{Sahadevi}

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{Vernonia cinerea}

{Conpostiaceae}

|  |  |
| --- | --- |
| Tamil | {Naichotte poonde} |
| Malayalam | {Puvanakodental} |
| Hindi | {Sahadebi} |
| English | {Little ironweed} |

Description

{Sahadevi is a small plant found all over India in temperate climate.}

Useful Parts

{Root}

Benefits

1. {1. Nidrakara  
   2. Grahi}

Pharmacological Action

* {1.Anti inflammatory   
  2. Anti oxidant   
  3. Diuretic   
  4. Anti pyretic}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Tikta} |
| Guna | {Laghu, Ruksha} |
| Virya | {Ushna} |
| Vipaka | {Katu} |
| Karma | {Kapha vata shamaka} |