



MORINGA GARLIC POWDER

(This blend combines nutrient-dense moringa leaves with bioactive-rich garlic and tulsi, creating a preparation with antioxidant, antimicrobial, and immunomodulatory properties. Black pepper enhances digestive enzyme activity and may improve the bioavailability of certain phytochemicals. Roasting in ghee reduces moisture, stabilises volatile compounds, and improves shelf life while adding lipid-mediated nutrient absorption. Urad dal provides additional protein and texture, and asafoetida contributes carminative effects that support gastrointestinal comfort. Overall, the formulation offers a synergistic profile beneficial for digestion, respiratory health, and immune regulation.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Murungai ilai (Moringa leaves)	<i>Moringa oleifera</i>	Qs
	2	Thulasi ilai (Tulsi leaves)	<i>Ocimum tenuiflorum</i>	Qs
	3	Poondhu (Garlic)	<i>Allium sativum</i>	Qs
	4	Milagu (Peppercorns)	<i>Piper nigrum</i>	Qs
	5	Ulundhu (Urad dal)	<i>Vigna mungo</i>	Qs
	6	Perungayam (Asafoetida powder)	<i>Ferula asafoetida</i>	Qs
Preparation Time	35 minutes			
Preparation Method	Roast ingredients in ghee, grind coarsely, mix together. Use with rice, idli, dosa.			
Benefits	Improves digestion, boosts immunity, supports respiratory health.			
Reference	Pathaarthana Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.215, stanza 572.			



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