

# Water Lily-Utpal, Kumud, Kumudini / Nymphaea spp.

## Part consumed -

Roots, Fruits,  
Seeds

## Form consumed -

Powder, Juice,  
Cold Infusion, Cuisines

## Maximum daily consumption by adults -

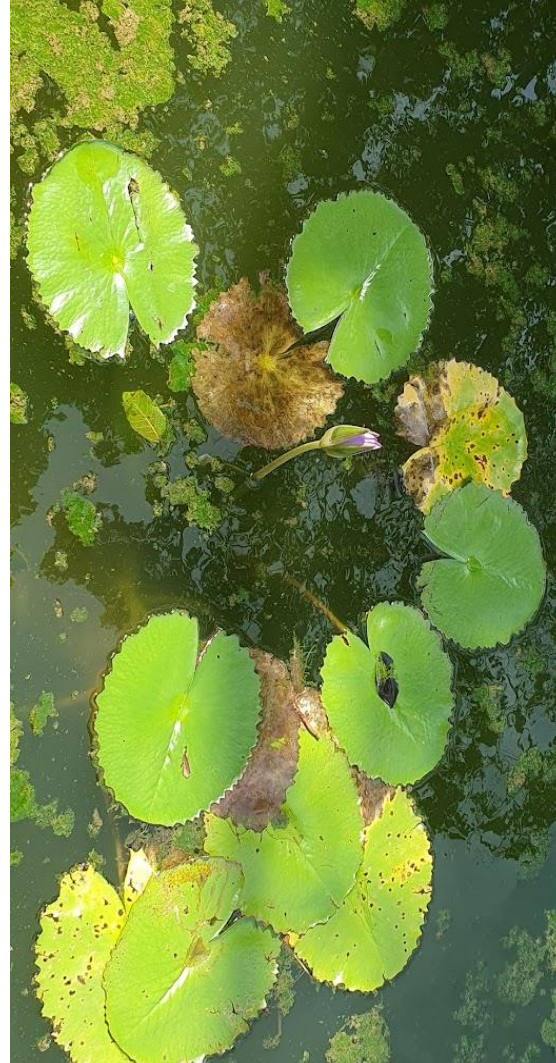
Powder – 6 g

Juice - 10 - 20 ml

Cold infusion - 50 - 100 ml

## Composition

- Unsaturated fatty acids
- Calcium
- Iron
- Zinc
- Phosphorus
- Nuciferine
- Neferine
- Isoliensinine



## Indications as per Ayurveda

- Digestive
- Diuretic
- Diarrhoea
- Bleedings
- Indigestion
- Fevers
- Insomnia

## Modern Clinical Studies

- High Blood Pressure
- Diabetes
- Antioxidant
- Anti-Inflammatory