

Herbal Medicine Guide

Common Ayurvedic Herbs and Their Uses

Introduction

Ayurvedic herbs have been used for millennia to promote health and treat disease.

This guide covers essential herbs used in traditional Ayurvedic practice.

Common Ayurvedic Herbs

ASHWAGANDHA (*Withania somnifera*)

- Adaptogen that reduces stress and anxiety
- Improves strength, stamina, and vitality
- Balances Vata and Kapha doshas

TURMERIC (*Curcuma longa*)

- Powerful anti-inflammatory and antioxidant
- Supports liver function and digestion
- Balances all three doshas

TRIPHALA (Three Fruits)

- Gentle detoxifier and digestive tonic
- Combination of Amalaki, Bibhitaki, and Haritaki
- Balances all three doshas

BRAHMI (*Bacopa monnieri*)

- Enhances memory and cognitive function
- Calms the mind and reduces anxiety
- Balances Vata and Pitta doshas

NEEM (*Azadirachta indica*)

- Purifies blood and supports skin health
- Natural antimicrobial and antiparasitic
- Balances Pitta and Kapha doshas

Preparation Methods

Herbs are prepared in various forms:

- Churna (powder)
- Kashaya (decoction)
- Taila (medicated oil)
- Ghrita (medicated ghee)
- Lehya (herbal jam)