



Healing Herbs for Home Gardens

Health benefits and how to enjoy them

Anu Ganapathy

Rosemary

How to use:

Making restorative herbal tea with rosemary

Add 2 sprigs of rosemary to a cup of boiling water. Boil on low heat for 5 minutes. Turn the fire off and let it steep for another 5 minutes. Keep it covered. Strain it and drink as herbal tea for several excellent health benefits or let it cool and use for hair and scalp to stop hair fall and help with hair growth and darkening of hair.

While you boil the sprigs, enjoy the aroma that fills your kitchen!

Health benefits:

- Improves memory
- Promotes cognitive function
- Reduces stress
- Promotes hair growth
- Antioxidant
- Anti inflammatory
- Boosts immune system
- Promotes wellness
- Helps with digestion



Doddapatre/Ajwain Leaf

Health benefits:

- Colds, coughs and sore throat
- Indigestion and acidity
- Asthma and respiratory discomfort
- Skin irritation and insect bites
- Improves appetite

How to use:

- Leaves can be chewed fresh, brewed into herbal tea, used in chutneys, added to pakodas...
- Chopped fresh leaves with a drop of ghee, a pinch of salt and a spoonful of rice before meals helps greatly with digestion



Brahmi

Health benefits:

- Improves cognitive skills
- Improves sleep
- Enhances concentration
- Improves memory
- Helps with hair growth

Consumption

- Boil 10-15 leaves of fresh brahmi in milk for 10 minutes and drink before bed time for good sleep
- Boiling in water instead boosts memory and concentration



Lemon Balm

Health benefits:

- Anxiety and stress
- Insomnia
- Digestive discomfort
- Headaches
- Menstrual cramps

Consumption

- Use fresh or dried leaves in teas, salads, or desserts
- Its calming tea is especially good before bedtime



Celery

Health benefits:

- Regulates thyroid function
- Promotes sexual health
- Regulates blood pressure
- Supports heart health
- Supports digestive function
- Suppresses inflammation
- Improves memory
- Helps manage blood sugar
- Helps with weight management

Consumption

- Add to salads, soups, stir-fries, and smoothies, or enjoy as a snack with dips
- Cocktails and mock tails
- Juice (add some apple for better taste – helps regulate thyroid function)



Tulsi (Holy Basil)

Health benefits:

- Colds, coughs and sore throat
- Stress and anxiety
- Low immunity
- Respiratory health
- Blood sugar regulation
- Digestive discomfort

Consumption

- Used fresh in herbal teas, chewed raw (2-5 leaves), or added to kadhas/kashaya and infusions
- Best consumed regularly, in moderation



Mint

Health benefits:

- Indigestion and bloating
- Nausea
- Headaches
- Bad breath
- Respiratory congestion
- IBS

Consumption

- Used fresh in chutneys, salads, teas, infused in water, or as a garnish
- Mint tea is especially soothing after meals



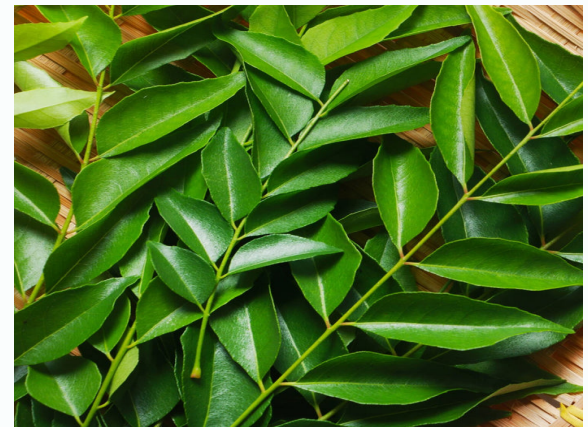
Kadi Patta/Curry Leaves

Health benefits:

- Blood sugar regulation
- High cholesterol
- Digestive health
- Iron deficiency and anemia
- Hair and scalp health
- Anti oxidant support

Consumption

- Used fresh in cooking, chewed raw (8-10 leaves), blended into chutneys, eaten as pudu
- Regular consumption offers the greatest health benefits



Lemon Grass

Health benefits:

- Digestive discomfort and bloating
- Colds and fever
- Stress and anxiety
- Muscle and joint aches
- Inflammation
- Antioxidant support

Consumption

- Used fresh or dried to make herbal tea, added to soups, curries, broths, or infused in water
- Popular in Pan-Asian cuisine
- Aromatic tea



Oregano

Health benefits:

- Coughs and colds
- Digestive issues
- Boosting immunity
- Reducing inflammation
- Fatigue

Consumption

- Used in cooking for flavor and health benefits - in sauces, soups, salads, and teas.
- Can also be taken as oregano oil or dried herb infusion



Sage

Health benefits:

- Memory and cognitive function
- Sore throat and mouth discomfort
- Reducing high cholesterol
- Antioxidant and inflammatory support

Consumption

- Use fresh or dried leaves in soups and omelets
- Make tea by adding fresh or dried leaves to water



Thyme

Health benefits:

- Coughs and sore throat
- Respiratory health
- Digestion
- Blood pressure regulation
- Immunity

Consumption

- Used in cooking for flavor - in soups, roasts, and marinades
- Can also be brewed as tea for relief from cold and throat irritation





Happy gardening!

Ping me – I would love to hear from you

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