

Product Details

Jatamansi, Balchara

Nardostachys jatamansi is a flowering plant native to the Himalayas known for its fragrant rhizome. Traditionally used in Ayurvedic medicine, jatamansi is valued for its calming effects on the nervous system and potential benefits for improving sleep quality. It has been used as an adaptogen to help manage stress while promoting mental clarity.



Nardostachys jatamansi

Spikenard, Nardus root

Active Ingredients

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Part Used: Rhizome



Ratio: 10:1 (Dry Extract)

Purity: 100%

Shelf Life: 36 Months

Medicinal Uses

Jatamansi is an herb of immense value in Ayurveda because of its multi-dimensional action. Scientifically known as Nardostachys jatamansi, this herb is treasured for its calming, memory-enhancing, and rejuvenating properties. It reduces stress, anxiety, and insomnia by promoting relaxation and clarity of the mind. This plant improves memory and cognitive function, hence is useful in the management of Alzheimer's disease. Besides this, the skin care effects of the plant help reduce pigmentation and enhance the glow of youthful skin. Jatamansi is useful in managing epilepsy and other neurological disorders with its anti-inflammatory and neuroprotective effects. Anti-inflammatory properties make it useful in reducing joint pain and swelling.

Form: Powder*

* Soft/Paste form also available

Size: 1kg, 5kg, 25kg

Packaging Type: HDPE Drum

Country of Origin: India

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