

2016-17

HIDDEN TREASURES

Herbs *of* India

2016-17



Dear Friends,

This year we celebrate the bountiful herbs that have been used for 3000 years, to cure and prevent ailments in our country.

With the advent of chemical based pharmaceuticals, herbal remedies were gradually abandoned. As towns and cities and farms spread across countries, herbs were difficult to find. Gradually, people resorted to easy-access pills and powders. Herbs were a forgotten treasure.

I am glad that the world today recognises the value of herbal medicines. Scientists have tested and validated the properties in herbs and have found that herbal remedies do have the power to heal.

Under each herb-painting, the three principal medicinal properties are also given. Usually, when we look at medicinal herbs, they look very much alike. Brown and dry. But I wanted you to see what they look like in their natural forms. They are creepers, and grasses, and trees, and garden plants, and roots and leaves and petals. They have colourful flowers, some have strange looking leaves and textured bark. The gum can be golden, dark red and chocolate coloured. They are as varied as the ailments that they cure.

The booklet tells you which herbs help which health problems. But it may be nice to remember how they looked - before we dry them and grind them and boil them! For more information please write to: herbs@sanat.co.in

Twist your good health - naturally.

Pradip Burman
Pradip Burman

HIDDEN TREASURES Herbs of India

From the snowy slopes of the Himalayas, through verdant Gangetic Plains to the warm, lush green of Kerala and the cool forests of the eastern hills, India has every possible climate, with every possible vegetation and soils, which support a vast range of medicinal herbs.

Herbal medicine has been used in India for over three thousand years. In fact, the whole world used herbal medicines through the centuries.

Our indigenous system of medicine, known as Ayurveda, has classified these herbs according to their ability to treat various diseases.

The plants that are used for healing are not only useful, but beautiful. The pages of this calendar display them in their natural habitat, with an inset showing what the medicinal parts look like.

During the last decade, the world has been turning back to herbal medication. Herbs have gone from "black magic" to "green gold".

Plants have varied amounts of pharmaceutically active ingredients. With the advances in science, it is now possible to extract the active ingredients from the plant and put a standard dose into our formulations, so that it works - every time!

Lately there has been a resurgence of herbal medication around the globe. The use of pure chemical compounds has often resulted in the side effects being worse than the disease. This puts medical practitioners in a situation where they must assess the risk/benefit. Effective alternatives are available.

I hope that this information will help the medical practitioner, as well as the layman, to recognize that scientifically validated herbal remedies are effective.

The accompanying booklet has a brief explanation of 35 herbs and the illnesses they alleviate. It contains references to papers that show scientific validations of some of the properties of these herbs. For more information please write to: herbs@sanat.co.in

ABOUT THE ARTIST

Last year we thought that our artist, Gautam Partho Roy, had used all possible media on the paintings for our calendars. He used oil for "The Warrior of Light" and the "Nine Durgas" in patta chitra style, using earth tones. He used charcoal for "Eminent Indians of the 20th Century", poster paint for the "Dances of India", pen and ink for "Monuments of Delhi".

But this time it's water colours. The most difficult of mediums requiring a deft touch and immense patience, as you wait for one wash to dry before you can use another.

It's not just that. Water colours are more realistic when it comes to depicting plants. Look at the depth of colour he has created! The detailing of every flower and leaf, as close to nature as art can be. And wonder of wonders - not a single smudge!

Twenty-four paintings in the calendar and eleven more for the booklet.

A labour of love.

Gautam Partho Roy received a Bachelor of Fine Arts degree in 1980, from Rabindra Bharati University. His forte is paintings of nature.

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Gautam Partho Roy

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Latin: *Albizia lebbek* Sanskrit: **Sirisha** Hindi: **Siris** English: **Siris Tree**
Activity: Astringent, Anti-inflammatory, Restorative



Latin: Allium sativum Sanskrit: Lasuna Hindi: Lahasun English: Garlic
Activity: Anti-bacterial, Anti-viral, Carminative

Latin: Aloe barbadensis Sanskrit: Kumari Hindi: Musabhar English: Indian Aloe
Activity: Laxative, Antiseptic, Menses regulator



Latin: Azadirachta indica Sanskrit: Nimbha Hindi: Nim English: Margosa Tree
Activity : Astringent, Antiseptic, Insecticidal



Latin: Berberis aristata Sanskrit: Daruharidra Hindi: Rasaut English: Indian Berberry
Activity: Anti-diarrhoeal, Antiseptic, Stomachic



Latin: Boerhaavia diffusa Sanskrit: **Punarnava** Hindi: **Gadapurna** English: **Horse-purslane**
Activity: Anti-inflammatory, Hepato-protective



Latin: Cissus quadrangularis Sanskrit: Asthisnkhala Hindi: Hadjod English: Bone Setter
Activity : Anthelmintic, Calciogenic, Stomachic



Latin: Commiphora mukul / wightii Sanskrit: Gugguluh Hindi: Guggul English: Gum Gugul

Activity: Astringent, Anti-inflammatory, Antiseptic



Latin: Curcuma longa Sanskrit: Haridra Hindi: Haldi English: Turmeric
Activity: Anti-inflammatory, Anti-oxidant, Anti-cancer, Antiseptic



Latin: Eclipta alba Sanskrit: Bhringarajah Hindi: Bhangra English: Eclipta

Activity: Anti-inflammatory, Anthelmintic, Hepato-protective



Latin: Glycyrrhiza glabra Sanskrit: Yastimadhuh Hindi: Mulethi English: Sweet Wood

Activity: Anti-inflammatory, Anti-ulcerative, Expectorant



Latin: Holarrhena antidysenterica Sanskrit: Kutajah Hindi: Kurchi English: Kurchi

Activity: Powerful Anti-dysenteric, Astringent



Latin: Mucuna pruriens Sanskrit: Vanari/Kavach Hindi: Kewanch English: Cowitch

Activity: *Alexipharmic and Restorative*



Latin: Ocimum sanctum Sanskrit: Tulasi Hindi: Tulsi English: Basil

Activity: Restorative, Anti-stress, Anti-bacterial





Latin: *Phyllanthus emblica* Sanskrit: **Amalaki** Hindi: **Aamla** English: **Indian Gooseberry**
Activity: Astringent, Anti-oxidant, Immune booster, Rejuvenating

Latin: *Phyllanthus niruri* Sanskrit: **Bhumyaamlaki** Hindi: **Jangli Amla** English: **Stonebreaker**

Activity: Anti-hepatotoxic, Anti-viral, Hepato-protective



Latin: Picrorhiza kurroa Sanskrit: Katuka Hindi: Kutki English: Picrorhiza

Activity: Anti-inflammatory, Anti-hepatotoxic, Hepato-protective



Latin: Pueraria tuberosa Sanskrit: Vidari Hindi: Vidarikanda English: Indian Kudzu
Activity: Anti-inflammatory, Lactogenic



Latin: Swertia chirata Sanskrit: Nepalanimbah Hindi: Chirayata, Nepalnim English: Chirata
Activity: Anti-inflammatory, Anti-hepatotoxic, Anti-pyretic



Latin: Tinospora cordifolia Sanskrit: Guduchi Hindi: Giloe English: Tinospora
Activity: Anti-hepatotoxic, Immune booster, Rejuvenating



Latin: Tribulus terrestris Sanskrit: Goksuraka Hindi: Gokhru English: Caltrops fruit

Activity: Diuretic, Anti-inflammatory, Uterine Stimulant



Latin: Trigonella foenum-graecum Sanskrit: Methika Hindi: Methi English: Fenugreek
Activity: Anabolic, Lactogenic, Hypo-lipidemic



Latin: Withania somnifera Sanskrit: Ashwagandha Hindi: Asgandh, Punir English: Winter Cherry
Activity: Anti-stress, Immune booster, Anti-inflammatory



Latin: Zingiber officinale Sanskrit: Sunthi Hindi: Adhrak English: Ginger

Activity: Carminative, Digestive, Expectorant and Anti-emetic

