

GOVIND MADHAV COUGH TEA
27 HERBS – BOTANICAL + HINDI + ENGLISH NAMES

1. **Aconitum heterophyllum** (Ativisha, Indian Atees),
2. **Adhatoda vasica** (Vasa patra, Malabar nut),
3. **Argyrea speciosa** (Samudrashokha, Woolly morning glory),
4. **Caryophyllus aromaticus** (Lavanga, Cloves),
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. **Foeniculum vulgare** (Saunf, Indian sweet fennel),
10. **Glycyrrhiza glabra** (Yashtimadhu, Sweet wood),
11. **Hordeum vulgare** (Yavakshara Ash of Barley)
12. **Illicium verum** (Anasphal, Star anese),
13. **Inula racemosa** (Pushkarmoola, Elicampane),
14. **Mentha arvensis** (Pudina, Mint),
15. **Piper longum** (Pippali, Dried catkins),
16. **Piper nigrum** (Kali mirch, Black pepper),
17. **Pistacia integerrima** (Kakarsinghi, Zebrawood),
18. **Pterocarpus santalinus** (Rakta chandan, Red sandalwood),
19. **Rosa damascena** (Gulab ke phool, Rose petals),
20. **Solanum xanthocarpum** (Kateri badi, Yellow berries night shade),
21. **Terminalia arjuna** (Arjuna chhal, Arjuna myrrobalan),
22. **Terminalia bellerica** (Bibhitaki, Belleric myrrobalan),
23. **Terminalia chebula** (Haritaki, Chebulic myrrobalan),
24. **Valeriana wallichii** (Sungadhabala, Indian valerian rhizome),
25. **Viola Odorata** (Gul banafsha, Sweet violet),
26. **Withania somnifera** (Ashwagandha, Winter cherry),
27. **Zingiber officinale** (Saunth, Ginger),