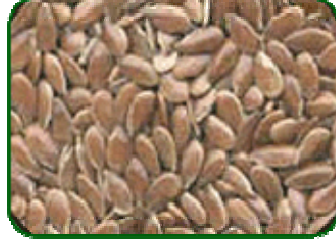


Linseed or Atasi

Latin Names: Linum Usitatissimum

English Name: Linseed

Sanskrit / Indian Name: Atasi



Cure for: Linseed oil is an excellent herbal oil that can be applied externally or taken internally as a medicine. Linseed oil contains Omega - 3 fatty acids that help in curing disease like cancer.

It is also helpful in treating arthritis, coronary heart diseases and stroke, hypertension and inflammatory and autoimmune disorders, asthma. If used continuously this oil provide complete relieve in premenstrual syndrome. Oil of linseed is also used as a laxative. It is also used in many medicinal preparation along with other herbs.