

# Sadabahar-Sadanpushpa / *Vinca rosea*

## Part consumed -

Whole plant, Root,  
Leaves, Flowers

## Form consumed -

Juice, Powder, Paste

## Maximum daily

## consumption by adults -

Juice - 10-20ml

Powder - 6 g

Paste - 10 g

## Composition

- Vinblastin
- Vincristine
- Reserpine
- Yohimbine
- Phenols
- Alkaloids
- Flavonoids



## Indications as per Ayurveda

- Digestive
- Insomnia
- Diarrhoea
- Diabetes

## Modern Clinical Studies

- Antidiabetic
- Anti-Cancer