

# 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