

Arogyamantra Crossword 002

Across

- 7 Tooth decay (6)
- 8 Traditional symbol used in Eastern mysticism to balance or focus the mind (6)
- 9 Popular salad vegetable (8)
- **10** Sanskrit name for Calotropis (4)
- **11** Type of angioplasty (7)
- 13 The longest and thickest bone of the human skeleton; thigh bone (5)
- **15** Tree yielding tannins used in ayurvedic preparations; also a region in Gujarat (5)
- 17 Thin projections forming a fringe around the ovarian end of the fallopian tube (7)
- 20 One of the seven dhatus in ayurveda (4)
- 21 Aromatic spice used in preparing pulao (8)
- 23 Complex carbohydrate found in rice and potato used to stiffen cotton saris (6)
- Hard resin obtained from amboyna pine (6)

Down

- 1 Dosha associated with pain (4)
- 2 Any customary observance or practice (6)
- **3** Psyllium seed husk used as a natural laxative (7)
- 4 Aromatic resin used in rejuvenation therapy (5)
- 5 Breathe in (6)
- 6 Ayurvedic body constitution or nature (8)
- 12 Leaf shape resembling a stinger or a barb (8)
- 14 Nitrogen containing compound (7)
- 16 One of the centres of spiritual power in the body (6)
- **18** Substance obtained by calcination popular in Siddha preparations (6)
- **19** Sanskrit for desire (5)
- 22 Vigour or essential energy of the human body (4)

SOLUTION

