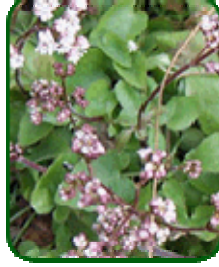


Tagar or Indian Valerian

Latin Name(s): Valeriana jatamansi / Valeriana wallichii

English Name(s): Indian Valerian

Sanskrit / Indian Name (s): Tagar, Tagara, Bala-tagra, Sugandh-bala



Cure for: Tagar is analeptic, antispasmodic, carminative, sedative, stimulant, stomachic, nervine in action and used to cure various disorders. It is mainly useful in diseases of eye blood, livers. It is also useful in colic, convulsions, cough, nervous debility, delirium, dysmenorrheal, epilepsy, fainting, gas, hysteria, insomnia, menstrual cramps, migraine, nervous exhaustion, neuralgia, palpitations, chronic skin disorders, spasms, stress, vertigo. This herb also cleanses undigested toxins from the colon, blood, joints, and nerves. It also helps in clearing voice and acts as stimulant in advance stage of fever and nervous disorder.