



WHO Traditional Medicine Global Summit 2023, Gandhinagar
Central Council for Research in Siddha
Ministry of Ayush, Govt. of India

***Karisalai Mittai* | Bhringraj confectionery**

Introduction:

Karisalai mittai is a healthy confectionery containing leaf juice of *Eclipta alba* and Jaggery. It is a traditional Siddha plant-based supplement used to boost red blood cells reducing instances of anemia and fatigue.

Ingredients:

- Fresh Juice of *Karisalai* plant - 2 cups
- Jaggery - 3 cups

Method of preparation:

1. Take fresh leaves of *Karisalai* plants, wash it thoroughly and grind to extract the juice.
2. Filter the juice and heat it in stove with low flame, once it reaches the boiling temperature, add grated Jaggery little bit little and stir continuously.
3. After the juice gets thicken and attain the semi solid condition, spread the mixture in a greased flat plate and allow to cool for a while.
4. Before it cool completely slice it evenly to make as a confectionery.

Benefits:

- ✓ Boosts overall health by promoting immunity and metabolism.
- ✓ It is used as dietary support for the management of liver disorders such as jaundice, enlargement of liver and spleen, anemia and skin diseases.

