

Dated, the 29th December, 2017

Subject: Implementation of Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016.

1. The Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 has been notified by FSSAI on 23.12.2016. As per the notification, the Food Business Operators (FBOs) are required to ensure compliance of their existing and new products with all provisions of these regulations by 1st January, 2018.

2. Several representations have been received from stakeholders to include other ingredients and additives in these regulations since several ingredients/products containing these ingredients are already in the market based on the criteria given in para 3 of the directions issued vide ZF. No. 1-5/Nutraceuticals/FSSAI-2003 dated 6th January, 2017.

3. Scientific Panel met several times to discuss this issue and after careful consideration recommended the inclusion of some new ingredients in the regulations. However, some ingredients have not been approved to be included in the regulations due to safety issues or because they are likely to exhibit properties of drugs or because of inadequate data.

4. Since some of these issues are still under consideration of the Authority and finalization of the amendment to these regulations is likely to take some more time, the following timelines are laid down with respect to compliance to these regulations to ensure smoother transition for food businesses:

5. Ingredients and additives:

(i) Ingredients and additives approved by the Scientific Panel for inclusion:

New ingredients and additives approved by the Scientific Panel and now included in the existing Schedules as per **Annexure I** are allowed to continue to

be used in the existing formulations. Where new/revised permissible limits of ingredients/additives have been specified, FBOs are given time till 30th June, 2018 to reformulate their products. In case new/revised permissible limits of ingredients/additives are prescribed later, FBOs are given time for the period of six months from the date of specifying new/revised limits to reformulate their products.

(ii) Ingredients not approved by the Panel for inclusion due to inadequate data: FBOs are given time of four weeks from the date of issuance of this direction to submit data required by the Scientific Panel. Meanwhile, they are allowed to continue the food business of existing products containing ingredients as per **Annexure II** till further orders. Products containing these ingredients for which data is not submitted within four weeks from the date of issuance of this direction are to be immediately withdrawn from the market by the FBOs.

(iii) Ingredients not approved by the Panel for inclusion due to safety concerns: FBOs are directed to discontinue the food business of products carrying ingredients namely 'Fluoride' and 'Potato protein isolate' with immediate effect and withdraw the same from market.

(iv) Ingredients not approved by the Panel for inclusion since they exhibit properties of a drug: FBOs are directed to discontinue the food business of products carrying ingredients namely 'Willow Bark Extract', 'Pyrrol Quinoline Quinone' and 'Lemon Bam' which have been identified to exhibit properties of a drug with immediate effect. However, products already manufactured/ imported are allowed to be sold till 30th June 2018.

6. Restriction on mere combination of vitamin and minerals: FBOs are allowed to continue the food business of existing products containing mere combinations of vitamins and minerals only up to one RDA in dosage formats such as tablets, capsules and syrups for the period of six months or till further orders, whichever is earlier.

7. Schedule III with respect to FSDU category: FBOs are allowed to continue their existing formulations containing vitamins and minerals in Food for special dietary uses without referring to the energy value (Kcal/KJ) as specified under Schedule III for the period of six months or till further orders, whichever is earlier.

8. This issues with the approval of the Competent Authority in exercise of the power vested under Section 16 (5) of Food Safety and Standards Act, 2006.

Encls.: as above



(Sunil Bakshi)
Advisor (Regulations)

To

1. All Commissioners of Food Safety of All States/UTs.
2. All Authorised Officers, FSSAI.
3. All Central Designated officers, FSSAI.

Copy for information:

1. PPS to Chairperson, FSSAI.
2. PS to CEO, FSSAI.
3. All Divisional Heads in FSSAI, New Delhi.

Annexure I

In the Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Foods and Novel Foods) Regulations, 2016,-

(A) in regulation 3,-

(i) in sub-regulation (1), for para 1, the following shall be substituted, namely;-

“The article of food sold in capsule format hard or soft or vegetarian, shall comply with the General Monograph, wherever applicable and quality requirements specified for them in Indian Pharmacopoeia, if applicable.”

(ii) for sub-regulation (21), the following shall be substituted, namely;-

“Mere combinations of vitamins, including use of single vitamin, in dosage formats such as tablets, capsules, syrups, at levels equal to one RDA or below shall be covered under these regulations.”

(iii) after sub-regulation (25), the following sub-regulations shall be inserted, namely,-

“(26) The products covered under these regulations for children below the age of 5 years shall be given only under medical advice by physician/ certified dietician/nutritionist;

(27) Cereal grains, legumes, fruits and vegetables mentioned in Indian Food Composition Tables published by NIN, ICMR, and spices included in the list published by Spices Board of India, may be used either as such or as processed ingredients including extracts, as a supplement or nutraceutical as applicable. However, for claiming specific health benefits prior approval from Food Authority shall be obtained;

(28) Flavours for products covered under these regulations may be used in accordance with the provisions of regulation 3.3.1 of Food Safety and Standards (Food Product Standards and Food Additives) Regulations, 2011.”

(B) in regulation 8,-

(i) for the heading of regulation 8, the following shall be substituted, namely,-

“Food for Special Dietary Use, other than infants, and those products intended to be taken under medical advice of physician/ certified dietician/nutritionist.”

(ii) In sub-regulation (1), for clause (iii), the following shall be substituted, namely,-

“(iii) A food business operator may manufacture or sell an article of FSDU in single use packaging or in dosage form, namely, granules, jelly, semi-solid and other similar forms, sachets of powder, or any other similar forms of liquids and powders designed to be taken in measured unit quantities with a nutritional or physiological effect:

Provided that FSDU products containing vitamins including single vitamin at levels equal to or below one RDA in formats/dosage forms of capsules, tablets, pills and syrups shall be permitted under these regulations;”

(iii) after sub-regulation (4), the following sub-regulation shall be inserted, namely,-

“(5) No food business operator shall advertise FSDU for general public.”

(C) in regulation 9,-

(i) in sub-regulation (1), in clause (ii), after para 1, the following shall be inserted, namely,-

“FSMP products containing vitamins including single vitamin at levels equal to or below one RDA in formats/dosage forms of capsules, tablets, pills and syrups shall be permitted under these regulations;”

(ii) in sub-regulation (3), for clause (b), the following shall be substituted, namely,-

“(b) An advisory warning “Recommended to be used only under medical advice of physician/ certified dietician/nutritionist.” appearing on the label in bold letters in an area separated from other written, printed or graphic information;”

(D) in regulation 10,-

(i) in sub-regulation 1, for clause ii, the following shall be substituted, namely,-

“(ii) The viable number of microorganisms in food with added probiotic ingredients shall be $\geq 10^8$ CFU in the recommended serving size per day;”

(E) in Schedule I,-

(i) in column related to ‘components’-

(a) against the serial number A(9) related to “Vitamin E”, after the entry “(vii) DL-alpha-tocopheryl polyethylene glycol succinate”, the following entry shall be inserted, namely;-

“(viii) Tocotrienols”

(b) against the serial number B(1) related to “Calcium”, after the entry “(xiv) Calcium Lactate”, the following entry shall be inserted, namely;-

“(xv) natural forms of calcium obtained from corals, shells, pearls, conch, oysters and milk”

(c) against the serial number B(4) related to “Copper”, after the entry “(v) Copper lysine complex”, the following entry shall be inserted, namely;-

“(vi) Copper oxide (copper (II) oxide, cupric oxide and black copper oxide not exceeding 2 mg/day)”

(d) against the serial number B(12) related to “Selenium”, after the entry “(iv) selenomethionine”, the following entry shall be inserted, namely;-

“(v) Selenious acid”

(ii) after serial number B(15), in the note, for the words “Suitable esters and salts of vitamins and salts and chelates of mineral may be used”, the following shall be substituted, namely;-

“Suitable esters, derivatives and salts of vitamins and salts and chelates of minerals may be used.”

(F) In Schedule II, in the note, for the words "Suitable esters and salts of amino acids may be used", the following shall be substituted, namely;-

"Suitable esters, derivatives, isomers and salts of amino acids may be used."

(G) for the "Schedule IV", the following shall be substituted, namely,-

"Schedule - IV

[See regulations 3.(13), 4.(2), 6.(2)(i), 7.(2)(i), 7.(3)(v), 8.(2)(i), 9.(2)(i), 12.(1)(i), 12.(2), 12.(3)(i), 12.(3)(ii) and 12.(3)(iii)]

List of plant or botanical ingredients

S.No.	Botanical name and part used	Official and common names,	Permitted range of usage for adults per day (given in terms of raw herb/ material)
1.	<i>Abelmoschus esculentus</i> (L.) Moench.		
	Fruit/Root	Bhindi	5-10 g (as powder)
2.	<i>Abies spectabilis</i> (D.Don) / <i>A. pindrow</i> Royle / <i>Abies webbiana</i> Lindl (syn)		
	Leaf/ Fruit	Talis patra / Talis bhed	2-3 g (as powder)
3.	<i>Asculus indica colebr.</i> / <i>A. hippocastanum</i>		
	Fruit /Kernel	Ban-khoda / Indian Horse Chestnut	3 - 5 g (as powder)
	Extract		300 - 500 mg
4.	<i>Abelmoschus moschatus</i> / <i>Hibiscus abelmoschus</i> (syn)		
	Seed	<i>Lata kasturi</i>	1-2 g
5.	<i>Abutilon indicum</i> (L.) Sweet ssp. <i>indicum</i> / <i>A. fruiticosum</i>		
	Seed/Root / Stem	Atibala / kanghibala	3 - 4 g (as powder)
6.	<i>Acacia arabica</i> Willd. (Now known as <i>Acacia nilotica</i> (L.) Willd. ex Del. ssp. <i>indica</i> (Benth.) Brenan		
	Gum Bark	Babbul	1-3 g 5-10 g
7.	<i>Acacia catechu</i>		
	Extract / heartwood	Khadir/ Katha/khair	1-3 g
8.	<i>Acacia leucophloea</i> Willd / <i>A. farnesiana</i> (syn)		
	Bark/Leaf	Airmed/Trimed	3-5 g
	Seed/Gum		2-3 g
9.	<i>Achillea millefolium</i> Linn. / <i>A. Lanulosa</i> Nutt. (syn)		
	Leaf	Gandana/Biranjaisif	2-3 g (as powder)
10.	<i>Achyranthes aspera</i> (L.) / <i>A. bidentata</i>		
	Seed/Plant	Apamarga / Chirchida	5-8 g (as powder)
11.	<i>Acorus calamus</i> Linn.		
	Leaf	Vachha/Waj/Vacha	60-125 mg (as powder)
12.	<i>Adhatoda zeylanica</i> / <i>A. vasaka</i>		
	Stem/ Leaf /Root/ Flower	Vasa / Adusa	5-10 g
13.	<i>Aegle marmelos</i> (L.) Corr.		
	Unripe fruit pulp	Bilwa / Bael	5-10 g (as pulp)

	Ripe fruit pulp		30-50 g (as pulp)
	Leaf/Bark	Bael Pather/ Bael chhal	3-6 g (as powder)
14.	<i>Ajuga bracteosa</i> Wall.		
	Plant	Neel Kanthi	0.5 - 1 g
15.	<i>Alangium salvifolium</i> (L.f.) Wang. ssp. <i>salvifolium</i> / <i>A. lamarckii</i> (syn)		
	Fruit	Ankota	2-6 g (as powder)
16.	<i>Albizia lebeck</i> (L.) Benth/ <i>A. procera</i> / <i>A. odoratissima</i>		
	Flower/ Stem bark / Leaf	Shireesh / Siris	3-6 g (as powder)
	Seed	Siris	1-3 g (as powder)
17.	<i>Alpinia galanga</i>		
	Rhizome	Kulanjan	1-3 g (as powder)
18.	<i>Allium cepa</i> L.		
	Bulb	Plandu / Pyaj	10-20 ml (as juice)
	Seed	Pyaj	1-3 g (as powder)
	Leaf		20-40 g (as fresh)
19.	<i>Allium sativum</i> L.		
	Bulb	Rason/ Lahsun	1-3 g (Not recommended during pregnancy)
	Leaf	Lahsun	10-20 g (as fresh)
20.	<i>Allium stracheyi</i> Bakerno		
	Whole plant	Farran	2-3 g
21.	<i>Alocasia indica</i> Spach (Now known as <i>A. macrorhiza</i> (L.) G. Don)		
	Tuber	Mankand / Kasnalu	5-10 g
22.	<i>Aloe barbadensis</i> Mill. / <i>A. Ferox</i> / <i>A. vera</i> / <i>A. indica</i>		
	Leaf	Kumari / Ghikvar / Ghrir kumari	5-10 g (as pulp)
	Dried Pulp	Elua -mussabar / kanyasar	0.5 - 1 g
23.	<i>Althaea officinalis</i> Linn.		
	Flower/Root	Khatmi / Resha-khatmi	3-6 g (as powder)
24.	<i>Alternanthera sessilis</i> (L.) R. Br. ex DC.		
	Whole plant	Matsyakshi / Gudarisaga	2-3 g (as powder)
25.	<i>Amaranthus gangeticus</i> L. (Now known as <i>A. tricolor</i> L.) / <i>A. blitum</i> L.		
	Aerial part	Maarash / Lal marsa -sag / marsa	10-20 g (as fresh)
26.	<i>Amaranthus spinosus</i> L. / <i>A. paniculatus</i> L. (<i>A. hybridus</i> L.)		
	Whole plant	Tanduliya / Chaulai Kateli / Jal Chaulai	20-30 g (as fresh)
27.	<i>Amomum subulatum</i> Roxb./ <i>A. aromaticum</i> Roxb.		
	Fruit	Sthula- elaa / Badi Elaichi	1-3 g (as powder)
	Seed	Badi Elaichi	1-2 g (as powder)
28.	<i>Amorphophallus campanulatus</i> (Roxb.) Blume ex Decne.		
	Corm	Suran / Jimikand	20-50 g (as fresh)
29.	<i>Anacardium occidentale</i> L.		
	Fruit kernel	Kaju / Cashew nut	10-20 g
30.	<i>Anacyclus pyrethrum</i> DC.		
	Root/ Seed	Akarkar	100 - 250 mg (as powder) (Not recommended for children below 5 years)
31.	<i>Ananas comosus</i> (L.) Merr.		

	Fruit	Ananas / Pineapple	50-100 g (as fresh) 50-100 ml (as juice) (Not recommended during pregnancy)
32.	<i>Andrographis paniculata</i>		
	Whole plant	Kalmegh / Bhuunimba	1-3 g (as powder)
	Extract		125 - 250 mg
33.	<i>Anethum sowa</i> Roxb. ex Flem. (Now known as <i>A. graveolens</i> L.)		
	Fruit	Shataahvaa / Shatapushpa / Sowa / Indian dill seed	3-6 g (as powder)
	Leaf	Sowa	10-20 g (as fresh)
34.	<i>Angelica glauca</i> Edgew./ <i>A. archangelica</i> L. / <i>A. himalaica</i> Krishna. & Badhwar.		
	Root / Root stock	Chandeo / Choraka / Chora	2-4 g (as powder)
35.	<i>Annona squamosa</i> L (Sitaphal)/ <i>A. reticulata</i> (Ramphal)/ <i>A. muricata</i> (Laxmanphal)/ <i>A. cherimola</i> (Hanuman phal)		
	Fruit pulp	Shareefa	20-30 g
	Leaf		3-5 g (as powder) (Not recommended for children below 16 years)
36.	<i>Apium leptophyllum</i> (Pers.) Muell. / <i>A. graveolens</i> Linn.		
	Fruit	Ajamod / Ajmoda bhed / celery	1-3 g (as powder)
37.	<i>Arachis hypogaea</i> L.		
	Seeds (kernel)	/ Mungphali / peanut / ground nut / sing dana	20-30 g
	Seed oil	Mungaphali tail	5-10 ml
38.	<i>Areca catechu</i> L.		
	Seed	Punga / Supari / Betel nut	1-2 g (as powder) (only to be used after shodhana (purification)) (Not recommended for children below 5 years)
39.	<i>Argyreia speciosa</i> Sweet / <i>A. nervosa</i> (syn)		
	Root	Vridharuka / Bridhara	3-5 g
	Seed		1-2 g
40.	<i>Armoracia lapathifolia</i> Gilib / <i>A. rusticana</i> Gaertn. (syn)		
	Leaf	Horse radish	2 -5 g
41.	<i>Artemisia absinthium</i> Linn / <i>A. vulgaris</i> / <i>A. officinalis</i> Linn / <i>A. maritima</i> / <i>A. dracunculus</i> / <i>A. annua</i>		
	Whole plant	Damanak / Afsantin / Chauhar /	1-2 g
42.	<i>Artocarpus heterophyllus</i> Lam. (Jackfruit)		
	Ripe / unripe fruit	Katahal	20-50 g
	Seeds		5-10 g
43.	<i>Artocarpus lakoocha</i> Roxb.		
	Ripe fruit / Unripe fruit	Lakuch / Badhal	20-30 g
	Seed	Badhal / Dhehu	5-10 g

44.	<i>Arnebia nobilis/A. benthamii</i>		
	Root	Ratanjot	2-4 g
45.	<i>Asparagus adscendens</i> Roxb.		
	Tuberous root	Musali / Safed musali	3-6 g (as powder)
46.	<i>Asparagus officinalis</i> L.		
	Root	Shatavari bhed	3-6 g (as powder)
	Tender Shoots		20-50 g
47.	<i>Asparagus racemosus</i> Willd.		
	Tuberous root	Shatawar	3-6 g (as powder)
	Tender Shoots		20-50 g
48.	<i>Asparagus sarmentosus</i> Linn.		
	Tuberous root	Badi shatawar	3-6 g (as powder)
49.	<i>Astragalus gummifer</i> Labill.		
	Gum	Kateeva gond (gum)/ Tragacanth gum	3-5 g
50.	<i>Avena sativa</i> L.		
	Seed	Oat	10-30 g (as powder)
51.	<i>Averrhoa carambola</i> L.		
	Fruit	Karmarang / Kamarakh	10-20 g
52.	<i>Azadirachta indica</i> A. Juss.		
	Leaf	Nimba / Neem / Margosa tree	1-3 g (as powder) (Not recommended for males and females planning to conceive)
	Fruit	Neem	1-2 g (as pulp) (Not recommended for males and females planning to conceive) (Not recommended for children below 5 years)
	Flower		2-4 g (as powder)
	Bark / Root bark		3-6 g (as powder)
53.	<i>Bambusa arundinacea</i> (Retz.) Willd. / <i>B. bambos</i> Linn. (syn)		
	Tender shoots (Young leaf)	Bansh	20-30 g (as fresh)
	Seed	Bansh chaval	20-30 g (as powder)
	Crystals	Bansalochan	0.5-2 g (as powder)
54.	<i>Bacopa monnieri</i>		
	Whole plant	Brahmi	5-10 g (as fresh)
	Extract	Brahmi ghan	0.5 – 1 g
55.	<i>Basella alba</i> L.		
	Leaf	Poyi saag	20-30 g (as fresh)
56.	<i>Bauhinia variegata</i> L. / <i>B. purpurea</i> L. / <i>B. tomentosa</i> . Linn / <i>B. racemosa</i> / <i>B. malabarica</i> . Roxb.		
	Bark	Kachnar	1-3 g
	Flower / Buds	Kachnar / Kurvindar / Kovindar	10-20 ml (as juice)

	Extract		0.5 – 1 g
57.	<i>Benincasa hispida</i> (Thunb.) Cogn.		
	Fruit	Kushmanda / Petha / Bhatua	30-50 g (as fresh)
	Seed		5-10 g
58.	<i>Berberis aristata</i> DC./ <i>B. asiatica</i> / <i>B. lycium</i> / <i>B. vulgaris</i>		
	Fruit / Leaf / Root / Stem	Daruhaldi / kashmall	5-10 g
	Root extract/ Stem extract	Rasaunt	0.5-1 g
59.	<i>Bergenia linguts</i> Wall / <i>B.ciliatasyn.</i> / <i>Saxifraga lingulata</i> Wall.		
	Root/ Leaf	Pashanbhed / Pathar Chatta	10-20 g (for decoction) 3-6 g (as powder)
60.	<i>Beta vulgaris</i> L.		
	Tuber	Palanki / Chukandar	10-20 ml (as juice)
61.	<i>Blepharis edulis</i> Pers. / <i>B. linariaefolis</i>		
	Root	Uttangan/ Karmavidhi	5-10 g (for decoction)
	Seed		3-6 g
62.	<i>Boerhavia diffusa</i> L. (Now known as <i>B. repens</i> L. var. <i>diffusa</i> (L.) Hook.f.) / <i>B. Verticillata</i>		
	Aerial part	Punarnava / Itsit	20-30 g (for decoction) 1-3 g (as powder)
	Root	Bishkhapra	10-15 g (for decoction) 1-3 g (as powder)
63.	<i>Bombax malabarica</i> / <i>Salmalia malabarica</i> / <i>B. ceiba</i> L.		
	Bark	Shalmali / Semal / Semal	5-10 g
	Flower	Musali	10-20 ml (as juice) 2-5 g (as powder)
	Gum/Root		1-3 g (as powder)
64.	<i>Boswellia serrata</i> Roxb.		
	Oleoresin	Shallaki / Kunduru / Salai guggal	1-3 g
65.	<i>Borassus flabellifer</i> L.		
	Dried inflorescence	Tarkul/Taad / Taadi	1-3 g (as powder)
	Seed pulp of unripe fruit		10-30 g
	Exudate of stem / sap		100-200 ml (as juice)
66.	<i>Brassica campestris</i> L. (Now known as <i>B. rapa</i> L. ssp. <i>campestris</i> (L.) Clapham)		
	Seed	Sarshap/	10-20 g (as paste)
	Seed oil	Sarson	10-20 ml
	Leaf		10-30 g (as fresh)
67.	<i>Brassica juncea</i> (L.) Czern./ <i>B. nigra</i> Linn.		
	Seed	Rajikaa / Rai / Raai	1-2 g
	Leaf	Rai	10-20 g (as fresh)
68.	<i>Brassica rapa</i> L.		
	Tuber	Shalgam /	20-40 g
	Leaf	Shaljam	20-30 g (as fresh)
69.	<i>Buchanania lanzan</i> Spreng.		
	Seed	Priyala / Chirounji	5-10 g (as powder)
70.	<i>Butea monosperma</i> Taub / <i>B. frondosa</i>		
	Seed	Palash / Dhark	1 – 3 g

	Gum Root/Bark		0.5-1.5 g 5-10 g (for decoction)
71.	<i>Bixa orellana</i> Linn.		
	Seed	Sindhuri / Annato Plant	1-3 g
72.	<i>Caesalpinia bonducella</i> (L.) Flem. (Now known as <i>C. bonduc</i> (L.) Roxb. <i>C.crista</i>)		
	Leaf /Bark / Seed	Putikaranj / Karanjuva / Latakaranja	2-3 g
73.	<i>Cajanus cajan</i> (Linn.) Millsp.		
	Seed	Adaki / Arahar / Tuvar ki daal	20-30 g
74.	<i>Camellia sinensis</i>		
	Tea leaf	Chai patti	Upto 10 g per day dried or processed leaf as infusion
	Extract	Tea extract	1 - 2 g
	Tea catachins	Green tea catechins	0.3-1 g
75.	<i>Canavalia ensiformis</i> sensu Baker (Now known as <i>C. gladiata</i> (Jacq.) DC.)		
	Fresh pod Seed	Sem	30-50 g 5-10 g
76.	<i>Canscora decussata</i> (Roxb.) J.F. and J.H. Schult.		
	Leaf	Bangiya / Sankhapusphi	2-4 g (as powder)
77.	<i>Capparis decidua</i> (Forssk.) Edgew./ <i>C. aphylla</i> Edgew (syn)		
	Fruit	Kareer / Dela	10-20 g
78.	<i>Capparis seppiara</i> Linn. / <i>C. spinosa</i> Linn.		
	Root / Plant	Himsraa/ Kakadaani	5 - 10 g (as powder / for decoction)
79.	<i>Capsicum annum</i> L. var. <i>annum</i>		
	Unripe fruit	Hari Mirch	1-5 g (Not recommended for children below 5 years)
	Ripe fruit	Lal Mirch	0.5-1 g (as powder) (Not recommended for children below 5 years)
80.	<i>Capsicum frutescens</i> L.		
	Fruit	Simla mirch	30-50 g (as fresh)
81.	<i>Carica papaya</i> L.		
	Ripe fruit	Erand karkaki / Papita	50-100 g
	Unripe fruit	Papita	30 -50 g (Not recommended during pregnancy)
	Leaf/Juice		5 - 10 g/ml (for decoction) (Not recommended during pregnancy)
82.	<i>Carissa carandas</i> L. / <i>C. spinarum</i> L.		
	Fruit	Karmard / Karounda	10 - 20 g
	Bark	Garnaa	10-20 g (for decoction)

83.	<i>Carthamus tinctorius</i> L.		
	Flower / Leaf / Seed	Kusumbh / Barre	2-4 g (as powder)
	Seed oil	Barre -tail	5-10 ml
84.	<i>Carum carvi</i> L.		
	Fruit	Krishna jeerak/ Syaha /kala jeera	1-3 g (as powder)
85.	<i>Cassia absus</i> L.		
	Seed	Chakshushya / Chaksu	2-5 g
86.	<i>Cassia occidentalis</i> L.		
	Leaf	Kasmard / Kasoundi	5-10 g
	Seed / Fruit		1-3 g
87.	<i>Cassia tora</i> L. / <i>C. alata</i> L.		
	Leaf/Juice	Chakarmard / Chakwad	10-20 g/ml
	Seed		3-5 g (as powder)
88.	<i>Cassia fistula</i> Linn.		
	Fruit / Tender fruit	Aaragavadh / Amaltas	10-20 g (as pulp)
	Seed / Bark	Amaltas	2-5 g (as powder)
89.	<i>Cassia angustifolia</i> / <i>C. acutifolia</i> / <i>C. senna</i> L		
	Seed/Leaf	Swarnapatri / Sanay / Senna	0.5 – 2 g (as powder)
	Extract		125 – 250 mg
90.	<i>Cedrus deodar</i> Roxb.		
	Seed/Wood/Bark	Devdaru / Devdar	3-6 g (as powder)
	Oil		2-4 ml
91.	<i>Celosia argentea</i> L. var. <i>argentea</i>		
	Seed	Shitivaaraka / Surwali / Safed murga	3-6 g
92.	<i>Celastrus paniculatus</i>		
	Seed	Jyothishmati / Malkanguni	2 – 3 g (as powder)
	Oil		1-2 ml
93.	<i>Celastrus paniculata</i> willd.		
	Seed	Jyothishmati / Maalkangni	3-5g
	Seed oil		5 - 15 drops
	Leaf		3-5 g (as powder)
94.	<i>Centella asiatica</i> (L.) Urban		
	Whole Plant	Mandukaparni / Brahmi (Galpatri) / Manduki	20-30 g (as fresh)
	Leaf		3-5 g (as powder)
	Extract	Brahmi	0.5 – 1 g
95.	<i>Centratherum anthelminticum</i>		
	Fruit/Seed	Aranya jeerak/ Kali-jeeri / Van- jeeri	1 – 3 g
96.	<i>Chenopodium album</i> L.		
	Whole plant/Leaf	Vasthuka/ Bathua	20-30 g (as fresh)
	Seed	Bathua	2-5 g
97.	<i>Chlorophytum borivillianum</i> / <i>C. arundinaceum</i> / <i>C. tuberosum</i>		
	Root	Musali safed / Musali	3 – 6 g (as powder)
98.	<i>Cicca acida</i> (L.) Merrill		
	Fruit	Harfa rewadi	10-20 g
99.	<i>Cicer arietinum</i> L.		

	Tender leaf	Chanak / Chana / Kalachana	30-50 g (as fresh)
	Seed	Chana / Kalachana	20-30 g
100.	<i>Cichorium endivia</i>		
	Seed/Root	Kasani/Chicory	5-10 g
101.	<i>Cinnamomum tamala</i> Nees/ Eberm. / <i>C. wightii</i>		
	Leaf	Tamalpatra/ Tejapatra	2-3 g
102.	<i>Cinnamomum zeylanicum</i> Blume (Now known as <i>C. verum</i> J. S. Presl.)/ <i>C. cassia</i> (syn) / <i>C. aromaticum</i>		
	Bark	Twak / Dalchini (Ceyloni)	1-2 g (Not recommended during pregnancy)
103.	<i>Cissampelos pareria</i> L. var. <i>hirsuta</i> (Buch. Ham. ex DC.) Forman.		
	Leaf / Whole Plant/ Root	Patha/ Padhi	3 – 6 g (as powder)
104.	<i>Cissus quadrangularis</i> L.		
	Aerial part	Astisamhara / Hadjod	20-30 g (as fresh)
	Stem	Hadjod	3-6 g
	Extract		0.5 – 1 g
105.	<i>Citrullus colocynthis</i> (L.) Schard.		
	Fruit / Root / Leaf	Indarvaruni / Indarun / Indrayan	0.25-0.5 g (as powder) (Not recommended during pregnancy)
106.	<i>Citrullus vulgaris</i> Schrad. ex Eckl. and Zeyh. var. <i>fistulosus</i> (Stocks) Stewart		
	Fruit	Tinda	20-40 g (as fresh)
107.	<i>Citrullus lanatus</i> (Thunb.) Matura and Nakai		
	Fruit	Tarbuj	50-100 g (as pulp)
	Seed		3-6 g
	Seed oil		1-3 ml
108.	<i>Citrus aurantifolia</i> (Christm. and Panz.) Swingle / <i>C. medica</i> / <i>C. acida</i> Roxb.		
	Fruit / Leaf / Root	Nimbuca / Nimbu	3-5 ml (as juice)
109.	<i>Citrus limon</i> (Linn.) Burm.f.		
	Fruit / Leaf / Root	Jambeer / Jameerinibu	5-10 ml (as juice)
110.	<i>Citrus maxima</i> (Burm.) Merr. / <i>C. grandis</i> L		
	Fruit / Leaf	Chakotara / Sadaphala	30-50 g (as fresh) 5-10 ml (as juice)
111.	<i>Citrus medica</i> L. var. <i>medica</i>		
	Fruit	Turanuj / Bijoura	5-10 ml (as juice)
112.	<i>Citrus reticulata</i> Blanc.		
	Fruit / Leaf	Narangi / Santra	30-50 ml (as juice)
113.	<i>Citrus sinensis</i> (L.) Osbeck		
	Fruit / Leaf	Mousami	50-100 ml (as juice)
114.	<i>Clerodendron infortunatum</i>		
	Whole plant	Bhandiri / Bhaandi / Bhatechh	10 – 20 ml (as juice)
115.	<i>Clerodendrum phlomidis</i>		
	Whole plant	Arani / Laghuagnimandh	10-20 g (for decoction) 3-5 g (as powder)
115.	<i>Clerodendrum serratum</i>		
	Whole plant	Bharangi	3-6 g (as powder)
116.	<i>Clitoria ternatea</i> Linn.		

	Root/Seed	Girikarnika / Aparajita	1-3 g
	Leaf		2-5 g (as powder)
117.	<i>Coccinia grandis</i> (L.) Voigt. / <i>C. indica</i> / <i>C. cardifolia</i> (syn)		
	Leaf	Bimbi/ Kundru phal / Kuntru shak	5-10 g (Not recommended for children below 5 years)
	Stem	Kundru	3-6 g (as powder)
	Whole plant	Kundru	3-6 g (as powder) 5-10 ml (as juice)
	Fruit	Kundru	20-50 g (as fresh)
118.	<i>Cocos nucifera</i> L.		
	Endosperm	Nariyal	10-20 g
	Water	Nariyal jala	100-200 ml
	Flower	Nariyal	5-10 g
	Shell / Fibre / Whole fruit	Ash	125 - 250 mg
119.	<i>Cocculus hirsutus</i> (L.) Theob.		
	Leaf / Whole plant	Chilihintha / Jalajamani	10-20 g (for decoction) 2 - 4 g (as powder)
120.	<i>Coix lacryma-jobi</i> L.		
	Seed	Millet/ Gavedhukaa/ Gargari	10-20 g
121.	<i>Coffea arabica</i> / <i>C. robusta</i>		
	Seed (Dry/Green)	Kaaphi / Kahava / Coffee	3-5 g (Not recommended for children below 5 years)
122.	<i>Coleus forskohlii</i> / <i>C. aromaticus</i> / <i>C. barbatus</i> (syn)		
	Root / Leaf / Whole plant	Gandiva / Pathachoor / Parn-yavani	3-5 g (as powder) (Not recommended for children below 5 years)
123.	<i>Coleus vettiveroides</i> K.C. Jacob.		
	Stem / Leaf / Root	Hrivera / Baalatka	3-5 g (as powder)
124.	<i>Coleticum luteum</i> Baker		
	Corm	Suranjan / Suranjan-kadvi	0.5 - 1 g (Not recommended in children below 5 years and pregnant mothers)
125.	<i>Colocasia antiquorum</i> Schott. (Now known as <i>C. esculenta</i> (L.) Schott.)		
	Rhizome	Pindalaka/ Arvi/ Aaluki	20-30 g (as fresh) (Not recommended for children below 16 years)
126.	<i>Commelina bengalensis</i> L.		
	Whole plant	Karnsphota / karnmorata / Kausar	3-6 g
127.	<i>Commiphora wightii</i>		
	Oleoresin	Guggal	2-4 g (Not recommended)

			for children below 5 years)
128.	<i>Commiphora myrrha</i>		
	Oleoresin	Hirabol	2-4 g (Not recommended for children below 5 years)
129.	<i>Convolvulus pluricaulis / Evolvus alsinoides</i>		
	Whole plant (with white or bluish flowers)	Shankh-pushpi / Vishnukranta	10-20 g (for decoction)
130.	<i>Convolvulus turpethum / Iporius turpethum</i>		
	Root / Seed	Sygma-kali nishoth / Safed Nishoth	2-4 g (as powder)
131.	<i>Coptis teeta</i> Wall. / <i>C. chinensis</i> syn		
	Whole plant	Mamira / Tiktamoola	1-3 g (as powder)
132.	<i>Corchorus acutangulus</i> Lam. (Now known as <i>C. aestuans</i> L.) / <i>C. capasularis</i> L / <i>C. oltorius</i> L		
	Aerial part	Chunchu / kaala / shaak / palva saag / Chench	10-20 ml (as juice)
133.	<i>Cordia dichotoma</i> Forst. f. (<i>C. wallichii</i> G.Don)		
	Fruit	Shlashmotaka / Lisora / gondra	10-20 g
134.	<i>Cordia rotthii</i> Roem. and Schult. (Now known as <i>C. gharaf</i> (Forssk.) Ehrenb and Asch.		
	Fruit	Chhota Lisora / Lasudi	10-20 g
135.	<i>Coriandrum sativum</i> L.		
	Fruit / Seed	Dhanyaka / Dhaniya	1-3 g (as powder)
	Aerial part / Fresh leaf	Dhaniya	10-20 ml (as juice)
136.	<i>Costus speciosus / C. koeniga</i> (syn)		
	Rhizome / Root	Kebuka / Kemuk	2-4 g (as powder) (Not recommended for children below 5 years)
137.	<i>Crataeva nurvala</i> Buch- ham / <i>C. megna</i> DC		
	Fruit/Bark/Leaf	Varun / Barana	10-20 g (for decoction)
138.	<i>Crocus sativus</i> L.		
	Style/ Stigma	Kumkum (Kesar)	25-50 mg (Not recommended for children below 16 years)
139.	<i>Cucumis melo</i> L. / <i>C. melo</i> L. var. <i>momordica</i> Duthie and Fuller / <i>C. melo</i> L. var. <i>utilissimus</i> (Roxb.) Duthie and Fuller		
	Fruit	Kharbooja	50-100 g
	Seed		1-3 g (as powder)
140.	<i>Cucumis sativus</i> L.		
	Seed	Tripasha / Khira/cucumber	3-6 g (as powder)
	Fruit	Khira	50-100 g (as fresh)
141.	<i>Cucurbita maxima</i> Duch. ex Lam.		
	Seed	Peetkushmand/ Kashiphal/ kaddu	5 -10 g
	Fruit	Kashiphal	50-100 g (as fresh)
142.	<i>Cucurbita pepo</i> L.		
	Fruit	Kushmand / Safed Kaddu / safed petha	50-100 g (as fresh)

	Seed	Safed petha	5-10 g (as powder)
143.	<i>Cuminum cyminum</i> L.		
	Fruit	Jeerak / Jeera / safed	1-3 g (as powder)
144.	<i>Curculigo orchioides</i> Gaertn.		
	Tuber		Talmuli / Kalimushli
145.	<i>Curcuma amada</i> Roxb.		
	Rhizome	Aamra haridra / Ambaahaldi	5-10 g (as fresh) 2-4 g (as powder)
146.	<i>Curcuma angustifolia</i>		
	Root	Tavakasheer/ Tavkshir / Tikhur	2-5 g
147.	<i>Curcuma longa</i> L.		
	Rhizome	Haldi	1-3 g (as powder)
	Fresh Rhizome / Leaf		5-10 ml (as juice)
148.	<i>Curcuma zedoaria</i> Roxb. (Now known as <i>C. aromatica</i> Salisb.)		
	Rhizome	Karchura / Kachur	1-3 g (as powder)
149.	<i>Cyamopsis tetragonoloba</i>		
	Pod/Seed	Gaurphali /Guar / Guar gum	20-30 g (as powder)
	Gum		5-10 g (as powder)
150.	<i>Cymbopogon citratus</i> (DC.) Stapf / <i>C. coloratus</i> Stapf / <i>C. jwarankusa</i> (Jones) Schult / <i>C. martini</i> (Roxb.)Wats		
	Whole plant	Lamajjaka / Harichaya / Rosha Ghas / lemon grass	1-3 g (as infusion)
151.	<i>Cynodon dactylon</i> (L.) Pers.		
	Leaf / Whole plant	Durva / Duba	3-5 g
152.	<i>Cyperus rotundus</i> L. / <i>C. seariosus</i> R. Br		
	Rhizome	Mushtaka / Nagarmotha / Bhadramushtaka	2-5 g
153.	<i>Daucus carota</i> L.		
	Tuberous root	Gajar	50-100 g (as fresh) 50-100 ml (as juice)
	Seed		1-2 g (as powder) (Not recommended during pregnancy)
154.	<i>Desmodium gangeticum</i> / <i>D. latifolium</i>		
	Whole plant / Root	Shaalparnii / Sarvan	5-10 g (for decoction) 2-5 g (as powder)
155.	<i>Dillenia indica</i> L.		
	Fleshy fresh sepals / Bark / Leaf	Bhavya /Chalta	10-20 g (for decoction)
	Fruit		40-50 g (as fresh)
156.	<i>Dioscorea alata</i> L. / <i>D. deltoidea</i>		
	Tuber / Aerial bulbs	Kathalu / Shingali	10-20 g
	Extract		0.5-1 g
157.	<i>Dioscorea bulbifera</i> L.		
	Tuber /Aerial bulbs	Varahikand / Genthi / Taradi	20-30 g (as fresh) 5-10 g (as powder)
	Extract		0.5-1 g

158.	<i>Dioscorea esculenta</i> (Lour.) Burkill / <i>D. pentaphyla</i> L		
	Tuber	Madhvaluk / Suthani	5-10 g
159.	<i>Diplezia maxima</i>		
	Tender shoots	Lungru	30-50 g
	Root		5 - 10 g
160.	<i>Diospyros peregrina</i> Gurke (Now known as <i>D. malabarica</i> (Desr.) Kostel)		
	Ripe fruit	Tinduka / Tendu / Gab	20-30 g
	Unripe fruit	Gab	4-8 g (as powder)
	Bark / Leaf / Seed		3-5 g (as powder)
161.	<i>Dlucheia lameolata</i> C.B. Clarke		
	Aerial parts / Leaf	Razana / Vaaya-surai	5-10 g (as powder)
162.	<i>Dolichos biflorus</i> L. (Now known as <i>Vigna unguiculata</i> (L.) Walp.)		
	Seed	Kulath / Kulathi Gontha	20-30 g
163.	<i>Dolichos lablab</i> L. (Now known as <i>Lablab purpureus</i> (L.) Sweet)		
	Seed	Nishpaav/ Sem/ Semphali	20-40 g (as seed)
	Tender Pod	Sem	30-40 g (as fresh)
164.	<i>Echinochloa frumentacea</i> Link / <i>Panicum frumentacea</i> (syn)		
	Fruit	Sanwa / Shyamaka	30-50 g
165.	<i>Eclipta prostata</i> L. / <i>E. alba</i> (syn)		
	Whole plant	Bhringaraj/ Bhangra	3-6 g (as powder)
166.	<i>Elettaria cardamomum</i> (L.) Maton		
	Seed	Elaa/ Sukshma elaa/ Chhoti elaichi	250-500 mg (as powder)
167.	<i>Eleusine coracana</i> (L.) Gaertn. ssp. <i>coracana</i> (Finger millet)		
	Seed	Madhuli / Madua / Ragi	20-50 g
168.	<i>Elsholtzia cristata</i> Willd. / <i>E. ciliate</i> (syn)		
	Leaf	Ajogandha	5-10 ml (as juice)
	Seed		2-3 g
169.	<i>Emblica officinalis</i> Gaertn. (Now known as <i>Phyllanthus emblica</i> L.)		
	Fruit	Amalaki/ Anwala / Amla	20-30 g (as fresh) 3-6 g (as powder) 5-10 ml (as juice)
	Extract		1-3 g
170.	<i>Embelia ribes</i> Burm. f.		
	Fruit	Vidanga / Vai-vidanga / Bhabhiranga	1-2 g (Not recommended for females planning to conceive)
171.	<i>Embelica tsjeriam</i> -cotton A.DC / <i>E. robusta</i> (syn)		
	Fruit	Vidanga (bhed) / Bai- vidang (bhed)	5-10 g (as powder)
172.	<i>Enicostemma littorale</i> Blume		
	Whole plant	Maamajaka / Mamejwa / Naai	2-3 g
	Extract		0.5 - 1 g
173.	<i>Ephedra gerardiana</i> Wall.		
	Leaf/Whole plant	Somlata / Som / Somvalli	2-3 g (as powder)

174.	<i>Euphorbia hidra</i> Linn. / <i>E. thymifolis</i> Linn.		
	Whole plant	Dugdhika / Dudhi	3-5 g (as powder)
175.	<i>Euphorbia neriifolia</i> / <i>E. pilosa</i> / <i>E. royalana</i> / <i>E. dracunculoides</i>		
	Stem (tender) after boiling	Snuhi / Thuhar / Sehund	10-20 g (as fresh)
	Leaf		3-5 g (as fresh) (Not recommended for children below 5 years and pregnant women)
	Latex		20 - 30 mg
176.	<i>Euryale ferox</i> Salisb.		
	Seed	Makhana / Fox-nut	20-30 g (as seed) 3-5 g (as powder)
177.	<i>Fagopyrum esculentum</i> Moench. / <i>F. tataricum</i> Gaertn. / <i>F. essence</i>		
	Seed	Kuttu	30 -50 g
178.	<i>Ferula asafoetida</i> L. / Syn. <i>F. foetida</i> Regal/ <i>F. narthex</i> . Boiss		
	Oleo-gum resin	Hingu / Hing / Heeng	60- 125 mg (as powder)
179.	<i>Ficus benghalensis</i> L.		
	Fruit	Vatt / Nyagrodha / Baragad	40-50 g
	Shoot / Bark / Aerial root		5-10 g (for decoction) 2-5 g (as powder)
180.	<i>Ficus carica</i> L. / <i>F. palmata</i>		
	Fruit	Anjeer / fig / phalguni / Indian fig	20-30 g
	Leaf / Bark		3 - 5 g (as powder)
181.	<i>Ficus glomerata</i> Roxb. (Now known as <i>F. racemosa</i> L.)		
	Fruit / Leaf	Udumbara / Gular	20-30 g (as fresh)
	Bark		3 - 5 g (as powder)
182.	<i>Ficus hispida</i> L.f.		
	Fruit	Kathgulara / Kakodumba	10-20 g
	Bark		3 - 5 g (as powder)
	Tender leaf	Kathgulara	20-40 ml (as juice)
183.	<i>Ficus locar</i> Buch. Ham / <i>F. infectoria</i>		
	Fruit / Stem / Bark / Leaf	Plaksha / Pakad	5-10 g
184.	<i>Ficus religiosa</i> L.		
	Fruit / Tender Leaf	Aswath /Pipal / Peepal	5-10 g
	Bark		3 - 5 g (as powder)
185.	<i>Flacourtia ramontchi</i> L' Herit (Now known as <i>F. indica</i> (Burm.f.) Merr.) / <i>F. jangomas</i> (Lour.) Raeusch		
	Fruit	Vikantaka / Katai / Kanghu /Surva vruksha	5-10 g
186.	<i>Foeniculum vulgare</i> Mill.		
	Fruit	Mishraya / Sounf / Fennel seed	3-6 g (as powder)
	Leaf		20-30 g (as fresh)

187.	<i>Fumaria vaillantii</i> (Lois.) Hook. f. and Thoms. var. <i>indica</i> Haussk. (Now known as <i>F. indica</i> (Haussk.) Pugsley) / <i>F. parviflora</i> (syn)		
	Whole plant	Parpat / Pittapapda	1-3 g (as powder)
188.	<i>Garcinia indica</i> (Thour.) Choisy / <i>G. cambogia</i>		
	Mature fruit	Vrukshamala / Kokam	10-20 ml (as juice) 5-10 g (as powder)
	Butter/ Oil		3-5 g/ml
	Extract		1 - 2 g
189.	<i>Garcinia pedunculata</i> Roxb. ex Buch-Ham.		
	Fruit rind	Vatasamla / Amalbeda	5-10 ml/g (as juice/powder)
190.	<i>Gardenia gummifera</i> Linn. F		
	Gum	Naadihingu / Dikkamaali	250 - 500 mg
191.	<i>Gardenia turgida</i> Roxb. (Now known as <i>Ceriscoides turgida</i> (Roxb.) Tirveng.)		
	Gum	Kharahara / Mahapindi / Kharahatta	1-3 g (as powder)
192.	<i>Gentiana kurroo</i> Royle.		
	Rhizome / Root	Trayamana / Trayanta	1 - 3 g
193.	<i>Gisekia pharnaceoides</i> L.		
	Leaf	Elavallukavari / Baluka Saga	5-10 g
194.	<i>Glycine max</i> (L.) Merr.		
	Seed	Soya / Soyabean	20-40 g
	Soya proteins		10-20 g
195.	<i>Glycyrrhiza glabra</i> L.		
	Root / Stolon	Madhuyasti / Yashtimadhu / Mulethi / liquorice	5-10 g (as powder)
196.	<i>Gloriosa superba</i> Linn.		
	Root / Tubers	Langali / Kalihari	125 - 250 mg (not indicated in children and divine mothers)
197.	<i>Gmelina arborea</i> Roxb. / <i>Premna arborea</i> Roth (syn)		
	Fruit	Gambhari / Gamhari / Kaashmari	20-30 g
	Stem /Bark / Leaf		3 - 5 g (as powder)
198.	<i>Gmelina asiatica</i> L.		
	Fruit	Gopabhadra, Badhara	20-30 g
	Stem / Bark / Leaf		1 - 3 g (as powder)
199.	<i>Gossypium herbaceum</i> / <i>G. arboreum</i> L.		
	Seed	Karpasi/ Kapas/ Cotton	10-20 g
	Root		3 - 6 g (as powder)
200.	<i>Grewia hirsuta</i> Vahl		
	Root / Stem	Nagabala / Gulsakari	5-10 g (as powder)
	Fruit		3- 5 g
201.	<i>Grewia populifolia</i> Vahl (Now known as <i>G. tenax</i> (Forssk.) Fiori)		
	Bark / Fruit	Gangeru / Gangeran	5-10 g (as powder)
202.	<i>Grewia tiliaefolia</i> Vahl / <i>G. sclerophylla</i> / <i>G. optiva</i>		
	Fruit	Dhanvana / Dhamin	20-30 g
	Bark		3 - 5 g powder
203.	<i>Gymnema sylvestre</i> B. Br.		

	Plant	Meshashrungi / Gudmar / Madhunashini	5-10 g (for decoction) 3-5 g (as powder)
	Extract	Gudmar	0.5-1 g
204.	<i>Gynandropsis gynandra</i> (L.) Briq. (Now known as <i>Cleome gynandra</i> L.) / <i>G. pentaphyla</i> DC		
	Seed	Ajagandha / Hurhur	1-3 g (as powder)
	Whole plant	Hurhur	10-20 ml (as juice)
205.	<i>Habenaria intermedia</i> / <i>H. acuminata</i> THW / <i>H. edgeworthi</i>		
	Root tuber / Rhizome	Vruddhi / Ridhi	3-5 g
206.	<i>Hedychium spicatum</i> Ham ex Smith / <i>H. album</i>		
	Rhizome	Shatti / Kapur-Kachari	3-5 g
207.	<i>Helicteres isora</i> Linn.		
	Pod (fruit) / Bark / Leaf	Avartani / Avartaki / Marodphali	3-6 g (as powder)
208.	<i>Heliotropium indicum</i> Linn.		
	Whole plant	Hastishundi / Vrishikaali	3-6 g (as powder)
209.	<i>Hemidesmus indicus</i> syn. <i>Periploca indicus</i> L.		
	Root / Stem	Anantmula	3-6 g
210.	<i>Hibiscus rosasinensis</i> L.		
	Flower	Japakusum/ Gudahal	1-3 g (as powder) (Not recommended during pregnancy)
211.	<i>Hibiscus sabdariffa</i> L.		
	Leaf	Abaasthaki/ Patawa	5-10 g (as powder)
	Seed	Patawa	1-3 g (as powder)
	Ripe calyx		5-10 g (as powder)
212.	<i>Hippophae rhamnoides</i> L. / <i>H. salicifolia</i>		
	Fruit / Leaf	Amlavetasa / Leh-beri/ Chharma/ Sea buck thorn	10-20 g
	Extract	Amalvets	0.5-2 g
213.	<i>Hordeum vulgare</i> L.		
	Seed	Yava/Jau	30-50 g
	Aerial parts (processed)/Ash		2-5 g
214.	<i>Hygrophila spinose</i> / <i>H. auriculata</i> syn. / <i>H. schull</i> (ham)		
	Seed	Kokilaksha/ Ikshura / Tal makhana	3 - 6 g
	Whole plant		1 - 3 g (as ash)
215.	<i>Hypericum perforatum</i>		
	Leaf / Whole plant	Basant	3-6 g
	Plant extract		0.5-1 g
216.	<i>Hyssopus officinalis</i> Linn.		
	Whole plant	Zuufea dayaa-kunji	3-5 g
217.	<i>Illicium verum</i> Hook. f.		
	Fruit	Badiyan Khatai / Aniseed star	250 - 500 mg (as powder)
218.	<i>Inula racemosa</i> . Hook / <i>I. roylanna</i> non- DC (syn)		
	Root	Pushkar mool / Pokhar mool	1-3 g (as powder)

219.	<i>Ipomoea aquatica</i> Forssk. / <i>I. raptans</i> por (syn)		
	Leaf	Kalambi / Kalamisaag	20-30 g
220.	<i>Ipomoea batatas</i> (L.) Lam.		
	Tuber	Shakarkandi / Mukhaalwka / Sweet potato	20-30 g
221.	<i>Ipomoea digitata</i> auct. non L. (Now known as <i>I. mauritiana</i> Jacq.)		
	Root/Tuber	Kasheer - vidhara /	3-6 g
	Seed	Vidarikand	1-2 g
222.	<i>Ipomia nil</i> Linn. / <i>Convolvulus nil</i> Linn. / <i>Convolvulus biobatus</i> (syn)		
	Seed	Shankhini / Krishanbeej / Kaaladana	3-5 g (Not recommended in children below 5 years and pregnant women)
223.	<i>Juglans regia</i> Linn. / <i>J. cineraria</i> L.		
	Fruit/Endosperm	Akshod / Akhrot / Walnut	10-20 g
	Leaf/Bark		3-5 g
224.	<i>Juniperus communis</i>		
	Flower/Leaf	Hapusha / Hauber	2 - 6 g
225.	<i>Jusmin auriculata</i> Vahl. / <i>J. humile</i> Linn.		
	Leaf / Flower	Yuthika / Juhil / Swarn-yuthika (swarnjati)	3-5 g
226.	<i>Jusmn officinale</i> Linn. / <i>J. grandiflorum</i>		
	Leaf / Flower	Jaati / Chameli / Jasmin	3-5 g
227.	<i>Kaempferin galanga</i> Linn.		
	Rhizome	Sugandhvacha / Chandevmula	500mg - 1 g
228.	<i>Kigelia pinnata</i> Jaeg. DC.		
	Fruit	Balam kheera	20-30 g
	Stem / Bark		3-6 g
229.	<i>Lagenaria vulgaris</i> Ser. (Now known as <i>L. siceraria</i> (Mol.) Standl.)		
	Fresh fruit	Katutumbi / Tumbini	10-20 g
	Seed	Alabu	1-3 g (as powder)
230.	<i>Lagerstroemia indica</i> / <i>L. parviflora</i>		
	Leaf	Jarul	6 - 12 g (as powder)
	Extract	Frash/ Faransh	1-2 g
231.	<i>Lens culinaris</i> Medik.		
	Seed	Masura	20-40 g
232.	<i>Lepidium sativum</i> L.		
	Seed	Chandershoola / Chansur / Halon / Garden cress	3-6 g (as powder) (Not recommended during pregnancy)
	Aerial part	Chansur	30-50 g (as fresh)
233.	<i>Leptadenia reticulata</i> (Retz.)W. and A.		
	Leaf/ Aerial part	Jeevanti/ Dodisaka/ Hemavati	20-30 g (as fresh)
	Root / Whole plant		5-10 g (for decoction) 3-5 g (as powder)

234.	<i>Leucas cephalotus</i> (Koenig ex Roth) Spreng./ <i>L. aspera</i>		
	Leaf	Drona pushpi / Guma	20-30 g (as fresh) 3-5 g (as powder)
235.	<i>Limonia acidissima</i> L.		
	Fruit	Kapittha / Kainth / Wood apple	20- 40 g (as fruit) 1-3 g
236.	<i>Linum usitatissimum</i> L.		
	Seed	Alasi / Atasi/ linseed/flaxseed	10-20 g
	Seed oil	Atasi ka tail	10-20 ml
237.	<i>Litchi chinensis</i> Sonner		
	Fruit	Litchi	30-50 g
238.	<i>Luffa acutangula</i> (L.) Roxb.		
	Whole plant	Katu koshatakri / Torai / dhartorai / ridged gourd	5 -10 g (as powder)
	Fruit	Torai	30-50 g (as fresh)
Seed	1-3 g (as powder)		
239.	<i>Luffa cylindrica</i> (L.)M. Roem. / <i>L. echinata</i> (devdali)		
	Fruit	Dhaamargava /Nenua / Rajkoshataki	20-40 g (as fresh)
	Seed	Nenua	1-3 g (as powder)
240.	<i>Lycopersicon esculentum</i> Mill. (Now known as <i>L. lycopersicum</i> (L.) Karsten.)		
	Fruit	Tamatar/ tomato	20-40 g (as fresh)
241.	<i>Madhuca indica</i> Gmel.(Now known as <i>M. longifolia</i> (Koen.) Macbride var. / <i>M. longifolia</i> (Koenig) Macbride var. <i>latifolia</i>)		
	Flower	Madhuca / Mahua / jal mahua	10-15 g (as flower)
	Fruit	Mahua	10-15 g
	Seed oil	Koyna ka tail	2-5 ml
242.	<i>Malva sylvestris</i> L. / <i>M. rotundifolia</i>		
	Fruit	Suvarchala / Khubharaji / Gulkhair	5-7 g (as powder)
	Leaf	Gulkhair	3-6 g (as powder)
243.	<i>Mangifera indica</i> L.		
	Ripe fruit	Aamar / Aam	50-150 g
	Unripe fruit pulp	Aam	10-30 g
	Seed kernel	Aam Beej / Majja	1-2 g (as powder)
	Leaf / Bark	Aam	3-5 g
	Extract of leaf	<i>Amara (ghan)</i>	0.5-1 g
244.	<i>Maranta arundinacea</i> L.		
	Rhizome	Kookaineer (Sidha)/ Ararota/ Arrow-root	10-30 g (as powder)
245.	<i>Marrubium vulgare</i> Linn.		
	Whole plant	Fasaasiyum	3-5 g (as powder)
246.	<i>Marsilea minuta</i> L.		
	Leaf / Whole plant	Sunishannak/ Chowpatia	10-20 g (as fresh) 2-4 g (as powder)
	Extract	Chowpatia	0.5-1 g
247.	<i>Mentha spicata</i> L. / <i>M. arvensis</i> L. / <i>M. aquatica</i> Linn./ <i>M. suaveolans</i>		
	Aerial part	Putina/ Pudina	3-5 g

248.	<i>Mentha piperata</i> L./ <i>Mentha</i> spp.		
	Leaf	Peppermint / Sat pudina	2-5 g (as fresh) 1-2 g (as dry)
	Distilled oil/Extract		10-30 mg
249.	<i>Mesua ferrea</i> Linn.		
	Stemen/Flower bud	Nagkesar	1-3 g
250.	<i>Microstylis musifera</i> Ridley		
	Tuber	Jivaka	3-5 g
251.	<i>Microstylis wallichii</i> Lindl. (Now known as <i>Malaxis acuminata</i> D. Don)		
	Tuber	Rishabhka	5-10 g
252.	<i>Mimosa pudica</i>		
	Whole plant/Seed	Lajjalu / Lajwanti	3-6 g
253.	<i>Mimusops elengi</i> L.		
	Pericarp	Bakula / Mauisiri	20-40 g
	Flower	Mauisiri	5-10 g
	Bark		3-5 g
254.	<i>Mimusops hexandra</i> Roxb. (Now known as <i>Manilkara hexandra</i> (Roxb.) Dub.)		
	Pericarp	Khirni	20-40 g
255.	<i>Momordica charantia</i> L.		
	Fresh fruit / seed	Karabelwa / Karela	30-50 g (as fresh) 3-5 g (as seed)
	Dried fruit / seed		0.5-1 g
	Extract		(Not recommended for females planning to conceive and children below 5 years)
256.	<i>Momordica dioica</i> Roxb. ex Willd.		
	Root	Karkotaka / Khekhasa/ Karkoda	3-6 g (as powder)
	Fruit	Khekhasa	30-50 g
257.	<i>Monochoria vaginalis</i> (Burm.f.) Presl.		
	Rhizome	Indivara	3-6 g
258.	<i>Moringa oleifera</i> Lam. / <i>M. concanensis</i> Nimmo		
	Leaf	Shiguru/ Sahijan / Muringya / Lal sehanjan	10-20 g (as fresh or paste) 2-5 g (as powder)
	Seed		Sahijan / Muringya
	Pod	40-80 g (as fresh) 2-5 g (as powder)	
	Flower	10-20 g (as fresh)	
	Extract of Bark/ Leaf/Fruit	0.5-1 g	
259.	<i>Morus alba</i> L. / <i>M. Indica</i> / <i>M. nigra</i>		
	Fruit Tender leaf / Bark / Flower	Shahtoot / Toot	20-30 g 3-5 g
260.	<i>Morchella esculenta</i> / <i>M. elata</i>		
	Fruiting body	Guchhi	10-20 g
261.	<i>Mucuna pruriens</i> (L.) DC. / <i>M. prurita</i> Honk.		
	Root	Atma Gupta / Kapikachhu /	10-20 g (for

		Kawach/ Concha	decoction after processing)
	Pod	Kawach	20-30 g (as fresh after processing)
	Seed		3-6 g
	Extract		0.5-1 g
262.	<i>Murraya koenigii</i> (L.) Spreng. / <i>M. exotica</i> Linn (Kamini)		
	Leaf / Fruit	Kaidarya /meetha neem/ Kadhipatta	5-10 g
263.	<i>Musa paradisiaca</i> L.		
	Flower	Kadali / Kela / banana / plantain	20-30 g
	Fresh shoot	Kela	20-50 g 10-20 ml (as juice)
	Ripe Fruit		30-50 g
	Unripe Fruit		10-20 g
264.	<i>Myrica esculenta</i> Buch. Ham. / <i>M. nagi</i> Hook		
	Fruit	Kataphala / Kaiphal	5-10 g
	Bark	Kaiphal	2-3 g
265.	<i>Myristica fragrans</i> Houtt.		
	Seed (kernel)	Jatiphala / Jaiphala / Jatipatra	0.25- 1.0 g (Caution: excessive use may cause giddiness)
	Aril (outer part of fruit)	Javitri	0.25 -1 g (as powder)
266.	<i>Myristica malabarica</i> Lam.		
	Seed	Pashika / Pashupati / Jangali Jayaphala	0.5 -2 g
	Aril	Jangali javitri	0.25 -1 g
267.	<i>Nardostachys jatamansi</i> DC / <i>N. grandiflora</i>		
	Stem/Aerial parts	Jatamansi / mansi	2-5 g
	Extract		0.25-0.50 g
268.	<i>Nasturtium officinale</i> / <i>N. aquaticum</i>		
	Leaf	Chhu-nalli / Water-cress / Piriya - haalim	10-20 g
269.	<i>Nelumbo nucifera</i> Gaertn.		
	Flower	Kamal / Padam	3-6 g (as powder)
	Rhizome	Bhen / Bhain	30-50 g (as fresh)
	Stalk	Murar / Kamalgatta	30-50 g (as fresh)
	Seed	kamalbeej	3-6 g (as powder)
270.	<i>Nymphaea alba</i> Linn/ <i>N. rubra</i> / <i>N. stellate</i>		
	Rhizome/ Seed	Kumud - utpala / Kamlini/ Nilofer /Shavet/ rakta / neel kamal	10-20 g
	Flower		3-6 g
271.	<i>Nigella sativa</i> L.		
	Seed	Kalaunji / Kaala jaaji	1-3 g (Not recommended during pregnancy)
272.	<i>Nilgirianthus ciliatus</i> (Nees) / <i>Strobilanthes ciliatus</i> (syn)		
	Fruit	Sehachara	3-5 g (as powder)

273.	<i>Nyctanthes arbortristis</i> L.		
	Flower	Parijat / Shephaali/ Harshringara	1-2 g
	Leaf / Seed	Harshringara	1-3 g
274.	<i>Ocimum basilicum</i> L. / <i>O. pilosum</i> Wild.		
	Leaf	Barbari /Bhavari Tulsi/ Niaboo	3-6 ml (as juice) 1-3 g (as powder)
	Seed Extract		125-250 mg 0.25-0.50 g
275.	<i>Ocimum gratissimum</i> L.		
	Leaf / Seed Extract	Vridha tulasi / Ram Tulasi	1-3 g (as powder) 0.25-0.50 g
276.	<i>Ocimum sanctum</i> L. (Now known as <i>Ocimum tenuiflorum</i> L.)		
	Leaf	Tulasi / Surasa / vrinda	2-5 g
	Seed Extract	Tulasi	1-2 g 0.25-0.50 g
277.	<i>Olea europaea</i>		
	Seed	Zaitoon / Jaitun	10-20 g
	Oil		10 - 20 ml
	Leaf		3-5 g (as powder)
278.	<i>Onosma bracteatum</i>		
	Whole plant/Leaf	Gojihraa / Gaozabaan	5-10 g
279.	<i>Onosma hispidum</i> / <i>O. echioides</i> Linn.		
	Root	Ratanjot	3-5 g
280.	<i>Operculina turpethum</i> / <i>Ipomea turpethum</i> (syn)		
	Root/Seed	Trivrat / Nishoth	1-3 g (Not recommended for children below 5 years)
281.	<i>Ophiocordyceps sinensis</i> / <i>O. indica</i> D.Don		
	Whole plant	Keetjaadi	20-60 mg
282.	<i>Opuntia vulgaris</i> / <i>O. dillenii</i>		
	Ripe fruit	Nagphani / Chhiter thohar	10-20 g (as fresh)
283.	<i>Orchis latifolia</i> L. (Now known as <i>Dactylorhiza hatergeria</i> (D. Don) Soo)		
	Tuber	Mynjataka / Salampanja / Salam-mishu	3-5 g (as powder)
284.	<i>Origanum majorana</i> L. / <i>Majorana hostensis</i> (syn)		
	Leaf	Marubaka / Marnaa	5-10 drops (as juice)
285.	<i>Oroxylum indicum</i>		
	Bark/Seed	Shyonok / Sonapatha / Talvarphali / Tatapleng	5-10 g (for decoction) 3-5 g (as powder)
286.	<i>Oryza sativa</i> L.		
	Seed	Shali-tandul / Chawal - shali	50-100 g
	Root stock		10-20 g (for decoction)

287.	<i>Oxalis corniculata</i> L.		
	Leaf	Changeri / Chukraa / Tinpatia	5-10 ml (as juice)
288.	<i>Paederia foetida</i> Linn.		
	Whole Plant	Prasarini / Gandh Prasarini	5-10 g (for decoction)
289.	<i>Panax pseudo ginseng</i> Wall / <i>P. quinquefolium</i> Linn. / <i>P. schinseg</i> Knees.		
	Root	Laxmana	1-3 g (as powder)
290.	<i>Pandanus odoratissimus</i> L.f. / <i>P. facicularis</i> Linn.		
	Oil	Kethaki / Koedaa/ Kewada	2-5 drops
	Flower		2-5 g
291.	<i>Panicum miliaceum</i> L. (Millet)		
	Seed (grains)	Chinast / Cheenaa	50-100 g
292.	<i>Papaver somniferum</i> L.		
	Seed	Posta-daana / Khas-Khas	1-2 g (if taken regularly) 2-5 g (as powder - occasionally)
293.	<i>Parmelia perlata</i> (Huds) Ach.		
	Whole plant	Lichen / Shaileya / Shailpushp / Chhareela	3-5 g
294.	<i>Paspalum scrobiculatum</i> L. (Kodo millet)		
	Seed	Kodrava / Kodon/ Kodo	50-100 g
295.	<i>Pedaliium murex</i> Linn.		
	Fruit	Brihat Gokshura Bada gokharu	5 - 10 g (for decoction) 3-5 g (as powder)
296.	<i>Pennisetum typhoideum</i> L. C. Rich. (Now known as <i>P. americanum</i> (L.) K. Schum.) (Millet)		
	Seed	Bajra	20-40 g
297.	<i>Peucedanum graveolens</i> (L.) Benth. and Hook.f		
	Seed	Shepu	1-3 g
298.	<i>Phaseolus aconitifolius</i> Jacq. (Now known as <i>Vigna aconitifolia</i> (Jacq.) Marechal)		
	Seed	Makushtha /	20-50 g
	Whole plant	Moth -dal	3 - 6 g (as powder)
299.	<i>Phaseolus aureus</i> Roxb. (Now known as <i>Vigna radiata</i> (L.) Wilczek var. <i>radiata</i>)		
	Seed	Jangali moong	20-50 g
	Whole plant		3 - 6 g (as powder)
300.	<i>Phaseolus lunatus</i> L.		
	Pod	Sem	25-50 g (as pulse)
301.	<i>Phaseolus mungo</i> L. (Now known as <i>Vigna mungo</i> (L.) Hepper)		
	Seed	Masha / Urad - kale	20-50 g (as pulse)
302.	<i>Phaseolus radiatus</i> L. / <i>P. trilobus</i> Sensu.		
	Seed	Mudga / Mudgaparni / Moong	50-100 g (as pulse)

303.	<i>Phaseolus vulgaris</i> L. / <i>P. namus</i> Linn.		
	Pod / Seed	Lobia / Rajma / Kidney bean	10-20 g (as pulse)
304.	<i>Phoenix dactilifera</i> L.		
	Fruit	Kharjuura / Khajur / Chuhara	20-30 g
305.	<i>Phoenix sylvestris</i> (L.) Roxb. / <i>P. acaulis</i>		
	Fruit	Kharjuura/ Khajoor -jungli	20-30 g
	Nira (Sap)	Khajoor	30-50 ml (as fresh juice)
306.	<i>Phyllanthus amarus</i> / <i>P. urinaria</i> / <i>P. fraternus</i> Webster		
	Plant	Tamlaki / Bhumyamalaki/ Bhui - amla	5-10 g
	Extract	Tamlaki	0.5-1 g
307.	<i>Physalis alkekengi</i> L.		
	Fruit	Raajabutraka / Winter cherry / Kaknaj	5-10 g
308.	<i>Physalis minima</i> L.		
	Fruit	Tankaari / Papoto	10-20 g
309.	<i>Physalis peruviana</i> L.		
	Fruit	Parpoti (var) / Rasbhari	10-20 g
310.	<i>Picorhiza kurroa</i> Royle Ex. Benth / <i>P. scrophularii</i> flora		
	Root	Katuk / Kutaki / Kulaki (Bheda)	1-3 g (as powder)
	Extract		125-250 mg
311.	<i>Pimpinella anisum</i> L.		
	Fruit	Anisoon / Aniseed	1-3 g
	Oil		0.5 - 1 ml
312.	<i>Pinus excelsa</i> / <i>P. wallichiana</i> (syn)		
	Fruit	Kail /	5-10 g
	Oil	Saral (var)	1-2 ml
	Bark		2 - 3 g
			(Not recommended for children below 5 years)
313.	<i>Pinus gerardiana</i> Wall.		
	Endosperm	Nikochaka /	10-20 g
	Oil	Chilgoja /	1- 2 ml
	Bark	Neerachail	2 -3 g
314.	<i>Pinus roxburghii</i> / <i>P. longifolia</i> Roxb		
	Fruit /	Saral /	10-20 g
	Oleoresin	Cheer /	1-2 g
	Oil	Cheel	1-2 ml
			(Not recommended)

			for children below 5 years)
315.	<i>Piper betle</i> L.		
	Leaf	Tambula / Pana-patta / Paan	2-5 g (Not recommended for children below 5 years)
316.	<i>Piper chaba</i> Hunter (non Blume) (Now known as <i>P.r retrofractum</i> Vahl)/ <i>P. officinarum</i>		
	Leaf	Chabya / Chabh / Chavika	1-3 g (as powder)
317.	<i>Piper cubeba</i> L.f.		
	Fruit	Kankola / Kabab chini	1-3 g (as powder)
318.	<i>Piper longum</i> L. / <i>P. retrofractum</i> Linn.		
	Fruit	Pippaali / Long pepper / Magha	0.5-2 g (as powder) (Not recommended for prolonged use)
319.	<i>Piper nigrum</i> L.		
	Fruit	Maricha / Kali Maricha/ Black pepper	0.5-2 g
320.	<i>Pistacia integerrima</i> Stewart (Now known as <i>P. chinensis</i> Bunge ssp. <i>integerrima</i> (Stewart) Rech.f.		
	Gall	Karkatasharingi / Kakadasingi / kakdain	1-2 g
321.	<i>Pistacia lentiscum</i> Linn.		
	Gum-Resin	Mastagi / Roomi-mastagi	2-3 g
322.	<i>Pistacia vera</i> L.		
	Seed endosperm	Mukuulaka / Pista	5-10 g
323.	<i>Pisum sativum</i> L.		
	Seed and pod	Matar	30-50 g (as fresh)
324.	<i>Plantago ovata</i> Forssk. / <i>P. major</i> Linn. / <i>P. lanceolata</i> Linn.		
	Seed Husk	Isabgol	5-10 g 5 - 10 g
325.	<i>Plumbago zeylanica</i> Linn. / <i>P. indica</i>		
	Root	Chitraka / Chitra-sfed / Lal-pushp	1-2 g (as powder) after purification (Not recommended for children below 5 years and pregnant women)
326.	<i>Podophyllum hexandrum</i> Poyle. / <i>P.emodii</i> Wall. (syn)		
	Fruit / Rhizome / Root	Ban-kakadi / Giriparpat	125-250 mg (Not recommended for children below 5

			years and pregnant women)
327.	<i>Pongania pinnorta</i> Pierre. / <i>P. glabra</i> syn		
	Seed	Karanj	1-3 g (as powder)
	Leaf/ Stem/ Bark		3-5 g
	Oil		1-2ml
328.	<i>Polygonatum cirrhifolium</i> (Wall.) Royle		
	Rhizome	Meda	5-10 g
329.	<i>Polygonatum verticillatum</i> (L.) All.		
	Rhizome	Mahameda	5-10 g
330.	<i>Portulaca oleracea</i> L. / <i>P. quadrifida</i> L.		
	Aerial part	Kulpha - sag / Nonia - sag	20-30 g (as fresh)
331.	<i>Premna integrifolia</i> / <i>P. latifolia</i> / <i>P. tomentosa</i>		
	Whole plant / Bark / Leaf	Agnimanth	5-10 g (as powder)
332.	<i>Prosopis spicegera</i> Linn. / <i>P.cineriaria</i> Druce/ <i>P. stephanianna</i> (syn)		
	Pods	Shami / Khekjjadii	Pods 20-30 g (as fresh)
	Leaf / Bark / Flower		3-6 g (as powder)
333.	<i>Prunus amygdalus</i> Baill. var. <i>dulchin</i>		
	Fruit seed	Vaataama / Badam	10-20 g
	Seed oil	Badam ka tail	3 - 5 ml
334.	<i>Prunus armeniaca</i> L.		
	Pericarp	Khumani / Aaluka / Apricot	10-20 g
	Kernel	Khumani	3-5 g
	Seed oil		3-5 ml
335.	<i>Prunus cerasoides</i> D. Dons / <i>P. puddum</i> Roxb. (syn)		
	Wood	Padmaka / Padamkasht / Pajja/ Wild Himalaya cherry	1-3 g (as powder)
	Flower		1 -2 g
336.	<i>Prunus domestika</i> Linn. / <i>P. communis</i> Huds.		
	Fruit	Aarak/ Aaluuchar / Aaluubhukaara	5-10 g (as dried fruit)
	Seed Oil		2-3 ml
337.	<i>Prunus persica</i> (L.) Batsch. / <i>P. vulgaris</i> Nutt.		
	Pericarp / Fruit	Aarun / Adu/ Aaluka/ Aru-adu	10-20 g
338.	<i>Psidium guajava</i> L.		
	Fruit	Peruka / Peru/ Amruda	20-50 g
	Leaf	Amruda	3-5 g
339.	<i>Pterocarpus marsupium</i> Roxb.		
	Heart wood	Asana /	5-10 g

	Extract	Vijaysar / Beejaka - beeja	0.5-1 g
340.	<i>Pterocarpus santalinus</i> Linn.		
	Heart wood	Rakt Chandan/ Lal chandan	5-10 g
341.	<i>Pterospermum cerifolium</i> Willd.		
	Flower	Muchukund	3-6 g
	Leaf		5-10 g
342.	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.		
	Tuber	Vidaari / Patal Kohda / Bhumi-kushmand / Lasood	10-20 g
343.	<i>Punica granatum</i> L.		
	Seed	Dadima/ Dadaka/ Anar	20-50 g
	Fruit rind	Anar	5-10 g
	Leaf		5 -10 g (for decoction)
344.	<i>Putranjiva roxburghii</i>		
	Fruit seed kernel	Putrajivak / Jiya-pota	3-6 g (Not recommended for children below 5 years)
345.	<i>Pyrus communis</i> L.		
	Fruit	Nashpaati /	50-100 g
	Seed	Babughosha	1 - 3 g
	Leaf		1-5 g (for decoction)
346.	<i>Pyrus malus</i> L. (Now known as <i>Malus pumila</i> Mill.)		
	Fruit	Seb	100-200 g 20-40 ml (as juice)
347.	<i>Ranunculus scleratus</i> Linn.		
	Whole plant /Root	Kaandir / Jal dhaniya	1-3 g (as powder)
348.	<i>Raphanus sativus</i> L.		
	Root / Leaf	Muulika / Muli	20-50 g (as fresh)
	Seed		125-250 mg
349.	<i>Reinwardtia indica</i>		
	Whole plant/Leaf	Basanti	5-10 g (as powder)
	Extract		0.5-1 g
350.	<i>Rhododendron arboreum</i> Sm. / <i>R. companulatum</i> / <i>R. lepidotum</i> Wall.		
	Flower	Rodo / Burans / Baraha	10-20 g
	Extract	Burans	1-2 g
351.	<i>Rheum emodi</i> Wall. ex Meissn. / <i>R. officinale</i>		
	Leaf	Revand chini /	0.5-1 g
	Root / Stem	Peatmuli	1 - 2 g
352.	<i>Rhus parviflora</i> Roxb. ex DC. / <i>R. coriaria</i> Linn.		
	Fruit	Tinda / Samakdana	30-75 g

353.	<i>Ricinus communis</i>		
	Seed/ Root Leaf Oil	Erand / Arand / Castor seed	5-10 g 5-10 ml (as juice) 1-5 ml (as laxative occasionally) (Not recommended for children below 5 years)
354.	<i>Rosa alba</i> L. / <i>R. centifolia</i> L. / <i>R. damascena</i> Mill.		
	Flower Oil (distilled)	Gulab / Taaruni	10-20 g 2 - 5 drops
355.	<i>Roscoea procera</i> Wall.		
	Root tuber	Kakoli / Kandamula / Ksheerakakoli	5-10 g (as powder)
356.	<i>Rubia cordifolia</i>		
	Root/Stem	Manjishta / Manjeeth	1-2 g
357.	<i>Rumex vesicarius</i> L. / <i>R. nepalensis</i> / <i>R. maritimus</i> / <i>R. acetosella</i>		
	Leaf	Ambat chukka / Chukra	10-20 g (Not recommended for children below 5 years)
358.	<i>Saccharum Munja</i> Roxb. / <i>S. spontaneum</i> Linn.		
	Root	Shara-munja / Kaasha	10-20 g (for decoction) 6-10 g (as powder)
359.	<i>Saccharum officinarum</i> L.		
	Stem - Juice Root	Iksashu/ Ganna	100-200 ml (as juice) 5-15 g (for decoction) (Not recommended for diabetics)
	Sugar	Chini / Shakkar	15-30 g (Not recommended for diabetics)
	Jaggery	Gud	15-30 g (Not recommended for diabetics)
360.	<i>Salacia chinensis</i> L. / <i>Salacia oblonga</i> Wall. ex Wight and Arn / <i>Salacia reticulata</i> Wight. / <i>S. roxburghii</i> / <i>S. macrosperma</i>		
	Root /Stem	Saptachakra / Saptrangi / Suvarnamula / Anakoranti ke mula	5-10 g (for decoction)
	Extract of root or stem	Saptrangi	0.5-1 g
361.	<i>Salix alba</i> Linn./<i>S. babylonica</i>/ <i>S. capra</i>/ <i>S. frag.</i> Lis / <i>S. tetraspermi</i>		
	Leaf / Bark / Root	Jalavetas / vetas / Bed- Mushak	10-20 g (for decoction) 3-6 g (as powder)
362.	<i>Salvadora persica</i> / <i>S. oleoides</i>		

	Fruit/Leaf	Peelu / Bada pelu	5-10 g
363.	<i>Salvia aegyptica</i> Linn. / <i>S. moorcraftiana</i> / <i>S. officinalis</i>		
	Seed	Tukhm-malanga / sage	1-2 g
	Plant		3-5 g (as leaf powder)
364.	<i>Santalum album</i> L.		
	Oil	Chandan ka tail	3-5 drops
	Hard wood		1-2 g (as powder)
365.	<i>Saraca asoca</i> Roxb. / <i>S. indica</i>		
	Bark/Leaf	Ashok	5-10 g (Not recommended for children below 5 years)
366.	<i>Saussurea lappa</i> (Deeni) / <i>S. costus</i>		
	Root/Rhizome	Kushta / Kuth	3-5 g (Not recommended for children below 5 years)
	Oil		5-10 drops
367.	<i>Scindapsus officinalis</i> (Schoft)		
	Stem	Gajapiplai / Gaj pippali / Gaj krishna	3-5 g
368.	<i>Scirpus kysoor</i> Roxb. (Now known as <i>S. grossus</i> (L.f.) Palla) / <i>S. tuberosus</i> Desf.		
	Rhizome Tuber	Kasheruk / Kasheru / Rajkasheruka	20-50 g (as fresh)
369.	<i>Selinum tenuifolium</i> / <i>S. vaginatum</i> / <i>S. Monnieri</i> Linn.		
	Rhizome /Root	Murra-Maangi / Bhuutakoshi	1-3 g
370.	<i>Semicarpus anacardium</i> Linn.		
	Fruits / Nuts	Bhallataka / Bhallava	Detoxified fruit 1-2 g in milk confection (Not recommended for children below 5 years and pregnant women)
371.	<i>Sesamum indicum</i> L. (Now known as <i>S. orientale</i> L.)		
	Seed	Tila / Sesame / Gingelly	10-20 g
	Oil	Tila	5-10 ml
	Whole plant		2-3 g (as ash)
372.	<i>Sesbania grandiflora</i> (L.) Poir. / <i>S. susben</i> Linn.		
	Flower	Agasthya / Jayanti / Agathi / Jait	10-20 g (as fresh)

	Leaf	Agathi	10-20 g
373.	<i>Setaria italica</i> (L.) P. Beauv. (Millet)		
	Seed	Kanguni / Kangu	10-50 g
374.	<i>Shoria robusta</i> Gaertn.		
	Raisin	Saala / Shaala	1-3 g
	Fruit / Bark / Wood		3-5 g (as powder)
	Oil		1-3 ml
375.	<i>Sida cordifolia</i> L. / <i>S. rhombifolia</i> Linn. / <i>S. acuta</i> / <i>S. spinose</i> / <i>S. veronica</i> folia		
	Whole plant	Balla / Mahaballa / Nagaballa / Rajaballa /	10-20 g (for decoction)
	Extract	Bariyara	1-2 g
	Seed	Bariyara	1-2 g
376.	<i>Sisimbrium rio</i> Linn. / <i>S. losetii</i> Linn.		
	Seed	Khuub Kalan	1-3 g
	Plant		3-6 g (as powder)
377.	<i>Smilax china</i> Linn. / <i>S. glabra</i> Roxb. / <i>S. lanceifolia</i> Roxb.		
	Tuber	Chobachini / Deepanter Vaacha	60-125 mg (as powder)
378.	<i>Solanum indicum</i> / <i>S. surattense</i> / <i>S. torvum</i> / <i>S. trilobatum</i> Linn.		
	Whole plant/ Root / Fruit	Bruhathi / Kantkari-shavet	5-10 g (for decoction)
	Extract	Kateli	0.5-1 g
379.	<i>Solanum nigrum</i> L.		
	Whole Plant	Kakamachi / Chhoti Makoy / Mako	10-20 g
380.	<i>Sorghum vulgare</i> Pers. (Millet)		
	Seed	Jwara / Yaava - naal	50-100 g
381.	<i>Sphaeranthus indicus</i>		
	Flower	Mundi / Mundika / Gorakmundi	5-10 g
382.	<i>Spinacia oleracea</i> L.		
	Leaf	Palak / Spinach	30 -50 g
383.	<i>Spondias mangifera</i> Willd. (Now known as <i>S. pinnata</i> (L.f.) Kurz.)		
	Fruit	Aamrataka / Ambada /	20-30 g
	Leaf / Bark	Kapitania	5-10 g (for decoction) 1-3 g (as powder)
384.	<i>Stephania glabra</i> Miers.		
	Tuber / Rhizome / Leaf	Raaja paatha / Kitha- kanehar	1-3 g (as powder)
385.	<i>Strychnos potatorum</i> L.		
	Seed	Kataki /	1-3 g (as powder)

		Nirmali	
386.	<i>Swertia chirayita</i> / <i>S. ciliata</i> / <i>S. angustifolia</i>		
	Whole plant	Kiratik / Cheretta / Bhuunimba / Chiraita	3-5 g
	Extract	Chiraita	0.5-1 g
387.	<i>Symplocos racemose</i> Roxb. / <i>S. paniculata</i> Thunb.		
	Bark/Leaf	Lodhara / Lodhera - pathani	3-5 g
388.	<i>Syzygium aromaticum</i> (L.) Merr. and L.Perry		
	Flower bud	Lavanga / Laung	0.5-1 g
389.	<i>Syzygium cuminii</i> (L.) Skeels		
	Pericarp and mesocarp	Jambu / Jamun	10-50 g
	Seed	Jamun	3-5 g
390.	<i>Tacca aspera</i> Roxb.		
	Tuber	Bhevara ke kand	20-30 g
391.	<i>Tamarindus indica</i> L. / <i>T. officinalis</i> Hk (syn)		
	Fruit pulp	Amlika / Chincha / Imali / Tamarind	2-5 g (Not recommended during skin ailments)
	Seed	Imali	5-10 g
392.	<i>Taraxacum officinale</i>		
	Leaf /Whole Plant	Dugd - pheni / Dudhi / Dandelion	1-2g (as powder)
393.	<i>Taxus baccata</i>		
	Leaf	Talis patra/ Sthavneyak / Thunera / Birmi	1-3 g (as powder)
	Bark		3-5 g (as powder)
394.	<i>Tecomella undulata</i> Seem.		
	Bark	Rohitaka / Roheda	15-30 g (for decoction)
			3-6 g (as powder)
395.	<i>Tephrosia purpurea</i>		
	Whole plant	Sarponkha	5-10 g (for decoction) 3-5 g (as powder)
396.	<i>Teramnus labialis</i> (L.f.) Spreng.		
	Whole plant	Mashaparni	10-20 g (for decoction)
397.	<i>Terminalia arjuna</i> Roxb.		
	Bark/Leaf/Fruit	Arjun / Parth	1-5 g
	Extract	Arjun	0.5 -1 g
398.	<i>Terminalia belerica</i> (Gaertn.) Roxb.		
	Fruit pericarp	Bibitaki Bahera	3-5 g
	Extract	Bahera	0.5-1 g

399.	<i>Terminalia catappa</i> L.		
	Kernel	Jungali badaama / Desi badama	10-20 g
400.	<i>Terminalia chebula</i> Retz.		
	Fruit pericarp	Haritaki / Harad / Shiva	3-5 g (as powder)
	Extract	Harar	0.5-1 g
401.	<i>Terminalia tomentosa</i> Wight. and Arn.		
	Stem/Bark/Leaf	Asana / Jarandrum / Asan	5-10 g (for decoction) 3-5 g (as powder)
402.	<i>Tetragonia expansa</i> / <i>T. tetragonoides</i> Pall.		
	Shoots / Seed / Root / Flower	Van-paalak	20-50 g (as fresh) 5-10 g (as powder)
403.	<i>Thalictrum foliolosum</i> DC.		
	Plant / Root	Peetranga / Mamirii	1-2 g (as powder)
404.	<i>Thespesia populnea</i> soland.		
	Stem / Bark	Paarisha / kapitana / Paarish-pippala	10-20 g (for decoction) 3-6 g (as powder)
405.	<i>Thymus serpyllum</i> auct. non L. (Now known as <i>T. linearis</i> Benth.) / <i>T. vulgaris</i>		
	Leaf	Banya-ajwain / Ban ajwain	1-3 g (as powder)
406.	<i>Tilia cordata</i> Linn. / <i>T. Vulgaris</i>		
	Flower	Telia	2-5 g (as powder)
407.	<i>Trachyspermum ammi</i> (L.) Sprague		
	Seed	Yavani / Ajwain / Desi ajwain	1-3 g (as powder)
	Leaf	Ajwain	3-5 g
	Oil		5-10 drop
408.	<i>Trapa bispinosa</i> Roxb. (Now known as <i>T. natans</i> L. var. <i>bispinosa</i> (Roxb.) Makino)		
	Endosperm / Fruit	Shrungataka / Singhada / Sigadu	30-60 g
409.	<i>Trianthema portulacastrum</i> L.		
	Whole plant	Varsha vhun / Vishakhaparna	1-3 g
410.	<i>Tribulus terrestris</i> Linn.		
	Fruit/Whole plant	Gokhru / Gokshura	2-4 g (as powder) 5-10 g (for decoction)
411.	<i>Tricholepis glaberrima</i> DC.		
	Plant	Brahmadandi / Brahm dandi	3-6 g
412.	<i>Trichosanthes anguina</i> L.		
	Fruit	Dadhipushpi / Chichinda	30-60 g
413.	<i>Trichosanthes dioica</i> Roxb.		
	Fruit/ Leaf	Patola /	10-20 g

		Parawal	
414.	<i>Trigonella foenum-graceum</i> L.		
	Seed	Methika / Methi	1-2 g (soaked in water or germinated or roasted)
	Leaf	Methi	50-100 g (as fresh)
415.	<i>Triticum aestivum</i> L.		
	Seed	Gehun	50-100 g
	Tender shoot/spout	Ankurita Gehu	10-30 g
416.	<i>Typhonium trilobatum</i> (L.) Schott.		
	Tuber	Karu karunai / Konchu	20-50 g
417.	<i>Tinospora cardifolia</i> Miers. (menispermaceae) syn. <i>T. glabra</i> (n. Burm) / <i>T. crispa</i> Linn.		
	Roots/Stem	Guduchi / Amrita-valli / Giloya / Giloy	5-10 g (as powder) 10-20 ml (for decoction) 0.5-1 g Max (as sattva)
	Extract		0.5-1 g
418.	<i>Trichosanthes bracteata</i> Lam. / <i>T. palmata</i> Roxb. (syn)		
	Root / Fruit	Inder Vaaruni / Vishaalaa	0.5-1 g (as powder) (Not recommended for children below 5 years and pregnant women)
419.	<i>Urtica parviflora</i> / <i>U. dioica</i>		
	Tender Leaf	Vrishchhiya – shaakiar / Bicchubuti	10-20 g (for decoction)
420.	<i>Uraria picta</i> / <i>U. crinita</i> Desv / <i>U. pililifera</i> Linn.		
	Whole plant	Prishnaparni Pithvin	5-10 g (for decoction) 3-5 g (as powder)
421.	<i>Urginea indica</i> Roxb. Kunth / <i>Drimia indica</i> Roxb. (syn)		
	Bulb / Root / Leaf	Van palandu / jangali piyaz / kolakand	125-250 mg (Not recommended for children below 5 years and pregnant women)
422.	<i>Valeriana jatamansi</i> Jones / <i>V. wallichii</i>		
	Rhizome	Sugandh –baalaa / Tagar	1-3 g (as powder)
423.	<i>Veronika officinalis</i> / <i>V. teres</i> Wall.		
	Whole plant / Leaf	pamukha	0.25 – 1 g
424.	<i>Vetiveria zizanioides</i>		
	Whole plant	Ushira / Khas / Vetiver	5 - 10 g (for decoction)
425.	<i>Vigna trilobata</i> (L.) Verdc.		

	Whole plant	Mudadaparni / Mugvan	2-4 g (as powder)
426.	<i>Viola odorata / V. pilosa / V. sylvestris</i>		
	Whole plant	Banafsha /	3-5 g
	Flower	Vanksha	1-2 g
427.	<i>Vitex agnus-castus</i> Linn.		
	Seed	Renuka beej / Sage	1-2 g
	Leaf		1-3 g (Not recommended for children below 5 years)
428.	<i>Vitex negundo / V. trifolia</i>		
	Fruit/Seed/Leaf	Nirgundi / Sambhaalu	1-3 g
429.	<i>Vitis vinifera</i> L.		
	Fruit dry	Draksha / Munakka	5-10 g
	Seed / Fruit skin	Munakka	1-3 g
430.	<i>Wedelia calendulacea</i> (L.) Less. (Now known as <i>W. chinensis</i> (Osbeck) Mer.)/ <i>W. biflora</i> DC.		
	Leaf	Peet-bhringraja/ Pila bhagra	5-10 g (for decoction) 1-3 g (as powder)
431.	<i>Withania coagulans</i> (Stocks) Dunal		
	Fruit	Desi - asgandh / Paneer doda	3-10 g
432.	<i>Withania somnifera</i> (L.) Dunal.		
	Root	Ashwagandha / Asgandh / Nagauri / asgandha	3-6 g (as powder)
	Extract	Asgandh	0.5-1 g
433.	<i>Woodfordia fruticosa</i>		
	Flower	Dhataki pushp / Dhay ke phool	3-5 g
434.	<i>Wrightia tinctoria / W. tomentosa</i>		
	Bark/Leaf	Svet kutaj / Meetha kutaj / Inderyava	3- 5 g
	Seed		1-3 g
435.	<i>Zanthoxylum alatum</i> Roxb. (Now known as <i>Zanthoxylum armatum</i> DC.)		
	Seed / Bark	Timura / Tejovati / Tis-mira	1-3 g
436.	<i>Zea mays</i> L.		
	Seed	Makka	20-50 g
	Anthers / Corn silk		3-5 g
437.	<i>Zingiber officinale</i> Rosc.		
	Rhizome	Adrakh / Shunti	5-10 g (as fresh) 1-3 g (as dried) 0.1 - 1 g (Not recommended during hypertension)

	Extract		and bleeding disorders)
438.	<i>Zizyphus jujuba</i> Lam.		
	Pericarp	Unnaba / unnab ber	10-50 g (as fresh) 10-20 g (as powder)
439.	<i>Zizyphus nummularia</i> (Burm.f.) W. and A. / <i>Z. oenoplia</i> / <i>Z. xylopyra</i> Willd.		
	Pericarp	Jangali Ber / Jhar ber	15-30 g (as fresh fruit)
	Leaf		3-6 g (as powder)

Note 1.- Ingredients listed in the above Schedule shall be used after due processing or in their extract forms subject to permissible usage range given in the last column of the Table. Offering these ingredients, either alone or in combinations as such or minimally processed (cleaned, de-weeded, sorted, dried or powdered) is/are not permitted.

Note 2.- The ingredients listed above shall comply with Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011.

Note 3.- Permitted range of usage for children between 5-16 years is ½ of the permitted range of usage for adults.

Note 4.- Permitted range of usage for children between 1-5 years is ¼ of the permitted range of usage for adults.”

(H) In Schedule VF, after the serial number 77 and the entries relating thereto, the following serial numbers and entries shall be inserted, namely,-

78	Glycerol palmito stearate	-	GMP
79	Medium chain triglyceride	-	GMP
80	Glycerylbehenate	-	GMP
81	Triethyl citrate	-	GMP
82	Methacrylate copolymers	-	GMP
83	Propane 1, 2 diol alginate (INS 405)	-	1200mg/kg”

(I) for the “Schedule VI”, the following shall be substituted, namely,-

“Schedule -VI

[See regulations 3.(13), 4.(2), 6.(2)(i), 7.(2)(i), 7.(3)(i), 7.(3)(v), 8.(2)(i) and 9.(2)(i)]

List of ingredients as nutraceuticals

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
1.	American ginseng (<i>Panax quinquefolius</i> L.)	Ginseng extract (American).	American ginseng extract (containing NLT 10% of total ginsenosides on dried	90 - 400 mg /day, Max

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
			basis).	
2.	Astaxanthin (from <i>Haematococcus pluvalis</i>), powder or oleoresin	-	Astaxanthin content	4 mg/day, Max
3.	Beta Alanine	-	-	4 - 6 g / day, Max (not more than 4 weeks at a stretch)
4.	Betaine (N,N,N-trimethylglycine)	-	-	600 - 650 mg /day, Max
5.	Boswellia serrata - gum resin extract	Salai guggul / Kundru	Total boswellic acids or 11-keto-beta boswellic acids content	250 - 1,500 mg extract/day, Max
6.	Caffeine	Caffeine	Per cent caffeine	Within levels specified in FSS Regulations
7.	Calcium hydroxyl methyl butyrate (CaHMB)	-	CaHMB content	3 - 6 g / day, Max (Not recommended for use by pregnant women and lactating mothers)
8.	Chromium picolinate/ nicotinate	-	Chromium picolinate/ nicotinate content	200 - 400 mcg / day, Max
9.	<i>Cimicifuga racemosa</i> (or <i>Actaea racemosa</i>). Extracted from rhizomes and roots	Black cohosh	Total triterpene glycosides (minimum 0.4%), calculated as 23-epi-26-deoxyactein).	40 - 200 mg /day, Max
10.	Citrus bioflavonoids (<i>Citrus paradisi</i> , <i>C. reticulata</i> , <i>C. maxima</i> , <i>C. sinensis</i> and <i>Citrus limon</i>)	Citrus / Jambir	Bioflavonoids and total polyphenol content	150 - 600 mg / day, Max
11.	CoQ10 from non GM source	Co enzyme Q10	Ubiquinone and ubiquinol content	100-1,000 mg / day, Max
12.	Colostrum	-	-	Bovine colostrum spray dried powder at usage level of

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
				15g per day (containing 3g of IgG) or 3g per day (containing 0.3g IgG) without any efficacy claims.
13.	Creatine	-	-	3 g / day, Max (for adults only)
14.	Cryptoxanthin / Mesoxanthin	-	-	3 mg / day, Max
15.	Echinacea (<i>E. angustifolia</i> , <i>E. purpurea</i> , and <i>E. pallida</i>) Liquid/powder extract	Echinacea	Alkamides (0.25 mg/ml) and cichoric acid (2.5 mg/ml), if the extract used is in liquid form. In case of Hydroethanolic Echinacea extract is in a powdered form computation may be done proportionately to the weight/weight dry powder extract based on liquid extract used to obtain a dry powder format.	900 mg / day, Max
16.	Ginkgo biloba extract obtained from dried leaves of Ginkgo (<i>Ginkgo biloba</i> . L.).	Ginkgo biloba extract	Ginkgo flavone glycosides and Ginkgolides (diterpene lactones). Total flavonoids content (20.2 to 27% calculated as flavanol glycosides and tested for total terpene lactones (5.4% to 12.0%). Presence of Ginkgolides A, B, C needs to be tested qualitatively.	120-240 mg/ day, Max
17.	Glucosamine hydrochloride	Glucosamine	Glucosamine content	1,500-3,000 mg/day, Max
18.	Glucosamine sulphate	Glucosamine	Glucosamine content	2,500-5,000 mg/day, Max
19.	Glutathione	-	-	50mg - 600mg / day, Max
20.	<i>Gymnema sylvestre</i> extract powder	Madhunashini, Gudmar (extract)	Gymnemic acid content	500-1,500 mg / day, Max
21.	Lactase (β -galactosidase)*	-	Enzyme activity	3,000 – 9,000 IU (or FCC units) / day,

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
				Max
22.	L-carnosine	-	-	130 - 600 mg / day, Max
23.	L- theanine	Chai suksham satva		50-100 mg/day, Max
24.	Melatonin	-	-	2 - 10 mg / day, Max
25.	Methyl sulfonyl methane	-	-	1000 - 3000 mg / day, Max (Not recommended for use by pregnant women and lactating mothers)
26.	<i>Panax ginseng</i> (Syn;Korean Ginseng) extract - (obtained from 0.6 to 2.0 g of Ginseng root, (<i>Panax ginseng</i> .C A. Meyer, Araliaceae)	Ginseng extract	Ginsenoside content ranging from 3 - 10 % and adjusted to potency basis 3% total ginsenoside content	90 - 400 mg /day, Max
27.	Phycocynin from <i>Spirulina plantesis</i> (<i>Aethrospira plantesis</i>) Dried powder	Spirulina	Protein: 50-70 %; Carbohydrates: 20-40%; Minerals (Ash): 5.0 - 15%; Moisture: 3.0 - 6.0 %	50 - 250 mg /day, Max
28.	<i>Piper nigrum</i> / <i>Piper longum</i> extract	Pippali/ Pepper	Piperine content	15 mg/day of piperine, Max (Duration of use: maximum 30 days)
29.	Quercetin obtained from extracts of citrus fruits and other vegetables	-	Quercetin content	100 mg / day, Max
30.	<i>Schizandra</i> berry extract	Five-flavor berry	Schizandrin berries containing 2.5-3.0% schizandrin	1 - 3 g / day, Max
31.	<i>Scutellaria bicalensis</i>	Patwar topi, Skullcap	Aq. extract standardized to bicallin content 30 - 50 % and adjusted to potency basis 50 % bicallin content	250 - 1,000 mg/ day, Max

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
32.	Selenium Yeast	-	Selenium content and number of yeast counts (Cfu/g)	2 mg/day of selenium, Max
33.	Siberian ginseng-obtained from 0.6 to 2.0 g of Ginseng root (<i>Acanthopanax senticosus</i> , belonging to panax type, C A. Meyer, Araliaceae)	Ginseng extract	Eleutherosides content	100 – 450 mg / day, Max
34.	<i>Silybum marianum</i> extract (silymarin extract)	Milk Thistle	Standardized extract – silimarin content	250 - 1,000 mg/ day, Max
35.	Spirulina (algae) from (<i>Spirulina platensis</i> , <i>Arthrospira platensis</i>)	Shaiwal/ Spirulina	(Protein (min.) - 55%, carbohydrates (max.)-30%, fats (lipid) – not more than 10%, minerals (ash)-5-10%, moisture- 3-6% (also fatty acid profile to be mentioned on the package)	500 - 3,000 mg / day, Max
36.	Udenatured type II collagen	-	-	40 mg/day, Max
37.	<i>Vaccinium myrstillus</i> extract	<i>Bilberry extract</i>	Anthocyanin content	50 - 600 mg / day, Max
38.	Zeaxanthin			4 mg/day, Max

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
1.	(+) Hydroxycitric acid	-
2.	<i>Albizia lebeck</i> - extract	Shireesh
3.	<i>Allium sativum</i> – bulbs dried standardized powder / extract	Rason/ Lashun/Garlic
4.	<i>Aloe vera</i> – juice /concentrate /powder of sap /gel	Ghrit Kumari /Indian aloe
5.	Alpha amylase*	-
6.	Alpha mangostin	-
7.	Alpha-galactosidase*	-
8.	Alpha-lipoic acid	-
9.	<i>Amaranthus tricolor</i> – leaf powder / extract	Marisha-Rakt Extract
10.	Amylase*	-
11.	Amyloglucosidase*	-
12.	<i>Anethum graveolens</i> L. - seeds and oil	Shatahva/ Sowa /Soa /Dill

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
13.	Anthocyanin	-
14.	Arabinogalactan	-
15.	Arachidonic acid	-
16.	<i>Asparagus densiflorus</i> - extract	Asparagus / Shatavari
17.	<i>Bacopa monnieri</i> - leaf extract	Brahmi
18.	Barley seed powder	Yava /Barley
19.	<i>Bauhinia variegata</i> - extract	Kachnar
20.	<i>Berberis vulgaris/ B. aristata/B.asiatica</i> – stem/root extract	Berberry / Daru haridra
21.	Beta carotene – standardized soft concentrate / emulsified concentrate / powder	-
22.	Beta ecdysterone	-
23.	β-glucans	-
24.	<i>Beta vulgaris</i> – root extract	Palanki/Beet
25.	β-sitosterol	-
26.	<i>Betula platyphylla/B.utilis</i> - bark extract	Bhojapatra/Birch
27.	<i>Biota orientalis</i> - seed powder	Biota
28.	<i>Camellia sinensis</i> -Black /green tea extract, standardized powder	Chai & tea extract
29.	<i>Borago officinalis</i> - oil	Borage
30.	Campestanol	-
31.	Campesterol	-
32.	<i>Capsicum annum</i> - extract / standardized to capsinic content	Lanka/Cayenne pepper / Lal mirchi
33.	<i>Caricus papaya</i> – leaf extract	Papaya / Papeeta, Erand-karkati
34.	Carotenoids (natural mixed, including from algal sources)	-
35.	Casein and caseinates	-
36.	<i>Caulophyllum thalictroides</i> - root extract	Blue cohosh
37.	Cellulase*	-
38.	<i>Centella asiatica</i> – leaf/aerial parts standardized extract	Mandukparni / Gotu Kola
39.	<i>Matricaria chamomilla (Matricaria recutita)</i> – aerial parts extract	Chamomile
40.	<i>Malpighia emarginata</i> (Cherry acerola)	Acerola
41.	<i>Chlorella vulgaris</i> – dried powder	Green algae / Shaiwal
42.	Chlorogenic acids	-
43.	Caffeic acid	
44.	Chondroitin sulphate	Chondroitin
45.	<i>Cichorium intybus</i> – roasted root powder	Kasani/ Chicory
46.	<i>Cinnamomum verum</i> – bark powder / extract	Tvak bhed/Cinnamon

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
47.	Citrulline	-
48.	<i>Citrus aurantium</i> – peel extract / bioflavonoids standardized	Bitter orange
49.	Citrus naringenin	-
50.	D-Mannose	-
51.	<i>Syzygium aromaticum</i> - Clove powder & oil	Lavang tail
52.	<i>Cnicus benedictus</i> – aerial parts extract / root extract	Blessed thistle
53.	<i>Theobroma cacao</i> -Cocoa (chocolate) bean - extract	-
54.	<i>Coccinia grandis</i> (L.) Voigt - extract	Bimbi/Kunduru/ Ivy gourd
55.	Collagen and its hydrolysed peptides and chelates	-
56.	Conjugated linoleic acid concentrate	-
57.	<i>Crataeva nurvala</i> - extract	Varun
58.	Crustacean shells	-
59.	<i>Cuminum cyminum</i> L – oil / extract	Jeerak/Safed Jeera/Cumin
60.	<i>Curcuma longa</i> – rhizome powder / extract standardized	Haridra/Haldi/Turmeric
61.	Curcuminoids – soft extract / powder and curcumin complex	-
62.	<i>Cyperus rotundus</i> - extract	Mustak/Nagar motha
63.	Dehydroepiandrosterone (DHEA) and 7-Keto DHEA	-
64.	Diastase*	-
65.	D-Pinitol	-
66.	<i>Dioscorea bulbifera</i> - extract	Varahi kand
67.	Edible legumes (seed powder), legume proteins (protein isolates/ concentrates/ hydrolysates)	-
68.	Ellagic acid	-
69.	<i>Emblica officinalis</i> – dried fruit extract / spray dried pulp powder	Indian gooseberry/ amlaki
70.	Eriocitrin (from citrus fruit)	-
71.	<i>Oenothera biennis</i> - Evening primrose oil	-
72.	<i>Fagopyrum esculentum</i> - seed	Buckwheat
73.	Fish oil	-
74.	<i>Foeniculum vulgare</i> - fruit - oil / extract	Fennel / Saunf
75.	Freeze-dried banana powder	-
76.	Galactomannan	-
77.	Gallic acid	-
78.	Gamma-linoleic acid (GLA)	-
79.	Gamma-oryzanol	-
80.	<i>Garcinia gummi-gutta</i> and <i>Garcinia cambogia</i> / <i>G.indica</i> – fruit rind extract standardized to hydroxyl citric acid,	Kokum / Vrikshamalak / Malabar tamarind

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
	powder)	
81.	<i>Garcinia mangostana</i> – seed extract standardized	Mangosteen
82.	Glucoamylase*	-
83.	Glucomannan	-
84.	<i>Glycyrrhiza glabra</i> - extract	Madhuyashti/Licorice / Mulethi
85.	Grape seed extract	-
86.	<i>Coffea arabica, C. robusta</i> - Green coffee seed extract standardized, including decaffeinated coffee bean powder/extract	Kaphi
87.	<i>Grifola frondosa</i> – standardized extract	Maitake mushroom
88.	Guar gum and gum arabic and its derivatives as a source of fibers; and fibers from other food sources	Guarphali
89.	Hemicellulase*	-
90.	Hesperidin	-
91.	High oleic sun flower oil and other vegetable oils with high oleic content	-
92.	<i>Hippophae rhamnoides</i> – leaf/fruit dried powder/extract / juice	Amalvetas /Sea buckthorn /
93.	<i>Humulus lupulus</i> L – powder / extract	Phaph/Hops
94.	Hyaluronic acid and its salts	-
95.	Hydrolysed whey peptide	Whey
96.	<i>Hypericum perforatum</i> – aerial parts standardized extract	Basant/St. Johns Wort
97.	<i>Inula racemosa</i> - root extract	Pushkarmoola extract
98.	Invertase*	-
99.	Isoflavones (genistein, daidzein)	-
100.	Kelp (brown algae)	-
101.	Krill oil - standardized for DHA / EPA	-
102.	Lactalbumin	-
103.	Lactoferrin	-
104.	Lactoperoxidase*	-
105.	<i>Lagerstroemia speciosa</i> L (leaf extract)	Jarul/Banaba
106.	Lecithins	-
107.	Lignans	-
108.	<i>Linum usitatissimum</i> - seed powder and oil	Atasi/Alasi/Flaxseed
109.	Lipase*	-
110.	Lutein	-
111.	Lutein/zeaxanthin complex	-
112.	Lycopene	-

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
113.	<i>Lycium elaeagnus</i> - fruit - dried powder / concentrate standardized	Goji berry (wolfberry)
114.	Maltase*	-
115.	<i>Mangifera indica</i> - mangiferine, leaf extract	-
116.	<i>Medicago sativa</i> extract	Ashar-bala/Alfalfa
117.	Medium chain triglycerides	-
118.	<i>Menyanthes trifoliata</i> - Leaf powder	Buckbean / bogbean
119.	Millets and their powder	-
120.	<i>Momordica charantia</i> - fruit / seed extract	Karvalli/Kodon,/bitter gourd/, Karela
121.	<i>Monodora myristica</i> (Gaertn.) Dunal – oil / extract	Nutmeg
122.	<i>Morinda citrifolia</i> extract	Akshiki/Noni
123.	<i>Moringa oleifera</i> leaf / pods / seed extract powder	Shigru/Moringa / drum stick
124.	<i>Morus alba</i> - Mulberry tea- leaf / fruit extract	Toot/Mulberry
125.	<i>Myrica cerifera</i> / <i>M. nagi</i> – bark extract	Katphala/Bayberry
126.	<i>Myristica fragrans</i> Houtt.	Jatipatri/Mace/ Javitri
127.	N-Acetyl d-glucosamine	-
128.	<i>Nardostachys jatamansi</i> - extract	Jatamansi
129.	<i>Nasturtium officinale</i> - extract	Chhu nail/Watercress
130.	Nattokinase enzyme (as Soy bean Fibrinase)	-
131.	<i>Ocimum tenuiflorum</i> / <i>Ocimum sanctum</i> – aerial parts / seed extract	Surasa/ Basil /Tulasi
132.	Omega-3 fatty acids (docosahexaenoic acid - eicosapentaenoic acid - alpha - linolenic acid)	-
133.	Omega-6-fatty acids (linoleic acid, arachidonic acid and conjugated linoleic acid)	-
134.	Oyster shell powder	Shukti/Seep
135.	Pancreatin*	-
136.	Pancrelipase*	-
137.	Papain*	-
138.	<i>Passiflora foetida</i> - extract	Passion flower
139.	<i>Arachis hypogaea</i> - (roasted) powder	Mandapi/Pea nut/ Munghphali
140.	Pectin	-
141.	Pepsin*	-
142.	<i>Perna canaliculus</i> (Green lipped mussel / Mussel Oil)	-
143.	<i>Phellodendron amurense</i> leaf oil	Phellodendron
144.	Phosphatides /Phospholipids	-
145.	<i>Phyllanthus amarus</i> - extract	Tamalaki/ Bhuiamalaki

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
146.	Phytase*	-
147.	<i>Picrorhiza kurroa</i> -Picrorhiza - extract	Katuka/Kutaki
148.	<i>Pimento officinalis</i> L. - extract/powder	Allspice
149.	<i>Pinus gerardiana</i> - bark extract	Nikochak/Pine nut
150.	<i>Piper longum</i> - extract	Pippali/ Magha/Long pepper
151.	<i>Piper nigrum</i> - green extract	Green pepper, Krishan Marich
152.	<i>Piper nigrum</i> - powder / standardized extract	Krishan Marich/ Marich/ Black pepper
153.	Policosanol	-
154.	Protease*	-
155.	<i>Prunus serotina</i> - extract	Black cherry
156.	<i>Plantago ovata</i> (major) -Psyllium (Isaphula)- seed husk	Isaphgul-Ashabgol
157.	<i>Cucurbita pepo</i> , <i>C. maxima</i> - Pumpkin seed oil /meal	Kaddu beej tail
158.	<i>Punica granatum</i> - fruit /seed /skin extract /leaf /powder	Dadima/Pomegranate
159.	<i>Raphanus sativus var. niger</i> - root powder/ extract	Mulika/ Muli /Black radish
160.	Red wine - extract /concentrate	-
161.	Red yeast rice	-
162.	Resveratrol	-
163.	<i>Rhododendron arboreum</i> / <i>R. campanulata</i> - juice/extract	Buras/Rhododendron
164.	Rice bran	-
165.	Rice bran arabinoxylan compound	-
166.	Rose hips	-
167.	<i>Rosmarinus officinalis</i> - leaves/ needles extract /oil	Rosemary
168.	Royal Jelly	-
169.	Rutin from fruit peels	-
170.	<i>Salvia officinalis</i> - leaf extract	Renuka Leaf Extract/Sage
171.	<i>Sambucus nigra</i> - extract	Khamaan Kabir /Elderberry/ Black elderberry
172.	Shark cartilage /squalene oil	-
173.	Shiitake mushroom - extract	-
174.	<i>Solanum lycopersicum</i> / <i>S. esculentum</i> - fruit powder/ extract	Tamatar/Tomato
175.	Soy sprouts - dried powder	-
176.	Soya protein isolate/ edible legume seed protein isolate	-
177.	Spearmint - leaf and distillate	-
178.	Sterols/Stanol including their esters and cholesterol	-
179.	<i>Tagetes sp.</i> - petals oleo resin / extract	Marigold

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
180.	<i>Camellia sinensis</i> -Tea catechins (epigallo catechin gallate, epicatechin, catechin gallates)	Chai satva
181.	<i>Terminalia arjuna</i> - bark /leaf extract (standardized extract)	Arjuna Ext.
182.	<i>Terminalia bellerica</i> - fruit extract	Bibhitak/Baheda/Myrobalan
183.	<i>Terminalia chebulia</i> - fruit extract	Haritaki / Harad/Myrobalan
184.	Theaflavin	Chai sukshara satva
185.	Theobromine	--
186.	Tocopherols	-
187.	<i>Trigonella-foenum-graecum</i> – seeds extract	Methika/Methi/Fenugreek
188.	<i>Triticum sativum</i> - bran	Godhum/Wheat/Gehu
189.	Trypsin*	-
190.	<i>Vaccinium corymbosum</i> - fruit - dried powder / concentrate standardized	Blueberry
191.	<i>Vaccinium oxycoccos/Vaccinium macrocarpon</i> - fruit - dried powder / concentrate standardized	Cranberry
192.	<i>Valeriana wallichii</i> - extract	Tagar
193.	<i>Vitis alba and Vitis vinifera</i> - fruit - dried powder / concentrate standardized	Draksha/ Munakka/Blue grapes
194.	Wheat germ	-
195.	<i>Zingiber officinale</i> - rhizome standardized extracts	Shunti/Ginger

Note.- *Enzymes- The enzymes listed in this schedule are primarily used as processing aids, but also may be used in nutraceutical products.”

(J) In Schedule VII, after the serial number 28 and the entries relating thereto, the following serial numbers and entries shall be inserted, namely,-

“29	<i>Bacillus clausii</i>
30	Established probiotic strains of <i>Bacillus subtilis</i> ”

(K) In Schedule VIII, for serial number 2 and the entries relating thereto, the following shall be substituted, namely,-

“2.	Soya poly-saccharides and soya oligosaccharides	-”
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Annexure II

1. D-Ribose
2. Artichoke
3. Para-amino benzoic acid (PABA)
4. Succinic Acid
5. Raspberry ketone
6. Inosine
7. Kale powder
8. Silica
9. *Angelica sinensis*
10. *Paullinia cupana*
11. Oxalobacter Formigenes
12. Ipriflavone
13. *Salvia Hispanica*
14. Cashew Fruit
15. Vanadium
16. Enzymes –pectinase, xylanase
17. Passion Fruit
18. Phytavail Iron
19. Saw Palmetto
20. Notoginseng
22. Chlorella growth factor
23. Pine bark extracted from *Pinus radiata*
24. Vitamin D3 veg (plant source)
25. s-acetyl glutathione
26. Pine bark extract from sp. *Pinus pinaster*
27. Alpha-cyclodextrin
28. Prenolit
29. Chaga extract
30. Kiwi fruit extract/active ingredient
31. Selenium dioxide
32. Tea tree oil - *Melaleuca alternifolia*
33. *Polypodium leucotomos*
34. Broccoli