

# Ajmoda / *Apium graveolens*

## Part consumed -

Seeds, Leaves, Tuber

## Form consumed -

Powder, Decoction

## Maximum daily consumption by adults -

Powder- 5 g

Decoction- 40ml

## Composition

- Sedanomic acid
- d-selinene
- Alcohols
- d- limonene



## Indications as per Ayurveda

- Galactagogues
- Anti-emetic
- Analgesic
- Anti diarrhoeal

## Modern Clinical Studies

- Analgesic
- Digestive
- Antibiotic