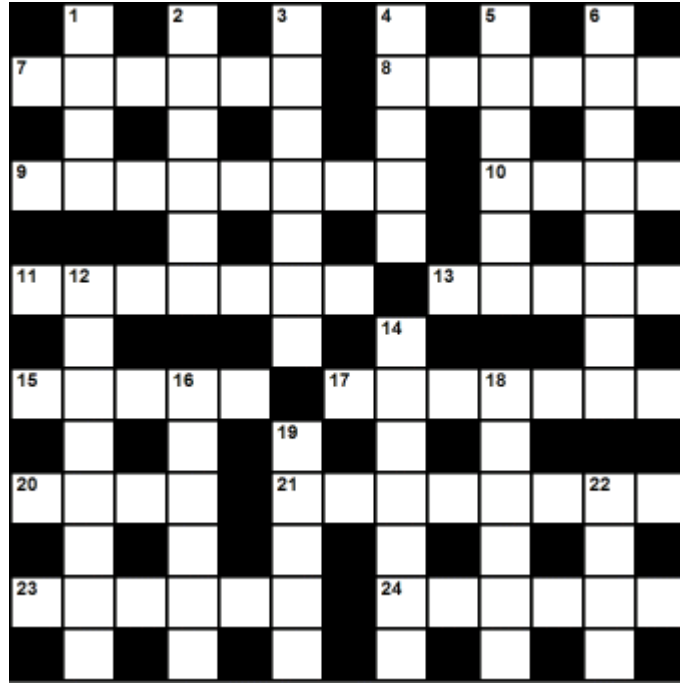


Arogyamantra Crossword 005



Across

- 7 Soft orange-coloured fleshy fruit (6)
- 8 In yoga, one of the centres of spiritual power in the body (6)
- 9 One of the myrobalans with laxative property (8)
- 10 Spice made from the dried fleshy covering of the nutmeg seed (4)
- 11 English name for *Mucuna pruriens* used as a vermifuge and aphrodisiac (7)
- 13 Yoga posture (5)
- 15 A measuring instrument (5)
- 17 Marked with stripes (7)
- 20 Strong smelling herb used to make chutney (4)
- 21 Curative or therapeutic (8)
- 23 Silvery metallic element that is resistant to corrosion (6)
- 24 Seeds of this plant is used to produce an oil often used as a purgative (6)

Down

- 1 A herb used in Agasthya Rasayanam
- 2 Pungent fleshy edible root (6)
- 3 Sanskrit name for clove (7)
- 4 Muscle protein (5)
- 5 Energy points in the body according to Ayurveda and Siddha (6)
- 6 You usually eat this with betel leaf (5,3)
- 12 Inflammation of the ovary (8)
- 14 Digestive organ (7)
- 16 A small tablet (6)
- 18 Iodine poisoning (6)

19 Cook under a broiler (5)

22 Herb used in moisturizing creams (4)

SOLUTION

