

Botanical Name- Bergera koenigii

Common Name- Curry leaves



Uses

1. Rich in Nutrients: High in vitamins A, B, C, E, and minerals like calcium and iron.
2. Aids Digestion: Curry leaves have digestive enzymes that help relieve indigestion and constipation.
3. Improves Vision: Vitamin A content supports good eyesight and helps prevent night blindness.
4. Promotes Hair Health: Strengthens hair roots and prevents premature greying when used in hair oil.
5. Supports Weight Loss: Curry leaves boost metabolism and aid in weight management.
6. Lowers Cholesterol: Helps reduce LDL (bad) cholesterol levels in the body.
7. Blood Sugar Regulation: Beneficial in controlling blood glucose levels.
8. Antioxidant Properties: Contains powerful antioxidants that protect cells from damage.
9. Boosts Immunity: Rich in vitamins that strengthen the immune system.
10. Anti-Inflammatory Effects: Helps reduce inflammation in the body and relieves pain.