



# Dr. Rao's

గో-ఆధారిత  
వ్యవసాయం

## Leafy Vegetable Basket

Farming at : Dhotikal (V), Chincholi, Gulbarga Dist., Karnataka State.

**వారానికి ఒక్కసారి ఉచితంగా ఇంటికి డెలివరీ చేయబడును**

### 1వ వారం

1.	తోటకూర	—	1/2 కిలో
2.	గోంగూర	—	1/2 కిలో
3.	పొన్నగంటి ఆకు	—	1/2 కిలో
4.	పాలకూర	—	1/2 కిలో
5.	చుక్కకూర	—	1/2 కిలో
6.	బచ్చలికూర	—	1/2 కిలో
7.	కొత్తిమీర	—	100 గ్రా.
8.	కరివేపాకు	—	50 గ్రా.
9.	పుదీన	—	50 గ్రా.
10.	ఉల్లికాడలు	—	100 గ్రా.

### 2వ వారం

1.	తోటకూర	—	1/2 కిలో
2.	గోంగూర	—	1/2 కిలో
3.	పొన్నగంటి ఆకు	—	1/2 కిలో
4.	పాలకూర	—	1/2 కిలో
5.	మెంతి కూర	—	1/2 కిలో
6.	మునగ ఆకు	—	1/2 కిలో
7.	కొత్తిమీర	—	100 గ్రా.
8.	కరివేపాకు	—	50 గ్రా.
9.	పుదీన	—	50 గ్రా.
10.	ఉల్లికాడలు	—	100 గ్రా.

### 3వ వారం

1.	తోటకూర	—	1/2 కిలో
2.	గోంగూర	—	1/2 కిలో
3.	పొన్నగంటి ఆకు	—	1/2 కిలో
4.	పాలకూర	—	1/2 కిలో
5.	గంగవల్లి ఆకు	—	1/2 కిలో
6.	అవిశ ఆకులు	—	1/2 కిలో
7.	కొత్తిమీర	—	100 గ్రా.
8.	కరివేపాకు	—	50 గ్రా.
9.	పుదీన	—	50 గ్రా.
10.	ఉల్లికాడలు	—	100 గ్రా.

### 4వ వారం

1.	తోటకూర	—	1/2 కిలో
2.	గోంగూర	—	1/2 కిలో
3.	పొన్నగంటి ఆకు	—	1/2 కిలో
4.	పాలకూర	—	1/2 కిలో
5.	సిరికూర	—	1/2 కిలో
6.	ఆవ ఆకు	—	1/2 కిలో
7.	కొత్తిమీర	—	100 గ్రా.
8.	కరివేపాకు	—	50 గ్రా.
9.	పుదీన	—	50 గ్రా.
10.	ఉల్లికాడలు	—	100 గ్రా.

**SEVEN HILLS HOMOEOPATHIC CLINIC, STORES & YOGA CENTRE**

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### Benefits **Asparagus - THOTAKURA**

- Rich in Folate B-9 Vitamin
- Good Source of Vitamin B6, C, E
- Helps in Digestive System
- Helps to lower BP
- Helps to lose weight



### Benefits **PALAKURA**

- Good source of Vitamin A, which is good for eye sight and reduce the chance of night blindness.
- Red leaf lettuce is rich in magnesium and potassium.
- Red leaf lettuce also has sizeable quantities of vitamin B6 which promotes haemoglobin production, which helps treat anaemia.



### Benefits **GONGURA**

- Good Source in Vitamin A, iron, Vitamin C, anti-oxidants, calcium, zinc.
- Rich source in Folate, Vitamin B6.
- It prevents in development of cancer cells.
- Since it has Vitamin A it helps in good eye sight.



### Benefits **PONNAGANTI**

- It is good for people suffering from asthma and bronchitis
- Prevents bad cholesterol.
- Contains Vitamins C and A
- Source of beta-carotene, iron, fiber, and calcium.



### Benefits **Green Sorrel - CHUKKA KURA**

- Improves Eyesight.
- Decrease chances of cancer and tumor.
- Rich in vitamins A, B1, B2, B9 and vitamin C.



### Benefits of **Malabar spinach or Chinese spinach - BACHALAKURA**

- Good source of magnesium, phosphorus, and potassium.
- Makes bones strong.
- Rich in  $\beta$ -carotene, lutein, zeaxanthin.



### Benefits **Coriander - KOTHIMEERA**

- Very effective in reducing Blood Sugars.
- Good at fighting bacteria.
- Rich source in Vitamin A, C, K, iron and Calcium.



### Benefits of **Curry Leaves - KARIVEPAKU**

- Consumption of Curry leaves was found to increase the antioxidants that protect our brain.
- Curry leaves are powerful antioxidants and protect our liver from damage caused due to oxidative stress.
- Rich in Vitamin A, B, C and E.



### Benefits of **Spearmint - PUDINA**

- It may also be effective in dyspepsia (indigestion) symptoms such as appetite, bloating, belching (burping), and nausea.
- Good source of Vitamin A, which is good for eye sight and night vision.
- Contains Vitamins A, B-Complex, C phosphorus, calcium, and has anti-bacterial properties.



### Benefits of **Onion Stalks - ULLIKADALU**

- Helps in reducing Asthma.
- It has anti-hyperlipidaemic.
- Vitamins A, B1, B2, B3, B5, C, K and vitamin E.



### Benefits of **Fenugreek - MENTHIKURA**

- Helps in controlling Atherosclerosis (High cholesterol level disease) which decreases heart failures.
- It contains phenols which helps in preventing blood clot formation.
- Contains Omega-3 and -6 fatty acids prevent follicle inflammation that prevents hair loss.
- Fenugreek may reduce the radical cell injury in the liver.
- Fenugreek is a rich source of calcium, magnesium and Vitamin D.



### Benefits of **Moringa Leaf - MUNAGAKU**

- Helps in skin infections, and bacteria responsible for blood and urinary tract infections.
- Helps to heal Wounds faster.
- Boosts brain health.
- Moringa can reduce fat formation and enhance fat breakdown.



### Benefits of **Purslane - GANGAVALLI KURA**

- Purslane is rich in Vitamin A, Vitamin C and B
- Vitamins like riboflavin, pyridoxine, folate and niacin
- This leaf contains more omega-3 fatty acids which reduce the risk of coronary heart disease, stroke, and help prevent the development of ADHD, autism, and other developmental differences in children.
- Helps to protect from lung and oral cavity cancers.
- This leafy vegetable keeps your skin healthy.



### Benefits of **Mustard leaf - AAVA AAKU**

- This acts as antiseptic and disinfectant to heal wounds
- Diuretic to support kidney function
- Detoxifying agent to purify and strengthen the blood
- Helps in treating cough and sore throats
- They've got more vitamin A than spinach and more vitamin C than oranges.

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