

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 - 25-50ml

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