



inspire awards - manak

INSPIRED AWARD EXHIBITION AND PROJECT COMPETITION - 2023-24

“HADSANDHI: An Ayurvedic Powder for Stronger Bones”



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Moto:-

To improve bone health and avoid bone disorders like Osteomalacia and Osteoporosis

INTRODUCTION:

Bone health is important at every age and stage of life. Due to modern life style and unhealthy dietary habits bone disorders like Osteomalacia and Osteoporosis are common these days. Women are at high risk of developing osteoporosis during and after menopause. Due to decrease in BMD (Bone Mineral Density) also other adults with Osteoporosis are most vulnerable to breaks in the wrist, hip and spine. Children with poor diet are at risk of developing rickets. Therefore, bone health is very important.

Here we are making use of stem of a plant called HADSANDHI to make an ayurvedic powder which can help strengthen bones. It has also shown the property of healing fractures. This powder can also be given to the cattle with their feed for healthy bones and healing fractures.

Things required:

- 1) Hadsandhi Vanaspati Stem
- 2) Mixer
- 3) Water/ Milk

PROCEDURE: -

- 1) Stem is collected from Hadsandhi plant.
- 2) It is dried under the sun for 5 days.
- 3) Dried stem is broken into small pieces.
- 4) These pieces of stem are again sun dried for another 3 days.
- 5) The dried stem is ground in a mixer grinder to form fine powder.
- 6) The powder is stored in an airtight container and consumed daily with milk/water.
- 7) It can also be given to cattle along with their food.



USES: -

- 1) It helps to strengthen bones
- 2) Helps in healing fractures
- 3) Improves bone density