

Powerful Ayurvedic Herbs and Their Benefits



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Ayurveda has been existing in India even before the birth of modern medicine and herbs. Rather, it is the very establishment of medical care in ancient India. Ayurveda means the knowledge and science of life wherein Ayur means life and Veda means science or knowledge. The practice is approximately 5000 years old and works on the dosha principle; Vata, Pitta and Kapha.

According to Ayurveda, when there is an imbalance in either of the 3 doshas, treating and balancing the same leads to the root cause removal of the illness or condition as a whole. The principles of Ayurveda are mentioned in 3 books, the Trilogy named: Charak Samhita, the Sushruta Samhita and the Astanga Hridaya all of which were written in Sanskrit over 2000 years ago.

Role of Ayurvedic Herbs:



Ayurvedic herbs have integral medicinal properties and have been used since ancient times to treat different diseases, promote mental clarity, boost immunity and enhance skin and hair as well. According to the principles of Ayurveda, the body must be treated as a whole and not just the diseased part. Hundreds and thousands of herbs have been used in Ayurveda to treat illnesses, wherein these herbs of treatment are derived from flowers, bark, roots and leaves as well.

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Benefits of Ayurveda:

When it comes to benefits, Ayurveda has innumerable ones. However to sum it up:

- Ayurveda balances your doshas and provides complete relief from existing disease or illness
- Ayurveda treats the individual as a whole which gives one the advantage of being cured of diseases not detected as well along with the main disease they are undergoing treatment for
- Ayurveda is completely natural and has no to low side effects
- Ayurveda is known to improve the vitality and strength of the body
- It is known to increase the immunity and enrich the body with the inherent power of healing in the long run

Here are certain Ayurvedic herbs and their benefits:

#1 - Ashwagandha:



Ashwagandha is an Ayurvedic herb used for multiple uses. It is found in India, Africa and the Mediterranean continent as well.

According to the traditional uses of Ashwagandha, it enhances the strength and stamina of the male and female nervous as well as reproductive system and gives them the power of a horse.

It is also known as Winter Cherry or Indian Ginseng.

The roots of Ashwagandha are used for preparing Ayurvedic medicines, the benefits of which are:

- It boosts the [immune system](#)
- It decreases stress and calms your body
- Helps improve sleep patterns
- Helps to manage weight
- Improves heart health
- Promotes thyroid health

It is versatile and can be consumed in powder, liquid or tablet form as per the guidance of a certified Ayurvedic practitioner.

#2 - Brahmi:

Also known as Bacopa Monnieri, Brahmi is a traditional Ayurvedic herb that has been used for ages to specifically target and treat neurological disorders. It is packed with anti-inflammatory properties and the leaves of brahmi are considered to be very pure and effective as forms of medicine.

The benefits of Brahmi are:

- Enhances memory, concentration and intelligence
- Improves function of the nervous system
- Calms your mind
- Reduces symptoms of ADHD
- Works as an anti-oxidant that helps remove cancerous cells
- Natural blood purifier

#3 - Shatavari:



It is a medicinal herb enriched with excellent health benefits. Shatavari is often referred to as the queen of herbs owing to its antioxidant properties due to the presence of saponins on it.

It [boosts your immunity](#) and is beneficial for the female reproductive system. Following are the benefits of Shatavari:

- Enhances the power of immunity
- Reduces inflammations
- [Improves female reproductive system](#)
- Works as an acidity relieving factor
- Helps cure ulcers of the stomach, intestine and oesophagus

Also Read: [An Ayurvedic Approach To Weight Loss Is The Need Of The Hour](#)

#4 - Licorice:

Licorice is a part of the Indian as well as the Greek and Egyptian medicinal systems. Owing to its sweet flavour it has been used in various preparations such as herbal teas, capsules, liquid extracts and candies.

Following are the benefits of licorice:

- Relief from acidity, stomach ulcers and food poisoning
- Treats cold and cough
- Beneficial in problems of the prostate gland
- Prevents dandruff and hair fall
- Anti-inflammatory, anti-ageing and anti-microbial

#5 - Neem:

Neem is known for its medicinal properties and bitter taste. Neem is derived from the Sanskrit word Nimba which means the bestower of good health.

It has healing properties that are used in several disorders and in almost 75% of formulations in Ayurveda.

These are the benefits of Neem:

- It has antiseptic and anti-fungal properties
- It is a potent blood purifier and detoxifier
- Helps to maintain oral hygiene and prevents dental infections
- It is great for hair and controls dandruff
- Treats eczema, acne and skin diseases

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