

Project name: herbal recipes. ..

Reg.no.1813441033033

## Introduction

- Herbal medicine is the use of plants to treat disease and enhance general health and wellbeing.
- Herbs can interact with other pharmaceutical medications and should be taken with care.
- Always see your regular medical doctor (GP) about any health concerns and tell them about any herbal medicines you are taking or thinking of taking.
- Never stop taking prescribed medications in favour of herbs without first discussing it with your GP.
- Be careful about purchasing herbal medicines over the internet. Unregulated herbal medicines, such as some traditional folk medicines, may not be manufactured to the same quality and standard as regulated medicines.
- cultures. It involves the medicinal use of plants to treat disease and enhance general health and wellbeing.
- Some herbs have potent (powerful) ingredients and should be taken with the same level of caution as pharmaceutical medications. In fact, many pharmaceutical medications are based on man-made versions of naturally occurring compounds found in plants. For instance, the heart medicine digitalis was derived from the foxglove plant.
- **Active ingredients and herbal medicine**
- Herbal medicines contain active ingredients. The active ingredients of many herbal preparations are as yet unknown. Some pharmaceutical medications are based on a single active ingredient derived from a plant source. Practitioners of herbal medicine believe that an active ingredient can lose its impact or become less safe if used in isolation from the rest of the plant.
- For instance, salicylic acid is found in the plant meadowsweet and is used to make aspirin. Aspirin can cause the lining of the stomach to bleed, but meadowsweet naturally contains other compounds that prevent irritation from salicylic acid.

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## HERBAL RECIPES

EFFECTIVENESS FREE PROVEN OF MEDICINAL GRASSES.  
Than one century here you will find a lot of old recipes,  
both for use in medicine and in cosmetology!



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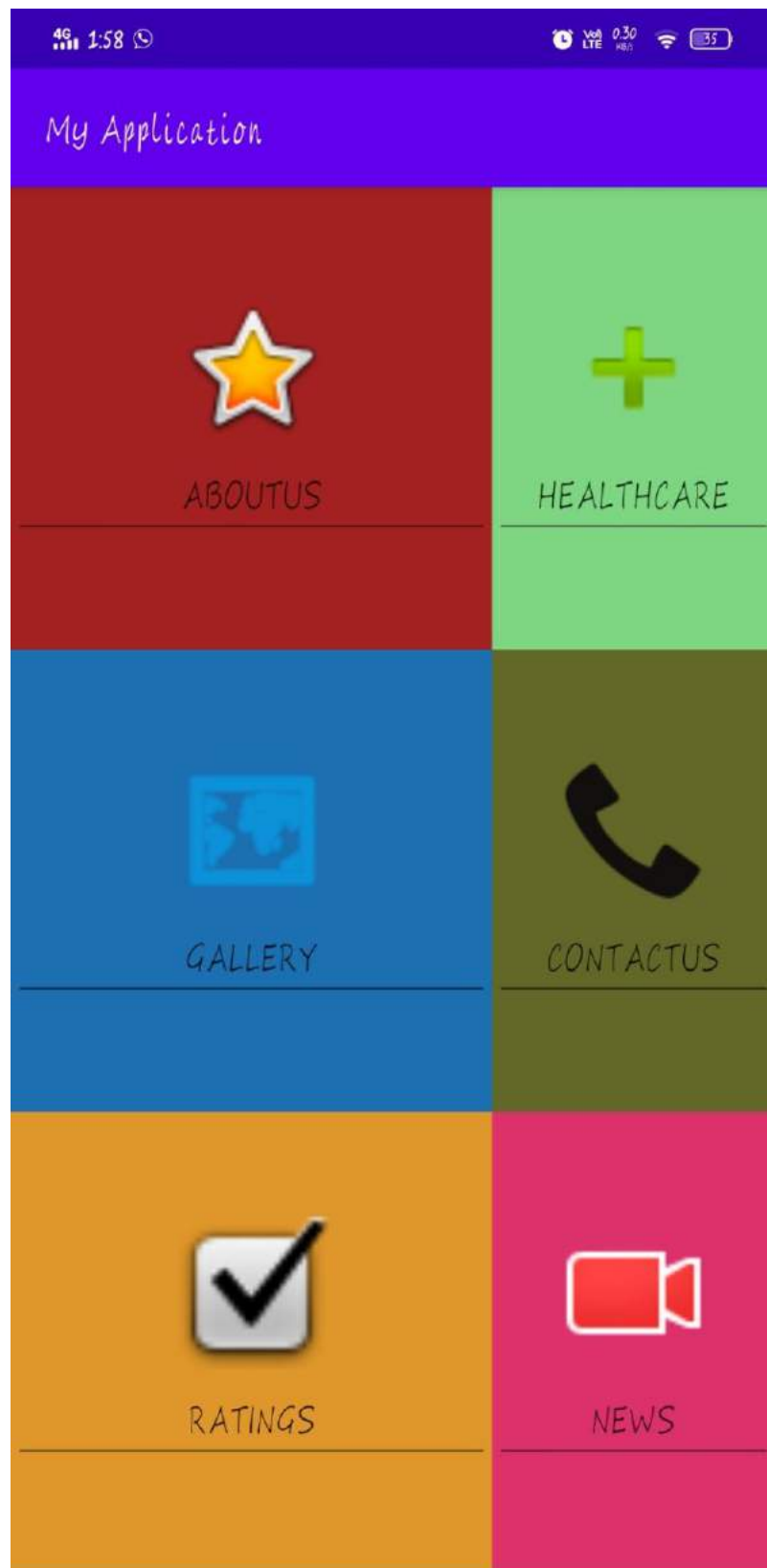
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Herbalife Nutrition founder Mark Hughes dreamed of "a future brilliant beyond compare". His vision was aligned with improving people's lives through better nutrition and an unparalleled business opportunity. He turned this dream into reality in 1980 as he launched Herbalife Nutrition in Los Angeles, CA and began rewriting the history of network marketing. 41 years later, it now operates in more than 90 countries with over 8,000 employees around the world. Everything we do is about greatness and it starts with great products; and all our products start with proven science. Herbalife Nutrition is dedicated to developing innovative, effective products that comply with high quality research, development and manufacturing standards in the industry. An ancient knowledge book placed on the lap of the person OUR SOCIAL RESPONSIBILITY From how we do business to the commitment we make to our communities to how we treat our employees and Independent Associates, our Corporate Social Responsibility program is best summed up by our value, 'We do the right, honest and ethical thing'. Ayurveda as an ancient science of life has a long history, and its basic principles are valid even today. Vritilife range of products are based on Ayurvedic principles and contains authentic ayurvedic herbs for the specific health benefits as mentioned in ancient ayurvedic texts. While following the age-old principles the product is contemporized to meet modern day lifestyle. The name "vritilife" has been coined by an amalgamation of the word "vriti" which means thought or choice in Sanskrit and the word "life" is derived from the brand name Herbalife Nutrition. This has a dual interpretation: Thoughts of life leading to mindful living Making better lifestyle choices for balanced, healthy living.



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Ginger is well known for its anti-inflammatory, antifungal, and anti-cancer properties. In traditional medicine, ginger has been extensively used for curing colds and coughs, nausea, asthma, travel sickness, morning sickness, arthritis, gastrointestinal complaints and even depression. Consume it as ginger tea, which involves crushing ginger and boiling it with tea leaves and water. Powdered ginger mixed with pulverized cloves, cardamom and caraway has been used for digestive ailments since ancient times. Fenugreek is a well-known herb in the Ayurvedic system of medicine which acts as a natural anti-oxidant and strengthens immune system. It is not only used as an herb (dried or fresh leaves), spice(seeds), vegetable (fresh leaves) but also as a condiment in artificial flavoring of maple syrup or in the production of steroids. You can add fenugreek seeds as preservatives in pickles as they are rich in vitamin E. Dried leaves of fenugreek are used for flavoring vegetable dishes, fish and meat. Herbal tea made with fenugreek, honey and lemon is a traditional remedy to treat fever. Sprouted seeds of fenugreek and microgreens are used in salads, while fenugreek fiber can be used to cure constipation. Garlic has potent anti-oxidant properties, and helps in reducing stress and high blood pressure. It also helps to enhance thiamine (vitamin B1) absorption in the body and prevents beriberi. It is always best to chop or crush garlic before consuming it, because it works better when in contact with oxygen. Garlic is used to add flavour to almost every form of cuisine across the world. Turmeric contains a bioactive compound known as curcumin, which acts as an anti-inflammatory agent. Commonly used in India for curries and other dishes, it can also be consumed as a decoction (kadha) made from grated ginger, tulsi and turmeric once daily to improve immunity as recommended by AYUSH. There is no single food that is a magic pill for a healthy body. Apart from including these herbs and spices in your diet, you must exercise both your body and your mind regularly, make necessary lifestyle changes, and practice gratitude.





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Natural products are gaining increased applications in drug discovery and development. Being chemically diverse they are able to modulate several targets simultaneously in a complex system. During the past decade, there have been significant advances in herbal drug technology. The traditional system of medicines dating ancient civilizations could reveal the safety of herbal drugs. It is the right time to decide upon the issues of safety and efficacy of herbal drug products. The legal status and approval mechanism of herbal medicine also vary from country to country. World Health Organization (WHO) has set specific guidelines for the assessment of the safety, efficacy and quality of herbal medicines as a prerequisite for global harmonization. The advancement of science and technology invades the herbal drug products in a broad manner. In keeping with these advances, a plethora of review article on this subject has been prepared to have a smooth platform for the beginners in this vast field.

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News Service VELLORE: Reduction in disease  
progression, accelerated recovery and drop in  
virus load in Covid-19 patients were noted in short  
duration of Siddha medicine intervention during a  
clinical trial of the traditional medicines in Vellore  
and Tirupathur districts. The clinical trial was held  
with the permission of the Clinical Trial Registry of  
India (CTRI) following the initiatives taken by the  
district collectors of both the districts. Twenty  
asymptomatic, mild and moderately symptomatic  
Covid-19 patients were chosen for the clinical trial  
with their consent. In Vellore, the trial of 13 men  
and seven women patients was held at the special  
Siddha Covid care centres located at Thanthai  
Periyar Engineering College and Government  
Pentland Hospital (GPH). Among the patients, 14  
were symptomatic, four asymptomatic and two  
were with Influenza-Like Illness (ILI) symptoms,

