

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