Coffee / *Coffea arabica*

**Part consumed** – Beans

**Form consumed** - Dried powder

**Maximum daily consumption by adults** - Powder - 6 g

**Composition**
- Caffeine
- Fats - 22%
- Carbohydrates - 20%
- Protein - 57%
- Essential Oils
- Tanin

**Indications as per Ayurveda**
- Liver disorders
- Menstrual disorders
- Fever
- Inflammations
- Swellings
- Cough

**Modern Clinical Studies**
- Anti-inflammatory
- Expectorant
- Anti-Anxiety
- Cardiotonic, Digestive
- Analgesic, Diuretic
- Cough, Asthma
- Nephropathy