**Ashwagandha (Withania somnifera)** thrives in sandy loam or light red soil with good drainage and a pH between 7.5 and 8.0. It prefers temperatures between 20°C and 38°C, tolerating lows of 10°C, and needs 500 to 750 mm of annual rainfall, ideally with a dry period during growth. Traditionally, Ashwagandha is used to reduce stress, boost immunity, and support cognitive function. It's considered an adaptogen, helping the body manage stress.

**Tulsi (Ocimum sanctum),** also known as Holy Basil, prefers well-drained loamy soil rich in organic matter. It needs temperatures between 20°C and 35°C, moderate rainfall, and plenty of sunlight. Traditional uses include supporting respiratory health, enhancing immunity, and reducing stress. It's also known for its anti-inflammatory properties.

**Neem (Azadirachta indica)** is a hardy tree that grows well in well-drained sandy or loamy soil. It tolerates temperatures from 20°C to 40°C and requires low to moderate rainfall. Neem is drought-resistant. Traditionally, it's used for its antibacterial, antifungal, and skin-health benefits. It also acts as an insect repellent.

**Amla (Phyllanthus emblica)** needs well-drained loamy soil, temperatures between 20°C and 35°C, and moderate to heavy rainfall. It requires full sunlight. Amla is a rich source of Vitamin C and is traditionally used as an antioxidant, for digestive health, and to support the immune system.

**Guduchi (Giloy) (Tinospora cordifolia)** is a hardy plant that can grow in various conditions but prefers well-drained loamy soil. It likes temperatures between 25°C and 35°C and moderate rainfall. Guduchi is traditionally used for immune support, detoxification, and as an adaptogen. It also has anti-inflammatory properties.

**Brahmi (Bacopa monnieri)** thrives in moist, well-drained soil, temperatures between 20°C and 30°C, and high rainfall or frequent watering. It prefers humid environments. Traditionally, Brahmi is used to boost cognitive function, enhance memory, and reduce anxiety.

**Haritaki (Terminalia chebula)** needs well-drained loamy soil, temperatures between 20°C and 35°C, and moderate to heavy rainfall. It's a large tree requiring ample space. Haritaki is traditionally used for digestive health, detoxification, and as a laxative.

**Bael (Aegle marmelos)** prefers well-drained sandy loam soil, temperatures between 20°C and 45°C, and low to moderate rainfall. It is drought-resistant. Traditionally, Bael is used for digestive health and to relieve constipation.

**Aloe Vera (Aloe barbadensis)**, a succulent, grows best in well-drained sandy soil, temperatures between 15°C and 35°C, and low rainfall. It stores water in its leaves and tolerates dry conditions. Aloe Vera is traditionally used for skin health, burns, and digestive health.

**Bhringraj (Eclipta prostrata)** needs moist, well-drained soil, temperatures between 20°C and 30°C, and high rainfall or frequent watering. It thrives in humid environments. Traditionally, Bhringraj is used for hair growth and liver health.

**Jatamansi (Nardostachys jatamansi)** grows in well-drained loamy soil, temperatures between 10°C and 25°C, and moderate rainfall. It prefers cooler climates and mountainous regions. Traditionally, Jatamansi is used to reduce anxiety and promote a calming effect.

**Kalmegh (Andrographis paniculata)** prefers well-drained loamy soil, temperatures between 20°C and 35°C, and moderate rainfall. It can grow in shade or partial shade. Traditionally, Kalmegh is used for liver health and immune support.

**Mulethi (Licorice) (Glycyrrhiza glabra)** grows in well-drained sandy loam soil, temperatures between 15°C and 25°C, and moderate rainfall. It requires full sunlight. Traditionally, Mulethi is used to soothe the throat and support digestion.

**Shatavari (Asparagus racemosus)** needs well-drained loamy soil, temperatures between 20°C and 35°C, and moderate rainfall. It can grow in shade or partial shade. Traditionally, Shatavari is used for women's health and hormonal balance.

**Guggulu (Commiphora wightii)** prefers well-drained sandy soil, temperatures between 25°C and 40°C, and low rainfall. It is drought-resistant. Traditionally, Guggulu is used to reduce cholesterol and support joint health.

**Manjistha (Rubia cordifolia)** thrives in moist, well-drained soil, temperatures between 20°C and 30°C, and high rainfall. It prefers humid environments. Traditionally, Manjistha is used for blood purification and skin health.

**Arjuna (Terminalia arjuna)** needs well-drained loamy soil, temperatures between 20°C and 35°C, and moderate to heavy rainfall. It's a large tree. Traditionally, Arjuna is used for heart health.

**Shankhpushpi (Convolvulus pluricaulis)** prefers well-drained sandy soil, temperatures between 20°C and 35°C, and low to moderate rainfall. It is drought-resistant. Traditionally, Shankhpushpi is used to reduce anxiety and improve cognitive function.

**Nagkesar (Mesua ferrea)** grows in well-drained loamy soil, temperatures between 20°C and 30°C, and heavy rainfall. It requires a humid environment and is a large tree. Traditionally, Nagkesar is used as an anti-inflammatory and to aid digestion.

**Kantakari (Solanum xanthocarpum)** can grow in a variety of soil conditions but prefers well-drained loamy soil, temperatures between 20°C and 35°C, and moderate rainfall. Traditionally, Kantakari is used for respiratory health and cough relief.