

GOVIND MADHAV DIABETIC TEA

27 HERBS – BOTANICAL + ENGLISH + HINDI NAMES

1. **Aegle marmelos**, (Bilva patra, Stone apple),
2. **Azadirachta indica**, (Neem beeja, Indian lilac),
3. **Berberis aristata**, (Daru-haridra, Indian barberry),
4. **Boerhavia diffusa**, (Punarnava, Hogweed),
5. **Cinnamomum tamala**, (Tejpatra, Indian cassia),
6. **Cinnamomum zeylanicum**, (Dalchini, Chinese cassia),
7. **Cyperus rotundus**, (Nagarmotha, Nut grass),
8. **Emblica officinalis**, (Amla, Indian gooseberry),
9. **Gymnema Sylvestre**, (Gudmar leaves, Miracle Plant),
10. **Hibiscus rosa-sinensis**, (Gudha, China rose),
11. **Inula racemosa**, (Pushkarmoola, Elicampane),
12. **Momordica charantia**, (Karela beeja, Bitter gourd),
13. **Nigella sativa**, (Black seed),
14. **Picrorhiza kurrooa**, (Katuki, Yellow gentian),
15. **Plumbago zeylanica**, (Chitrakamula, Leadwort),
16. **Pterocarpus marsupium**, (Vijaysar chhal, Malabar kino),
17. **Rubia cardifolia**, (Manijshta, Indian madder),
18. **Swertia chirayita**, (Chirayata, Bitter Stick),
19. **Syzygium cumini**, (Jamun, Black plum),
20. **Terminalia bellerica**, (Bibhitaki, Belleric myrrobalan),
21. **Terminalia chebula**, (Haritaki, Chebulic myrrobalan),
22. **Tinospora cardifolia**, (Giloy, Heart-leaved moonseed),
23. **Trigonella foenum-graecum**, (Methi beeja, fenugreek),
24. **Vachellia nilotica**, (Babool chhal, Indian gum Arabic tree),
25. **Withania coagulans**, (Panir dodi, Indian rennet),
26. **Withania somnifera** (Ashwagandha, Winter cherry).
27. **Zingiber officinale** (Saunth, Ginger).