

Hospital in a Box

Active Ingredient Reference Manual

S.No	INGREDIENTS	ACTIVE INGREDIENT	USAGE	REFERENCE
1.	Amla	Emblicanin-A, Emblicanin-B	CONSTIPATION LOW- IIMMUNITY ORAL HEALTH SKIN HEALTH	Therapeutic Uses of Triphala in Ayurvedic Medicine Christine Tara Peterson; J Altern Complement Med. 2017 Aug 1; 23(8): 607–614
2.	Haritaki/Harad	Tannins like Chebulagic, Chebulin and Corilagin	KIDNEY AND LIVER GASTROINTESTINAL ISSUES ORAL HEALTH SKIN HEALTH	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
3.	Vibhitak/baheda	Glucoside (Bellericanin) [12], Gallo-Tannic Acid	ENERGY FLOW WEAKNESS GASTROINTESTINAL ISSUES ORAL HEALTH SKIN HEALTH	Pharmacological activities of Baheda (Terminalia bellerica): A review Journal of Pharmacognosy and Phytochemistry 2016; 5(1): 194-197
4.	Vashlochan/ Tabasheer	Silica (SiO ₂) – Silicon Dioxide 70-90%	BONE-HEALTH RESPIRATORY ISSUES CONGESTION REPRODUCTIVE HEALTH	Pharmacognostical study of vanshlochan. World Journal of Pharmacy and Pharmaceutical Sciences. Nov 9, 2017
5.	Sonth/Shunthi	Gingerol, Shogaol	PAIN RELIEF COMMON COLD BLOOD THINNER STOMACH ACHE NAUSEA LOOSE MOTIONS	Some phytochemical, pharmacological and toxicological properties of ginger (Zingiber officinale Roscoe): A review of recent research
6.	Giloy	Alkaloids like Berberine, Jatrorrhizine	FEVER REPRODUCTIVE HEALTH CANCER	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
7.	Pippali	Piperine	MUSCLE PAIN RESPIRATORY ILLNESS	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
8.	Fenugreek seeds	Trigonelline	DIABETES GASTROINTESTINAL ISSUES BLOOD PRESSURE	Antihyperglycemic and protective effects of Trigonella foenum graecum seed powder on biochemical alterations in alloxan diabetic rats. European Reviews in Medicine and Pharmacology Sciences. 2012;16(3):18– 27. [PubMed]

9.	Ajwain/Carrom	Thymol,	ACIDITY, INDIGESTION	Aliza Green (January 2006). Field Guide to Herbs & Spices: How to Identify, Select, and Use Virtually Every Seasoning at the Market. Quirk Books. pp. 116–117. ISBN 978-1-59474-082-4..
10.	Mulethi	Glycyrrhizin	SORE THROAT COUGH	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
11.	Black pepper	Piperine	INDIGESTION COLD HEADACHE JOINT PAIN	Damanhour ZA, Ahmad A (2014) A Review on Therapeutic Potential of Piper nigrum L. (Black Pepper): The King of Spices. Med Aromat Plants 3:161. doi:10.4172/2167-0412.1000161
12.	Cinnamon	Cinnamaldehyde is the major constituent (74%) of the essential oil from bark.	COLD, UPPER RESPIRATORY ISSUES, HEADACHE, DIARRHEA	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
13.	Clove	Eugenol	ORAL HEALTH, HEADACHE	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
14.	Jeera/cumin	Cuminaldehyde, Safranal	CARMINATIVE, EUPEPTIC, ANTISPASMODIC, ASTRINGENT ANTIDIABETIC	.S Dhandapani; VR Subramaninan; S Rajagopal; N Namasivayam. Pharmacol Res. 2002, 46(3), 251-255.
15.	Holy Basil	Eugenol (~70%)	ANTI- VIRAL IMMUNITY BOOSTER	Tulsi - <i>Ocimum sanctum</i>: A herb for all reasons Marc Maurice Cohen; J Ayurveda Integr Med. 2014 Oct-Dec; 5(4): 251–259.
16.	Arjuna	Main chemical constitutes are Tannins, Triterpenoid Saponins	BLOOD PRESSURE HEART PROBLEMS	Medicinal properties of Terminalia arjuna (Roxb.) Journal of Traditional and Complementary Medicine Volume 7, Issue 1, January 2017, Pages 65-78

17.	Garlic	Allicin	BLOOD THINNER, ANTI CANCER EAR PAIN	Medicinal values of garlic: A review [International Journal of Medicine and Medical Sciences Gebreselema Gebreyohannes Vol. 5(9), pp. 401-408, September, 2013
18.	Pudina	Menthol	NAUSEA, VOMITING, STOMACH PAIN, ASTRINGENT	Physiological and Pharmaceutical Properties of Peppermint M. Akbari et al. / Scientific Journal of Medical Science (2015) 4(4) 413-420
19.	Lemon	Lemon contains antioxidants called bioflavonoids major being Hesperidin	ANTI – AGING ANTI – OXIDANT NAUSEA	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer.
20.	Shatavari	Steroidal Saponins, known as Shatvarins. Shatvarin I to VI	REPRODUCTIVE HEALTH	Komal Sharma et al. Asparagus racemosus as female tonic International Journal of Pharmaceutical & Biological Archives 2011; 2(3):855-863
21.	Coriander Seeds	Linalool (Coriandrol 60-70%)	DIABETES	Effect of coriander seed (Coriandrum sativum L.) ethanol extract on insulin release from pancreatic beta cells in streptozotocin-induced diabetic rats. Phytother Res. 2009 Mar;23(3):404-6
22.	Cardamom	Cineole is a potent antiseptic that is known to kill bacteria producing bad breath and other infections.	COLD ,HEADACHE, UPPER RESPIRATORY ISSUES	The Role of Cardamom Oil in Oral Health: A Short Review. Article in Research Journal of Pharmacy and Technology 9(3):272 · March 2016
23.	Gudhal	Leaves and stems contain β -Sitosterol, Stigmasterol etc. Flowers contain Cyanidin Diglucoside, Flavonoids etc.	BLOOD PRESSURE	Hibiscus Miracle in Treatment of Hypertension. American Journal of PharmTech Research 2016;6(2)
24.	Turmeric	Curcumin	ANTI –INFLAMMATORY ANTI VIRAL ANTIDEPRESSANT ANTIBIOTIC, ANTI-INFLAMMATORY	Curcumin in antidepressant treatments: An overview of potential mechanisms, pre-clinical/clinical trials and ongoing challenges First published: 16 June

			BLOOD-THINNER, ASTRINGENT	2020 https://doi.org/10.1111/bcpt.13455 Basic and clinical pharmacology and toxicology
25.	Aloe Vera	Aloe Vera contains 75 potentially active constituents	IMMUNITY SKIN HEALTH ANTI-BACTERIAL FACE WASH	Beneficial effect of aloe on wound healing in an excisional wound model. J Altern Complement Med. 1996;2:271–7. [PubMed]
26.	Mustard oil	Phytoalexins , Flavonoids	INCREASES FLOW OF BLOOD TO A SPECIFIC AREA AFTER MESSAGE, JOINT PAIN, EAR PAIN	Indian Medicinal Plants – An illustrated Dictionary C.P.Khare, 2007. Springer
27	Lavender Oil	monoterpenes	DEPRESSION/ ANXIETY, SLEEPNESS	https://www.naturalmedicinejournal.com/journal/2012-02/lavender-oil-anxiety-and-depression-0
28	Cayenne Pepper	Capsaicin	HEART ATTACK, CARDIAC ARREST	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3284873/