

Top 100 Herbs/Food for the Health of Our Body:

Respiratory system (Lungs):

1. Karpooravalli
2. Adathodai
3. Chitharathai
4. Thuthuvalai
5. Musumusukkai.
6. Kandankathri.
7. Tulasi.
8. Nochi.
9. Ranakalli
10. Turmeric.
11. Kalyanamurungai
12. Thumbai.
13. Pepper.

Circulatory system(Heart)

- 1.Semparuthi
- 2.Maruthampattai
- 3.Sangu poo(Clitoria)
- 4.Garlic.
- 5.Chinnamon
- 6.Pomegranate.
- 7.Papaya.
- 8.Black pepper
- 9.Kadukkai
- 10.Murungai .
- 11.Turmeric.
- 12.Seeragam.

13.Flax seeds(Omega.3)

14.Palayasoru (Vit B.12)

Digestive system(Stomach,Liver, intestine etc):

1.Pulicha keerai

2.Coconut milk

3.Karisaanganni

4.Keelanelli

5.Thuthi

6.Manathakkali.

7.Agathi.

8.Ginger

9.Pirandai.

10.Paal perukki

11.Elumichai/Narathai

12.Kadukkai

13.Isapgol Husk.

14.Seeragam.

15.Karunseeragam.

16.Puthina mint.

Urinary system(Kidney):

1.Mookirattai

2.Poonai meesai(Java tea)

3.Visha narayani

4.Ranakalli

5.Poolaipoo.

6.Nerunjil

7.Neermulli

8.Pumpkin*

9.Banana stem.

10.Karuveppilai.

11.All spice.

12.Pinapple

Reproductive system(Genitals):

1.Thaneer vittan kilangu

(Satavari)

2.Kalyana murungai

3.Pumpkin seeds.

4.Orithal thamarai

5.Nerunjil

6.Kaana vazhai

7.Ashoka tree.

8.Bamboo shoots

9.Banana flower.

10.Poonaiikaali

11.Aswagantha

12.Pomegranate

13.Murungai.

Nervous system(Brain, Spinal cord):

1.Vallarai

2.Kothavarai

3.Neer Brammi.

4.Ponnankanni.

5.Poonaiikaali

6.Touch-me-not.

7.Walnuts

8.Peerku

9.Pudalai

10.Lavankapattai

11.Palayasoru(Vit. B12).

Bone (Skeletal)system:

1.Pirandai.

2.Sesame seeds

3.Aswagantha

4.Seenthil kodi

5.Ginger

6.Tripala

7.Amla Nellikai

Skin(Integumentary):

1.Sivanar Vembu

2.Veppalaih

3.Poovarasu

4.Karpookarisi

5.Poduthalai.

6.Kuppaimeni.

7.Turmeric

8.Neem leaves.

Gallbladder stones:

1.Nannari juice.

2.Horse gram soup

Mouth Diseases:

1.Manathakali leaf.

2.Karisalanganni leaf.

3.Sundal cooked.

4.Vitamin-C rich Fruits

Nelli, Orange, Lime etc.

5.Vitamin- B-2&12 rich foods.