

# Hospital in a Box

## Active Ingredient Reference Manual

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S.No	INGREDIENTS	ACTIVE INGREDIENT	USAGE	REFERENCE
1.	Amla	Emblicanin-A, Emblicanin-B	CONSTIPATION IMMUNITY	Therapeutic Uses of Triphala in Ayurvedic Medicine  Christine Tara Peterson; J Altern Complement Med. 2017 Aug 1; 23(8): 607–614
2.	Haritaki/Harad	Tannins like Chebulagic, Chebulin and Corilagin	KIDNEY AND LIVER	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
3.	Vibhitak/baheda	Glucoside (Bellericanin) [12], Gallo-Tannic Acid	ENERGY FLOW WEAKNESS	Pharmacological activities of Baheda (Terminalia bellerica): A review Journal of Pharmacognosy and Phytochemistry 2016; 5(1): 194-197
4.	Vashlochan/ Tabasheer	Silica (SiO <sub>2</sub> ) – Silicon Dioxide 70-90%	BONE HEALTH RESPIRATORY CONGESTION	Pharmacognostical study of vanshlochan. World Journal of Pharmacy and Pharmaceutical Sciences. Nov 9, 2017
5.	Sonth/Shunthi	Gingerol, Shogaol	PAIN RELIEF COMMON COLD	Some phytochemical, pharmacological and toxicological properties of ginger (Zingiber officinale Roscoe): A review of recent research
6.	Giloy	Alkaloids like Berberine, Jatrorrhizine	FEVER	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
7.	Pippali	Piperine	MUSCLE PAIN RESPIRATORY ILLNESS	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
8.	Fenugreek seeds	Trigonelline	DIABETES	Antihyperglycemic and protective effects of Trigonella foenum graecum seed powder on biochemical alterations in alloxan diabetic rats. European Reviews in Medicine and Pharmacology Sciences. 2012;16(3):18– 27. [PubMed]

9.	Ajwain/Carrom	Thymol,	ACIDITY	Aliza Green (January 2006). Field Guide to Herbs & Spices: How to Identify, Select, and Use Virtually Every Seasoning at the Market. Quirk Books. pp. 116–117. ISBN 978-1-59474-082-4..
10.	Mulethi	Glycyrrhizin	SORE THROAT	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
11.	Black pepper	Piperine	Indigestion	Damanhoury ZA, Ahmad A (2014) A Review on Therapeutic Potential of Piper nigrum L. (Black Pepper): The King of Spices. Med Aromat Plants 3:161. doi:10.4172/2167-0412.1000161
12.	Cinnamon	Cinnamaldehyde is the major constituent (74%) of the essential oil from bark.	COLD , HEADACHE	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
13.	Clove	Eugenol	ORAL HEALTH	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
14.	Jeera/cumin	Cuminaldehyde, Safranal	DEPRESSION	.S Dhandapani; VR Subramanian; S Rajagopal; N Namasivayam. Pharmacol Res. 2002, 46(3), 251-255.
15.	Holy Basil	Eugenol (~70%)	ANTI- VIRAL	<b>Tulsi - <i>Ocimum sanctum</i>: A herb for all reasons</b> Marc Maurice Cohen; J Ayurveda Integr Med. 2014 Oct-Dec; 5(4): 251–259.
16.	Arjuna	Main chemical constitutes are Tannins, Triterpenoid Saponins	BLOOD PRESSURE HEART PROBLEMS	Medicinal properties of Terminalia arjuna (Roxb.) Journal of Traditional and Complementary Medicine <b>Volume 7, Issue 1, January 2017, Pages 65-78</b>

17.	Garlic	Allicin	ANTI CANCER	Medicinal values of garlic: A review [ International Journal of Medicine and Medical Sciences Gebreselema Gebreyohannes Vol. 5(9), pp. 401-408, September, 2013
18.	Pudina	Menthol	NAUSEA,VOMITING	Physiological and Pharmaceutical Properties of Peppermint M. Akbari et al. / Scientific Journal of Medical Science (2015) 4(4) 413-420
19.	Lemon	Lemon contains antioxidants called bioflavonoids major being Hesperidin	ANTI – AGING ANTI - OXIDANT	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
20.	Shatavari	Steroidal Saponins, known as Shatvarins. Shatvarin I to VI	FEMALE REPRODUCTIVE HEALTH	Komal Sharma et al. Asparagus racemosus as female tonic International Journal of Pharmaceutical & Biological Archives 2011; 2(3):855-863
21.	Coriander Seeds	Linalool (Coriandrol 60-70%)	DIABETES	Effect of coriander seed (Coriandrum sativum L.) ethanol extract on insulin release from pancreatic beta cells in streptozotocin-induced diabetic rats. Phytother Res. 2009 Mar;23(3):404-6
22.	Cardamom	Cineole is a potent antiseptic that is known to kill bacteria producing bad breath and other infections.	COLD ,HEADACHE	<b>The Role of Cardamom Oil in Oral Health: A Short Review. Article in Research Journal of Pharmacy and Technology 9(3):272 · March 2016</b>
23.	Gudhal	Leaves and stems contain $\beta$ -Sitosterol, Stigmasterol etc. Flowers contain Cyanidin Diglucoside, Flavonoids etc.	BLOOD PRESSURE	Hibiscus Miracle in Treatment of Hypertension. American Journal of PharmTech Research 2016;6(2)
24.	Turmeric	Curcumin	ANTI –INFLAMMATORY ANTI VIRAL	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.

25.	Aloe Vera	Aloe Vera contains 75 potentially active constituents	IMMUNITY SKIN HEALTH	Beneficial effect of aloe on wound healing in an excisional wound model. J Altern Complement Med. 1996;2:271–7. [PubMed]
26.	Mustard oil	Phytoalexins , Flavonoids	INCREASES FLOW OF BLOOD TO A SPECIFIC AREA AFTER MESSAGE	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer