MAJOR HERBS OF AYURVEDA
THE COMPLETE COURSE OF AYURVEDA

• **ASHWAGHANDA**
  - Bitter, Sweet, Astringent/Warming/Sweet
  - V- PK+ (in excess)
  - Tissues: Muscle, Fat, Nerve, Bone, Reproductive
  - Systems/Actions: Best nervine tonic for Vata; Aphrodisiac, builds Ojas; Adaptogenic; Sattvic
  - Common Uses: General energy, stamina and vitality, immune building, exhaustion, sexual debility, anxiety, insomnia

• **BRAHMI**
  - Bitter, Astringent, Sweet/Cooling/Sweet
  - VPK= (V+ excess)
  - Tissues: Nerve, Blood
  - Systems/Actions: Best Nervine Tonic for Pitta; Brain Tonic; Mind Tonic; Adaptogenic, Alterative; Sattvic
  - Common Uses: Calms and cools the mind: Alleviates anger, anxiety, irritability of a hot nature; Cultivates tranquility, clarity; Aids memory and concentration

• **TULSI**
  - Pungent, Bitter/Heating/Pungent
  - VK- P+ (excess)
  - Tissues: Lymph/Plasma, Blood, Nerve, Reproductive
  - Systems/Actions: Immunity; Digestive; expectorant; diaphoretic; Adaptogenic; Nervine; Sattvic; Increases flow of prana & simultaneously reduces vata dosha
  - Common Uses: Strengthen the immune system: treats coughs and colds; Clarity to the mind; Imparts energy of love and devotion; Purifies the aura; Dispels gas, increases absorption and digestive capacity.

• **TRIPHALA (AMALAKI, BHIBITAKI, HARITAKI)**
  - All tastes but salty/warm/sweet
  - VPK=
• Tissues: Works on all tissue layers.
• Systems/Actions: Digestive, Excretory, Circulatory, Respiratory/Expectorant, Nervous
• Common Uses: Laxative/alleviates constipation, Increases Agni/Absorption, Rejuvenative Tonic/Adaptogenic, Stops diarrhea in small doses, Astringent/Tonifies and strengthens digestive system, rejuvenates and tonifies all tissues, supports the digestive health of all tissues

• **Shatavari**
  - Sweet, Bitter/Cooling/Sweet
  - PK- K+ (in excess)
  - Tissues: Works on all tissue layers
  - Systems/Actions: Reproductive Tonic, Nutritive Tonic, Digestive, Laxative, Antacid, Respiratory, Demulcent.
  - Common Uses: Impotence, Infertility, General Sexual Debility, Menopause; Soothing digestive aid for irritation, acid, hyperacidity or ulcers; Respiratory dryness or irritation; General rejuvenation and Ojas building.

• **Turmeric**
  - Bitter, Astringent, Pungent/Heating/Pungent
  - VK- P+ (only in excess)
  - Tissues: Works on all tissue layers
  - Systems/Actions: Digestive; Circulatory; Adaptogenic; Immunity; Anti-Inflammatory; Respiratory; Antibacterial; Alterative; Vulnerary
  - Common Uses: Indigestion; Poor circulation; Colds and Flu; Stiff joints and muscles, arthritis; Cough and respiratory irritation; All types of skin disorders.

• **Neem**
  - Bitter/Cooling/Pungent
  - KP- V+
  - Plasma/Lymph, Blood, Fat
  - Systems/Actions: Digestive, Circulatory, Respiratory, Urinary; Antipyretic, Alterative, antimicrobial
  - Common Uses: All types of skin diseases and general skin health (perhaps the greatest Ayurvedic herb for the skin), parasites, fever, obesity, arthritis, health of teeth and gums