

"Rich in protein, iron and antioxidant components such as ascorbic acid, alpha-tocopherol, beta-carotene etc."

[Indian Jurnal of Nature Product and Resources, Vol. 1 (1), March 10 116-188]

"This study of Costus speciosus rhizome extract reveals some interesting activities like cytotoxic and antioxidant activities of this plant. The rhizome extracts have got significant cytotoxic activity"

[International Journal of Pharmaceutical Sciences and Research, Vol. 1 (10): 138-144]



## Why Gardenia Herbals?

We use high quality costus. It is passed through 2-Step-Clean process. We don't use any chemicals or preservatives during processing.



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Building a Healthy society!

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Gardenia Herbals:  
The Book Of Living



Qust al Hindi  
قسط الم Hindi

Indian Costus / Ud al Hindi



Miraculous herb mentioned in prophetic sayings.



## What is Qust al Hindi ?

Commonly known as Indian costus. It is a herb that grows 1 to 2 metre tall. It is commonly seen in India including Himalayas, Kashmir, Jammu & Western Ghats. It has been traditionally used for many medicinal purposes and is recently been subjected to many research studies.



## Used For

-  Tonsilitis
-  Asthma
-  Lung Infections
-  Cold
-  Intestinal Worms
-  Intestinal diseases
-  Skin Discolorations
-  Scars



**Qust al Hindi In Sunnah**

Narrated Um Qais bint Mihsan:  
I heard the Prophet (ﷺ) saying,  
"Treat with the Indian costus, for it  
has healing for seven diseases..."

## Research

"As Costus speciosus showed significant anthelmintic activity in the experimental study, it can be used as a promising anthelmintic agent"

[International Journal of Green Pharmacy, 5, 325–328, 2011]

"The rhizome of Costus speciosus possesses anti-inflammatory and antipyretic properties"

[Journal of Basic and Clinical Pharmacy, August 2010, 1(3): 177–181]

"This shows that the plant has disease resistance ability, which may be due to presence of phenolics and alkaloid substances"

[International Journal of Advanced Life Sciences, Vol.4, August – 2012]

