

Name	Latin	Other Name(s)
Amla	Phyllanthus emblica*	Amla or Amalaki
Andrographis	Andrographis paniculata	Kalmegh
Arjuna	Terminalia arjuna	Arjuna bark
Ashwagandha*	Withania somnifera	Ashwagandha
Bacopa*	Bacopa monnieri	Brahmi
Bitter Melon*	Momordica charantia	Karela, Bitter Gourd, Balsam Pear
Black Pepper	Piper nigrum	Kalimirch
Boerhavia	Boerhavia diffusa	Purnarnava*
Boswellia	Boswellia serrata	Shallaki or Salai Guggal*
Calamus*	Acorus calamus	Vacha, Bach
Cloves	Syzygium aromaticum*	Lavanga
Gotu Kola*	Centella asiatica	Mandukaparni
Gum Guggul	Commiphora mukul*	Guggulu
Gymnema	Gymnema sylvestre	Gurmer
Holy Basil	Ocimum tenuiflorum*	Tulsi
Indian Madder	Rubia cordifolia*	Manjit or Manjishta
Mucuna, Velvet Bean	Mucuna pruriens	Kapikacchu (Monkey Itcher)*
Neem Tree	Azadirachta indica	Neem or Nim
Pippali Long Pepper	Piper longum	Pippali, Indian Long Pepper
Shankhpushpi	Convolvulus pluricaulis, C. microphyllus	Shanka pushpi
Shatavari	Asparagus racemosus	Shatamuli
Shilajit	Asphaltum	Shilajatu, Mumiyo
Tinospora	Tinospora cordifolia	Guduchi
Triphala	Terminalia chebula, T. bellerica*	Triphala (three fruits)
Turmeric	Curcuma longa	Haridra