

HERBS WE GROW

(Ayush Herbs[®], Inc.)

COMMON NAME	LATIN NAME	SPECS	USES	IN Ayush Herbs [®] PRODUCT
Ashwagandha	Withania somnifera	6% Withanoloids, 5% Alkaloids	Herbal adaptogen, Indian ginseng	Ashwagandha, Amla Plex™, Ancient Narayan Massage Oil™, Baby Massage Oil, Energy Tea™
Ashoka	Saraca indica	12:1 ratio	Hormone balance	Regu Cycle™
Aloe vera	Aloe sp.	Standard extract	Detoxification , Skin health	Regu Cycle™

Amla	Emblica officinalis	45% & above tannins	Rejuvenating agent, Detoxification	Amla Plex™, Flucomune™, Trifal™, Livit-2™, Replenishing Massage Oil™, Guggal-Lip™
Apamarga	Achyranthes aspera	10:1 ratio	Kidney support	Rentone™
Arjuna Heart	Terminalia Arjuna Heart	1% Arjunolic acid	Circulatory support	Arjuna Heart, Livit-2™
Bael, Bilva	Aegle marmelos	10:1 ratio	Anti-parasitic	Amla Plex™, Ancient Narayan Massage Oil™
Bahera	Terminalia belerica	45% & above Tannins	Detoxification , Rejuvenating agent, Allergy support	Trifal™, Livit-2™, Flucomune™, Neem Plus, Guggal-Lip™

Barberry	Berberis aristata	15% Berberine	Anti-parasitic	Livit-2™
Bhringraj	Eclipta alba	4% & above	Liver support, Hair growth	Livit-2™, ProPita Massage Oil™
Bhui amalaki	Phyllanthus amarus	4.5% bitters	Liver Support	Livit-2™
Bitter melon, Karelak	Momordica charantia	20% Bitters	Sugar metabolism	Biogymnema™
Chirayata	Swertia chirayita	Bitters	Liver support	Livit-2™
Ginger	Zingiber officinale	8%+ Gingerols	Digestive support	Bacopa Plus™, Ancient Narayan Massage Oil™, ProKapha Massage Oil™, ProVata Tea™,

				ProKapha Tea™, Energy Tea™
Ginkgo	Ginkgo biloba	24/6 Ginkolides & Terpenes	Circulatory support	Bacopa Plus™
Gotu kola	Centella asiatica	10-20% Triterpenes + Asiatic acids	Circulatory support for head and extremities, Nerve tonic, Skin health	Bacopa Plus™, Amla Plex™, 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	Livit-2™, Flucomune™, Neem Plus
Guggal	Commiphora mukul	2.5%, 6% Guggulipid Sterones	Cholesterol balance Inflammation support	Guggal-Lip™, Ancient Narayan Massage Oil™
Biogymnema	Biogymnema sylvestre	30%-75% Gymnemic acids	Sugar metabolism	Biogymnema™, Amla Plex™
Haritaki	Terminalia chebula	45% & above tannins	Laxative action, digestion	Trifal™, Livit-2™, Flucomune™, Amla Plex™, Neem Plus, Guggal-Lip™
Holy Basil, Tulsi	Ocimum sanctum	12:1 ratio >2% or higher ursolic acid	Immune system support, Sugar	Flucomune™, Replenishing Massage Oil™, Biogymnema,

			metabolism, Stress management	RUVed Face Pack, Rentone™, ProPita Tea™
Horsetail	Equisetum arvense	Silica	Kidney support, Immune support	Rentone™
Jamun	Eugenia jambulana	16:1 ratio	Sugar metabolism	Biogymnema™, Amla Plex™
Kalmegh	Andrographis paniculata	8% & above Andrographoloide s	Liver protectant	Livit-2™
Kutki	Picrorhiza kurroa	10% Kutkin	Liver protectant	Livit-2™

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	Livit-2™, Ancient Narayan Massage Oil™, Amla Plex™
Manjistha	Rubia cordifolia	10:1 ratio	Kidney support	Rentone™, Neem Plus
Neem Plus	Azadirachta indica	20% bitters	Immune system support	Neem Plus, ProPita Massage Oil™

Nira Brahmi	Bacopa monnieri	20% & 50% or more Bacosides	Memory enhancer	Bacopa Plus™, Baby Massage Oil, Energy Tea™
Pippli, Long pepper	Piper longum	20% Piperine	Digestive support	Amla Plex™, Flucomune™
Punarva	Boerhavia diffusa	12:1 ratio	Diuretic, Liver support	Rentone™, Amla Plex™, Livit-2™, Ancient Narayan Massage Oil™
Pushanabhedi	Saxifraga ligulata	Standardized extract	Kidney support	Rentone™
Pushkarmool	Inula racemosa	2% Alantolactone	Cardio-protectant	Arjuna Heart
Radish	Raphanus sativus	20:1 ratio	Liver support	Livit-2™

Salai	Boswellia serrata	60% to 70% Boswellic organic acids	Healthy inflammatory response	Bacopa Plus™
Sensitive plant	Mimosa pudica	10:1 ratio	Urinary tract support	Rentone™
Shankhapushpi	Convolvulus pluricaulis	4% alkaloids	Nervous system	Bacopa Plus™
Sharpunkha	Tephrosia purpurea	10:1 ratio	Kidney support	Rentone™, Livit-2™
Shilajeet/ Mumiyo	Mineral pitch	10:1 ratio	Immune support, Tonic, Kidney support	Rentone™
Sitawari	Asparagus racemosus	8:1 ratio	General tonic	Sitawari, Amla Plex™, Ancient

				Narayan Massage Oil™
Gokhru	Tribulus terrestris	20% & above Saponins	Muscle building	Rentone™, Amla Plex™, Ancient Narayan Massage Oil™
Turmeric	Curcuma longa	50%, 95% curcuminoids	Antioxidant, Healthy inflammatory response, Immune system support	Curcumin 97%™, Bacopa Plus™, Amla Plex™
Vasaka	Adhatoda vasica	2% Vascine alkaloid	Bronchial support	Flucomune™, Amla Plex™
Vijaysar	Pterocarpus marsupium	12:1 ratio	Sugar metabolism	Biogymnema™

Valerian	Valeriana officinalis	4:1 ratio	Calming	Ancient Narayan Massage Oil™
Coral Powder	Dendrogyra cylindricus	Raw powder	Cardiac support	Arjuna Heart
Bamboo	Bamboo manna	10:1 ratio	Female support	Regu Cycle™, Amla Plex™
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 Plex™
Cardamom	Elletaria cardamomum	Raw powder	Digestive support	Amla Plex™, ProKapha Tea™, ProPita Tea™,

				ProVata Tea™, Energy Tea™
Nutmeg	Myristica fragrans	Raw powder	Skin tonic	Amla Plex™
Jivanti	Leptadenia reticulate	raw powder	Restorative	Amla Plex™
Aguru	Aquilaria agallocha	raw powder	Stimulant, Carminative	Amla Plex™
Kusha	Desmostachya bipinata	Raw powder	Tonic	Amla Plex™
Nagarmotha	Cyperus rotundus	Raw powder	Tonic	Amla Plex™, Rentone™
Aparajita	Clitoria ternatea	raw powder	Bowel regulator	Amla Plex™

Red baron	Imperata cylindrica	Raw Powder	Tonic, Hemostatic	Amla Plex™
Indian trumpet	Oroxylum indicum	Raw powder	Digestive support	Amla Plex™, Ancient Narayan Massage Oil™
Singara nut	Trapa bispinosa	Raw powder	Nutrient	Amla Plex™
Punarva	Boerhaavia diffusa	10:1 ratio	Diuretic	Amla Plex™, Livit-2™, Ancient Narayan Massage Oil™
Kudzu	Pueraria lobata	Raw Powder	Demulcent	Amla Plex™
Dabra	Uraria picta	Raw powder	Tonic	Amla Plex™, Ancient Narayan Massage Oil™

Gamhar	Gmelina arborea	Raw Powder	Cooling	Amla Plex™
Narvel	Premna mucronata	Raw powder	Wound healing	Amla Plex™, Ancient Narayan Massage Oil™
Mudgaparni	Phaseolus trilobus	Raw Powder	Tonic	Amla Plex™, Ancient Narayan Massage Oil™
Shalparni	Desmodium gangeticum	Raw powder	Expectorant	Amla Plex™, Ancient Narayan Massage Oil™
Castor root	Ricinus communis	Raw powder	Tonic	Amla Plex™
Bala	Sida cordifolia	Raw powder	Stimulant	Ancient Narayan Massage Oil™

Aak	Calotropis gigantea	4:1 ratio	Liver support	Livit-2™
Bahera	Belleric myrobalan	10:1 ratio	Digestive, Liver detox.	Livit-2™
Pathar phori	Didymocarpus pedicellata	10:1 ratio	Urinary support	Rentone™
Uva Ursi	Arctostaphylos uva ursi	4:1 ratio	Urinary support	Rentone™
Horse gram	Dolichos biflorus	4:1 ratio	Sugar metabolism	Rentone™
Varuna	Crataeva religiosa	10:1 ratio	Laxative, Urinary tract support	Rentone™
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™