Dill-Shatpushpa / *Anethum graveolens*

**Part consumed** –
Whole plant, Seeds

**Form consumed** -
Dried powder, oil, distillate

**Maximum daily consumption by adults** -
Powder - 6 g
Oil - 1-3 drops
Distillate - 20-40 ml

**Composition**
- Apiole
- Dillapiole
- Carvone
- Myristicin
- Umbelliferone
- Thymol

**Indications as per Ayurveda**
- Antiseptic
- Analgesic
- Carminative
- Anti-inflammatory
- Anti-Colic
- Digestive
- Neuromuscular diseases
- Laxative
- Cough, Asthma

**Modern Clinical Studies**
- Anti-Cancer
- Antioxidant
- Anti-inflammatory
- Hepato-protective
- Diuretic