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1	Lemon Grass		Gavati Chaha	Cymbopogon Citratus	<p style="text-align: center;">antioxidant and anti-inflammatory benefits which inhibits cancer cell growth and prevents heart disease</p>
2	RoseMary			Salvia rosmarinus	<p style="text-align: center;">antispasmodic, mild analgesic, to cure intercostal neuralgia, headaches, migraine, insomnia emotional upset, and depression.</p>
3	Asparagus		Shatavari	Asparagus racemosus	<p style="text-align: center;">It is helpful in menstrual disorders and acts as a uterine tonic. It enhances breast development and increases breast milk production by regulating hormonal balance. Shatavari is also beneficial for men as it improves testosterone levels.</p>




4	Sweet Flag		Vekhand	Acorus calamus	<p>Improves circulation in the body: oil massage done with Calamus powder can help re-establish proper function in the circulatory system, including blood, lymphatic and urinary</p>
5	Mint		Pudina	Mentha spicata	<p>it may aid in gas relief from the stomach. It has shown benefits in diabetes, inflammation, and cancer in several animal trials. It may also help in enhancing memory and mood improvement</p>
6	Malabar nut		Adulsa	Justicia adhatoda	<p>Adulsa is a potent cardiac tonic which helps to purify the blood. It also controls blood pressure. Moreover, its anti-fibrinolytic and anticoagulant properties prevent clot formation in arteries, preventing heart blockage.</p>




7	Lemon Basil		Lemon Basil	<p>Ocimum basilicum citriodorum</p>	<p>emon basil has moderate levels of beta-carotene and high levels of vitamin K, which are renowned for their anti-inflammatory properties. Vitamin K in Lemon Basil is essential for the production of clotting factors in the blood and plays a vital role in the bone strengthening and mineralization.</p>
8	Fiery costus		Insulin	<p>Chamaecostus cuspidatus</p>	<p>consuming the leaves regularly can lower blood sugar levels in people with diabetes who are insulin-dependent and those not on insulin when used in conjunction with their traditionally prescribed medications. It also has antimicrobial, diuretic, and anti-cancer properties.</p>
9	Panphuti		Panphuti	<p>Bryophyllum Pinnatum</p>	<p>The plant is capable to treat acute as well as chronic digestive tract infections. Panfuti Plant can also treat urinary tract disorders like painful Kidney stones. The plant is very famous for its fragrance and is also used in the fragrance Industry.</p>

10	Gulvel		Gulvel	Tinospora Cordifolia	<p>fever, hay fever, small cuts, diarrhoea, acidity, bloating, flatulence, anaemia, jaundice, and urinary tract infections. It also has anti-cancer, anti-diabetic, anti-depressant, learning and memory-enhancing, anti-osteoporotic and anti-arthritic properties which need more research.</p>
11	Turmeric		Haldi	Curcuma longa	<p>turmeric is promoted as a dietary supplement for a variety of conditions, including arthritis, digestive disorders, respiratory infections, allergies, liver disease, depression, and many others.</p>
12	Ajwain		Ajwain	Trachyspermum ammi	<p>Ajwain Is an Effective Digestive Aid. Ajwain Is Antibacterial and Antifungal. Ajwain Is an Expectorant, Anti-inflammatory, Diuretic, Laxative, Uterine Stimulant</p>

13	Holy Basil		Tulsi	Ocimum tenuiflorum	<p>Antimicrobial (including antibacterial, antiviral, antifungal, antiprotozoal, antimalarial, anthelmintic), mosquito repellent, anti-diarrheal, anti-oxidant, anti-cataract, anti-inflammatory, chemopreventive, radioprotective</p>
14	Ceylon Cinnamon		Dalchini	Cinnamomum verum	<p>Reduced Inflammation. Ceylon cinnamon's active ingredient, cinnamaldehyde, may have anti-inflammatory properties. May Reduce Cholesterol Levels. Early studies done with cinnamon have shown that it can help reduce your cholesterol levels.</p>
15	Aloevera		Korphad	Aloe barbadensis miller	<p>reducing dental plaque, accelerating wound healing, preventing wrinkles, and managing blood sugar, among other benefits.</p>

16	Kandivel		Kandivel	Cissus Quadrangularis	<p>Cissus quadrangularis is used for diabetes, obesity, high cholesterol, bone fractures, allergies, cancer, stomach upset, painful menstrual periods, asthma, malaria, wound healing, peptic ulcer disease, weak bones, weak bones (osteoporosis) and as body building supplements as an alternative to anabolic steroids.</p>
17	Stevia		sweet leaf	Stevia rebaudiana	<p>Good for Diabetics. Stevia has natural sweetening properties that can be altered with sugar</p> <p>Helps in Weight Control. Another health benefit of Stevia is that it helps to control weight</p> <p>May Reduce the Risk of Pancreatic Cancer.</p> <p>May Help to Reduce High Blood Pressure.</p>
18	Nirgudi Black		Nirgudi	Vitex negundo Linn	<p>Nirgundi helps to reduce high body temperatures, combat infections and boost immunity, due to its rich vitamin C content and natural antibiotic characteristics. Boil nirgundi leaves in water, filter them out and consume, for instant relief from fevers.</p>

19	Indian gooseberry		Amla	Phyllanthus emblica	<p>It is a powerful antioxidant that will help reverse the free radical generation and the effect of oxidative stress. The consumption of Amla products regularly can prevent the chances of diabetes</p>
20	Nirgudi Green		Nirgudi	Vitex negundo Linn	<p>Nirgundi helps to reduce high body temperatures, combat infections and boost immunity, due to its rich vitamin C content and natural antibiotic characteristics. Boil nirgundi leaves in water, filter them out and consume, for instant relief from fevers.</p>
21	False daisy		Bhringraj	Eclipta prostrata	<p>It is one main herb that is used in hair dyes. China and Brazil are using this herb as anti-venom for snake poisoning</p>

22	Long Pepper		Lendi Pippali	Piper longum	<p>Pippali helps to manage stomach ache due to gas or flatulence. Gas or flatulence is caused due to an imbalance of Vata and Pitta dosha. Low Pitta dosha and aggravated Vata dosha results in low digestive fire, thus impairing digestion. Impaired digestion leads to gas formation and causes stomach ache.</p>
23	Gurmar		Madhunashini	Gymnema sylvestre	<p>Regulates Diabetes. Promotes Weight Loss. Manages Stress And Anxiety. Enhances Digestion Slows Ageing Process.</p>
24	Curry Leaf		Kadipatta	Murraya koenigii	<p>It is extensively used in the treatment of anemia, diabetes, indigestion, obesity, kidney problems, hair and skin problems.</p>

25	Hibiscus		Jaswand	Hibiscus rosa-sinensis	Hibiscus tea has many purported health benefits including lowering blood pressure and cholesterol, soothing sore throats, and aiding weight management. Many people are familiar with the beautiful flowers of the hibiscus plant
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