



# Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

## NONI



**Latin name:** *Morinda citrifolia*

**Family:** Rubiaceae

**Regional names:** નોની (Gujarati), अल (Hindi)

**Morphology:** Noni is an evergreen shrub or a small tree. Leaves are opposite, simple, elliptic-lanceolate, entire, glabrous. Flowers are white bisexual, fruits have a pungent odour when ripening. It flowers and fruits throughout India.

**Rasa Panchaka:**

**Rasa:** Madhura, Amla

**Guna:** Guru, Snigdha

**Virya:** Sita

**Vipaka:** Madhura

**Karma:** Tridosaghna

**Useful parts:** Fruit, Leaf, Root

**Indications:** Prameha, Swasa, Kasa, Vata roga

**Dosage:** Swarasa -20-30 ml

**Formulations:** Noni rasa