

products, and also medicines to fight Indigestion, diabetes, fever, cold, cough, and bronchitis. Apart from its medicinal properties, tulsi also cleans the air and is one of the air-purifying plant-list by NASA.

- **Moringa:** Moringa oleifera is a small fast – growing evergreen or deciduous tree that usually grows up to 10 or 12 m in height. It's a tropical tree that can survive droughts. Moringa is often called the drumstick tree because of its skinny, foot-long pods. It also goes by mother's best friend, the miracle tree, the never die tree and the ben oil tree. Moringa's peppery leaves are often eaten as a vegetable. They're also dried and ground into a powder used in soups and curries. They have iron, potassium, and calcium. Moringa bark extract has been used to help treat stomach issues, anemia, diabetes, and other conditions. Moringa is a distant cousin of broccoli, kale, and cabbage. The roots can be ground to make a paste that tastes like horseradish. The paste can help with snakebites, toothaches, and malaria.
- **Spearmint:**
 - Spearmint is known by many names like Mackerel mint, Garden mint, Lamb mint, and common mint. The leaves of these plants are rich in Vitamins, Anti-oxidants, and Manganese and are popularly used in Summer drinks, teas, and chutneys across India.
 - The Aroma of these mint leaves is enough to provide one with a refreshing feel and is also proven to keep mosquitoes away in the winter. Mint leaves help to refrain sore throat, cramps, Arthritis, Diarrhea, Fatigue, and flatulence. Mint essential oils are also used in relieving muscle pains and are quite often used in ayurvedic spas for soothing stress-free body massage.
- **Carom:**
 - Carom seeds also known as Ajwain are one of the most commonly found home and kitchen ingredients. These seeds are sprinkled or added to almost every Indian curry recipe. Ajwain seeds do possess a strong Aroma which not only adds up to the flavor of the food but also adds up to many health benefits.
 - Carom seeds are rich in Antioxidants, Vitamins, minerals, and fiber and also exhibit antibacterial and antifungal properties. Carom seeds do help in relieving many common human ailments like Indigestion, Ulcers, Acidity, Arthritis, Bad Cholesterol, Blood pressure, and even common cold or cough.
- **Giloy:**
 - Gilroy, a herb that is termed as the root of Ayurvedic immortality was being used in Indian Medicines for ages due to its highly rich medicinal properties. Giloy is quite famous and commonly found in Tropical regions of the country and also it's quite simple and easy to grow in one's home just as you do with a Money plant.
 - Unlike other species, Giloy herbs are particularly famous for their ability to increase platelet count and it's really helpful for people suffering from low blood platelets. Apart from that, these herbs help solve Diabetes, Arthritis, Dengue, Chikungunya, and Indigestion, combat respiratory problems, and also maintain healthy heart conditions
 - Chewing on Giloy roots can help asthma patients relieve breathing problems. Boiling water with Giloy leaves or Giloy powder will help boost Immunity and Memory power. People usually consume Giloy juice as a detox drink as it is believed to act as an Anti-aging and reduces sprinkles, pores, and wrinkles, and reward a fair skin tone.
- **Aloe Vera:**
 - One such Ayurvedic shrub which doesn't require much introduction, Aloe Vera is a quite commonly found stemmy shrub in every household and neighborhood. Aloe gel which is used across many medicines and a lot of beauty and facial products is derived from the leaves of the Aloe Vera shrub. This species has been in the market for decades and is now a very popular shrub above all.
 - Aloe Vera does exhibit some antioxidant and antimicrobial properties and also helps in combating Constipation, Ulcers, and Irritative Lower Bowel Syndrome (IBS) and also helps maintain blood sugar levels. Aloe gel is quite commonly used in Tooth gels, Mouthwashes, and many food flavoring agents.
- **Curry Leaves:**
 - Curry Leaves also known as Kadai Patta is every kitchens delicacy. The leaves of Curry trees are used as seasoning and flavoring agents in almost all Indian foods and literally found in all tropical and subtropical regions of the country. Every part of the plant: leaves, roots, and bark are quite largely used for various medicinal applications. But Curry leaves are quite famous due to their high nutritional benefits and also their use as a flavoring ingredient.