

# Castor-Erand / *Ricinus communis*

**Part consumed –**  
Root and Seed

**Form consumed -**  
Dried Root powder and  
Cold press Oil

**Maximum daily  
consumption by adults –**

Root powder - 6 g

Oil - 5-15 ml

## **Composition**

- Ricinine
- Ricin
- Ricinoleic acid
- Ricinolein
- Essential Oils



## **Indications as per Ayurveda**

- Anti-inflammatory
- Laxative
- Diuretic
- Aphrodisiac
- Cough, Asthma
- Skin Diseases
- Haemorrhoids
- Nephropathy
- Dropsy
- General Debility

## **Modern Clinical Studies**

- Oedema
- Pyrexia
- Ascites
- Rheumatoid Arthritis
- Renal Colic
- Lumbago
- Neuromuscular Analgesic