

GOVIND MADHAV TULSI TEA

16 HERBS – BOTANICAL + ENGLISH + HINDI NAMES

1. **Caryophyllus aromaticus** (Lavanga, Cloves),
2. **Cinnamomum tamala** (Tejpatra, Indian cassia),
3. **Cinnamomum zeylanicum** (Dalchini, Chinese cassia),
4. **Cyperus rotundus** (Nagarmotha, Nut grass),
5. **Elettaria cardamomum** (Elaichi chhoti, Cardamom),
6. **Foeniculum vulgare** (Saunf, Indian sweet fennel),
7. **Glycyrrhiza glabra** (Yashtimadhu, Sweet wood).
8. **Mentha arvensis** (Pudina, Mint),
9. **Ocimum sanctum** (Tulsi, Holy basil),
10. **Piper nigrum** (Kali mirich, Black pepper),
11. **Pterocarpus santalinus** (Rakta chandan, Red sandalwood),
12. **Rosa damascena** (Gulab ke phool, Rose petals),
13. **Rubia cardifolia** (Manijshta, Indian madder),
14. **Terminalia arjuna** (Arjuna, Arjuna myrrobalan),
15. **Withania somnifera** (Ashwagandha, Winter cherry),
16. **Zingiber officinale** (Saunth, Ginger).