

List of Ayurvedic Herbs

Easily Found in the Kitchen:

1. **Turmeric (Haldi)**

Anti-inflammatory, antioxidant, immunity booster.



2. **Ginger (Adrak)**

Aids digestion, relieves nausea, anti-inflammatory.



3. **Garlic (Lahsun)**

Fights infections, lowers cholesterol, supports heart health.



4. **Cumin (Jeera)**

Improves digestion, detoxifies the body.



5. **Coriander (Dhaniya)**

Cools the body, supports blood sugar balance.



6. **Fennel (Saunf)**

Aids digestion, reduces bloating, freshens breath.



7. Clove (Laung)

Antibacterial, relieves toothache and sore throat.



8. Cinnamon (Dalchini)

Regulates blood sugar, improves metabolism.



9. Black Pepper (Kali Mirch)

Enhances nutrient absorption, improves digestion.



10. Fenugreek (Methi)

Balances blood sugar, aids digestion, supports lactation.



Common Ayurvedic Herbs (Non-Kitchen, Medicinal Use)

11. Ashwagandha

Reduces stress, boosts stamina, balances hormones.



12. Tulsi (Holy Basil)

Strengthens immunity, relieves respiratory issues.



13. Triphala

Detoxifies, improves digestion and eye health.



14. Brahmi

Enhances memory, calms the mind.



15. Shatavari

Supports female reproductive health, improves vitality.



16. Amla (Indian Gooseberry)

Rich in Vitamin C, improves skin and hair.



17. Neem

Blood purifier, treats skin issues and infections.



18. Giloy (Guduchi)

Immunity booster, treats fever and infections.



19. Mulethi (Licorice Root)

Soothes sore throat, supports respiratory health.



20. Manjistha

Detoxifies blood, improves skin complexion.

