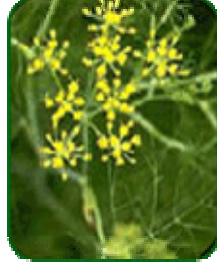


## ***Fennel or Saunph***

***Latin Names:*** Foeniculum Vulgare

***English Name:*** Fennel

***Sanskrit / Indian Name:*** Shatapushpa, Saunph



***Cure for:*** The use of fennel is well known as a digestive aid. It is useful in indigestion, biliousness, flatulence, constipation and dyspepsia. Chewing its seeds after meals prevent foul breath, indigestion & vomiting.

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