

HERBS WE GROW

COMMON NAME	LATIN NAME	SPECS	USES	IN R·U·Ved® PRODUCT
Ashwagandha	<i>Withania somnifera</i>	6% Withanoloids, 5% Alkaloids	Herbal adaptogen, Indian ginseng	Ashwagandha, Paingon™, Memoren™, Amla Plus™, Ancient Narayan Massage Oil™, Baby Massage Oil, Energy Tea™
Ashoka	<i>Saraca indica</i>	12:1 ratio	Hormone balance	Regu Cycle™
Aloe vera	<i>Aloe sp.</i>	Standard extract	Detoxification, Skin health	Regu Cycle™
Amla	<i>Emblica officinalis</i>	45% & above tannins	Rejuvenating agent, Detoxification	Amla Plus™, Flucomune™, Triphala™, Livtone™, Replenishing Massage Oil™, Guggal Extra Strength™
Apamarga	<i>Achyranthes aspera</i>	10:1 ratio	Kidney support	UT-Tone™
Arjuna	<i>Terminalia arjuna</i>	1% Arjunolic acid	Circulatory support	Arjuna, Livtone™
				Amla Plus™,

Bael, Bilva	Aegle marmelos	10:1 ratio	Anti-parasitic	Ancient Narayan Massage Oil™
Bahera	Terminalia belerica	45% & above Tannins	Detoxification, Rejuvenating agent, Allergy support	Triphala™, Livtone™, Flucomune™, Neem, Guggal Extra Strength™
Barberry	Berberis aristata	15% Berberine	Anti-parasitic	Livtone™
Bhringraj	Eclipta alba	4% & above	Liver support, Hair growth	Livtone™, ProPita Massage Oil™
Bhui amalaki	Phyllanthus amarus	4.5% bitters	Liver Support	Livtone™
Bitter melon, Karelak	Momordica charantia	20% Bitters	Sugar metabolism	Gymnema™
Chirayata	Swertia chirayita	Bitters	Liver support	Livtone™
Ginger	Zingiber officinale	8%+ Gingerols	Digestive support	Paingon™, Ancient Narayan Massage Oil™, ProKapha Massage Oil™, ProVata Tea™, ProKapha Tea™, Energy Tea™

Ginkgo	Ginkgo biloba	24/6 Ginkolides & Terpenes	Circulatory support	Memoren™
Gotu kola	Centella asiatica	10-20% Triterpenes + Asiatic acids	Circulatory support for head and extremities, Nerve tonic, Skin health	Memoren™, Amla Plus™, Baby Massage Oil, Energy Tea™, Regu Cycle™
Green Tea	Camellia sinensis	40% Catechins, 75% Catechins (<2% caffeine) & 75% Catechins (regular)	Antioxidant	Himalayan Green Tea™, Energy Tea™, ProKapha Tea™
Guduchi	Tinospora cordifolia	Bitters	Liver support	Livtone™, Flucomune™, Neem
Guggal	Commiphora mukul	2.5%, 6% Guggulipid Sterones	Cholesterol balance Inflammation support	Guggal Extra Strength™, Ancient Narayan Massage Oil™
Gymnema	Gymnema sylvestre	30%-75% Gymnemic acids	Sugar metabolism	Gymnema™, Amla Plus™
Haritaki	Terminalia chebula	45% & above tannins	Laxative action, digestion	Triphala™, Livtone™, Flucomune™, Amla Plus™, Neem, Guggal Extra Strength™
			Immune system	Flucomune™, Replenishing Massage

Holy Basil, Tulsi	Ocimum sanctum	12:1 ratio >2% or higher ursolic acid	support, Sugar metabolism, Stress management	Oil™, Gymnema, RUVed Face Pack, UT- Tone™, ProPita Tea™
Horsetail	Equisetum arvense	Silica	Kidney support, Immune support	UT-Tone™
Jamun	Eugenia jambulana	16:1 ratio	Sugar metabolism	Gymnema™, Amla Plus™
Kalmegh	Andrographis paniculata	8% & above Andrographoloides	Liver protectant	Livtone™
Kutki	Picrorhiza kurroa	10% Kutkin	Liver protectant	Livtone™
Licorice	Glycyrrhiza glabra	20% Glycyrrhiza glabra	Expectorant	Flucomune™, ProPita Tea™, ProVata Tea™
Lodar, Lodh	Symplocos racemosa	10:1 ratio	Female hormone balancer	Regu Cycle™
Makoe	Solanum nigrum	10:1 ratio	Liver support	Livtone™, Ancient Narayan Massage Oil™, Amla Plus™
Manjistha	Rubia cordifolia	10:1 ratio	Kidney support	UT-Tone™, Neem
			Immune	

Neem	Azadirachta indica	20% bitters	system support	Neem, ProPita Massage Oil™
Nira Brahmi	Bacopa monnieri	20% & 50% or more Bacosides	Memory enhancer	Memoren™, Baby Massage Oil, Energy Tea™
Pippli, Long pepper	Piper longum	20% Piperine	Digestive support	Amla Plus™, Flucomune™
Punarva	Boerhavia diffusa	12:1 ratio	Diuretic, Liver support	UT-Tone™, Amla Plus™, Livtone™, Ancient Narayan Massage Oil™
Pushanabhedhi	Saxifraga ligulata	Standardized extract	Kidney support	UT-Tone™
Pushkarmool	Inula racemosa	2% Alantolactone	Cardio-protectant	Arjuna
Radish	Raphanus sativus	20:1 ratio	Liver support	Livtone™
Salai	Boswellia serrata	60% to 70% Boswellic organic acids	Healthy inflammatory response	Paingon™
Sensitive plant	Mimosa pudica	10:1 ratio	Urinary tract support	UT-Tone™
Shankhapushpi	Convolvulus pluricaulis	4% alkaloids	Nervous system	Memoren™
Sharpunkha	Tephrosia purpurea	10:1 ratio	Kidney support	UT-Tone™, Livtone™

Shilajeet/ Mumiyo	Mineral pitch	10:1 ratio	Immune support, Tonic, Kidney support	UT-Tone™
Sitawari	Asparagus racemosus	8:1 ratio	General tonic	Sitawari, Amla Plus™, Ancient Narayan Massage Oil™
Gokhru	Tribulus terrestris	20% & above Saponins	Muscle building	UT-Tone™, Amla Plus™, Ancient Narayan Massage Oil™
Turmeric	Curcuma longa	50%, 95% curcuminoids	Antioxidant, Healthy inflammatory response, Immune system support	Curcumin 97%™, Paingon™, Amla Plus™
Vasaka	Adhatoda vasica	2% Vascine alkaloid	Bronchial support	Flucomune™, Amla Plus™
Vijaysar	Pterocarpus marsupium	12:1 ratio	Sugar metabolism	Gymnema™
Valerian	Valeriana officinalis	4:1 ratio	Calming	Ancient Narayan Massage Oil™
Coral Powder	Dendrogyra cylindricus	Raw powder	Cardiac support	Arjuna
Bamboo	Bamboo manna	10:1 ratio	Female support	Regu Cycle™, Amla Plus™

Peppermint	Mentha piperita	99.9% Pure	Skin care	ProPita Spice™
Sandalwood	Santalum album	Raw powder	Skin care	ProPita Tea™
Nut galls	Quercus infectoria	Raw powder	Digestive support	Amla Plus™
Cardamom	Elletaria cardamomum	Raw powder	Digestive support	Amla Plus™, ProKapha Tea™, ProPita Tea™, ProVata Tea™, Energy Tea™
Nutmeg	Myristica fragrans	Raw powder	Skin tonic	Amla Plus™
Jivanti	Leptadenia reticulata	raw powder	Restorative	Amla Plus™
Aguru	Aquilaria agallocha	raw powder	Stimulant, Carminative	Amla Plus™
Kusha	Desmostachya bipinata	Raw powder	Tonic	Amla Plus™
Nagarmotha	Cyperus rotundus	Raw powder	Tonic	Amla Plus™, UT-Tone™
Aparajita	Clitoria ternatea	raw powder	Bowel regulator	Amla Plus™
Red baron	Imperata cylindrica	Raw Powder	Tonic, Hemostatic	Amla Plus™
Indian trumpet	Oroxylum indicum	Raw powder	Digestive support	Amla Plus™, Ancient Narayan

				Massage Oil™
Singara nut	Trapa bispinosa	Raw powder	Nutrient	Amla Plus™
Punarva	Boerhaavia diffusa	10:1 ratio	Diuretic	Amla Plus™, Livtone™, Ancient Narayan Massage Oil™
Kudzu	Pueraria lobata	Raw Powder	Demulcent	Amla Plus™
Dabra	Uraria picta	Raw powder	Tonic	Amla Plus™, Ancient Narayan Massage Oil™
Gamhar	Gmelina arborea	Raw Powder	Cooling	Amla Plus™
Narvel	Premna mucronata	Raw powder	Wound healing	Amla Plus™, Ancient Narayan Massage Oil™
Mudgaparni	Phaseolus trilobus	Raw Powder	Tonic	Amla Plus™, Ancient Narayan Massage Oil™
Shalparni	Desmodium gangeticum	Raw powder	Expectorant	Amla Plus™, Ancient Narayan Massage Oil™
Castor root	Ricinus communis	Raw powder	Tonic	Amla Plus™
Bala	Sida cordifolia	Raw powder	Stimulant	Ancient Narayan

				Massage Oil™
Aak	Calotropis gigantea	4:1 ratio	Liver support	Livtone™
Bahera	Belleric myrobalan	10:1 ratio	Digestive, Liver detox.	Livtone™
Pathar phori	Didymocarpus pedicellata	10:1 ratio	Urinary support	UT-Tone™
Uva Ursi	Arctostaphylos uva ursi	4:1 ratio	Urinary support	UT-Tone™
Horse gram	Dolichos biflorus	4:1 ratio	Sugar metabolism	UT-Tone™
Varuna	Crataeva religiosa	10:1 ratio	Laxative, Urinary tract support	UT-Tone™
Nirgundi	Vitex negundo	12:1 ratio	Tonic	Ancient Narayan Massage Oil™
Mung bean	Phaseolus mungo	Raw powder	Muscle and Joint support	Ancient Narayan Massage Oil™
Rasna	Pluchea lanceolata	Raw powder	Muscle and Joint support	Ancient Narayan Massage Oil™
Castor root	Ricinus communis	Raw powder	Muscle and Joint support	Ancient Narayan Massage Oil™
Cedar	Cedrus deodara	Raw powder	Tonic	Ancient Narayan Massage Oil™

Atibala	Sida veronicaefolia	Raw powder	Wound healing	Ancient Narayan Massage Oil™
Kuth	Saussurea lappa	Raw powder	Muscle and Joint support	Ancient Narayan Massage Oil™
Sandalwood	Santalum album	Raw powder	Cooling	Ancient Narayan Massage Oil™
Fennel	Foeniculum vulgare	Raw powder	Digestive, Carminative	Ancient Narayan Massage Oil™, ProVata Tea™
Blue wiss	Teramnus labialis	Raw powder	Astringent	Ancient Narayan Massage Oil™
Cinnamon	Cinnamomum verum	Raw powder	Stimulant, Carminative	ProKapha Tea™, ProPita Tea™, ProKapha Tea™, Energy Tea™
Clove	Syzigium aromaticum	Raw powder	Digestive	ProKapha Tea™
Ajwain	Trachyspermum copticum	Raw powder	Digestive	ProKapha Tea™