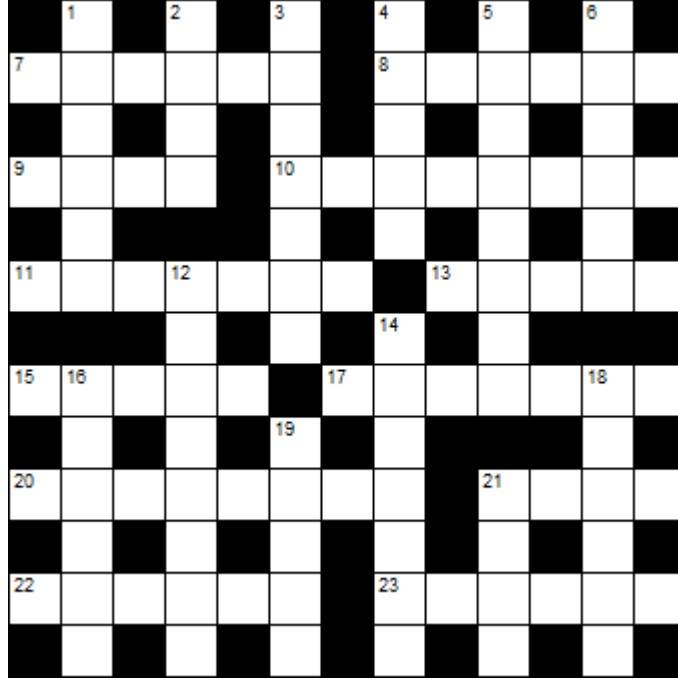


Arogyamantra Crossword 043



Across

- 7 Energy points in the body according to Ayurveda and Siddha (6)
- 8 A blood vessel that carries blood away from the heart (6)
- 9 Sanskrit name for *Sida cordifolia* known for its anti-inflammatory properties (4)
- 10 Fruit of the areca palm (5,3)
- 11 Spice obtained from the pungent stigma of a Crocus variety (7)
- 13 Abdominal and pelvic muscle (5)
- 15 Describing food produced from milk (5)
- 17 Ayurvedic medicinal wine (7)
- 20 Sri Lankan name for *Centella asiatica* (4,4)
- 21 Indian tree from which natural pesticides are made (4)
- 22 *Ipomoea digitata* used for eliminating intestinal worms (6)
- 23 Salt, in Sanskrit (6)

Down

- 1 One of the five purification therapies of *panchakarma* (6)
- 2 Indian gooseberry (4)
- 3 Fleas seed husk used as a natural laxative (7)
- 4 One of the *Panchakarma* treatments (5)

- 5 Condition where eyelashes drop off (8)
- 6 Bark of this tree is a very good cardi tonic (6)
- 12 Liquid aldehyde obtained from rice husk (8)
- 14 Easily powdered (7)
- 16 Absence of oxygen in arterial blood (6)
- 18 Alkaloid found in tea (6)
- 19 Infantile paralysis (5)
- 21 Blemishes on the skin that are formed before birth (4)

SOLUTION

