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Botanical Name : Stevia rebaudiana Bert.

Family : Asteraceae

Identification No.: SDACH/HG/087

Introduction :

In folk it used for digestive complaints. Its chemicals are useful in diabetes and hypertension.

Names in different Indian languages :

English : Stevia

Malayalam : Madhura tulasi

Tamil : Madhura tulasi

Morphology :

It is an under shrub,

Leaves – simple, opposite, obovate, serrated margin at ends

Flower – white

Fruit- capsule

Distribution & Habitat :

Cultivated

Karma :

Hypoglycemic, carminative

Indication :

Diabetes, hypertension, gastritis

Part used :

Whole plant

Dosage :

Leaf juice 10-15 ml

Powder 2-4 g

Decoction 50-100 ml

Amayika Prayoga/Therapeutic Uses:

External:

Used in herbal toothpaste and mouth fresheners due to anti-cariogenic properties

Internal:

As a natural sweetener for diabetic patients

Useful in weight management

Supports pancreatic health and reduces blood sugar

Yoga/Formulations:

Stevia leaf powder

Stevia-based sugar substitutes

Incorporated in herbal teas, diabetic formulations

IUCN Status: Not Evaluated (NE)

Research updates:

1. Mishra et al. (2023). Antidiabetic and antioxidant potential of Stevia rebaudiana in diabetic rats. Journal of Ayurveda Integrative Medicine.
2. Patel et al. (2021). Stevioside modulates insulin secretion in β -cell models. Phytotherapy Research.
3. Sharma et al. (2020). Comparative study on the antihyperglycemic effect of Stevia versus standard antidiabetic drug. Journal of Experimental Biology.

Hindi »

About Us

The College is recognized by National Commission for Indian System of Medicine, New Delhi and affiliated to the Shri Krishna Ayush University, Haryana for B.A.M.S. (Ayurvedacharya) Course. The College has produced over 1000 well-trained Graduates so far who are serving the ailing humanity in urban as well as rural areas and are well placed in Govt. Services or in their private enterprises. The College has gained distinction as various important and well-known pharmaceutical companies of the country have shown keen interest in the activities and development of Ayurveda in the College.



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