

Durva – Chiendent pied-de-poule/ *Cynodon dactylon*

Part consumed -
Whole Plant

Form consumed -
Fresh Juice

**Maximum daily
consumption by adults -**

Juice - 10-20 ml

Composition

- Methoxy propionic acid
- Benzoin acid
- Phytol
- Sitosterol
- Carbs - 36 %
- Fats - 6%
- Proteins - 6 %



Indications as per Ayurveda

- Dysuria
- Bleeding Disorders
- Leucorrhoea
- Dehydration
- Inflammations
- Skin Allergies

Modern Clinical Studies

- Antidiabetic
- Reduces clotting time
- Reduces bleeding time
- Antiviral