

GOVIND MADHAV GINGER TEA - 14 HERBS - ACTIONS IN SHORT

Govind Madhav Ginger Tea blended from 14 fast acting botanicals contains many herbal ingredients derived from Bark, Roots, Seeds, Twigs, Leaves, Flowers and Grasses, which have several therapeutic functions. It does not even contain a pinch of caffeine or tannin.

1. **Caryophyllus aromaticus** (*Lavanga, Cloves*): Digestive, relieves flatulence, abdominal pain, tones up nervous system, improves functions of salivary glands, kidneys, liver, bronchial mucus membranes.
2. **Cinnamomum tamala** (*Tejpatra, Indian Cassia*): Gives soothing fragrance, gastric stimulant & appetizer, relieves flatulence, mouth refresher & useful in rheumatism (joint pains).
3. **Cinnamomum zeylanicum** (*Dalchini, Chinese cassia*): Relieves flatulence, relieves abdominal cramps, and gives soothing fragrance, gastric stimulant & appetizer, useful in diarrhea & vomiting.
4. **Cyperus rotundus** (*Nagarmotha, Nut grass*): Relieves flatulence, gastric stimulant & appetizer, soothing tonic.
5. **Elettaria cardamomum** (*Elaichi chhoti, Cardamom*): Gives soothing fragrance & gastric stimulant & appetizer, relieves flatulence.
6. **Foeniculum vulgare** (*Saunf, Indian sweet fennel*): Gives soothing fragrance, gastric stimulant & appetizer, relieves flatulence.
7. **Glycyrrhiza glabra** (*Yashtimadhu, Liquorice*): Relieves hyper-acidity in stomach & flatulence, abdominal cramps, expectorant, gentle laxative, useful in sore throat, hoarseness of voice, asthma, & gives soothing fragrance.
8. **Mentha arvensis** (*Pudina, Mint*): Gives soothing fragrance, gastric stimulant & appetizer, relieves flatulence, & abdominal cramps.
9. **Piper nigrum** (*Kali Mirich, Black pepper*): Digestive, gastric stimulant & appetizer, relieves flatulence, abdominal pain, diarrhea, colonic toxins, & has expectorant, anti-pyretic, anti-helminthic, anti-inflammatory, anti-bacterial, anti-oxidant properties useful in obesity, chronic sinus congestion, toothache, & paralysis.
10. **Rosa damascena** (*Gulab ke phool, Rose petals*): Tonic for heart, expectorant, mild laxative, relieves flatulence, & has cooling effect.
11. **Rubia cordifolia**, (*Manjistha, Indian Madder*): It is Astringent, Themogenic, Febrifuge, Anti-dysenteric, Anti-helminthic, Galacto-purifier, Ophthalmic, and Rejuvenating effect. Manjistha has anti-inflammatory and antioxidant properties. It treats allergies, acne, eczema, and psoriasis, wound healing, Maintains Skin Health, Damaged skin tissues due to injury or illness and can improve your complexion.
12. **Trachyspermum ammi** (*Ajwain, Carom seeds*): Ajwain, an antioxidant removes toxic substances, improves body metabolism, promotes weight loss. It is Anti-inflammatory, improves the Digestive system, Relieves Gas, Bloating, and Indigestion and Neutralizes excess acid. It Relieves Cough, Cold, sore throat. It is useful in Asthma, Bronchitis, acts as a Bronchodilator It helps relax uterine muscles and reduces cramps and pain during periods. It also eases Joint Pains. **Safety:** 3-5 masha (3-5 gm)
13. **Withania somnifera** (*Ashwagandha, Winter cherry*) Ashwagandha has analgesic,

antioxidant, diuretic, aphrodisiac, anti-depressant, anti-diabetic properties. It is used for treating cough and cold, fever and chronic pain, constipation. It is used to treat infertility and skin disorders.

14. **Zingiber officinale** (*Saunth*, *Ginger root*): It tends to inhibit enzymes that affect how carbs are metabolised and insulin sensitivity as a whole, thereby leading to greater glucose absorption in the muscles. Ginger also has the potential to help reduce the risk for diabetes complications due to its lipid-lowering effects.