

INDIAN HERBS

TRADITIONALLY USED FOR HEALTH & WELLNESS

Pure • Natural • Traditional • Trusted

1 Tulsi (Holy Basil)



Traditionally used to support respiratory health, immunity, and stress management.

2 Ashwagandha



An adaptogenic herb commonly used for stress, energy, and physical performance.

3 Giloy (Guduchi)



Traditionally used to support immune function and overall wellness.

4 Amla (Indian Gooseberry)



Rich in vitamin C and antioxidants; used for immunity, skin, and hair health.

5 Neem



Traditionally used for skin health, oral hygiene, and antimicrobial support.

6 Turmeric (Haldi)



Contains curcumin, known for its anti-inflammatory and antioxidant properties.

7 Shatavari



Widely used for women's health and hormonal balance.

8 Brahmi



Traditionally used to support memory and cognitive function.

9 Kalmegh



Commonly used in Ayurveda for liver health.

10 Boswellia (Shallaki)



Used to support joint comfort and mobility.

11 Moringa



A nutrient-rich herb containing vitamins, minerals, antioxidants, and plant protein.

12 Triphala



A blend of Amla, Haritaki, and Bibhitaki, traditionally used for digestive health.

13 Shilajit



A natural mineral-rich substance used to support stamina, vitality and overall wellness.

14 Isabgol (Psyllium Husk)



Made from the seeds of Plantago ovata, used to improve digestive regularity and treat constipation.

15 Sage



Traditionally used for antioxidant support and cognitive wellness.

16 Mint



Traditionally used to support digestion, fresh breath, and digestive comfort.

17 Cinnamon



Traditionally used to support healthy metabolism and antioxidant protection.

18 Rosemary



Traditionally used to support memory, digestion, and antioxidant health.

19 Parsley



A nutrient-rich herb traditionally used to support kidney health and natural detoxification.

MORE POPULAR INDIAN HERBS

- Haritaki
- Bibhitaki
- Arjuna Bark
- Baheda
- Aloe Vera

- Mulethi (Licorice)
- Gokshura
- Punarnava
- Safed Musli
- Kaunch Beej

- Vidanga
- Bhringraj
- Manjistha
- Kutki
- Nirgundi

- Gudmar
- Fenugreek (Methi)
- Curry Leaves
- Lemon Grass

- Cardamom (Elaichi)
- Clove (Laung)
- Black Pepper (Kali Mirch)
- Ginger (Adrak)