

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

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

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5. **Cyperus rotundus** (Nagarmotha, Nut grass),
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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),
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12. **Picrorhiza kurrooa**, (Katuki, Yellow gentian),
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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 myrrobalan),
19. **Terminalia chebula** (Haritaki, Chebulic myrrobalan),
20. **Tinospora cardifolia**, (Giloy, Heart-leaved moonseed),

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