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