

# Ayapanah / *Ayapana triplinervis*

## Part consumed -

Stem, Leaves, Roots

## Form consumed -

Powder, Juice, Decoctions

## Maximum daily consumption by adults –

Powder - 6 g

Juice - 5-10 ml

Decoction - 50 ml

## Composition

- Ayapanin
- Ayapain
- Stigmasterol
- Vitamin C
- Carotene
- Ayapana oil



## Indications as per Ayurveda

- Bleeding wounds
- Fevers, Cough
- Asthma
- Colics, Pains
- Skin Diseases
- Animal poisons

## Modern Clinical Studies

- Antibacterial
- Antifungal
- Antiviral
- Hepato-protective
- Immunity booster
- Ulcers
- Bleeding Disorders
- Antioxidant