

GOVIND MADHAV GINGER TEA

14 HERBS – BOTANICAL + ENGLISH + HINDI NAMES

1. **Caryophyllus aromaticus** (Lavanga, Cloves),
2. **Cinnamomum tamala** (Tejpatra, Indian cassia),
3. **Cinnamomum zeylanicum** (Dalchini, Chinese cassia),
4. **Cyperus rotundus** (Nagarmotha, Nut grass),
5. **Elettaria cardamomum** (Elaichi chhoti, Cardamom),
6. **Foeniculum vulgare** (Saunf, Indian sweet fennel),
7. **Glycyrrhiza glabra** (Yashtimadhu, Sweet wood).
8. **Mentha arvensis** (Pudina, Mint),
9. **Piper nigrum** (Kali mirich, Black pepper),
10. **Pterocarpus santalinus** (Rakta chandan, Red sandalwood),
11. **Rosa damascena** (Gulab ke phool, Rose petals),
12. **Rubia cardifolia** (Manijshta, Indian madder),
13. **Withania somnifera** (Ashwagandha, Winter cherry),
14. **Zingiber officinale** (Saunth, Ginger).