

## Herbarium sheet

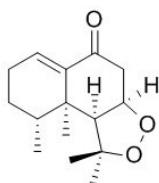
### Jatamansi (*Nardostachys jatamansi*)

**Common name:** *Jatamansi*, **English:** *Spikenard*, **Marathi:** *Jatamansi*, **Sanskrit:** *Jatamansi*

**Gujarati:** *Jatamansi*, **Hindi:** *Jatamansi*

**Part used:** *Rhizome* - Rhizome is dark brown, tapering, and densely covered with the remains of old leaves' bases, giving the appearance of a heavy beard, and hence the name *jatamansi*.

**Active Chemical constituents:** *Nardosinone*



Nardosinone

#### Organoleptic characters:

**Colour-**Dark grey

**Odour-** Aromatic

**Taste-** Acrid, slightly bitter and aromatic

**Pharmacological applications:** *Neuro-protective activity, Antibacterial and antifungal activity, Anti-anxiety and antidepressant activity, Anti-Parkinson's activity, Hair growth activity*

**Granthokta Ayurvedic application:** *Tridoshaghna, in treatment of mastishak, nadi tantu vikar, mansik aghat, shirshool, kampavat, bhranti, murchha.*  
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