

GOVIND MADHAV HERBAL TEA

20 HERBS – BOTANICAL + ENGLISH + HINDI NAMES

1. **Canscora decussata**(Shankhapushpi, Aloe weed),
2. **Caryophyllus aromaticus**(Lavanga, Cloves),
3. **Cinnamomum tamala** (Tejpatra, Indian cassia),
4. **Cinnamomum zeylanicum**(Dalchini, Chinese cassia),
5. **Cyperus rotundus**(Nagarmotha, Nut grass),
6. **Elettaria cardamomum** (Elaichichhoti, Cardamom),
7. **Foeniculum vulgare**(Saunf, Indian sweet fennel),
8. **Glycyrrhiza glabra** (Yashtimadhu, Sweet wood).
9. **Hydrocotyle asiatica**(Brahmi, Indian pennywort),
10. **Illicium verum** (Badiankhatai, Star anise),
11. **Mentha arvensis**(Pudina, Mint),
12. **Piper longum** (Pippali, Dried catkins),
13. **Piper nigrum** (Kali mirich, Black pepper),
14. **Pterocarpus santalinus**(Raktachandan, Red sandalwood),
15. **Rosa damascena** (Gulabkephool, Rose petals),
16. **Rubia cardifolia** (Manijshta, Indian madder),
17. **Terminalia arjuna** (Arjuna, Arjunamyrrobalan),
18. **Valeriana wallichii**(Sungadhabala, Indian valerian rhizome),
19. **Withania somnifera** (Ashwagandha, Winter cherry),
20. **Zingiber officinale** (Saunth, Ginger).