

Jayphal - Jatiphal / *Myristica fragrans*

Part consumed –
Nutmeg seed, Seed coat

Form consumed -
Dried powder, oil

**Maximum daily
consumption by adults-**
Powder - 2 g
Oil - 1-3 drops

Composition

- Myristicin
- Lignans
- Neolignans
- Elemicin
- Fixed Oils



Indications as per Ayurveda

- Antiseptic
- Oral Health
- Insomnia
- Anti-inflammatory
- Cardio-tonic
- Digestive
- Cough
- Asthma
- Skin Diseases
- Anti-oxidant

Modern Clinical Studies

- Anti-cancer
- Antioxidant
- Anticonvulsant
- Anti-inflammatory
- Hepato-protective
- Hypolipidemic effect