

5 Garden Herbs



That Grow
Year Around

Top 10 Herbs for Home Ayurvedic Remedies That Can be Easily Grown in Home

Here is a summary of the top 10 herbs and the reasons associated, why one should use home ayurvedic remedies for minor treatments and major prevention of catastrophic and chronic ailments.

Basil: Basil is the first among my “Top 10 herbs” for home ayurvedic remedies. Basil has excellent sedative, aphrodisiac, and healing properties. Basil helps relieve the pain of tired and aching feet and is also an antiseptic and antibacterial herb. Its healing properties consist of using it as a digestive aid to relieve nausea and an upset stomach. Basil is antispasmodic, hence aids in the healing and relief of headaches and migraines, vertigo and even chronic ailments. It is famous as a culinary herb, used in Italian and Thai dishes for its wonderful aroma. Basil is one of the most efficient cleansing agents and helps with healing kidney and urinary problems. Basil is a source of beta-carotene, estragole, eugenol, borneol and Vitamin C. In many countries, basil is used as an aid to childbirth also. Basil used in tea has a very rejuvenating and stimulating effect.

Aloe Vera: Aloe Vera is the second among my “Top 10 herbs” for home ayurvedic remedies. Aloe Vera is often called ‘the fountain of youth’ and very rightly so. The ancient Egyptians called Aloe Vera ‘The Plant of Immortality’, recognizing not only its healing qualities but also its everlasting skin moisturizing and nourishing effects. This highly prized plant was so revered that it was often included among the funeral gifts and buried along with the pharaohs of Egypt. It has been said, that queens like Nefertiti and Cleopatra used it as part of their regular skin care routine to retain their beautiful complexions. It finds usage in various medicines for treatment of acne, rashes, itching, minor skin eruptions, sunburn, minor cuts, wounds and skin allergies with absolutely zero side effects. It is very famous for soothing and healing properties. Many ancient tales of Aloe Vera have been proved by the modern medicine which unlocks the wonder bursting within its miraculous leaves. Aloe Vera juice can be taken daily as it is very good for our digestive system. It is also popular for its treatment of osteoarthritis and rheumatoid arthritis.

Raw Garlic: Raw garlic finds third place among my “Top 10 herbs” for home ayurvedic remedies. The herb has excellent antibiotic properties, lowers cholesterol and blood pressure. It also reduces the clotting tendency of the blood. If human beings were to invent a drug that had perfect properties according to what is known about heart disease and associated risk factors, we couldn’t improvise on garlic. Garlic raises protective high-density lipoproteins and lowers harmful low-density lipoproteins and triglycerides. Garlic helps in cancer prevention by raising the body’s level of glutathione transferase, a liver enzyme known to detoxify the body of carcinogens. Proven to work against various micro-organisms including bacteria resistant to antibiotics, garlic is known to be antifungal and antiviral, and is used in treatment of AIDS patient as well. According to a research in China, researchers found gastric cancer was reduced where garlic intake was high.

Ginger: Raw ginger is the fourth among my “Top 10 herbs” for home ayurvedic remedies. Decades of research and uses of ginger establishes the fact that it improves digestion and eases stomach upset and nausea. The pungent underground stem of the tropical ginger plant has been used for centuries in European, Chinese, and Ayurvedic herbal medicine. It is not an exaggeration- ginger is almost a complete medicine kit in itself. All types of digestive disorder are eased by ginger. It also provides relief from morning sickness and eases motions. The antispasmodic and anti-inflammatory compounds in ginger help to ease menstrual cramps and headaches. The warming property of ginger helps to cast away the chills of a cold or flu and ease muscle aches. Another convenient way to continuously obtain the health benefits of ginger is to include it liberally in cooking, fresh gingerroot is a wonderful addition to soups and many culinary dishes. Minced crystallized ginger added to fresh berries or other fruits is very delicious.

Ginkgo Biloba: Ginkgo Biloba finds fifth place among my “Top 10 herbs” for home ayurvedic remedies. The extract from the Ginkgo tree has shown to improve visual disorder by improving microcirculation to the eyes especially among patients suffering from senile macular degeneration, a common condition thought to involve free radical damage. The herb increases blood flow to the brain and is used in the treatment of circulatory

disorders and impaired memory. Scientific studies prove that standardized ginkgo extract prevents and benefits ailments such as vertigo, tinnitus, inner ear disturbances, ability to concentrate, anxiety, depression, neurological disorders, senility, circulatory disorders, edema and Raynaud's disease (a vascular disorder).

Echinacea: Echinacea is the sixth among my "Top 10 herbs" for home ayurvedic remedies. Various studies and prolonged research proves the herb's value for aiding the immunity, and the ability to activate white blood cells and stimulate the regeneration of the cellular connective tissue and the epidermis. Echinacea also enhances the vital components of the body's immune system by eliminating invading organisms and neutralizing harmful enzymes fighting infection. According to German studies, Echinacea extract is used in influenza because it contains proteins that help protect non-infected cells against viral infections and allergy treatment.

Astragalus: Astragalus finds seventh place among my "Top 10 herbs" for home ayurvedic remedies. Astragalus extracts increase body's immune system and help strengthen digestion, increase metabolism, and heal wounds. It is also used for the treatment of chronic weakness of the lungs, respiration problems and sweating issues. According to holistic online, ancient Chinese healers considered astragalus to be a superior healing herb. (See Reference 3) Its Chinese name, huang qi is a reference to the plant's yellow root, the part used in healing. Chinese herbalists used astragalus to relieve symptoms such as lack of energy and strength, and poor appetite. Astragalus has a phytochemical and nutrient content that makes it effective for treating various immune-deficient disorders. The herb's phytochemicals include betaine, beta-sitosterol and formononetin. Astragalus also contains calcium, copper, essential fatty acids, and magnesium, to name a few of its nutrients.

Ginseng: Ginseng occupies eighth place among my "Top 10 herbs" for home ayurvedic remedies. Ginseng in addition to being a sexual energizer for men, reduces stress and improves hormonal balance. Ginseng is one of the most widely studied herbs, having been the subject of more than 3,000 scientific studies to understand its beneficial effect on a person's physical

and mental performance. Studies have shown ginseng helps increase memory and learning by improving circulation. It's also been shown to reduce cholesterol and protect the liver from toxins. Ginseng is widely known to strengthen the lungs, nourish body fluids and calm the spirit. It is also used for treatment of shock, collapse and heart weakness, as well as for promoting longevity and increasing resistance to disease. According to a Japanese study, cancerous liver cells could be reverted to normal cells when treated with ginseng extract.

Arnica: Arnica occupies the ninth place among my "Top 10 herbs" for home ayurvedic remedies. Fresh or dried flowers of Arnica are used in medicinal preparations. The herb tincture is an excellent remedy for bruises sprains sore muscles and joints for external use only. Arnica has been used for medicinal purposes since the 1500 century and remains popular a very popular homeopathic medicine even today. Applied externally as a cream, ointment, liniment, salve, or tincture everyone including Europeans and Native Americans have used arnica to soothe muscle aches, reduce inflammation, and heal wounds. It is often the first homeopathic remedy used for injuries such as sprains and bruises. Arnica in herbal form is primarily restricted to external use because it can be dangerous when taken internally without knowing the exact quantity. It should be taken internally only in the extremely diluted form common to homeopathic remedies after consulting with your homeopathy doctor.

Calendula: Calendula is the tenth among my "Top 10 herbs" for home ayurvedic remedies. Calendula got its name because it often blooms every new moon .It has an orange or yellow flower and is native to the Mediterranean area. Calendula can be taken internally or externally. Calendula is a very safe herb. The only known reactions are in people with ragweed allergy. The herb is especially used for gastrointestinal disorders, it protects the lining of the stomach and intestines by inhibiting the causes of swelling and inflammation. It is used in checking the effects of the bacteria associated with gastritis, peptic ulcers, and stomach cancer. External uses are related to the antibacterial and anti-inflammatory qualities of calendula's orange petals. Calendula flowers are edible, and may be added to salads or cooked foods. They can also be dried for use in teas. Calendula adds flavor and color to cereals, rice, and soups. These include

hemorrhoids, vaginal itching caused by menopausal tissue changes, insect bites, diaper rash, acne, burns, scalds, eczema, and sunburn. By using this herb on infections, healing is more pain-free, better, and faster.

I have studied and explored a handful of my top 10 herbs that are my all time favorite. Though the order of placing them among the top 10 herbs can vary based on its uses, this is due to the fact that they can be easily grown and are easily available in medical stores for treating common ailments. Instead of running to a doctor and taking allopathic drugs, these ailments can be treated easily with home ayurvedic remedies. They are not very exotic plants but they have hidden healing power that makes them extra-ordinary. They were used for centuries for natural healing and most importantly they are safe and very efficient. Most of the herbs have multipurpose healing effects and excel at multitasking.