

Surveillance of importance of medicinal plant chitrak (*Plumbago zeylanica*) in the treatment of lifestyle disorders and in wellness tourism: an empirical approach for 21st century lifestyle

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ABOUT

Abstract

After losing a lot, man has now learned to cherish nature again, slowly he is trying to return to his roots. Nowadays, Ayurveda and herbal medicine are popular. Descriptions of many divine medicines are found in Ayurveda, one of them is chitraka. Much clinical research proved its anti-diabetic and antioxidant properties. These therapeutic qualities of *Plumbago zeylanica* can be used in wellness tourism and hospitality in different manners. The plant's extracts and oils are used in aromatherapy procedures, massages and cosmetic regimens. Visitors leave feeling renewed and rejuvenated and welcoming a real heaven of wellness. Plant of *P. zeylanica* looks very beautiful with its blue, red and white flowers and lush foliage. In this presented manuscript, we provide detailed knowledge about the plant *Plumbago zeylanica* as part of classic literature and modern literature as well. This manuscript will be helpful in revealing different facts of *Plumbago zeylanica* especially in the context of lifestyle disorders and wellness tourism as well.

Keywords

chitrak, Ayurveda, deepana, pachana, Agni, lifestyle disorder, wellness tourism

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