

## AZADIRACHTA INDICA – NEEM



**Neem** (*Azadirachta indica*), a tree with many captivating names such as „godly tree“, „the healer of all sicknesses“, and “**Nature’s Apothecary**”, is one of the most important and diverse medicinal plants in Ayurveda and is celebrated in India through countless religious ceremonies. Primarily, Neem is known as **blood purifying, detoxifying, antiseptic, a liver-tonic**, and as a **laxative** depending on what part of the plant is used.

Neem is recommended both internally and externally. Neem’s primary uses internally are its effect as a **liver tonic** and thusly as a **blood purifier**, as well as its ability to **detoxify the digestive system**. The blood and digestion are two bodily systems that are interconnected, and function as primary transporters of energy throughout the body. When one is weak, then the other is also weakened as a result. Neem **cleans** and **harmonizes** these two bodily systems and so **allows the body’s life energy (Ojas) to flow freely**. Neem has also proven to be very useful in the treatment of **skin disease** such as acne (which often has its root in blood impurity). Additionally, it has been used for thousands of years to treat **diarrhea** and **parasites**.

Furthermore, Neem is **cooling** (decreases pitta) and is highly recommended to lower fevers. It **lowers blood pressure** and can be consumed regularly by those with high blood pressure. Currently, the effect of Neem to lower blood sugar levels is being studied for possible use in **treating diabetes**. Therefore Neem is a plant, which will continue to gain importance in modern medical therapies.



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When applied externally, Neem's **disinfecting property** becomes obvious. Either individually or in combination with other herbs, Neem is a powerful remedy for **wounds** and **badly healing ulcers**. The oil is especially used in the treatment of **neurodermitis**, and other skin diseases that lead to dry skin. It **treats both itchiness and pain** (also when consumed internally), and **moisturizes the skin**.

Traditionally the bark, leaves, and the seed oil of *Azadirachta indica* are used. External application of the oil is one of the oldest treatment of leprosy and indicates Neem's antibacterial properties. Neem is an essential component of ayurvedic treatment of swelling and arthritis (painkiller) where it is used as massage oil.

A recipe containing Neem, Coriander and Ginger is known to be highly effective in treating malaria, as well as all other fever symptoms. Also, simply washing with Neem water or soap is nurturing for both skin and hair, and a good alternative for those who value chemical-free skin and hair care products.

## PRODUCTION

Since 1997 Neem has been successfully cultivated on the "Land of the Medicine Buddha", OneWorld's own Demeter herb farm in Nepal.

The noble tree has been cultivated using bio-dynamic farming methods inspected and certified by IMO Switzerland and Demeter International, and thusly carries the **Organic and Demeter logos**.

Carefully picked by hand, and gently dried in the shade the plant retains all of its healing properties.

The best plant parts are selected by **OneWorldalc Nepal**. OneWorld is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Demeter Tulsi of the highest quality as true a **LOHAS** product.

Neem is as a raw plant product available in Demeter quality with OneWorldalc .