

# Hospital in a Box

## Ingredient & their code

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Code	Indian Name of the Ingredient	English Name	Botanical Name	Part of the Plant
1	Amla	Goose berry	<i>Emblica officinalis</i>	Fruit
2	Haritaki	Chebolic myrobalan	<i>Terminalia chebula</i>	Fruit
3	Vibhitak	Belleric myrobalan	<i>Terminalia bellirica</i>	Fruit
4	Vashlochan	Bamboo manna	<i>Bambusa arundinacea</i>	Resin
5	Shunthi	Ginger	<i>Zingiber officinale</i>	Stem
6	Giloy	Tinospora	<i>Tinospora cordifolia</i>	Stem
7	Pippali	Long Pepper	<i>Piper longum</i>	Fruit
8	Methi	Fenugreek	<i>Trigonella foenum-graecum</i>	Seeds
9	Ajwain	Carrom	<i>Trachyspermum ammi</i>	Seeds
10	Mulethi	Liquorice	<i>Glycyrrhiza glabra</i>	root
11	Kali Mirch	Black pepper	<i>Piper nigrum</i>	Fruit
12	Dalchini	Cinnamon	<i>Cinnamomum zeylanicum</i>	Stem bark
13	Lavanga	Clove	<i>Syzgium aromaticum</i>	Fruit
14	Jeera	Cumin	<i>Cuminum cyminum</i>	Seeds
15	Tulsi	Holy Basil	<i>Ocimum tenuiflorum</i>	Leaves
16	Arjuna	Arjun	<i>Terminalia arjuna</i>	Stem bark
17	Lehsun	Garlic	<i>Allium sativum</i>	Bulb
18	Pudina	Mint	<i>Mentha arvensis</i>	Leaves
19	Nimbu	Lemon	<i>Citrus limon</i>	Fruit
20	Shatavri	Buttermilk Root, Climbing asparagus	<i>Asparagus racemosus</i>	Root
21	Dhaniya	Coriander	<i>Coriandrum sativum</i>	Fruit
22	Elaichi	Cardamom	<i>Elettaria cardamomum</i>	Fruit with seeds
23	Gudhal	Hibiscus	<i>Hibiscus rosa-sinensis</i>	Stem
24	Haldi	Turmeric	<i>Curcuma longa</i>	Stem
25	Ghritkumari	Aloe Vera	<i>Aloe vera</i>	Leaves
26	Sarson	Mustard	<i>Brassica juncea</i>	Seed oil