

Curry leaves-Girinimba / *Murraya koenigii*

Part consumed -
Leaves

Form consumed -
Powder, cuisines

**Maximum daily
consumption by adults -**

Powder - 10 g

Composition

- Oxygenated monoterpenes
- Linalool
- Myrcene
- Elemol
- Allo-ocimene
- Geranyl acetate



Indications as per Ayurveda

- Dysentery
- Diarrhoea
- Diabetes
- Indigestion
- Nausea

Modern Clinical Studies

- Anti-microbial
- Antioxidant
- Antidiabetic
- Anti-diarrhoeal
- Anti-Oedema
- Antipyretic