

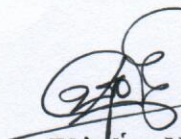
F. No. Std/SP-05/T(Nutraceutical-2022) [E-5184]
Food Safety and Standards Authority of India
(A Statutory Authority established under the Food Safety & Standards Act, 2006)
FDA Bhawan, Kotla Road, New Delhi-110 002

29th March, 2022

Subject: Direction under section 16(5) of the Food Safety and Standards Act, 2006 regarding operationalization of FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022. [FSS (Nutra) Regulations, 2022]

In exercise of the power conferred under section 92 of the Food Safety and Standards Act, 2006 (34 of 2006), the FSSAI has overhauled Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 and drafted a new framework to be called as FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022 to remove ambiguity and bring more clarity.

2. The above mentioned draft regulations are in the process of draft publication and its final notifications are likely to take more time. Therefore, it has been decided to operationalize the provisions of these regulations as enclosed at **Annexure 1** with effect from 1st April 2022. Schedules as applicable to different categories of these regulations are enclosed at **Annexure 2**. The list of additives and purity criteria is available at **Annexure 3**.
3. FSS (Nutra) Regulations, 2022 shall supersede FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 and any amendments made thereunder.
4. This issues with the approval of the Competent Authority, in exercise of the power vested under the section 18(2)(d) read with 16(5) of the Food Safety and Standard Act, 2006.


Bhaskar N 29/3

Advisor (Science and Standards)

To

1. ED(CS) with a request to communicate to Food Safety Commissioners of all States/UTs
2. Advisor (QA)
3. Head (RCD)/Head (Regulations)/ Head (Legal)
4. Director (TICD)-with a request to communicate to all Authorized Officers
5. All Regional Directors, FSSAI
6. CITO, FSSAI-with a request to upload on FSSAI website

Copy to:

1. PPS to Chairperson, FSSAI,
2. PS to CEO, FSSAI,

Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, and Prebiotic and Probiotic Food) Regulations, 2022. [FSSAI (Nutra) Regulations, 2022]

1. Title	Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, and Prebiotic and Probiotic Food) Regulations, 2022
2. Scope and categories covered	(1) Articles of food falling under these regulations are specially processed or formulated for specific nutritional or dietary purpose and shall be clearly distinguishable from foods intended for normal consumption by their special composition. These foods are intended for population above the age of 2 years¹ and shall fulfill the characteristics as laid down in these Regulations. They are intended to be consumed orally in defined quantities and duration and shall not include products intended for parenteral use. (2) Categories covered under these regulations include the following: i. Health Supplements (HS) ii. Nutraceuticals (Nutra) iii. Food for Special Dietary Use (FSDU) iv. Food for Special Medical Purpose (FSMP) v. Prebiotic food and Probiotic food (Pre-Pro) (3) Food or ingredients referred to in Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, and for which standards are provided, and the plants and botanicals specified in these regulations offered in normal or naturally occurring forms shall not constitute a health supplement or nutraceutical, or food for special dietary use or food for special medical purpose. (4) The products falling under these regulations shall not include a drug as defined in clauses (a), (b) and (h) of section 3 of the Drugs and Cosmetics Act, 1940 (23 of 1940) and rules made thereunder. (5) The products falling under these regulations shall not contain hormones or steroids or a narcotic drug or a psychotropic substance as defined in the Schedule of the Narcotic Drugs and Psychotropic Substances Act, 1985 (61 of 1985) and rules made thereunder and substances listed in Schedules E and E-1 of the Drugs and Cosmetics Rules, 1945. (6) The Products claiming cure, prevention or mitigation of any specific disease, disorder or condition shall also not fall under these regulations, unless specifically permitted by Food Authority under FSS regulations. (7) Mere food forms such as vegetables, for example, bhindi, karela and other vegetables; cereals, for example, ragi, jowar, millets and other cereals; legumes, for example, rajmah and other legumes; spices, for example, pepper, jeera, turmeric and other spices; fruits, for example, amla, jamun, grapes and other fruits; and other plants or botanicals, minimally processed (cleaned, de-weeded, sorted, dried or powdered), in either as juice or cooked form, shall not constitute 'health supplement' or 'nutraceutical' or 'food for

	special dietary use’ or ‘food for special medical purpose’. Note 1: Foods intended for infants up to the age of 2 years shall comply with FSS (Food for Infant Nutrition) Regulations, 2020.
3. Definitions.-In these regulations, unless the context otherwise requires (a) Act means the Food Safety and Standards Act, 2006 (34 of 2006); (b) Food Authority means the Food Safety and Standards Authority of India established under section 4 of the Act; (c) Food for special dietary use is a category of foods, which are specially processed or formulated to satisfy particular dietary requirements which exist because of a particular physical or physiological condition and/or specific diseases and disorders and which are presented as such. The composition of these foodstuffs must differ significantly from the composition of ordinary foods of comparable nature, if such ordinary foods exist. FSDU which are intended to be used as an adjunct for the management of diseases/disorders only under medical prescription and supervision shall normally be categorized under FSMP. (d) Food for special medical purpose is a category of foods for special medical uses, which are specially processed or formulated and presented for the dietary management of patients and may be used only under medical supervision. They are intended for the exclusive or partial feeding of patients with limited or impaired capacity to take, digest, absorb or metabolize ordinary foodstuffs or certain nutrients contained therein, or who have other special medically-determined nutrient requirements, whose dietary management cannot be achieved only by modification of the normal diet, by other foods for special dietary uses, or by a combination of the two. (e) Health supplement is a category of foods, which consists of a concentrated source of nutrients (like proteins, minerals, vitamins, amino acids) and/or other ingredients with nutritional or physiological effects, singly or in combination, whose purpose is to supplement the normal diet. (f) Ingredient means plant or botanicals and their extracts, probiotics, prebiotics, and molecules/isolates as listed by FA in its Schedule II, III and IV. (g) Nutraceutical is a category of foods which consists of extracts, isolates and purified chemical compounds having a physiological benefit and help to maintain health (h) Nutrient means vitamins, minerals, amino acids and other nutrients as specified by FA from time to time. (i) Premix means a combination of two or more ingredients specified in the Schedules in a specific proportion with or without additives, packed and meant for use in formulating a product falling under any category of these regulations. (j) Prebiotic food means food that contains added ingredients which are non-viable food components that confer health benefits to the consumer by modulation of gut microbiota. (k) Probiotic food means food with live micro-organisms beneficial to human health, which when ingested in adequate numbers as a single strain or as a combination of cultures, confer one or more specified or demonstrated health benefits in human beings. (l) Schedule means the Schedules to be specified by the FA through executive orders under these regulations. (m) Sportsperson means an individual who regularly participates in various types of sports activities as approved by Sports Authority of India (Ministry of Youth Affairs & Sports)	
4. Applicability. - No person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any food products referred to in these regulations unless they comply with the requirements laid down in these regulations.	
5. General requirements for all categories. – Categories covered under these regulations shall comply with the following general requirements, unless otherwise provided in subsequent sections.	

(1) Delivery format	(a) The products covered under these regulations may be in the form of powders, granules, tablets, capsules, liquids, semi solids, drops, pills, gummies, jelly, chewable and mouth dissolving strips, bars, biscuits, candies that are intended to be consumed orally in defined quantities and duration unless otherwise restricted for specific categories under these regulations. In addition, Food Authority may also specify any other formats from time to time. (b) In case the delivery format is in conventional form (like bar, biscuit, candy, etc.), information on the label shall not represent the product as conventional and clear differentiation in this regard is to be made on the label. (c) Ingredients not adhering to conventional delivery formats (or as described in Section 22 of FSS Act, 2006) including Nano derived ingredients and modified drug delivery format shall need prior approval under FSS (approval of non-specified food and food ingredients) Regulations, 2017
(2) Ingredients	(a) The products shall contain approved ingredients as applicable to different categories of foods to be specified separately by the Food Authority in the form of Schedules as listed below: A. Schedule I: Nutrients (vitamins, minerals, amino acids and other nutrients) B. Schedule II: Plant or botanicals* C. Schedule III: Molecules/isolates/extracts other than Schedule II D. Schedule IV: Prebiotics and Probiotics and *(Ingredients of plant or botanical origin specified in Schedule II may be used either in the given form, or their extract. In case of extract, the same shall be subject to the extractive ratios in relation to the daily usage value and shall be obtained only from the part of the plant listed in the schedule). (b) In addition, categories covered under these regulations may also contain such additional ingredients, other than additives, which are either standardized or permitted for use in preparation of the other standardized foods as specified in the FSS (Food Products Standards and Food Additives) Regulations, 2011 [FSS(FPS&FA)]. (c) Products covered under these regulations may also contain cereal grains, legumes, fruits and vegetables mentioned in the latest edition of the Indian Food Composition Tables (IFCT) published by ICMR-National Institute of Nutrition (ICMR-NIN) and spices included in the list published by the Spices Board of India either as such or as processed ingredients including extracts. (d) Non-specified foods including novel foods and non-specified ingredients, even if intended for use as any of the above categories, are not covered under these regulations. Such ingredient/product shall need approval in accordance with Food Safety and Standards (Approval for Non-Specific Food and Food Ingredients) Regulation, 2017.
(3) Provision for inclusion of ingredients with incident free history of safe use (HoSU)	(a) Ingredients including plant or botanicals or their extracts which are not provided in these regulations but have documented incident free history of safe use (at least thirty years in the country of origin or fifteen years in India) may be allowed, with prior approval by the Food Authority through

	representation by submitting relevant evidence. (b) For inclusion of any other new ingredient which does not fall under scope of above provision, the Food Business Operator (FBO) shall apply to the Food Authority as per FSS (approval of non-specified food and food ingredients) Regulations, 2017 [FSS (NSF&FI)]. In such cases, Food Authority may, after proper scientific evaluation, include and notify the nutrients or other ingredients approved under NSF regulations from time to time.
(4) Additives, processing aids and flavours	(a) Additives and processing aids as specified in Appendix A and C of FSS (FPS&FA) regulations for categories under these regulations are permitted for use, unless specifically restricted. * (b) The list of additives/excipients intended specifically for tablet/capsule/syrup/pills format shall be specified separately by the Food Authority from time to time. ** (c) Flavours: FBO may use the natural, nature identical or artificial flavours in accordance with regulation 3.3.1 of FSS (FPS&FA). (d) Use of any additive and processing aid that are not specified under these regulations shall be allowed only with the prior approval of the Food Authority or under FSS (approval of Non-Specified Food and Food Ingredient) regulations, 2017. (e) Esters and salts of any vitamins in particular Vitamin C & Vitamin E mentioned under Additives schedules with the usage level as GMP are permitted in product formulations subject to maximum level specified for usage by Food Authority. In case, levels are not specified by Food Authority the total level shall not exceed RDA specified by ICMR. *(Till the time the additives are notified in the FSS (FPS&FA) Regulations, 2011, the FBO shall use the additives permitted for different food categories as given in Annexure 3 and the additives given in GMP Table (Appendix 'A') of the FSS (FPS&FA) Regulations, 2011). **(FBO shall refer to Annexure 3 for additives/excipients intended specifically for tablet/capsule/syrup/pills format).
(5) Purity criteria for the ingredients	(a) The purity criteria for the ingredients used in the categories of articles of food covered under these regulations shall be specified separately by the Food Authority from time to time. * (b) In case such standards are not specified, the purity criteria generally accepted by pharmacopoeias (namely, Indian Pharmacopoeia, Ayurvedic Pharmacopoeia of India, United States Pharmacopoeia & British Pharmacopoeia), relevant BIS Specifications, Quality Standards of Indian Medicinal Plants as published by ICMR, Joint FAO/WHO Expert Committee on Food Additives or Codex Alimentarius may be adopted by FBO. (c) The FBO shall provide information on the purity criteria adopted for ingredients at the time of licensing and any subsequent changes.

	*(FBO shall refer to Annexure 3 for purity criteria for the ingredients).
(6) Provision on single purified chemical entity	Any single purified chemical entity listed in these regulations, except extracts of plant or botanicals and vitamins and minerals, amino acids and nucleotides, are not permitted to be sold as HS, Nutra, FSDU, FSMP or Pre-Pro, without prior approval of the Food Authority.
(7) Ingredient combination rationale	Any combination of ingredients in a formulation shall be based on available scientific and technical evidence; and such evidences shall be made available to the Food Authority as and when called for.
(8) Quality requirements for tablet, capsule format	(a) The quality requirements for tablet, capsule format shall be specified separately by the Food Authority from time to time. (b) In case such standards are not specified, the same shall comply with general monograph and quality requirements specified for them in Indian Pharmacopoeia, if applicable.
(9) Process to obtain plant or botanical extracts	(a) Food grade solvent, either singly or in combination shall only be used for extraction of plant or botanicals. (b) Ingredient prepared by extraction and fractionation using any other solvent shall require prior approval by the Food Authority under NSF & FI regulations.
(10) Products for 2 to 5 years of age	The products covered under these regulations intended for children of 2 to 5 years of age, shall only be given under medical advice by a recognized medical doctor or dietician or nutritionist.
(11) Overages & Tolerance limit	(a) Addition of appropriate overages to ensure adequate availability of vitamins and minerals in the products shall be permitted based on scientific rationale; and, such overages shall be specified by the Food Authority from time to time. (b) The tolerance limit for variation in case of articles of food covered in these regulations during analysis of samples of finished products, shall be in accordance with FSS (L&D) regulations, 2020.
(12) Labelling	(a) In addition to the general labelling requirements specified under FSS (Labelling and Display) Regulations, 2020 [FSS (L&D)], categories specified under these regulations shall carry the following information on the label: i. Front of the Pack A. The words “HEALTH SUPPLEMENT/ NUTRACEUTICAL/ FOOD FOR SPECIAL DIETARY USE/ FOOD FOR SPECIAL MEDICAL PURPOSE/ PREBIOTIC FOOD /PROBIOTIC FOOD” as applicable to the concerned category, in capital and bold letters in the immediate proximity of the name or brand name of the product; B. A prominent statement indicating the target consumer group and/or age group if the product has been formulated for a specific age group;

	ii. Front or Back of the Pack A. The statement “NOT FOR MEDICINAL USE” in capital and bold letters prominently written on label, unless exempted for specific categories under these regulations; B. ‘Recommended usage level’; C. ‘Duration of usage, where applicable’; D. ‘Not to exceed the recommended daily usage’ prominently written. E. An advisory warning in cases where a danger may exist with excess consumption; F. Warning on any other precautions to be taken while consuming, known side effects if any, contraindications and published product or drug interactions, as applicable; G. statement or warning stating, ‘product is not to be used as a substitute for a varied diet’ except for FSDU and FSMP category; H. A warning statement ‘product is required to be stored out of reach of children’; I. The quantity of nutrients, expressed in terms of percentage of the relevant recommended daily allowances, unless exempted by any other regulations in force; iii. Front or Back of the Pack or Accompanied Leaflet. A. A declaration on the amount of the nutrients or substances with a nutritional or physiological effect present in the product; B. The label, accompanying leaflet or other labelling and advertisement of each type of article of food, referred to in these regulations shall provide sufficient information on the nature and purpose of the article of food and detailed instructions and precautions for its use, and the format of information given shall be appropriate for the intended use of the consumer; (b) In addition to the above, the labels shall also comply with any other requirements mentioned specifically against the applicable category under these regulations.
(13) Claims and its approval process	(a) The products falling under these regulations by means of labelling, presentation and advertisement shall not claim to treat, cure, mitigate or prevent any specific disease, disorder or condition or refer to such properties, unless specifically permitted by Food Authority. (b) The statement by FBO relating to structure, function or general well-being of the body may be allowed by the Food Authority if the statement is supported by the generally accepted scientific data. (c) FBO may make nutritional or health claims or reduction of disease risk claims (DRR) that are listed under FSS (Claims and Advertisements) Regulations, 2018 [FSS (C&A)]. For making any other claims or any exemption to 10(1) of FSS (C&A), prior approval of the Food Authority shall be obtained in accordance with FSS (C&A) Regulations, 2018 by submitting relevant documents and fees.

(14) Other regulations for compliance	(a) Unless otherwise specified, categories under these regulations shall comply to the following regulations also - i. Chemical Contaminants: FSS (Contaminants, Toxins and Residues) Regulations, 2011. ii. Microbial contaminants: Appendix B of FSS(FPS&FA). iii. Packaging: FSS (Packaging) Regulations, 2018 (b) The products shall be prepared and handled in accordance with the requirements specified in Schedule 4, or as applicable, under the Food Safety and Standards (Licensing and Registration of Food Businesses) Regulations, 2011 and such other guidelines as specified from time to time under the provisions of the Food Safety and Standard Act, 2006.
(15) Other provisions including explanatory notes	(a) An article of food which has not been particularly modified in any way but is suitable for use in a particular dietary regimen because of its natural composition, shall not be designated as 'health supplement' or 'special dietary' or 'special dietetic' or by any other equivalent term, and such food may bear a statement on the label that 'this food is by its nature X' ('X' refers to the essential distinguishing characteristic as demonstrated by the generally accepted scientific data), provided that the statement does not mislead the consumer. (b) The Food Authority may suspend or restrict sale of such articles of food as have been placed in the market that are not clearly distinguishable from articles of food for normal consumption and are not suitable for their claimed nutritional purpose, or may endanger human health, in accordance with the provisions of the Act. (c) Food Authority may also advise the FBO to alter or modify or stop claims which are not supported by scientific evidence. (d) The articles of food or formulation shall consist of a composition delivering the desired level of energy, protein, vitamins and minerals, and other essential nutrients required for respective age group, gender and physiological stage in accordance with the guidelines made by the ICMR from time to time.

6. Category specific requirements

(1) Health supplements

(a) Scope	Health supplements are meant to supplement the normal diet of a person and not intended to treat or cure any deficiency.
(b) Nutrients/Ingredients allowed	Proteins, vitamins, minerals, amino acids or other ingredients with nutritional or physiological effects, singly or in combination, specified under schedules (except Schedule III) by the Food Authority from time to time.
(c) Nutrients/Ingredients usage level	(i) Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the food Authority, usage level shall be minimum 15 % of RDA as specified by ICMR, where a nutrient content claim is being made, provided that, if claim of higher nutrient content is made, the nutrient content shall not be less than thirty per cent of the recommended daily allowance and shall not exceed one RDA in any case. In case such standards are not specified, the standards laid down by an international food standards body namely, Codex

	Alimentarius Commission shall apply. (ii) Ingredients: Limits as specified in schedule. In case daily minimum and maximum usage levels have not been specified, the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. FBO shall submit such data to the Food Authority, as and when called for.
(d) Delivery format(s)	Shall comply with general requirements 5(1)
(e) Additive(s)	(i) For products in tablet/capsule/pills/liquid format: Only additives as specified by the FA from time to time. (ii) For products other than tablet/capsule/pills/liquid format: Only additives within the limits specified as permitted for category 13.6 and GMP table of Appendix 'A' of FSS (FPS & FA) Regulations, 2011 are permitted.
(f) Labelling requirement(s)	(i) Shall comply with general requirements 5(12). (ii) In addition, FA may allow Health supplements term on the label may be interchangeably use by the terms, namely, Dietary supplements or Food supplements.
(g) Any other requirement not covered above	-
(2) Nutraceutical	
(a) Scope	The nutraceuticals are meant to provide a physiological benefit and help maintain good health and not intended to treat or cure any medical condition, disease, or disorder.
(b) Nutrients/Ingredients allowed	Molecules/ isolates/extract from the Schedule III as specified by Food Authority from time to time. In addition, it may also contain nutrients and ingredients from other schedules as approved and specified by Food Authority from time to time as an optional ingredient.
(c) Nutrients/Ingredients usage level	(i) Ingredients: Limits as specified in Schedule III with standardisation to marker compounds specified and at daily usage levels specified therein. In case daily minimum and maximum usage levels have not been specified, the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. The ingredient for which the standardisation of the marker compound has not been specified shall comply with manufacturer specifications or quality requirements and purity criteria as specified in regulation. FBO shall submit such data to the Food Authority as and when called for. (ii) Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the food Authority, usage level shall be minimum 15 % of RDA as specified by ICMR, where a nutrient content claim is being made, provided that, if claim of higher nutrient content is made, the nutrient content shall not be less than thirty per

	cent of the recommended daily allowance and shall not exceed one RDA in any case. In case such standards are not specified, the standards laid down by an international food standards body namely, Codex Alimentarius Commission shall apply.
(d) Delivery format(s)	Shall comply with general requirements 5(1).
(e) Additive(s)	(i) For products in tablet/capsule/pills/liquid format: Only additives as specified by the FA from time to time. (ii) For products other than tablet/capsule/pills/liquid format: Only additives within the limits specified as permitted for category 13.6 and GMP table of Appendix 'A' of FSS (FPS & FA) Regulations, 2011 are permitted
(f) Labelling requirement(s)	Shall comply with general requirements 5(11).
(g) Any other requirement not covered above	-
(3) Food for Special Dietary Use	
(a) Scope	(i) This standard applies to all prepackaged foods for special dietary uses, in case of weight management, obesity, diabetes, high blood pressure, pregnant and lactating women, geriatric population, celiac disease, sleep management, food for Sportspersons and other health conditions. (ii) Any other special dietary use products containing the approved ingredients shall need prior approval from the Food Authority by submitting the representation along with scientific justification. (iii) FSDU shall not include the normal food which is merely enriched or modified with nutrients and meant for mass consumption, intended for improvement of general health for day to day use and do not claim to be targeted to consumers with specific disease conditions and also not include the article of food intended to replace complete diet covered under food for special medical purpose.
(b) Nutrients/Ingredients allowed	Carbohydrates, proteins, vitamins, minerals, amino acids, fats/essential fatty acids, fibre including dietary fibre and other ingredients such as botanicals and their extracts, enzymes, probiotics, prebiotics, and other dietary substances (singly or in combination) as specified in different Schedules by Food authority from time to time.
(c) Nutrients/Ingredients usage level	(i) Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the food Authority, usage level shall not exceed one RDA as specified by ICMR in any case. However, usage level beyond those specified by FA or RDA in food format (except tablet, capsule, syrup) are permitted only with prior approval of FA by providing adequate scientific evidence to the FA. (ii) Ingredients: Limits as specified in schedule. In case daily minimum and maximum usage levels have not been specified, the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. FBO shall submit such data to the Food Authority as

	and when called for.
(d) Delivery format(s)	(i) Shall comply with general requirements 5(1). (ii) In addition, FBO may formulate an article of food for special dietary use in formats meant for oral feeding through an enteral tube unless otherwise restricted under sub-categories of FSDU but shall not be used for parenteral use.
(e) Additive(s)	(i) For products in tablet/capsule/pills/liquid format: Only additives as specified by the FA from time to time. (ii) For products other than tablet/capsule/pills/liquid format: Only additives within the limits specified as permitted for category 13.5 and GMP table of Appendix 'A' of FSS (FPS & FA) Regulations, 2011 are permitted
(f) Labelling requirement(s)	Shall comply with general requirements except 5(12)(a)(ii)(A). In addition, every package of Food for Special Dietary Use shall carry the following information on the label: i. Front of Pack A. the words "FOOD FOR SPECIAL DIETARY USE" followed by "Food for....." (mentioning the particular physiological or health condition or particular usage group as the case may be); B. a statement to indicate on the label whether or not the food for special dietary use is to be taken under medical advice of physician or certified dietician or nutritional professional; ii. Front or Back of Pack A. a statement that the product is not to be used by pregnant, nursing and lactating women or children under 5 years, adolescents and elderly, except when medically advised by physician or certified dietician or nutrition professional; B. a statement on rationale for use of the product and a description of the properties or characteristics that make it useful; C. a statement specifying the nutrient which is reduced, deleted, increased or otherwise modified, relating to normal requirement, and the rationale for the reduction, deletion, increase or other modification; D. a warning that the product is not for parenteral use or for oral use only; (Note: replacement of terms like 'Parenteral' needs to be clarified as 'a cautionary statement that <i>the product is for oral consumption only</i>'); E. information on osmolality or osmolarity or on acid-base balance where appropriate;
(g) Any other requirement not covered above	Advertisement of FSDU for general public shall clearly indicate that the product is to be taken under medical advice, wherever applicable.
3.1 Categories of FSDU	
3.1.1 FSDU for weight management: In addition to other FSDU requirements above, product intended for weight management shall comply with the following:	

(a) Scope	i. This standard applies to foods which, when presented as "ready-to-serve" or when prepared in conformity with the directions for use by the manufacturer, are presented as a replacement for all or part of the total daily diet for use in weight control. ii. It does not apply to prepackaged meals controlled in energy and presented in the form of conventional foods.
(b) Essential Composition	i. Energy: A. FSDU presented as a replacement for all meals of the daily diet- Minimum 800 kcal (3,350 kJ); not more than 1,200 kcal (5,020 kJ). The individual portions or servings contained in the formula food shall provide approximately one-third or one-fourth of the total energy of the food in the pack depending on whether the recommended number of portions or servings per day is three or four, as the case may be, respectively. B. FSDU presented as a replacement for one or more meals of the daily diet - Minimum 200 kcal (835 kJ); not more than 400 kcal (1,670 kJ) per meal. When such products are presented as a replacement for the major part of the diet, the total energy intake shall not exceed 1,200 kcal (5,020 kJ). ii. Protein: Not less than 25 per cent and not more than 50 per cent of the energy available from the food, when ready-to-serve, shall be derived from its protein content; and the total amount of protein shall not exceed 125 g per day. The quality of protein shall have- A. the protein digestibility corrected amino acid score of 1.0 known as, the reference protein; B. the protein digestibility corrected amino acid score where less than 1.0, the minimum level shall be increased to compensate for the lower protein quality; C. the protein with a protein digestibility corrected amino acid score of 0.8 or more shall be used in a formula food for use in a weight control diet; and D. for improving the protein quality, the FBO shall add only L- forms of essential amino acids except for methionine where DL form is allowed. iii. Fat and linoleate: Not more than 30 per cent of the energy available from fat and not less than 3 per cent of the energy from linoleic acid in the form of a glyceride. iv. Vitamins and minerals: FSDU represented as a replacement for all meals per day, shall contain at least one RDA of vitamins and minerals in the daily intake. However, usage level beyond RDA are permitted only with prior approval of FA by providing adequate scientific evidence to the FA. v. Dietary fiber: These products shall have adequate dietary fiber.
(c) Additive(s)	Only additives within the limits specified as permitted for category 13.5 of Appendix 'A' and GMP table of FSS (FPS & FA) Regulations, 2011 are permitted.
(d) Labelling requirement(s)	In addition to 5(12) and 6(3)(f), every package of Food for Special Dietary Use intended for weight management shall carry the following information on the label—

	a statement " Meal Replacement for Weight Control/Management " in close proximity to the name of the articles of food;
(e) Any other requirement not covered above	-
(3.1.2) Food for Sportsperson	
(a) Scope	This standard applies to foods which are presented as a food for sportspersons in formats meant for oral consumption and to be used only under medical advice by physician or certified dietician or nutritional professional and shall not be applicable to liquid products/beverages and premixes (to be reconstituted) which are specified under Appendix A; Food category system 14.1.4 of FSS (FPS &FA) Regulations.
(b) Labelling requirement(s)	In addition to 5(l) and 6(3)(f), every package of Food for Sportsperson shall carry the following information on the label– i. Front of Pack A. a statement “FOR SPORTSPERSON ONLY” in close proximity to the name of the articles of food; B. a statement “Recommended to be used under medical advice by a physician or certified dietician or nutrition professional only” on the front of the pack ; C. the logo as specified below-  ii. Front or Back of Pack A. a statement that the product is not to be used by pregnant, nursing and lactating women or by infants, children under 5 years and elderly; B. if the product has been formulated for a specific age group, sports activity as per the approved list of Sports Authority of India (Ministry of Youth Affairs and Sports, Government of India), a prominent statement to that effect; C. a statement ‘for oral consumption only’; D. a statement ‘the food is not a sole source of nutrition and shall be consumed in-conjunction with a nutritious diet’; E. a statement ‘the food shall be used in conjunction with an appropriate physical training or exercise regime’;
(c) Any other requirement not covered above	Prohibited substances declared by the World Anti-Doping Agency (WADA) shall not be added in any of the articles of food specified for sport persons. FBO must ensure to check the list of prohibited substances which is published annually by the WADA and is effective from the January 1 every year.
(4) Food for Special Medical Purpose	
(a) Scope	(i) This standard applies to the foods specially meant for dietary management of persons with specific medical condition or disease or disorder.

	(ii) The articles of food for special medical purpose, other than those intended for infants, may either be nutritionally complete food which, when used in accordance with the manufacturer's instructions, shall constitute the sole source of nourishment for the persons for whom they are intended or nutritionally incomplete food with formulation specific for a disease, disorder or medical condition, but are not suitable to be used as the sole source of nourishment. Accordingly, FSMP may be classified in to following three categories A. 'Nutritionally complete food with a standard nutrient formulation', which when used in accordance with the manufacturer's instructions, may constitute the sole source of nourishment for the persons for whom they are intended. B. 'Nutritionally complete food with a nutrient-adopted formulation specific for a disease, disorder or medical condition', which when used in accordance with the manufacturer's instructions, may constitute the sole source of nourishment for the persons for whom they are intended; and C. 'Nutritionally incomplete food with a standard formulation or a nutrient adopted formulation specific for a disease, disorder or medical condition', which is not suitable to be used as the sole source of nourishment Note.- the food specified in item (B) and (C) of sub-clause (ii) may be used as a partial replacement or as a supplement to the person's diet.
(b)Nutrients/Ingredients allowed	Carbohydrates, proteins, vitamins, minerals, amino acids, fats/essential fatty acids, fibre including dietary fibre and other ingredients such as botanicals and their extracts, enzymes, probiotics, prebiotics, and other dietary substances (singly or in combination) as specified in different Schedules by Food Authority from time to time.
(c) Nutrients/Ingredients usage level	i. Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the food Authority, usage level shall not exceed one RDA as specified by ICMR in any case. However, usage level beyond those specified by FA or RDA in food format (except tablet, capsule, syrup) are permitted only with prior approval of FA by providing adequate scientific evidence to the FA. ii. Ingredients: Limits as specified in schedule. In case no daily minimum and maximum usage levels have not been specified the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. FBO shall submit such data to the Food Authority as and when called for.
(d) Delivery format(s)	(i) Shall comply with 5(1). However, formats namely, tablet/capsule/pills/liquid drops, gummies, jelly, chewable and mouth dissolving strips are not permitted under this category. (ii) A FBO may formulate food for special medical purpose in format meant for oral feeding through enteral tubes but shall not be used for parenteral use.

(e) Additive(s)	Only additives within the limits specified as permitted for category 13.3 and 13.4 of Appendix 'A' and GMP table of FSS (FPS & FA) Regulations, 2011 are permitted
(f) Labelling requirement(s)	In addition to 5(12) except 5(12)(a)(ii)(A), every package of Food for Special Medical Purpose shall carry the following information on the label– i. Front of Pack A. an advisory warning “RECOMMENDED TO BE USED UNDER MEDICAL ADVICE ONLY” appearing on the label in capital and bold letters on Front of pack; B. the statement “For the dietary management of _____” (<i>the blank to be filled with the specific disease, disorder or medical condition for which the product is intended</i> subject to its approval by the Food Authority through representation by submitting appropriate scientific, and clinical and epidemiological data; C. a statement ‘NUTRITIONALLY COMPLETE’ if the food is intended to be used as a nutritionally complete food; ii. Front or Back of Pack A. a statement on the rationale for use of the product by the target consumer group and a description of the properties or characteristics that make it useful; B. a statement specifying the nutrients, which have been reduced, deleted, increased or otherwise modified, relating to normal requirements, and the rationale for the reduction, deletion, increase or other modification; C. information on osmolality or osmolarity, renal solute load, potential renal solute load or acid-base balance, wherever applicable; D. instructions for appropriate preparation, feeding, use and storage of the product after the opening of the container; E. a warning that the ‘product is not for parenteral use’;
(g) Any other requirement not covered above.	No FBO shall make nutrition and health claims on food for special medical purposes. Further, no food business operator shall advertise the food for special medical purpose for use by general public.
4.1 FSMP for Weight Reduction	
(a) Scope	(i) This standard applies to formula foods for use in very low energy diets for weight reduction intended as total replacement of diet. These foods are defined as foods for special medical purposes and must be used under medical supervision by individuals with moderate or severe obesity. (ii) It does not apply to prepackaged meals presented in the form of conventional foods.
(b) Essential Composition	When prepared according to instructions, i. Energy: a daily energy intake of 450-800 kcal as the only source of energy;

	ii. Protein: Not less than 50 g with a protein digestibility corrected amino acid score of 1.0 is present in the recommended daily intake of energy. Essential amino acids may be added to improve protein quality only in amounts necessary for this purpose. Only L-forms of amino acids shall be used, except that DL-methionine may be used. iii. Fats: 3 g of linoleic acid; and 0.5 g α-linolenic acid in the recommended daily intake with the α-linoleic acid and linolenic acid ratio between 5 and 15; iv. Carbohydrates: NLT 50 g of available carbohydrates in the recommended daily intake of energy; v. Dietary fiber: Product shall have adequate dietary fiber
(c) Nutrients/Ingredients usage level	-
(d) Any other requirement not covered above	-
(4.2) Foods intended for Special Diagnostic Purpose	
Scope	This standard applies to formula foods used during Special Diagnostic Purpose.
Requirements	FBO shall seek approval for Foods intended for Special Diagnostic Purpose in accordance with NSF&FI regulations.
(5) Prebiotic and Probiotic Food (Pre-Pro)	
(a) Scope	i. Prebiotic Food: These are non-viable food components that confer health benefits by modulating gut microflora. ii. Probiotic Food: The foods with added viable microorganisms which when consumed in adequate amount confer health benefits. Provided that the presence of the commonly used starter cultures of lactic acid producing bacteria such as <i>Lactococcus</i> spp., earlier known as <i>Streptococcus</i> spp., <i>Lactobacillus</i> spp. and other such microorganisms used in the preparation of fermented milk (dahi) and related products shall not be considered as probiotics, if the probiotic properties have not been substantiated.
(b) Nutrients/Ingredients allowed	i. Prebiotic Food: Prebiotic ingredients specified by the Food Authority from time to time. ii. Probiotic Food: Probiotic microorganisms specified by the Food Authority from time to time. In addition, it may also contain prebiotics permitted under these regulations.
(c) Nutrients/Ingredients usage level	i. Prebiotic Food: Not more than 40g/day for adults ii. Probiotic Food: Minimum viable number of added probiotic organisms in food shall be $\geq 10^8$ CFU in the recommended serving size per day. Provided that a lower viable number may be allowed with proven studies on health benefits with those numbers subject to the prior approval of the Food Authority.
(d) Delivery format(s)	Shall comply with 5(1). However, formats namely, tablet/capsule/pills/liquid drops are permitted only with prior approval of Food Authority.
(e) Additive(s)	Only additives within the limits specified as permitted for category 13.6 of Appendix 'A' of FSS (FPS & FA) Regulations, 2011 and GMP table are permitted.
(f) Labelling	In addition to 5(12), every package of Probiotic food shall carry the

requirement(s)	following information on the label, - i. Front or Back of Pack A. genus and species including strain designation or culture collection number, in brackets where probiotics are mentioned in the list of ingredients; In such cases, internationally accepted short names are allowed; B. viable numbers at the end of the shelf-life of probiotic strain corresponding to the level at which the efficacy is claimed; C. the recommended serving size, which shall deliver the effective viable dose of probiotics related to health claims; D. proper storage temperature conditions, and time limit for 'Best Use' after opening the container;
(g) Any other requirement not covered above.	Any new approval of new probiotic strain shall be based on data collected in accordance with guidelines issued by the Indian Council of Medical Research and Department of Biotechnology with respect to probiotics and approval under NSF&FI regulations.

Schedule – I
Nutrients (Vitamins, Minerals, Amino acids and other nutrients)

List of Vitamins and Minerals

S.No.	Vitamins and Minerals		Components
A.	Vitamins-		
1.	Vitamin A	(i)	Retinol – all trans retinol
		(ii)	Retinyl acetate
		(iii)	Retinyl palmitate
2.	Provitamin A	(i)	Beta-Carotene
3.	Vitamin B₁	(i)	Thiamine chloride hydrochloride
		(ii)	Thiamine mononitrate
4.	Vitamin B₂	(i)	Riboflavin
		(ii)	Riboflavin 5'-phosphate, sodium
5.	Vitamin B₆	(i)	Pyridoxine hydrochloride
		(ii)	Pyridoxal 5'-phosphate
6.	Vitamin B₁₂	(i)	Cyanocobalamin
		(ii)	Hydroxocobalamin
7.	Vitamin C	(i)	L-ascorbic acid
		(ii)	Sodium-L-ascorbate
		(iii)	Calcium-L-ascorbate
		(iv)	Potassium-L-ascorbate
		(v)	6-palmitoyl-L-ascorbic acid
		(vi)	Ascorbyl palmitate
8.	Vitamin D	(i)	Vitamin D ₃ (cholecalciferol) – Animal source
		(ii)	Vitamin D ₂ (ergocalciferol) – Plant source
		(iii)	Vitamin D ₃ (cholecalciferol) – Lichen/ Algae* (*The species of lichen/algae shall need prior approval of Food Authority)
9.	Vitamin E	(i)	D-alpha-tocopherol
		(ii)	DL-alpha-tocopherol
		(iii)	D-alpha-tocopheryl acetate
		(iv)	DL-alpha-tocopheryl acetate
		(v)	D-alpha-tocopheryl acid succinate
		(vi)	DL-alpha-tocopheryl acid succinate
		(vii)	DL-alpha-tocopheryl polyethylene glesol succinate
		(viii)	Tocotrienols
10.	Vitamin K₁	(i)	Phylloquinone
		(ii)	Phytomenadione (2-methyl 3-phytyl-1)
		(iii)	1,4-napthoquinone
		(iv)	Phytonamidione
11.	Vitamin K₂(MK-7)	(i)	Menaquinone
12.	Vitamin K₂ (MK-4)	(i)	Menatetrenone
13.	Biotin	(i)	D-biotin
14.	Folic Acid	(i)	n-pteroyl-l-glutamic acid
		(ii)	(6S)-5-methyltetrahydrofolic acid,

S.No.	Vitamins and Minerals		Components
			glucosamine salt
15.	Niacin	(i)	Nicotinic acid
		(ii)	Nicotinamide
		(iii)	Nicotinic acid amide
16.	Pantothenic acid	(i)	D-pantothenate, calcium
		(ii)	D-pantothenate, sodium
		(iii)	D-panthenol
		(iv)	DL- pantholnol
		(v)	Sodium-D-pantothenate
B.	Minerals (Chemical sources)		
1.	Calcium	(i)	Calcium carbonate
		(ii)	Calcium chloride
		(iii)	Calcium salts of citric acid
		(iv)	Calcium gluconate
		(v)	Calcium glycerophosphate
		(vi)	Calcium orthophosphate
		(vii)	Calcium hydroxide
		(viii)	Calcium oxide
		(ix)	Calcium phosphate, monobasic
		(x)	Calcium phosphate, dibasic
		(xi)	Calcium phosphate, tribasic
		(xii)	Calcium sulphate
		(xiii)	Calcium from algae including red seaweed
		(xiv)	Calcium lactate
		(xv)	Natural forms of calcium obtained from corals, shells, pearls, conch, oysters and milk
2.	Chloride	(i)	Calcium chloride
		(ii)	Choline chloride
		(iii)	Magnesium chloride
		(iv)	Manganese chloride
		(v)	Potassium chloride
		(vi)	Sodium chloride
3.	Chromium	(i)	Chromium (III) chloride
		(ii)	Chromium (III) sulphate
4.	Copper	(i)	Cupric carbonate
		(ii)	Cupric citrate
		(iii)	Cupric gluconate
		(iv)	Cupric sulphate
		(v)	Copper lysine complex
		(vi)	Copper oxide (copper (II) oxide, cupric oxide and black copper oxide)
5.	Iodine	(i)	Sodium iodide
		(ii)	Sodium iodate
		(iii)	Potassium iodide
		(iv)	Potassium iodate
6.	Iron	(i)	Ferrous succinate
		(ii)	Ferrous citrate

S.No.	Vitamins and Minerals		Components
		(iii)	Ferric ammonium citrate
		(iv)	Ferrous gluconate
		(v)	Ferrous fumarate
		(vi)	Ferric sodium di-phosphate
		(vii)	Ferrous lactate
		(viii)	Ferrous sulphate
		(ix)	Ferric di-phosphate
		(x)	Ferric saccharate
		(xi)	Ferrous bisglycinate
		(xii)	Hydrogen reduced iron
		(xiii)	Sodium iron EDTA
		(xiv)	Carbonyl iron
		(xv)	Ferrous orthophosphate
		(xvi)	Ferrous sodium pyrophosphate
		(xvii)	Elemental iron
		(xviii)	Electrolytic iron
7.	Magnesium	(i)	Magnesium aspartate
		(ii)	Magnesium carbonate
		(iii)	Magnesium chloride
		(iv)	Magnesium gluconate
		(v)	Magnesium phosphate dibasic (Magnesium hydrogen phosphate)
		(vi)	Magnesium phosphate tribasic (Trimagnesium phosphate)
		(vii)	Magnesium oxide
		(viii)	Magnesium sulphate
8.	Manganese	(i)	Manganese carbonate
		(ii)	Manganese chloride
		(iii)	Manganese citrate
		(iv)	Manganese sulphate
		(v)	Manganese gluconate
		(vi)	As amino acid chelate
9.	Molybdenum	(i)	Ammonium molybdate (Molybdenum (VI))
		(ii)	Sodium molybdate (Molybdenum (VI))
		(iii)	As amino acid chelate
10.	Phosphorous	(i)	Potassium glycerophosphate
		(ii)	Potassium phosphate, monobasic
		(iii)	Potassium phosphate, dibasic
11.	Potassium	(i)	Potassium bicarbonate
		(ii)	Potassium carbonate
		(iii)	Potassium chloride
		(iv)	Potassium citrate
		(v)	Potassium gluconate
		(vi)	Potassium glycerophosphate
		(vii)	Potassium lactate
		(viii)	Potassium monobasic phosphate
		(ix)	Potassium dibasic phosphate

S.No.	Vitamins and Minerals		Components
12.	Selenium	(i)	Sodium selenate
		(ii)	Sodium selenite
		(iii)	Sodium hydrogen selenite
		(iv)	Selenomethionine
		(v)	Selenious acid
13.	Sodium	(i)	Sodium bicarbonate
		(ii)	Sodium carbonate
		(iii)	Sodium chloride
		(iv)	Sodium citrate (Trisodium citrate)
		(v)	Sodium gluconate
		(vi)	Sodium lactate
		(vii)	Sodium phosphate monobasic (Sodium dihydrogen phosphate)
		(viii)	Sodium phosphate dibasic (disodium hydrogen phosphate)
		(ix)	Sodium sulphate
14.	Zinc	(i)	Zinc acetate
		(ii)	Zinc chloride
		(iii)	Zinc citrate
		(iv)	Zinc gluconate
		(v)	Zinc lactate
		(vi)	Zinc oxide
		(vii)	Zinc carbonate
		(viii)	Zinc sulphate
15	Boron	(i)	Boron proteonate

Note 1- Suitable esters, derivatives and salts of vitamins and salts and chelates of minerals may be used. Food business operator shall notify in writing to Food Authority, whenever they use such esters, salts, chelates and derivatives. FBOs shall be required to submit additional safety data/information when requested by the Food Authority for such cases.

Note 2- Addition of appropriate overages* to ensure adequate availability of vitamins and minerals in the products shall be permitted based on scientific rationale. However, the maximum proportion of overages shall not exceed as given in the Table 'C', below, unless scientifically justified. Labels of such products shall make a declaration of the same as "appropriate overages added" in the composition declaration Panel.

Table C. Permissible overages*		
S.No.	Micronutrient	Overage (per cent)
1.	Vitamin A	30
2.	Vitamin C	20
3.	Vitamin D	30
4.	Vitamin E	10
5.	Thiamine (vitamin B ₁)	25
6.	Riboflavin (vitamin B ₂)	25
7.	Niacin (vitamin B ₃)	10
8.	Vitamin B ₆	25
9.	Vitamin B ₁₂	25

10.	Folic acid	25
11.	Pantothenic acid	10
12.	Vitamin K ₁	30
13.	Minerals	10
14.	Iodine	20

*Overage means the amount of excess nutrients added above label claim during manufacture as a means of maintaining at least the claimed amount of the ingredient(s) for the normal shelf life of the product to compensate for the expected manufacturing / storage loss and to allow for variation in assay performance. Where overages are more than those listed in **Schedule I, Table C**, the same shall be scientifically substantiated.

List of amino acids and other nutrients and Nucleotides

A. Amino Acids and other nutrients			
i.	Calcium L- glutamate	ii.	Carnitine acetyl-L
iii.	Choline	iv.	Choline bitartrate
v.	Choline chloride	vi.	Choline citrate
vii.	Choline hydrogen tartrate	viii.	Glycine
ix.	L- Alanine	x.	L- Ornithine
xi.	L- Proline	xii.	L-Arginine
xiii.	L-Arginine hydrochloride	xiv.	L-Arginine L-aspartate
xv.	L-Aspartic acid	xvi.	L-Carnitine
xvii.	L-Carnitine hydrochloride	xviii.	L-Carnitine tartrate
xix.	L-Citrulline	xx.	L-Cysteine
xxi.	L-Cysteine hydrochloride	xxii.	L-Cystine
xxiii.	L-Cystinedihydrochloride	xxiv.	L-Glutamic acid
xxv.	L-Glutamine	xxvi.	L-Histidine
xxvii.	L-Histidine hydrochloride	xxviii.	L-Hydroxylysine
xxix.	L-Hydroxyproline	xxx.	L-Isoleucine
xxxi.	L-Isoleucine hydrochloride	xxxii.	L-Leucine
xxxiii.	L-Leucine hydrochloride	xxxiv.	L-Lysine
xxxv.	L-Lysine acetate	xxxvi.	L-Lysine hydrochloride
xxxvii.	L-Lysine L-Aspartate	xxxviii.	L-LysineL-glutamate dihydrate
xxxix.	L-Methionine	xl.	L-Ornithine monohydrochloride
xli.	L-Phenylalanine	xlii.	L-Serine
xlili.	L-Threonine	xliv.	L-Tryptophan
xlvi.	L-Tyrosine	xlvi.	L-Valine
xlvi.	Magnesium L- aspartate	xlvi.	Myo-Inositol (=meso-Inositol)
xlix.	N-Acetyl L-cysteine	l.	N-Acetyl L-methionine
li.	Potassium L- glutamate	lii.	Taurine
liii.	Tyrosine acetyl-L		
B. Nucleotides			
i.	Adenosine 5-monophosphate (AMP)	ii.	Cytidine 5-monophosphate (CMP)
iii.	Disodium Guanosine 5-mono phosphate salt	iv.	Disodium Inosine 5-monophosphate salt
v.	Disodium Uridine 5-monophosphate salt	vi.	Guanosine 5-monophosphate (GMP)
vii.	Inosine 5-monophosphate (IMP)		

Note. - Suitable hydrated and anhydrous forms of amino acids, and the hydrochloride, sodium, and potassium salts of amino acids may be used. In such cases, Food Business Operators shall notify in writing to the Authority. Food Business Operators shall be required to submit additional safety data/information when requested by the Authority.

Schedule – II
Plant or botanicals

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) 300 - 500 mg (as Extract)
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. fruticosum</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>		
	<i>Extract / heartwood</i>	Khadir/ Katha/khair	1-3 g
8.	<i>Acacia leucophloea</i> Willd/A. <i>farnesiana</i> (syn)		
	Bark/Leaf Seed/Gum	Airmed/Trimed	3-5 g 2-3 g
9.	<i>Achillea millefolium</i> Linn. / <i>A. Lanulosa</i> Nutt. (syn)		
	Leaf	Gandana/Biranjaasif	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 lebbeck</i> (L.) Benth/A. <i>procera</i> /A. <i>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 / Kasnal	5-10 g
22.	<i>Aloe barbadensis</i> Mill. / <i>A. Ferox</i> / <i>A. vera</i> / <i>A. indica</i>		
	Leaf	Kumari / Ghikvar / Ghrit 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	Maaraish / 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.		
	Corn	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 Extract	Kalmegh / Bhuunimba	1-3 g (as powder) 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>Argyreia speciosa</i> Sweet / <i>A. nervosa</i> (syn)		
	Root Seed	Vridharuka / Bridhara	3-5 g 1-2 g
39.	<i>Armoracia lapathifolia</i> Gilib / <i>A. rusticana</i> Gaertn. (syn)		
	Leaf	Horse radish	2 -5 g
40.	<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
41.	<i>Artocarpus heterophyllus</i> Lam. (Jackfruit)		
	Ripe / unripe fruit	Katahal	20-50 g
	Seeds		5-10 g
42.	<i>Artocarpus lakoocha</i> Roxb.		
	Ripe fruit / Unripe fruit	Lakuch / Badhal	20-30 g
	Seed	Badhal / Dhehu	5-10 g
43.	<i>Arnebia nobilis</i> / <i>A. benthamii</i>		
	Root	Ratanjot	2-4 g
44.	<i>Asparagus adscendens</i> Roxb.		
	Tuberous root	Musali / Safed musali	3-6 g (as powder)
45.	<i>Asparagus officinalis</i> L.		
	Root	Shatavari bhed	3-6 g (as powder)
	Tender Shoots		20-50 g

46.	<i>Asparagus racemosus</i> Willd.		
	Tuberous root	Shatawar	3-6 g (as powder)
	Tender Shoots		20-50 g
47.	<i>Asparagus sarmentosus</i> Linn.		
	Tuberous root	Badi shatawar	3-6 g (as powder)
48.	<i>Astragalus gummifer</i> Labill.		
	Gum	Kateeva gond (gum)/ Tragacanth gum	3-5 g
49.	<i>Avena sativa</i> L.		
	Seed	Oat	10-30 g (as powder)
50.	<i>Averrhoa carambola</i> L.		
	Fruit	Karmarang / Kamarakh	10-20 g
51.	<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)
52.	<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)
53.	<i>Bacopa monnieri</i>		
	Whole plant	Brahmi	5-10 g (as fresh)
	Extract	Brahmi ghan	0.5 – 1 g
54.	<i>Basella alba</i> L.		
	Leaf	Poyi saag	20-30 g (as fresh)
55.	<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
56.	<i>Benincasa hispida</i> (Thunb.) Cogn.		
	Fruit	Kushmanda / Petha / Bhatua	30-50 g (as fresh)
	Seed		5-10 g
57.	<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
58.	<i>Bergenia linguts</i> Wall / <i>B.ciliatasyn.</i> / <i>Saxifraga lingulata</i> Wall.		
	Root/ Leaf	Pashanbhed / Pathar	10-20 g (for decoction)

		Chatta	3-6 g (as powder)
59.	<i>Beta vulgaris</i> L.		
	Tuber	Palanki / Chukandar	10-20 ml (as juice)
60.	<i>Blepharis edulis</i> Pers. / <i>B. linariaefolis</i>		
	Root Seed	Uttangan/ Karmavridhi	5-10 g (for decoction) 3-6 g
61.	<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)
62.	<i>Bombax malabarica</i> / <i>Salmalia malabarica</i> / <i>B. ceiba</i> L.		
	Bark	Shalmali / Semal / Semal Musali	5-10 g
	Flower		10-20 ml (as juice) 2-5 g (as powder)
	Gum/Root		1-3 g (as powder)
63.	<i>Boswellia serrata</i> Roxb.		
	Oleoresin	Shallaki / Kunduru / Salai guggal	1-3 g
64.	<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)
65.	<i>Brassica campestris</i> L. (Now known as <i>B. rapa</i> L. ssp. <i>campestris</i> (L.) Clapham)		
	Seed	Sarshap/ Sarson	10-20 g (as paste)
	Seed oil		10-20 ml
	Leaf		10-30 g (as fresh)
66.	<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)
67.	<i>Brassica rapa</i> L.		
	Tuber	Shalgam / Shaljam	20-40 g
	Leaf		20-30 g (as fresh)
68.	<i>Buchanania lanzan</i> Spreng.		
	Seed	Priyala / Chirounji	5-10 g (as powder)
69.	<i>Butea monosperma</i> Taub / <i>B. frondosa</i>		
	Seed	Palash / Dhark	1 – 3 g
	Gum		0.5-1.5 g
	Root/Bark		5-10 g (for decoction)
70.	<i>Bixa orellana</i> Linn.		
	Seed	Sindhuri / Annato Plant	1-3 g
71.	<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
72.	<i>Cajanus cajan</i> (Linn.) Millsp.		
	Seed	Adaki / Arahar / Tuvar ki daal	20-30 g

73.	<i>Camellia sinensis</i>		
	Tea leaf	Chai patti	Upto 10 g per day dried or processed leaf as infusion
	Extract	Tea extract	0.5 – 2 g
	Tea catechins	Green tea catechins	0.3-0.7 g
74.	<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
75.	<i>Canscora decussata</i> (Roxb.) J.F. and J.H. Schult.		
	Leaf	Bangiya / Sankhapusphi	2-4 g (as powder)
76.	<i>Capparis decidua</i> (Forssk.) Edgew./ <i>C. aphylla</i> Edgew (syn)		
	Fruit	Kareer / Dela	10-20 g
77.	<i>Capparis sepiara</i> Linn. / <i>C. spinosa</i> Linn.		
	Root / Plant	Himsraa/ Kakadaani	5 – 10 g (as powder / for decoction)
78.	<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)
79.	<i>Capsicum frutescens</i> L.		
	Fruit	Simla mirch	30-50 g (as fresh)
80.	<i>Carica papaya</i> L.		
	Ripe fruit	Eranda 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)
81.	<i>Carissa carandas</i> L. / <i>C. spinarum</i> L.		
	Fruit	Karmard / Karounda	10 – 20 g
	Bark	Garnaa	10-20 g (for decoction)
82.	<i>Carthamus tinctorius</i> L.		
	Flower / Leaf / Seed	Kusumbh / Barre	2-4 g (as powder)
	Seed oil	Barre –tail	5-10 ml
83.	<i>Carum carvi</i> L.		
	Fruit	Krishna jeerak/ Syaha /kala jeera	1-3 g (as powder)
84.	<i>Cassia absus</i> L.		
	Seed	Chakshushya / Chaksu	2-5 g
85.	<i>Cassia occidentalis</i> L.		
	Leaf	Kasmard / Kasoundi	5-10 g
	Seed / Fruit		1-3 g
86.	<i>Cassia tora</i> L. / <i>C. alata</i> L.		

	Leaf/Juice	Chakarmard /	10-20 g/ml
	Seed	Chakwad	3-5 g (as powder)
87.	<i>Cassia fistula</i> Linn.		
	Fruit / Tender fruit	Aaragavadh / Amaltas	10-20 g (as pulp)
	Seed / Bark	Amaltas	2-5 g (as powder)
88.	<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
89.	<i>Cedrus deodar</i> Roxb.		
	Seed/Wood/Bark	Devdaru / Devdar	3-6 g (as powder)
	Oil		2-4 ml
90.	<i>Celosia argentea</i> L. var. <i>argentea</i>		
	Seed	Shitivaaraka / Surwali / Safed murga	3-6 g
91.	<i>Celastrus paniculatus</i>		
	Seed	Jyothishmati / Malkanguni	2 – 3 g (as powder)
	Oil		1-2 ml
92.	<i>Celastrus paniculata</i> willd.		
	Seed	Jyothishmati /	3-5g
	Seed oil	Maalkangni	5 - 15 drops
	Leaf		3-5 g (as powder)
93.	<i>Centella asiatica</i> (L.) Urban		
	Whole Plant	Mandukaparni / Brahmi	20-30 g (as fresh)
	Leaf	(Galpatri) / Manduki	3-5 g (as powder)
	Extract	Brahmi	0.5 – 1 g
94.	<i>Centratherum anthelminticum</i>		
	Fruit/Seed	Aranya jeerak/ Kali-jeeri / Van- jeeri	1 – 3 g
95.	<i>Chenopodium album</i> L.		
	Whole plant/Leaf	Vasthuka/ Bathua	20-30 g (as fresh)
	Seed	Bathua	2-5 g
96.	<i>Chlorophytum borivillianum</i> / <i>C. arundinaceum</i> / <i>C. tuberosum</i>		
	Root	Musali safed / Musali	3 – 6 g (as powder)
97.	<i>Cicca acida</i> (L.) Merrill		
	Fruit	Harfa rewadi	10-20 g
98.	<i>Cicer arietinum</i> L.		
	Tender leaf	Chanak / Chana / Kalachana	30-50 g (as fresh)
	Seed	Chana / Kalachana	20-30 g
99.	<i>Cichorium endivia</i>		
	Seed/Root	Kasani/Chicory	5-10 g
100.	<i>Cinnamomum tamala</i> Nees/ Eberm. / <i>C. wightii</i>		
	Leaf	Tamalpatra/ Tejapatra	2-3 g

101.	<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)
102.	<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)
103.	<i>Cissus quadrangularis</i> L.		
	Aerial part	Astisamhara / Hadjod	20-30 g (as fresh)
	Stem	Hadjod	3-6 g
	Extract		0.5 – 1 g
104.	<i>Citrullus colocynthis</i> (L.) Schard.		
	Fruit / Root / Leaf	Indarvaruni / Indarun / Indrayan	0.25-0.5 g (as powder) (Not recommended during pregnancy)
105.	<i>Citrullus vulgaris</i> Schrad. ex Eckl.and Zeyh. var. <i>fistulosus</i> (Stocks) Stewart		
	Fruit	Tinda	20-40 g (as fresh)
106.	<i>Citrullus lanatus</i> (Thunb.) Matura and Nakai		
	Fruit	Tarbuj	50-100 g (as pulp)
	Seed		3-6 g
	Seed oil		1-3 ml
107.	<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)
108.	<i>Citrus limon</i> (Linn.) Burm.f.		
	Fruit / Leaf / Root	Jambeer / Jameerinibu	5-10 ml (as juice)
109.	<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)
110.	<i>Citrus medica</i> L.var.medica		
	Fruit	Turanuj / Bijoura	5-10 ml (as juice)
111.	<i>Citrus reticulata</i> Blanc.		
	Fruit / Leaf	Narangi / Santra	30-50 ml (as juice)
112.	<i>Citrus sinensis</i> (L.) Osbeck		
	Fruit / Leaf	Mousami	50-100 ml (as juice)
113.	<i>Clerodendron infortunatum</i>		
	Whole plant	Bhandiri / Bhaandi / Bhatechh	10 – 20 ml (as juice)
114.	<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 Leaf	Girikarnika / Aparajita	1-3 g 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</i> / <i>Evolvus alsinoides</i>		
	Whole plant (with white or bluish flowers)	Shankh-pushpi / Vishnukranta	10-20 g (for decoction)
130.	<i>Convolvulus turpethum</i> / <i>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. olitorius</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</i> / <i>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. magna</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 3-5 g

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	Shaalparni / 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 / Genth / 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>Dluchea 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 /	2-3 g (as powder)

		Somvalli	
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 lactating 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/	10-20 g

	Root	Cotton	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. pentaphylla</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 / Vidarikand	3-6 g
	Seed		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)
	Leaf/Bark extract		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 / Maulsiri	20-40 g
	Flower	Maulsiri	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) 0.5-1 g (Not recommended for females planning to conceive and children below 5 years)
	Dried fruit / seed		
	Extract		
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	2-6 g (as fresh)
	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	Shahtoot / Toot	20-30 g
	Tender leaf / Bark / Flower		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 / Kawach/ Concha	10-20 g (for 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/ 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/ 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>Nilgiranthus 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/ Niajboo	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	Tulasi	1-2 g
	Extract		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/ 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 hategeria</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 / Tataplang	5-10 g (for decoction) 3-5 g (as powder)
286.	<i>Oryza sativa</i> L.		
	Seed	Shali-tandul /	50-100 g
	Root stock	Chawal - shali	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>Pedaliu 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 Whole plant	Makushtha / Moth -dal	20-50 g 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 Whole plant	Jangali moong	20-50 g 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> Senu.		
	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 Extract	Katuk / Kutaki / Kulaki (Bheda)	1-3 g (as powder) 125-250 mg
311.	<i>Pimpinella anisum</i> L.		
	Fruit Oil	Anisoon / Aniseed	1-3 g 0.5 - 1 ml
312.	<i>Pinus excelsa</i> / <i>P. wallichiana</i> (syn)		
	Fruit Oil Bark	Kail / Saral (var)	5-10 g 1-2 ml 2 – 3 g (Not recommended for children below 5 years)
313.	<i>Pinus gerardiana</i> Wall.		
	Endosperm Oil Bark	Nikochaka / Chilgoja / Neerachail	10-20 g 1- 2 ml 2 -3 g
314.	<i>Pinus roxburghii</i> / <i>P. longifolia</i> Roxb		
	Fruit / Oleoresin Oil	Saral / Cheer / Cheel	10-20 g 1-2 g 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	Isabgol	5-10 g
	Husk		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. cineraria</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 /	1-3 g (as powder)

	Flower	Padamkasht / Pajja/ Wild Himalaya cherry	1 -2 g
336.	<i>Prunus domestika</i> Linn. / <i>P. communis</i> Huds.		
	Fruit	Aarak/ Aaluuchar /	5-10 g (as dried fruit)
	Seed Oil	Aaluubhukaara	2-3 ml
	Stem extract		200 mg , Max (not recommended for usage beyond 30 days.)
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 / Vijaysar /	5-10 g
	Extract	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	Babbughosha	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 Extract	Basanti	5-10 g (as powder) 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 Root / Stem	Revand chini / Peatmuli	0.5-1 g 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	Erاند / Arاند / 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>Roscoeia 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	Iiksashu/ Ganna	100-200 ml (as juice) 5-15 g (for decoction) (Not recommended for

	Root		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 3-5 g (as leaf powder)
	Plant		
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	Gajapipplai/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. sesban</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>Shorea 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. spinosa</i> / <i>S. veronica folia</i>		
	Whole plant	Balla / Mahaballa /Nagaballa / Rajaballa /Bariyara	10-20 g (for decoction)
	Extract		1-2 g
	Seed	Bariyara	1-2 g
376.	<i>Sisimbrium</i> rioLinn./ <i>S. losetii</i> Linn.		
	Seed Plant	Khuub Kalan	1-3 g 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	Bruhati / 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 /	5-10 g

		Gorakmundi	
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 / Kapitania	20-30 g
	Leaf / Bark		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 / Nirmali	1-3 g (as powder)
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 / Chinch / Imali / Tamarind	2-5 g (Not recommended during skin ailments)
	Seed	Imali	5-10 g
392.	<i>Taraxacum officinale</i>		
	Leaf / Whole Plant	Dugdh - pheni / Dudhli / 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 /Parawal	10-20 g
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. pilulifera</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.	Vigna trilobata (L.) Verdc.		
	Whole plant	Mudadaparni / Mugvan	2-4 g (as powder)
426.	Viola odorata / V. pilosa / V. sylvestris		
	Whole plant Flower	Banafsha / Vanksha	3-5 g 1-2 g
427.	Vitex agnus-castus Linn.		
	Seed Leaf	Renuka beej / Sage	1-2 g 1-3 g (Not recommended for children below 5 years)
428.	Vitex negundo / V. trifolia		
	Fruit/Seed/Leaf	Nirgundi /Sambhaalu	1-3 g
429.	Vitis vinifera L.		
	Fruit dry	Draksha /Munakka	5-10 g
	Seed / Fruit skin	Munakka	1-3 g
430.	Wedelia calendulacea (L.) Less. (Now known as W. chinensis (Osbeck) Mer.)/ W. biflora DC.		
	Leaf	Peet-bhringraja/ Pila bhagra	5-10 g (for decoction) 1-3 g (as powder)
431.	Withania coagulans (Stocks) Dunal		
	Fruit	Desi – asgandh / Paneer doda	3-10 g
432.	Withania somnifera (L.) Dunal.		
	Root	Ashwagandha /Asgandh / Nagauri / asgandha	3-6 g (as powder)
	Extract	Asgandh	0.5-1 g
433.	Woodfordia fruticosa		
	Flower	Dhataki pushp /Dhay ke phool	3-5 g
434.	Wrightia tinctoria / W. tomentosa		
	Bark/Leaf	Svet kutaj / Meetha kutaj / Inderyava	3- 5 g
	Seed		1-3 g
435.	Zanthoxylum alatum Roxb. (Now known as Zanthoxylum armatum DC.)		
	Seed / Bark	Timura /Tejovati /Tis- mira	1-3 g
436.	Zea mays L.		
	Seed	Makka	20-50 g
	Anthers / Corn silk		3-5 g
437.	Zingiber officinale Rosc.		
	Rhizome	Adrakh /Shunti	5-10 g (as fresh) 1-3 g (as dried) 0.1 – 1 g (Not recommended during

	Extract		hypertension 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- Adequate scientific rationale, either based on rationale as enshrined in the Authoritative texts, or as demonstrated in published scientific literature shall be applied for manufacturing foods as supplements/nutraceuticals while using ingredients listed in the Schedule II of said regulations. In case of use of more than one ingredient listed in the above Schedule in a formulation, adjustment may be permitted by way of reduction or alteration within the permissible usage range (given in the last column of the Table) based on similar scientific rationale subject to that such a use provides a safe formulation. Ingredients, if used in extracts form, as permitted in these regulations, proportion of which shall be based on extractive values as applicable. FBO's shall provide the rationale as part of the application or when demanded by the Authority.

Note 3.- The ingredients listed above shall comply with Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011.

Note 4.- Permitted range of usage for children between 5-16 years is ½ of the permitted range of usage for adults.

Note 5.- Permitted range of usage for children between 2-5 years is ¼ of the permitted range of usage for adults.”

Schedule – III
Molecules/isolates/extracts other than Schedule II

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 basis).	90 - 400 mg /day, Max
2.	Astaxanthin (from <i>Haematococcus pluvialis</i>), powder or oleoresin	-	Astaxanthin content	2 - 12 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	Caffeine Per cent	3 mg/kg b/w per day, subject to a maximum limit of 300mg per day and not more than 200mg in a single dose (only for adults and not recommended for pregnant and lactating women).
7.	Calcium hydroxyl methyl butyrate (CaHMB)	-	CaHMB content	3 - 6 g / day, Max (Not recommended for use by pregnant women and lactating mothers)
8.	<i>Chlorella vulgaris</i> – dried powder	Green algae / Shaiwal		1 – 4 g/day, Max
9.	Chromium picolinate/nicotinate	-	Chromium picolinate/nicotinate content	200 - 400 mcg / day, Max
10.	<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
11.	Citrus bioflavonoids (<i>Citrus paradisi</i> , C.	Citrus / Jambir	Bioflavonoids and total polyphenol content	150 - 600 mg / day, Max

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
	<i>reticulate, C.maxima, C. sinensis and Citrus limon)</i>			
12.	CoQ10 from non GM source and Ubiquinol acetate	Co enzyme Q10	Ubiquinone and ubiquinol content	60 -300 mg / day, Max
13.	Colostrum	-	-	Bovine colostrum spray dried powder at usage level of 15g per day (containing 3g of IgG) or 3g per day (containing 0.3g IgG) without any efficacy claims.
14.	Creatine (source- Creatine monohydrate, Creatine hydrochloride and Creatine nitrate)	-	-	3 g / day, Max (for adults only)
15.	Cryptoxanthin / Mesoxanthin	-	-	3 mg / day, Max
16.	Echinacea (<i>E. angustifolia, E. purpurea, and E. pallida</i>) <i>Liquid/powder extract</i>	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
17.	Ginkgo biloba extract obtained from dried leaves of Ginkgo (<i>Ginkgo biloba. L.</i>).	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
18.	Glucosamine	Glucosamine	Glucosamine content	1,500-3,000

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
	hydrochloride			mg/day, Max
19.	Glucosamine sulphate	Glucosamine	Glucosamine content	2,500-5,000 mg/day, Max
20.	Glutathione / S-acetyl glutathione	-	-	50 - 600 mg / day, Max
21.	<i>Gymnema sylvestre</i> extract powder	Madhunashini, Gudmar (extract)	Gymnemic acid content	500-1,500 mg / day, Max
22.	Lactase (β -galactosidase)*	-	Enzyme activity	3,000 – 9,000 IU (or FCC units) / day, Max
23.	L-carnosine	-	-	130 - 600 mg / day, Max
24.	L- theanine	Chai sukshamsatva		50- <u>200</u> mg/day, Max
25.	Melatonin	-	-	2 – 10 mg / day, Max
26.	Methyl sulfonyl methane	-	-	1000 - 3000 mg / day, Max (Not recommended for use by pregnant women and lactating mothers)
27.	<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
28.	Phycocyanin 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
29.	<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)
30.	Quercetin obtained from extracts of citrus fruits, vegetables and other plant sources.	-	Quercetin content	100 mg / day, Max
31.	<i>Schizandra</i> berry	Five-flavor	Schizandrin berries	1 – 3 g / day, Max

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
	extract	berry	containing 2.5-3.0% schizandrin	
32.	<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
33.	Selenium Yeast	-	Selenium content and number of yeast counts (Cfu/g)	2 mg/day of selenium, Max
34.	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
35.	<i>Silybum marianum</i> extract (silymarin extract)	Milk Thistle	Standardized extract – silimarin content	250 - 1,000 mg/day, Max
36.	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
37.	Undenatured type II collagen	-	-	40 mg/day, Max
38.	<i>Vaccinium myrstillus</i> extract	<i>Bilberry extract</i>	Anthocyanin content	50 - 600 mg / day, Max
39.	Zeaxanthin	-	-	4 mg/day, Max
40.	Camellia sinensis- Black /green tea extract, standardized powder	Chai & tea extract	-	0.5 g - 2 g/day, Max
41.	Camellia sinensis-Tea catechins (epigallo catechin gallate, epicatechin, catechin gallates)	Chai satva	-	0.7 g/day, Max”

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
1.	(+) Hydroxycitric acid	-
2.	<i>Albizia lebbek</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
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</i> / <i>B. aristata</i> / <i>B.asiatica</i> – stem/root extract	Berberberry / 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</i> / <i>B.utilis</i> - bark extract	Bhojapatra/Birch
27.	<i>Biota orientalis</i> - seed powder	Biota
28.	<i>Borago officinalis</i> - oil	Borage
29.	Campestanol	-
30.	Campesterol	-
31.	<i>Capsicum annum</i> - extract / standardized to capsin content	Lanka/Cayenne pepper / Lal mirchi
32.	<i>Caricus papaya</i> – leaf extract	Papaya / Papeeta, Erand-karkati
33.	Carotenoids (natural mixed, including from algal sources)	-
34.	Casein and caseinates	-
35.	<i>Caulophyllum thalictroides</i> - root extract	Blue cohosh
36.	Cellulase*	-

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
37.	<i>Centella asiatica</i> – leaf/aerial parts standardized extract	Mandukparni / Gotu Kola
38.	<i>Matricaria chamomilla</i> (<i>Matricaria recutita</i>) – aerial parts extract	-
39.	<i>Malpighia emarginata</i> (Cherry acerola)	Acerola
40.	Chlorogenic acids	-
41.	Caffeic acid	-
42.	Chondroitin sulphate	Chondroitin
43.	<i>Cichorium intybus</i> – roasted root powder	Kasani/ Chicory
44.	<i>Cinnamomum verum</i> – bark powder / extract	Tvak bhed/Cinnamon
45.	Citrulline/ L-citrulline DL-malate (2:1)	-
46.	<i>Citrus aurantium</i> – peel extract / bioflavonoids standardized	Bitter orange
47.	Citrus naringenin	-
48.	D-Mannose	-
49.	<i>Syzygium aromaticum</i> - Clove powder & oil	Lavang tail
50.	<i>Cnicus benedictus</i> – aerial parts extract / root extract	Blessed thistle
51.	<i>Theobroma cacao</i> -Cocoa (chocolate) bean - extract	-
52.	<i>Coccinia grandis</i> (L.) Voigt - extract	Bimbi/Kunduru/ Ivy gourd
53.	Collagen and its hydrolysed peptides and chelates	-
54.	Conjugated linoleic acid concentrate	-
55.	<i>Crataeva nurvala</i> - extract	Varun
56.	Crustacean shells	-
57.	<i>Cuminum cyminum</i> L – oil / extract	Jeerak/Safed Jeera/Cumin
58.	<i>Curcuma longa</i> – rhizome powder / extract standardized	Haridra/Haldi/Turmeric
59.	Curcuminoids – soft extract / powder and curcumin complex	-
60.	<i>Cyperus rotundus</i> - extract	Mustak/Nagar motha
61.	Diastase*	-
62.	D-Pinitol	-
63.	<i>Dioscorea bulbifera</i> - extract	Varahi kand
64.	Protein isolates/concentrates/hydrolysates	-
65.	Ellagic acid	-
66.	<i>Emblica officinalis</i> – dried fruit extract / spray dried pulp powder	Indian gooseberry/ amlaki
67.	Eriocitrin (from citrus fruit)	-
68.	<i>Oenothera biennis</i> - Evening primrose oil	-
69.	<i>Fagopyrum esculentum</i> - seed	Buckwheat
70.	Fish oil	-
71.	<i>Foeniculum vulgare</i> - fruit - oil / extract	Fennel / Saunf
72.	Freeze-dried banana powder	-

Part B		
S.No.	Nutraceuticals / Ingredients	Official and Common names.
73.	Galactomannan	-
74.	Gallic acid	-
75.	Gamma-linoleic acid (GLA)	-
76.	Gamma-oryzanol	-
77.	<i>Garcinia gummi-gutta</i> and <i>Garcinia cambogia</i> /G.indica – fruit rind extract standardized to hydroxyl citric acid, powder)	Kokum / Vrikshamalak / Malabar tamarind
78.	<i>Garcinia mangostana</i> – seed extract standardized	Mangosteen
79.	Glucoamylase*	-
80.	Glucomannan	-
81.	<i>Glycyrrhiza glabra</i> - extract	Madhuyashti/Licorice / Mulethi
82.	Grape seed extract	-
83.	<i>Coffea arabica</i> , <i>C. robusta</i> - Green coffee seed extract standardized, including decaffeinated coffee bean powder/extract	Kaphi
84.	<i>Grifola frondosa</i> – standardized extract	Maitake mushroom
85.	Guar gum and gum arabic and its derivatives as a source of fibers; Maltodextrin/Resistant maltodextrin/ Limit Dextrin; chia seed fiberand fibers from other food sources	-
86.	Hemicellulase*	-
87.	Hesperidin	-
88.	High oleic sun flower oil and other vegetable oils with high oleic content	-
89.	<i>Hippophae rhamnoides</i> – leaf/fruit dried powder/extract / juice	Amalvetas /Sea buckthorn
90.	<i>Humulus lupulus</i> L – powder / extract	Phaph/Hops
91.	Hyaluronic acid and its salts	-
92.	Hydrolysed whey peptide	Whey
93.	<i>Hypericum perforatum</i> – aerial parts standardized extract	Basant/St. Johns Wort
94.	<i>Inula racemosa</i> - root extract	Pushkarmoola extract
95.	Invertase*	-
96.	Isoflavones (genistein, daidzein)	-
97.	Kelp (brown algae)	-
98.	Krill oil - standardized for DHA / EPA	-
99.	Lactalbumin	-
100.	Lactoferrin	-
101.	Lactoperoxidase*	-
102.	<i>Lagerstroemia speciosa</i> L (leaf extract)	Jarul/Banaba
103.	Lecithins	-
104.	Lignans	-
105.	<i>Linum usitatissimum</i> - seed powder and oil	Atasi/Alasi/Flaxseed

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

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

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

Note 1.- *Enzymes- The enzymes listed in this schedule are primarily used as processing aids, but also may be used in nutraceutical products.

Note 2.-The sources for ingredients listed under Schedule-III shall only be from those listed/specified under Food Safety and Standards Regulations. The chemically synthesized nutraceutical ingredients shall only be used with prior approval of the Food Authority.

Schedule IV

Prebiotics and Probiotics

List of Prebiotic compounds

S. No.	Prebiotic Compounds
1.	Polydextrose
2.	Soya poly-saccharides and soya oligosaccharides
3.	Isomalto-oligosaccharides
4.	Fructo-oligosaccharides
5.	Gluko-oligosaccharides
6.	Xylo-oligosaccharides
7.	Inulin
8.	Isomaltulose
9.	Gentio-oligosaccharides
10.	Lactulose
11.	Lactoferrin
12.	Sugar alcohols such as lactitol, sorbitol, maltitol, inositol, isomalt
13.	Galacto-oligosaccharides
14.	Partially Hydrolyzed Guar Gum (Guar gum derivative)
15.	Pectin
16.	Resistant dextrin

Note. -The Food Authority may add any new specific prebiotic after proper scientific evaluation and include in this Schedule.

List of strains as probiotics

S.No.	Name of the Microorganism
1.	<i>Lactobacillus acidophilus</i>
2.	<i>Lactiplantibacillus plantarum</i>
3.	<i>Limosilactobacillus reuteri</i>
4.	<i>Lacticaseibacillus rhamnosus</i>
5.	<i>Ligilactobacillus salivarius</i>
6.	<i>Lacticaseibacillus casei</i>
7.	<i>Levilactobacillus brevis</i>
8.	<i>Lactobacillus johnsonii</i>
9.	<i>Lactobacillus delbrueckii</i> sub- sp. <i>bulgaricus</i>
10.	<i>Bacillus coagulans</i>
11.	<i>Limosilactobacillus fermentum</i>
12.	<i>Lactobacillus caucasicus</i>
13.	<i>Lactobacillus helveticus</i>
14.	<i>Lactobacillus lactis</i>
15.	<i>Lactobacillus amylovorus</i>
16.	<i>Lactobacillus gallinarum</i>
17.	<i>Lactobacillus delbrueckii</i> (<i>Lactobacillus delbrueckii</i> subsp. <i>delbrueckii</i>)
18.	<i>Bifidobacterium bifidum</i>
19.	<i>Bifidobacterium lactis</i> (<i>Bifidobacterium animalis</i> subsp. <i>lactis</i>)
20.	<i>Bifidobacterium breve</i>

21.	<i>Bifidobacterium longum</i> (<i>Bifidobacterium longum</i> subsp. <i>longum</i>)
22.	<i>Bifidobacterium animalis</i> (<i>Bifidobacterium animalis</i> subsp. <i>animalis</i>)
23.	<i>Bifidobacterium infantis</i> (<i>Bifidobacterium longum</i> subsp. <i>infantis</i>)
24.	<i>Streptococcus thermophilus</i> (<i>Streptococcus salivarius</i> subsp. <i>thermophilus</i>)
25.	<i>Saccharomyces boulardii</i> (<i>Saccharomyces cerevisiae</i> subsp. <i>boulardii</i>)
26.	<i>Saccharomyces cerevisiae</i> (<i>Saccharomyces cerevisiae</i> subsp. <i>cerevisiae</i>)
27.	<i>Lactobacillus paracasei</i>
28.	<i>Lactobacillus gasseri</i>
29.	<i>Bacillus clausii</i>
30.	<i>Established probiotic strains of Bacillus subtilis</i>
31.	<i>Bacillus indicus</i>

Note 1 - These organisms may be used either singly or in combination but shall be declared on the label with full information and has to be Non-GMO.

Note 2 - The Food Authority may add any new strain of microorganism, possessing probiotic properties, after proper scientific evaluation, and include in this Schedule.”

Annexure 3

List of food additives for Food for Special Medical Purpose including dietetic formulae for slimming purposes and weight reduction

S.No.	Food Additive	INS No	Max. Permitted Level	Note
1.	Acesulfame potassium	950	500 mg/kg	450 mg/kg for slimming and weight reduction products
2.	ASCORBYL ESTERS		500 mg/kg	allowed for slimming and weight reduction products only
3.	Aspartame	951	1,000 mg/kg	1000 mg/kg for slimming and weight reduction products
4.	Aspartame-acesulfame salt	962	500 mg/kg	450 mg/kg for slimming and weight reduction products
5.	BENZOATES		1,500 mg/kg	
6.	beta-Carotenes (vegetable)	160a(ii)	600 mg/kg	
7.	Brilliant blue FCF	133	50 mg/kg	
8.	Caramel III – Ammonia caramel	150c	20,000 mg/kg	
9.	Caramel IV - Sulfite Ammonia caramel	150d	20,000 mg/kg	
10.	CAROTENOIDS		50 mg/kg	
11.	Diacetyltartaric and fatty acid esters of glycerol	472e	5,000 mg/kg	
12.	Grape skin extract	163(ii)	250 mg/kg	
13.	Indigotine (Indigo carmine)	132	50 mg/kg	
14.	Neotame	961	33 mg/kg	
15.	PHOSPHATES		2,200 mg/kg	
16.	Polydimethylsiloxane	900a	50 mg/kg	
17.	POLYSORBATES		1,000 mg/kg	
18.	Ponceau 4R (Cochineal red A)	124	50 mg/kg	
19.	Propylene glycol esters of fatty acids	477	5,000 mg/kg	
20.	RIBOFLAVINS		300 mg/kg	
21.	SACCHARINS		200 mg/kg	300 mg/kg for slimming and weight

				reduction products
22.	SORBATES		1,500 mg/kg	
23.	Steviol glycosides	960	350 mg/kg	270 mg/kg for slimming and weight reduction products
24.	Sucralose (Trichloro galacto sucrose)	955	400 mg/kg	320 mg/kg for slimming and weight reduction products
25.	Sucroglycerides	474	5,000 mg/kg	
26.	Sunset yellow FCF	110	50 mg/kg	

List of food additives for Food for special Dietary Use

S.No.	Food Additive	INS No	Max. Permitted Level
1.	Acesulfame potassium	950	450 mg/kg
2.	Alitame	956	300 mg/kg
3.	ASCORBYL ESTERS		500 mg/kg
4.	Aspartame	951	1,000 mg/kg
5.	Aspartame-acesulfame salt	962	450 mg/kg
6.	BENZOATES		2,000 mg/kg
7.	Brilliant blue FCF	133	300 mg/kg
8.	Caramel III – Ammonia caramel	150c	20,000 mg/kg
9.	Caramel IV - Sulfite ammonia caramel	150d	20,000 mg/kg
10.	Beta-Carotenes (vegetable)	160a(ii)	600 mg/kg
11.	CAROTENOIDS		300 mg/kg
12.	Diacetyltartaric and fatty acid esters of glycerol	472e	5,000 mg/kg
13.	Grape skin extract	163(ii)	250 mg/kg
14.	Indigotine (Indigo carmine)	132	300 mg/kg
15.	Neotame	961	65 mg/kg
16.	PHOSPHATES		2,200 mg/kg
17.	Polydimethylsiloxane	900a	50 mg/kg
18.	Ponceau 4R (Cochineal red A)	124	300 mg/kg
19.	RIBOFLAVINS		300 mg/kg
20.	SACCHARINS		200 mg/kg
21.	SORBATES		1,500 mg/kg
22.	Steviol glycosides	960	660 mg/kg
23.	Sucralose (Trichloro galactosucrose)	955	400 mg/kg
24.	Sunset yellow FCF	110	300 mg/kg

List of food additives for use for Health supplements, Nutraceuticals, Prebiotics and Probiotics

S.No.	Food Additive	INS No	Max. Permitted Level	Note
1.	Acesulfame potassium	950	2,000 mg/kg	
2.	ASCORBYL ESTERS		500 mg/kg	
3.	Aspartame	951	5,500 mg/kg	
4.	Aspartame-Acesulfame salt	962	2,000 mg/kg	
5.	Beeswax	901	GMP	
6.	BENZOATES		2,000 mg/kg	
7.	beta-Carotenes (vegetable)	160a(ii)	600 mg/kg	
8.	Brilliant blue FCF	133	300 mg/kg	
9.	Butylated hydroxyanisole (BHA)	320	400 mg/kg	
10.	Butylated hydroxytoluene (BHT)	321	400 mg/kg	
11.	Candelilla wax	902	GMP	
12.	Caramel III – Ammonia caramel	150c	20,000 mg/kg	
13.	Caramel IV – Sulfite ammonia caramel	150d	20,000 mg/kg	
14.	Carnauba wax	903	5,000 mg/kg	
15.	CAROTENOIDS		300 mg/kg	
16.	Castor oil	1503	1,000 mg/kg	
17.	CHLOROPHYLLS AND CHLOROPHYLLINS, COPPER COMPLEXES		500 mg/kg	
18.	Diacetyltartaric and fatty acid esters of glycerol	472e	5,000 mg/kg	
19.	ETHYLENE DIAMINE TETRA ACETATES		150 mg/kg	
20.	Fast green FCF	143	600 mg/kg	
21.	Grape skin extract	163(ii)	500 mg/kg	
22.	Indigotine (Indigo carmine)	132	300 mg/kg	
23.	IRON OXIDES		7,500 mg/kg	For use in surface treatment only
24.	Neotame	961	90 mg/kg	
25.	PHOSPHATES		2,200 mg/kg	
26.	Polydimethylsiloxane	900a	50 mg/kg	
27.	Polyethylene Glycol	1521	70,000 mg/kg	
28.	POLYSORBATES		25,000 mg/kg	
29.	Polyvinyl alcohol	1203	45,000 mg/kg	
30.	Polyvinyl pyrrolidone	1201	GMP	
31.	Ponceau 4R (Cochineal red A)	124	300 mg/kg	
32.	Propyl gallate	310	400 mg/kg	
33.	RIBOFLAVINS		300 mg/kg	
34.	SACCHARINS		1,200 mg/kg	
35.	Shellac, Bleached	904	GMP	
36.	SORBATES		2,000 mg/kg	
37.	Steviol Glycosides	960	2,500 mg/kg	

38.	Sucralose (Trichloro galactosucrose)	955	2,400 mg/kg	
39.	Sucroglycerides	474	2,500 mg/kg	
40.	Sunset yellow FCF	110	300 mg/kg	

Note: The FBO shall use the additives as permitted for different food categories as given in the above lists till the time the additives are notified in the FSS (FPS&FA) Regulations, 2011.

List of food additives to be used in formats such as tablets, capsules and syrups

S. No.	Additive (Pharmaceutical Aid)	Functionality	Maximum Permitted Level
1.	Acacia gum	Binding agent	GMP
2.	Acetone	Solvent for coating	GMP (does not remain in the tablet and residual levels to be as per IP)
3.	Ascorbic acid and its esters and salts	Antioxidant	0.5%
4.	Benzoic acid and its salts	Preservative	0.5%
5.	BHA	Antioxidant	0.5%
6.	BHT	Antioxidant	0.5%
7.	Bronopol	Preservative	0.5%
8.	Calcium carbonate	Diluent, Dissintegrant	GMP
9.	Calcium stearate	Lubricant	1%
10.	Carboxymethyl cellulose Calcium	Binding agent	5-15%
11.	Carrageenan gum	Binding agent	2%
12.	Cellulose acetate phthalate	Coating agent	2%
13.	Citric acid	Disintegrant	2%
14.	Citric and fatty acid esters of glycerol	Stabilizer	2%
15.	Copovidone	Binding agent	2-5%
16.	Corn oil	Vehicle	GMP
17.	Corn starch	Diluent, Binding agent, Dissintegrant	GMP
18.	Cross carmellose sodium	Disintegrant	0.5 to 5 %
19.	Cyclodextrin	Diluent	GMP
20.	Dextrose	Diluent	GMP
21.	Dicalcium phosphate	Diluent	GMP
22.	Ethyl acetate	Solvent for coating	GMP (does not remain in the tablet and residual levels to be as per IP)
23.	Ethyl alcohol	Solvent for coating	GMP (does not remain in the tablet and residual levels to be as per IP)
24.	Ethyl cellulose	Coating agent, Ingredient of capsule shells	GMP
25.	Fructose	Diluent	GMP
26.	Gelatin	Binding agent, Ingredient of capsule shells	GMP

27.	Glycerin	Vehicle, Humectant for capsule shells	GMP
28.	Guar gum	Binding agent	GMP
29.	Hydrogenated castor oil	Lubricant	2%
30.	Hydrogenated vegetable oil	Lubricant	1%
31.	Hydroxy propyl methylcellulose	Coating agent, Ingredient of capsule shells	GMP
32.	Isomalt	Soluble fiber	15%
33.	Kaolin	Diluent	GMP
34.	Lactitol	Diluent	200 mgper capsule
35.	Lactose	Diluent	GMP
36.	Lecithin and its salts/esters from soya or other sources	Emulsifier, Stabilizer	GMP
37.	Light magnesium carbonate	Anticaking agent	0.5%
38.	Light magnesium oxide	Anticaking agent	0.5%
39.	Liquid glucose	Binding agent	GMP
40.	Magnesium carbonate	Adsorbant	0.3%
41.	Magnesium stearate	Antisticking agent, Glidant	2%
42.	Maize Starch	Diluent, Binding agent, Dissintegrant	GMP
43.	Maltitol	Sweetener, Diluent	GMP
44.	Maltodextrin	Diluent	GMP
45.	Maltose	Diluent	GMP
46.	Manitol	Diluent, Sweetner	GMP
47.	Methyl paraben and its salts	Preservative	0.2%
48.	Microcrystalline cellulose	Diluent	GMP
49.	Peanut oil	Vehicle	GMP
50.	Pectin	Binding agent	GMP
51.	PEG 4000	Diluent for direct compression tablets	GMP
52.	Colors permitted under Rule 127 of Drugs & Cosmetics Rules including lake colours	Coloring agents	GMP
53.	Poly ethylene glycol (PEG)	Vehicle, Humectant for capsule shells	GMP
54.	Povidone	Binding agent	5%
55.	Propyl paraben and its salts	Preservative	0.02%
56.	Propylene glycol	Vehicle, Humectant for capsule shells	GMP
57.	Purified Talc	Glidant, Dusting powder for coating	2%

58.	Saff flower oil	Vehicle	GMP
59.	Sodium alginate	Binding agent	5%
60.	Sodium starch glycolate	Disintegrant, Binder, Thickening agent	2%
61.	Sorbitan crystalline	Diluent	15%
62.	Polysorbates (Tweens)	Solubalizers	0.5%
63.	Sorbitol liquid	Vehicle, Humectant for capsule shells	GMP
64.	Starch, pregelatinized	Disintegrant	1%
65.	Stearic acid	Antisticking agent, Glidant	2%
66.	Sucrose	Diluent, Coating agent	GMP
67.	Sunflower oil	Vehicle	GMP
68.	TBHQ	Antioxidant	0.5%
69.	Tocopherol and its esters	Antioxidant	0.5%
70.	Tragacanth gum	Binding agent	GMP
71.	Tribasic calcium phosphate	Diluent, anticaking agent	GMP
72.	Tricalcium phosphate	Diluent	GMP
73.	Vegetable oils	Vehicle	GMP
74.	Xanthan gum	Binding agent	GMP
75.	Xylitol	Diluent, Sweetner	GMP
76.	Zinc stearate	Lubricant	0.5-1.5%
77.	Glycerol palmito stearate	-	GMP
78.	Medium chain triglyceride	-	GMP
79.	Glyceryl behenate	-	GMP
80.	Triethyl citrate	-	GMP
81.	Methacrylate copolymers	-	GMP
82.	Propane 1, 2 diol alginate (INS 405)	-	1200mg/kg
83.	Isopropyl alcohol	Solvent for coating	GMP
84.	Dichloromethane	Solvent for coating	GMP
85.	Potassium chloride	Gelling agent	GMP
86.	Magnesium Aluminometasilicate	-	1 %

Purity criteria for the ingredients listed under these regulations

(1) Psyllium (Isabgol) husk: (i)Psyllium(Isabgol) husk means product manufactured from dry seed coats of *Plantago ovate* Forsk. (Fam. *Plantaginaceae*) obtained by crushing the clean seeds and separating the husks by winnowing.

(ii) The product shall be white or translucent, odourless, thin boat shaped structures, 2 to 3 mm long and 0.5 to 1 mm wide. The taste shall be bland and mucilaginous. It should not give any gritty feeling during sensorial (organoleptic) evaluation.

(iii) It shall be free from insect infestation, fungal contamination and fermented, musty or other odours. It shall also be free from any added additives, colours, flavours and harmful foreign materials.

(iv)The product shall conform to the following requirements:

S. No.	Characteristics	Requirements
i)	Moisture, per cent by mass	Not more than 11.5
ii)	Total ash (on dry basis), per cent by mass	Not more than 4.0
iii)	Acid Insoluble Ash (on dry basis), per cent by mass	Not more than 0.45
iv)	Swell Volume, ml/gram	Not less than 40
v)	Organic extraneous matter*, per cent by mass	Not more than 2

*Organic extraneous matter includes broken or entire embryo, fragments of endosperm or capsular wall of fruits belonging to isabgol crop.”