

Herbal Tonic for Weakness



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Innovation Description

The traditional knowledge holder has suggested herbal tonic for weakness.

Ingredients: 20 g fruits of Anar (*Punica granatum* L.), 100 g fruits of Aawla (*Phyllanthus emblica* L.), 5 g fruits of Choti Ilaichi (*Elettaria cardamomum* (L.) Maton), 20 g fruits of Anjir (*Ficus carica* L.), 20 g root of Ashwagandha (*Withania somnifera* (L.) Dunal), 20 g root of Shatavar (*Asparagus racemosus* Willd.), 20 g stem of Giloy (*Tinospora cordifolia* (Willd.) Hook.f. & Thomson), 20 g whole plant of Shankhpashpi (*Convolvulus prostratus* Forssk.), 20 g whole plant of Rakwati (*Cressa cretica* L.), 10 g rhizome of Vidariked (*Pueraria tuberosa* (Roxb. ex Willd.) DC.), 20 g bark of Arjuna (*Terminalia arjuna* (Roxb. ex DC.) Wight & Arn.), 20 g root of Mulethi (*Glycyrrhiza glabra* L.), 10 g seeds of Bala (*Sida cordifolia* L.), 40 g whole plant of Makop (*Solanum nigrum* L.), 2g whole plant of Bhui Awla (*Phyllanthus amarus* Schumacher & Thonn.), 20 g seeds of Vaap vidang (*Embelia ribes* Burm.f.), 20 g whole plant of Safed bhanga (*Eclipta prostrata* (L.) L.), 10 g fruits of Saunf (*Foeniculum vulgare* Mill.), 10 g whole plant of Chiraita (*Swertia chirayita* (Roxb.) H.Karst.), 10 g whole plant of Bahadri (*Tricholepis glaberrima* DC.), 20 g fruits of Unad (*Ziziphus jujuba* Mill.), 10 g bark of Kutaki (*Picrorhiza kurroa* Royle ex Benth.), 20 g whole plant of Gorakhmundi (*Sphaeranthus indicus* L.), 20 g leaves of Ghrithkumari (*Aloe vera* (L.) Burm.f.), 40 g whole plant of Sarpapara (*Tephrosia purpurea* (L.) Pers.), 100 g fruits of Harar (*Terminalia chebula* Retz.), 40 g root of Sathi (*Trianthema portulacastrum* L.), 20 g stem of Dalhadi (*Berberis aristata* DC.), 20 g whole plant of Pitpapada (*Barleria prionitis* L.), 10 g leaves of Gaavjama (*Xerochrysum bracteatum* (Vent.) Tzvelev), 20 g Fruits of Jamun (*Syzygium cumini* (L.) Skeels), 20 g fruits of Bilav (*Aegle marmelos* (L.) Corrêa), 20 g root of Anantphul (*Hemidesmus indicus* (L.) R.Br.), 10 g whole plant of Kaalmegh (*Andrographis paniculata* (Burm.f.) Nees), 500 g Sugar, and pinch amount of Sodium benzoate.

Preparation: Collect all the plant parts freshly, wash, and sundry them well. Grind them together to prepare a powder and add 8 times more water into it. Soak the powder into water for 12 hrs and boil it. Strain out the decoction, add sugar and again boil it. Allow the decoction to cool and add a pinch of Sodium benzoate. Store it in a glass jar.

Dosage/Application: Consume 20 ml decoction (10 ml for child) twice daily after meal till relief.

Ingredients' availability: The plants are available in nearby places. Other ingredients are available in the local market.

For More Details Please Contact on [enquiry\[at\]nifindia\[dot\]org](mailto:enquiry[at]nifindia[dot]org)

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