



## Home Remedies--7

# Alfalfa--A Great Herbal Tonic

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**A**lfalfa, known as *garari* or *chara* in Hindi and *kudhirai masal* in Tamil, is a boon for patients with nutritional disorders, such as malnutrition. It is a leguminous plant growing up to 50 cm. in height. Its botanical name is *medicago sativa*. Also called California Clover or Lucerne, the herb is available in most malls in India and is avidly consumed by the health conscious.

This herb is said to have been discovered by the Arabs, who called it 'King of kings' among plants and the 'Father of All Foods.' Persians also recognised it as a healing grass. It is found in temperate regions, subtropics, and high altitudes. It is grown all over India.

### Herbal Uses

Naturopaths use it in stomach disorders, hyperacidity, edematous conditions resulting from inflammation of the bladder and kidney disorders. In heart disorders, such as hypertension, it is used with carrot juice. It is used in respiratory disorders, such as sinusitis and chronic bronchitis, and in combating arthritis and hair fall.

### Homeopathic Uses

Alfalfa is used to tone up digestion

and increase appetite, mental and physical vigour and to gain weight. It is useful to treat enlarged prostate and irritability of the bladder. It reduces hyperactivity in children and is a sleep inducer.

### Allopathic Research

Alfalfa is a rich source of Vitamins A, B, D, E, C and K. It is rich in calcium, magnesium, phosphorus and many important trace elements required for the body metabolism. It contains chlorophyll and proteins in a digestible form. Research by the US Department of Agriculture reveals that Alfalfa has more protein than grains of wheat or corn and all the essential amino acids.

It is used as sprouts, in salads, as a juice and even in a tonic form. It is also useful as a Homeopathic tonic.

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