

## GOVIND MADHAV HERBAL TEA

### 20 Herbs - Actions in Short

Govind Madhav Herbal Tea blended from 20 fast acting botanicals contains many herbal ingredients derived from Bark, Roots, Seeds, Twigs, Leaves, Flowers and Grasses, which have several therapeutic functions. It does not even contain a pinch of caffeine or tannin.

1. **Canscora decussata** (*Shankhapushpi, Aloe weed*): Restores healthy bodily functions, laxative, useful in nervous debility, improves memory.
2. **Caryophyllus aromaticus** (*Lavanga, Cloves*): Digestive, relieves flatulence, abdominal pain, tones up nervous system, improves functions of salivary glands, kidneys, liver, bronchial mucus membranes.
3. **Cinnamomum tamala** (*Tejpatra, Indian Cassia*): Gives soothing fragrance, gastric stimulant & appetizer, relieves flatulence, mouth refresher & useful in rheumatism (joint pains).
4. **Cinnamomum zeylanicum** (*Dalchini, Chinese cassia*): Relieves flatulence, relieves abdominal cramps, and gives soothing fragrance, gastric stimulant & appetizer, useful in diarrhea & vomiting.
5. **Cyperus rotundus** (*Nagarmotha, Nut grass*): Relieves flatulence, gastric stimulant & appetizer, soothing tonic.
6. **Elettaria cardamomum** (*Elaichi chhoti, Cardamom*): Gives soothing fragrance & gastric stimulant & appetizer, relieves flatulence.
7. **Foeniculum vulgare** (*Saunf, Indian sweet fennel*): Gives soothing fragrance, gastric stimulant & appetizer, relieves flatulence.
8. **Glycyrrhiza glabra** (*Yashtimadhu, Liquorice*): Relieves hyper-acidity in stomach & flatulence, abdominal cramps, expectorant, gentle laxative, useful in sore throat, hoarseness of voice, asthma, & gives soothing fragrance.
9. **Hydrcotyle asiatica** (*Brahmi, Indian pennywort*): Tonic, restores healthy bodily functions, improves speech, memory, mental weakness, impaired brain functions, increases capacity for mental work, controls excitability, also improves color of the body, & maintains youth.
10. **Illicium verum** (*Badian Khatai, Star anise*) It is an Aromatic, Carminative, Stomachic, Stimulant, Diuretic, Expectorant. Useful in digestive tract problems, upset stomach, loss of appetite, dyspepsia, flatulence, spasmodic pains and dysentery and respiratory tract infections.
11. **Mentha arvensis** (*Pudina, Mint*): Gives soothing fragrance, gastric stimulant & appetizer, relieves flatulence, & abdominal cramps.
12. **Piper longum** (*Pippali, Dried catkins*): Tonic, Gradually restores healthy bodily functions, relieves flatulence, digestive, & expectorant, useful in cold, bronchitis, liver disorders, nausea, & vomiting.
13. **Piper nigrum** (*Kali Mirich, Black pepper*): Digestive, gastric stimulant & appetizer, relieves flatulence, abdominal pain, diarrhea, colonic toxins, & has expectorant, anti- pyretic, anti-helminthic, anti-inflammatory, anti-bacterial, anti-oxidant properties useful in obesity, chronic sinus congestion, toothache, & paralysis.
14. **Ptercarpus santalinus** (*Rakta chandan, Red sandalwood*): Digestive, & tonic, has cooling effect, used in bowel, & bilious affections, strengthens eyesight.
15. **Rosa damascena** (*Gulab ke phool, Rose petals*): Tonic for heart, expectorant, mild laxative, relieves flatulence, & has cooling effect.

16. **Rubia cordifolia**, (*Manjishta, Indian Madder*) It is Astringent, Themogenic, Febrifuge, Antidysenteric, Antihelmintic, Galactopurifier, Ophthalmic, and Rejuvenating effect. Manjistha has anti-inflammatory and antioxidant properties. It treats allergies, acne, eczema, and psoriasis, wound healing, Maintains Skin Health, Damaged skin tissues due to injury or illness and can improve your complexion.
17. **Terminalia Arjuna** (*Arjuna chhal, Bark of Arjuna myrobalan*): Tonic for heart controls high blood pressure, used in bowel, & bilious affections, helps in diseases of liver.
18. **Valeriana wallichii** (*Sungadhabala, Indian Valerian rhizome*): Gastric stimulant & appetizer, relieves abdominal cramps, & nervine tonic.
19. **Withania somnifera** (*Ashwagandha, Winter cherry*) Ashwagandha has analgesic, antioxidant, diuretic, aphrodisiac, anti-depressant, anti-diabetic properties. It is used for treating cough and cold, fever and chronic pain, constipation. It is used to treat infertility and skin disorders.
20. **Zingiber officinale** (*Saunth, Ginger root*): It tends to inhibit enzymes that affect how carbs are metabolised and insulin sensitivity as a whole, thereby leading to greater glucose absorption in the muscles. Ginger also has the potential to help reduce the risk for diabetes complications due to its lipid-lowering effects.