

1.Aloevera:

It is Good for our Digestive System. It Controls Blood Sugar Levels. It is Good for our Hair. It Boosts immunity. It Helps in Weight Loss.

Aloe Vera Nutrition:

One 8-ounce serving of pure aloe vera juice includes:

- **Calories: 10**
- **Protein: 0 grams**
- **Fat: 0 grams**
- **Carbohydrates: 2 grams**
- **Fiber: 1 gram**
- **Sugar: 0 grams**

Dosage:

- **Leaf gel cap: 50 to 200 milligrams/day**
- **Liquid: 30 milliliter**
- **Tincture: 15 to 60 drops a day mixed with juice or water**
- **Topical: Apply three to five times a day**

Aloe vera side effects

1.Topical aloe vera can irritate the skin and cause hives in people who are sensitive to it.

2.Taking high doses of aloe latex by mouth could cause belly pain, kidney damage, and an electrolyte imbalance. It may also increase cancer risk.

Amla:

Amla, also known as “Indian gooseberry”, is loaded with nutrients and is the richest natural source of vitamin C. It is widely used for many health problems. Regular use of Amla also boosts immunity. According to Ayurveda, Amla is one of the best Rasayanic tonics that helps to brighten the skin, purify the blood, and improve eyesight.

Dosage:

- Amla Juice - 3-4 teaspoons once or twice a day.
- Amla Powder - ¼- ½ teaspoon twice a day.
- Amla Capsule - 1-2 capsules twice a day.
- Amla Tablet - 1-2 tablets twice a day.
- Amla Candy - 2-3 candies in a day.

Amla side effects:

1. Always take Amla juice in a recommended dose and duration under a doctor’s supervision.

A high dose can cause dryness in the skin.

2. Avoid Amla in case of excessive Ama (toxic remains in the body due to improper digestion).
3. Avoid Amla in case of aggravated Kapha problems like coughing.
4. Avoid drinking Amla juice at night due to its cold potency and astringent taste.

Amruthaballi

It is an herb that helps improve digestion and boost immunity. It has heart-shaped leaves that resemble betel leaves. It is an antipyretic herb. It improves platelet count in dengue fever and reduces the chances of complications. Regular intake of it helps to improve immunity during dengue and also for a speedy recovery.T

Dosage:

- Juice - 2-3 teaspoon of juice, once or twice a day.
- Churna - ¼-½ teaspoon twice a day.
- Tablet - 1-2 tablet twice a day.
- Capsule - 1-2 capsule twice a day.
- Extract - 1 pinch twice a day.

Side Effects:

- 1.It may interfere with the blood sugar levels during or after surgery.Therefore it is advised to avoid it.
- 2 .Use Amruthaballi or its constituents only under a doctor's supervision if you are allergic to it.
3. Avoid medicinal use of Giloy during breastfeeding due to the lack of scientific evidence
4. Amruthaballi may cause the immune system to become more active.

Arali:

Peepal, a large evergreen tree, is considered to be sacred in India. It not only emits oxygen but also has many important medicinal benefits. Different parts of the Peepal such as root bark, stem bark, roots, leaves, and fruits are used to manage conditions like high blood sugar levels, constipation, and asthma.

Dosage:**1. Arali Leaves Juice**

- a. Put 1-2 drops of Peepal leaves juice or as directed by the physician in each nostril.
- b. To get quick control of nasal bleeding.

2. Arali Bark Powder

- a. Take 2-3gm of Peepal bark powder or as per your requirement.
- b. Make a paste of bark powder mixed with honey.
- c. Apply it on the affected area and leave it 15-20minutes.
- d. To get quick healing of wounds.

Side Effects:

- 1. Peepal fruit contains latex that might cause allergies or skin rashes in some individuals.
- 2. So it is advisable to consult a physician before using Peepal on the skin.
- 3. Peepal bark powder can be taken by pregnant ladies in recommended doses.
- 4. However, it is advisable to consult your physician before taking Peepal during Pregnancy.

Astma_Weed:

Astma_Weed is an herb. The parts of the plant that grow above the ground are used to make medicine.

It is used for breathing disorders, [dengue fever](#), digestive problems, severe [diarrhea](#) (dysentery), and many other conditions, but there is no good scientific evidence to support these uses.

Side Effects:

1. When taken by [mouth](#): There isn't enough reliable information to know if Euphorbia hirta is safe. It might cause side effects such as [nausea and vomiting](#).

2. When applied to the [skin](#): There isn't enough reliable information to know if Euphorbia hirta is safe. It might cause [skin](#) irritation or allergic reactions.

Dosage:

Traditional use of the leaf (ie, as an expectorant) suggests 100 mg of dry herb up to a maximum of 3 times a day. [Duke 2002](#) Doses of 0.6 to 1 g of the leaf are considered toxic, while 4 g of the leaf is considered to be fatal.

Badipala:

A paste of Triphala and coconut oil can be applied on the face to improve the skin texture and enhance skin elasticity due to its anti-aging property. Triphala is also considered good for the eyes due to its antioxidant activity which helps improve eye health. Triphala helps to control hair fall and promotes hair growth when applied on the scalp due to the presence of vitamin C.

Dosage:

- Triphala Powder - 1/2-2 teaspoon once or twice a day[9].
- Triphala Capsule - 1-2 capsules twice a day.
- Triphala Tablet - 1-2 tablets twice a day.
- Triphala Juice - 2-3 teaspoon once or twice a day.

Side Effects:

- [Abdominal pain](#)
- [Indigestion](#)
- [Loose stools/diarrhea](#)
- Constipation
- [Dehydration](#)

Balloon_vine:

Cardiospermum halicacabum, commonly known as the "balloon vine" or "heartseed," is a plant used in traditional medicine for various purposes. Its anti-inflammatory effects can help alleviate joint pain and swelling. The plant is also used in some traditional remedies to aid digestion and treat gastrointestinal issues. Some traditional uses include boosting the immune system and promoting overall wellness.

Dosages:

1. Cardiospermum Halicacabum Extract:

- Typically, 30-60 mg of the standardized extract, taken 1-2 times daily, is used. However, always follow the product-specific recommendations.

2. Cardiospermum Halicacabum Powder:

- A common dosage is ¼ to ½ teaspoon, 1-2 times daily.

3. Cardiospermum Halicacabum Capsules:

- Usually, 1-2 capsules, 1-2 times daily.

4. Cardiospermum Halicacabum Tincture:

- Dosages can vary, but typically 10-15 drops, 1-2 times daily, diluted in water or another liquid.

Side Effects:

1. **Allergic Reactions:** Some individuals may experience allergic reactions or skin irritation when using products containing *Cardiospermum halicacabum*.
2. **Dosage Concerns:** As with many herbal remedies, proper dosage and preparation are crucial. Incorrect usage can lead to ineffective results or potential side effects.
3. **Interaction with Medications:** There is a potential for interactions with certain medications, so it's important to consult with a healthcare provider before using it, especially if you are on other treatments.

Bamboo:

Bamboo is considered to be beneficial in managing skin diseases. It helps maintain elasticity and provides strength to the skin due to the presence of certain minerals and essential amino acids. Bamboo helps in managing acne, skin eruptions and wounds due to its anti-inflammatory and anti-bacterial properties. In Ayurveda, Bamboo is referred to as Vanshalochana which is secreted from nodes of bamboo trees.

Dosages:

- **Bamboo Powder** - ¼ - ½ teaspoon once a day or as recommended by a physician.
- **Bamboo Capsule** - 1-2 capsules once a day or as recommended by a physician.
- **Bamboo Leaves** - 1 teaspoon a day or as recommended by a physician.

Side Effects:

1. **Moisture Sensitivity:** Bamboo is sensitive to moisture and can absorb water, which may lead to swelling, warping, or mold growth if not treated properly.

2. **Processing Chemicals:** Some bamboo products undergo chemical treatments during manufacturing, which can impact the environment and health if the chemicals are not properly managed.

3. Bamboo contains certain constituents that have antithyroid properties. So, it is advisable for patients with thyroid problems to avoid the use of Bamboo.

4. It is recommended to avoid the use of Bamboo during pregnancy as it may induce a miscarriage.

5. Enough scientific evidence is not available for the use of Bamboo during breastfeeding. So, it is advisable to avoid or consult a physician before using Bamboo during Breastfeeding

Beans:

Beans are a strong, plant-based source of protein, fiber, iron, and vitamins that offer many health benefits. Beans may be good for someone's heart, gut, and liver health. Beans contain amino acids, which are the protein building blocks that the body uses to heal and to make new tissues, such as bone, muscle, hair, skin, and blood. Protein is an essential nutrient.

Dosages:

Cooked Beans:

- **Adults:** 1/2 to 1 cup of cooked beans per day is a common recommendation to provide a good source of protein, fiber, and other nutrients.
- **Children:** 1/4 to 1/2 cup of cooked beans per day, depending on age and dietary needs.

Canned Beans:

- **Adults:** 1/2 to 1 cup of canned beans per day. Rinse canned beans to reduce sodium content.
- **Children:** 1/4 to 1/2 cup of canned beans per day, adjusting for age and nutritional requirements.

Bean Flour/Powder:

- **Adults:** 2-4 tablespoons of bean flour/powder per day, which can be added to soups, smoothies, or baked goods.
- **Children:** 1-2 tablespoons of bean flour/powder per day, adjusted for age and dietary needs.

Side Effects:

1. **Digestive Issues:** Beans contain oligosaccharides, a type of complex sugar that the human body has difficulty digesting, leading to gas and bloating.
2. Beans contain phytic acid, which can bind to minerals like iron, zinc, and calcium, potentially reducing their absorption in the body.
3. Raw or undercooked beans contain lectins, which can interfere with nutrient absorption and may cause digestive distress. Proper cooking neutralizes most lectins.

Betel:

Betel nut is the nut that comes from a plant called Areca. It is sometimes used to make medicine. Betel nut is chewed alone or in the form of quids, a mixture of [tobacco](#), powdered or sliced betel nut, and other ingredients.

Betel nut is used for schizophrenia, a group of [eye](#) disorders that can lead to [vision loss \(glaucoma\)](#), poor digestion, and many other conditions, but there is no good scientific evidence to support these uses. Using betel nut might also be unsafe.

Benefits:

- It may protect against cancer
- It may be an antioxidant
- It may prevent the growth of fungi
- It may protect against allergic reactions
- It may heal wounds

Dosage:

Betel juice:10-15 ml

Side Effects:

- May cause substance dependence
- May cause a feeling of euphoria
- May cause sweating

Bhrahmi:

Brahmi tea that is made by brewing Brahmi leaves helps to manage cold, chest congestion and bronchitis by clearing out the mucus from the air passages which helps ease breathing. It also reduces pain and inflammation in the throat and respiratory tracts due to its anti-inflammatory property.

Dosage:

- Brahmi Juice - 2-4 teaspoons once a day.
- Brahmi Churna - ¼-½ teaspoon twice a day.
- Brahmi Capsule - 1-2 capsules twice a day.
- Brahmi Tablet - 1-2 tablets twice a day.
- Brahmi Infusion - 3-4 teaspoons once or twice a day.

Side Effects:

1. Brahmi may increase the level of thyroid hormone. So it is generally advised to monitor your TSH level while taking Brahmi along with thyroid drugs.
2. Brahmi may interact with sedatives. So it is generally advised to consult your doctor while taking Brahmi along with sedatives.
3. Brahmi may interact with liver functioning. So it is generally advised to monitor your liver functions while taking Brahmi along with hepatoprotective drugs.
4. Brahmi may increase stomach and intestinal secretions. So it is generally advised to consult your doctor while taking Brahmi if you have stomach ulcers.
5. Brahmi may increase the fluid secretion in lungs. So it is generally advised to consult your doctor while taking Brahmi if you have asthma or emphysema.

Bringaraja:

Bhringraj is also known as Kesharaj which means “Ruler of the hair”. It is rich in proteins, vitamins and antioxidants which help protect the body against certain infections.

Bhringraj oil is effective in promoting hair growth as well as reducing the greying of hair. This is due to the presence of various nutrients in Bhringraj that provide nourishment to the hair scalp.

According to Ayurveda, Bhringraj juice rejuvenates the skin and thereby helps reduce the signs of aging such as fine lines, wrinkles and patchy skin due to its anti-aging property

Dosage:

- Bhringraj Juice - 1-2 teaspoon twice a day.
- Bhringraj Powder - ¼- ½ teaspoon twice a day.
- Bhringraj Capsule - 1-2 capsule twice a day.
- Bhringraj Tablet - 1-2 tablets twice day.

Side Effects:

1. Use Bhringraj only under a doctor’s supervision if you are allergic or hypersensitive to Bhringraj or its constituents[
2. Apply Bhringraj powder to a small area first to test for possible allergic reaction
3. Always use Bhringraj under doctor’s supervision, if you are allergic to Bhringraj or its constituents
4. Use Bhringraj powder with rose water if your skin is hypersensitive. This is due to its Ushna (hot) potency.

Caricature:

Caricature-plant, or *Graptophyllum pictum*, is a tropical shrub with bright, variegated foliage of chocolate and cream colors. This shrub can grow large in the tropics and is adaptable to both full shade and full sun. Growing this shrub creates a striking contrast in most gardens and flowerbeds. It is not drought tolerant and will need consistent moisture throughout the summer.

Benefits:

1. **Anti-inflammatory Properties:** The leaves of *Graptophyllum pictum* are known for their anti-inflammatory effects, which can help reduce swelling and pain in conditions like arthritis and other inflammatory disorders.
2. **Wound Healing:** The plant is used in traditional medicine to promote wound healing. Its leaves are often applied to cuts, burns, and other skin injuries to accelerate healing and prevent infection.
3. **Antimicrobial Effects:** Studies have shown that extracts from *Graptophyllum pictum* have antimicrobial properties, making them useful in treating infections caused by bacteria and fungi.

Dosage:

1. **Fresh Leaves:** Traditionally, fresh leaves are often used directly. The dosage might vary from a few leaves to several, depending on the specific condition and the advice of a traditional healer or herbalist.

2. **Dried Leaves:** If preparing a tea or infusion, a common dosage might be 1-2 grams of dried leaves per cup of boiling water, taken 1-2 times daily.

Side Effects:

1. **Allergic Reactions:** Some individuals might experience allergic reactions to *Graptophyllum pictum*. Symptoms can include skin rashes, itching, or more severe reactions like swelling and difficulty breathing.
2. **Gastrointestinal Issues:** Ingesting the plant in large quantities or for prolonged periods might cause digestive issues such as stomach upset, nausea, or diarrhea.
3. **Pregnancy and Breastfeeding:** There is limited information on the safety of *Graptophyllum pictum* during pregnancy and breastfeeding. It's advisable for pregnant or breastfeeding women to avoid using the plant without medical supervision.

Castor:

[Castor oil](#) is made from the beans (seeds) of the castor plant (*Ricinus communis*). Its taste is initially bland, then becomes bitter and unpleasant.

Castor oil has [laxative](#) and anti-inflammatory effects. It also might [induce labor](#). It's sometimes flavored with [cinnamon](#), peppermint, or other flavorings to mask its unpleasant taste.

People use castor oil for [constipation](#), [dry eye](#), [childbirth](#), and to empty the colon before a [colonoscopy](#). It is also used for [osteoarthritis](#), [rheumatoid arthritis](#), and many other conditions, but there is no good scientific evidence to support most of these uses.

Dosage:

1. Castor oil has most often been used by adults as a single dose of 5-120 mL by mouth. Speak with a [healthcare](#) provider to find out what dose might be best for a specific condition.

Side Effects:

1. When taken by mouth: Castor oil is likely safe when taken as a single dose of up to 60 mL.
2. . Side effects might include [stomach](#) discomfort, cramping, [nausea](#), and dizziness. Castor oil is possibly unsafe when taken long-term or in large doses. It might cause fluid and [potassium](#) loss.
3. Castor seeds that have had the outer coat removed (hulled) are possibly safe when taken as a single dose. But consuming the whole castor seed is unsafe.

Catharanthus:

Catharanthus have been used to treat certain cancers; however, use of the plant for this purpose is not recommended without consulting a health care provider. Periwinkle has been studied for potential antimicrobial and antiprotozoal applications, as well as for use in diabetes and wound healing; however, clinical trial data are lacking to recommend use for these indications.

Dosage:

1. There are no recent clinical data to support specific dosing recommendations for periwinkle.
2. Traditional doses have included 10 leaves and 10 flowers boiled in water as a tea, or 9 pink flowers in 0.5 L of water for 3 hours ("solar tea") sipped throughout the day.
3. Preparations of the pure alkaloids vincristine and vinblastine are available, with associated therapeutic dosing recommendations.

Side Effects:

1. **Gastrointestinal Issues:** Ingesting parts of the Catharanthus roseus plant can cause nausea, vomiting, and diarrhea. These symptoms can occur with both medicinal use and accidental ingestion.
2. **Blood Sugar Levels:** Catharanthus roseus may affect blood sugar levels. It should be used with caution by individuals with diabetes or hypoglycemia, and by those taking medications that affect blood sugar.
3. **Allergic Reactions:** Some individuals may experience allergic reactions, including skin rashes, itching, and swelling. Severe allergic reactions can cause difficulty breathing and require immediate medical attention.

Chakte:

Chakte is a popular medicinal herb native to high altitude regions of the sub-temperate Himalayas ranging from Himalayas to Bhutan. It has a bitter taste and each part of the plant has health benefits.

Chakte helps in weight loss as it increases metabolism and helps in burning more calories. It is also beneficial in managing diabetes by increasing insulin secretion and reduces oxidative stress in diabetic patients due to its high antioxidant activity.

Dosage:

- **Chirata Powder - 1-3 gm twice a day or as directed by the doctor.**
- **Chirata Tablet - 1 tablet twice a day or as directed by the doctor.**
- **Chirata Capsule - 1 capsule a day or as directed by a physician.**

Side Effects:

1. **Since enough scientific evidence is not available, it is advisable to avoid or consult your doctor before taking Chirata during breastfeeding.**
2. **Chirata may lower blood sugar levels. So it is generally advisable to monitor your blood glucose levels while taking Chirata with antidiabetic drugs**
3. **Since enough scientific evidence is not available, it is advisable to avoid or consult your doctor before taking Chirata in patients with heart disease.**
4. **Since enough scientific evidence is not available, it is advisable to avoid or consult your doctor before taking Chirata during pregnancy.**
5. **It is Dizziness.**

Chilli:

Chilli or red pepper or hot pepper or hot chilli are the dried ripe fruits of *Capsicum annum* Linn. of the family Solanaceae is the leading vegetable cum spice of India. The dried fruits which constitute the spice consists of (per 100 g of edible portion) moisture 10.0 g; protein 15.9 g; fat 6.2 g; minerals 6.1 g; fibre 30.2 g; carbohydrate 30.6 g and phosphorus 270 mg. The pungent principle present in chilli is called capsaicin which is mainly present in the central placenta of the fruit as well as seed and to some extent in ovary wall also. Generally the content of capsaicin varies from 0.2-0.4%. The red colour of chilli is attributed to the presence of 20 carotenoids of which capsanthin is the major one.

Dosage:

1. Fresh Chili Peppers:

- Generally, 1-2 small chili peppers per meal is considered moderate for most people.
- Adjust according to personal heat tolerance and the spiciness of the chili variety.

2. ☐ Dried Chili Peppers:

- A common serving size is 1-2 teaspoons of dried chili flakes or powder per dish.
- Start with less if you are not accustomed to spicy food and gradually increase as desired.

☐ 3. Chili Powder:

- Typically, 1/4 to 1 teaspoon per serving is used in recipes.
- Adjust according to personal preference and heat level of the chili powder.

Side Effects:

1. **Gastrointestinal Issues:** High doses of chili peppers can cause stomach pain, heartburn, and diarrhea, especially in individuals with sensitive digestive systems.
2. **Allergic Reactions:** Some people may experience allergic reactions to chili peppers, including skin irritation or respiratory issues.
3. **Pregnancy and Breastfeeding:** Pregnant and breastfeeding women should consult a healthcare provider before consuming large amounts of chili peppers or capsaicin supplements.

Citron Lime:

Citron [lime](#) also known as rough lime or keffir lime is a member of the citrus family of fruits. It is native to India, Nepal, Philippines, Bangladesh, Indonesia, Malaysia and other South-east Asian countries. It is widely grown in Southern India and grows on any kind of soil whether sandy or loamy. It is known as *Nartanga* in Hindi, *Nartangai* in Tamil and *Herelekai* in Kannada.

Dosage:

1. citron lime – washed and cut into small pieces (1/2 kg), juice of at least 5 citron limes, pickle powder (can be made by dry roasting and grinding dry red chillies, mustard seeds, asafoetida on a low flame), salt.
2. In a glass jar, add the citron lime juice and mix in salt along with the cut pieces of lime. Mix well and leave it for five days.
3. After five days, mix in the pickle powder according to taste. Let it remain for another day. Add a *tadka* of oil and mustard seeds. Mix well and use.

Side Effects:

1. Gastrointestinal Issues:

- **Acid Reflux and Heartburn:** Citron lime is highly acidic, which can exacerbate acid reflux and heartburn in susceptible individuals.
- **Stomach Upset:** Consuming large quantities of citron lime can cause stomach discomfort or cramps, especially in people with sensitive digestive systems.

2. Tooth Enamel Erosion:

- The high acidity of citron lime can erode tooth enamel over time, leading to increased sensitivity and a higher risk of cavities. It's advisable to rinse your mouth with water after consuming citrus fruits.

3. Allergic Reactions:

- Some individuals may experience allergic reactions to citron lime, including skin rashes, itching, swelling, and respiratory issues. Severe allergic reactions can cause anaphylaxis, which requires immediate medical attention.

Coffee:

Coffee senna has been used for its diuretic, laxative, blood purifier, antibacterial, and antifungal properties, as well as for treatment of hemorrhoids, gout, rheumatism, diabetes, whooping cough, convulsions, heart disease, snakebite, asthma, fever, and the flu. While clinical data support use of coffee senna as a laxative, limited clinical trials exist to support other uses.

Dosage:

1. For laxative use, the recommended dosage for sennosides in adults is 8.6 to 17.2 mg orally twice daily.
2. It should be noted that various forms of senna are available, and dosing is not equivalent across the doseforms
3. Dosing for sennosides is not equivalent to dosing with other forms of senna (eg, senna extract). Caution should be used and package labeling consulted to ensure correct product-specific dosing.

Side Effects:

1. ☒ Insomnia and Sleep Disturbances:

- Caffeine is a stimulant that can interfere with sleep patterns. Consuming coffee, especially in the afternoon or evening, can lead to difficulty falling asleep or staying asleep.

2. Digestive Issues:

- Coffee can stimulate the production of stomach acid, potentially causing acid reflux, heartburn, or stomach discomfort in some people.
- It can also have a laxative effect, leading to diarrhea in some individuals.

3. Dehydration:

- Coffee is a diuretic, which means it can increase urine production and potentially lead to dehydration if not balanced with adequate water intake.

Common Rue:

Rue has traditionally been used to treat certain neuromuscular conditions and to stimulate the onset of menstruation. Rue has an antispasmodic effect at relatively low doses and should be taken with caution. Because of rue's potential for severe adverse effects, clinical trials are limited; therefore, use cannot be recommended for any indication.

Dosage:

1. There is no clinical evidence to support dosing recommendations for rue. In larger doses, rue is an emmenagogue and an abortifacient, and is considered unsafe.
2. Avoid use. Rue is not recommended during lactation and is contraindicated in pregnancy. Adverse effects, including emmenagogue and abortifacient effects, have been documented.

Side Effects:

1. Skin Irritation and Photosensitivity:

- Contact with the plant or its oil can cause skin irritation, redness, and blistering, especially when exposed to sunlight. This condition, known as phytophotodermatitis, is due to the furocoumarins present in rue.

2. Gastrointestinal Issues:

- Consuming common rue can cause stomach pain, cramps, nausea, vomiting, and diarrhea. It is particularly harsh on the digestive system when taken in large amounts.

3. Allergic Reactions:

- Some individuals may experience allergic reactions to rue, including itching, rashes, and more severe symptoms like difficulty breathing.

4. Neurological Effects:

- High doses of rue can cause dizziness, headaches, spasms, and in severe cases, convulsions. The plant contains various alkaloids that can affect the nervous system.

5. Liver and Kidney Damage:

- Prolonged or excessive use of rue can lead to liver and kidney toxicity. It is essential to use the herb under the guidance of a healthcare professional.

Coriander:

Coriander (*Coriandrum sativum*) is a plant in the Apiaceae family. Its fruit (seeds) are typically called "coriander" while its leaves are called cilantro.

Coriander is a source of [vitamin C](#), [calcium](#), [magnesium](#), [potassium](#), and iron. Coriander essential oil might have antibacterial effects. Coriander also contains chemicals that might lower [blood pressure](#) by causing blood vessels to dilate and work like a "water pill" ([diuretic](#)).

People use coriander for anxiety, [constipation](#), diabetes, [indigestion](#), [parasite](#) infections, [irritable bowel syndrome](#) (IBS), [skin](#) irritation, and many other conditions, but there is no good scientific evidence to support these uses.

Dosage:

1. Coriander is commonly consumed in foods.
2. As medicine, there isn't enough reliable information to know what an appropriate dose of coriander might be.
3. Keep in mind that natural products are not always necessarily safe and dosages can be important.
4. Be sure to follow relevant directions on product labels and consult a [healthcare](#) professional before using.
5. Dhania Chruna -1/4-1/2 teaspoon twice a day

Side Effects:

1. ☒ Allergic Reactions:

- Some individuals may experience allergic reactions to coriander. Symptoms can include skin rashes, itching, swelling, hives, and in severe cases, anaphylaxis, which requires immediate medical attention.

2. Gastrointestinal Issues:

- Consuming large amounts of coriander can lead to digestive issues such as stomach cramps, diarrhea, and gas.

3. Sun Sensitivity:

- Coriander contains compounds that can increase sensitivity to sunlight, potentially leading to sunburns or rashes upon sun exposure. This condition is known as photosensitivity.

Curry:

Curry leaves, commonly called as Kaddi patta are widely used in Indian food preparations to add flavor. Curry leaves have a characteristic aroma and a number of medicinal properties.

Curry leaves can be eaten on an empty stomach to help improve digestion due to its carminative property as it provides relief from flatulence. It also helps lower the level of triglycerides and increase good cholesterol in the body. Curry leaves might also help manage the level of blood glucose due to its anti-diabetic and anti-inflammatory activities. They protect the body against certain diseases due to its antioxidant properties which fight against the free radicals and prevents cell damage.

Dosage:

1. Curry leaves powder -1/4-1/2 teaspoon twice a day

2. Curry leaves Capsule – 1/2 capsule twice a day

Side Effects:

1. ⚠ Gastrointestinal Issues:

- In some individuals, consuming large amounts of curry leaves may cause gastrointestinal discomfort, including stomach cramps, nausea, and diarrhea.

2. Allergic Reactions:

- Although rare, some people may experience allergic reactions to curry leaves. Symptoms can include skin rashes, itching, or more severe reactions such as difficulty breathing.

3. Low Blood Sugar:

- Curry leaves can have a hypoglycemic effect, potentially lowering blood sugar levels. This can be beneficial for people with diabetes, but it may cause issues for those with hypoglycemia or those taking blood sugar-lowering medications.

Doddpathre:

Doddpathre is a plant. Its flowers and leaves, as well as the oil from its seeds are used as medicine.

Doddpathre seed oil is used for [skin](#) disorders including eczema ([atopic dermatitis](#)), red, itchy [rash](#) on the scalp ([seborrheic dermatitis](#)), and a type of [skin](#) condition called neurodermatitis. It is also used for [rheumatoid arthritis](#) (RA), swelling of the gums, stress, [premenstrual syndrome](#) (PMS), diabetes, attention deficit-hyperactivity disorder ([ADHD](#)), [acute respiratory distress syndrome](#) (ARDS), [alcoholism](#), pain and swelling ([inflammation](#)), [asthma](#), and for preventing heart disease and [stroke](#). Borage oil is sometimes added to [infant](#) formula in small amounts to provide fatty acids needed to promote development of preterm infants.

Doddpathre flower and leaves are used for fever, [cough](#), and [depression](#).

Dosage:

1. For rheumatoid arthritis (RA): 4.5-7.2 grams of borage seed oil daily for up to 24 weeks.
2. For growth and development in premature infants: Infant formula containing borage oil and fish oils has been used. Borage oil and fish oil have been added to the formula to provide 0.9 grams of gamma linolenic acid, 0.1 grams of eicosapentaenoic acid, and 0.5 grams of docosahexaenoic acid per 100 grams of fat (13745).

Side Effects:

1. Borage seed oil is POSSIBLY SAFE when taken by mouth or applied to the skin appropriately
2. Borage seed oil is LIKELY UNSAFE when products containing a dangerous chemicals called pyrrolizidine alkaloids (PAs) are taken by mouth.
3. Borage plant parts including the leaf, flower, and seed can contain PAs.
4. PAs can damage the liver or cause cancer, especially when used in high doses or for a long time.
5. Only use products that are certified and labeled PA-free.

Drumstick:

Moringa, commonly known as “Drum stick” or “Horseradish”, is considered as an important plant in Ayurveda. Moringa is rich in vegetable oil and has high nutritional values. Its leaves and flowers are mainly used to manage various diseases.

Moringa lowers cholesterol levels by increasing good cholesterol in the body. It also protects the liver against damage due to its antioxidant and anti-inflammatory properties. It is also good for diabetics as it helps lower blood sugar levels.

Dosage:

Drumstick capsule – 1-2 capsules twice a day

Drumstick Tablet – 1-2 tablets twice a day

Drumstick powder -1/4-1/2 teaspoon twice a day

Drumstick juice- 2-4 teaspoons once or twice a day

Drumstick syrup-1-2 Teaspoons twice a day

Drumstick Tea- 1-2 cup in a day

Side Effects:

1. Gastrointestinal Issues:

- Consuming large amounts of moringa, especially in powdered form, can cause digestive issues such as stomach cramps, diarrhea, and nausea. Start with small amounts and increase gradually to assess tolerance.

2. ⚠ Lowered Blood Sugar Levels:

- Moringa may have hypoglycemic effects, which can lower blood sugar levels. This can be beneficial for people with diabetes but may pose a risk for individuals with hypoglycemia or those on diabetes medications. Monitoring blood sugar levels is recommended.

3. Allergic Reactions:

Though rare, some individuals may experience allergic reactions to moringa. Symptoms can include skin rashes, itching, and in severe cases, difficulty breathing.

Ekka:

Ekka is a plant. People use the bark and root bark for medicine.

People use calotropis for conditions such as digestive disorders, [toothache](#), [cramps](#), [joint pain](#), and many others, but there is no good scientific evidence to support these uses. Using calotropis is unsafe, especially in high doses.

Dosage:

1. The appropriate dose of calotropis depends on several factors such as the user's age, health, and several other conditions.
2. At this time there is not enough scientific information to determine an appropriate range of doses for calotropis.
3. Keep in mind that natural products are not always necessarily safe and dosages can be important.

Side Effects:

1. 🚫 Gastrointestinal Issues:

- Consuming large amounts of grains of paradise may cause digestive discomfort, including stomach pain, nausea, and diarrhea.

🚫 2 Allergic Reactions:

- Some individuals might experience allergic reactions, including rashes, itching, and swelling. Severe reactions are less common but require immediate medical attention.

Eucalyptus

Eucalyptus is a tree. Its leaves and oil have been consumed, chewed, and applied to the [skin](#) for many conditions.

Eucalyptus contains many different chemicals. These chemicals might have various effects in the body. Also, some research suggests that eucalyptus may have activity against bacteria and fungi. People use eucalyptus for many conditions including [asthma](#), [bronchitis](#), flu (influenza), and many others, but there is no good scientific evidence to support these uses.

Dosage:

1. Steam inhalation: Add 3–5 drops of eucalyptus oil to a bowl of hot water. Inhale the steam for 5–10 minutes. This can be done 1–2 times per day.
2. Diluted with a carrier oil: Use 1–2 drops of eucalyptus oil per teaspoon of carrier oil (like coconut or olive oil). Apply to the skin as needed, but generally, no more than 2–3 times a day.
3. If prescribed by a healthcare professional, the dosage should be strictly followed. Usually, this involves very small amounts (e.g., a few drops diluted in water or tea).

Side Effects:

1. When taken by [mouth](#): People often consume eucalyptus as a flavoring in small amounts in foods. It's possibly safe to take eucalyptol, a chemical that is found in eucalyptus oil, daily for up to 12 weeks.
2. But it is unsafe to take pure eucalyptus oil by [mouth](#). Taking only 3.5 mL (less than one teaspoon) of the pure oil can be fatal.
3. Eucalyptus oil can cause nausea, [vomiting](#), and [diarrhea](#). Eucalyptus poisoning can cause [stomach pain](#), dizziness, muscle weakness, feelings of suffocation, drowsiness, [seizures](#), and [coma](#).

Ganigale:

Ganigale is a large glabrous evergreen, shrub with white latex. Ganigale consists of various types based on the color of flowers as Red, Yellow, White, etc.

Leaves of this plant are thick and long. In red colored flowers leaves are dark green and in white colored flowers they are light green in color. They are about 17cm in length and 1-3cm in width.

Fruits are cylindrical with Red and White variety are longer about 4 to 6 inch in length with many seeds. The fruit of Yellow variety is round and light red colored (unripe) or grey (ripened fruit) and has 2 seeds of light yellow color. It is poisonous.

Dosage:

Powder : 30-125 mg per day, it is the maximum dose.

Side Effects:

- This herb is a cardiac toxic therefore it should not be used without the advice of doctor.
- It is not safe for children so keep this herb out of sight and reach of children.
- It is also not safe in case of pregnant and lactating mothers and even for external application.
- Accidental oral intake may result in severe poisonous symptoms.

Ganike:

Black nightshade (*Solanum nigrum*) is a plant with a musk-like smell when wilting. It contains a chemical that can be toxic when consumed.

Black nightshade contains a chemical called solanine which is poisonous to humans. The green fruits contain the highest amounts of solanine and therefore are the most toxic parts of the plant.

People use black nightshade for [stomach](#) irritation, [cramps](#), spasms, pain, nervousness, and many other conditions, but there is no good scientific evidence to support these uses.

Dosage:

Black nightshade can be poisonous. There isn't enough reliable information to know what an appropriate dose of black nightshade might be. Consult a [healthcare](#) professional before using.

Side Effects:

1. When taken by [mouth](#): Black nightshade unripe berries and leaves are likely unsafe. These contain a toxic chemical called solanine.
2. At lower doses, they can cause nausea, [vomiting](#), and other side effects.
3. At higher doses, they can cause severe poisoning, which can lead to death.

Gasagase:

Gasagase seed is the seed from the poppy plant (*Papaver somniferum*). It's used in cooking. The seed pod contains [opium](#), a source of opiates such as [morphine](#).

Gasagase seeds don't contain opiates naturally, but the seeds can become coated with opiates during harvesting or by insects. Because of this, the amount of opiates on poppy seeds varies widely. Ready-to-eat poppy seeds have been processed to remove opiates.

People use poppy seed to diagnose an abnormal connection between the bowel and the bladder (vesicoenteric fistula). It's also used for [cough](#), [insomnia](#), and many other conditions, but there is no good scientific evidence to support these uses.

Dosage:

Poppy seed is commonly used as a spice or flavoring in foods. But as medicine, there isn't enough reliable information to know what an appropriate dose of poppy seed might be. Keep in mind that natural products are not always necessarily safe and dosages can be important.

Side Effects:

1. When taken by [mouth](#): Poppy seed is commonly used as a spice or flavoring in foods. Foods containing up to about 50 grams of poppy seed can be eaten safely.
2. Poppy seed is possibly safe when used in larger amounts as medicine, short-term.
3. But eating very large amounts of poppy seed is possibly unsafe as it might block the bowels.
4. Some people might also be allergic to poppy seed.
5. Drinking poppy seed tea is possibly unsafe.

Ginger:

Ginger (*Zingiber officinale*) is a plant native to Asia. The ginger spice comes from the roots of the plant. It's used as a food flavoring and medicine.

Ginger contains chemicals that might reduce nausea and swelling. These chemicals seem to work in the [stomach](#) and [intestines](#), but they might also help the [brain and nervous system](#) to control nausea.

People commonly use ginger for many types of [nausea and vomiting](#). It's also used for [menstrual cramps](#), [osteoarthritis](#), diabetes, [migraine headaches](#), and other conditions, but there is no good scientific evidence to support many of these uses. There is also no good evidence to support using ginger for COVID-19.

Dosage:

Ginger is commonly consumed in foods and as a flavoring in drinks. As medicine, ginger is available in many forms, including teas, syrups, capsules, and liquid extracts. Ginger has most often been used by adults in doses of 0.5-3 grams by mouth daily for up to 12 weeks.

Side Effects:

1. When taken by mouth: Ginger is likely safe.
2. It can cause mild side effects including [heartburn](#), [diarrhea](#), burping, and general [stomach](#) discomfort
3. Taking higher doses of 5 grams daily increases the risk for side effects.
4. When applied to the [skin](#): Ginger is possibly safe when used short-term.
5. It might cause [skin](#) irritation for some people.

Globe Amaranth:

Amaranth is a plant. The seed, oil, and leaf are used as food. The entire plant is used to make medicine.

Amaranth is used for ulcers, [diarrhea](#), swelling of the [mouth](#) or throat, and high cholesterol, but there is no good scientific evidence to support these uses.

In foods, amaranth is used as a pseudocereal.

Dosage:

1. The appropriate dose of amaranth depends on several factors such as the user's age, health, and several other conditions.
2. At this time there is not enough scientific information to determine an appropriate range of doses for amaranth.
3. Be sure to follow relevant directions on product labels and consult your [pharmacist](#) or physician or other [healthcare](#) professional before using.

Side Effects:

1. When taken by mouth: The seed, oil, and leaves of amaranth are **LIKELY SAFE** when used in food amounts. Taking amaranth as a medicine is **POSSIBLY SAFE** when used for 3 weeks or less.
2. It is not known if using amaranth as medicine is safe or what the possible side effects might be.

Guava:

Guava which is commonly known as Amrud, is a fruit with a sweet and a slight astringent taste. It is round in shape with light green or yellow skin and edible seeds.

Guava can be taken in different forms such as tea, juice, syrup, powder and capsule for medicinal purposes. Guava fruits are packed with powerful antioxidants, fiber, potassium and vitamin C which help improve energy levels. Guava leaves are used to prepare herbal tea which protects the body against certain illnesses due to its antioxidant activity.

It also helps improve digestion. Guava juice has vitamin C which helps prevent common cold. It adds bulk to stools and prevents constipation.

Dosage:

1. Guava Capsule-1-2 twice a day
2. Guava Powder-1/4 -1/2 teaspoons a day
3. Guava Syrup-2-3 spoons a day

Side Effects:

1. When taken by [mouth](#): Guava fruit is **LIKELY SAFE** when eaten as a food.
2. Guava fruit and guava leaf extract are **POSSIBLY SAFE** when used as a medicine, short-term.
3. Guava leaf extract might cause temporary nausea or stomach pain in some people.
4. When applied to the skin: Guava leaf extract is **POSSIBLY SAFE** when applied to the skin or inside the mouth as a rinse. It might cause skin irritation in some people.

Henna:

Mehendi or Henna is the symbol of joy, beauty and sacred rituals in the Hindu culture. It is cultivated for cosmetic and pharmaceutical purposes. All parts of this plant (root, stem, leaf, flower pod and seeds) are of great medicinal importance.

The most important part of the plant being the leaves which contain a coloring compound known as Lawson (red orange dye molecule).

Mehendi, apart from its cosmetic uses, is generally applied on the skin to help manage all types of skin conditions like itching, allergies, skin rashes and wounds due to its antimicrobial and anti-inflammatory properties. Mehendi is also beneficial for hair as it acts as a natural dye for hair, promotes hair growth, conditions the hair and provides shine to the hair.

Dosage:

Henna powder -3-4 teaspoons or as per your requirement

Side Effects:

1. When taken by mouth: Henna is **UNSAFE** when taken by mouth. Accidentally swallowing henna requires prompt medical attention.
2. It can cause stomach upset, muscle breakdown, kidney failure, destruction of red blood cells (hemolytic anemia), and death.
3. When applied to the skin: Henna is **LIKELY SAFE** for most adults when used on the skin or hair. It can cause some side effects such as redness, itching, burning, swelling, blisters, and scarring of the skin.
4. Most often these allergic reactions are due to an ingredient added to henna. This added ingredient is most common in "black" henna.
5. Rarely, allergic reactions can occur such as hives, runny nose, wheezing, and asthma.

Hibiscus:

Hibiscus or Gudhal, commonly known as China rose is an attractive red flower.

External application of Hibiscus powder or the flower paste with coconut oil on the scalp helps in promoting hair growth and prevents greying of hair.

Drinking Hibiscus tea might help in the management of menorrhagia, bleeding piles, diarrhea and high blood pressure. It also has good aphrodisiac and laxative properties.

Dosage:

Hibiscus Capsule -1 capsule twice a day or as prescribed by doctor

Hibiscus Syrup-3-4 teaspoon twice a day or as prescribed by the doctor

Hibiscus Powder -1/4-1/2 teaspoon twice a day or as prescribed by the doctor

Hibiscus Tea -1-2 cups in a day

Side Effects:

1. When taken by [mouth](#): Hibiscus sabdariffa is commonly consumed in foods. It is possibly safe when used in medicinal amounts.
2. Hibiscus sabdariffa tea has been used safely in amounts of up to 720 mL daily for up to 6 weeks.
3. Side effects are uncommon but might include [stomach](#) upset, gas, and [constipation](#).

Honge:

Honge is a medicinal herb mainly used for skin disorders. All parts of Honge tree (roots, flowers, leaves, bark) are used for medicinal purposes.

Honge is widely used in managing constipation as it helps to improve gut motility and has a laxative property. It might also be used for piles due to its astringent and anti-inflammatory properties.

According to Ayurveda, Honge oil is mainly applied on the skin to manage boils and eczema as well as heal wounds due to its Ropan (healing) and antimicrobial property. The paste of its leaves can also be applied on cuts and wounds to help promote healing.

Dosage:

- **Karanja Churna** - ¼-½ teaspoon twice a day.
- **Karanja Capsule** - 1-2 capsules twice a day.

Side Effects:

1. Skin Irritation:

- The application of Honge leaf extracts or oil on the skin can cause irritation, redness, or allergic reactions in sensitive individuals.

2. Gastrointestinal Issues:

- Consuming Honge leaves or their extracts in large quantities may cause stomach upset, nausea, vomiting, or diarrhea.

3. Reproductive Effects:

- Some studies suggest that certain compounds in Honge leaves could potentially affect fertility, although more research is needed.

Insulin:

Costus igneus is known as the insulin plant because it may help lower glucose levels for some people with diabetes. This plant may cause side effects that include dizziness and stomach problems. While *C. igneus* may help as a supplement for pre-diabetes or type 2 diabetes, it is not a replacement for insulin or other diabetes medications.

Dosage:

1. Fresh Leaves:

- Typically, 1–2 fresh leaves are chewed daily, preferably on an empty stomach in the morning.

2. Dried Leaves (Powder):

- If using dried leaves, about 1 teaspoon of the powdered leaves can be mixed with water and consumed once or twice daily.

Side Effects:

3. Tea:

- Some people brew a tea with 1–2 leaves steeped in hot water for 5–10 minutes. This tea can be consumed once or twice a day.

Side Effects:

1. Upset stomach
2. Diarrhea
3. Dizziness
4. Low blood sugar levels, especially if you take insulin
5. Increased risk of diabetes-related coma (from hypoglycemia)

Jackfruit:

Jackfruit (*Artocarpus heterophyllus*) is a tree native to India. Its fruit and seeds are eaten as food. Other plant parts are used in Ayurvedic medicine.

Jackfruit leaves and roots contain chemicals that might help control [blood sugar](#) increases after eating. Its fruit is a source of [vitamin A](#), fiber, and protein.

People use jackfruit for diabetes, wound healing, and many other conditions, but there is no good scientific evidence to support these uses.

Dosages:

1. There isn't enough reliable information to know what an appropriate dose of jackfruit might be.
2. Keep in mind that natural products are not always necessarily safe and dosages can be important
3. Be sure to follow relevant directions on product labels and consult a [healthcare](#) professional before using.

Side Effects:

When taken by [mouth](#): There isn't enough reliable information to know if jackfruit is safe or what the side effects might be. Its fruit might cause allergic reactions in some people.

Jasmine:

Jasmine (*Jasminum officinale*), commonly known as Chameli or Malati, is a fragrant plant that has the potential to manage various diseases. All parts of the Jasmine plant such as leaves, flowers, roots are beneficial and are widely used in Ayurveda for treating various ailments.

Jasmine helps to lower blood cholesterol levels and maintain healthy heart functions due to the presence of antioxidants. These antioxidants protect the body cells against damage caused by free radicals. Drinking Jasmine

Dosage:

1. The appropriate dose of jasmine depends on several factors such as the user's age, health, and several other conditions.
2. At this time there is not enough scientific information to determine an appropriate range of doses for jasmine.
3. Keep in mind that natural products are not always necessarily safe and dosages can be important.

Side Effects:

1. When taken by [mouth](#): Jasmine is LIKELY SAFE for most people in food amounts.
2. There isn't enough reliable information to know if jasmine is safe when taken by [mouth](#) as a medicine.
3. When applied to the [skin](#): There isn't enough reliable information to know if jasmine is safe when applied to the skin as a medicine.
4. Jasmine might cause allergic reactions in some people.

Kambajala:

Kambajala is commonly known as the “Flame of the forest” or the “Flame tree” and various parts of the plant like flowers, bark, leaf and seed gum are used for medicinal purposes.

Kambajala is mainly used to get rid of worms from the stomach due to its anthelmintic activity. It can be used to manage diarrhoea as it has antimicrobial and astringent properties. It also helps to manage liver disorders due to its antioxidant properties.

Dosage:

- Kambajala Churna - ¼-½ teaspoon twice a day.

Side Effects:

1. **Gastrointestinal Issues:** High doses or prolonged use can cause stomach upset, nausea, vomiting, or diarrhea.
2. **Allergic Reactions:** Some individuals may experience allergic reactions such as skin rashes, itching, or swelling.
3. **Hypoglycemia:** Palash is sometimes used for its blood sugar-lowering properties, which could cause hypoglycemia (low blood sugar) in some people, particularly those taking medications for diabetes.

Kasambruga:

Kasambruga is a plant. The leaves and flowers are used to make medicine.

Despite serious safety concerns, people use angel's trumpet as a recreational drug to induce [hallucinations](#) and euphoria. It is also used for [asthma](#) and other conditions, but there is no good scientific evidence to support these uses.

Dosage:

1. The appropriate dose of Kasambruga depends on several factors such as the user's age, health, and several other conditions.
2. At this time there is not enough scientific information to determine an appropriate range of doses for kasambruga.
3. Keep in mind that natural products are not always necessarily safe and dosages can be important.

Side Effects:

1. When taken by [mouth](#): Kasambruga is UNSAFE.
2. The entire plant is poisonous, but the leaves and seeds contain the most poison.
3. Kasambrugaa can cause confusion, dilated pupils, intense thirst, [dry skin](#), flushing, fever, high or [low blood pressure](#), fast heartbeat, difficulty breathing, hallucinations, nervousness, loss of memory, convulsions, [paralysis](#), [coma](#), and death.

Kohlrabi:

Kohlrabi is a vegetable that is similar to cabbage, broccoli, cauliflower, kale, collard, and Brussels sprout. The stem and leaves of kohlrabi are eaten as food and as a medicine.

Kohlrabi is taken by [mouth](#) for cancer prevention, as well as for heart disease, [obesity](#), [constipation](#), and other conditions, but there is no good scientific evidence to support its use.

Dosage:

1. **Serving Size:** A typical serving of cooked leafy greens is about 1/2 to 1 cup. You can use this as a guide for kohlrabi leaves.
2. **Nutrient Content:** Kohlrabi leaves are rich in vitamins A, C, and K, as well as fiber and antioxidants. Including them in your diet can contribute to your daily nutritional intake.
3. **Preparation:** Kohlrabi leaves can be steamed, sautéed, added to soups, or even used raw in salads, similar to other greens.

Side Effects:

1. Reduction in white blood cells.
2. Interference with liver function.
3. It may affect thyroid function.
4. **Digestive Issues:** Consuming large amounts of kohlrabi leaves, like other cruciferous vegetables, might cause digestive discomfort, including gas, bloating, or diarrhea.
5. **Thyroid Function:** Kohlrabi, like other cruciferous vegetables (e.g., broccoli, cauliflower, kale), contains compounds called goitrogens.

Lantana:

Lantana leaves come from the *Lantana* plant, a genus of flowering plants in the verbena family (Verbenaceae). *Lantana* species are known for their vibrant, colorful flowers and are often used as ornamental plants. However, they are also considered invasive in some regions and can be toxic to livestock and pets.

Dosage:

1. **Toxicity:** Lantana leaves contain toxic compounds (triterpenoids) that can cause nausea, vomiting, diarrhea, liver damage, and in severe cases, death. Even small amounts can be harmful.
2. **Lack of Safe Dosage:** Due to the toxic nature of the plant, no safe or recommended daily dosage has been established for human consumption.

Side Effects:

1. **Nausea and Vomiting:** Ingesting Lantana leaves can lead to severe nausea and vomiting due to their toxic components.
2. **Diarrhea:** The toxins in Lantana can irritate the digestive system, leading to diarrhea.
3. **Jaundice:** Lantana poisoning can cause liver damage, which may manifest as jaundice (yellowing of the skin and eyes).
4. **Liver Failure:** In severe cases, Lantana toxicity can lead to liver failure, which is life-threatening.
5. **Difficulty Breathing:** Severe poisoning can affect the respiratory system, leading to breathing difficulties.

Lemon:

Lemon (Citrus limon) is a flowering plant rich in vitamin C, citric acid and essential oil that is widely used for food and medicinal purposes.

Consuming Lemon juice might help to manage kidney stones as it prevents the deposition of calcium oxalate crystals which is the main reason for stone formation. It also prevents damage to kidney cells due to its antioxidant and anti inflammatory activity.

It is beneficial in cough and cold as it boosts immunity which helps fight various infections. Lemon can also assist in weight loss when taken regularly along with honey in warm water.

Dosage:

- Lemon Juice - 3-5 teaspoon twice a day.
- Lemon Powder - ¼-½ teaspoon twice day.
- Lemon Capsule - 1-2 capsules twice a day.

Side Effects:

1. When taken by [mouth](#): Lemon balm is likely safe when consumed in amounts found in foods.
2. Lemon balm [supplements](#) are possibly safe when used at a dose of up to 500 mg daily for up to 6 months
3. Side effects are generally mild and might include increased appetite, [nausea](#), dizziness, and [wheezing](#). There isn't enough reliable information to know if lemon balm is safe to use for more than 6 months.

Lemongrass:

Lemongrass is also known as Bhutrin in Ayurveda. It is widely used in the food industry as a flavouring agent.

Lemongrass helps maintain blood cholesterol levels by lowering the bad cholesterol and manages blood pressure due to its antioxidant and anti-inflammatory properties.

Drinking Lemongrass tea (kadha) twice a day helps in weight loss as it removes toxins from the body and improves metabolism.

Dosage:

- Lemongrass Powder - ¼-½ teaspoon twice a day.
- Lemongrass Capsule - 1-2 capsule twice a day.
- Lemongrass Tea - 1 or 2 times a day.

Side Effects:

1. When taken by [mouth](#): Lemongrass is commonly consumed in foods. Lemongrass essential oil and dried leaves are possibly safe when used as medicine, short-term.
2. When applied to the [skin](#): Lemongrass essential oil is possibly safe when used short-term. Some people might develop a [rash](#) or [skin](#) irritation.
3. When inhaled: Lemongrass essential oil is possibly safe when used in [aromatherapy](#).

Malabar_Nut:

Malabar nut is a plant. People use the leaf to make medicine.

Malabar nut is used to loosen chest congestion, open the breathing tubes (bronchi), and treat spasms. It is used for upper airway infections, common [colds](#), [cough](#), [asthma](#), and [tuberculosis](#).

Dosage:

- Malabar nut Tablet - 1-2 tablets twice a day.
- Malabar nut Capsule - 1-2 capsules twice a day.
- Malabar nut Powder - ¼-½ teaspoon twice a day.

Side Effects:

1. **Nausea and Vomiting:** Some individuals may experience nausea or vomiting when consuming Malabar nut leaves, especially in large doses.
2. **Diarrhea:** The leaves can have a mild laxative effect, potentially leading to diarrhea if taken in excessive amounts.
3. **Blood Pressure Lowering:** Malabar nut leaves have been reported to have hypotensive effects, which may lower blood pressure.
4. **Skin Reactions:** Some individuals may experience allergic reactions, such as skin rashes, itching, or hives after handling or consuming Malabar nut leaves.
5. **Respiratory Issues:** In rare cases, people with sensitivities might experience respiratory discomfort or difficulty breathing, particularly if they are allergic to the plant.

Malabar_Spinach:

A lot of people use Malabar spinach (Poy sag) to make soups that are very thick and to make stir-fries. People who eat these are going to get a lot of protein and not very many calories from them. Malabar spinach is a good source of Vitamin A, Vitamin C, iron, and calcium. 100 grams of Malabar spinach has about 8,000 units. It has a lot of protein. It also has magnesium, phosphorus, and potassium in it, which are good for your body to have.

Dosage:

1. **Serving Size:** A typical serving of Malabar spinach, like other leafy greens, is about 1 to 2 cups of fresh leaves. This amount can be used in salads, soups, stir-fries, or smoothies.
2. **Daily Consumption:** You can safely consume Malabar spinach daily as part of a balanced diet. It's rich in vitamins A, C, iron, and calcium, and it's low in calories, making it a healthy addition to your meals.

Side Effects:

1. Kidney Stones

- **Oxalate Content:** Malabar spinach contains oxalates, which can contribute to the formation of kidney stones in susceptible individuals. If you are prone to kidney stones, you may need to moderate your intake of Malabar spinach or other high-oxalate foods.

2. Digestive Issues

- **Gas and Bloating:** Like many leafy greens, consuming large amounts of Malabar spinach can cause gas, bloating, or mild digestive discomfort, especially if eaten raw.

3. Allergic Reactions

- **Skin Irritation:** Although rare, some people may experience allergic reactions, such as skin irritation or itching, after handling or consuming Malabar spinach.

Mango:

While fruits are the most consumed element of the mango tree, mango leaves are a secondary crop that has been used medicinally and in culinary preparations for thousands of years in Southeast Asia. The leaves grow on large mango trees which thrive in tropical to subtropical regions across the globe.

Dosage:

1. Mango Leaf Cinnamon Tea

Ingredients:

- 8 to 10 fresh mango leaves
- 2 cups water
- 1 tablespoon honey
- 1 inch piece of ginger
- 1 cinnamon stick
- 3 crushed cloves
- Juice of half a lemon

Side Effects:

1. **Skin Irritation:** Handling mango leaves or applying them topically can cause allergic reactions in some people, especially those who are sensitive to mango or related plants.
2. **Blood Sugar Levels:** Mango leaves are sometimes used to help manage blood sugar levels in people with diabetes. However, excessive consumption or use, especially in combination with other blood sugar-lowering medications, could lead to hypoglycemia (low blood sugar).
3. **Stomach Upset:** Consuming mango leaves in large quantities or in concentrated forms, such as extracts or teas, might cause gastrointestinal discomfort, including nausea, stomach pain, or diarrhea.

Marigold:

Marigold is a plant. People use the flowering parts that grow above the ground to make medicine.

Despite serious safety concerns, people take marsh marigold for pain, menstrual disorders, swollen airways ([bronchitis](#)), yellowed [skin](#) ([jaundice](#)), [liver](#) disorders, and other conditions, but there is no good scientific evidence to support these uses.

Dosage:

1. Teas and Infusions:

1. **Typical Amount:** For herbal teas, a common starting point is 1 to 2 teaspoons of dried marigold leaves per cup of boiling water. Steep for about 5 to 10 minutes, then strain.
2. **Frequency:** This tea can be consumed 1 to 2 times a day, but it's important to start with lower amounts to see how your body reacts.

Side Effects:

1. **Allergic Reactions:** Some people may experience allergic reactions, such as skin irritation or rashes, when using marigold leaves. It's advisable to do a patch test before extensive use.
2. **Gastrointestinal Issues:** Consuming large amounts of marigold leaves or their extracts might lead to digestive upset, including nausea or diarrhea.
3. **Pregnancy and Breastfeeding:** The safety of marigold leaves during pregnancy and breastfeeding has not been well established. It is best to avoid use or consult a healthcare provider before using them.

Mint:

Pudina is also known as brown mint, garden mint and lady's mint. It is a rich source of polyphenols and has a characteristic aromatic odor and pungent taste.

Pudina aids in digestion and helps in weight management due to its carminative (relieves gas) and antispasmodic property. Chewing Pudina leaves helps in getting relief from bloating and gas.

Pudina tablets and pudina drops also helps in indigestion. It might also help in improving brain functions by preventing cell damage due to its antioxidant property.

Dosage:

- Mint Tablet - 1-2 tablets twice a day.
- Mint Drop - 15-20 drops once or twice a day.
- Mint Capsule - 1-2 capsules twice a day.
- Mint Churna - ¼-½ teaspoon twice day.
- Mint Oil - 1-2 drops once or twice a day.

Side Effects:

1. When taken by mouth: Mint oil is likely safe. Mint leaf is possibly safe when taken for up to 8 weeks. It's not clear if Mint leaf is safe to use for longer than 8 weeks.
2. When applied to the skin: Mint oil is likely safe.
3. When given as an enema (rectally): Mint oil is likely safe.
4. When inhaled: Mint oil is possibly safe when used as part of [aromatherapy](#).
5. When applied into the nose: There isn't enough reliable information to know if Mint oil is safe or what the side effects might be.

Neem:

Neem tree has a strong place in the world of medicine and wellness. Every part of the Neem plant can be used against various infectious diseases.

Neem can be taken orally and also be applied on the affected skin area to manage various skin problems like acne, pimples, skin rashes and skin allergies. It is also used to reduce the symptoms of psoriasis, eczema and ringworm infection.

Taking a Neem tablet after meals daily can be beneficial for diabetic patients as it may help lower blood sugar levels.

Dosage:

- Neem Leaves - 4-5 leaves once a day.
- Neem Juice - 2-4 teaspoons twice a day.
- Neem Churna - ¼-½ teaspoon twice a day.
- Neem Capsule - 1-2 capsules twice a day.
- Neem Tablet - 1-2 tablets twice a day.
- Neem Syrup - 3-4 teaspoons twice a day after meals.

Side Effects:

1. When taken by [mouth](#): Neem bark extract is possibly safe for most adults when used short-term. Doses of up to 60 mg daily for up to 10 weeks have been used safely. Neem is possibly unsafe when taken by mouth in large doses or for long periods of time. It might harm the [kidneys](#) and [liver](#).
2. When applied to the [skin](#): Neem oil or cream is possibly safe when applied to the [skin](#) for up to 2 weeks.
3. When applied inside the mouth: Neem leaf extract gel is possibly safe when applied inside the mouth for up to 6 weeks.

Nelavembu:

Nilavembu which goes by the botanical name, *Andrographis paniculata*, belongs to the Acanthaceae family. The annual herb that grows to a height of 30-110 cm is cultivated mostly around the autumn season and is widely cultivated throughout Asia. The herb bears dark green, quadrangular stems with longitudinal furrows and winged-angles at the younger parts and slightly enlarged nodes. The leaves are usually dark green, glabrous, lanceolate, pinnate and arranged in an opposite decussate manner on the stems.

Dosage:

1. For Chikungunya:

30-40 ml of the Kashayam 2-3 times a day before meals or as directed by the doctor.

2. For Dengue:

30 ml of Kashayam along with wither 10ml [papaya juice](#) or 2 gms giloy churna twice daily before food or as directed by the doctor.

3. The minimum therapeutic dosage for adults for the specific formulations of nilavembu is given below. It is usually consumed 2-3 times a day preferably with luke-warm water, before meals or as advised by the doctor.

Side Effects:

1. Imbued with potent bioactive ingredients, this traditional herb exhibits no recorded side effects when used in the correct proportion.
2. It is also strictly forbidden for pregnant women, lactating mothers and people suffering from hypotension, duodenal ulcer, bleeding disorder, hyperacidity, and oesophageal reflux disease to consult an ayurvedic doctor before starting to take the herb.
3. It is extremely effective in normalising the aggravated levels of Sama Pitta doshas and Kapha doshas in the body.

Nerale:

Nerale or Black plum is a healthy Indian summer fruit. The fruit is sweet, sour and astringent in taste and can give a purplish color to your tongue. Eating Nerale fruit is the best way to obtain its maximum health benefits.

Nerale can also be consumed in other forms such as juice, vinegar, tablets, capsule and churna, all of which have a variety of medicinal properties.

Nerale helps in weight loss as it promotes digestion as well as removes excessive fat easily from the body. It is also found to be effective in chronic diarrhea due to its astringent property. Nerale also helps provide relief from gas or flatulence due to its carminative property.

Dosage:

- **Nerale Juice - 3-4 teaspoon once a day.**
- **Nerale Churna - ¼- ½ teaspoon twice a day**
- **Nerale Capsule - 1-2 capsules twice a day.**
- **Nerale Tablet - 1-2 tablets twice a day.**

Side Effects:

1. **Ingestion Risks: Nerale leaves contain toxic cardiac glycosides, which can cause severe poisoning. Symptoms of oleander poisoning include nausea, vomiting, abdominal pain, diarrhea, and potentially fatal heart arrhythmias.**
2. **Arrhythmias: The cardiac glycosides in oleander can disrupt heart rhythm, leading to arrhythmias, which can be life-threatening.**
3. **Severe Irritation: Consuming oleander leaves can cause severe gastrointestinal irritation, including nausea, vomiting, and diarrhea.**

Nooni:

Nooni (*Morinda citrifolia*) is an evergreen tree with large leaves and yellow fruit. It's found in the Pacific Islands, Southeast Asia, Australia, and India.

Nooni roots, stem, bark, leaves, flowers, and fruit have all been used as medicine. The fruit juice in particular is very high in [potassium](#). It also contains [vitamin C](#), [vitamin A](#), and many other chemicals that might help repair damaged cells in the body and activate the [immune system](#).

Dosage:

1. Noni Leaf Tea

- **Preparation:** Typically, 1 to 2 teaspoons of dried noni leaves per cup of boiling water is used. Steep for about 5 to 10 minutes, then strain.

2. Noni Leaf Extract

- **Dosage:** Follow the manufacturer's instructions, as concentrations can vary. A common dosage might be 1 to 2 teaspoons of extract per day.

3. Noni Leaf Powder

- **Dosage:** Typically, 1/2 to 1 teaspoon of noni leaf powder per day. This can be mixed into smoothies, juices, or water.

Side Effects:

1. Gastrointestinal Issues

- **Digestive Discomfort:** Consuming noni leaves, especially in large amounts or in concentrated forms, might cause gastrointestinal upset, including nausea, diarrhea, or stomach pain.

2. Allergic Reactions

- **Skin or Respiratory Reactions:** Some individuals may experience allergic reactions, such as skin rash or respiratory issues, after consuming noni leaves or extracts.

3. Pregnancy and Breastfeeding

- **Safety Unclear:** There is limited research on the safety of noni leaves during pregnancy and breastfeeding. It's best to avoid use or consult a healthcare provider.

Onion:

Onion or Pyaaz has a strong pungent smell and is used in various forms to impart flavour to dishes. There are various types of Onions such as white, red and spring Onion that can also be used raw in salads. Chopping Onions produces a volatile, sulphur-rich oil that causes teary eyes. It activates the tear glands in our eyes and produce tears.

Incorporating raw Onions in your diet during the summer season is the best way to protect yourself from heat stroke. Onions also help ease bowel movements thereby managing various digestive disorders.

Dosage:

- Onion Capsule - 1-2 capsules twice a day.
- Onion Powder - ¼-½ teaspoon twice a day.

Side Effects:

1. When taken by [mouth](#): Onion is commonly consumed in foods. Onion extract is possibly safe when used as medicine in doses up to 900 mg daily for up to 12 weeks
2. Side effects might include [stomach pain](#) and [heartburn](#).
3. When applied to the [skin](#): Onion extract is likely safe. Side effects might include [skin](#) irritation or eczema.

Padri:

Padri leaves come from the *Cinnamomum tamala* tree, commonly known as the bay leaf tree or Indian bay leaf. This plant is native to the Indian subcontinent and has a variety of uses in traditional medicine, culinary applications, and as an aromatic herb.

Padri leaves are elongated, with a glossy, dark green surface and a distinct aromatic smell. They are typically used in their dried form in cooking and traditional medicine

The leaves have a pungent, spicy aroma with a hint of sweetness and are used to add flavor to a variety of dishes.

Dosage:

1. Whole Dried Leaves:

- **Typical Dosage:** 1 to 2 whole dried padri leaves per dish (such as rice, curries, or stews).

2. Ground Powder:

- **Typical Dosage:** About 1/4 to 1/2 teaspoon of ground padri leaf powder can be used in dishes to enhance flavor.

Side Effects:

1. Gastrointestinal Issues

- **Irritation:** Consuming padri leaves in excessive amounts may cause gastrointestinal discomfort, including nausea, abdominal pain, or diarrhea. The leaves are tough and fibrous, which can irritate the digestive tract.

2. Allergic Reactions

- **Skin Reactions:** Some individuals might experience allergic reactions, such as skin rashes, itching, or hives, after contact with the leaves or their extracts.

3. Pregnancy and Breastfeeding

- **Limited Research:** There is limited research on the safety of padri leaves during pregnancy and breastfeeding. It is generally advisable to use them in moderation and consult a healthcare provider if you have concerns.

Palak:

Spinach is one of the most commonly available and consumed leafy vegetables and is high in nutritional value, especially iron.

Consuming Spinach on a regular basis is beneficial in case of anemia as it is a rich source of iron. It can also be consumed in the form of juice to promote weight loss. Spinach might also be useful for diabetics as it helps manage blood sugar levels.

In Ayurveda, Spinach is considered as a good source of reducing dryness of hair as well as hair loss due to its Picchila (sticky) property. Spinach paste or juice can help manage sunburn as applying it on the skin might heal burned skin due to its Sita (cold) and Ropan (healing) properties

Dosage:

- Spinach Capsule - 1- 2 capsules or as per your requirement.
- Spinach Juice - 1-2 teaspoons or as per your requirement.

Side Effects:

1. Oxalate Content

- **Kidney Stones:** Spinach is high in oxalates, which can contribute to the formation of kidney stones in susceptible individuals.

2. Gastrointestinal Issues

- **Digestive Discomfort:** Consuming large amounts of spinach, especially raw, can cause digestive discomfort, including bloating, gas, or diarrhea, due to its high fiber content.

3. Allergic Reactions

- **Skin or Respiratory Reactions:** Although rare, some individuals may experience allergic reactions to spinach, which could include skin rashes, itching, or respiratory symptoms.

Papaya:

Papaya (*Carica papaya*) is a tropical tree. Its ripe fruit is considered safe, but unripe papaya fruit contains papain and can damage the [esophagus](#).

Unripe papaya contains a chemical called papain. Papain breaks down proteins, carbohydrates, and fats. But papain is changed in the [stomach](#), so it's not clear if it's effective as medicine when taken by [mouth](#). Papaya also contains a chemical called carpain, which seems to be able to kill certain [parasites](#) and might affect the [central nervous system](#).

Dosage:

1. Fresh Papaya

- **Typical Serving:** A common serving size is about 1 cup of fresh papaya cubes (approximately 150 grams).

2. Papaya Juice

- **Typical Serving:** One serving of papaya juice is usually about 1 cup (240 milliliters). If consuming papaya juice, be mindful of the added sugars and calories.

3. Papaya Supplements (Enzyme Supplements)

- **Typical Dosage:** Papaya enzyme supplements, such as papain (an enzyme extracted from papaya), are often recommended in doses of 250 to 500 milligrams per day.

Side Effects:

1. Gastrointestinal Issues

- **Digestive Discomfort:** Consuming large quantities of papaya or papaya supplements might cause digestive issues such as diarrhea

2. Allergy: Some individuals might be allergic to papaya, experiencing symptoms such as itching, swelling, or respiratory issues.

3. Pregnancy and Breastfeeding: While consuming papaya as a fruit is generally safe during pregnancy and breastfeeding, excessive amounts of papaya or papaya supplements should be avoided.

Parijatha:

Parijatha, also known as Night-flowering Jasmine, is an important plant used in traditional medicines for the treatment of various diseases. The plant is used as a herbal remedy for treating various infectious and non-infectious diseases.

Traditionally, different parts of the plant have been used as herbal remedies for treating conditions like intermittent fevers, arthritis, and sciatica. The plant shows anti-inflammatory and antipyretic (fever-reducing) properties which help in managing pain and fever. It is also used as a laxative, in rheumatism, skin ailments, and as a sedative.

Dosage:

- Parijatha Juice - 10-20 ml once a day or as directed by the physician
- Parijatha Powder - 1-3 gm once or twice a day or as directed by the physician
- Parijatha Capsule - 1-2 capsules once or twice a day or as directed by the physician

Side Effects:

1. **Skin Irritation:** Some individuals may experience allergic reactions such as skin rashes, itching, or irritation after contact with the plant or its extracts.
2. **Digestive Discomfort:** Consuming parijatha in large amounts or concentrated forms could cause gastrointestinal issues such as nausea, vomiting, or diarrhea.
3. **Drug Interactions:** The potential for interactions with medications is not well-documented, but it is advisable to consult a healthcare provider before using parijatha, especially if you are taking other medications or have underlying health conditions.

Pea:

Pea or Matar is an edible green seed with various medicinal properties. Green peas are one of the best plant-based sources of protein that also contains a good amount of antioxidants and fiber. Peas can be frozen at home for a long period of time. Frozen peas retain more vitamin C as well as other essential nutrients.

Peas helps in weight loss due to the presence of fiber that promotes a feeling of fullness and prevent overeating. Raw Peas are also used as an appetizer which helps provide relief from constipation by promoting bowel movements due to its laxative property.

Dosage:

1. Fresh or Cooked Peas

- **Typical Serving Size:** A common serving size for fresh or cooked peas is about 1/2 to 1 cup (approximately 80 to 160 grams).

2. Frozen Peas

- **Typical Serving Size:** Similar to fresh peas, a serving size of frozen peas is typically 1/2 to 1 cup. Frozen peas can be used in cooking and generally retain their nutritional value.

3. Pea Protein Supplements

- **Typical Dosage:** Pea protein supplements are often used for their high protein content. A common dosage is 1 to 2 scoops (about 20 to 30 grams of protein powder) per day, depending on your protein needs and dietary goals.

Side Effects:

1. Gastrointestinal Issues

- **Digestive Discomfort:** Eating large amounts of peas or consuming pea protein supplements might cause digestive discomfort, including bloating, gas, or diarrhea due to their fiber content.

2. Allergy: Some individuals may have an allergy to peas or pea protein, which can cause symptoms such as itching, swelling, or gastrointestinal issues.

3. Peas are generally safe to eat during pregnancy and breastfeeding. They are a good source of nutrients like folate and iron, but as with any food, they should be consumed as part of a balanced diet.

Pepper:

Pepper is an essential herb used in various Ayurvedic medicines. The roots and fruits of Pepper are used for its medicinal purposes. Fruits of this plant are slight yellow to orange in color and pungent in taste.

Pepper is an effective home remedy in managing cough and cold. Swallowing Pepper powder along with honey after lunch and dinner helps release mucus from the air passages due to its expectorant property, thus allowing the patient to breathe easily.

Dosage:

- Pepper Churna - 4-8 pinch twice a day
- Pepper Capsule - 1-2 capsules twice a day
- Pepper Tablet - 1-2 tablet twice a day

Side Effects:

1. **Digestive Discomfort:** Consuming large amounts of pepper can cause gastrointestinal discomfort, including heartburn, nausea, or stomach upset. This is particularly true for people with sensitive stomachs or acid reflux.
2. **Skin Reactions:** Some individuals might experience allergic reactions to pepper, such as itching, rash, or swelling.
3. **Blood Thinners:** Piperine may interact with anticoagulant or antiplatelet medications, potentially affecting blood clotting.

Pomegranate:

A pomegranate is a sweet, tart fruit with thick, red skin. While the skin is not edible, it holds hundreds of juicy seeds that you can eat plain or sprinkle on salads, oatmeal, hummus, and other dishes.

People have enjoyed pomegranates since ancient times for their health benefits. Modern research has found that the antioxidants in pomegranates can help protect your heart. The anti-inflammatory and antitumor properties of pomegranates may have promising use in cancer treatment and prevention, but more research is needed to prove this.

Dosage:

- **Pomegranate Seeds - 1-2 Pomegranate or as per your requirement.**
- **Pomegranate Juice - 1-2 glass of Pomegranate juice or as per your taste .**
- **Pomegranate Powder - ¼-1/2 teaspoon twice a day.**
- **Pomegranate Capsule - 1-2 capsules twice a day.**
- **Pomegranate Tablet - 1-2 tablets twice a day.**

Side Effects:

1. **When taken by mouth: Pomegranate juice is LIKELY SAFE for most people when taken by mouth. Most people do not experience side effects. Some people can have allergic reactions to pomegranate fruit.**
2. **The root, stem, or peel of pomegranate is POSSIBLY UNSAFE when taken by mouth in large amounts. The root, stem, and peel contain poisons.**
3. **When applied to the skin: Pomegranate extract is POSSIBLY SAFE when applied to the skin. Some people have experienced sensitivity to pomegranate extract. Symptoms of sensitivity include itching, swelling, runny nose, and difficulty breathing.**

Pumkin:

Pumpkin (*Cucurbita pepo*) is a plant native to South America that now grows worldwide. The seed and its oil are used to make medicine.

The chemicals in pumpkin seed can increase urination, which might help relieve [bladder](#) and [prostate](#) discomfort. Some chemicals might also reduce swelling in the prostate. The pumpkin fruit and seed are commonly used in foods.

People commonly use pumpkin for [benign prostatic hyperplasia \(BPH\)](#). It is also used for balding, [UTIs](#), and many other conditions, but there is no good scientific evidence to support these other uses.

Dosage:

1. **Fresh Pumpkin:** 1 cup of cooked pumpkin (about 245 grams) can be a good serving size. This provides a good amount of vitamins and fiber.
2. **Pumpkin Puree:** Around 1/2 to 1 cup of pumpkin puree is often used in recipes and can be a nutritious addition to your diet.
3. **Pumpkin Seeds:** About a small handful (1-2 tablespoons) of roasted pumpkin seeds can be a healthy snack.

Side Effects:

1. **Digestive Issues:** Eating large amounts of pumpkin can cause digestive problems like bloating or gas due to its high fiber content.
2. **Allergic Reactions:** Though rare, some people may have an allergy to pumpkin or pumpkin seeds, which could lead to symptoms like itching, swelling, or digestive discomfort.
3. **Blood Sugar Levels:** Pumpkin has a moderate glycemic index, so if you're diabetic or have blood sugar concerns, it's best to monitor your intake and combine it with other low-glycemic foods.

Raddish:

Radish (*Raphanus sativus*) is a plant native to Japan and China. Its root and leaves are commonly eaten. Its root, leaves, and seeds are used as medicine.

Radish root contains chemicals that might help with digestion. It might also help lower [blood sugar](#) and [blood pressure](#).

People use radish for disorders affecting bile flow in the [liver](#), diabetes, and many other conditions, but there is no good scientific evidence to support these uses.

Dosage:

- Raddish Juice - 1-2 teaspoon or as per your requirement.
- Raddish Paste - ¼-½ teaspoon or as per your requirement.

Side Effects:

1. **Digestive Issues:** Radishes contain fiber and certain compounds that can cause digestive discomfort, such as bloating or gas, especially if eaten in large quantities.
2. **Thyroid Function:** Radishes contain goitrogens, substances that can interfere with thyroid function, particularly if consumed in very large amounts. This is usually only a concern for individuals with existing thyroid issues or those who consume a lot of goitrogenic foods.
3. **Allergic Reactions:** Though rare, some people may experience allergic reactions to radishes, which could manifest as itching, swelling, or gastrointestinal symptoms.

Rose:

Rose or *Rosa centifolia* is also known as Shatapatri or Taruni and is available in various parts of India. It is used in the traditional system of medicine for managing various diseases.

Rose powder or petal jam (gulkand) is useful in managing digestive problems like hyperacidity and diarrhea due to its anti-inflammatory property.

Rose water, derived from its petals, is good for rejuvenating skin and fighting skin problems like allergies and acne.

Dosage:

- Rose Powder - $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon twice a day.
- Rose Capsule - 1-2 capsules twice a day.
- Rose Juice - 2-3 teaspoons twice a day.

Side Effects:

1. **Allergic Reactions:** Some individuals may experience allergic reactions to roses, which can include symptoms such as itching, redness, or swelling, particularly if they have a sensitivity to flowers.
2. **Skin Sensitivity:** Applying rose water or rose oil directly to the skin may cause irritation or sensitivity in some people. It's a good idea to do a patch test before using it extensively.
3. **Drug Interactions:** Rose essential oil or extracts might interact with certain medications or medical conditions. For example, rose oil could potentially affect blood sugar levels, so those with diabetes should use it with caution.

Sampige:

"Sampige" (also known as "Sampige" in some regions) refers to the Champaka flower, particularly the species *Magnolia champaca*, which is native to Southeast Asia.

The Champaka flower is typically yellow or orange, with a strong, sweet fragrance. It has a distinct, aromatic smell that is often described as exotic.

It's a tropical tree that can grow up to 30 meters tall. The flowers are usually borne in clusters and are large and showy.

Dosage:

1. **Aromatic Use:** Typically, 2-3 drops of Champaka essential oil are added to a diffuser for aromatherapy purposes. Adjust according to personal preference and room size.
2. **Teas or Infusions:** If using Champaka flowers in teas or infusions (less common), a general guideline is to use 1-2 teaspoons of dried flowers per cup of hot water. Steep for about 5-10 minutes.
3. **Skincare Products:** When using products containing Champaka extract, follow the product's instructions for application.

Side Effects:

1. **Skin Irritation:** Applying undiluted essential oil directly to the skin can cause irritation, redness, or a rash. Always dilute essential oils with a carrier oil before topical application.
2. **Allergic Reactions:** Some individuals may experience allergic reactions, including itching, swelling, or redness. If you have a known sensitivity to fragrances or essential oils, perform a patch test before widespread use.
3. **Respiratory Issues:** Inhaling concentrated essential oils, particularly in large amounts, may cause respiratory irritation or allergic reactions in some people.

Sapota:

Sapota (*Manilkara zapota*) is a fruit that's thought to be native to Mexico and Central America. Today, though, it can be found in many parts of the world, such as the Philippines, India, South Africa, Australia, and South America. In the United States, this plant is found mostly in Florida.

Sapota is sometimes called sapodillo. It's also known by many other different names around the world, like: chikoo, Chiku, Dilly.

Dosage:

1. **Fresh Fruit:** Eating 1-2 medium-sized sapotas (approximately 100-200 grams) per day is generally considered a healthy amount. This provides a good balance of nutrients without excessive calorie intake.
2. **Sapota Juice/Smoothies:** If consuming sapota in the form of juice or smoothies, about 1 cup (240 ml) of sapota juice or smoothie can be a reasonable serving size.

Side Effects:

1. **Blood Sugar:** Due to its natural sugar content, individuals with diabetes or blood sugar concerns should monitor their intake and consider portion sizes.
2. **Allergies:** Although rare, some individuals may have allergic reactions to sapota. If you experience any adverse symptoms, such as itching or swelling, discontinue consumption.
3. **Digestive Issues:** Eating large amounts of sapota may lead to digestive issues due to its high fiber content. This can include symptoms like bloating, gas, or diarrhea.
4. **Dental Health:** The high sugar content in sapota can contribute to dental issues if consumed excessively and without proper oral hygiene. It's important to brush your teeth regularly and maintain good oral health.
5. **Interactions with Medications:** There is limited information on how sapota interacts with medications, but if you are on any medication or have specific health concerns, it's best to consult with a healthcare provider.

Seethaashoka:

Seethaashoka, known as the seethaashoka briksh is one of the most ancient and sacred trees found all over India. Ashoka has various medicinal properties, especially its bark and leaves. seethaashoka helps to manage various gynecological and menstrual problems in women such as heavy, irregular and painful periods. It can be taken in the form of churna/powder or capsule twice a day after meals to get relief from abdominal pain and spasms. Taking Ashoka bark juice or kwath can also promote healthy skin due to its blood purifying property.

Dosage:

- Seethaashoka Powder - $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon twice a day.
- Seethaashoka Capsule - 1-2 capsules twice a day.
- Seethaashoka Tablet - 1-2 tablets twice a day.

Side Effects:

1. **Allergic Reactions:** Some individuals might experience allergic reactions to Seethaashoka, which could include symptoms like rash, itching, or swelling.
2. **Gastrointestinal Issues:** High doses or excessive use might lead to gastrointestinal discomfort, such as nausea, vomiting, or diarrhea.
3. **Pregnancy and Breastfeeding:** There is limited research on the safety of Seethaashoka during pregnancy and breastfeeding. It's generally advised to consult with a healthcare provider before using it in these conditions.
4. **Drug Interactions:** Seethaashoka might interact with certain medications or supplements. If you are on any medications, particularly for hormone regulation or menstrual health, consult a healthcare provider to avoid potential interactions.
5. **Hormonal Effects:** Since Seethaashoka is often used for menstrual and gynecological issues, it might have effects on hormone levels. This can be a consideration for individuals with hormone-sensitive conditions.

Seethapala:

Seethapala apple is a fruit which is popularly known as Sharifah. All the parts of this plant are useful in managing a variety of diseases. It is rich in fiber, minerals, vitamins and antioxidants that help boost immunity.

Seethapala apple helps manage constipation as it promotes bowel movements due to its laxative property whereas the bark of this fruit's tree helps manage diarrhea. Seethapala apple leaves also help manage diabetes due to the presence of antioxidants that might help enhance insulin production.

Seethapala apple leaves also helps manage high blood pressure due to the presence of potassium and magnesium that promote the dilation of blood vessels that improves blood flow.

Dosage:

- Seethapala apple Powder - ¼ -1/2 teaspoons twice a day.

Side Effects:

1. **Allergic Reactions:** Some individuals may experience allergic reactions, such as rash, itching, or swelling. If you notice any of these symptoms, discontinue use and consult a healthcare provider.

2. **Gastrointestinal Issues:** High doses or excessive use of Seetha Pala might lead to gastrointestinal discomfort, including nausea, diarrhea, or stomach cramps.

3. **Pregnancy and Breastfeeding:** There is limited research on the safety of Seetha Pala during pregnancy and breastfeeding. It is advisable to consult with a healthcare provider before using this herb if you are pregnant or breastfeeding.

Spinach1:

Spinach is one of the most commonly available and consumed leafy vegetables and is high in nutritional value, especially iron.

Consuming Spinach on a regular basis is beneficial in case of anemia as it is a rich source of iron. It can also be consumed in the form of juice to promote weight loss. Spinach might also be useful for diabetics as it helps manage blood sugar levels.

In Ayurveda, Spinach is considered as a good source of reducing dryness of hair as well as hair loss due to its Picchila (sticky) property.

Dosage:

- Spinach Capsule - 1- 2 capsules or as per your requirement.
- Spinach Juice - 1-2 teaspoons or as per your requirement.

Side Effects:

1. **Oxalate Content:** Spinach is high in oxalates, which can contribute to kidney stone formation in susceptible individuals. If you have a history of kidney stones, it's best to moderate your spinach intake and consult with a healthcare provider.
2. **Digestive Issues:** Consuming large amounts of spinach can lead to digestive issues, such as bloating or gas, due to its high fiber content. Eating spinach in moderation helps prevent these issues.
3. **Blood Thinning:** Spinach is rich in vitamin K, which plays a role in blood clotting. If you are on blood-thinning medications, such as warfarin, you should monitor your vitamin K intake and consult with your healthcare provider to avoid interactions.
4. **Allergic Reactions:** Although rare, some individuals may have an allergy to spinach, which could cause symptoms like itching, swelling, or gastrointestinal discomfort.
5. **Iron Absorption:** Spinach contains non-heme iron, which is less readily absorbed by the body compared to heme iron found in animal products. Additionally, the high oxalate content in spinach can inhibit iron absorption. Consuming spinach with vitamin C-rich foods can help enhance iron absorption.

Tamarind:

Tamarind also known as “Indian date” is a sweet and sour fruit that is an integral part of the Indian cuisine and has many health benefits.

Tamarind is considered good for constipation due to its laxative property. It helps to boost immunity as it is rich in vitamin C and antioxidants, making it useful in managing common cold. Tamarind powder might also help to manage blood sugar as well as insulin levels and is thus considered good for diabetic patients. It might also be beneficial for people trying to manage weight as it helps decrease food cravings thereby preventing overeating.

Dosage:

- Tamarind Paste - ¼-½ teaspoon twice a day or as per your taste.
- Tamarind Powder - ¼-½ teaspoon twice a day.
- Tamarind Capsule - 1-2 capsule twice a day.
- Tamarind Candy - As per your taste.

Side Effects:

1. **Digestive Issues:** Consuming large amounts of tamarind may cause gastrointestinal discomfort, such as diarrhea or abdominal cramps. Tamarind's high fiber content can be harsh on the digestive system if eaten in excess.
2. **Acidity:** Tamarind is acidic, and consuming it in large quantities might aggravate acid reflux or heartburn in some individuals.
3. **Blood Sugar Levels:** Tamarind can influence blood sugar levels, so people with diabetes or blood sugar concerns should monitor their intake and consult with a healthcare provider.
4. **Allergic Reactions:** Although rare, some people may have an allergy to tamarind, which could cause symptoms like itching, swelling, or hives.
5. **Dental Health:** The acidity in tamarind can erode tooth enamel if consumed excessively. It's important to practice good oral hygiene, especially if consuming tamarind frequently.

Taro:

Taro leaves are a common ingredient in various cuisines, particularly in tropical regions. They are rich in nutrients and offer several health benefits but can also have some potential side effects.

Rich in Vitamins: Taro leaves are high in vitamins A and C, which support vision, immune function, and skin health.

Minerals: They are a good source of potassium, calcium, and magnesium, which are essential for maintaining cardiovascular and bone health.

Dosage:

1. **Cooked Taro Leaves:** A typical serving size of cooked taro leaves is about 1/2 to 1 cup (approximately 120-240 grams).
2. **Cooking:** Ensure that taro leaves are thoroughly cooked before consumption. This helps break down calcium oxalate crystals that can cause gastrointestinal discomfort and irritation. Boiling or steaming the leaves is recommended.
3. **Moderation:** Incorporate taro leaves into your diet in moderate amounts, especially if you have conditions related to kidney stones or gastrointestinal sensitivities.

Side Effects:

1. **Digestive Discomfort:** Raw or undercooked taro leaves contain calcium oxalate crystals, which can cause irritation and discomfort in the digestive tract.
2. **Kidney Stones:** Taro leaves are high in oxalates, which can contribute to kidney stone formation in susceptible individuals.
3. **Allergic Reactions:** Although rare, some individuals may have an allergy to taro leaves, which could result in symptoms like itching, swelling, or digestive upset.

Tecoma:

Tecoma leaves come from the Tecoma plant, a genus of flowering plants in the Bignoniaceae family. Tecoma species are known for their vibrant, trumpet-shaped flowers and are often used in ornamental gardening. Some species, such as Tecoma stans (Yellow Bells or Yellow Trumpetbush), are also used in traditional medicine.

Dosage:

1. **Infusions and Teas:** If using Tecoma leaves in infusions or teas, a common approach is to use 1-2 teaspoons of dried leaves per cup of boiling water. Steep for about 10-15 minutes. Start with a smaller amount to gauge your body's response.
2. **Poultices or Compresses:** For external applications, such as poultices or compresses, the leaves are usually crushed and applied directly to the skin.
3. **Cooking:** If used in cooking, incorporate Tecoma leaves as part of a recipe. There is no specific dosage; use them in moderation as you would with any herb or spice.

Side Effects:

1. **Toxicity:** Certain Tecoma species may contain compounds that can be toxic if consumed in large quantities. Toxicity symptoms could include nausea, vomiting, or dizziness. It's important to use Tecoma leaves in moderation and follow recommended guidelines.
2. **Allergic Reactions:** Some individuals may experience allergic reactions to Tecoma leaves. Symptoms might include itching, rash, swelling, or more severe reactions. Discontinue use if any adverse reactions occur.
3. **Digestive Issues:** Overconsumption of Tecoma leaves or improper preparation might lead to gastrointestinal discomfort, such as nausea, abdominal pain, or diarrhea.
4. **Interaction with Medications:** There may be potential interactions with certain medications. If you are taking medications, particularly for chronic conditions, consult with a healthcare provider to avoid any adverse interactions.
5. **Pregnancy and Breastfeeding:** There is limited information on the safety of Tecoma leaves during pregnancy and breastfeeding. It is advisable to consult with a healthcare provider before using them if you are pregnant or breastfeeding.

Thumbe:

Thumbé (also known as Thumbe or *Piper nigrum*) is commonly referred to in some contexts as black pepper. However, if you're referring to a different plant by this name, such as the Thumbe used in traditional medicine

Black pepper is widely used as a spice in cooking for its pungent flavor. It's a common ingredient in various dishes around the world.

Digestive Health: Black pepper can stimulate digestion and enhance the absorption of nutrients.

Dosage:

1. Culinary Use:

- **Seasoning:** Use black pepper as a seasoning in your daily cooking. A typical amount might be 1/4 to 1/2 teaspoon per meal, depending on personal taste.

2. Health Supplements:

- **Piperine Supplements:** If using black pepper extract (piperine) as a supplement, follow the dosage instructions provided on the product label. Common dosages for piperine supplements range from 5 to 20 mg per day, but it's essential to follow specific product recommendations.

Side Effects:

1. **Digestive Irritation:** Excessive consumption of black pepper can irritate the gastrointestinal tract. This may cause symptoms such as heartburn, gastritis, or an upset stomach.
2. **Digestive Irritation:** Excessive consumption of black pepper can irritate the gastrointestinal tract. This may cause symptoms such as heartburn, gastritis, or an upset stomach.
3. **Blood Pressure Medications:** Black pepper might enhance the effects of blood pressure medications.
4. **Medications Metabolized by the Liver:** Black pepper can affect the metabolism of drugs processed by the liver, potentially altering their effectiveness or increasing the risk of side effects.
5. **Pregnancy and Breastfeeding:** While moderate consumption of black pepper is generally considered safe during pregnancy and breastfeeding, excessive amounts should be avoided. It's always best to consult with a healthcare provider for guidance.

Tomato:

Tomato (*Solanum lycopersicum*) is a commonly eaten fruit that grows on a vine. It contains many nutrients, including an antioxidant called lycopene.

The lycopene in tomato is thought to play a role in preventing cancer. It's easier for the body to use lycopene that comes from tomato products, such as tomato paste or tomato juice, than from fresh tomatoes.

People use tomato for cancer prevention, diabetes, [high blood pressure](#), heart disease, [osteoarthritis](#), and many other conditions, but there is no good scientific evidence to support these uses.

Dosage:

1. As medicine, tomato extracts have most often been used based on their lycopene content.
2. Typical doses for adults are 15-30 mg of lycopene by [mouth](#) daily for up to 8 weeks.
3. Speak with a [healthcare](#) provider to find out what dose might be best for a specific condition.

Side Effects:

1. When taken by [mouth](#): Tomatoes are commonly consumed in foods. A specific tomato extract (Lyc-O-Mato) is possibly safe when used for up to eight weeks.
2. But large amounts of tomato leaf or green tomatoes are possibly unsafe. In large amounts, tomato leaves or green tomatoes can cause poisoning, potentially leading to serious side effects and death.
3. Tomato Allergy: Although rare, some people may have an allergy to tomatoes. Symptoms can include itching, swelling, rash, or in severe cases, anaphylaxis.
4. Blood Thinners: The vitamin K in tomatoes can interfere with blood-thinning medications like warfarin.
5. Oral Allergy Syndrome: Individuals with certain pollen allergies might experience itching or swelling in the mouth and throat when consuming raw tomatoes.

Tulsi:

Tulsi is a holy plant that has both medicinal and spiritual properties. In Ayurveda, it is known by different names such as "Mother Medicine of Nature" and "The Queen of Herbs".

Tulsi is beneficial in relieving cough and cold symptoms due to its antimicrobial, anti-inflammatory, antitussive (cough-relieving) and anti-allergic properties. Taking a few leaves of Tulsi along with honey helps relieve cough and flu as it improves immune health. Taking Tulsi tea on a daily basis has a calming effect and helps reduce stress.

Dosage:

- Tulsi Capsule - 1-2 capsules twice a day.
- Tulsi Tablet - 1-2 tablets twice a day.
- Tulsi Powder - ¼- ½ teaspoon twice a day.
- Tulsi Juice - 5-10 ml once day.
- Tulsi Drop - 1-2 drops twice a day.
- Tulsi Oil - 3-4 drops, 4-5 times a day.

Side Effects:

1. Gastrointestinal Issues:

- Digestive Distress: High doses of tulsi can cause digestive discomfort, such as nausea, upset stomach, or diarrhea in some individuals.

2. Allergic Reactions:

- Skin Reactions: Some people may experience allergic reactions to tulsi, which could include symptoms such as rash, itching, or swelling.

3. Blood Sugar Levels:

- Hypoglycemia: Tulsi may lower blood sugar levels, which can be beneficial for managing diabetes. However, it may also cause hypoglycemia (low blood sugar) in some individuals, particularly if taken with other medications that affect blood sugar.

Turmeric:

Turmeric is an ancient spice which has been used mainly in cooking. It is also used as a medicine in providing relief from pain and inflammation caused due to rheumatoid arthritis and osteoarthritis. This is due to the presence of curcumin which has anti-inflammatory properties.

Dosage:

1. Turmeric Churna – ¼ Teaspoon twice a day or as prescribed by the doctor
2. Turmeric Juice – 2-3 teaspoon a day or as prescribed by the doctor
3. Turmeric Capsule – 1 capsule twice a day or as prescribed by the doctor

Side Effects:

1. When taken by mouth: Turmeric is likely safe when used short-term. Turmeric products that provide up to 8 grams of curcumin daily seem to be safe when used for up to 2 months, Also, taking up to 3 grams of turmeric daily seems to be safe when used for up to 3 months.
2. Turmeric usually doesn't cause serious side effects. Some people can experience mild side effects such as stomach upset, nausea, dizziness, or diarrhea. These side effects are more common at higher doses.
3. When applied to the skin: Turmeric is likely safe. It is possibly safe when turmeric is applied inside the mouth as a mouthwash.
4. When applied into the rectum: Turmeric is possibly safe when used as an enema.
5. Skin Reactions: Some individuals may experience allergic reactions to turmeric, including rash, itching, or swelling. In severe cases, it could cause more serious reactions.

Ashoka:

Ashoka, known as the Ashoka tree, is one of the most ancient and sacred trees found all over India. Ashoka has various medicinal properties, especially its bark and leaves.

Ashoka helps to manage various gynecological and menstrual problems in women such as heavy, irregular and painful periods. It can be taken in the form of churna/powder or capsule twice a day after meals to get relief from abdominal pain and spasms. Taking Ashoka bark juice or kwath can also promote healthy skin due to its blood purifying property.

Dosage:

1. Ashoka Powder -1/4 -1/2 teaspoon twice a day
2. Ashoka Capsule -1-2 capsules twice a day
3. Ashoka Tablet -1-2 tablets twice a day

Side Effects:

1. Digestive Issues:

- **Gastrointestinal Discomfort:** Some individuals might experience digestive issues such as nausea, stomach cramps, or diarrhea when consuming Ashoka in large amounts.

2. Allergic Reactions:

- **Skin Reactions:** Rarely, Ashoka may cause allergic reactions, including skin rash, itching, or swelling. If you experience these symptoms, discontinue use and consult a healthcare provider.

3. Hormonal Effects:

- **Hormonal Impact:** Ashoka is often used to address menstrual and reproductive issues. It might influence hormone levels or reproductive health, so individuals with hormonal imbalances or conditions should use it with caution.

Camphor:

Camphor commonly known as Kapur, is a white, crystalline substance with a strong odor and a pungent taste. Burning Camphor in the house helps to kill germs and purifies the air as it acts as a natural insecticide.

Camphor consumption in small amounts with jaggery provides relief from cough due to its expectorant activity. It expels the mucus from the lungs and helps ease breathing.

Camphor water is used to manage skin infections due to its antifungal and antibacterial properties. Washing your face regularly with Camphor water prevents bacterial growth and gives you youthful skin.

Dosage:

1. Camphor Powder -1 pinch once or twice a day
2. Camphor Granules -Take as per your doctor's recommendations

Side Effects:

1. Skin Irritation:

- **Topical Use:** When applied to the skin, camphor can cause irritation, redness, or a burning sensation. This is especially true if used in high concentrations or on sensitive skin.

2. Allergic Reactions:

- **Contact Dermatitis:** Some individuals may experience allergic reactions, such as rash, itching, or swelling, when using camphor-based products.

3. Respiratory Issues:

- **Inhalation:** Inhaling camphor vapors can cause respiratory irritation, coughing, or shortness of breath, particularly in individuals with respiratory conditions like asthma.

Kamakasturi:

Kamakasturi leaves, also known as Kama Kasturi (*Ocimum sanctum*) or holy basil, are a significant herb in traditional medicine, particularly in Ayurveda. This plant is revered for its therapeutic and spiritual properties.

Kamakasturi leaves are considered adaptogens, helping the body adapt to stress and balance various physiological processes.

They are used to support respiratory health and relieve symptoms of respiratory conditions like coughs and colds.

Dosage:

1. Tea:

- **Preparation:** Steep 1-2 teaspoons of dried Kamakasturi leaves in a cup of hot water for 10-15 minutes.

2. Fresh Leaves:

- **Consumption:** Chew 2-3 fresh leaves or add them to your diet as a garnish or in dishes.

3. Powder:

Dosage: Typically, 1/2 to 1 teaspoon of Kamakasturi leaf powder is used daily. Start with a smaller amount and adjust as needed.

Side Effects:

1. Digestive Issues:

- **Gastrointestinal Discomfort:** Excessive consumption of Kamakasturi leaves can cause nausea, stomach cramps, or diarrhea.

2. Allergic Reactions:

- **Skin Reactions:** Some individuals may develop allergic reactions, including rash, itching, or swelling, particularly when using the leaves or their extracts topically.

3. Hormonal Effects:

- **Impact on Hormones:** Kamakasturi leaves can influence hormone levels. Individuals with hormonal imbalances or conditions should use it cautiously.

Kepala:

Kepala leaves (also known as Kepala Gajah or Elephant Head Leaf) are less commonly known but have their place in traditional medicine, particularly in Southeast Asian regions. The term "Kepala" might refer to different plants depending on the local context, but it generally pertains to medicinal herbs used in various cultures.

Medicinal Uses: In traditional medicine, Kepala leaves are used for their potential therapeutic properties, including anti-inflammatory, analgesic (pain-relieving), and antimicrobial effects.

Skin Conditions: Kepala leaves might be applied topically to help with skin conditions or wounds due to their purported antimicrobial properties.

Dosage:

1. Tea:

- **Preparation:** Steep 1-2 teaspoons of dried Kepala leaves in a cup of hot water for about 10-15 minutes.

2. Fresh Leaves:

- **Consumption:** If using fresh leaves, you can consume a few leaves (2-3) daily, either raw or added to dishes.

3. Powder:

Dosage: Typically, 1/2 to 1 teaspoon of the powder is used daily. Begin with a smaller amount and adjust based on how you feel.

Side Effects:

1. Digestive Issues:

- **Gastrointestinal Discomfort:** Consuming large quantities of Kepala leaves or their extracts can lead to gastrointestinal issues such as nausea, stomach cramps, or diarrhea.

2. Allergic Reactions:

- **Skin Reactions:** Applying Kepala leaves topically or consuming them may cause allergic reactions in some individuals, including rash, itching, or swelling.

3. Potential Stress: Excessive use of Kepala leaves may stress the kidneys or liver. Moderate use is generally recommended to avoid potential adverse effects.