

# Touch Me Not-Lajjalu / *Mimosa pudica*

## Part consumed -

Whole plant, Roots

## Form consumed -

Juice, Dried powder

## Maximum daily consumption by adults -

Juice - 10-20 ml

Powder - 6 g

## Composition

- Nor-Epinephrine
- Beta-Sitosterol
- Tannins
- Essential Oils
- Mimosine
- Terpenoids
- Flavonoids
- Glycosides
- Alkaloids
- Quinines
- Phenols
- Saponins
- Coumarins



## Indications as per Ayurveda

- Antibacterial
- Anti-venom
- Anticonvulsant
- Antidepressant
- Aphrodisiac
- Urogenital Disorders
- Piles
- Wounds

## Modern Clinical Studies

- Anti-cancer
- Antioxidant
- Anti-Inflammatory
- Hepato-protective
- Antidepressant
- Anticonvulsant
- Anti-diabetics
- Antipyretic
- Antifungal
- Antiviral
- Aphrodisiac Property