



Nayara Enterprises



Belle

Berberis atisitata DC.

Scientific Name



Local name: Chutro

Altitude: 1900m to 3000m

Uses:

Liver Protection

Eye Health

Cholesterol Reduction

Anti-diabetic Properties

Antioxidant Effects

Antimicrobial Activity

Anti-inflammatory Properties



Bouelle

Paris polyphylla

Scientific Name



Local name: Satuwa

Altitude: 1900m to 3000m

Uses:

Anticancer Properties

Hemostatic Function

Analgesic Properties

Antipyretic Uses

Anti-inflammatory Properties



Belle

Ophiocordyceps sinensis

Scientific Name



Local name: Yashagumba

Uses:

Boosting Energy and Stamina

Aging and Longevity

Anti Cancer Properties

Managing Blood Sugar Level

Kidney and Liver Health

Sexual Dysfunction and Fertility



Neopicrorhiza Scrophulariifolia

Scientific Name



Local name: Kutki

Altitude: 2700m to 4500m

Uses:

Liver Protection

Digestive Aid

Immune System Modulation

Antioxidant Effects

Respiratory Benefits

Anti-diabetic Properties



Belle

Nardostachys Grandiflora DC.

Scientific Name



Local name: Jatamasi

Altitude: 3000m to 4500m

Uses:

Skin Health

Cardiovascular Health

Anti-inflammatory properties

Digestive Health

Menstrual Relief

Cognitive Enhancement



Belle

Zanthoxylum Armatum DC.

Scientific Name



Local name: Timur

Altitude: 1200m to 2500m

Uses:

Digestive Health

Pain Relief and Dental Health

Pain Relief

Antioxidant Effects

Antimicrobial Activity

Anti-inflammatory Properties

Respiratory Health



Belle

Rheum austral D. Don

Scientific Name



Local name: Padamchal

Altitude: 3000m to 4000m

Uses:

Skin Health

Cholesterol Management

Liver Protection

Digestive Health

Anti-inflammatory Properties

Antioxidant Properties



Belle

Valeriana Jatamansi Jones

Scientific Name



Local name: Sugandhawal

Altitude: 1000m to 3000m

Uses:

Sedative and Anxiolytic Effects

Antidepressant Properties

Antioxidant Activity

Neuroprotective Benefits

Management of Epilepsy

Promotes Heart Health



Belle

Swertia Chirayita

Scientific Name



Local name: Chiraito

Altitude: 1000m to 3000m

Uses:

Digestive Aid

Anti-inflammatory Properties

Antioxidant Activity

Liver Protection

Blood Sugar Regulation

Immune System Boost

Promotes Skin Health



Belle

Cinnamomum tamala

Scientific Name



Local name: Tejpatta

Altitude: 100m to 2500m

Uses:

Food Flavour

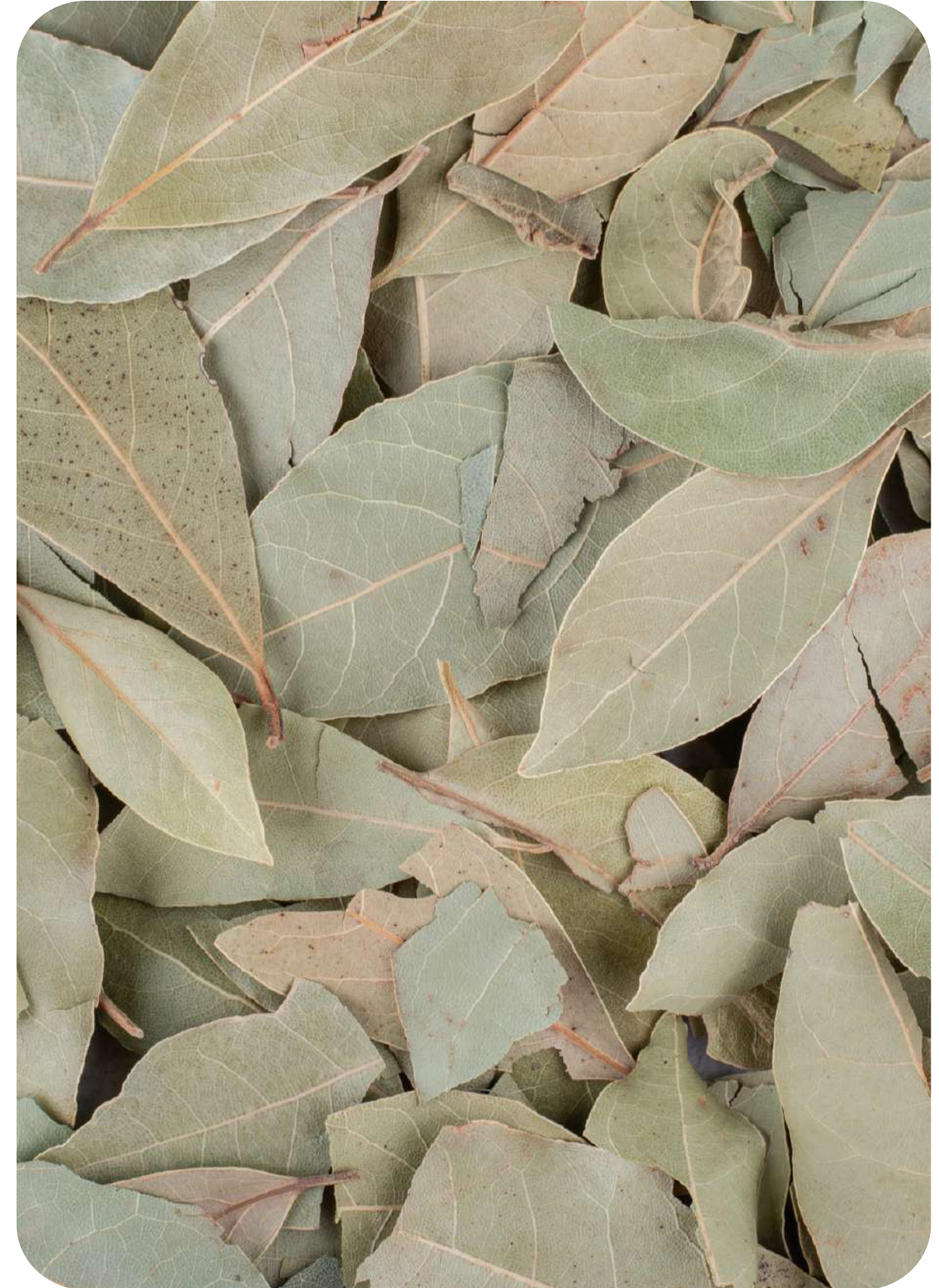
Dental Health

Cardiovascular Health

Antioxidant Effects

Anti-inflammatory Properties

Respiratory Relief



Bojholle

Acorus calamus linn.

Scientific Name



Local name:Bojho

Altitude: 1000m to 3000m

Uses:

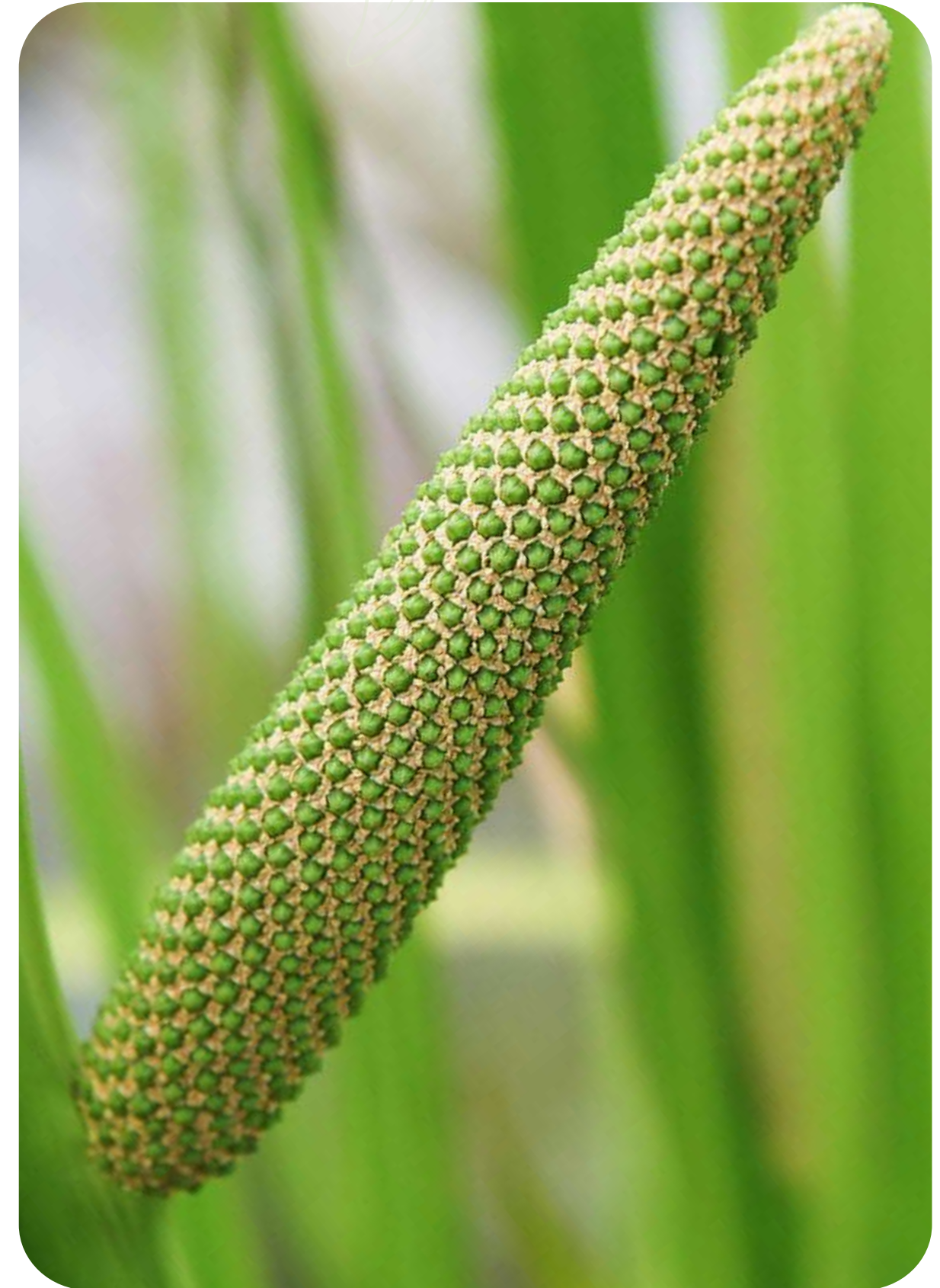
Antimicrobial Activity

Anti-inflammatory Properties

Neuroprotective Effects

Digestive Health

Respiratory System



Belle

Asparagus Racemosus Willd.

Scientific Name



Local name:Satawori

Altitude: 165m to 2200m

Uses:

Reproductive Heart and Fertility

Lactation Enhancement

Immune System Booster

Respiratory Health

Nervous System Support

Gastrointestinal Health



Bouelle

Bergenia Ciliate Sternb.

Scientific Name



Local name:Pashanbhed

Altitude: 1000m to 3000m

Uses:

Kidney Stone Dissolution

Wound Healing

Respiratory Healing

Gastrointestinal Health

Antioxidant Effects

Antimicrobial Activity

Anti-inflammatory Properties



Bouelle

Phyllanthus Emblica Linn

Scientific Name



Local name:Amla

Uses:

Hair and Skin Health

Anti-cancer Properties

Diabetes Management

Liver Health

Enhance Immune System

Cardiovascular Health



Belle

Tinospora Sinensis Merr.

Scientific Name



Local name: Gurjo

Uses:

Immune System Booster

Anti-diabetic Properties

Antioxidant Effects

Antimicrobial Activity

Anti-inflammatory Properties

Skin Health

Respiratory Health

Skin Health



Barro

Terminalia Bellirica Roxb.

Scientific Name



Local name:Barro

Uses:

Antioxidant Properties

Eye Health

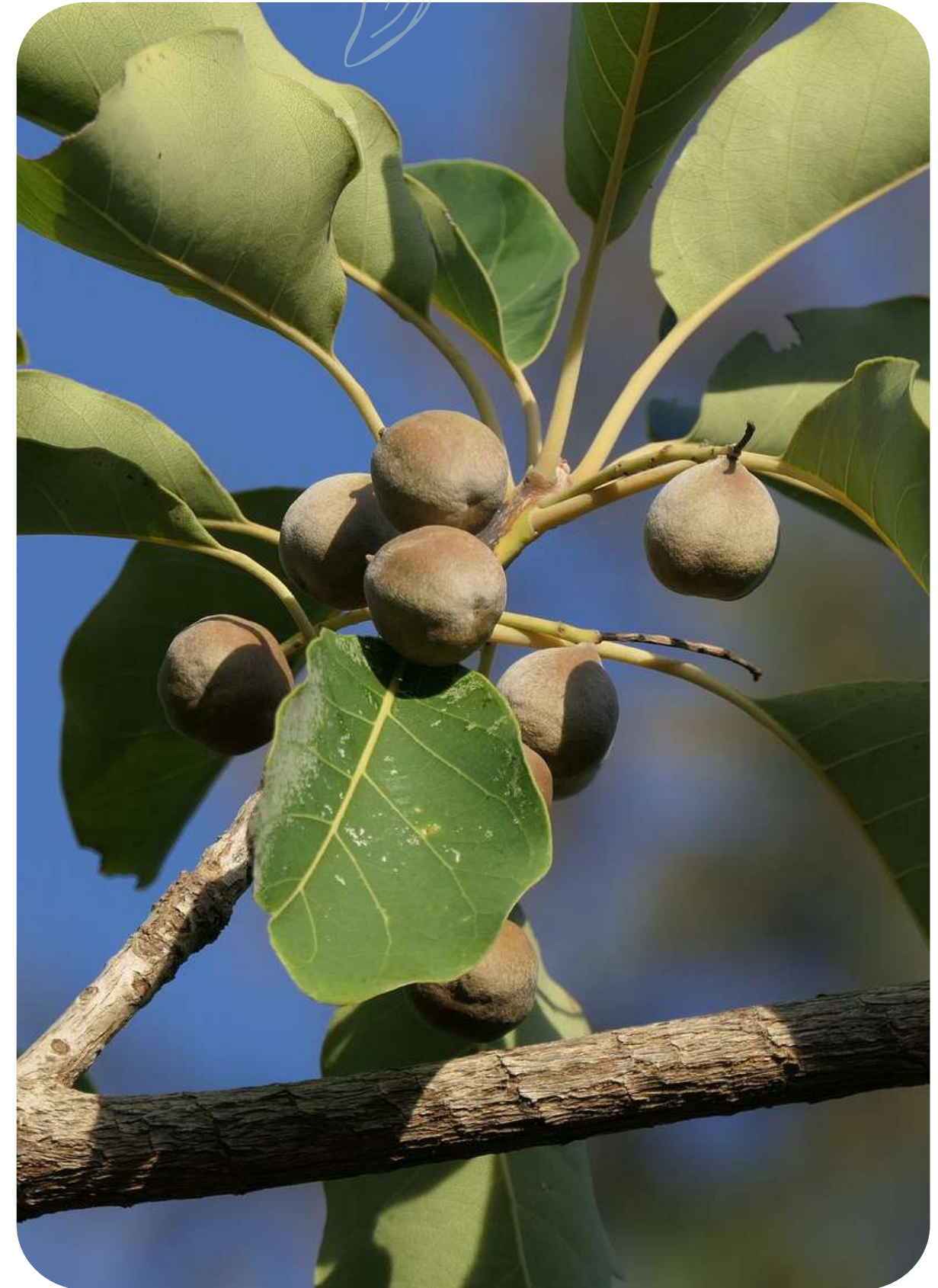
Liver Protection

Cardiovascular Benifits

Antioxidant Properties

Digestive Health

Respiratory Health



Belle

Sapindus Mukorossi

Scientific Name



Local name: Ritha

Uses:

Hair and Scalp Health

Exfoliating and Skin Cleasing



Betula

Betura Utilis

Scientific Name



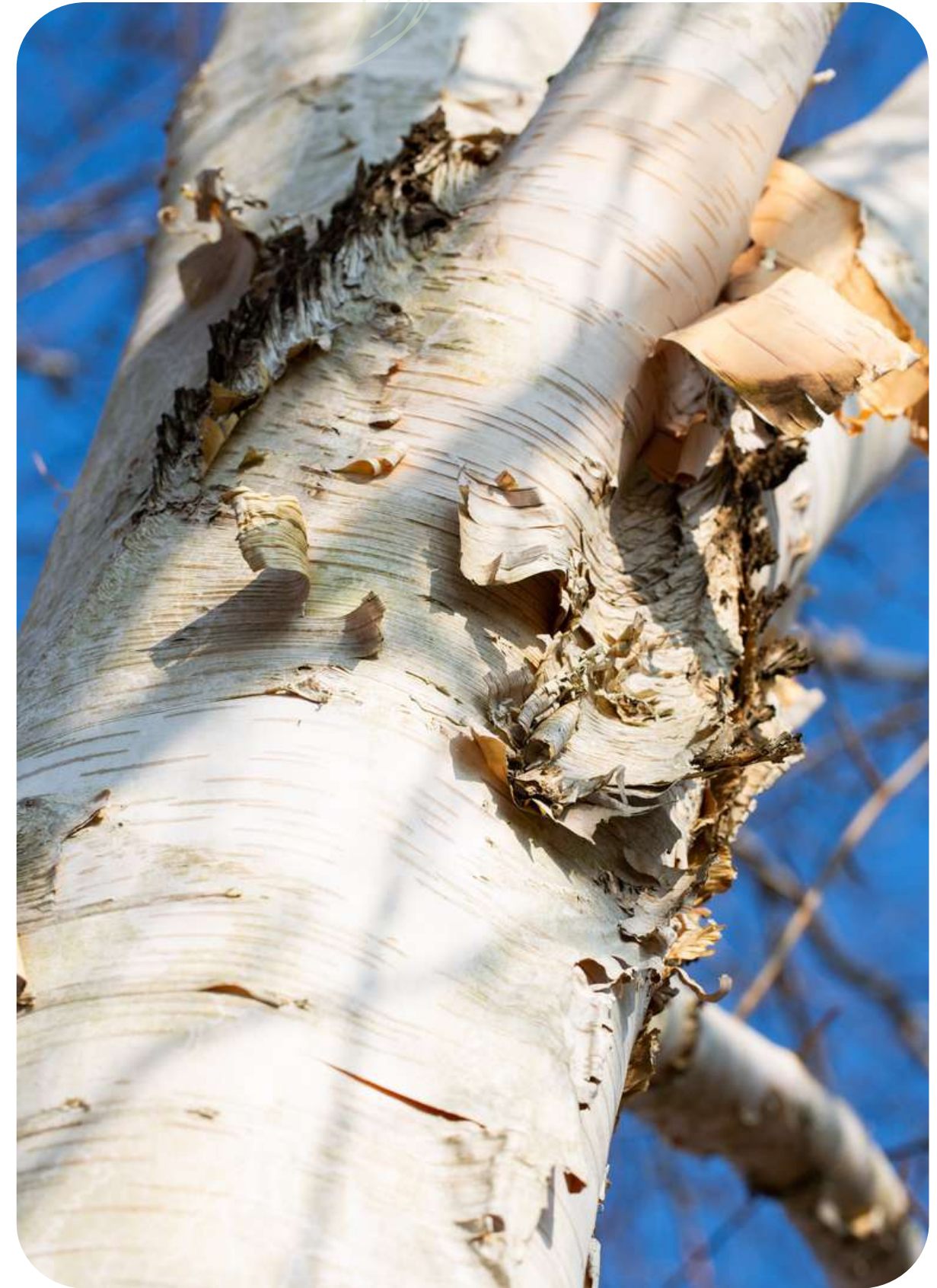
Local name: Bhojpatra

Uses:

Medicinal Application

Paper Making

Herbal Teas



Bonelle

Acacia Ruguta

Scientific Name



Local name: Sikakai

Uses:

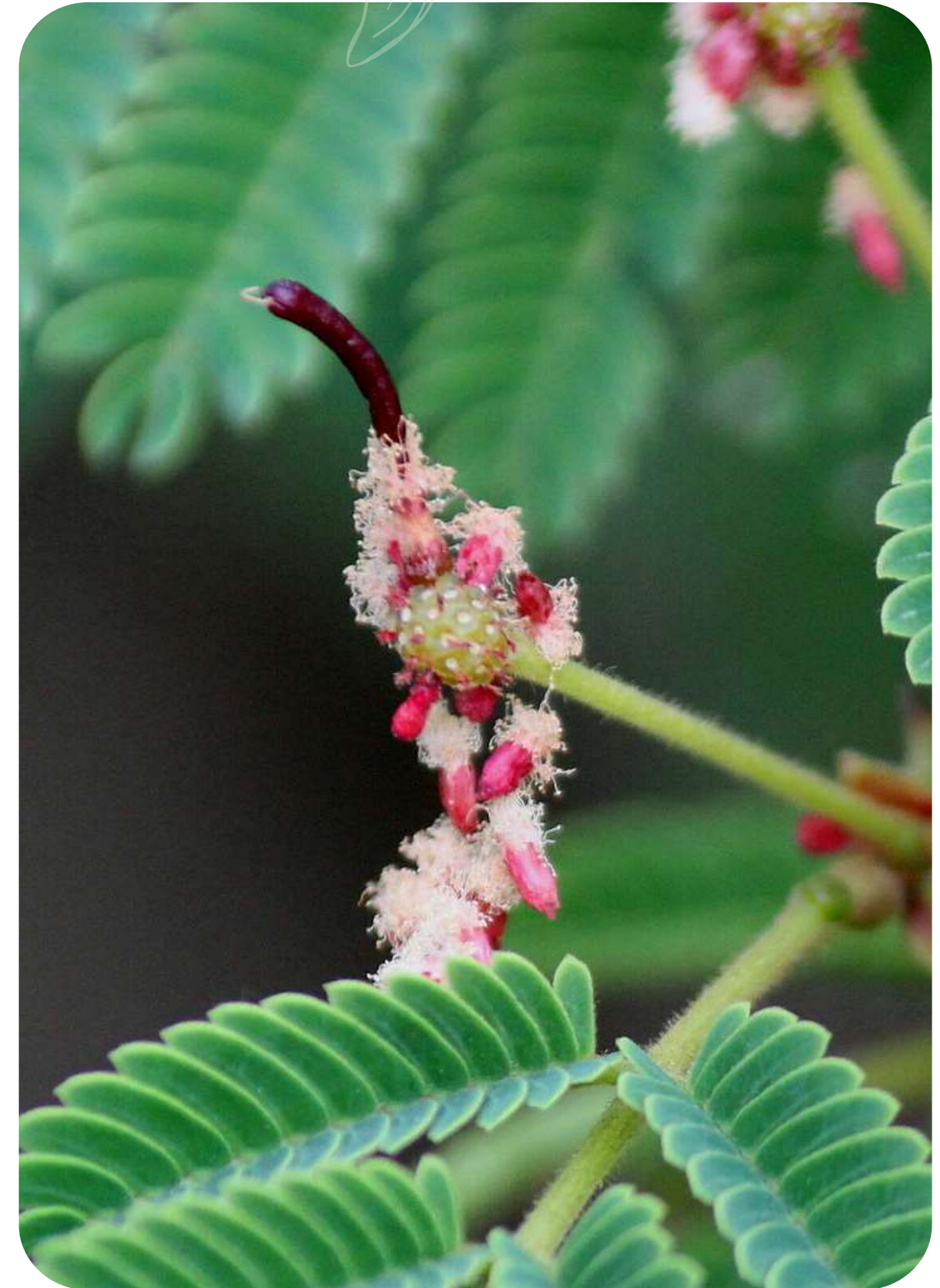
Treatment of Gastrointestinal Issues

Wound Healing

Dental Care

Antimicrobial Properties

Anti-inflammatory Effects



Belle

Terminalia Chebula

Scientific Name



Local name: Harro

Uses:

Skin Health

Digestive Health

Cancer Prevention

Cognitive Enhancement

Respiratory Health

Cardiovascular Health



Borhelle

Bauhinia Vahlia

Scientific Name



Local name: Bhorle

Uses:

Wound Health

Digestive Health

Respiratory Aliments

Fever Reduction

Treatment of Skin Disorders





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