

Botanical Name- Justicia adhatoda
Common Name -Adulsa, Adhatoda



Uses

- 1.** Treats coughs and colds.
- 2.** Relieves asthma symptoms.
- 3.** Acts as an expectorant.
- 4.** Reduces bronchitis effects.
- 5.** Controls bleeding disorders.
- 6.** Eases arthritis pain.
- 7.** Treats skin infections.
- 8.** Works as a natural insecticide.
- 9.** Improves digestion.
- 10.** Alleviates fever.
- 11.** Reduces headaches.
- 12.** Treats diarrhea and dysentery.
- 13.** Detoxifies the liver.
- 14.** Improves oral health.
- 15.** Manages hypertension.



