

Chitrak / *Plumbago zeylanica*

Part consumed -
Root

Form consumed -
Powder

Maximum daily consumption by adults -

Powder - 3 g

Composition

- Plumbagin
- Chitranone
- Elliptinone
- Plumbagic acid



Indications as per Ayurveda

- Digestive
- Appetizer
- Anti-pyrexia
- Improves muscle strength

Modern Clinical Studies

- Antimicrobial
- Anti-oxidant