

# **CONCURS DE AYURVEDA 2022 - ETAPA 2 TEST 2 – RĂSPUNSURI**

Nume	Denumire botanică	parte	Gust predominant	Acțiune terapeutică
<b>700 p</b>	<b>700 p</b>	<b>300 p</b>	<b>300 p</b>	<b>300 p</b>
<b>IARBA SFÂNTULUI ION</b>	<i>Salvia sclarea L.</i>	partea aeriană	picant	antiinflamator, calmant, antiseptic, astringent, expectorant, vulnerar
<b>CORCODUŞ ROŞU</b>	<i>Prunus cerasifera Ehrh.</i>	fruct	acru	vitaminizant, depurativ, regenerator, antidiabetic, antireumatismal, digestiv, tonic
<b>TRAISTA CIOBANULUI</b>	<i>Capsella bursa-pastoris (L.) Medik.</i>	partea aeriană	astringent	astringent, diuretic, regulator al tensiunii, antitumoral, analgezic, hemostatic

# **AYURVEDA CONTEST 2022 - STAGE 2 TEST 2 – ANSWERS**

Name	Botanical name	Part	Predominant taste	Therapeutic action
<b>700 p</b>	<b>700 p</b>	<b>300 p</b>	<b>300 p</b>	<b>300 p</b>
<b>CLARY SAGE</b>	<i>Salvia sclarea L.</i>	aerial part	pungent	anti-inflammatory, soothing, antiseptic, astringent, expectorant, vulnerary
<b>MYROBOLAN</b>	<i>Prunus cerasifera Ehrh.</i>	sour	fruit	vitaminising, depurative, regenerative, antidiabetic, antirheumatic, digestive, tonic
<b>SHEPHERD'S PURSE</b>	<i>Capsella bursa-pastoris (L.) Medik.</i>	aerial part	astringent	astringent, diuretic, blood pressure regulator, antitumour, analgesic, haemostatic