Henna- Madayantika / *Lawsonia inermis*

**Part consumed** - Leaves, Flower, Seeds.

**Form consumed** - Powder, Fresh Juice

**Maximum daily consumption by adults** - Seed Powder - 1-3 g, Juice - 5-10 ml

**Composition**
- Tannins
- Lawson
- Gallic acid
- Glucose
- Mannitol
- Mutilate

**Indications as per Ayurveda**
- Jaundice
- Dysuria
- Skin diseases

**Modern Clinical Studies**
- Antibacterial
- Anti-inflammatory