

# Lotus- Kamal / *Nelumbo nucifera*

**Part consumed –**  
Whole plant, Flowers,  
Seeds, Stem, Roots

**Form consumed -**  
Dried powder, Juice,  
Cuisines

**Maximum daily  
consumption by adults –**  
Seed powder – 3 - 5 g  
Stem Juice – 10 -20 ml

## Composition

- Nuciferine
- Neferine
- Lotusin
- Isoliensinine
- Quercitin
- Flavinoids
- Fixed oils
- Vitamins B1, B2, B6, E
- Calcium
- Iron
- Zinc
- Phosphorus



## Indications as per Ayurveda

- Digestive
- Diuretic
- Diarrhoea
- Abnormal Bleeding
- Fevers
- Insomnia

## Modern Clinical Studies

- High Blood Pressure
- Diabetes
- Gallstones
- Antioxidant
- Anti-Inflammatory
- Hepato-protective
- Diuretic