



Herbs | Health | Happiness

The Indian miracle

Calendar 2021





Giloy
*Tinospora
cordifolia*



Shatavari
*Asparagus
racemosus*



Manjistha
*Rubia
cordifolia*



Vasaka
*Justicia
adhatoda*



Mulethi
*Glycyrrhiza
glabra*



Triphala
*The magic
mix*



Brahmi
*Bacopa
monnieri*



Ashwagandha
*Withania
somnifera*



Tulsi
*Ocimum
sanctum*



Guggul
*Commiphora
wightii*



Fenugreek
*Trigonella
foenum-graecum*



Kiratatikta
*Swertia
chirata*

Herbs | Health | Happiness

The Indian miracle



Welthungerhilfe 2021 Calendar takes its reader on a journey savouring twelve magical herbs of South Asia. Herbs have been an integral part of our society since thousands of years, whether as a flavouring agent added to meals, as medicine or even as a preservative. In the current context, when the world is in the throes of a pandemic, our traditional knowledge offers sustainable low cost solutions for a healthy body and mind.

Herbs not only boost the overall immunity of our bodies, but their use helps in prevention of many hereditary and lifestyle diseases. Consuming them can help in keeping a healthy heart, and diseases like cancer and diabetes at bay. Herbs are rich in antioxidants, anti-inflammatory properties and a range of immunity boosting properties.

Welthungerhilfe works on themes related to food and nutrition security. We strongly promote safe, wholesome, ecological and nutritious food for a healthy and productive society. In the wake of the global health crisis, these beneficial herbs offer a promising approach to holistic health. Many of the herbs are easily available and can also be grown in the backyard.

This calendar is published under Welthungerhilfe's Regional Programme on Nutrition Smart Villages supported by the German Federal Ministry for Economic Cooperation and Development (BMZ).

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Welthungerhilfe India

Illustrations and design by:



arth_art_for_humanity

Disclaimer: The information provided in the calendar is suggestive. Please consult a physician before consuming these herbs.

Giloy

Tinospora cordifolia



For a world without hunger



Giloy is an age-old versatile immunity boosting herb with anti-ageing properties. It helps to remove toxins from the body, purifies the blood and fights disease-causing bacteria. Giloy contains antioxidant properties that improve health, and boost immunity and digestion.

Benefits

- Helps in combating liver diseases and UTIs
- Improves digestion and acts as a blood sugar level regulator
- It is a palliative and can be used for joint pains and arthritis
- Enhances sight and vision power



Giloy is an adaptogenic herb that helps reduce mental stress and anxiety.

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1st January New Year | 26th January Republic Day

Giloy

How to consume



Mix 15-30 ml of giloy juice in a glass of water and consume it on an empty stomach in the morning



Giloy stem powder can be consumed in boiled milk for joint pains



Giloy root can also be chewed directly



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For a world without hunger

Shatavari *Asparagus racemosus*



For a world without hunger

Shatavari, an ancient Indian herb, is laden with medicinal and immunity boosting properties. It also means 'the plant with hundred roots' and is rich in vitamins, minerals, antioxidants and anti-inflammatory properties.

Benefits

- Improves stamina and treats respiratory infections
- Helps treat kidney stones and maintain blood sugar levels
- It is an excellent gut cleanser and improves digestive health
- Increases levels of breast milk production



Shatavari can help address depression, irritation, and mood swings.



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Shatavari

How to consume



4-5 ml of shatavari root tincture taken thrice daily can be very effective for kidney stones



One teaspoon powdered shatavari root with some water can be used to make tea



Shatavari juice is a natural cough remedy



For a world without hunger

Manjistha

*Rubia
cordifolia*



For a world without hunger

Known as Indian Madder, manjistha is extremely good for blood purification and treating skin problems. It is high in antibacterial and antioxidant properties and is a potent immunity booster.

Benefits

- Useful for combating dry skin and itchiness
- Manjistha roots can help reduce the risk of kidney stones
- Can help in the regulation of menstruation and blood pressure levels



Manjistha is a powerful lymph cleanser and supports the natural function of the lymphatic system.



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11th March Maha Shivratri | 29th March Holi

Manjistha

How to consume



Two teaspoons of manjistha can be added to your daily herbal decoction (kadha) and consumed once a day



Mixed with harida, it can be used to treat problems of the skin



Manjistha powder mixed with honey/rose-water helps manage acne



For a world without hunger

Vasaka *Justicia adhatoda*



For a world without hunger

Known as 'adhathodai' in Tamil and 'arusha' in Hindi, this plant possesses a lot of medicinal properties and is rich in anti-inflammatory and antibiotic properties. It is an indigenous Indian herb and a decoction of the leaves is used as a herbal solution for cough and cold.

Benefits

- Helps in treating nasal congestion, sore throat and asthma
- Increases the absorption of essential nutrients and reduces gaseous cramps
- Improves blood count and purifies the blood



All parts - leaves, roots, flowers, stem and bark of the vasaka plant are used in medicinal applications.



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2nd April Good Friday | 21st April Ram Navmi | 25th April Mahavir Jayanti

Vasaka

How to consume



The juice given in doses of 2-4 grams can help in treating diarrhea and dysentery



Mix the juice from the leaves with honey or ginger



For a world without hunger

Mulethi *Glycyrrhiza glabra*



For a world without hunger



Mulethi is being used in ayurvedic medicine for centuries and for a variety of purposes. It has antioxidant, anti-bacterial and healing properties that promote liver health and regulates blood pressure.

Benefits

- Cures cough, lessens the severity of bronchitis and cleans the respiratory tract
- Battles infections and allergies by boosting the immunity of the body
- It has anti-inflammatory properties and can soothe skin rashes and relieve arthritis pain



Mulethi can be used as a flavouring agent due to its natural sweet extract.

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14th May *Eid-ul-Fitr* * | 26th May *Buddha Purnima*

* Holiday depends on moon's position

Mulethi

How to consume



Chew on raw mulethi sticks for relieving throat infections



Mix mulethi powder with milk or rose water and evenly apply on the skin to treat skin ailments



Boil the root in water and gargle with the warm water to protect teeth and gum health



For a world without hunger

Triphala *The magic mix*



For a world without hunger

Triphala contains the antioxidative properties of three fruits - haritaki, bibhitaki and amla. It is loaded with Vitamin C and Vitamin A - both of which strengthen immunity. Start your day with triphala.

Benefits

- Helps patients with type 2 diabetes and regularises blood sugar levels
- Improves oral and digestive health
- Enhances vision



Triphala helps in getting rid of sunburns and wounds naturally.



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Triphala



How to consume



Drink triphala tea by making a decoction of 1/2 teaspoon of triphala powder in a cup of hot water



Mix triphala powder with water to make a mouthwash



The powder mixed with coconut oil can be used in scalp and hair treatments

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For a world without hunger

Brahmi *Bacopa monnieri*



For a world without hunger

Brahmi is a therapeutic Indian herb, which has a bitter and sweet taste. It is widely used as an enhancer of memory and a blood sugar regulator, besides being an effective immunity booster.

Benefits

- Reduces stress and anxiety and has a calming effect
- Improves concentration and memory due to its positive effects on the hippocampus in the brain
- Provides relief from inflammatory conditions like arthritis



Compounds of brahmi may enhance the benefits of morphine and reduce risk of addiction.



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21st July Eid-ul-Zuha*

* Holiday depends on moon's position

Brahmi



How to consume



2-4 teaspoons of fresh brahmi juice added in water can be had once a day before meals



Brahmi leaves can be consumed with tea for reducing anxiety



Add it to your salad or cut the leaves into small pieces and mix it with other vegetables



For a world without hunger

Ashwagandha

*Withania
somnifera*



For a world without hunger

Ashwagandha is a small evergreen shrub widely used for endurance and longevity. Its root has many medicinal properties and it is one of the most important herbs in the Indian ayurvedic system.

Benefits

- It is a pain reliever and has anti-inflammatory properties, often used for treating arthritis
- Increases energy levels, relieves stress and anxiety and improves concentration
- Mitigates the risk of neurodegenerative diseases like Alzheimer's



Ashwagandha is one of the best Indian anti-ageing herbs.



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15th August *Independence Day* | 19th August *Muharram* | 30th August *Janmashtami*

Ashwagandha

How to consume



Ashwagandha paste mixed with warm water can be applied to the scalp and hair for reversal of greying and to boost hair growth



Can be used as a powder mixed with honey and warm milk



Ashwagandha leaves are rich in iron and can be added to tea



For a world without hunger

Tulsi *Ocimum sanctum*



For a world without hunger



Tulsi is a holy plant and is revered for good reasons. Rich in Vitamin C and zinc, tulsi acts as a natural immunity booster keeping infections at bay.

Benefits

- Its anti-bacterial and anti-viral properties help to fight infections, thus reducing fever
- Tulsi leaves help to cure indigestion and loss of appetite. They are also used for the treatment of flatulence and bloating
- It is also beneficial in treating malaria, TB and dengue



Tulsi was traditionally used as a cure for night blindness.

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Tulsi

How to consume



Fresh tulsi juice taken with black pepper powder cures periodic fevers



It can also be used to make a kadha for strengthening immunity. For this, mix ginger, tulsi leaves, crushed peppercorn and add to boiling water



You can also consume tulsi in its raw form or add it to your tea



For a world without hunger

Guggul *Commiphora wightii*



For a world without hunger

Guggul is made from the sap of the mukul tree and has been used in ayurvedic medicine for centuries. It is mainly used to relieve arthritis and skin diseases.

Benefits

- Boosts metabolism and thus assists in weight loss
- Regulates blood insulin level and helps diabetic patients
- Reduces acne outbreaks on the skin



Guggul acts as a detoxifier and even helps in recovering from substance abuse.



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2nd October *Gandhi Jayanti* | 15th October *Dussehra*

Guggul

How to consume



Gargle or hold in your mouth for some time and spit it out for healthy teeth and gums



Guggul paste can be applied to the body to reduce swelling, joint pains and for healthy skin



For a world without hunger

Fenugreek

*Trigonella
foenum-graecum*



For a world without hunger

Fenugreek is a well-known herb which acts a natural antioxidant and strengthens the immune system. It has been shown to be effective as a cancer-fighting food and can be grown at home.

Benefits

- Slows the production of cholesterol
- Rich in fiber and antioxidants, it assists in the digestive process
- It can be effective against heartburn or acid reflux and soothes the gastrointestinal system



Fenugreek may increase breastmilk production and the rate of weight gain in newborn babies.



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4th - 5th November *Diwali* | 19th November *Guru Nanak Jayanti*

Fenugreek

How to consume



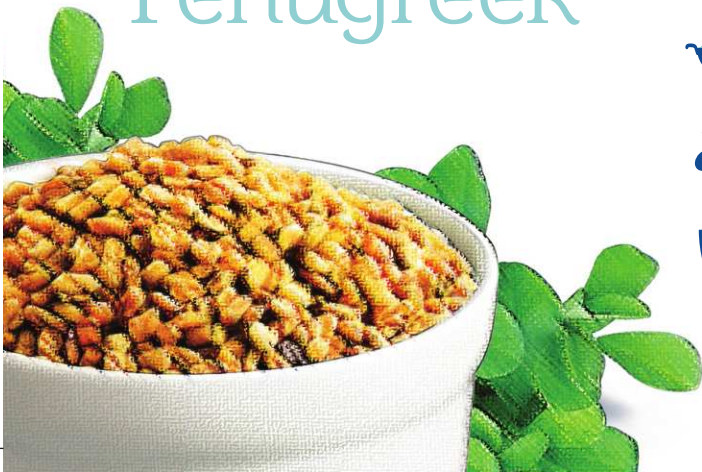
Dried leaves of fenugreek are used for flavoring vegetable dishes, fish and meat



Sprouted seeds of fenugreek and microgreens are used in salads, while fenugreek fiber can be used to cure constipation



Herbal tea made with fenugreek, honey and lemon is a traditional remedy to treat fever



For a world without hunger

Kiratatikta *Swertia chirata*



For a world without hunger

Kiratatikta is an utterly bitter yet popular ayurvedic herb for treating infectious and inflammatory diseases like skin ailments and fever. It acts as a detoxifier and blood purifier.

Benefits

- Aids liver health as it removes toxins from it
- Helps the digestive system by regulating bowel movements
- Provides relief from fever and other inflammatory conditions like swelling and soreness in the body



Kiratatikta is effective against tapeworms, roundworms, and in expelling other parasites from the body.



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25th December Christmas Day

Kiratatikta

How to consume



Prepare a decoction by boiling the raw or dried plant in 1 cup of water till it reduces to 1/4th of its original quantity. Filter this water and drink 3-4 teaspoons of it twice a day, to get relief from constipation



Consume it with water twice a day to get rid of parasitic infections



For a world without hunger

2022



For a world without hunger

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