

Bhringraj / *Eclipta alba*

Part consumed –
Whole Plant

Form consumed -
Fresh Juice, oil

**Maximum daily
consumption by adults -**
Juice - 5-10 ml

Oil for hair application -QS

Composition

- Stigmasterol
- Lentriacontanol
- Thiophenes
- Ecliptal
- Coumestans
- Alkaloids
- Flavonoids
- Glycosides
- Polyacetylenes
- Triterpenoids



Indications as per Ayurveda

- Asthma
- Diabetes
- Eye Diseases
- Heart Diseases
- Pains
- Bleeding Disorders
- Liver Diseases

Modern Clinical Studies

- Anti-inflammatory
- Antiviral
- Analgesic
- Hepato-protective