

Chiretta (*Swertia chirayita*)

Common Names: Indian balmony, Indian gentian, chirayata, and swertia.

Location: This herb can be found in India and Nepal.

Properties: Chiretta can be used to ease digestion, improve blood sugar levels and treat leishmaniasis.

Uses: Use this herb to treat diabetes, leishmaniasis and nausea.

Doses: This herb is available as a tea or tincture.

Warnings: Do not take chiretta if you suffer from gastric or duodenal ulcers.