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