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Know Your Local Herb : *Cardiospermum Halicacabum* /Kapalphodi/ Mudakaruthan Keerai/ Indravalli /Balloon Plant Leaves

- Must green of every household garden
- Proven Cure in
- Rheumatoid Arthritis
- Relives Joint pains of any sort
- Hair Growth & Dandruff



Per Ayurveda this green is used as

- Anti Arthritic
- Anti Inflammatory

- Anti Fungal
- Anti Pyretic in its medicinal formulations

This climber is easy to grow at everyone gardens and it is undergoing research for other lifestyle ailments too

Studies are underway to asses the

- Anti hyperglycaemic effect to treat diabetes
- Herbal analgesic and vasodepressive properties of this herb
- Phytoconstituent cardiospermin is used as natural herbal source in most of modern fertility improvement drugs beneficial both for men & women
- Consumption of this herb gradually will relive menstrual cramps & dysmenorrhea suffered by women with irregular menstrual rhythm
- This has ability to nourish & strengthen the hair root to great extent after hibiscus
- Applying the leaf powder over the scalp with coconut oil will cure dandruff and itchy scalp experienced by working women by constant use of chemical synthetic shampoos

This herb is must supplement to be included for elderly

Due to Ageing , it is quite natural that aged people loos flexibility over their joints may experience stiffness/pain due to degeneration of bones and cartilage tissues

This herb also has ability to cure paralytic stroke

This can be consumed as raw green , cooked green and dried leaf powder

In South India , This is consumed as

- Topping in Dosa / Idlis
- Rasam / Herbal Soup
- Chutney paste with Tamarind and Salt
- Leaf powder were mixed in Gun powder / Rasam powders
- With Dals

Most of homemade joint pain relievers oils had this a major ingredient as dried leaf or raw leaf

This is used in hotwater massage as well , these leaves can be added with euclayptus leaves or vatanarayan leaves boiled throughly and it can be used for external massaging

Per Ayurveda this will cure all Vata related disorders hence the name "mudakaruthan" in Tamil

Mudakku - Stiffness /Pralaysis

Aruthan - Wards off / Cures

As I see Joint pains , back pains and early signs of arthritis even in late 20's and Early thirties

Would suggest everyone to consume in some form as and when possible to prevent us from any mobility issues

We should keep our joints supple and flexible to stand on our own leg

End of Thread

Eat healthy to stay happy and energetic :)

These minor changes to food habits can do wonders on long run and save enormous money too