Neem / Azadirachta indica

Part consumed -
Bark, Leaves, Seed, Flowers, Oil

Form consumed -
Dried powder, Decoction, Seed oil

Maximum daily consumption by adults -
Powder - 6 g
Decoction - 10-20 ml
Seed Oil - 5-10 drops

Composition
- Nimbolinin
- Nimbin
- Nimbidin
- Gedunin
- Margosin
- Salannin
- Quercetin
- Fixed Oils

Indications as per Ayurveda
- Antimicrobial
- Anti-Inflammatory
- Antiarthritic, Antipyretic
- Hypoglycaemic, Anti Ulcer
- Dermatitis, Acne Vulgaris
- Allergies, Sting Bites
- Antitumour, Anti-Cancer

Modern Clinical Studies
- Skin Health
- Dental care
- Antioxidant
- Antimicrobial
- Anti-inflammatory
- Antitumour,
- Anti-Cancer