

***Botanical Name- - Hibiscus rosa-sinensis***  
***Common Name -- Gudhal, Chinese hibiscus***



**Uses**

1. Hair care: Promotes hair growth, reduces dandruff.
2. Skincare: Used for glowing skin and reducing acne.
3. Tea: Rich in antioxidants, boosts immunity.
4. Digestive health: Helps with constipation.
5. Cooling agent: Soothes inflammation.
6. Menstrual health: Eases cramps.
7. Blood pressure: Regulates BP. . Weight loss: Boosts metabolism.
9. Diabetes management: Lowers blood sugar.
10. Heart health: Lowers cholesterol.
11. Liver health: Detoxifies liver.
12. Immune booster: Fights infections.
13. Anti-inflammatory: Reduces swelling.

