

English common or Indi name	Ayurvedic name	Scientific name	Medicinal use
Cinnamon	Daalchini	<i>Cinnamomum verum</i>	Anti-inflammatory Rheumatism
Turmeric	Haldi, Haridra	<i>Curcuma longa</i>	Anti-inflammatory Dyspepsia
Licorice	Adimaduram, Yashtimadhu	<i>Glycyrrhiza glabra</i>	Anti-inflammatory Demulcent Antiulcer
Rauwolfia	Sarpagandha	<i>Rauwolfia serpentina</i>	Antihypertensive
Senna	Rajavriksha	<i>Cassia senna</i>	Constipation
Ginger	Singabera	<i>Zingiber officinale</i>	Digestive
Calamus	Vasa bach	<i>Acorus calamus</i>	Sedative Hallucinogenous
Kiryat	Bhunimba, kalmegha	<i>Andrographis paniculata</i>	Upper respiratory infection Anti-inflammatory Antitumor
Neem	Arishtha	<i>Azadirachta indica</i>	Antiseptic
Kerala	Brahmi	<i>Bacopa monnieri</i>	Antiepileptic Asthma Antiinflammatory
Cardamom	Ela Chhoti	<i>Elettaria cardamomum</i>	Digestive
Guggul	Devadhupa	<i>Commiphora wightii</i>	Anti-inflammatory
Arjuna	Arjuna, Dhanvi	<i>Terminalia arjuna</i>	Heart disease
Myrobalan	Haritaki	<i>Terminalia chebula</i>	Antispasmodic
Heartleaf Moonseed	Guduchi	<i>Tinospora cordifolia</i>	Antitumor
Indian ginseng	Ashwagandha	<i>Withania somnifera</i>	Antiinflammatory Adaptogen
Harbor	Bhukamtaka suksharanphala	<i>Ziziphus nummularia</i>	Astringent
Shatavari	Shatavari	<i>Asparagus racemosus</i>	Tonic Anti-inflammatory Immunomodulatory
Long Pepper	Pippali	<i>Piper longum</i>	Anti-inflammatory Digestive
Mirrth	Mirrth	<i>Commiphora molmol</i>	Analgesic
Indian Frankincense	Shallaki	<i>Boswellia serrata</i>	Antiinflammatory
Ber	Ajapriya	<i>Ziziphus jujuba</i>	Tonic Aphrodisiac Anti-inflammatory Antitumor
Sesame	Tila	<i>Sesamum indicum</i>	Tonic Emollient
Malunggay	Shigru	<i>Moringa oleifera</i>	Nutritive Diabetes
Indian Gooseberry	Amalaki	<i>Emblica officinalis</i>	Anti-inflammatory Antitumor