## Andhra Pradesh

1. Ashwagandha (\*Withania somnifera\*) - Stress relief, immunity booster

2. Tulsi (\*Ocimum sanctum\*) - Respiratory health, immunity

3. Neem (\*Azadirachta indica\*) - Skin care, anti-bacterial

4. Guduchi (\*Tinospora cordifolia\*) - Detoxification, fever reducer

5. Amla (\*Phyllanthus emblica\*) - Vitamin C, digestion aid

6. Brahmi (\*Bacopa monnieri\*) - Cognitive function, memory booster

7. Haritaki (\*Terminalia chebula\*) - Digestive health, detoxifier

8. Bael (\*Aegle marmelos\*) - Gastrointestinal health

9. Aloe Vera (\*Aloe barbadensis\*) - Skin healing, digestion aid

10. Bhringraj (\*Eclipta prostrata\*) - Hair growth, liver support

11. Jatamansi (\*Nardostachys jatamansi\*) - Mental calmness, stress relief

12. Kalmegh (\*Andrographis paniculata\*) - Liver support, fever management

13. Yashtimadhu (\*Glycyrrhiza glabra\*) - Sore throat, digestive aid

14. Bhumi Amla (\*Phyllanthus niruri\*) - Liver health, kidney stones

15. Shatavari (\*Asparagus racemosus\*) - Women's health, hormonal balance

16. Mulethi (\*Glycyrrhiza glabra\*) - Respiratory health, anti-inflammatory

17. Guggulu (\*Commiphora wightii\*) - Joint health, cholesterol management

18. Manjistha (\*Rubia cordifolia\*) - Blood purifier, skin health

19. Arjuna (\*Terminalia arjuna\*) - Heart health

20. Shankhpushpi (\*Convolvulus pluricaulis\*) - Brain tonic, anxiety relief

## Arunachal Pradesh

1. Chirata (\*Swertia chirata\*) - Fever reduction, liver tonic

2. Rhododendron (\*Rhododendron arboreum\*) - Anti-inflammatory, digestive health

3. Pipli (\*Piper longum\*) - Respiratory health, digestion

4. Haritaki (\*Terminalia chebula\*) - Antioxidant, digestion

5. Bhat Gilla (\*Solanum indicum\*) - Cough relief, respiratory aid

6. Dhatura (\*Datura metel\*) - Pain relief (used with caution)

7. Guggulu (\*Commiphora wightii\*) - Anti-inflammatory, cholesterol control

8. Guduchi (\*Tinospora cordifolia\*) - Detoxification, immunity booster

9. Amla (\*Phyllanthus emblica\*) - Vitamin C, digestion aid

10. Arjuna (\*Terminalia arjuna\*) - Heart health

11. Yashtimadhu (\*Glycyrrhiza glabra\*) - Soothing throat, gut health

12. Bhumi Amla (\*Phyllanthus niruri\*) - Liver support, kidney care

13. Brahmi (\*Bacopa monnieri\*) - Brain health, cognitive boost

14. Ashwagandha (\*Withania somnifera\*) - Stress reduction, strength

15. Kalmegh (\*Andrographis paniculata\*) - Liver support, infection resistance

16. Shankhpushpi (\*Convolvulus pluricaulis\*) - Mental clarity, relaxation

17. Mulethi (\*Glycyrrhiza glabra\*) - Cough relief, skin health

18. Manjistha (\*Rubia cordifolia\*) - Blood purification

19. Kantakari (\*Solanum xanthocarpum\*) - Respiratory aid

20. Aloe Vera (\*Aloe barbadensis\*) - Skin healing, digestion

**Maharashtra**

1. Ashwagandha (Withania somnifera) – Reduces stress, boosts immunity
2. Tulsi (Ocimum sanctum) – Supports respiratory health, enhances immunity
3. Neem (Azadirachta indica) – Antibacterial, improves skin health
4. Amla (Phyllanthus emblica) – Rich in Vitamin C, aids digestion
5. Guduchi (Giloy) (Tinospora cordifolia) – Detoxification, strengthens immunity
6. Brahmi (Bacopa monnieri) – Boosts memory, improves cognitive function
7. Haritaki (Terminalia chebula) – Detoxifier, promotes digestive health
8. Bael (Aegle marmelos) – Good for gut health, prevents constipation
9. Aloe Vera (Aloe barbadensis) – Heals skin, improves digestion
10. Bhringraj (Eclipta prostrata) – Promotes hair growth, liver detoxifier
11. Jatamansi (Nardostachys jatamansi) – Reduces anxiety, calms the mind
12. Kalmegh (Andrographis paniculata) – Supports liver health, boosts immunity
13. Mulethi (Licorice) (Glycyrrhiza glabra) – Soothes throat, supports digestion
14. Shatavari (Asparagus racemosus) – Balances hormones, improves women’s health
15. Guggulu (Commiphora wightii) – Reduces cholesterol, supports joint health
16. Manjistha (Rubia cordifolia) – Purifies blood, enhances skin glow
17. Arjuna (Terminalia arjuna) – Strengthens heart function
18. Shankhpushpi (Convolvulus pluricaulis) – Reduces anxiety, improves brain function
19. Nagkesar (Mesua ferrea) – Anti-inflammatory, aids digestion
20. Kantakari (Solanum xanthocarpum) – Relieves cough, supports respiratory health

**Kerala**

1. Ashwagandha (Withania somnifera) – Reduces stress, boosts energy levels
2. Tulsi (Ocimum sanctum) – Improves immunity, supports respiratory health
3. Neem (Azadirachta indica) – Antibacterial, purifies blood, good for skin health
4. Amla (Phyllanthus emblica) – Rich in Vitamin C, enhances digestion
5. Brahmi (Bacopa monnieri) – Improves memory and cognitive functions
6. Guduchi (Giloy) (Tinospora cordifolia) – Boosts immunity, detoxifies the body
7. Haritaki (Terminalia chebula) – Detoxifies, promotes gut health
8. Bael (Aegle marmelos) – Relieves constipation, good for digestion
9. Aloe Vera (Aloe barbadensis) – Heals wounds, improves skin and hair health
10. Bhringraj (Eclipta prostrata) – Prevents hair fall, strengthens the liver
11. Jatamansi (Nardostachys jatamansi) – Reduces stress, promotes mental calmness
12. Kalmegh (Andrographis paniculata) – Detoxifies liver, fights infections
13. Mulethi (Licorice) (Glycyrrhiza glabra) – Soothes throat, supports digestion
14. Shatavari (Asparagus racemosus) – Supports women’s reproductive health
15. Guggulu (Commiphora wightii) – Reduces cholesterol, promotes joint health
16. Manjistha (Rubia cordifolia) – Purifies blood, enhances skin glow
17. Arjuna (Terminalia arjuna) – Strengthens heart function
18. Shankhpushpi (Convolvulus pluricaulis) – Calms the mind, improves concentration
19. Kantakari (Solanum xanthocarpum) – Relieves cough, supports lung health
20. Vacha (Acorus calamus) – Enhances brain function, improves speech clarity

**Tamil Nadu**

1. Ashwagandha (Withania somnifera) – Reduces stress, improves stamina
2. Tulsi (Ocimum sanctum) – Boosts immunity, relieves respiratory issues
3. Neem (Azadirachta indica) – Antibacterial, purifies blood
4. Amla (Phyllanthus emblica) – Rich in Vitamin C, promotes digestion
5. Brahmi (Bacopa monnieri) – Improves cognitive function, memory booster
6. Guduchi (Giloy) (Tinospora cordifolia) – Strengthens immunity, detoxifies the body
7. Haritaki (Terminalia chebula) – Promotes gut health, detoxification
8. Bael (Aegle marmelos) – Supports digestion, relieves constipation
9. Aloe Vera (Aloe barbadensis) – Heals skin, aids digestion
10. Bhringraj (Eclipta prostrata) – Promotes hair growth, supports liver health
11. Jatamansi (Nardostachys jatamansi) – Reduces stress, enhances mental calmness
12. Kalmegh (Andrographis paniculata) – Liver detoxifier, boosts immunity
13. Mulethi (Licorice) (Glycyrrhiza glabra) – Soothes throat, supports digestion
14. Shatavari (Asparagus racemosus) – Enhances women’s reproductive health
15. Guggulu (Commiphora wightii) – Reduces cholesterol, supports joint health
16. Manjistha (Rubia cordifolia) – Purifies blood, improves skin health
17. Arjuna (Terminalia arjuna) – Strengthens heart function
18. Shankhpushpi (Convolvulus pluricaulis) – Enhances brain function, reduces anxiety
19. Kantakari (Solanum xanthocarpum) – Relieves cough, supports lung health
20. Veld Grape (Pirandai) (Cissus quadrangularis) – Heals fractures, supports bone health

**Rajasthan**

1. Aloe Vera (Aloe barbadensis) – Known for its soothing and healing properties.
2. Brahmi (Bacopa monnieri) – Used for improving memory and mental clarity.
3. Ashwagandha (Withania somnifera) – Known for its stress-relieving and energy-boosting properties.
4. Neem (Azadirachta indica) – Famous for its detoxifying and anti-bacterial properties.
5. Giloy (Tinospora cordifolia) – Known for its immune-boosting benefits.
6. Tulsi (Ocimum sanctum) – A holy herb used to treat respiratory disorders.
7. Baheda (Terminalia bellerica) – Known for its digestive and anti-inflammatory properties.
8. Haritaki (Terminalia chebula) – Used for detoxification and digestive health.
9. Indian Gooseberry (Amla) (Phyllanthus emblica) – High in vitamin C, helps boost immunity and skin health.
10. Kesar (Crocus sativus) – Used for skin, digestive, and anti-depressant properties.
11. Sarpagandha (Rauvolfia serpentina) – Used for treating hypertension and anxiety.
12. Shatavari (Asparagus racemosus) – Known for its benefits for women’s health and as an adaptogen.
13. Jatamansi (Nardostachys jatamansi) – Used for calming the nervous system and improving sleep quality.
14. Vidanga (Embelia ribes) – Known for its detoxifying and anti-parasitic properties.
15. Chirayata (Swertia chirata) – Known for its liver-protective and anti-malarial properties.
16. Moringa (Moringa oleifera) – Packed with nutrients, helps with energy, and promotes overall health.
17. Bhringraj (Eclipta alba) – Used to promote hair growth and liver health.
18. Pippali (Piper longum) – Known for improving digestion and respiratory health.
19. Guggul (Commiphora wightii) – Used for cholesterol management and joint health.
20. Kalonji (Nigella sativa) – Known for its anti-inflammatory, anti-cancer, and immune-boosting properties.

**Jammu & Kashmir**

1. Kesar (Crocus sativus) – Famous for its medicinal and skin-enhancing properties.
2. Aloe Vera (Aloe barbadensis) – Known for its soothing and healing properties for skin and digestive issues.
3. Tulsi (Ocimum sanctum) – Used for its antibacterial, antiviral, and respiratory benefits.
4. Ashwagandha (Withania somnifera) – Known for reducing stress, boosting immunity, and improving vitality.
5. Brahmi (Bacopa monnieri) – Supports memory enhancement and mental clarity.
6. Himalayan Yew (Taxus wallichiana) – A rare medicinal plant used for its anticancer and immune-boosting properties.
7. Kalonji (Nigella sativa) – Known for its anti-inflammatory and immune-boosting properties.
8. Shatavari (Asparagus racemosus) – Promotes female health and supports hormonal balance.
9. Kesar (Crocus sativus) – Widely used in traditional remedies for skin disorders and overall wellness.
10. Ginseng (Panax ginseng) – Known for its adaptogenic properties, improving stamina and endurance.
11. Sarpagandha (Rauvolfia serpentina) – Used to treat high blood pressure and anxiety disorders.
12. Chirayata (Swertia chirata) – Known for detoxification and liver health support.
13. Indian Gooseberry (Amla) (Phyllanthus emblica) – Rich in Vitamin C, supports immunity and digestion.
14. Jatamansi (Nardostachys jatamansi) – Known for calming the nervous system and improving sleep.
15. Guggul (Commiphora wightii) – Often used for managing cholesterol levels and joint health.
16. Nagkesar (Mesua ferrea) – Known for its anti-inflammatory and medicinal properties.
17. Wild Cherry (Prunus avium) – Known for its anti-inflammatory and antioxidant properties.
18. Guduchi (Tinospora cordifolia) – Used for boosting immunity and treating fever and infections.
19. Moringa (Moringa oleifera) – A highly nutritious plant known for its health benefits in metabolism and immunity.
20. Himalayan Trillium (Trillium govanianum) – Used for its anti-inflammatory and detoxifying properties.

**Assam**

1. Brahmi (Bacopa monnieri) – Known for its cognitive enhancing and memory-boosting properties.
2. Aloe Vera (Aloe barbadensis) – Widely used for skin health, digestion, and healing.
3. Tulsi (Ocimum sanctum) – A sacred herb with powerful anti-inflammatory, antibacterial, and immune-boosting properties.
4. Ashwagandha (Withania somnifera) – An adaptogen that helps reduce stress and increase vitality.
5. Indian Gooseberry (Amla) (Phyllanthus emblica) – High in vitamin C, it enhances immunity and supports skin health.
6. Kalonji (Nigella sativa) – Known for its anti-inflammatory, anti-cancer, and digestive benefits.
7. Shatavari (Asparagus racemosus) – Supports female health and hormone balance.
8. Nagkesar (Mesua ferrea) – Used for its anti-inflammatory, pain-relieving, and digestive properties.
9. Giloy (Tinospora cordifolia) – Known for boosting immunity and its anti-inflammatory effects.
10. Baheda (Terminalia bellerica) – A natural detoxifier that aids digestion and improves respiratory health.
11. Haritaki (Terminalia chebula) – Known for detoxifying properties and supporting digestive health.
12. Chirayata (Swertia chirata) – Used for liver health and detoxification.
13. Pippali (Piper longum) – Helps improve digestion, respiratory health, and immunity.
14. Bhringraj (Eclipta alba) – Known for promoting hair growth and supporting liver function.
15. Moringa (Moringa oleifera) – A highly nutritious plant with antioxidant and anti-inflammatory properties.
16. Sarpagandha (Rauvolfia serpentina) – Used to treat hypertension and as a sedative.
17. Ginseng (Panax ginseng) – Known for boosting energy, stamina, and immune function.
18. Jatamansi (Nardostachys jatamansi) – Helps calm the nervous system and improve sleep.
19. Guduchi (Tinospora cordifolia) – Used for its immune-boosting properties and to fight infections.
20. Cinnamon (Cinnamomum verum) – A warming spice with digestive, anti-inflammatory, and antimicrobial properties.

**Odisha**

1. Ashwagandha (Withania somnifera) – Known for its stress-relieving, immune-boosting, and vitality-enhancing properties.
2. Tulsi (Ocimum sanctum) – A powerful herb used for respiratory health, immunity, and reducing inflammation.
3. Aloe Vera (Aloe barbadensis) – Widely used for skin healing, digestion, and detoxification.
4. Indian Gooseberry (Amla) (Phyllanthus emblica) – Rich in Vitamin C, helps boost immunity, digestion, and skin health.
5. Brahmi (Bacopa monnieri) – Enhances cognitive function and improves memory and mental clarity.
6. Giloy (Tinospora cordifolia) – A potent immune booster and anti-inflammatory herb.
7. Shatavari (Asparagus racemosus) – Known for supporting female health, hormone balance, and reproductive health.
8. Kalonji (Nigella sativa) – Offers anti-inflammatory, anti-cancer, and immune-boosting benefits.
9. Sarpagandha (Rauvolfia serpentina) – Helps in managing hypertension, stress, and anxiety.
10. Baheda (Terminalia bellerica) – Known for digestive health, detoxification, and promoting longevity.
11. Haritaki (Terminalia chebula) – Used for detoxification, digestive health, and overall wellness.
12. Chirayata (Swertia chirata) – Supports liver health, detoxification, and improves immunity.
13. Pippali (Piper longum) – Known for its digestive, respiratory, and immunity-enhancing properties.
14. Moringa (Moringa oleifera) – A nutritious plant that helps with metabolism, energy levels, and overall health.
15. Bhringraj (Eclipta alba) – Used to promote hair growth, improve liver function, and support overall wellness.
16. Nagkesar (Mesua ferrea) – Known for its anti-inflammatory and medicinal properties, particularly for skin and digestive health.
17. Guggul (Commiphora wightii) – Helps manage cholesterol levels, joint health, and inflammation.
18. Guduchi (Tinospora cordifolia) – A herb used to boost immunity and treat fevers and infections.
19. Jatamansi (Nardostachys jatamansi) – Known for calming the nervous system and improving sleep quality.
20. Musta (Cyperus rotundus) – Known for its digestive, anti-inflammatory, and analgesic properties.

**West Bengal**

1. Aloe Vera (Aloe barbadensis) – Known for its skin healing, digestive, and anti-inflammatory properties.
2. Ashwagandha (Withania somnifera) – An adaptogen that helps reduce stress, improve vitality, and boost immunity.
3. Brahmi (Bacopa monnieri) – Enhances memory, cognition, and mental clarity.
4. Indian Gooseberry (Amla) (Phyllanthus emblica) – Rich in vitamin C, it supports immunity, digestion, and skin health.
5. Tulsi (Ocimum sanctum) – A powerful herb used for respiratory health, immunity, and reducing inflammation.
6. Giloy (Tinospora cordifolia) – Known for its immune-boosting, anti-inflammatory, and fever-reducing properties.
7. Shatavari (Asparagus racemosus) – Supports female reproductive health, hormone balance, and boosts immunity.
8. Baheda (Terminalia bellerica) – Known for its digestive, detoxifying, and immune-boosting properties.
9. Haritaki (Terminalia chebula) – Used for detoxification, digestive health, and improving overall wellness.
10. Sarpagandha (Rauvolfia serpentina) – Used for treating hypertension, anxiety, and stress management.
11. Kalonji (Nigella sativa) – Known for its anti-inflammatory, antimicrobial, and immune-boosting properties.
12. Moringa (Moringa oleifera) – A highly nutritious plant that supports overall health, metabolism, and energy levels.
13. Pippali (Piper longum) – A natural remedy for improving digestion, respiratory health, and immunity.
14. Bhringraj (Eclipta alba) – Helps promote hair growth, improve liver function, and support skin health.
15. Guggul (Commiphora wightii) – Known for managing cholesterol levels, joint health, and inflammation.
16. Guduchi (Tinospora cordifolia) – Boosts immunity and helps treat fevers, infections, and inflammation.
17. Jatamansi (Nardostachys jatamansi) – Used for calming the nervous system, improving sleep, and reducing stress.
18. Nagkesar (Mesua ferrea) – Known for its anti-inflammatory, antimicrobial, and digestive properties.
19. Musta (Cyperus rotundus) – Known for its digestive, anti-inflammatory, and pain-relieving properties.
20. Chirayata (Swertia chirata) – Supports liver health, detoxification, and improves immunity.