



# PPPL Standards

## Herbarium sheet

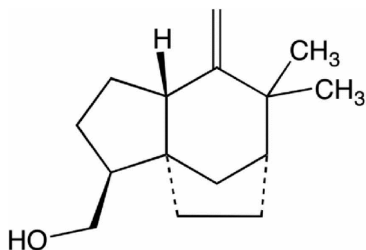
### Vala (*vetiveria zizanioides*)

**Common name:** *Khus-khus*, **English:** *Khus-khus*, **Marathi:** *Vala*, **Sanskrit:** *Arjuna, Indradruma*

**Gujarati:** *Ushira*, **Hindi:** *Bala*,

**Part used:** *Root - Coarse, perennial grass forming large, dense clumps with a stout, compact, aromatic, branched, spongy rhizome and fibrous root system up to a depth of 4 m.*

**Active Chemical constituents:** *Khusimol*



Khusimol

#### Organoleptic characters:

**Colour-** *Light brown*

**Odour-** *Pleasant*

**Taste-** *Bitter*

**Pharmacological applications:** *It is excellent in the treatment of depression, nervous tension, debility, insomnia and many stress-related diseases.*

*It stimulates the circulatory system and makes useful massage oil for elderly or debilitated people with poor circulation. It also helps to stimulate the production of red blood cells and is thus beneficial for anemia. It makes a useful warming and pain-relieving rubbing oil, suitable for deep massage of muscular aches and pains, sprains, stiffness, rheumatism and arthritis*

#### Granthokta Ayurvedic application:

*Shital, Tikta stambhak, pittanashak, stanyajanak, prasutijwar, Stambhak, Stanyajanak, prasutijwar, Dhahshamak, Stanyajanak, sheetal*

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