoon of red chili powder. Mix well and cook for a few minutes to blend the spices. Add the diced bottle gourd pieces, stirring to coat them with the spice mixture. Pour in enough water to cover the bottle gourd, bring to a boil, then reduce the heat, cover, and simmer for 15-20 minutes or until the bottle gourd is tender. Adjust seasoning with salt and spices as needed, then garnish with chopped fresh coriander leaves before serving. Enjoy the curry hot with rice or Indian bread.

Lagenaria siceraria juice preparation ingredients

- Fresh bottle gourd (*Lagenaria siceraria*) - 1 medium-sized.
- Lemon juice (optional) - 1-2 tablespoons.
- Honey or agave syrup (optional) - 1-2 teaspoons.
- Mint leaves (optional) - a few for garnish.

Preparation of juice

To prepare bottle gourd juice, start by washing the bottle gourd thoroughly. Peel the skin if preferred, although keeping the skin on can add extra nutrients. Cut the bottle gourd into small chunks. Place these chunks into a blender or juicer and blend until smooth. If using a blender, you may need to add a small amount of water to ensure the gourd blends thoroughly. For a smoother texture, strain the mixture using a fine mesh strainer or cheesecloth to remove the pulp. Next, stir in 1-2 tablespoons of lemon juice to add a tangy flavor, and sweeten with 1-2 teaspoons of honey or agave syrup if desired. Garnish with fresh mint leaves for an extra touch of flavor and presentation. Pour the juice into a glass and serve chilled.

Precautions

Generally safe when consumed in moderation. Consult a healthcare provider before use, especially if pregnant or managing chronic health conditions.

Side Effects

Overconsumption may cause gastrointestinal discomfort or potential interactions with certain medications.

MENTHA SPICATA (புதினா)

Common name: *Spearmint*

Description

Mentha spicata, commonly known as "Spearmint," is a perennial herb in the mint family. It features lance-shaped, serrated leaves with a fresh, aromatic scent and produces small, light purple to white flowers. Spearmint is widely used for its flavor in cooking and beverages.

Medicinal Components

Carvone: Provides a distinctive spearmint flavor, has antimicrobial and antispasmodic properties.

Menthol: Contributes to its cooling effect, aids in respiratory relief.

Flavonoids: Antioxidant properties, supports overall health.

Tannins: Astringent helps with digestive issues.



Traditional Uses

Heart health: Cucumber juice can help maintain heart health by regulating blood pressure levels, lowering cholesterol, and prevent arterial blockages

Digestive Health: Used to alleviate symptoms of indigestion, bloating, and nausea.

Respiratory Relief: Helps relieve coughs, colds, and congestion.

Pain Relief: Applied topically to soothe headaches and muscle pain.

Antimicrobial: Used to treat minor infections and wounds.

Herbal Tea Ingredients

- Fresh mint leaves (or dried mint leaves) - 1-2 tablespoons.
- Water - 1 cup.
- Honey or lemon (optional) - for flavor.

Preparation and Dosage

To prepare mint tea, start by washing fresh mint leaves thoroughly. If using dried mint leaves, measure out 1-2 tablespoons. Boil 1 cup of water in a kettle or pot. Once the water reaches a rolling boil, add the mint leaves. For fresh mint, you can add the leaves whole or gently bruise them to enhance the flavor. Cover the pot or cup and let the mint leaves steep in the hot water for 5-10 minutes, depending on your taste preference. After steeping, strain the tea to remove the mint leaves. If desired, sweeten the tea with honey or add a few drops of lemon juice for extra flavor. Pour the tea into a cup and enjoy it hot or let it cool and serve it iced for a refreshing drink.

1 cup per day, preferably to be taken in the morning or evening.

Precautions

Generally safe for most people when consumed in moderation. Consult a healthcare provider if pregnant, nursing, or managing chronic conditions.

Side Effects

Excessive consumption may cause gastrointestinal discomfort or allergic reactions in some individuals.

HIBISCUS ROSA-SINENSIS

(செம்பருத்தி)

Common name: *Hibiscus*



Description

Hibiscus rosa-sinensis, commonly known as "Chinese Hibiscus" or "Hibiscus," is a tropical shrub with large, vibrant red or pink flowers. The plant is valued for its ornamental beauty and is also known for its medicinal properties.

Medicinal Components

Anthocyanins: Provide antioxidant properties, help in reducing oxidative stress.

Ascorbic Acid (Vitamin C): Supports immune function and skin health.

Flavonoids: Have anti-inflammatory and antioxidant effects.

Acids (e.g., Citric Acid): Aid in digestion and act as a diuretic.

Traditional Uses

Heart health: Cucumber juice can help maintain heart health by regulating blood pressure levels.

Blood Pressure: Used to help lower blood pressure levels.

Digestive Health: Aids in digestion and treats constipation.

Immune Support: Boosts immune system due to its high Vitamin C content.

Skin Health: Applied topically to treat skin conditions and improve skin health.

Herbal Tea Ingredients

- Fresh *Hibiscus rosa-sinensis* flowers - 2-3 flowers.
- Water - 1 cup.
- Honey or lemon (optional) - for flavor.

Preparation and Dosage

To prepare tea using fresh *Hibiscus rosa-sinensis* flowers, start by picking 2-3 fresh flowers and washing them thoroughly to remove any dirt or impurities. Boil 1 cup of water in a kettle or pot. Once the water reaches a rolling boil, add the washed flowers to the pot. Reduce the heat and let the flowers steep in the hot water for about 5-10 minutes. This allows the flavors and beneficial compounds to infuse into the water. After steeping, strain the tea to remove the flower petals. If desired, sweeten the tea with honey or add a few drops of lemon juice for additional flavor. Pour the tea into a cup and enjoy it hot, or let it cool for a refreshing iced tea option.

1 cup per day, preferably to be taken in the morning or evening.

Can take fresh flowers orally on empty stomach.

Precautions

Generally safe for most people. Consult a healthcare provider if pregnant, nursing, or taking medication for blood pressure.

Side Effects

May cause a drop in blood pressure or interact with certain medications. Excessive consumption could lead to digestive discomfort.

HERBAL FOR ARTHRITIS KNEE JOINT PAIN

S. No	Common name	Scientific Name	Tamil Name	Page No
1	Common Rue	Ruta graveolens	அறுபதாம் பச்சை	52
2	Veldt Grape	Cissus quadrangularis	பிரண்டை	53-54
3	Balloon Vine	Cardiospermum halicacabum	முடக்கொத்தான்	55-56
4	Oak Fern	Drynaria quercifolia	முடவாட்டுக்கால் கிழங்கு	57-58
5	Betel Leaves	Piper betle L	வெற்றிலை	28
6	Coriander	Coriandrum sativum	கொத்தமல்லி	34

Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	2 days
Kodo millet	-	வரகு	-	1 day
Foxtail millet	-	திணை	-	2 days
Barnyard millet	-	குதிரைவாலி	-	1 day
Browntop millet	-	சீமை திணை	-	2 days

Consuming Siruthanya grains along with herbal tea can help to relief knee pain. Follow this regimen: consume each type of Siruthanya grain as mentioned, completing a cycle over 7 days. Combine this with the herbal teas mentioned above to solve arthritis.

RUTA GRAVEOLENS (அறுபதாம் பச்சை)

Common name: *Common Rue*

Description

Ruta graveolens, commonly known as rue, is a perennial herb that belongs to the Rutaceae family. It is characterized by its strong, aromatic odor, blue-green feathery leaves, and small yellow flowers. The plant is native to the Mediterranean region and is often used in traditional medicine and as an ornamental plant.



Medicinal Components

Rutin: A flavonoid known for its antioxidant, anti-inflammatory, and vasoprotective properties.

Quercetin: Another flavonoid with strong antioxidant and anti-inflammatory effects.

Alkaloids (e.g., arborinine): Possess antimicrobial and anti-inflammatory properties.

Essential Oils (e.g., limonene, menthol): Known for their anti-spasmodic and anti-fungal properties.

Traditional Uses

Anti-inflammatory: Applied topically to reduce inflammation and pain in conditions like arthritis.

Digestive Aid: Used to relieve indigestion, gas, and bloating.

Menstrual Health: Traditionally used to regulate menstrual cycles and relieve menstrual cramps.

Antimicrobial: Used to treat infections and as a natural insect repellent.

Herbal Tea Ingredients

- Fresh Ruta graveolens - 2-3 leaves.
- Water - 1 cup.
- Honey or lemon (optional) - for flavor.

Preparation and Dosage

To prepare common rue (Ruta graveolens) herbal tea, start by boiling 1 cup of water. Once the water reaches a boil, add 1 teaspoon of dried rue leaves to the pot. Reduce the heat and allow the leaves to steep for 5-7 minutes, ensuring that the flavor and medicinal properties are properly infused into the water. After steeping, strain the tea into a cup to remove the leaves. If desired, you can add honey or lemon to enhance the flavor.

Consume once in two days for optimal benefits.

Precautions

Pregnant women should avoid using rue, as it can stimulate uterine contractions.

Avoid high doses, as it can be toxic if consumed in large quantities.

Always consult a healthcare professional before using it, especially if you have pre-existing health conditions or are taking other medications.

Side Effects

May cause nausea, vomiting, and dizziness if consumed in large amounts.

Skin contact with rue can cause photosensitivity or dermatitis in sensitive individuals.

CISSUS QUADRANGULARIS (பிரண்டை)

Common name: *Veldt Grape*



Description

Cissus quadrangularis, commonly known as "Veldt Grape," "Devil's Backbone," or "Pirandai" in Tamil, is a perennial plant of the Vitaceae family. It is characterized by its quadrangular, fleshy stems and is commonly found in tropical and subtropical regions. The plant is widely used in traditional medicine, particularly in Ayurveda and Siddha practices.

Medicinal Components

Ketosteroids: Promote bone healing and regeneration, making it useful in treating fractures.

Ascorbic Acid (Vitamin C): Supports collagen synthesis and boosts immunity.

Carotenoids: Offer antioxidant properties and support vision and skin health.

Calcium and Phosphorus: Essential for bone strength and density.

Traditional Uses

Anti-inflammatory: Used to reduce inflammation in conditions like arthritis.

Bone Health: Used extensively to treat bone fractures, osteoporosis, and joint pain.

Weight Management: Known to help in reducing obesity by improving metabolism.

Digestive Aid: Helps in treating indigestion, constipation, and hemorrhoids.

Main Ingredients for Pirandai Thuvaiyal

- 1/2 cup cleaned pirandai segments.
- 1 tablespoon Indian sesame oil.
- 2 tablespoon chana dal.
- 4-5 dried red chillies.
- 1/2 cup onions, chopped.
- 10 cloves garlic.
- 1/2-inch piece ginger.
- 1/2-inch piece tamarind.
- 3 sprigs curry leaves.
- 1/3 cup fresh shredded coconut.
- 1/2 teaspoon salt.
- 1/2 cup water to grind the chutney.

Preparation of Pirandai Thuvaiyal

To prepare Pirandai Thuvaiyal using the provided ingredients, begin by heating 1 tablespoon of Indian sesame oil in a pan. Once the oil is hot, add 2 tablespoons of chana dal and 4–5 dried red chillies, frying them until they turn golden brown. Next, add ½ cup of chopped onions, 10 cloves of garlic, and a ½ inch piece of ginger to the pan, sautéing until the onions become translucent. Now, include ½ cup of cleaned Pirandai segments and 3 sprigs of curry leaves, cooking until the Pirandai softens. Then, add a ½ inch piece of tamarind and ⅓ cup of fresh shredded coconut, stirring well to combine the ingredients. Once everything is cooked, remove the mixture from the heat and allow it to cool slightly. Transfer the cooled mixture to a blender, add ½ teaspoon of salt and ½ cup of water, and grind it into a smooth chutney. Serve the Pirandai Thuvaiyal with rice or as a side dish to complement your meal.

Consume once in a week for optimal benefits.

Herbal Tea Preparation and Dosage

Ingredients: 1 teaspoon of dried *Cissus quadrangularis* powder, 1 cup of water, honey or lemon (optional).

Preparation: Boil the water and add the dried powder. Let it simmer for 5-7 minutes, then strain. Add honey or lemon if desired. Consume once daily.

Consume once in two days for optimal benefits.

Precautions

Pregnant and breastfeeding women should avoid using *Cissus quadrangularis* without medical advice.

Individuals with diabetes or on blood-thinning medications should consult a healthcare provider before use.

Side Effects

May cause mild gastrointestinal issues like diarrhea or gas in some individuals.

Allergic reactions are rare but possible; discontinue use if any adverse symptoms occur.

CARDIOSPERMUM HALICACABUM (முடக்கத்தான் கீரை)

Common name: *Balloon Vine*



Description

Cardiospermum halicacabum, commonly known as "Balloon Vine" or "Love-in-a-Puff," is a perennial climbing plant belonging to the Sapindaceae family. It is characterized by its delicate, feathery-like leaves, small white flowers, and distinctive inflated seed capsules that resemble balloons. The plant is native to tropical and subtropical regions and is widely used in traditional medicine.

Medicinal Components

Flavonoids: Possess antioxidant and anti-inflammatory properties, helping in the treatment of various inflammatory conditions.

Saponins: Known for their antimicrobial and anti-inflammatory effects.

Tannins: Provide astringent properties, useful for treating gastrointestinal disorders.

Phytosterols: Help in reducing cholesterol levels and promoting heart health.

Traditional Uses

Anti-inflammatory: Used to treat rheumatism, arthritis, and joint pain.

Skin Disorders: Applied topically to treat eczema, dermatitis, and other skin conditions.

Respiratory Health: Used to relieve asthma, bronchitis, and coughs.

Digestive Aid: Helps in treating indigestion, diarrhea, and other gastrointestinal issues.

Main Ingredients for Mudakathan Thuvaiyal (*Cardiospermum halicacabum* Chutney)

- Mudakathan Keerai (*Cardiospermum halicacabum*) leaves: 1 cup, cleaned and chopped.
- Indian sesame oil: 1 tablespoon.
- Chana dal: 2 tablespoons.
- Urad dal: 1 tablespoon.
- Dried red chilies: 4–5.
- Onions: ½ cup, chopped.
- Garlic: 5 cloves.
- Tamarind: ½ inch piece.
- Curry leaves: 2 sprigs.
- Fresh shredded coconut: ¼ cup.
- Salt: ½ teaspoon or to taste.
- Water: As needed, for grinding the chutney.

Preparation of Mudakathan Thuvaiyal

To prepare Mudakathan Thuvaiyal, begin by heating 1 tablespoon of Indian sesame oil in a pan. Once the oil is hot, add 2 tablespoons of chana dal and 1 tablespoon of urad dal, frying them until they turn golden brown. Next, add 4-5 dried red chilies and sauté for a few seconds. Then, add ½ cup of chopped onions and 5 cloves of garlic to the pan, cooking until the onions become translucent.

Now, add 1 cup of cleaned and chopped Mudakathan Keerai leaves and 2 sprigs of curry leaves to the pan. Cook until the leaves wilt and soften. Then, add a ½ inch piece of tamarind and ¼ cup of fresh shredded coconut, stirring well to combine. Once everything is cooked, remove the mixture from the heat and allow it to cool slightly.

Transfer the cooled mixture to a blender, add ½ teaspoon of salt (or to taste), and grind it into a smooth chutney, adding a little water as needed to achieve the desired consistency. Serve the Mudakathan Thuvaiyal with rice, dosa, or idli, or use it as a side dish for other meals.

Consume once in a week for optimal benefits.

Herbal Tea Preparation and Dosage

Ingredients: 1 teaspoon of dried *Cardiospermum halicacabum* leaves, 1 cup of water, honey or lemon (optional).

Preparation: Boil water and add the dried leaves. Let it steep for 5-7 minutes, then strain. Add honey or lemon if desired.

Consume once in two days for optimal benefits.

Precautions

Pregnant and breastfeeding women should avoid using *Cardiospermum halicacabum* without medical advice.

People with pre-existing health conditions or those on medications should consult a healthcare provider before use.

Side Effects

May cause mild gastrointestinal discomfort in some individuals.

Allergic reactions are rare but possible; discontinue use if any adverse symptoms occur.

DRYNARIA QUERCIFOLIA (முடவாட்டுக்கால் கிழங்கு)

Common name: *Oak Fern*



Description

Drynaria quercifolia, commonly known as Mudavattukal Kilangu, is an epiphytic fern native to tropical regions. It features large, leathery fronds that resemble oak leaves, growing on tree trunks or rocks. The rhizomes are thick and tuberous, and the plant has a distinctive appearance with its oak-shaped leaflets.

Medicinal Components

Flavonoids: Have antioxidant and anti-inflammatory effects.

Tannins: Provide astringent properties, useful for gastrointestinal issues.

Saponins: Known for their anti-inflammatory and antimicrobial properties.

Phenolic Compounds: Contribute to its overall bone health benefits.

Traditional Uses

Bone Health: Traditionally used to strengthen bones and aid in the healing of fractures.

Digestive Health: Used to alleviate digestive disorders and promote gastrointestinal health.

Wound Healing: Applied topically to help heal wounds and skin conditions.

Joint Health: Utilized to reduce inflammation and pain in joints.

Mudavattukal soup Preparation

Ingredients

- Drynaria quercifolia rhizomes (Mudavattukal Kilangu): 1 cup, chopped.
- Water: 4 cups.
- Onion: 1, chopped.
- Garlic: 4 cloves, minced.
- Ginger: 1-inch piece, minced.
- Turmeric powder: 1 teaspoon.
- Salt: To taste.
- Curry leaves: 1 sprig.
- Optional: Spices like cumin or coriander for additional flavor.

Take 1 cup of soup (50-100 ml) daily

Preparation of Mudakathan soup

To prepare Mudavattukal soup, start by washing and chopping the Drynaria quercifolia rhizomes into small pieces. In a pot, bring 4 cups of water to a boil. Once boiling, add the chopped rhizomes, along with chopped onions, minced garlic, minced ginger, and turmeric powder. Reduce the heat and let the mixture simmer for 30-40 minutes, or until the rhizomes become tender. Afterward, add salt and curry leaves, and allow the soup to simmer for an additional 5 minutes. For extra flavor, you can include optional spices like cumin or coriander. Once done, strain the soup and serve it hot.

Consume once in a day, preferably between meals.

Precautions

Pregnancy and Breastfeeding: Consult with a healthcare provider before use.

Allergic Reactions: Monitor for any allergic reactions and discontinue use if adverse effects occur.

Pre-existing Conditions: Individuals with specific health conditions or those on medication should seek medical advice before use.

Side Effects

Excessive consumption may cause mild gastrointestinal discomfort.

Allergic Reactions: Rare, but possible; may include rash or itching.



HERBAL TEA FOR LIVER MANAGEMENT

S. No	Common name	Scientific Name	Tamil Name	Page No
1	Java Tea	Orthosiphon stamineus	பூனை மீசை இலை	60-61
2	Black Nightshade	Solanum nigrum	மணத்தக்காளி	62-63
3	False Daisy	Eclipta prostrata	கரிசலாங்கண்ணி	64-65
4	Turmeric	Curcuma longa	மஞ்சள்	66-67
5	Chicory	Cichorium intybus	காசினிக்கீரை	68-69
6	Stonebreaker	Phyllanthus amarus	கீழாநெல்லி	42
7	Spreading Hogweed	Boerhavia diffusa	மூக்கிரட்டை	19-20
8	Spearmint	Mentha spicata	புதினா	49

Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	2 days
Kodo millet	-	வரகு	-	2 days
Foxtail millet	-	திணை	-	2 days
Barnyard millet	-	குதிரைவாலி	-	2 days
Browntop millet	-	சீமை திணை	-	2 days

Consuming Siruthanya grains along with herbal tea can maintain liver function. Follow this regimen: consume each type of Siruthanya grain once every two days, completing a cycle over 10 days. Combine this with the seven herbal teas mentioned above to effectively manage liver problems.

ORTHOSIPHON STAMINEUS (பூனை மீசை செடி)

Common name: *Cat's Whiskers*



Description

Orthosiphon stamineus, commonly known as Cat's Whiskers or Java Tea, is a perennial herb native to Southeast Asia. The plant features tall spikes of small, tubular white or pale purple flowers, with long, slender stamens resembling cat's whiskers. The leaves are oval, serrated, and used in traditional medicine.

Medicinal Components

Triterpenes: Known for their potential role in liver protection and reducing cholesterol levels.

Rosmarinic Acid: Known for its antioxidant, anti-inflammatory, and antimicrobial effects.

Saponins: Provide diuretic properties, aiding in kidney health and detoxification.

Flavonoids: Offer antioxidant and anti-inflammatory properties.

Traditional Uses

Liver Health: Supports liver detoxification and treats liver-related conditions.

Kidney Health: Commonly used to treat kidney stones, urinary tract infections, and promote diuresis (urination).

Anti-inflammatory: Helps reduce inflammation in conditions like arthritis and gout.

Blood Pressure and Cholesterol: Used to help regulate blood pressure and reduce cholesterol levels.

Herbal Tea Ingredients

- Orthosiphon stamineus leaves (dried)/ 1 teaspoon, 4-5 fresh leaves only.
- Water: 1 cup.
- Optional: Honey or lemon for taste.

Preparation and Dosage

To prepare Orthosiphon stamineus herbal tea, begin by bringing 1 cup of water to a boil. Once the water is boiling, add 1 teaspoon of dried or 4-5 fresh leaves of Orthosiphon stamineus leaves to the pot. Allow the leaves to steep in the hot water for about 5-7 minutes, letting the beneficial compounds infuse into the water. After steeping, strain the tea to remove the leaves. You may enhance the flavor by adding a touch of honey or a slice of lemon, if desired.

Drink 1 cup of Java tea per day for liver, kidney health and general wellness.

Precautions

Pregnancy and Breastfeeding: Consult a healthcare provider before use.

Diuretic Effect: May increase urination, so ensure adequate hydration.

Allergies: Check for any allergic reactions, especially in people sensitive to plants in the Lamiaceae family.

Side Effects

Excessive Urination: Can lead to dehydration if consumed in large amounts.

Gastrointestinal Issues: Some individuals may experience mild stomach upset.



SOLANUM NIGRUM (மணத்தக்காளி)

Common name: *Black Nightshade*



Description

Solanum nigrum, commonly known as Black Nightshade or Manathakkali Keerai in Tamil, is a small, erect herb that grows up to 1 meter in height. It has small white or purple flowers, round black or green berries, and smooth, ovate leaves. This plant is widely found in tropical regions and has been used in traditional medicine for various ailments.

Medicinal Components

Steroidal Glycosides: Contribute to liver protection and aid in detoxification.

Alkaloids (Solanine, Solasodine): Possess anti-inflammatory, analgesic, and antipyretic properties.

Flavonoids: Known for their antioxidant effects and ability to scavenge free radicals.

Tannins: Exhibit astringent and anti-inflammatory properties.

Traditional Uses

Liver Health: Used to treat liver disorders, such as jaundice and hepatitis, and to protect liver function.

Anti-inflammatory: Helps reduce swelling and pain in conditions like arthritis.

Skin Conditions: Applied topically to treat skin issues like boils, ulcers, and acne.

Respiratory Health: Traditionally used to alleviate symptoms of asthma, cough, and bronchitis.

Digestive Health: Helps treat indigestion, ulcers, and diarrhea.

Manathakkali Keerai Curry (Solanum nigrum leaves curry) is a nutritious and flavorful dish popular in South Indian cuisine.

Ingredients

- Manathakkali Keerai (Solanum nigrum leaves): 2 cups (cleaned and chopped).
- Onion: 1, finely chopped.
- Tomato: 1, finely chopped.
- Green chilies: 2, slit.
- Garlic: 4 cloves, minced.
- Mustard seeds: 1/2 teaspoon.
- Cumin seeds: 1/2 teaspoon.
- Turmeric powder: 1/4 teaspoon.
- Red chili powder: 1/2 teaspoon (optional).
- Curry leaves: 1 sprig.
- Grated coconut: 2 tablespoons (optional).
- Oil: 1 tablespoon.
- Salt: To taste.
- Water: 1 cup.

Preparation and Dosage

To prepare Manathakkali Keerai Curry, start by thoroughly washing the Manathakkali keerai leaves and chopping them finely. In a pan, heat 1 tablespoon of oil over medium heat. Once the oil is hot, add mustard seeds and cumin seeds, allowing them to splutter. Next, add minced garlic and finely chopped onions, sautéing until the onions turn golden brown. Then, add slit green chilies, chopped tomatoes, turmeric powder, and red chili powder (if using). Cook this mixture until the tomatoes soften and become mushy. Stir in the chopped Manathakkali keerai leaves and sauté for a few minutes, allowing the leaves to wilt and release their water content.

Afterward, add 1 cup of water and salt to taste. Cover the pan and let the curry simmer for 10-12 minutes, or until the leaves are fully cooked. For added flavor, you can optionally mix in 2 tablespoons of grated coconut toward the end of the cooking process. Once the curry reaches your desired consistency, remove it from heat. This nutritious curry pairs wonderfully with steamed rice or roti.

Precautions

Pregnancy and Breastfeeding: Consult a healthcare provider before use.

Consumption of Raw Berries: Unripe berries can be toxic if consumed in large quantities.

Allergic Reactions: Monitor for any signs of allergies, especially if you are new to consuming this plant.

Side Effects

Gastrointestinal Issues: May cause nausea or stomach discomfort if consumed in excess.

Toxicity: Overconsumption of the plant's raw, unripe berries can lead to toxicity, so it is important to consume this plant with caution.

ECLIPTA PROSTRATA (கரிசலாங்கண்ணி)

Common name: *False Daisy*



Description

Eclipta prostrata, commonly known as Karisalankanni in Tamil or False Daisy, is a small herb found in tropical and subtropical regions. It has white or yellow flowers and grows in moist areas. The plant is widely used in Ayurvedic and traditional medicine for its liver-protective properties.

Medicinal Components

Wedelolactone and Demethylwedelolactone: These compounds have hepatoprotective effects, promoting liver regeneration and protection.

Flavonoids: Possess antioxidant and anti-inflammatory properties, supporting overall health.

Alkaloids: Contribute to the plant's effectiveness in treating liver diseases.

Tannins: Known for their astringent properties, aiding in wound healing and liver support.

Traditional Uses

Liver Health: Used traditionally to treat jaundice, hepatitis, and other liver disorders.

Hair Care: Promotes hair growth and is used in oils to prevent hair loss.

Wound Healing: Applied topically for treating cuts, wounds, and ulcers.

Anti-inflammatory: Used to reduce inflammation and pain in various conditions.

Digestive Health: Helps treat indigestion and constipation.

Eclipta prostrata (Karisalankanni) Curry is a healthy and traditional dish, often prepared for its medicinal benefits, especially for liver health.

Ingredients

- Karisalankanni leaves (Eclipta prostrata): 2 cups (cleaned and chopped).
- Onion: 1, finely chopped.
- Tomato: 1, finely chopped.
- Green chilies: 2, slit.
- Garlic: 4-5 cloves, minced.
- Ginger: 1/2-inch piece, minced.
- Mustard seeds: 1/2 teaspoon.
- Cumin seeds: 1/2 teaspoon.
- Turmeric powder: 1/4 teaspoon.
- Red chili powder: 1/2 teaspoon (optional).
- Curry leaves: 1 sprig.
- Grated coconut: 2 tablespoons (optional).
- Oil: 1 tablespoon.
- Salt: To taste.
- Water: 1 cup.

Preparation and Dosage

To prepare Karisalankanni (Eclipta prostrata) curry, start by thoroughly washing the Karisalankanni leaves and chopping them finely. Heat 1 tablespoon of oil in a pan over medium heat and add mustard seeds and cumin seeds, allowing them to splutter. Once they pop, add minced garlic, ginger, and finely chopped onions. Sauté the mixture until the onions turn golden brown. Next, add slit green chilies and chopped tomatoes, cooking until the tomatoes soften and become mushy. Stir in turmeric powder, red chili powder (if using), and salt to enhance the flavors.

After the spices are well mixed, add the chopped Karisalankanni leaves to the pan and sauté them for 2-3 minutes until the leaves begin to wilt. Then, pour in 1 cup of water, cover the pan, and let the curry simmer for 10-12 minutes until the leaves are fully cooked and the mixture thickens. For added richness, you can optionally mix in 2 tablespoons of grated coconut towards the end of cooking, letting it blend in for another 2-3 minutes. Once the curry reaches the desired consistency, remove it from the heat. Serve this nutritious Karisalankanni curry hot with rice or rotis for a delicious and health-boosting meal.

Take once in week for optimal benefits

Precautions

Pregnancy and Breastfeeding: Consult a healthcare provider before use.

Blood Pressure: May lower blood pressure, so individuals with hypotension should use caution.

Allergic Reactions: Monitor for any signs of allergies, especially if using this plant for the first time.

Side Effects

Gastrointestinal Issues: In some cases, it may cause stomach discomfort or nausea.

Low Blood Pressure: Overuse may lead to lowered blood pressure in sensitive individuals.

CURCUMA LONGA (மஞ்சள்)

Common name: *Turmeric*



Description

Curcuma longa, commonly known as turmeric, is a perennial herb from the ginger family, Zingiberaceae. It is native to South Asia and is known for its vibrant yellow-orange rhizomes. Turmeric is widely used in cooking, medicine, and skincare due to its potent medicinal properties.

Medicinal Components

Curcumin: The main active compound, known for its powerful anti-inflammatory, antioxidant, and hepatoprotective effects.

Volatile oils: Including turmerone, which contributes to anti-inflammatory and antimicrobial properties.

Polysaccharides: Support immune modulation and overall health.

Traditional Uses

Liver health: Acts as a liver tonic and helps detoxify the liver.

Skin health: Applied topically to treat wounds, acne, and other skin conditions.

Digestive health: Aids in digestion and relieves bloating or indigestion.

Anti-inflammatory: Used for conditions like arthritis and joint pain.

Immune booster: Traditionally consumed to enhance immunity and prevent infections.

Curcuma longa (Turmeric) can be consumed in several ways to support liver health due to its hepatoprotective and detoxifying properties. Here are some methods to incorporate turmeric into your diet for liver benefits:

1. Turmeric Tea

Turmeric tea is a simple and effective way to consume Curcuma longa for liver health.

Ingredients

- 1 teaspoon turmeric powder or 1-inch fresh turmeric root (grated).
- 1 cup water.
- A pinch of black pepper (enhances curcumin absorption).
- Optional: honey or lemon for flavor.

Preparation

To prepare turmeric tea, begin by boiling 1 cup of water and adding either turmeric powder or fresh turmeric root to it. Let the mixture simmer for 5-10 minutes to allow the turmeric's beneficial compounds to infuse into the water. After simmering, add a pinch of black pepper to enhance the bioavailability of curcumin, the active ingredient in turmeric. Strain the tea to remove any solid particles, and if you wish, add honey or lemon to improve the flavor. You can drink this tea once or twice daily to enjoy its health benefits.

2. Turmeric Milk (Golden Milk)

This traditional drink is known for its anti-inflammatory properties and liver detox support.

Ingredients

- 1 cup milk (dairy or plant-based).
- 1/2 teaspoon turmeric powder.
- A pinch of black pepper.
- Optional: a small piece of cinnamon or ginger for added benefits.

Preparation

Warm the milk gently and add turmeric powder, a pinch of black pepper, and any optional spices like cinnamon or ginger for added flavor. Stir the mixture thoroughly and allow it to simmer for a few minutes to blend the ingredients. Once ready, drink this soothing turmeric milk before bed or once daily for its health benefits.

3. Turmeric in Cooking

Incorporating turmeric into your meals is an easy way to consume it regularly.

How to use

Add turmeric to curries, soups, or stir-fries. Use 1/2 to 1 teaspoon of turmeric powder per dish.

Precautions: Pregnancy: Large doses should be avoided during pregnancy.

Blood-thinning medications: Turmeric may increase the risk of bleeding when taken with anticoagulants.

Side Effects: Stomach upset or nausea in large doses. Risk of bleeding if consumed in excess with blood thinners. Gallbladder issues: Can worsen symptoms in individuals with gallstones.

CICHORIUM INTYBUS (காசினிக்கீரை)

Common name: *chicory*



Description

Cichorium intybus, commonly known as chicory, is a herbaceous perennial plant native to Europe and Asia. It is well-known for its bright blue flowers and is widely cultivated for its leaves, roots, and flowers. The plant has been used traditionally for its medicinal benefits, particularly for liver and digestive health.

Medicinal Components

Inulin (prebiotic fiber): Supports digestive health and improves gut flora.

Chicoric acid: Acts as an antioxidant and anti-inflammatory.

Lactucin & Lactucopicrin: Provide mild sedative and analgesic properties.

Prebiotic: Inulin helps improve digestion and supports the growth of beneficial gut bacteria.

Anti-inflammatory: It helps reduce inflammation in various health conditions.

Traditional Uses

Liver health: Hepatoprotective: Chicory has been traditionally used to cleanse and detoxify the liver.

Digestive aid: Helps with indigestion, constipation, and maintaining gut health.

Mild sedative: Promotes relaxation and improves sleep quality.

Anti-inflammatory: Used for conditions such as arthritis and skin inflammation.

Cichorium intybus (Chicory) can be consumed in several ways to support liver health due to its hepatoprotective and detoxifying properties. Here are some methods:

1. Chicory Root Tea

This is one of the most common ways to consume chicory for liver health.

Ingredients

- 1-2 teaspoons of dried chicory root or 1 tablespoon of fresh root.
- 1 cup of water.
- Optional: honey or lemon for flavor.

Preparation

To prepare chicory root tea, start by boiling 1 cup of water. Once the water reaches a rolling boil, add the dried or fresh chicory root. Allow the mixture to simmer for 5 to 10 minutes, enabling the beneficial compounds to infuse into the water. After simmering, strain the tea to remove the chicory root pieces. For added flavor, you may choose to add honey or lemon. Enjoy this tea once or twice daily to support liver detoxification and promote overall liver health.

2. In Cooking

Chicory leaves can also be used in salads or cooked dishes.

How to use

Add fresh chicory leaves to salads or sauté them lightly with other greens.

Precautions

Allergies: Individuals allergic to ragweed or related plants may experience allergic reactions to chicory.

Gallstones: May exacerbate symptoms, so consult a healthcare provider before use.

Pregnancy and breastfeeding: Consult with a doctor before use as large amounts may not be recommended.

Side Effects

Mild gastrointestinal discomfort in high doses.

Allergic reactions in sensitive individuals.

Diarrhea if consumed in excess due to its fiber content.

HERBAL TEA FOR RESPIRATORY DISORDERS

S. No	Common name	Scientific Name	Tamil Name	Page No
1	Nightshade	Solanum procumbens	தூதுவளை	71-72
2	Indian Borage	Coleus amboinicus	கற்பூரவல்லி	73-74
3	Yellow-berried Nightshade	Solanum virginianum	கண்டங்கத்திரி	75-76
4	Thumbai	Leucas aspera	தும்பை	77-78
5	Malabar Nut	Justicia adhatoda	ஆடாதொடை	79-80
6	Long Pepper	Piper longum	திப்பிலி	81-82
7	Fingerroot	Alpinia calcarata	சித்தரத்தை	83-84
8	Sweet Basil	Ocimum basilicum	திருநீற்றுப் பச்சிலை	85-86
9	Greater Galangal	Alpinia galanga	பேரரத்தை	87-88
10	Nirgundi	Vitex negundo L	வெள்ளை நொச்சி	88-90
11	Holy Basil	Ocimum tenuiflorum	துளசி	32
12	Black Pepper	Piper nigrum	மிளகு	91-92

Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	2 days
Kodo millet	-	வரகு	-	2 days
Foxtail millet	-	திணை	-	2 days
Barnyard millet	-	குதிரைவாலி	-	2 days
Browntop millet	-	சீமை திணை	-	2 days

Consuming Siruthanya grains along with herbal tea can maintain liver function. Follow this regimen: consume each type of Siruthanya grain once every two days, completing a cycle over 10 days. Combine this with the seven herbal teas mentioned above to effectively manage liver problems.

SOLANUM PROCUMBENS (தூதுவளை)

Common name: *Nightshade*



Description

Solanum procumbens is a small, herbaceous plant from the Solanaceae family. It is typically found in tropical and subtropical regions, often growing in open fields or disturbed areas. The plant has small, star-shaped flowers and bears small berries that change from green to yellow as they ripen.

Medicinal Components

Solanine: An alkaloid with anti-inflammatory and analgesic properties.

Flavonoids: Antioxidant compounds that may help reduce oxidative stress and inflammation.

Steroidal Saponins: These compounds may help in reducing inflammation and promoting healing.

Traditional Uses

Respiratory Conditions: Sometimes used in traditional remedies for coughs and respiratory congestion.

Anti-inflammatory: Used to reduce inflammation in skin conditions and joint pain.

Wound Healing: Applied topically for cuts, sores, and ulcers.

Fever Relief: Used in some cultures to reduce fever.

Herbal Tea Preparation

Ingredients

- 1 teaspoon dried Solanum procumbens leaves (use with caution).
- 1 cup boiling water.
- Honey or lemon (optional).

Preparation

Boil 1 cup of water and add the dried leaves of Solanum procumbens. Allow it to steep for 5-7 minutes. Strain the tea and add honey or lemon if desired. Drink once a day for its medicinal effects, ensuring caution in dosage.

Solanum procumbens (Thuthuvalai) Thuvaiyal Preparation

Ingredients

- 1 cup of fresh Solanum procumbens (Thuthuvalai) leaves, cleaned.
- 1 tablespoon of Indian sesame oil.
- 1 teaspoon of mustard seeds.
- 1 tablespoon of urad dal.
- 3-4 dried red chilies (adjust to taste).
- 1 small onion, chopped.
- 4 cloves of garlic.
- 1 small piece of tamarind.
- 2 tablespoons of grated coconut (optional).
- Salt to taste.
- 1/2 teaspoon of turmeric powder.
- 1/2 cup of water (to grind).

Preparation

To prepare Solanum procumbens (Thuthuvalai) thuvaiyal, first clean the Solanum procumbens leaves thoroughly and set them aside to drain. Heat a tablespoon of sesame oil in a pan and add mustard seeds, allowing them to splutter. Next, add urad dal and dried red chilies, sautéing them until the dal turns golden brown. Then, add the chopped onion and garlic, cooking until the onion becomes soft and translucent. Once the aromatics are ready, add the cleaned Solanum procumbens leaves and stir well, cooking until the leaves wilt and the raw smell disappears, which takes about 5-7 minutes. Afterward, add a small piece of tamarind and turmeric powder, along with grated coconut if desired. Sauté the mixture for another 2-3 minutes. Let the mixture cool slightly, and then transfer it to a blender. Add salt to taste and enough water to blend the ingredients into a smooth chutney consistency. The Solanum procumbens thuvaiyal is now ready to be served, making a nutritious and flavorful accompaniment to rice, idli, or dosa, especially beneficial for relieving respiratory conditions like coughs and colds.

Take once in week for optimal benefits

Precautions: Toxicity: Solanine is toxic in high doses. Prolonged use or excessive consumption can lead to solanine poisoning, which may cause nausea, vomiting, headaches, and digestive disturbances.

Pregnancy: Not recommended during pregnancy or breastfeeding due to the potential toxicity.

Allergic Reactions: Always check for allergic reactions before consuming the herb in any form

Side Effects: Potential for nausea, vomiting, diarrhea, and abdominal pain if consumed in excess. Long-term use may lead to toxicity and neurological symptoms.

COLEUS AMBOINICUS (கற்பூரவல்லி)

Common name: *Indian Borage*



Description

Coleus amboinicus, commonly known as Indian borage, is a succulent, aromatic herb belonging to the Lamiaceae family. It has thick, fleshy, and hairy leaves with a strong, pleasant aroma. The plant is widely grown in tropical regions and is often used in traditional medicine.

Medicinal Components

Carvacrol and Thymol: These are potent antimicrobial agents that help fight infections.

Rosmarinic Acid: Known for its anti-inflammatory and antioxidant properties.

Omega-6 Fatty Acids: Promote skin health and reduce inflammation.

Phenolic Compounds: Offer antioxidant benefits and enhance immune function.

Carvacrol and thymol present in *Coleus amboinicus* help in treating respiratory disorders, such as coughs and colds, due to their antimicrobial properties.

Traditional Uses

Respiratory Health: Used to alleviate coughs, colds, bronchitis, and asthma.

Digestive Aid: Consumed to relieve indigestion, flatulence, and stomach pain.

Skin Issues: The leaves are applied topically to treat burns, insect bites, and skin infections.

Fever Reduction: It has been traditionally used to lower fevers by making a decoction of the leaves.

Herbal Tea Preparation

Ingredients

- 5-6 fresh *Coleus amboinicus* leaves.
- 1 cup of water.
- 1 teaspoon honey (optional).
- A few drops of lemon (optional).

Preparation

Boil 1 cup of water and add the fresh *Coleus amboinicus* leaves. Let the mixture simmer for 5-10 minutes. Strain the tea and add honey or lemon to enhance the flavor if desired. Drink 1-2 cups daily, particularly to ease respiratory issues or aid digestion.

Dosage

Consume 3-4 fresh leaves in empty stomach.

Consume 1-2 cups of herbal tea per day.

For topical application, crush the leaves and apply directly to the affected skin area.

Precautions

Avoid excessive consumption, as it may cause digestive issues.

Pregnant and breastfeeding women should consult a healthcare provider before using this herb.

People with pre-existing allergies should perform a patch test before using it topically.

Side Effects

In large doses, it may cause nausea, vomiting, or diarrhea.

Allergic reactions like skin irritation may occur in sensitive individuals.



SOLANUM VIRGINIANUM (கண்டங்கத்திரி)

Common name: *Yellow-berried Nightshade*



Description

Solanum virginianum, also known as Yellow-berried Nightshade or Kantakari, is a perennial herb from the Solanaceae family. It has thorny stems and produces small, yellow berries. It is native to India and other tropical regions and is widely used in traditional Ayurvedic medicine.

Medicinal Components

Solasonine and Solamargine: Alkaloids with potent anti-inflammatory and antimicrobial properties.

Flavonoids: Antioxidants that help in reducing oxidative stress and promote overall health.

Saponins: Known for their expectorant and bronchodilator effects, making them useful in respiratory conditions.

Solasonine present in *Solanum virginianum* helps treat respiratory disorders like asthma and bronchitis by reducing inflammation and aiding expectoration.

Traditional Uses

Respiratory Health: Used in treating cough, asthma, bronchitis, and sore throat.

Digestive Issues: Helps relieve indigestion, colic, and stomach pain.

Fever: Traditionally used to reduce fevers and combat infections.

Skin Diseases: Applied topically for skin conditions like eczema, sores, and wounds.

Urinary Disorders: Used in treating urinary tract infections and promoting kidney health.

Herbal Tea Preparation

Ingredients

- 1-2 teaspoons of dried *Solanum virginianum* leaves or berries.
- 1 cup of water.
- Honey or lemon (optional).

Preparation

Boil 1 cup of water and add the dried leaves or berries of *Solanum virginianum*. Let it simmer for 5-10 minutes. Strain the tea and, if desired, add honey or lemon for taste. This tea is often consumed to alleviate respiratory issues like cough and bronchitis. Drink 1 cup of herbal tea 1-2 times daily, especially for respiratory conditions.

***Solanum virginianum* (Kantakari) Thuvaiyal Preparation**

Ingredients

- 1 cup *Solanum virginianum* leaves and berries (cleaned).
- 1 tablespoon oil (preferably sesame oil).
- 1 teaspoon mustard seeds.
- 1 tablespoon urad dal (black gram).
- 3-4 dried red chilies.
- 1 small onion (finely chopped).
- 3-4 garlic cloves (crushed).
- A small piece of tamarind.
- ¼ teaspoon turmeric powder.
- Salt to taste.
- ¼ cup grated coconut (optional).
- Few curry leaves (optional).
- ½ cup water (for grinding).

Preparation

To prepare *Solanum virginianum* (Kantakari) thuvaiyal, first clean the leaves and berries thoroughly. In a pan, heat a tablespoon of oil and add mustard seeds, allowing them to splutter. Then, add a tablespoon of urad dal and a few dried red chilies, sautéing until the dal turns golden brown. Next, add chopped garlic and onions, cooking until they become soft and translucent. After that, add the cleaned *Solanum virginianum* leaves and berries, sautéing until the leaves wilt and the berries soften. Add a small piece of tamarind and a pinch of turmeric powder, continuing to sauté for a few more minutes.

Allow the mixture to cool slightly, then transfer it to a blender. Add salt to taste, and optionally, a few curry leaves and some grated coconut for enhanced flavor. Blend everything into a smooth paste, adding a little water as needed to achieve the desired consistency. This Kantakari thuvaiyal can be served as a side dish with rice or flatbreads, offering a unique flavor and health benefits for respiratory and digestive ailments.

Precautions: Avoid use during pregnancy or breastfeeding without medical advice. Consult a healthcare provider before using it if you are on medication for chronic conditions. Overconsumption may lead to gastrointestinal discomfort.

Side Effects: Excessive consumption may cause nausea, vomiting, or digestive upset. May cause allergic reactions in sensitive individuals when used topically.

LEUCAS ASPERA (தும்பை)

Common name: *Thumbai*



Description

Leucas aspera, commonly known as Thumbai, is an herbaceous plant found widely in India. It belongs to the Lamiaceae family and grows in fields and grasslands. It has white flowers and is often recognized for its medicinal properties in traditional Indian systems of medicine.

Medicinal Components

Leucolactone: Exhibits antimicrobial and anti-inflammatory properties.

Flavonoids: Antioxidants that help reduce oxidative stress.

Tannins: Known for astringent and healing properties, especially in wound care.

Leucolactone in *Leucas aspera* contributes to its effectiveness in treating respiratory conditions like asthma and bronchitis by reducing inflammation and acting as an expectorant.

Traditional Uses

Respiratory Health: Used to treat cough, cold, bronchitis, and asthma.

Fever: Employed in traditional medicine to reduce fever and inflammation.

Skin Diseases: Applied to wounds, insect bites, and skin infections.

Antiseptic: Often used as a local antiseptic for cuts and abrasions.

Herbal Tea Preparation

Ingredients

- 1-2 teaspoons of dried *Leucas aspera* leaves or flowers.
- 1 cup of water.
- Honey or lemon (optional).

Preparation

Boil 1 cup of water and add the dried *Leucas aspera* leaves or flowers. Let it simmer for 5-10 minutes. Strain the tea, and if desired, add honey or lemon for taste. This tea is commonly used for respiratory issues and to soothe cold symptoms.

Dosage

Drink 1 cup of herbal tea 1-2 times daily, particularly for respiratory and fever-related conditions.

Precautions

Avoid use during pregnancy or breastfeeding unless advised by a healthcare provider.
Consult a healthcare provider before use if you have chronic conditions or are on medication.

Side Effects

Overconsumption may cause nausea or digestive discomfort.
In rare cases, skin irritation may occur when used topically on sensitive skin.



JUSTICIA ADHATODA (ஆடாதொடை)

Common name: *Malabar Nut*



Description

Justicia adhatoda, commonly known as Malabar Nut or Adulsa, is a perennial shrub native to Asia. It belongs to the Acanthaceae family and is known for its broad leaves and small, white, or purple flowers. The plant is widely used in traditional Indian and Ayurvedic medicine, especially for respiratory ailments.

Medicinal Components

Vasicine: An alkaloid with bronchodilator and expectorant properties, helps in clearing airways.

Vasicinone: Has anti-inflammatory and antitussive effects, aiding in cough relief.

Essential oils and flavonoids: Known for antimicrobial and antioxidant properties.

Vasicine and vasicinone in *Justicia adhatoda* make it highly effective in treating respiratory conditions like asthma, bronchitis, and chronic cough.

Traditional Uses

Respiratory Health: Used to treat cough, asthma, bronchitis, and other lung diseases by clearing mucus from airways.

Fever: Reduces fever due to its anti-inflammatory properties.

Antibacterial and Antiviral: Treats infections in the lungs, throat, and skin.

Antioxidant: Reduces oxidative stress and enhances immune function.

Herbal Tea Preparation

Ingredients

- 1-2 teaspoons of dried Justicia adhatoda leaves.
- 1 cup of water.
- Honey or lemon (optional).

Preparation

Boil 1 cup of water and add the dried Justicia adhatoda leaves. Let it simmer for 5-10 minutes. Strain the tea, and optionally, add honey or lemon for flavor. This tea is commonly consumed to relieve respiratory issues, especially cough and congestion.

Dosage

Drink 1 cup of herbal tea 1-2 times daily for respiratory relief.

Precautions

Avoid during pregnancy, as it may stimulate uterine contractions.

Should not be consumed for extended periods without consulting a healthcare provider.

Use with caution if you have chronic respiratory conditions.

Side Effects

Overconsumption may cause gastrointestinal disturbances such as nausea or vomiting.

Prolonged use may affect the liver, so use under medical supervision is recommended.



PIPER LONGUM (தூப்பிலி)

Common name: *Long Pepper*



Description

Piper longum, commonly known as Long Pepper or Indian Long Pepper, is a flowering vine from the Piperaceae family. It is native to India and Southeast Asia and is known for its fruit, which is used as a spice and in traditional medicine. The dried fruit has a pungent, spicy flavor like black pepper but slightly sweeter.

Medicinal Components

Piperine: An alkaloid with anti-inflammatory, antioxidant, and bio-enhancing properties. It helps increase the absorption of other drugs and nutrients.

Piperlongumine: Known for its anti-cancer, anti-inflammatory, and anti-microbial properties.

Essential Oils: Contribute to its antiseptic and digestive-stimulating effects.

Traditional Uses

Respiratory Health: Treats cough, bronchitis, asthma, and throat infections.

Digestive Aid: Improves digestion, treats indigestion, and stimulates appetite.

Immunity Booster: Strengthens the immune system and treats colds and fevers.

Pain Relief: Used for conditions like arthritis and muscular pain due to its anti-inflammatory effects.

Herbal Tea Preparation

Ingredients

- 1 teaspoon of dried Piper longum (crushed or powdered).
- 1 cup of water.
- Honey or lemon (optional).

Preparation

To prepare Piper longum tea for respiratory health, begin by heating 1 cup of water in a saucepan until it reaches a rolling boil. Once boiling, add the dried Piper longum to the water. Reduce the heat and let the mixture simmer for 5-7 minutes, allowing the active compounds in the Piper longum to infuse into the water. After simmering, strain the tea into a cup to remove any solid particles. For added flavor, you may optionally include honey or lemon to taste. This tea can be consumed once or twice daily to support respiratory health.

Additional Ways to Use Piper Longum for Respiratory Health With Honey and Ginger

Ingredients: 1 teaspoon of Piper longum, a small piece of fresh ginger, and 1 tablespoon of honey.
Preparation: Boil the Piper longum and ginger in water. Strain and mix with honey. This combination enhances the soothing effect and adds antimicrobial benefits.

In Combination with Other Herbs

Herb Mix: Combine Piper longum with herbs like Tulsi (Holy Basil) or Licorice root.
Preparation: Follow the same tea preparation steps, using a combination of these herbs to maximize respiratory benefits.

Dosage

Drink 1 cup of Piper longum tea once or twice daily.
It is best consumed in the morning and/or evening, especially during the flu season or when experiencing respiratory issues.

Precautions

Piper longum may interact with certain medications, including blood thinners and anticoagulants. Avoid during pregnancy and breastfeeding due to its uterine stimulant properties. Use in moderation, especially if you have a history of gastrointestinal issues.

Side Effects

Overconsumption can cause stomach irritation, nausea, or heartburn.
In rare cases, it may cause allergic reactions such as rashes or respiratory issues.

ALPINIA CALCARATA (சித்தரத்தை)

Common name: *Fingerroot*



Description

Alpinia calcarata, commonly known as Fingerroot or Chinese Ginger, is a tropical plant from the Zingiberaceae family, native to Southeast Asia. It is a rhizome plant with a spicy, aromatic flavor, similar to ginger, and is known for its finger-like roots.

Medicinal Components

Calcaratin: An active compound with anti-inflammatory and antioxidant properties.

Essential Oils: Contribute to its antimicrobial, analgesic, and digestive-stimulating effects.

Phenolic Compounds: Provide antioxidant benefits and support overall health.

Example

Calcaratin and essential oils in *Alpinia calcarata* help in reducing inflammation and pain, making it useful in treating conditions like respiratory problems, arthritis and digestive disorders.

Traditional Uses

Respiratory Health: Used to ease cough and respiratory congestion.

Digestive Health: Used to relieve indigestion, nausea, and stomach upset.

Anti-inflammatory: Helps reduce inflammation and pain, beneficial for arthritis and muscle pain.

Antimicrobial: Treats infections and supports immune health.

Herbal Tea Preparation

Ingredients

- 1-2 teaspoons of dried or fresh *Alpinia calcarata* rhizome (sliced or crushed).
- 1 cup of water.
- Honey or lemon (optional).

Preparation

Boil 1 cup of water and add the sliced or crushed *Alpinia calcarata* rhizome. Allow it to simmer for 5-10 minutes to extract the active compounds. Strain the tea into a cup and, if desired, add honey or lemon for flavor.

Dosage

Drink 1 cup of *Alpinia calcarata* tea 1-2 times daily to support digestive and anti-inflammatory health.

Precautions

Pregnancy and Breastfeeding: Consult a healthcare provider before use during pregnancy or breastfeeding.

Medication Interaction: May interact with blood-thinning medications; consult a healthcare provider if you are on such medications.

Stomach Irritation: Use with caution if you have a sensitive stomach or gastrointestinal issues

Side Effects

Gastrointestinal Discomfort: Overuse may cause stomach irritation, nausea, or diarrhea.

Allergic Reactions: In rare cases, it may cause allergic reactions such as rashes or itching.



OCIMUM BASILICUM (திருநீற்றுப் பச்சிலை)

Common name: *Sweet Basil*



Description

Ocimum basilicum, commonly known as sweet basil, is an aromatic herb native to tropical regions of Central Africa and Southeast Asia. It is widely cultivated for its flavorful leaves and essential oil.

Medicinal Components

Essential Oils: Contains eugenol, linalool, and citronellol, which have anti-inflammatory, antibacterial, and antioxidant properties.

Flavonoids: Includes compounds like apigenin and luteolin, which contribute to its anti-inflammatory and antioxidant effects.

Vitamins: Rich in vitamins A, C, and K, which support overall health and immune function.

Example

Culinary Use: Used in dishes like pesto and caprese salad.

Herbal Medicine: Used in traditional remedies to treat digestive issues and respiratory conditions.

Traditional Uses

Respiratory Health: Helps relieve symptoms of colds, coughs, and asthma.

Digestive Health: Used to alleviate indigestion, nausea, and stomach cramps.

Anti-inflammatory: Applied topically to reduce inflammation and skin irritations.

Herbal Tea Preparation

Ingredients

- 1-2 teaspoons dried or fresh *Ocimum basilicum* leaves.
- 1 cup boiling water.
- Honey or lemon (optional).

Preparation

To prepare herbal tea from *Ocimum basilicum* (sweet basil), start by boiling 1 cup of water in a saucepan until it reaches a rolling boil. Place 1-2 teaspoons of dried or fresh basil leaves into a cup. Pour the boiling water over the basil leaves, ensuring they are fully submerged. Cover the cup and let the basil steep for 5-7 minutes to allow the flavors and beneficial compounds to infuse into the water. After steeping, strain the tea to remove the leaves. For added flavor, you can mix in a bit of honey or a squeeze of lemon if desired. Enjoy this tea once or twice daily for digestive and respiratory support.

Dosage

Drink 1-2 cups of basil tea daily for digestive and respiratory support.

Precautions

Consult Healthcare Provider: Consult a healthcare provider before using basil for medicinal purposes, especially if pregnant, breastfeeding, or on medication.

Moderation: Excessive consumption may cause gastrointestinal discomfort.

Side Effects

Gastrointestinal Issues: High doses may cause nausea or stomach upset.

Allergic Reactions: In rare cases, some individuals may experience allergic reactions, such as rash or itching.



ALPINIA GALANGA (பேரரத்தை)

Common name: *Greater galangal*



Description

Alpinia galanga, commonly known as galangal or greater galangal, is a rhizome from the ginger family, native to Southeast Asia. It has a distinctive, spicy, and aromatic flavor that is often used in culinary dishes and traditional medicine.

Medicinal Components

Essential Oils: Contains eugenol, camphor, and 1,8-cineole, which provide anti-inflammatory, antimicrobial, and antioxidant effects.

Phenolic Compounds: Includes compounds like galangin and flavonoids that contribute to its health benefits.

Terpenoids: Provide additional antioxidant and anti-inflammatory properties.

Example

Culinary Use: Commonly used in Thai and Indonesian cuisine to add flavor to soups, curries, and spice pastes.

Traditional Medicine: Used in traditional remedies to treat respiratory illnesses, digestive issues and inflammation.

Traditional Uses

Digestive Health: Used to alleviate nausea, indigestion, and stomach cramps.

Anti-inflammatory: Helps reduce inflammation and pain, especially in arthritis and muscle pain.

Antimicrobial: Used to combat infections and support overall immune function.

Herbal Tea Preparation

Ingredients

- 1-2 teaspoons dried or fresh *Alpinia galanga* rhizome (sliced or crushed).
- 1 cup boiling water.
- Honey or lemon (optional).

Preparation

To prepare herbal tea from *Alpinia galanga* (galangal), start by heating 1 cup of water in a saucepan until it reaches a rolling boil. Place 1-2 teaspoons of dried or fresh galangal rhizome, sliced or crushed, into a cup. Pour the boiling water over the galangal, ensuring that it is fully immersed. Cover the cup and let the mixture steep for 5-10 minutes to allow the active compounds to infuse into the water. After steeping, strain the tea to remove any solid particles. For additional flavor, you can add honey or a squeeze of lemon if desired. Enjoy the tea once or twice daily to support digestive health and reduce inflammation.

Dosage

Drink 1 cup of galangal tea 1-2 times daily for optimal benefits.

Precautions

Consult Healthcare Provider: Consult a healthcare provider before using galangal for medicinal purposes, particularly if you are pregnant, breastfeeding, or on medication.
Moderation: Use in moderation to avoid potential gastrointestinal discomfort.

Side Effects

Gastrointestinal Issues: Excessive use may cause stomach upset or diarrhea.

Allergic Reactions: Rare cases of allergic reactions such as rash or itching may occur.



VITEX NEGUNDO L (வெள்ளை நொச்சி)

Common name: *Nirgundi*



Description

Vitex negundo, commonly known as Nirgundi or Five-leaved chaste tree, is a large aromatic shrub native to India and Southeast Asia. It has palmately compound leaves with five lance-shaped leaflets and purple flowers that bloom in clusters. The plant is widely used in traditional medicine for its various therapeutic properties.

Medicinal Components

Flavonoids (e.g., Casticin): Anti-inflammatory, antioxidant properties.

Iridoid Glycosides (e.g., Agnuside): Analgesic, anti-inflammatory, and antipyretic.

Essential Oils (e.g., Sabinene, Limonene): Antimicrobial, pain-relieving, and anti-inflammatory.

Triterpenoids: Anti-inflammatory, anti-allergic properties.

These compounds contribute to the plant's traditional use in managing inflammation, pain, respiratory issues, and skin disorders.

Traditional Uses

Respiratory Ailments: Nirgundi is used to treat asthma, chronic coughs, and bronchitis due to its anti-inflammatory and bronchodilator properties.

Pain and Inflammation: Traditionally applied as a paste or oil to alleviate joint pain, swelling, and muscle spasms.

Fever and Cold: Acts as a febrifuge to reduce fevers.

Menstrual Disorders: Used to regulate menstrual cycles and manage symptoms of dysmenorrhea.

Skin Issues: Applied externally for wounds, ulcers, and eczema due to its antimicrobial properties.

1. Herbal Tea Preparation

Ingredients

- 1 teaspoon dried Vitex negundo leaves or 4-5 fresh leaves.
- 1 cup of water.
- Honey (optional).
- Lemon (optional).

Preparation

To prepare Vitex negundo tea for respiratory relief, start by boiling 1 cup of water in a saucepan. Once the water reaches a boil, add dried or fresh Vitex negundo leaves. Lower the heat and allow the mixture to simmer for 5-10 minutes, ensuring the beneficial properties of the leaves infuse into the water. After simmering, strain the tea into a cup. You can add honey or lemon for additional flavor and benefits, if desired. This tea can be consumed once or twice daily to help alleviate respiratory symptoms like cough or congestion.

Dosage

Drink this tea once daily to relieve respiratory symptoms.

2. Steam Inhalation

For nasal congestion or bronchitis, you can use Vitex negundo leaves for steam inhalation.

To use Vitex negundo steam for respiratory relief, start by boiling a pot of water. Once the water begins to boil, add 10-12 fresh Vitex negundo leaves. Allow the leaves to release their essence into the steam. Carefully lean over the pot while covering your head with a towel to trap the steam. Inhale deeply for 5-10 minutes, ensuring the steam enters your respiratory passages. This method is effective in clearing nasal congestion and easing breathing difficulties associated with respiratory ailments.

Precautions

Pregnancy and Lactation: Avoid use during pregnancy and breastfeeding unless recommended by a healthcare provider.

Skin Irritation: Some individuals may experience skin irritation when using Vitex negundo topically.

Allergic Reactions: Rare, but those allergic to plants in the Verbenaceae family should avoid its use.

Side Effects

Generally safe when consumed in moderate amounts, but excessive use may lead to mild gastrointestinal issues such as nausea or upset stomach.

PIPER NIGRUM (மிளகு)

Common name: *Black pepper*



Description

Piper nigrum, commonly known as black pepper, is a flowering vine cultivated for its fruit, which is dried and used as a spice and seasoning. The fruits, known as peppercorns, are black when dried and have a sharp, pungent taste.

Medicinal Components

Piperine: The key alkaloid responsible for black pepper's pungency, with anti-inflammatory, antioxidant, and bioavailability-enhancing properties.

Essential Oils: Contain compounds like limonene and pinene that have antimicrobial and digestive properties.

Chavicine: Enhances digestive health by stimulating gastric secretions, aiding in digestion and metabolism

Pinene: Helps in alleviating respiratory issues like asthma and congestion

Sabinene: Helps fight infections and supports immune health, often used in skin care for its anti-inflammatory benefits.

Traditional Uses

Respiratory Relief: Used in remedies for cough, cold, and congestion.

Digestive Health: Enhances digestion by stimulating digestive enzymes.

Anti-inflammatory: Helps reduce inflammation in joints and muscles.

1. Black Pepper Tea

Ingredients

- 1/2 teaspoon freshly ground black pepper.
- 1 teaspoon honey.
- 1 cup hot water.
- A pinch of turmeric (optional).

Preparation

To prepare a soothing black pepper tea for respiratory relief, start by adding freshly ground black pepper to a cup of hot water. Stir in a teaspoon of honey to enhance the flavor and provide a soothing effect on the throat. For additional anti-inflammatory benefits, you can also add a pinch of turmeric. Allow the mixture to steep for a few minutes, ensuring that the pepper releases its beneficial compounds into the water. After steeping, strain the tea and drink it while warm. It is recommended to consume this tea 1-2 times a day, particularly when experiencing congestion or a cough, to help clear the airways and ease respiratory discomfort.

2. Steam Inhalation

To prepare black pepper steam for inhalation, begin by boiling water and adding a few pinches of black pepper powder to it. The heat helps release the active compounds from the black pepper, making the steam beneficial for respiratory health. Once the water is boiling and infused with the pepper, carefully inhale the steam by covering your head with a towel to trap the vapor. This method can help relieve nasal congestion and open up the respiratory pathways, making breathing easier. It is recommended to use this steam inhalation once daily during respiratory distress for effective relief from nasal congestion.

3. Pepper with Ginger and Tulsi Tea

Ingredients

- 1/2 teaspoon black pepper powder.
- 1-inch ginger (grated).
- 5-6 fresh Tulsi (holy basil) leaves.
- 1 cup water.

Preparation

To prepare this remedy, begin by boiling water with fresh ginger slices and a few Tulsi (holy basil) leaves. Once the water is boiling, add a pinch of black pepper powder and let the mixture simmer for a few minutes to allow the ingredients to release their medicinal properties. After simmering, strain the liquid and drink it warm. This soothing blend helps to relieve respiratory inflammation and calm cough symptoms. It is recommended to consume this herbal tea 1-2 times a day for the best results.

Precautions: Excessive intake may cause gastrointestinal irritation or burning sensations. People with peptic ulcers or acid reflux should use black pepper cautiously.

Side Effects: In large doses, black pepper can cause stomach discomfort or allergic reactions. May interfere with certain medications by altering their absorption.

HERBAL TEA FOR SKIN HEALTH

S. No	Common name	Scientific Name	Tamil Name	Page No
1	Aloe Vera	Aloe barbadensis miller	சோற்றுக்கற்றாழை	94-95
2	Indian Acalypha	Acalypha indica	குப்பைமேனி	96-97
3	Roselle	Hibiscus sabdariffa	செம்புளிச்சை	98-99
4	Indian Tulip Tree	Centella asiatica	வல்லாரை	100-101
5	Indian Tulip Tree	Thespesia populnea	பூவரசு	102-103
6	Spearmint	Mentha spicata	புதினா	49

Common Preparation of Kashayas -take leaves, add 200 ml of water and then boil it for 4 minutes, filter it and drink. If required, you can add Palm Jaggery.

SIRUTHANYA TREATMENT

Little millet	-	சாமை	-	2 days
Kodo millet	-	வரகு	-	2 days
Foxtail millet	-	திணை	-	2 days
Barnyard millet	-	குதிரைவாலி	-	2 days
Browntop millet	-	சீமை திணை	-	2 days

Consuming Siruthanya grains along with herbal tea can maintain good skin health. Follow this regimen: consume each type of Siruthanya grain once every two days, completing a cycle over 10 days. Combine this with the seven herbal teas mentioned above to effectively manage skin problems.

ALOE BARBADENSIS MILLER (சோற்றுக்கற்றாழை)

Common name: *Aloe Vera*



Description

Aloe vera is a succulent plant with fleshy, spiky leaves containing a clear gel. It is widely used in herbal medicine and skincare due to its healing, soothing, and hydrating properties.

Medicinal Components

Aloin: A compound found in the latex of aloe vera, known for its laxative properties.

Polysaccharides: Help in skin repair, moisturizing, and anti-inflammatory actions.

Vitamins (A, C, E): Powerful antioxidants that protect the skin and body from free radical damage.

Salicylic Acid: Provides anti-inflammatory and antibacterial properties, which help in acne treatment.

Enzymes: Aid in breaking down dead skin cells and healing wounds.

Example

Aloe vera is commonly applied to sunburns or minor wounds to soothe inflammation and promote healing.

Traditional Uses

Skin Health: Treats burns, wounds, and cuts. Also used for acne and moisturizing dry skin.

Digestive Health: Aloe vera juice is taken to soothe the digestive tract and relieve constipation.

Immune Booster: Known for its antioxidant properties that support overall health.

Anti-inflammatory: Used to reduce inflammation in conditions like arthritis.

Aloe vera juice Preparation

Ingredients

- 1 aloe vera leaf.
- 1 cup water.
- 1 teaspoon honey (optional).
- A squeeze of lemon (optional).

Preparation

To consume aloe vera for skin health, start by cutting an aloe vera leaf and slicing it open to scoop out the clear gel inside. Take 1 tablespoon of this fresh aloe vera gel and blend it with 1 cup of water. For added flavor, you can mix in a teaspoon of honey or a squeeze of lemon. Once blended, drink this mixture once daily to promote skin health from the inside. Regular consumption helps improve hydration, reduces inflammation, and supports your immune system, all of which contributes to healthier skin.

Dosage

Drink this juice once daily to relieve skin problems.

Externally: Topical Application

To use aloe vera topically for skin health, start by cutting a fresh aloe vera leaf and carefully extracting the clear gel inside. Apply this gel directly to the affected areas of your skin, such as acne spots, burns, or dry patches. Let the gel sit for about 15-20 minutes to allow its soothing and healing properties to take effect. Afterward, rinse your skin with water to remove the gel. For best results, repeat this process once or twice daily to help calm irritation and promote faster skin healing. Aloe vera's natural anti-inflammatory and moisturizing properties make it an excellent remedy for various skin issues.

Precautions

Overconsumption of aloe vera latex can cause cramping or diarrhea.

People with sensitive skin should perform a patch test before applying aloe vera topically.

Avoid during pregnancy and breastfeeding without consulting a healthcare professional.

Side Effects

Oral use: Aloe vera latex can cause digestive issues, such as stomach cramps and diarrhea if consumed in large amounts.

Topical use: In rare cases, aloe vera may cause skin irritation or allergic reactions.

ACALYPHA INDICA (குப்பைமேனி)

Common name: *Indian Acalypha*



Description

Acalypha indica, commonly known as Indian Acalypha or Three-seeded Mercury, is a perennial herb native to tropical regions of Asia and Africa. It has broad, green leaves and small, inconspicuous flowers. The plant is recognized for its medicinal properties and is often found in traditional medicine systems.

Medicinal Components

***Acalypha indica* contains several bioactive compounds, including**

Alkaloids: Known for their anti-inflammatory and analgesic properties.

Flavonoids: Offer antioxidant and anti-inflammatory effects.

Saponins: Have potential antimicrobial and anti-inflammatory effects.

Traditional Uses

Skin Health: Employed in treating skin conditions like eczema and wounds.

Digestive Health: Used as a remedy for digestive disorders like dysentery and diarrhea.

Respiratory Health: Applied in treating respiratory issues such as asthma and coughs.

Fever: Utilized in managing fever and related symptoms.

Herbal tea Preparation

Ingredients

- 1 tablespoon dried *Acalypha indica* leaves.
- 1 cup water.
- Honey or lemon (optional).

Preparation

Boil 1 cup of water and add the dried *Acalypha indica* leaves. Reduce the heat and let it simmer for 5-10 minutes. Strain the tea into a cup and, if desired, add honey or lemon for taste. Drink the tea once or twice daily to support digestive and respiratory health.

Dosage

Tea: 1 cup, 1-2 times daily.

Topical Use: Fresh leaves can be crushed and applied directly to the affected skin areas.

Precautions

Pregnancy: Consult a healthcare provider before use during pregnancy.

Allergies: Be cautious if you have known allergies to plants in the Euphorbiaceae family.

Interactions: May interact with certain medications; consult with a healthcare provider if you are on medication.

Side Effects

Gastrointestinal: High doses may cause gastrointestinal discomfort.

Allergic Reactions: Some individuals may experience allergic reactions or skin irritation.



HIBISCUS SABDARIFFA (செம்புளிச்சை)

Common name: *Roselle*



Description

Hibiscus sabdariffa, commonly known as Roselle, is a tropical plant renowned for its vibrant red flowers and edible calyces. The plant is cultivated for both ornamental and medicinal purposes and is popular in various herbal teas and culinary dishes.

Medicinal Components

Anthocyanins: Provide antioxidant properties, help reduce oxidative stress.

Vitamin C: Supports the immune system and enhances skin health.

Organic Acids: Includes citric acid and malic acid, which aid digestion and contribute to its tart flavor.

Flavonoids: Offer anti-inflammatory and antioxidant benefits.

Traditional Uses

Blood Pressure: Used to help lower high blood pressure.

Digestive Health: Helps with digestive issues such as constipation and indigestion.

Diuretic: Acts as a mild diuretic, promoting urinary tract health.

Skin Health: Applied topically to soothe skin irritations and promote healthy skin.

Herbal tea Preparation

Ingredients

- 1-2 tablespoons dried hibiscus calyces (or 1-2 hibiscus tea bags).
- 1 cup water.
- Honey or lemon (optional).

Preparation

Boil 1 cup of water and add the dried hibiscus calyces. Allow it to simmer for about 5-7 minutes. Strain the tea into a cup. For added flavor, you may add honey or lemon if desired. Drink this tea 1-2 times daily to support overall health and benefit from its various properties.

Hibiscus Sabdariffa Curry Preparation

- 1 cup fresh or dried Hibiscus sabdariffa calyces.
- 2 tablespoons oil (e.g., vegetable or coconut oil).
- 1 medium onion finely chopped.
- 2-3 cloves garlic, minced.
- 1-inch piece of ginger, minced.
- 2 green chilies, slit (adjust to taste).
- 2 medium tomatoes, chopped.
- 1 teaspoon turmeric powder.
- 1 teaspoon cumin seeds.
- 1 teaspoon coriander powder.
- 1/2 teaspoon red chili powder (optional, adjust to taste).
- 1/2 teaspoon garam masala (optional).
- Salt to taste.
- 1 cup water.
- Fresh cilantro leaves for garnish (optional).

Preparation

To prepare Hibiscus sabdariffa curry, start by preparing the hibiscus calyces. If using dried calyces, soak them in water for about 30 minutes to rehydrate. For fresh calyces, wash them thoroughly and remove any tough stems. Heat 2 tablespoons of oil in a pan over medium heat and add 1 teaspoon of cumin seeds, letting them splutter. Add one medium, finely chopped onion and sauté until golden brown. Then, stir in 2-3 minced garlic cloves, 1-inch minced ginger piece, and 2 slit green chilies, cooking for an additional minute until fragrant.

Add 2 chopped tomatoes to the pan along with 1 teaspoon of turmeric powder, 1 teaspoon of coriander powder, and ½ teaspoon of red chili powder (if using). Cook this mixture until the tomatoes become soft and the oil starts to separate from the spices. Next, incorporate the prepared hibiscus calyces into the pan, stirring well to combine with the spice mixture. Pour in 1 cup of water and add salt to taste. Stir everything together, cover the pan, and let it simmer for 15-20 minutes, or until the hibiscus calyces are tender and the curry has reached your desired consistency.

Optionally, add ½ teaspoon of garam masala towards the end of cooking for extra flavor, stirring well and letting it cook for another 2 minutes. Garnish with fresh cilantro leaves if desired. Serve the hibiscus curry hot with rice, roti, or your choice of side dishes. This aromatic and flavorful curry showcases the unique taste of hibiscus calyces and makes for a nutritious and satisfying meal.

Precautions

Pregnancy: Consult a healthcare provider before use during pregnancy, as it may stimulate uterine contractions.

Low Blood Pressure: Be cautious if you have low blood pressure as hibiscus may lower blood pressure further.

Medication Interactions: May interact with antihypertensive and antidiabetic medications; consult with a healthcare provider if on medication.

Side Effects

Gastrointestinal: May cause stomach upset or nausea in some individuals.

Allergic Reactions: Rare but possible; may include rash or itching.

Blood Pressure: Excessive consumption may lead to a significant drop in blood pressure.

CENTELLA ASIATICA (வல்லாரைக் கீரை)

Common name: *Indian pennywort*



Description

Centella asiatica, commonly known as Gotu Kola, is a perennial herb native to wetlands in Asia. It is known for its small, rounded leaves and creeping growth habit. The plant is widely used in traditional medicine and is recognized for its significant therapeutic benefits.

Medicinal Components

Triterpenes: Such asiaticoside and madecassoside, known for their wound-healing and anti-inflammatory properties.

Flavonoids: Including quercetin and kaempferol, which have antioxidant effects.

Saponins: Provide antimicrobial and immune-boosting benefits.

Volatile Oils: Contribute to its anti-inflammatory and antimicrobial properties.

Example: *Centella asiatica* is commonly used in traditional medicine for promoting wound healing and improving skin health.

Traditional Uses

Skin Health: Applied to treat skin conditions like eczema and psoriasis due to its anti-inflammatory properties.

Wound Healing: Used topically to promote wound healing and reduce scarring.

Cognitive Health: Enhances memory and cognitive function, often used in traditional practices for mental clarity.

Circulatory Health: Used to improve blood circulation and treat varicose veins.

Herbal tea Preparation

Ingredients

- 1-2 tablespoons of dried Centella asiatica leaves (or a handful of fresh leaves).
- 1 cup water.
- 1 teaspoon honey (optional).
- A squeeze of lemon (optional).

Preparation

To prepare Centella asiatica herbal tea, start by boiling 1 cup of water in a saucepan or kettle. Once the water reaches a rolling boil, add 1-2 tablespoons of dried Centella asiatica leaves, or a handful of fresh leaves, into the boiling water. Reduce the heat and let the leaves simmer for 5-10 minutes, allowing the beneficial compounds to infuse into the water thoroughly. After simmering, strain the tea into a cup to remove the leaves. For added flavor, you can mix in a teaspoon of honey or a squeeze of lemon if desired. Enjoy the tea while it's warm, and you can drink it once or twice daily based on your preference and health needs.

Dosage

Drink 1 cup of tea once or twice daily for optimal benefits.

Precautions

Pregnancy: Consult a healthcare provider before use during pregnancy as safety data is limited.

Allergies: Individuals with known allergies to the plant should avoid use.

Blood Pressure: May have hypotensive effects, so monitor blood pressure if taking antihypertensive medications.

Side Effects

Digestive Issues: High doses may cause gastrointestinal discomfort, including nausea or upset stomach.

Headaches: Some individuals may experience headaches or dizziness with excessive consumption.



THESPESIA POPULNEA (பூவரசு)

Common name: *Indian Tulip Tree*



Description

Thespesia populnea is a medium-sized tree with heart-shaped leaves and yellow flowers that turn reddish as they age. It has been used traditionally for various medicinal purposes, particularly for skin diseases and inflammation.

Medicinal Components

Gossypol – Exhibits antiviral and antibacterial properties.

Flavonoids – Act as antioxidants, reducing oxidative stress. Flavonoids present in the plant are known to help in treating inflammation and healing skin conditions like eczema and dermatitis.

Saponins – Have anti-inflammatory and antimicrobial properties.

Tannins – Astringent, promoting healing of wounds and skin conditions.

Traditional Uses

Used in the treatment of skin diseases like eczema and ulcers.

The bark and leaves are used to relieve inflammation and promote wound healing.

It is also used traditionally for liver disorders, digestive problems, and as a remedy for respiratory issues.

1. Herbal tea Preparation

Ingredients

- 1-2 teaspoons of dried *Thespesia populnea* bark or leaves.
- 1 cup of water.
- Honey or lemon (optional).

Preparation

Boil 1 cup of water and add 1-2 teaspoons of dried *Thespesia populnea* bark or leaves. Let it simmer for about 10 minutes. Strain the tea and add honey or lemon for flavor if desired. Consume warm.

Dosage

Drink 1 cup of the tea once daily.

2. Topical Paste Application

Ingredients

- Fresh or dried *Thespesia populnea* bark or leaves.
- Water or coconut oil (for making a paste).

Preparation and Use

To use *Thespesia populnea* for skin conditions, start by crushing fresh leaves or bark, or grinding dried ones into a fine powder. Once prepared, mix the paste with water or coconut oil until it forms a smooth consistency. Apply the paste directly to the affected area of the skin once or twice a day. Leave it on for 30 minutes to an hour to allow the healing properties to take effect, then rinse off with lukewarm water. This method helps soothe and heal skin issues like eczema, ulcers, and rashes.

3. *Thespesia populnea* Oil

Preparation

Prepare a herbal oil by soaking dried bark or leaves in coconut or sesame oil for a few days, or by heating the mixture on low heat for a few hours. Strain the oil and store it in a clean container.

Application

Apply the oil gently on the affected skin areas, massaging it in a circular motion. Leave it on for a few hours or overnight before washing it off with mild soap and water.

Precautions

Avoid pregnancy or lactation without medical consultation.

Not recommended for children unless prescribed by a healthcare provider.

Side Effects

Excessive consumption may cause gastrointestinal disturbances.

Potential allergic reactions in sensitive individuals.

MILLETS

“TAKE LIFESAVING SIRUTHANYAS (MILLETS) WITH KASAYA (HERBAL TEA) AND LEAD A HEALTHY LIFESTYLE”

MILLET

Foxtail millet

Foxtail millet is a magical or miracle grain having a sweet or bitter taste, a light yellow-brown colour, 8% fibre, 12% protein, and rich in antioxidants. In India, it is widely grown in Andhra Pradesh, Karnataka, Maharashtra, and Tamil Nadu. It is a good food for diabetic patients. It also reduces the cholesterol content in the body. Foxtail millet is rich in calcium, fibre, iron, manganese, magnesium, phosphorus, protein, and vitamins; therefore, they are good for children, old people, and pregnant women. As it is rich in fibre, this is the right grain to get rid of constipation. Foxtail millet has the capacity to drive away seizures, weakness of the nerves during severe fever, and post-complications. As it is rich in proteins and iron, it is a good medicine for anaemia. It acts as a remedy for stomachaches, burning sensations while urinating, diarrhoea, and lack of hunger. As there is a lot of fibre, it gets rid of constipation. Eating foxtail millet is good for girls who suffer from heart ailments, anaemia, obesity, arthritis, bleeding, and burns. Foxtail millet is a base food for lung cancer; it especially cleans the lungs. This is good food for getting rid of convulsions. Foxtail millet is also useful to management of some skin diseases, mouth cancer, abdominal cancer, Parkinson's disease, and asthma, along with Kodo millet.



Little Millet

Little Millet is sweet in taste. It helps in overcoming the problems of ovaries, sperm, PCOD and infertility. It helps in curing the diseases of the reproductive systems in both males and females. This acts as medicine, if one gets burning sensation in the chest after taking food or gets sour belching or feels tightening of the stomach due to gastric problem etc. This is good for those suffering from sexually transmitted diseases, diarrhea and indigestion and to improve the sperm count in men and to solve the problems of periods in women. Because of the high fiber content, it is also good for those who suffer from constipation. This provides relief to those who suffer from migraine. This is a nutritious food for those who suffer from heart problems, obesity and joint pains. They also aid in cleaning up lymph nodal system and in the control of cancer of brain, throat, blood, thyroid and pancreas.



Kodo millet

Kodo millet is sweet, bitter and acrid in taste. It helps in purifying blood, improving resistance power and overcoming anemia and diabetes, constipation and good for sound sleep. It helps in efficient functioning of bone marrow and to get rid of asthma and kidney problems and problems related to prostate, blood cancer and cancers of intestine, thyroid, throat, pancreas or liver. It has high nutritious value and therefore it is a good food for the children. There are plenty of vitamins and minerals in it. This is good for digestion. It has high antioxidant activity. It keeps sugar and cholesterol levels in blood in check. They provide good energy to those who participate in sprinting. If you take these along with other lentils like Bengal gram or cowpea then we get sufficient nutrients that are required for our body. As there is high fiber content it is good for weight reduction. This is a good food to get relief from the pains caused by long-term diseases and to reduce swelling. Kodo millet is good food for the swelling of joints and for women, who suffer from irregular periods, diabetic patients and those who have weak eye nerves. The flour of Kodo millet is used to smear on swellings. It is also helpful for those diabetic patients who develop gangrene after getting injured on their legs. They are also helpful for the recovery of patients who have suffered from dengue, typhoid or viral fevers and became weak.



Barnyard millet

Barnyard millet is sweet in taste. This is good for the thyroid and pancreas. It helps in getting rid of diabetes and constipation as there is lots of fiber in this millet and in cleaning up liver, kidney, gallbladder and good for endocrinal glands. It also helps in reducing jaundice and help in strengthening liver. It beneficial in management of various types of Cancer and Jaundice. The food prepared with this millet gives strength and is easily digestible. Therefore, in North India this is used during religious fasting. In Uttarakhand and Nepal pregnant women and neonatal women are given food made of barnyard millet as this is rich in iron. They believe that anemia is reduced in neonatal women, and they will have plenty of breast milk. This food maintains body temperature. It improves the resistance capacity of the body. This is very good food for those who work for long hours in stationary positions without much physical labor. The food made of this millet protects us from ulcer-formation in small intestine and the cancer of large intestine liver and spleen



Browntop millet

Browntop millet is one of the traditional crops. These grains must be soaked in water for 6 to 8 hours before cooking. This is useful for the treating problems of ovaries, stomach, arthritis, Blood pressure, thyroid, eye problems and obesity. Likewise, they are also useful to treat Fissures, ulcers, piles, fistula and cancer of brain, blood, breast, bones, stomach, intestine and skin.



FERMENTED MILLET PORRIDGE PREPARATION STEPS

Fermented Millet Porridge is a traditional and nutritious food made from millet grains that have undergone a fermentation process.

Ingredients

- 1 cup millet (foxtail, pearl, finger, or any variety).
- 4-5 cups water.
- Salt to taste.
- Buttermilk (optional).
- Spices (optional).

To prepare Fermented Millet Porridge, begin by thoroughly rinsing 1 cup of millet (such as foxtail, pearl, or finger millet) under running water to remove any impurities. After cleaning, soak the millet in water for about 6-8 hours or overnight to soften the grains and initiate a light fermentation. Once soaked, drain the water and cook the millet in 4-5 cups of fresh water over medium heat. Stir occasionally to prevent sticking and allow it to cook until the millet becomes soft and mushy.

After the millet is cooked, let it cool down slightly before transferring it to a clean container. Cover the container and leave it at room temperature for 8-12 hours to naturally ferment. The warm ambient temperature will speed up the fermentation process. After fermentation, the porridge is ready to eat. You can enhance its flavor by adding a bit of salt, buttermilk, or even some spices such as cumin powder or curry leaves, depending on your preference.

If desired, gently reheat the porridge before serving, adjusting the consistency by adding water or buttermilk. Serve the fermented millet porridge warm or cold, depending on your liking, making it a perfect breakfast or a light, nutritious meal.

Advantages of Fermented Millet Porridge

Improved Digestion

Fermentation enhances the digestibility of millet by breaking down complex compounds, making it easier on the stomach.

Rich in Probiotics

The fermentation process promotes the growth of beneficial bacteria (probiotics), which support gut health and improve digestion.

Nutrient Absorption

Fermentation reduces antinutrients (like phytates) present in millet, improving the absorption of minerals like iron, calcium, and magnesium.

Low Glycemic Index

Millet has a low glycemic index, making the porridge a good choice for diabetics as it releases glucose slowly into the bloodstream.

Rich in Fiber

Millet is high in dietary fiber, which aids in digestion, helps manage weight, and prevents constipation.

Gluten-Free

Millet is naturally gluten-free, making the porridge a good option for people with gluten intolerance or celiac disease.

Boosts Immunity

The beneficial bacteria from the fermentation process may help boost the immune system by promoting gut health.

Cooling Effect

Fermented millet porridge is considered a cooling food, especially beneficial in hot climates for keeping the body hydrated and maintaining body temperature.

This traditional dish is not only healthy but also helps maintain gut health and promotes sustainable eating habits.



FOLLOW THE DAILY ROUTINE LIFESTYLE PRACTICE

- Wake up before sunrise
- Start the day by drinking water to rehydrate after sleep and boost metabolism
- Brush your teeth with activated charcoal powder. Sometimes, use a Neem stem for brushing.
- After morning rituals, watch the sunrise (orange sun) for 10 minutes, then meditate in the sunlight for another 10 minutes.
- Walk for at least 75 minutes daily or 3 km. Spend time outdoors for fresh air, sunlight, and a connection with nature.
- Use normal or warm water for bathing, avoid hot water.
- Prepare herbal tea (Kashaya), drink it warm. If needed, add palm jaggery.
- Eat a nutritious breakfast rich in fiber, protein, and healthy fats.
- Completely stop consuming paddy rice, wheat, non-veg, Maida, tea, coffee, sugar, animal-based milk, refined oils, and dry fruits.
- At 40 years of age, two meals a day are ideal.
- If possible, take a 30-45 minute walk in the evening and watch the sunset (orange sun) for 10 minutes.
- Spend time with nature, among plants/trees, daily. Encourage children to do the same.
- Drink the same Kashaya in the evening and have dinner 30 minutes later. Sleep 5-6 hrs after dinner.
- Reduce exposure to screens, especially before bedtime, to protect eye health and improve sleep quality.
- Maintain a consistent sleep schedule with 7-8 hours of sleep and avoid heavy meals or caffeine before bedtime.
- Make your bedroom as dark as possible at night. If using a fan or AC, keep a bucket of water in the room to maintain moisture. Avoid electronic gadgets in the sleeping area.
- End the day by reflecting on things you are grateful for to promote positivity and mental well-being.

LIST OF ADVISABLE AND AVOIDABLE FOODS

Foods	Advisable foods	Avoidable foods	Reason for avoidable foods
Grains	All positive millets - Foxtail millets, Little Millet, Kodo millet, Barnyard millets, Browntop millet.	All kinds of Rice varieties, wheat varieties, Soya beans, sweet corn.	High Glycemic Index, Low Nutritional Value, Linked to Obesity, Gluten Content, GMO's.
Vegetables	All types of locally grown organic vegetables and leafy vegetables.	Imported vegetables, and all Genetically Modified vegetable varieties	Nutrient Depletion, Pesticide Residues, Preservatives and Chemicals, Antibiotic Resistance, Cross-Pollination etc.
Fruits, Dry fruits	All seasonal, locally grown fruits like Papaya, Guava, Mango, Banana, Custard apple, Black plum, Chikoo, Passion fruit etc.	Fruits those are grown in non-seasons and in artificial environments (hydroponics etc), Dry fruits, Dates, all Imported fruits.	Nutrient Deficiency, Pesticide Residues, processed Dry fruits, Dates-excess sugar and calorie intake
Oils	Sesame, Safflower, Niger seed, Ground nut, Mustard, Coconut oils made with Bull driven Ghana's.	All Machine processed oils and Refined oils.	Loss of Nutrients, Harmful Chemicals, Trans Fats Formation, Artificial Additives, Unnatural Taste
Snacks	All Snacks which are made with millets, coconut laddu, palm jaggery laddu, peanut laddu made with palm jaggery, Sprouts etc.	All Bakery items, chocolates, Noodles, processed foods, Ice-creams, Foods which are prepared with Maida, Semolina, vermicelli etc.	High Sugar Content, Artificial Additives, Refined Carbohydrate, High Sodium, Unhealthy Fats, Over-Processing
Drinks	Coconut water, Milk which is prepared from Finger millet, sesame, Ground nut and buttermilk from all plant-based milk curd, desi cow curd etc.	Cool drinks, all health drinks like Horlicks, PediaSure etc.	High Sugar Content, Artificial Additives, Excessive Calories, Nutrient Imbalance etc.
Ghee	Ghee which is prepared from Desi cow curd.	All types of Ghee which are sold in market	Processing Methods, Artificial Additives, Lack of Authenticity, Preservatives
Salt	Use Sea salt for normal cooking, for special cooking use Rock salt and Black salt	All Industrial salts, Iodized salts and free flowing salt	Processing Chemicals, Lack of Trace Minerals, High Sodium Content, Synthetic Iodine, Additives
Sweeteners	Palm jaggery - Toddy palm jaggery, Fish tail palm jaggery, Silver date palm jaggery, Coconut palm jaggery.	Sugar cane jaggery (Even Organic), Sugar, Honey which is sold in Market, All artificial sweeteners.	High Glycemic Index, Processing, Contaminants, health risks

GLOSSARY

Acidity- A condition where there is excessive acid in the stomach, often leading to heartburn.

Acne- A common skin condition involving clogged pores, pimples, and inflammation.

Analgesic - A substance that relieves pain.

Anemia - A condition characterized by a deficiency of red blood cells or hemoglobin, leading to fatigue and weakness.

Anti-aging - Effects or treatments that reduce the appearance of aging or slow down the aging process.

Anti-Allergic- Agents that help prevent or reduce allergic reactions.

Anti-Anxiety- Agents that reduce feelings of anxiety.

Antiarrhythmic- Medications that help correct irregular heartbeats.

Antibacterial - Substances that inhibit the growth or kill bacteria.

Antibiotic Resistance- The ability of bacteria to resist the effects of antibiotics that once killed them or inhibited their growth.

Anti-Cancer- Helps prevent or reduce the growth of cancer cells and tumors.

Anti-Crystallization- Agents or methods that prevent the formation of crystals in substances like urine or blood.

Anti-diabetic- A substance or agent that helps regulate blood sugar levels and manage diabetes, often by improving insulin sensitivity or reducing glucose absorption.

Antifungal - Substances that prevent or treat fungal infections.

Antihypertensive- Substances or treatments that help lower and control high blood pressure (hypertension).

Anti-Inflammatory- Substances or treatments that reduce inflammation, which is the body's response to injury or infection. They help decrease swelling, pain, and redness.

Antimicrobial Activities- Actions or properties of substances that inhibit the growth of or kill microorganisms such as bacteria, viruses, fungi, and parasites, helping to prevent or treat infections.

Antioxidant-Compounds that neutralize free radicals or reactive oxygen species, preventing damage to cells and tissues, and reducing the risk of chronic diseases.

Antiparasitic - Agents that kill or inhibit parasites.

Antipsychotic- Medications used to manage symptoms of psychotic disorders like schizophrenia.

Antipyretic - Agents that reduce fever.

Antiseptic - Agents that prevent infection by inhibiting the growth of microorganisms on surfaces or tissues.

Antispasmodic- Agents that relieve muscle spasms or cramps.

Anti-Tumor - Substances that prevent or inhibit the growth of tumors.

Antiviral - Substances that inhibit the growth or replication of viruses.

Anxiety- A feeling of worry, nervousness, or unease.

Anxiolytic - Agents that reduce anxiety.

Arthritis - Inflammation of the joints, causing pain and stiffness.

Artificial Additives- Synthetic substances added to food to enhance flavor, color, texture, or shelf life.

Asthma - A chronic respiratory condition marked by difficulty breathing due to inflammation and narrowing of the airways.

Astringent Properties - The ability of a substance to cause the contraction of skin cells, tissues, or blood vessels, often leading to a drying, tightening, or toning effect. Astringents are commonly used to reduce inflammation, control bleeding, and improve skin health.

Bio-Enhancing- Substances that improve the absorption and efficacy of nutrients or medications.

Bloating - A condition where the abdomen feels full and tight, often due to gas or fluid retention.

Blood Pressure- The force of blood against the walls of the arteries.

Bronchitis- Inflammation of the bronchial tubes, often leading to coughing and mucus production.

Bronchodilator- Agents that relax and expand the airways in the lungs, making it easier to breathe.

Calorie- A unit of measurement for energy provided by food and beverages.

Cardioprotective- Protects the heart from damage and reduces the risk of cardiovascular diseases.

Colds- Viral infections of the upper respiratory tract, causing symptoms like a runny nose and sore throat.

Congestion- A condition where nasal passages are blocked or swollen, often due to inflammation or mucus buildup.

Constipation- A condition characterized by infrequent, difficult, or painful bowel movements, often accompanied by hard, dry stools. It can result from inadequate fiber intake, dehydration, or other factors.

Coughs- A reflex action to clear the airways of mucus or irritants.

Demulcent- Agents that soothe and protect irritated mucous membranes.

Dermatitis- Inflammation of the skin causing redness, swelling, and irritation.

Detoxification - The process of removing toxic substances or harmful chemicals from the body.

Diarrhea - Frequent, loose, and watery bowel movements.

Diuresis- The increased production and excretion of urine by the kidneys, which helps remove excess fluid and salts from the body.

Diuretic - A substance that increases urine production, helping to remove excess fluid from the body.

Dysentery - An infection of the intestines causing severe diarrhea with blood or mucus.

Dysmenorrhea- Painful menstrual cramps that occur during menstruation.

Eczema - A skin condition characterized by inflammation, redness, and itching. It can cause dry, flaky patches and is often triggered by allergens, irritants, or genetic factors.

Expectorant- Substances that help clear mucus from the airways.

Flatulence- The accumulation of gas in the digestive system leading to the release of gas from the rectum.

Free Radicals - Highly reactive molecules with unpaired electrons that can cause damage to cells, proteins, and DNA.

GMO's (Genetically Modified Organisms)- Organisms whose genetic material has been altered using genetic engineering techniques.

Gout- A type of arthritis characterized by sudden, severe pain, redness, and tenderness in joints, often caused by high levels of uric acid.

Gum Disease - Infections or inflammation of the gums, often leading to gum swelling, bleeding, or receding.

Gut Bacteria- Microorganisms residing in the digestive tract that aid in digestion and overall health.

Heart Rhythm- The pattern of heartbeat and its regularity.

Hemorrhoids- Swollen veins in the lower rectum or anus, causing discomfort and bleeding.

Hepatitis- Inflammation of the liver, often caused by viral infections.

Hepatoprotective- Substances that protect the liver from damage.

High Glycemic Index- Foods that cause a rapid increase in blood glucose levels after consumption.

Hydration- The process of providing adequate fluid to maintain bodily functions.

Hyperglycemic - Increases blood glucose levels.

Hypoglycemic - Lowers blood glucose levels.

Hypotensive- Agents that lower blood pressure.

Immune Boosting-The process of enhancing the body's immune system to better defend against infections and diseases.

Immune Modulating- Regulates and adjusts the immune system's activity to maintain balance and optimal function.

Indigestion - Discomfort or pain in the stomach area caused by difficulty in digesting food.

Inflammation - The body's response to injury or infection, resulting in redness, swelling, heat, and pain.

Insecticidal - Substances that kill or repel insects.

Insomnia- Difficulty falling or staying asleep.

Insulin Sensitivity- The effectiveness of insulin in lowering blood glucose levels.

Jaundice- A condition where the skin and eyes turn yellow due to high levels of bilirubin in the blood.

Laxative- Agents that relieve constipation by promoting bowel movements.

Malaria- A serious infectious disease caused by parasites transmitted through mosquito bites.

Menstrual Cramps- Painful contractions of the uterine muscles that occur during menstruation.

Menstrual Cycles- The regular natural changes in the female reproductive system that occur over approximately 28 days.

Metabolism- The set of life-sustaining chemical reactions in organisms to maintain life, including converting food into energy.

Muscle Spasms- Sudden, involuntary contractions of muscles that cause pain and discomfort.

Nausea- An uncomfortable feeling that may lead to vomiting.

Nutrient Depletion- The reduction of essential nutrients in food due to various factors, including processing and storage.

Nutritional Value- The content of essential nutrients in food, including vitamins, minerals, proteins, fats, and carbohydrates.

Obesity- A condition characterized by excessive body fat accumulation that poses health risks.

Osteoporosis- A condition where bones become weak and brittle due to loss of bone density.

Oxidative Stress - An imbalance between free radicals and antioxidants in the body, leading to potential cellular damage.

Preservatives- Substances added to food to prevent spoilage, extend shelf life, and maintain freshness.

Psoriasis - A chronic skin condition characterized by red, scaly patches and inflammation.

Renal Stone-: Solid mineral deposits that form in the kidneys and can cause pain and discomfort.

Respiratory Congestion- Blockage or swelling of the nasal passages, often leading to difficulty breathing.

Rheumatism- A term historically used to describe various conditions characterized by inflammation and pain in the muscles or joints.

Schizophrenia- A severe mental disorder characterized by distorted thinking, hallucinations, and delusions.

Sedative- Substances that calm or soothe, often used to induce sleep or relaxation.

Skin Boils- Painful, swollen areas on the skin caused by bacterial infections of hair follicles.

Skin Repair- Processes or treatments that help heal and restore the skin's health and appearance.

Sores- Painful, open wounds or lesions on the skin or mucous membranes.

Stress - A state of mental or emotional strain resulting from challenging or adverse situations.

Trans Fats- A type of unsaturated fat that is artificially created during food processing and is associated with increased health risks.

Ulcers- Sores that develop on the lining of the stomach, intestines, or other parts of the body.

UTI (Urinary Tract Infection)- An infection in any part of the urinary system, causing symptoms like painful urination, frequent urge to urinate, and lower abdominal pain.

Vaso protective- Agents that protect blood vessels from damage or disease.

Vitality - The state of being strong and active; energy and liveliness.

Wound Healing - The process of repair and recovery of damaged tissue.



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