Vetiver- Ushira / Vetiveria zizanioides

Part consumed -
Root

Form consumed -
Dried powder, Oil

Maximum daily consumption by adults –
Powder - 6 g
Cold infusion - 25-50 ml
Decoction - 50-100 ml
Distillate - 25-50 ml

Composition
• Benzoic Acid
• Furfural
• Vetivene
• Vetiverenyl
• Vetivernate
• Essential Oils

Indications as per Ayurveda
• Lactation
• Diuretic
• High Fever
• Inflammation
• Diarrhoea
• Chronic Dysentery
• Anthelmintic

Modern Clinical Studies
• Antibacterial
• Antifungal
• Anti-cataleptic
• Analgesic
• Anti-Inflammatory
• Rheumatism
• Anti Oxidant
• Coagulation Of Blood
• Haemorrhoids
• Anti Arthritic Activity