

Mustaka / *Cyperus rotundus*

Part consumed -
Tuber

Form consumed -
Powder, Decoctions

Maximum daily consumption by adults -
Powder - 6 g
Decoctions - 50 - 100 ml

Composition

- Cineol
- Copadiene
- Copaene
- Isopatchoulenone
- Essential oils
- Flavonoids
- Terpenoids
- Sesquiterpenes
- Sitosterol
- Cyperene
- Cyperol



Indications as per Ayurveda

- Fevers
- Diarrhoea
- Jaundice
- Irritable Bowel Syndrome

Modern Clinical Studies

- Diuretic
- Anti-inflammatory
- Hypo-lipidemic
- Antibacterial
- Antifungal
- Anti-oxidant