

Parijaat / *Nyctanthes arbor-tristis*

Part consumed -

Leaves, Stem Bark

Form consumed -

Juice, Dried powder

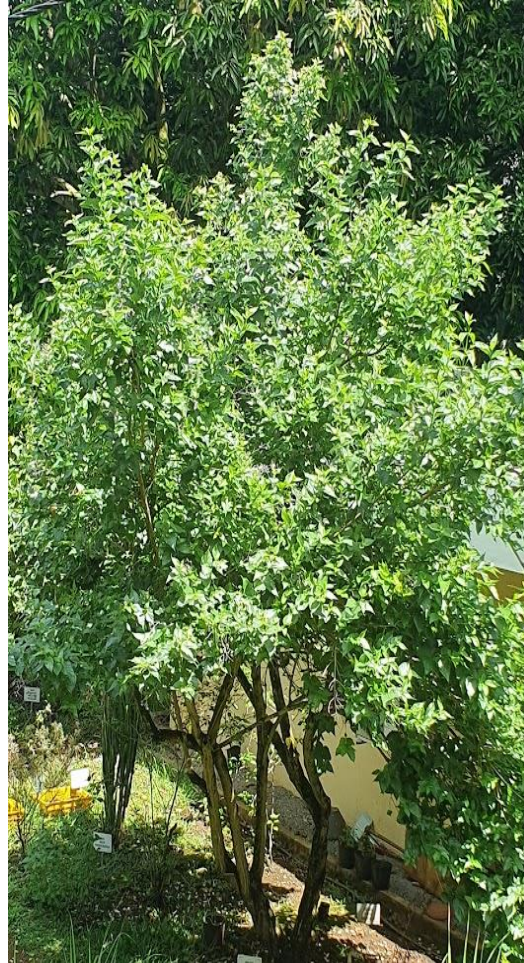
Maximum daily consumption by adults –

Juice - 10-20 ml

Powder - 3 g

Composition

- D-Mannitol
- Myristic Acid
- Flavanol glycosides
- Astragaline
- Nicotiflorine
- Vit C



Indications as per Ayurveda

- Sciatica
- Arthritis
- Indigestion
- Liver disorder
- Constipation
- Haemorrhoids
- Chronic pyrexia

Modern Clinical Studies

- Respiratory stimulant
- Anti-inflammatory
- Neuroprotective
- Anti pyretic