

Gachwala Launches Exciting Range of Medicinal Plants

Variety of medicinal plants from Sahadevi to Blue Basil available at Gachwala's for you to grow and use as natural remedies.

KOLKATA, WEST BENGAL, INDIA, April 1, 2024 /EINPresswire.com/ -- Summary: Look into Gachwala's new range of medicinal plants, including [Sahadevi](#) and [Kulekhara](#), designed to bring the magic of nature's doorstep. From traditional favorites to rare finds like Neer Brahmi and African Blue Basil, cultivate a personal healing garden with Gachwala's diverse selection.

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INTRODUCTION: From traditional favorites like Sahadevi and Kulekhara to rare gems like Neer Brahmi and African Blue Basil, Gachwala's collection is designed to bring the magic of nature into everyone's home. Find the therapeutic benefits of each plant, from soothing aromas to holistic wellness. Along with medicinal plants, Gachwala offers health-boosting [mushroom seeds](#).

Unlock the Potential of Rare and Medicinal Plants: Unlock the potential of rare and medicinal plants with Gachwala's exciting range, including revered favorites like Sahadevi and



Sahadevi - Purple fleabane



Kulekhara - Hygrophila Auriculata

Kulekhara, alongside lesser-known gems like Neer Brahmi, Bhringraj, Lemon Tulsi, and more. Each plant offers unique healing properties, harnessing the power of nature to promote holistic wellness. From traditional remedies to exotic finds, Gachwala's collection empowers individuals to cultivate their natural pharmacy at home. Find the rich heritage of Ayurveda and traditional medicine and cultivate a thriving garden filled with rare and medicinal plants from Gachwala.

Easy-to-Grow Medicinal Plants & Their Uses:

1. Sahadevi:

Sahadevi, also known as *Vernonia cinerea*, is a revered Ayurvedic herb with a wide range of medicinal properties. Traditionally used to treat respiratory disorders such as asthma and bronchitis, Sahadevi is valued for its expectorant and bronchodilator effects. Additionally, it is believed to have anti-inflammatory and analgesic properties, making it useful in managing conditions like arthritis and rheumatism. Sahadevi is also known for its hepatoprotective properties, aiding in liver detoxification and promoting overall liver health.

2. Kulekhara:

Kulekhara, scientifically known as *Hygrophila auriculata*, is a cherished plant in traditional Bengali medicine. It is prized for its diuretic and anti-inflammatory properties, making it beneficial for urinary tract infections and kidney stones. Kulekhara is also used to alleviate symptoms of arthritis and gout due to its anti-inflammatory effects. Additionally, it is believed to have aphrodisiac properties, enhancing sexual health and vitality.

3. Neer Brahmi:

Neer Brahmi, or *Bacopa monnieri*, is a popular Ayurvedic herb known for its cognitive-enhancing properties. It is commonly used to improve memory, concentration, and cognitive function. Neer Brahmi is also believed to have anxiolytic effects, helping to reduce stress and anxiety levels. Furthermore, it is used in traditional medicine to promote hair growth and alleviate skin conditions such as eczema and psoriasis.

4. Bhringraj:

Bhringraj, scientifically known as *Eclipta prostrata*, is a potent Ayurvedic herb used for hair care and liver health. It is renowned for its hair-rejuvenating properties, promoting hair growth, and preventing premature graying. Bhringraj is also used to improve liver function and support liver detoxification processes. Additionally, it is believed to have anti-inflammatory and analgesic



Mushrooms Spawn - Mushrooms Seed

effects, making it useful in managing conditions like arthritis and headaches.

5. Lemon Tulsi:

Lemon Tulsi, also known as *Ocimum citriodorum*, is a variety of Holy Basil prized for its citrusy aroma and medicinal properties. It is revered for its antimicrobial and immune-boosting properties, helping to combat infections and strengthen the body's natural defenses. Lemon Tulsi is also used to relieve respiratory issues such as coughs, colds, and asthma. Additionally, it is believed to have stress-relieving properties, promoting relaxation and mental clarity.

6. Vasaka:

Vasaka, scientifically known as *Adhatoda vasica*, is a powerful medicinal plant commonly used in Ayurvedic and traditional medicine systems. It is valued for its expectorant and bronchodilator properties, making it effective in treating respiratory conditions such as asthma, bronchitis, and coughs. Vasaka is also believed to have anti-inflammatory and analgesic effects, helping to alleviate pain and inflammation associated with arthritis and rheumatism.

7. Pudina:

Pudina, or *Mentha arvensis*, is a species of mint known for its refreshing flavor and medicinal properties. It is commonly used to soothe digestive issues such as indigestion, bloating, and nausea. Pudina is also prized for its analgesic and anti-inflammatory effects, making it useful in relieving headaches and muscle pain. Additionally, it is believed to have antimicrobial properties, aiding in the treatment of oral infections and bad breath.

8. Hadjod Plant:

The Hadjod Plant, scientifically known as *Cissus quadrangularis*, is a traditional Ayurvedic herb used for bone health and joint support. It is valued for its bone-strengthening properties, promoting bone density and fracture healing. Hadjod Plant is also used to alleviate joint pain and inflammation associated with arthritis and osteoporosis. Additionally, it is believed to have antioxidant effects, protecting cells from damage caused by free radicals.

9. African Blue Basil:

African Blue Basil, or *Ocimum kilimandscharicum*, is a unique variety of basil with distinctive purple stems and leaves. It is prized for its culinary uses as well as its medicinal properties. African Blue Basil is believed to have antimicrobial and anti-inflammatory effects, helping to combat infections and reduce inflammation in the body. It is also used to relieve respiratory issues such as coughs and colds.

10. Piper Chaba Choi Jhal Plant:

Piper Chaba Choi Jhal Plant, also known as *Piper chaba*, is a species of pepper native to Southeast Asia. It is valued for its medicinal properties, particularly its antimicrobial and anti-inflammatory effects. Piper Chaba Choi Jhal Plant is used in traditional medicine to treat various ailments, including digestive issues, respiratory infections, and skin conditions. It is also believed to have analgesic effects, helping to relieve pain and discomfort.

11. Fresh Curry Leaves:

Fresh Curry Leaves, scientifically known as *Murraya koenigii*, are a staple ingredient in Indian cuisine and traditional medicine. They are valued for their aromatic flavor and medicinal properties. Fresh Curry Leaves are rich in antioxidants and essential nutrients, making them beneficial for overall health and well-being. They are used to aid digestion, improve hair and skin health, and lower cholesterol levels. Additionally, they are believed to have anti-inflammatory and antimicrobial effects, helping to combat infections and reduce inflammation in the body.

12. Rare Willow-leaved Justicia:

Rare Willow-leaved Justicia, or *Justicia gendarussa*, is a lesser-known medicinal plant with a wide range of therapeutic properties. It is valued for its antioxidant and anti-inflammatory effects, making it beneficial for various health conditions. Rare Willow-leaved Justicia is used in traditional medicine to treat respiratory issues such as asthma, bronchitis, and coughs. It is also believed to have analgesic effects, helping to relieve pain and discomfort associated with arthritis and other inflammatory conditions.

13. Akarkara Plant:

The Akarkara Plant, scientifically known as *Anacyclus pyrethrum*, is a potent medicinal herb used in Ayurvedic and traditional medicine systems. It is valued for its aphrodisiac and rejuvenating properties, promoting sexual health and vitality. Akarkara Plant is also used to improve digestion, boost immunity, and alleviate respiratory issues such as coughs and colds. Additionally, it is believed to have analgesic effects, helping to relieve pain and inflammation in the body.

Each of these medicinal plants offers unique benefits and has been used for centuries to promote health and well-being. Incorporating them into daily routines can help support overall wellness and vitality.

Conclusion: In conclusion, Gachwala's introduction of a diverse range of medicinal plants opens doors to a world of natural healing and wellness. From the ancient wisdom of Sahadevi to the cultural heritage of Kulekhara, and a plethora of rare finds like Neer Brahmi and African Blue Basil, individuals can now cultivate their healing gardens effortlessly.

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