

Sharpunkha / *Tephrosia purpurea*

Part consumed -

Roots, Whole Plant Alkali

Form consumed -

Powder, Juice, Alkali

Maximum daily consumption by adults -

Powder - 6 g

Juice - 10 - 20 ml

Alkali - 1 - 3 g

Composition

- B- sitosterol
- Isolonchocarpin
- Lanceolatin A, B
- Pongamol
- Karangin
- Kangone
- Karanjin
- Purpurin



Indications as per Ayurveda

- Liver Diseases
- Spleen Disorders
- Asthma
- Fevers

Modern Clinical Studies

- Antispasmodic
- Hepato-protective
- Analgesic
- Diuretic
- Bronchitis
- Kidney Disorders