

## GOVIND MADHAV HERBAL TEA

### 19 HERBS – BOTANICAL + ENGLISH + HINDI NAMES

**Canscora decussata** (Shankhapushpi, Aloe weed), **Caryophyllus aromaticus** (Lavanga, Cloves), **Cinnamomum tamala** (Tejpatra, Indian cassia), **Cinnamomum zeylanicum** (Dalchini, Chinese cassia), **Cyperus rotundus** (Nagarmotha, Nut grass), **Elettaria cardamomum** (Elaichi chhoti, Cardamom), **Foeniculum vulgare** (Saunf, Indian sweet fennel), **Glycyrrhiza glabra** (Yashtimadhu, Liquorice), **Hydrocotyle asiatica** (Brahmi, Indian pennywort), **Illicium verum** (Badian Khatai, Star anise), **Mentha arvensis** (Pudina, Mint), **Piper longum** (Pippali, Dried catkins), **Piper nigrum** (Kali mirich, Black pepper), **Pterocarpus santalinus** (Rakta chandan, Red sandalwood), **Rosa damascena** (Gulab ke phool, Rose petals), **Rubia cordifolia**, (Manjishta, Indian madder), **Terminalia arjuna** (Arjuna chhal, Bark of Arjuna myrobalan), **Valeriana wallichii** (Sungadhabala, Indian valerian rhizome), **Withania somnifera** (Ashwagandha, Winter cherry).

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8. **Glycyrrhiza glabra** (Yashtimadhu, Sweet wood).
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