

# Citronella / *Cymbopogon citratus*

## Part Consumed -

Stem, Root, Leaf,  
Flower, Oil

## Form Consumed -

Decoction & Oil

## Maximum daily consumption by adults -

Decoction - 50-100 ml

Oil - 1-3 drops

## Composition

- Geraniol
- Linalool
- Geranyl acetate
- Carvone



## Indications as per Ayurveda

- Cardio-protective
- Arthritis

## Modern Clinical Studies

- Anti-microbial
- Wound healing
- Anti-diarrheal
- Mosquito repellent