

GOVIND MADHAV WEIGHT LOSS TEA
24 HERBS – BOTANICAL + ENGLISH + HINDI NAMES

1. **Boerhavia diffusa**, (Punarnava, Hogweed),
2. **Cinnamomum tamala** (Tejpatra, Indian cassia),
3. **Cinnamomum zeylanicum** (Dalchini, Chinese cassia),
4. **Commiphora mukul**, (Guggul, Mukul myrrh),
5. **Cyperus rotundus** (Nagarmotha, Nut grass),
6. **Elettaria cardamomum** (Elaichi chhoti, Cardamom)
7. **Emblica officinalis** (Amla, Indian gooseberry),
8. **Foeniculum vulgare** (Saunf, Indian sweet fennel),
9. **Hibiscus rosa-sinensis** (Gudhal, China rose),
10. **Inula racemosa**, (Pushkarmoola, Elicampane),
11. **Nigella sativa**, (Kalonji, Black seed)
12. **Picrorhiza kurrooa**, (Katuki, Yellow gentian),
13. **Piper longum**, (Piplamula, Dried catkins)
14. **Piper nigrum** (Kali mirich, Black pepper),
15. **Plumbago zeylanica**, (Chitrakamula, Leadwort),
16. **Pterocarpus marsupium**, (Vijaysar chhal, Malabar kino),
17. **Rubia cardifolia** (Manijshta, Indian madder),
18. **Terminalia bellerica** (Bibhitaki, Belleric myrobalan),
19. **Terminalia chebula** (Haritaki, Chebulic myrobalan),
20. **Tinospora cardifolia**, (Giloy, Heart-leaved moonseed),
21. **Trigonella foenum-graecum** (Methi beeja, Fenugreek),
22. **Vachellia nilotica**, (Babool, Indian gum arabic tree),
23. **Withania somnifera** (Ashwagandha, Winter cherry),
24. **Zingiber officinale** (Saunth, Ginger).