

Twitter Thread by ■■Sonal ■■



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Western people called India as land of spices.

We have been using lot of herbs in our vegetables and dishes.

But was that only because we love the taste of Spices?

A big NO.

Ayurveda mentions many herbs which have their specific medicinal benefits. Many of the herbs are very rare and they are to be used carefully else they can even harm the user.

But many herbs are beneficial in general. They are full of antioxidants, minerals and other useful nutrients. They can be consumed either raw or within less proportion. We have been using them in our day to day lives. Gradually they became part of our daily dishes.

1) Aloe vera:-Extremely easy to grow, aloe vera is India's most favorite and a succulent plant that is low-on-maintenance and easy-to-grow. The plant is a trusted remedy for Indians to treat skin inflammation, breakouts, and burns.

Its juice is well-known to boost a weak immune system. It is believed to be full of oxidants, which help the body to fight free radicals and stay fit as well as young

2) Tulsi / Basil:--Tulsi or Holy Basil is called 'Elixir of Life' in Ayurveda in India and well known medicinal plant. It has been proved that Tulsi clears away the pollutants within the ten miles of its radius.

Besides, Tulsi tea in India is very effective in treating common cold and flu. Its leaves can treat digestive issues and are also believed to have anti-cancer properties.

3) Coriander/ Dhaniya:-Easy to sow, coriander is a no-fuss medicinal plant in India. Use any container to sow the seeds and put it on a window sill. It doesn't need much sunlight or water. The little shoots of leaves would appear within a week.

The young leaves can be plucked to put in curd, raita or vegetables to enhance the flavor as well as to utilize the benefit. Indian Dhania leaves are refreshing and treat digestive issues.

4) Mint:--A very homegrown medicinal plant in India. The fragrance of mint leaves is enough to refresh your mind and make you feel good. In summer in India, mint leaves seem to be a great fragrance is rejuvenating.

Mint tea helps you stay calm and if you are insomniac, mint tea can help you feel composed and have a sound sleep. Its fragrance is believed to keep the mosquitoes away. It is very beneficial in treating cold, cough, and diarrhea.

5) Lemongrass:-- Drink lemongrass tea to relieve a sore throat and menstrual pain. If you have trouble sleeping, drinking lemongrass tea before sleeping can help you get rid of insomnia and stress. Lemongrass is also helpful in pain management and has anti-pyretic properties.

6) Carom / Ajwain:--A backyard medicinal plant and also available at every house in India. Having chronic digestive issues? Trust ajwain to help you deal with it easily. Growing ajwain plant at home is painfully easy. The plant doesn't require much water or sunlight.

The ridged leaves of the plant are edible and you can boil them in water to make ajwain tea to cure your upset stomach. Use the seeds or leaves to parathas, curries, vegetables, salads, and curd to enhance the flavor and get its medicinal benefits.

You can also chew the leaves directly as a mouth freshener. One more reason to add this plant to add to your kitchen garden is that Feng Shui believes.

7- haldi

<https://t.co/mmDXGq6H4i>

To be continue

Benifts of turmeric

1- Turmeric is good blood purifier.

2- Turmeric increases the antioxidant capacity of the body.

3- Turmeric should lower your risk of heart diseases.

4- Turmeric helps prevent gas/ bloating. <pic.twitter.com/Cm075Xp4jb>

— \U0001f1ee\U0001f1f3Sonal \U0001f1ee\U0001f1f3 (@Dharma_Ramani) May 12, 2020

In Hindi

<https://t.co/zbNd6ue0AW>

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\u0936\u094d\u0930\u094b\u0924\u094d\u0930\u093f\u092f (@VishalS50533075) December 26, 2020