

Guess the Ayurvedic Marvel

Smell, sniff, and guess the herb!

During the festival, stop by the tent for our guess the herb activity. Participants will utilize their senses of smell and sight to identify various Ayurvedic herbs. Get a leg up on the competition using this study guide!



Herbs

1. **Jasmine/Mogra:** Jasmine herb, treasured for more than just its aromatic allure, offers a soothing touch to herbal remedies and teas, infusing tranquility into every cup. Its delicate blooms and calming properties make it a cherished ingredient in both culinary and therapeutic applications.
2. **Saffron/Kesar:** Saffron, the prized golden-red stigma of the Crocus flower, adds a rich and distinct flavor to dishes, while also lending its vibrant hue. Revered for centuries, this precious herb brings both taste and color to culinary creations, embodying luxury on the plate.
3. **Holy Basil/Tulsi:** Holy Basil holds a revered place in Ayurvedic traditions, celebrated for its aromatic leaves that offer a harmonious blend of earthy and peppery notes. Beyond its culinary use, it's cherished for its potential health benefits and role in promoting overall well-being.
4. **Withania somnifera/Ashwagandha:** Ashwagandha, an ancient herb prominent in Ayurvedic practices, is renowned for its adaptogenic qualities, aiding in stress management and potential wellness support. Its roots hold a history of traditional use, offering a potential natural remedy for various aspects of health and vitality.
5. **Turmeric/Haldi:** Turmeric, with its vibrant golden hue and earthy flavor, not only adds depth to cuisines but also boasts curcumin, a compound believed to carry potential anti-inflammatory and antioxidant properties. This versatile spice has a long-standing history as a culinary staple and a revered component of traditional medicine.
6. **Sandalwood/Chandan:** Sandalwood, known as "Chandan," holds an aromatic legacy, revered for its soothing and grounding scent, often used in perfumes, incense, and skincare for its calming properties. This fragrant wood has cultural significance across various traditions, symbolizing spirituality and serenity.
7. **Clarified Butter/Ghee:** Clarified butter, often called ghee, is a golden-hued dairy product derived from butter, where the milk solids and water have been removed. Renowned for its rich, nutty flavor and high smoke point, it's a staple in cooking and adds depth to a variety of dishes.
8. **Aloe Vera/Kumari:** Aloe vera, celebrated for its succulent leaves, contains a soothing gel renowned for its skin-nourishing and potential healing properties. This versatile plant has established a reputation as a natural remedy for skin care and minor irritations.
9. **Gooseberry/Amla:** Amla, also known as Indian gooseberry, is treasured for its high vitamin C content and potential antioxidant benefits, promoting vitality and immune support. This small fruit holds a significant place in traditional Ayurvedic practices for its holistic approach to health and well-being.
10. **Azadirachta indica/Neem:** The neem plant, also known as Azadirachta indica, is celebrated for its diverse applications in traditional medicine, pest control, and personal care due to its natural antifungal and antibacterial properties. From its bitter leaves to its valuable oil, neem continues to be a versatile botanical with a range of practical uses.