



AYURVEDA SPECIALIST

vade mecum of ayurvedic remedies

guide for physician and therapist



The information contained in this vade mecum is intended for
health care professionals only.

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AYURVEDA - THE DEVELOPMENT OF MEDICINE

Ayurveda is more than just experiential medicine. As a full-fledged medical system, it has had a well-established scientific foundation for thousands of years. As early as the 7th century B.C., Ayurveda has been taught at faculties of universities.

Archeological sources

At the beginning of this century, archaeologists in India uncovered cities more than 5,000 years old: Harappa (Pundjab), Mohenjodaro (Sindh) and Lothal (Gujarat). The Indus Culture, as the era is called when these cities were built, is one of the five civilization centers of antiquity, along with Mesopotamia, Egypt, Peru and China. By 3000 B.C., extensive population concentrations existed in the Indus Valley with all the organizational activities associated with them: food supply, health care, trade, transportation and political and administrative organization. Currently, some 70 archaeological sites have been uncovered, including several port cities.



These excavations show that urban planning and hygiene were at a high level. For example, it is notable that almost every house was equipped with its own water supply and drainage system.

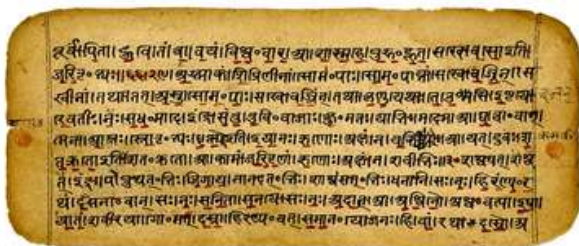
The widespread trade in the most diverse goods and the uniformity of weights and measures indicate that a tight political and economical policy must have been pursued. Given the great cultural uniformity and the vast area covered by the Indus culture, this must have been based on a highly developed administrative and intellectual awareness.



Probably as a result of drastic ecological and geological change, such as the advance of the desert, a change of river course or floods, a major change took place in the northern part of the Indian subcontinent around 1500 BCE. During this period, the cultural focus shifted to the Ganges Valley. This change coincided with the arrival of large Indo-Iranian-speaking nomadic tribes through present-day Afghanistan. They introduced the horse and the manufacture of iron objects. With the foundation of powerful kingdoms, they gave the country a lasting social structure.

Written Sources

Historically, the history of Ayurveda is the history of its medical writings. The oldest literary sources are the Vedas written in Sanskrit. This traditional knowledge, passed down orally in previous periods, consists of four voluminous texts: the Rig veda, Sama veda, Yajur veda and Atharva veda. These texts are different in structure and include historical notes, mathematical theorems and astronomical observations, as well as the first treatises on medical science. In particular, the Rig veda and the Atharva veda contain several references to medicinal knowledge. Lists of medicinal plants and herbs are mentioned, but the use of prostheses, the treatment of many diseases and even the performance of operations are also discussed in these texts.



Classical Works

During the Vedic period (6000 B.C. to 600 B.C.), meetings were organized at which experts from far-flung fields came together. Following one of these meetings, the oldest ayurvedic compilations were compiled: the Agnivesa Samhita and the works of the doctors Bhela and Harita.



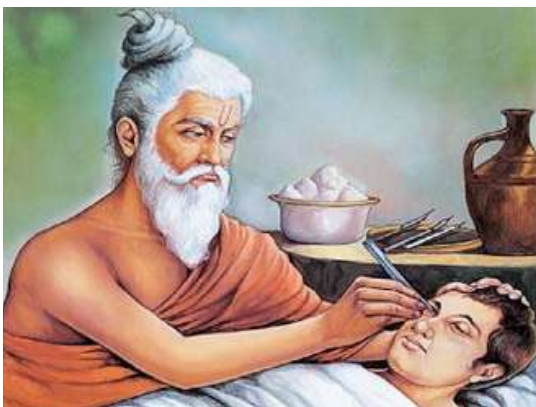
The first work has been preserved practically in its entirety in the form of the Charaka Samhita, written in later times. Only fragments of the other works are available. All of these texts refer to an eightfold division of medicinal disciplines:

1. Internal medicine
2. Pediatrics
3. Surgery
4. Psychology and psychiatry
5. Ear, nose, throat and ophthalmology
6. Toxicology
7. Rejuvenation
8. Fertility

The Charaka Samhita is the oldest surviving medical manuscript. The book is a compilation of the works of Atreya Muni, Agnivesa and other authors and constitutes one of Ayurveda's standard works on internal medicine. An equally important work is the Sushruta Samhita, written by the physician Sushruta, who lived and worked in the city of Benares around 1000 B.C.



In this book the emphasis is more on surgery, but in broad terms it covers the same medicinal knowledge as the Charaka Samhita. From their form it can be inferred that both works describe a long-established and elaborate medical system. Evidently these compilations were prepared at the time with the aim of representing the medical knowledge of the time in its totality. The extraordinarily powerful and comprehensive style is striking. The texts testify to a far-reaching rational understanding of physiological and pathological phenomena.



The data they contain relate to real disease descriptions, the most effective treatment and the medicines used. All in all, it can be said that both the Charaka Samhita and the Sushruta Samhita provide a remarkable amount of

information regarding determination of diseases, pathology and action of medicines.

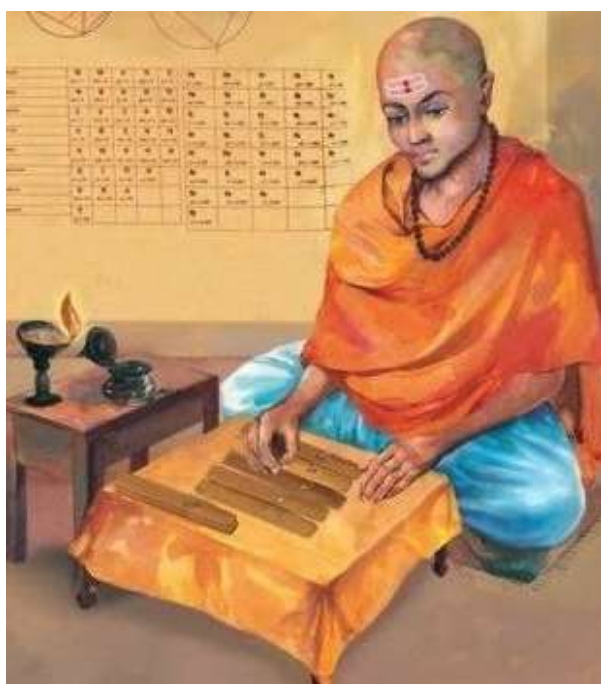
Medical education around the 7th century B.C. took place at faculties of universities in major cities. Some larger universities covered more than a square kilometer. The buildings housed about fifteen hundred professors and tens of thousands of students. Taxila already possessed great international fame as a university town in the 7th century B.C.. It was a center of study open to Greek, Arab and Chinese scholars.



The spread of Ayurveda

In the third century BCE, during the Maurya dynasty, King Asoka established a network of hospitals, health clinics and herbal nurseries. His reign ushered in a period of great flowering of sciences and arts. Along with Buddhism, in the centuries that followed, ayurvedic health care was transferred to Tibet, Indochina, Indonesia, China and Japan, where regional variants emerged. Khotan in Central Asia had a university where many Indian scholars taught.

Through trade relations and cultural influence, Ayurveda expanded across much of Southeast Asia, including the countless islands of the East Indian archipelago, from Sumatra to New Guinea, until the 15th century. In the 8th century, several hospitals in Baghdad and other places in the Middle East appointed Ayurvedic physicians to executive positions. The fame of the Ayurvedic system of medicine spread throughout the civilized world of the time: Persia, Arabia, Greece, Rome and China. India was seen as the center of knowledge, and many philosophers and scholars visited India to gain new knowledge.



From the 4th century, the universities of Nalanda and Valabhi took on important functions. Here sciences such as mathematics, astronomy and medicine were further developed and taught. Varahamihira, a versatile scholar of the time, did his botanical and pharmacological research here.



Nalanda attracted many students from abroad. Admission requirements were high; only one in ten students was admitted. These universities were funded by the surrounding towns. By the 12th century, Nalanda University reportedly had a library of nine million books. After a looting in 1199 by Afghan army troops, the remains of the library burned for six moons.

British influence

Midway through the last century, the British colonizer's policy toward Indian society changed. For example, the Calcutta Native Medical Association, the umbrella organization dedicated to Ayurvedic medicine, was instructed in 1835 to stop spreading the fundamentals of Ayurveda. Instead, it proceeded to establish medical faculties on the European model. However, this measure had little impact on Indian health care. Compared to doctors trained according to ancient traditions, the number of modern doctors remained small. Many graduates preferred jobs in rapidly growing state institutions such as the army, prison system and railroads.

At the turn of the century, a polarisation took place. Registered doctors who collaborated with Ayurvedic doctors were threatened with revocation of their registration as doctors. In the wake of national awareness around 1920, training in Ayurveda revived. In 1921, Mahatma Gandhi opened the Tibbi College in Delhi, and other institutions soon followed. After independence in 1947, a reasonable degree of integration of Ayurveda and modern medicine emerged at the hands of the Indian government. Several projects were started with the aim of promoting training and scientific research.

Current situation

Currently, there are around 125 universities and institutes for training in Ayurvedic medicine. Each of these is affiliated with a university hospital. As of 1963, one could still study Western medicine and Ayurveda in parallel. Currently, in some universities, students must make a choice. The demand for a place at the university is very high and many are therefore drawn out. Ayurvedic medical training takes five and a half years. If the student specializes in surgery, the package includes ayurvedic specialties such as the treatment of hemorrhoids, eye surgery and oral surgery, in addition to modern surgery.

THE SIX CLASSICAL TEXTBOOKS OF AYURVEDA

Charaka Samhita (1500 B.C., fragments from 2nd and 3rd millennium B.C.) Compendium of internal medicine; fundamental concepts, causes of disease, nutrition, pathology, anatomy, embryology, diagnosis and prognosis, therapy, pharmacology.

Sushruta - Sushruta Samhita (1000 B.C.) Compendium of surgery: plastic surgery, skin grafts, amputations; accidental injuries, old age and mental diseases, anatomy, pathology, diagnosis, medicinal plants and minerals.

Vagbhata - Astanga Samgraha (200 B.C.)

1. Fundamentals: health, vitality, dietetics, hygiene, causes of disease, biorhythms, herbalism, action of tastes of food and herbs, tridosha, therapy, surgery.
2. Anatomy, pregnancy, constitution theory.
3. Diagnostics, pathology.
4. Specific treatments.
5. Cleansing therapy.
6. Relationship between different specialties.

Madhava - Madhava Nidana (700 AD) Causes of disease, pathology, symptomology, prognosis.

Sarangadhara - Sarangadhara Samhita (1226 AD) General medicine: terminology, measurement units, pharmacology, pulse diagnosis, medicines, therapy.

Bhava Misra - Bhava Prakasa (1558 AD) Causes of disease, symptoms, treatment.

Integral

Ayurveda is part of veda, which means “knowing” and “science. The Sanskrit word ayus means “life” and refers to natural and balanced functioning of the organism. Ayurvedic texts recognize the myriad inner and outer factors involved in maintaining the balance and organization of its constituent parts. Health is defined as the optimal state of being and the balanced functioning of sensory perception, action and thought. A disturbance of this balance manifests itself in the human organism as disease.



The basic premise of Ayurveda is that a human being should be considered and treated as a unity of body, mind and spirit. In the same words, the physician's task is described: to maintain and restore the physical, mental and spiritual well-being of his clients. Among the resources available to the physician for this purpose are an extensive plant pharmacology, a particularly developed surgery, specialized massage techniques, and directions for diet and daily activity. Ayurvedic textbooks additionally refer to yoga, meditation, the beneficial effects of metals, forms, gemstones, colors,

fragrances, music and dance.

The Ayurvedic classics are characterized by a rational approach to the total field of medicinal knowledge. Physiology, pathology, diagnosis, therapy and pharmacology are closely linked and consistently described in unified terminology. Also included in this practical model are the effects of treatments, herbs and minerals on the organism. A particularly elaborated aspect of diagnosis is the determination of the possible origin of the disease.

Treatment Methods

The long tradition of Ayurveda has produced a wide range of treatments and preparations of great practical value. For chronic diseases, metabolic diseases and psychosomatic illnesses, Ayurveda offers traditionally proven methods of treatment in which different types of herbal preparations play an important role. These preparations tap into the body's inherent healing power and stimulate the regulatory processes responsible for physiological balance. Essential in treatment is to rid the body of harmful substances in order to protect the immune system and strengthen physical and mental energy. By promoting the body's natural purification processes, resistance is strengthened and the body is enabled to eliminate disturbances itself.

The means that can be used here are herbs and preparations and, as external measures, massage and cleansing cures. The goal is to eliminate metabolic toxins through the natural excretory pathways through massage and heat treatments. According to classical textbooks, treatment consists of the use of medicinal preparations, certain foods and therapies, separately or in combination. These remedies and treatments are either:

1. opposed to the cause of the disorder
2. opposed to the disease itself
3. opposite to both cause and disease
4. analogous to the cause
5. analogous to the disease
6. analogous to both cause and disease

This approach unites the principles of allopathy, homeopathy and naturopathy and underscores the universal and timeless nature of Ayurveda. Ayurvedic treatments and remedies are primarily aimed at strengthening and restoring physical and mental balance. The pointers concern proper choice of environment, diet and activity in accordance with personal aptitude and capabilities.

Medicinal Plants

At the time of the Vedic High Conjunction, knowledge of the medicinal properties of various plants was recorded. The accumulated results of research were recorded in the

classical standard works. As far as can be verified, these works cover the results of research from the period 3000 to 700 B.C. The Charaka Samhita lists 500 medicinal plants and 341 herbal recipes.



Sushruta describes 760 medicinal plants, as well as 64 mineral remedies. Later works, of which the Bhava Prakasa is one of the best known, provide additions in the form of other plants and remedies. It is assumed that more than 3,000 plants are now described in Ayurvedic pharmacological terms.

Practical Value

Ayurveda offers significant potential in this day and age, particularly in systemic diseases, metabolic disorders, and psychosomatic complaints. The Ayurvedic approach can be used for these diseases when the results with conventional medicine are unsatisfactory. This applies to many chronic diseases. In these cases, Ayurvedic remedies and methods of treatment can be used in combination with conventional or homeopathic therapies without any problem.

GROUNDLINES

The three doshas

In Ayurvedic medicine, three abstract concepts are used to describe both physiological and pathological phenomena. These basic concepts, vata, pitta and kapha, are called doshas. In physiology, they represent the following functions:

vata: movement

pitta: transformation

kapha: cohesion

These three functions are very basic and can be recognized at all levels of the organism. They are present at the level of cells, tissues, organs and physiological processes, as well as at the level of functioning in relation to the environment. Vata, pitta and kapha are always considered in conjunction. A proper balance between these three functions is important for good health. As long as they are in balance with each other, vata, pitta and kapha contribute to the maintenance of physiology. If any one of these functions is present in excess, it represents an imbalance in bodily functioning. Vata, as a principle of movement, is more active compared to pitta and kapha. Consequently, most disorders arise from an increase in vata. Minor disturbances initially make themselves known by discomfort. This discomfort indicates an increase in one or more doshas. A long-standing disturbance eventually leads to disease. In Ayurvedic medicine, all forms of therapy are aimed at correcting the disturbance in the doshas and thus restoring health.

The diagram below illustrates how vata, pitta and kapha are involved in physiological functions, the possible causes of increase and the disorders that result:



VATA

movement: nerve functions and motor skills

Increase due to:

- too much mental and physical activity, fasting, lack of sleep
- bitter, sharp, dry, cold food
- windy and cold weather

Consequences of dysbalance:

- loss or decrease of tissues, blockage of body openings, channels and pores
- nervousness, muscle pain, stiffness, nerve pains
- movement disorders



PITTA

transformation: metabolism

Increase due to:

- heat, physical exhaustion, fasting
- sour, bitter, pungent, salty, hot and dry food
- hot and humid weather

Consequences of dysbalance:

- conversion and heat disorders
- heartburn, sweating, thirst, body odor

**KAPHA**

cohesion: tissues and joints

Increased levels due to:

- lack of exercise, inactivity
- sweet, sour, salty, fatty, heavy, cold, and liquid foods
- cold and damp weather

Consequences of imbalance:

- mucus production, lethargy, constipation

The long tradition of ayurveda has produced a wide range of treatments and prepa-rates of great practical value. Various types of herbal preparations play a prominent role in these traditionally proven methods of treatment. The classical books list numerous recipes for prepa-rates that are prescribed by Ayurvedic doctors for a wide variety of conditions to this day.

Combinations of active ingredients

Ayurvedic compound remedies are characterized by their synergistic nature. They are built around an herb that, in terms of properties and action, best suits the diagnosed disorder. In order to broaden or intensify the effect

this main herb possibly supplemented by constituents that have similar effects.



Because a disorder consists of a combination of several factors, sometimes several ingredients are needed to influence it as a whole. For example, if the disease is due to accumulation of undigested metabolic products, small amounts of laxatives (e.g., Trifala) or diuretics are added to dispose of bodily waste. Constituents that build the body's resistance and prevent recurrence of disease are also recognized in many remedies. Medicinal substances can be of plant, minerale and animal origin. For example, various preparations of iron, copper, coral powder, shell powder and horn have application in ayurveda. With regard to the effects, plants are subdivided into different parts such as flower, leaf, woody parts, bark or an exudate such as resin. Large-scale cultivation of medicinal herbs and plants guarantees raw materials of controlled quality.

Classification by therapeutic effect

In ayurveda, a system called dravyaguna is used that allows for the classification of medicinal substances according to their therapeutic effect. Foods and herbs are classified according to taste, property (quality), energetic effect, effect after digestion and specific action. The purpose of using therapeutically active substances is to balance the doshas in order to improve the physical condition of the body. The specifics of the doshas (vata, pitta and kapha) are shown in the attached table:

Properties of the doshas

VATA	PITTA	KAPHA
dry	hot	heavy
changeable	little oily	sweet
agile	sharp	oily
cold	liquid	steadfast
light	sour	slow
subtle	light	sticky
rough	moisturizing	cold
fast		soft

Rasa

According to Ayurvedic understanding, the taste (rasa) of a herb gives us access to its essence. This allows us to determine the value the herb has for our body. Flavors are correlated to the five elements of earth, water, fire, air and ether. Since the three doshas are also made up of the five elements, this gives us a method

in hands to determine through taste which herbs can restore the balance of physical functioning.

Doshas and the five elements:

- *vata* ether and air
- *pitta* fire
- *kapha* water and earth

After the diagnosis has identified which doshas are out of balance, dietary prescriptions and herbs can be used to restore the balance of the doshas.

The flavors in relation to the five elements:

Sweet (<i>madhura</i>)	water and earth
Salty (<i>lavana</i>)	water and fire
Sour (<i>amla</i>)	earth and fire
Pungent (<i>katu</i>)	fire and air
Bitter (<i>tikta</i>)	ether and air
Sour (<i>kasaya</i>)	air and earth

The effect of taste on the doshas can now be shown as follows:

Effects of flavors on the doshas:

- Tart, bitter, pungent:
increase vata, decrease kapha
- Sweet, sour, salty:
increase kapha, decrease vata
- Pungent, sour, salty:
increase pitta
- Tart, sweet, bitter:
decrease pitta

Guna

The characteristic properties of substances are called gunas in ayurveda. There are twenty gunas in all, consisting of ten pairs of opposite properties. These twenty gunas describe both the properties of medicinal substances and the properties of substances of the body:

Pairs of opposite gunas:

heavy (guru)	light (laghu)
cold (sita)	hot (ushna)
motionless (sthira)	moving (sara)
soft (mrdu)	hard (kathina)
wet (snigda)	dry (ruksha)
transparent (vishada)	opaque (picchila)
slow (manda)	fast (tikshna)
smooth (slakshna)	rough (khara)
coarse (sthula)	fine (sukshma)
solid (sandra)	liquid (drava)

'Dry' is a property (guna) of vata and can manifest itself, for example, in dry skin. The use of food materials that have mainly the property of 'dry' may have created such a condition. In the diagram you will find by 'dry' (ruksha) as the counterpart 'wet' (snigda). If one knows which foods and herbs have the property of 'moist', in this way the dosha system can be balanced. If the physiology functions better, a balanced production of tissues will take place which in the long run will also make the immune system stronger.

Virya

Of an herb, virya is the energy, the potential force through which it can manifest its action. Virya arises from the gunas of the herb. Of the above gunas, two can ultimately be identified that have a more general influence on nature, namely ushna and sita. Ushna has a heating influence and sita is cooling. All herbs can be divided according to their heating or cooling effects. This heating or cooling effect is considered the most fundamental energizing influence on the body. The words heating and cooling can be seen in a broader sense as more shaping and as breaking down/dissolving. Ushna-virya burns and purifies; it reduces vata and kapha and increases pitta. Pungent spices such as hot peppers, chilis and salty fermented products fall under this category. They promote digestive ring, cause heat in the body, thirst and diaphoresis. Sita-virya soothes and invigorates; it reduces pitta and increases kapha and vata. Sweet, tart and bitter products fall under this category. They are cooling, moisturizing and enlivening.



Vipaka

Vipaka is the property that food assumes after it has passed through the digestive system. When food is consumed, enzymes as it passes through the digestive tract promote its transformation. Each part of digestion is under the influence of a specific dosha and rasa:

- The first stage of digesting (mouth-stomach) is dominated by kapha, with the sweet taste dominating.
- The second stage (stomach-thin intestine) is controlled by pitta; the sour taste dominates.
- The third stage (colon) is controlled by vata; here the pungent taste dominates.

Eventually the sweet and salty flavors or essences of the food (rasa) will be transformed into a sweet vipaka; the sour rasa retains its own value and gives a sour vipaka; bitter, tart and pungent will result in a pungent vipaka. All this means that when the food has passed through the entire digestive system, of the six rasas, only three remain: sweet, sour and pungent. So vipaka is the final product of digestion, seen from the rasa point of view. The uniqueness of this concept is that it indicates what the body does with the nutrients. The vipaka of an herb helps determine its long-term effect and is an important fact in the preparation of preparations.

Prabhava

While two different herbs may possess the same rasa, vipaka, gunas and virya, yet their influence on physiology may be different. The difference then lies in the prabhava of the respective herbs.

Prabhava represents the subtle properties of a substance that ultimately determine its action. Prabhava is the more specific therapeutic action of an herb or mineral. An example of two herbs with the same rasa, vipaka and virya are *Plumbago zeylanica* and *Baliospermum montanum*. The properties are identical, but *Baliospermum montanum* has a purgative action while *Plumbago zeylanica* does not. It is this specific action that is attributed to prabhava.



PREPARATION OF AYURVEDIC REMEDIES

The preparation of Ayurvedic remedies is covered in detail in the classical books. The preparation involves not only the correct identification of the herb, but also which part of the plant was used, when the herb was harvested and how it was preserved. Ayurvedic pharmacology makes use of some twenty-six preparations of medicines, including powders, extracts and tablets, decoctions (decocts) and infusions in water and milk, syrups, pastes, distillates, fermentations and herbal oils. On the one hand, these preparations are designed to achieve the specific effects and improve absorbability; on the other hand, some serve to maintain the energetic action of the various herbs. Some of these special preparations will be discussed in a little more detail here:

Churna

The word churna literally means "powder". A churna is a powder of dried fruits, herbs or other plant substances. Depending on the recipe, this powder is sometimes moistened with fresh juices from the same plant, dried in the sun and ground again. The number of ingredients can be very large by Western standards; churnas with about sixty ingredients are not exceptional. Generally, a churna is taken with water. Depending on the patient's constitution or the composition of the churna, it is sometimes also taken with ghee (clarified butter), honey or milk.

Vati or guti

Also in the preparation of a vati or guti, the herbs or plant parts and fruits are dried and powdered. After this process, the powder is mixed with a certain amount of plant and fruit juices, creating a soft clay-like substance. Pills are turned from this substance and then dried.

Nowadays, vatis are predominantly manufactured by machine-mately. Many ayurvedic remedies available in the Netherlands come in pill or tablet form.

Bhasma and pishti

Bhamas are substances created by operations in which metals, gemstones and minerals are heated and cooled, purified and pulverized. This procedure is repeated many times. In the preparation of pisthi, the raw materials are not heated, but only pulverized, treated in rose water and dried. Bhamas are particularly well absorbed by the body and are among the most powerful Ayurvedic medicines. For proper therapeutic effect, bhasmas and pishti must meet the following conditions:

1. if the bhasma or pishti is sprinkled on water, the powder should float;
2. the powder should be fine enough to enter the grooves of the finger;
3. when heated, the bhasma should not return to its original state.

Bhasmas and pishti are also widely used in other Ayurvedic remedies.

Kwath

A kwath is an herbal drink for which a mixture of herbs is boiled with a 16-fold amount of water. The boiling process then thickens the substance to some degree. A kwath is more easily absorbed and has a more powerful effect than churnas. A kwath can also be used as an anupana (means of swallowing pills or tablets) for other Ayurvedic remedies.

Avaleha

An avahela is a paste containing honey, ghee and spices. During mixing, the substance is heated. This preparation process takes several hours. Most avahelas are taken with milk. Avahelas generally have a body-nourishing effect and are therefore particularly suitable for stimulating the production of body tissues. Often these pastes are prescribed as a tonic after a cleansing treatment.

Asavas and rishtas

Asavas and rishtas are herbal beverages obtained by fermentation from sugar or honey. In addition to fresh plant juices and decoctions, they may also contain mineral additives. The alcohol in rishtas and asavas is produced by the fermentation process; the alcohol content ranges from 7 to 10%. The difference between an asava and rishta is, that in an asava the specific ingredients

are dissolved in water for fermentation, and that before preparing the rishta, the herbal drink is boiled for a certain time while the other ingredients are added to it. The medicinal effects of these herbal drinks increase over time. Asavas and rishtas are extremely easy to absorb. This is especially important for people with weak constitutions. Asavas and rishtas are generally taken immediately after meals, in a dosage of 10 to 30 ml with the same amount of water.



Tailas

Herbal oils or tailas are largely used as massage oils in ayurveda. Their use combines the beneficial effects of massage with the medicinal effects of medicinal herbs. The herbs and minerals incorporated in the oil give each oil its specific effects and indications. In general, ayurvedic herbal oils are prepared as follows: 1 part herbs, 4 parts oil and 16 parts water are heated on a low flame for 4 to 8 hours. During this process, the medicinal effects of the herbs transfer to the base oil. The oil is ready once all the water has evaporated from the initial mixture.

HERBAL OILS

Within the body of Ayurvedic preparations, herbal oils occupy an important place. Particularly in a number of chronic diseases and those associated with disturbed metabolism, ayurvedic herbal oils can make a good contribution to treatment. Medicinal herbal oils are used in the following therapeutic treatments:

1. body massage or local massage;
2. oil treatment of the head, usually in the form of massage of the head;
3. treatment through the nose in the form of nasal drops (nasya);
4. internally through oral taken small doses;
5. external treatment of wounds and skin conditions;
6. cleansing and nourishing therapy in the form of enema (vasti)

Generally, these therapeutic measures are applied as stand-alone therapies. In addition, they can be part of a cleansing program (panchakarma) that consists of several components. Herbal oils are largely used in ayurveda as massage oils. Their use combines the beneficial effects of massage with the medicinal effects of medicinal herbs. The herbs incorporated in the oil give each oil its specific effects and indications. The choice of the right herbal oil is highly decisive for the effect of the treatment. More than a hundred recipes of highly effective oils have already been mentioned in the classic works of medicine.

of Charaka (1500 B.C.) and Sushruta (1000 B.C.). Many of these recipes are still prepared and used successfully today. In South India, several hospitals specialize in the use of medicinal oils in the treatment of chronic conditions. Particularly in the state of Kerala, there are clinics where oil treatments and massage are frequently used in the treatment of rheumatism and skin diseases, among others. These clinics are well attended, even by patients from other parts of the world.

Operation Ayurvedic herbal oils

Ayurveda distinguishes between internal and external therapy in the treatment of disturbed doshas and diseases. Internal therapy uses nutrition and medicines. Massage and oil treatments are prescribed as external therapy. Overall, externally applied Ayurvedic herbal oils balance all three doshas and reduce aggravated doshas. They stimulate skin functions and enhance regeneration of body tissues (dhatus) and the immune system. The medicinal herbal oils increase the metabolism (agni) of the various tissues.

The herbal oils act directly on the skin, fatty tissue, connective tissue, muscle tissue and blood. Because the oils enter the blood through the skin after some time, they also work on the lungs, colon and other organs. Through the skin and mucous membranes, they additionally affect the nervous system.

Essential in the treatment of almost all disorders is to rid the body of harmful substances. Oil massage is ideally suited to loosen and eliminate toxins present in body tissues. Both massage and herbs stimulate blood flow and excretion, allowing toxins to leave the body more easily through the skin and excretory organs. Ayurvedic herbal oils promote the body's natural cleansing processes, eliminating disturbances and protecting and strengthening the immune system.

Composition and preparation

The therapeutic effects of oils can be traced back to the oil and the herbs used in it. Most herbal oils are prepared from sesame oil. Other base oils used are also derived from oil seeds, such as coconut. In general, ayurvedic herbal oils are prepared as follows: 1 part herbs, 4 parts oil and 16 parts water are heated on a low flame for 4 to 8 hours. During this process, the medicinal effects of the

herbs over to the base oil. The oil is ready once all the water has evaporated from the initial mixture. Of herbs consisting mainly of hard parts, a decoction is first made which, after being filtered, is added to the oil. Evaporation is then carried out as described. Herbs that derive their action from the presence of aromatic oil are usually not heated in the base oil. The pulverized herbs are added to the oil at a normal temperature and sieved from the solution after 1 day. Depending on the base oil and ingredients used, each herbal oil has its own method of preparation.

Applications

The following designations are used for the various therapeutic applications:

Body massage (L):

oil massage of the body excluding the head. Required amount approximately 15 ml.

Massage of the head (H):

massage of the face and head-skin, required amount approximately 5 ml.

Local massage (P):

massage of the affected location and surrounding tissues.

Nasya (N):

treatment in which a few drops of oil are sniffed through the nose. This treatment has an optimal effect after a massage

of the head. Nasyas are applied 2 times daily between massage treatments. Standard dosage: 3 to 4 drops per nostril, up to 6 drops per nostril if needed. Children half dosage.

Crown (K):

administration of a few drops on the crown has a nerve-strengthening effect. Dosage: 5 drops, once a day. Combination of nasya and crown is possible. Crown drops are preferably applied prior to a massage treatment.

Vasti (V):

vastis (enclaves) can be applied additionally. However, since the origin (genesis) of the disorder and the concomitant symptoms largely determine the application and duration of treatment, it is not possible to give standard instructions for use. In the Netherlands, this form of therapy is applied by Ayurvedic doctors (e.g., panchakarma).

Oral (O):

Intake of herbal oils for internal cleansing or medication. Dosage: 1/2 to 1 teaspoon, 2 times daily. Children 1 time daily.

Muscle and joint disorders

An important part of the indication area of herbal oils is constituted by disorders of muscles and joints. In Ayurvedic medicine, the different forms of muscle and joint disorders are distinguished on the basis of specific dosha disturbances. From a causal point of view, a distinction is thus made between vata, pitta and kapha disorders. In the application of herbal oils in the treatment of joint and muscle disorders, a practical classification into three types is additionally used, based on the following prominent characteristics and observations:

- **type 1** morning stiffness, pain from movement, tender joints, instability during standing and walking;
- **type 2** soft tissue swelling, fluid accumulation;
- **type 3** swelling due to capsular or bony enlargement (bone accretion), deformation

Regardless of the type, Maha Narayan is basically always used in the first treatments. Maha Narayan has application in physical weakness and in the treatment of elderly patients. Maha Narayan gives immediate relief that the patient will clearly experience. After 4 to 7 treatments, an oil corresponding to the type is used.

Even in mild disorders, one uses a strong-acting oil initially. Intensive treatment of mild joint disorders is valuable in many cases.

Conversely, an oil intended for joint disorders in the initial stages has only a moderate effect in advanced disorders.

The efficacy of the massage can be further enhanced by having the patient undergo a sweat treatment prior to the massage. The supply of heat using sauna or sweat room dissolves waste products so that they can be disposed of through perspiration.



Use of herbal oils in practice

The use of ayurvedic massage oils does not directly require the use of ayurvedic massage techniques. It is important that the herbal oils are allowed to act on the body long enough. This means that the massage oil should not be removed immediately after the massage. It is best to take only the amount of oil needed for the treatment at that moment. The amount of oil you need for a full body massage is around 15 ml. The ideal temperature of the oil when applied is around 40°C. The oil can be warmed in a small bottle in warm water, possibly using an oil warmer.



It's recommended to keep the oil at the right temperature during the massage. Don't return used oil to the original bottle. Any remaining oil should be stored in a separate bottle.

Later heating this residue to 100°C makes it sterile and suitable for use again. With small quantities, this heating is quite rapid. Constant monitoring of the temperature by means of a thermometer is therefore necessary. When reaching 90°C, remove the oil from the heat source. The temperature rise will continue for a while until 100°C or just above. Make sure the temperature does not exceed 120°C. After cooling, you can transfer the oil into a bottle, sealing it from the air.

Mixing oils

In certain conditions, two herbal oils are mixed in a 1:1 ratio.

Treatment of stains

Some herbal oils have been processed into herbs that naturally contain certain dyes. These dyes can be difficult to remove from clothing, towels, etc. with normal washing procedures.

In the case of materials that can be washed at 95°C, adding baking soda to the detergent usually offers a solution. The use of soda is not detrimental to the quality of the fabric.

AYURVEDA SPECIALIST DIETARY SUPPLEMENTS

CAPSULES AND TABLETS

Our Ayurvedic specialists are closely involved in the production process of Ayurveda Specialist nutritional supplements, so that specifically those products are manufactured that the specialist deems necessary for his or her clients.

Ayurveda Specialist nutritional supplements are largely vegan: only if an animal ingredient (such as bee honey) is required for a product to work properly are the products vegetarian.

All Ayurveda Specialist brand products comply with strict requirements for environmental protection, food safety, animal welfare and fair trade.



AMLA

Singular preparation



Antioxidant, improves Hb, rejuvenates tissue pregnancy, resistance enhancing, skin and hair care, vision, eye allergies, vitamin C

Amla is made from the Amalaki fruit. The Amalaki fruit is one of the greatest natural sources of vitamin C ever discovered. The Amalaki tree is a small to medium-sized tree that, both wild and planted, is widespread in India. The fruit of this tree is one of the best resources for rejuvenation, strengthening and resistance. Once the fruit is dried, most of the vitamin C is retained because it is bound to the tannin of the fruit.

Effect

- It is an antioxidant and increases resistance.
- It improves hemoglobin levels.
- It has a high content of vitamin C.
- It is also used for rejuvenation of body tissues during pregnancy.
- It helps in the care of skin and hair.
- It improves vision and reduces eye allergies.

Indications

- Amla plus Ferosmiline for anemia.
- Amla plus Ashwagandha for increased energy.
- Amla plus Neem for skin and hair care.
- Amla plus Amruth for strengthening the immune system.
- Amla plus Moringa for absorption of vitamins, minerals and iron and for the immune system.
- Amla plus Tulsi for the immune system.

Composition per capsule: Amla powder (Phyllanthus emblica) 500 mg.

Contents: 60 vegetable cellulose veg capsules.

Dosage and use: 1-2 times daily 2 capsules with meals with water unless otherwise advised.

AMRUTH

Singular preparation



Immunomodulator, antibiotic, antipyretic, immune system, autoimmune diseases, rhinitis, respiratory tract

Amruth (also called Giloy, Guduchi, or heart-leaved poppy) is a herbaceous vine of the Menispermaceae family, native to tropical regions of the Indian subcontinent. It is used in Ayurveda to treat various conditions.

Actions

- It is an immunomodulator.
- It has an antipyretic effect.
- It has an antibiotic effect, which reduces infections.
- It improves the immune system and balances autoimmune diseases.
- It is very beneficial for children with allergic rhinitis and respiratory conditions.

Indications

- Amruth plus Ashwagandha for strengthening the immune system.
- Amruth plus Dashamoola for fever.
- Amruth plus Boswellia for inflammation.
- Amruth plus Guggul for arthritis.
- Amruth plus Kalmegh for liver cleansing.
- Amruth plus Vasa for respiratory conditions.
- Amruth plus Diayur for diabetes. Amruth plus Tulsi for fever, hay fever, and immune system support.

Composition per capsule: Amruth powder (*Tinospora cordifolia*) 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 1 to 2 capsules twice daily with water and meals, unless otherwise advised.

ARJUNA

Singular preparation



Heart and circulatory system, atherosclerosis, myocardium necrosis, blood pressure, LDL cholesterol

The Arjuna tree grows to about 20-25 meters tall; it usually has a buttressed trunk and forms a broad canopy in the crown, from which branches cascade downward. It has elongated, conical leaves that are green on top and brown on the underside, and smooth, gray bark. It has light yellow flowers and large, fibrous, woody fruits.

Effects

- It supports heart function.
- It improves circulation, which helps resolve atherosclerosis.
- It is beneficial for myocardial necrosis.
- It helps regulate blood pressure.
- It reduces LDL cholesterol.

Indications

- Arjuna plus Ashwagandha for blood pressure.
- Arjuna plus Diayur for diabetes.
- Arjuna plus Dashamoola for peripheral circulation.
- Arjuna plus Gotu Kola for blood pressure.
- Arjuna plus Guggul for blood circulation and cholesterol.

Ingredients per capsule: Arjuna powder (*Terminalia arjuna*) 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules with water once or twice daily with meals, unless otherwise advised.

ASHWAGANDHA

Singular preparation



Cortisol, stress and emotions, muscle stability, aphrodisiac, homeostasis

Ashwagandha means "the scent of a horse." This rejuvenating herb provides strength in times of weakness. Ashwagandha is also called "Indian Ginseng." It's no wonder the root is said to impart the strength of a horse.

Effects

- It helps reduce cortisol stress hormones.
- It helps regulate emotional balance.
- It improves muscle stability.
- It has an aphrodisiac effect.
- It helps maintain the body's homeostasis.

Indications

- Ashwagandha plus Amruth for the immune system.
- Ashwagandha plus Ayurjoints for arthritis.
- Ashwagandha plus Asthayur for respiratory conditions (asthma).
- Ashwagandha plus Shilajit for an aphrodisiac effect.
- Ashwagandha plus Gotu Kola for stress.
- Ashwagandha plus Brahmi for memory and sleep. Ashwagandha plus Kanchanar Guggul for thyroid function.
- Ashwagandha plus Boswellia for fibromyalgia.

Composition per capsule: Ashwagandha powder (*Withania somnifera*) 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 2 capsules with water once or twice daily with meals, unless otherwise advised.

ASTHAYUR

Complex preparation



Respiratory tract, asthma, allergies, hay fever, bronchitis, expectorant, immune-boosting

Kaldasinghi is a tree native to Asia and is also known as zebrawood. Long, horn-shaped leaf galls that often develop on this tree are harvested and used to make kakadshringi, a herbal remedy for coughs, asthma, fever, vomiting, and diarrhea.

Malkagni is a deciduous vine with stems up to 10 cm in diameter and 6 m long. The oil from the seeds is used as a traditional remedy in Ayurvedic herbal medicine.

Actions

- It helps improve asthma and breathing difficulties.
- It reduces allergies and hay fever.
- It helps with bronchitis (inflammation of the lungs).
- It helps reduce mucus.
- It improves lung immunity.

Indications

- Asthayur plus Dashamoola for bronchitis.
- Asthayur plus Amruth for strengthening respiratory immunity. Asthayur plus Vasa for chest infection.
- Asthayur plus Panch Tulsi drops for dyspnea (difficulty breathing).

Composition per capsule: Kaldasinghi (*Pistacia integerrima*) extract 100 mg, Malkagni (*Celastrus paniculatus*) extract 100 mg, Bhumi Amla (*Phyllanthus Niruri*) extract 75 mg, Bhadangi (*Clerodendrum Serratum*) extract 75 mg, Turmeric (*Curcuma Longa*) extract 75 mg, Pushhamool (*Inula Racemosa* Sonnenspeer) extract 50 mg.

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

AVIPATTIKAR

Complex preparation



Digestion, intestines, acidity, intestinal inflammation, autoimmune diseases, constipation, laxatives, absorption and assimilation

The fresh or dried root of Zingiber is called ginger and is used as a spice and herbal remedy. The fresh root is also widely used in tea.

Peppercorns have been used as a traditional medicine since ancient times. Their spiciness comes from the chemical compound piperine, not to be confused with capsaicin, which is characteristic of chili peppers.

Hartitaki is a key ingredient in the Ayurvedic formula Triphala, among others. The dried fruit is often used in Ayurveda as a diuretic and laxative.

Actions

- It aids in intestinal peristalsis.
- It improves digestion and reduces acidity.
- It helps reduce inflammatory bowel disease.
- It helps with autoimmune intestinal diseases.
- It reduces constipation and is a laxative.
- It aids in absorption and assimilation.

Indications

- Avipattikar plus Ayuracid for acidity.
- Avipattikar plus Boswellia & Curcumin for intestinal inflammation.
- Avipattikar plus Haritaki for constipation.
- Avipattikar plus Dashamoola for improved absorption.

Composition per capsule: Avipattikar powder, consisting of Ginger (*Zingiber officinale*) 100 mg, Black Pepper (*Piper nigrum*) 100 mg, Pippali (*Piper longum*) 100 mg, Haritaki (*Terminalia chebula*) 100 mg, Bibhitaki (*Terminalia bellirica*) 100 mg

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, or as directed by your Ayurvedic specialist.

AYURACID

Complex preparation



***Digestion, hyperacidity,
acid reflux, esophagitis, metabolism***

Triphala (or Trifala) literally means "three fruits." In Triphala, these are the fruits of Amla (or Amalaki), Haritaki (or Vibhidaka), and Bibhitaki (or Harad). These fruits are naturally rich in vitamin C and antioxidants. The classic herbal combination of Triphala has been used in Ayurveda for centuries. It contains a lot of vitamin C.

Bhringraj (Eclipta Alba) is obtained from the dried and ground leaves of the Eclipta Alba plant. Like Brahmi, the Bhringraj plant belongs to the Asteraceae family and is native to India. The plant grows primarily in humid and warm regions. Bhringraj is used, among other things, to promote healthy hair and scalp.

Effects

- It is used to treat hyperacidity (acidity).
- It reduces acid reflux and esophagitis.
- It aids digestion by improving Agni (digestive fire).
- It supports metabolism.

Indications

- Ayuracid plus Avipattikar for hyperacidity.
- Ayuracid plus Liv-Shakti for liver cleansing.
- Ayuracid plus Boswellia for inflammatory bowel disease.

Composition per capsule: Triphala (Amalaki (Phyllanthus emblica), Bibhitaki (Terminalia bellirica), and Haritaki (Terminalia chebula)) extract 100 mg, Saunth extract 100 mg, Bhringraj (Eclipta Alba) extract 100 mg, Sanunf extract 50 mg, Ajwain (Trachyspermum ammi) extract 50 mg, Sana extract 50 mg, Pippali Phool (Piper longum) extract 50 mg.

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

AYURBRAIN

Complex preparation



***Memory, mental balance,
rest and relaxation, blood pressure and circulation***

Gotu kola (*Centella asiatica*) grows in temperate and tropical swampy areas in many regions of the world. The stems are green to reddish-green. The rhizomes grow vertically downward and are cream-colored and covered with root hairs. The flowers are white or crimson. Each flower is partially enclosed in two green bracts. The fruits are densely ribbed. The plant ripens in three months. It is a highly invasive plant.

Shankhpushpi is made from the whole plant of *Convolvulus pluricaulis*. In Ayurveda, shankhpushpi is also called Shankhini, Kambumalini, Samkhapushpi, Sadaphuli, and Sankhaphuli. The name shank(h)apushpi was given to the plant because of its shankh- or shell-shaped flowers.

Brahmi (*Bacopa monnieri*) is a small ground-dwelling plant that is widespread in moist areas, such as riverbanks, springs, and irrigated areas. This marsh plant is a widely used herb and has been used as an Ayurvedic herb for thousands of years.

Effects

- Good for memory, learning performance, and concentration.
- For maintaining a clear mind and mental resilience.
- Soothing and relaxing.
- Beneficial for good mental balance.
- Good for blood pressure and blood circulation.

Composition per capsule: AyurBrain Extract: *Centella asiatica* 100 mg, *Convolvulus pluricalis* 75 mg, *Bacopa monniera* 75 mg, *Benincasa hispida* 75 mg, *Runella vulgaris* 50 mg, *Withania somnifera* 50 mg, *Celastrus paniculatus* 25 mg, *Salix caprea* 25 mg, *Peonia emodi* 25 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take one capsule 2 to 3 times daily with milk or water, unless otherwise advised.

AYURENERGY

Complex preparation



***Energy levels, fatigue, vitality,
immune system***

Sigru (*Moringa oleifera*) contains many important vitamins (A, B1, B2, B3, B5, B6, B11, C, D, E, and K) and minerals (calcium, chloride, chromium, copper, fluorine, iron, manganese, magnesium, phosphorus, molybdenum, potassium, sulfur, and zinc). Sigru leaves contain 7 times more vitamin C than oranges and 15 times more potassium than bananas. Sigru also contains calcium, protein, iron, and amino acids.

The berries of the Amla tree (*Emblica officinalis*) are naturally rich in vitamin C and antioxidants.

Turmeric (*Curcuma longa*) is the root of the turmeric plant and is a member of the ginger family. Turmeric has excellent properties that are known worldwide. Other names for turmeric include turmeric, haridra (Sanskrit), hardi, koenjit, curcuma, haldi, and turmeric.

Effects

- Restores fitness.
- Supports energy levels.
- Helps with fatigue and loss of vitality.
- Supports the immune system.
- Antioxidant.

Composition per capsule: AyurEnergy Extract: *Moringa Oleifera* 350 mg, *Emblica Officinales* 100 mg, *Curcuma longa* 50 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

AYURHEART

Complex preparation



Heart and blood vessels, blood pressure

Lotus flower (Kamala; *Nelumbo nucifera*), also known as sacred lotus or Indian lotus, is an aquatic plant in the Nelumbonaceae family. The plant has pink flowers and a fruit shaped like a slitted cone. The plant grows roots in marshy soil, but the leaves and flowers never appear muddy. Therefore, the lotus is a symbol of purity in Hinduism and Buddhism. The self-purifying ability of the leaves is sometimes called the lotus effect.

Ashwagandha (*Withania somnifera*) means "the scent of a horse." This rejuvenating herb provides strength in times of weakness. Ashwagandha is also called "Indian Ginseng." It's no wonder the root is said to impart the strength of a horse.

Rauwolfia (*Rauwolfia serpentina*), also known as Indian snake root, devil's pepper, or serpentine wood, is a species of flower in the milkweed family Apocynaceae. It is native to the Indian subcontinent and East Asia (from India to Indonesia). Rauwolfia is a perennial shrub that is widespread in India, growing in the sub-Himalayan regions up to 1000 meters in altitude.

Effects

- Good for the heart and blood vessels.
- Maintains normal blood pressure.

Composition per capsule: Ayurheart Extract: *Nelumbo nucifera* 90 mg, *Withania somnifera* 58 mg, *Rauwolfia serpentina* 44 mg, *Terminalia arjuna* 35 mg, *Cynodon dactylon* 35 mg, *Piper nigrum* 34 mg, *Boerhavia diffusa* 34 mg, *Aegle marmelos* 30 mg, *Ficus religiosa* 24 mg, *Piper longum* 24 mg, *Zingiber officinale* 22 mg, *Ocimum sanctum* 19 mg, *Azadirachta indica* 18 mg, *Alpinia galanga* 11 mg, *Convolvulus pluricaulis* 11 mg, *Rubia cordifolia* 11 mg.

Contents: 60 vegetable cellulose vegetarian capsules.

Dosage and use: Take 1 capsule 2 to 3 times a day with milk/water unless otherwise advised.

AYURJOINTS

Complex preparation



Muscles & joints, rheumatism/arthritis, anti-inflammatory, analgesic, synovial fluid, ligament and tendonitis

Hathjod is a perennial plant in the grape family. It is also known as field grape, winged treecreeper, or adamant creeper. The species is native to tropical Asia, the Arabian Peninsula, and much of Africa. It has been used as a medicinal plant since ancient times and is considered a tonic and analgesic, and to help heal broken bones.

Boswellia (also called Shallaki or Salai) has been recognized as a medicinal herb in Ayurvedic teachings for thousands of years. The Boswellia Serrata tree is a medium-sized tree that grows widely on dry hillsides in much of India. Frankincense is traditionally extracted from this tree. When a boswellia tree is about four years old, incisions are made in the bark. White, liquid resin drips from these incisions. The drop-shaped resin then crystallizes into golden-brown resin granules. These granules form pure, clean frankincense. Boswellia serrata resin is a natural ingredient with very few side effects and can be used long-term.

Ashwagandha means "the smell of a horse." This rejuvenating herb provides strength in times of weakness. Ashwagandha is also called "Indian Ginseng." It's no wonder the root is said to impart the strength of a horse.

Effects

- It improves the flexibility of muscles and joints.
- It is widely used for arthritis.
- It has anti-inflammatory and analgesic properties.
- It improves the synovial fluid in joints.
- It heals ligament and tendonitis.
- It reduces inflammation in joints caused by rheumatoid arthritis.

Indications

- Ayurjoints plus Boswellia for rheumatoid arthritis.
- Ayurjoints plus Ashwagandha to strengthen joints and muscles.
- Ayurjoints plus Gotu Kola for fibromyalgia.
- Ayurjoints plus Dashamoola for polymyalgia.
- Ayurjoints plus Dashamoola for polymyalgia.

Ingredients per capsule: Hathjod (Cissus quadrangularis) dry extract 125 mg, Boswellia (Olibanum Indicum) extract 100 mg, Aswagandha (Withania somnifera) extract 100 mg, (Curcuma Longa) extract 75 mg, Guggul (Commiphora wightii) 50 mg, Nirgundi (Vitex Negundo) leaf extract 50 mg.

Contents: 60 plant-based cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

AYURRELAX

Complex preparation



Stress & tension, concentration, learning performance signs of aging

Shankhpushpi is made from the whole plant of *Convolvulus pluricaulis*. In Ayurveda, shankhpushpi is also called Shankhini, Kambumalini, Samkhapushpi, Sadaphuli, and Sankhaphuli. The name shank(h)apushpi was given to the plant because of its shankh- or shell-shaped flowers.

Brahmi (*Bacopa Monnieri*) is a small ground-dwelling plant that is widespread in moist areas, such as riverbanks, springs, and irrigated areas. This marsh plant is a commonly used herb and has been used as an Ayurvedic herb for thousands of years.

Ashwagandha means "the smell of a horse." This rejuvenating herb provides strength in times of weakness. Ashwagandha is also called "Indian Ginseng." It is not without reason that the root is said to impart the strength of a horse.

Effects

- Relieves stress and tension.
- Benefits learning performance. Good for concentration.
- Favorable effect on signs of aging.
- To protect healthy cells and tissues.

Composition per capsule: AyurRelax Extract: Shankhpushpi (*Convolvulus pluricaulis*) 100mg, Brahmi (*Bacopa monnieri*) 100mg, Ashwagandha (*Withania somnifera*) 70mg, Bala (*Sida cordifolia*) 70mg, Gotu Kola (*Centella asiatica*) 50mg, Guduchi (*Tinospora cordifolia*) 50mg, Nagabala (*Sida Veronicaefolia*) 30mg, Pippali (*Piper Longum*) 30mg.

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

AYURSLEEP

Complex preparation



Supports sleep, in case of stress and tension

Gotu kola (*Centella asiatica*) grows in temperate and tropical swampy areas in many regions of the world. The stems are green to reddish-green. The rhizomes grow vertically downward and are cream-colored and covered with root hairs. The flowers are white or crimson. Each flower is partially enclosed in two green bracts. The fruits are densely ribbed. The plant ripens in three months. It is a highly invasive plant.

Valeriana wallichii (*Valeriana wallichii*), also called Tagara, belongs to the genus *Valerianaceae* and *Valeriana* L. The roots of *Valeriana wallichii* are used medicinally in Ayurveda.

Brahmi (*Bacopa monnieri*) is a small ground-dwelling plant that is widespread in moist areas, such as riverbanks, springs, and irrigated areas. This marsh plant is a common herb and has been used as an Ayurvedic herb for thousands of years.

Effect:

- Supports sleep.
- Helps you sleep well.
- Helps with stress and tension.

Composition per capsule: AyurSleep Extract: Gotu Kola (*Centella asiatica*) 160mg, Indian Valerian (*Valeriana wallichii*) 125mg, Brahmi (*Bacopa monnieri*) 105mg, Pippali (*Piper Longum*) 70mg, Nutmeg (*Myristica fragrans*) 40mg.

Contents: 60 plant-based cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

AYURSTONE-B

Complex preparation



Bladder and kidneys, kidney stones, fluid balance, urinary tract infections

Varuna is the name for a small tree in the *Crataeva* genus and the *Capparaceae* family. The dried bark is used medicinally in traditional Ayurvedic herbal medicine.

Pasanbed is a plant belonging to the *Saxifragaceae* family and the *Bergenia* genus. The plant is mainly found in the temperate regions of the Himalayas.

Gokhru/Gokshura (*Tribulus terrestris*) literally means "cow's hoof." Gokshura owes its name to the shape of its seeds. Gokshura has many applications in Ayurveda, but it is also a well-known herb in the Western world—particularly among athletes. It has vitality-enhancing, libido-enhancing, and blood pressure-lowering effects. Its benefits also include dilating blood vessels.

Effects

- It is used to prevent and treat urinary stones.
- It is very beneficial for the bladder and kidneys.
- It helps maintain the body's fluid balance. It is also used for urinary tract infections.

Indications

- Ayurstone plus Gokshura for urinary stones.
- Ayurstone plus Amruth for urinary tract infections.
- Ayurstone plus Arjuna for cellulitis.
- Ayurstone plus Dashamoola for kidney cleansing.

Composition per capsule: Varuna (*Crataeva Nurvala*) extract 200 mg, Pasanbed (*Bergenia Ligulata*) 150 mg, Gokhru/Gokshura (*Tribulus Terrestris*) extract 75 mg, (*Macrotyloma uniflorum*) extract 50 mg, (*Raphanus sativus*) extract 25 mg.

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

BOSWELLIA

Singular preparation



***Joints, cartilage, respiratory tract,
gastrointestinal function, anti-inflammatory***

Boswellia (also called Shallaki or Salai) has been recognized as a medicinal herb in Ayurvedic medicine for thousands of years. The Boswellia Serrata tree is a medium-sized tree that grows abundantly on dry hillsides in large parts of India. Frankincense is traditionally extracted from this tree. When a boswellia tree is about four years old, incisions are made in the bark. White, liquid resin drips from these incisions. The teardrop-shaped resin then crystallizes into golden-brown resin granules. These granules form pure, clean frankincense. Boswellia serrata resin is a natural ingredient with very few side effects and can be used long-term.

Effects

- It is used to maintain flexible joints.
- It is used to maintain healthy cartilage.
- It supports the respiratory tract.
- It promotes normal stomach function and has anti-inflammatory properties.
- It is beneficial for gastrointestinal function.

Indications

- Boswellia plus Ayurjoints for osteoarthritis. Boswellia plus Neem for skin inflammation.
- Boswellia plus Amruth for immune boosting.
- Boswellia plus Dashamoola for respiratory allergies.
- Boswellia plus Turmeric with Black Pepper for joint inflammation.
- Boswellia plus Ashwagandha for fibromyalgia.

Composition per capsule: Boswellia (Boswellia Serrata) extract 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily with meals, unless otherwise advised.

BOSWELLIA & CURCUMIN

Complex preparation



Antioxidants, autoimmune inflammation of joints and intestines, joint inflammation, allergies, heart and blood vessels

Boswellia (also called Shallaki or Salai) has been recognized as a medicinal herb in Ayurvedic medicine for thousands of years. The Boswellia serrata tree is a medium-sized tree common on dry hillsides in large parts of India. Frankincense is traditionally extracted from this tree. When a boswellia tree is about four years old, incisions are made in the bark. White, liquid resin drips from these incisions. This teardrop-shaped resin then crystallizes into golden-brown resin granules. These granules form pure, clean frankincense. Boswellia serrata resin is a natural ingredient with very few side effects and can be used long-term.

Curcumin (Curcuma longa) is known by various names, including haridra (Sanskrit), hardi, koenjit, kurkuma, curcum, haldi, turmeric, and turmeric. Curcumin is the root of the turmeric plant and is a member of the ginger family. Its appearance is therefore very similar to that of ginger. The biggest difference between the two roots is the deep yellow (almost orange) color that curcumin has on the inside. This characteristic naturally gives it the name "turmeric." The yellow color is caused by curcumin.

Effects

- It is a natural anti-inflammatory.
- It reduces autoimmune inflammation in the intestines.
- It reduces joint inflammation.
- It reduces allergic reactions by reducing histamine.
- It is good for the heart and blood vessels.
- It is an antioxidant.

Indications

- Boswellia & Curcumin plus Amruth for autoimmune diseases.
- Boswellia & Curcumin plus Ayurjoints for arthritis.
- Boswellia & Curcumin plus Gokshura for urinary tract infections.
- Boswellia & Curcumin plus Dashamoola for muscle inflammation and digestive support.
- Boswellia & Curcumin plus Arjuna for pericarditis. Boswellia & Curcumin plus Avipattikar for IBS (Irritable Bowel Syndrome)

Composition per capsule: Boswellia (Boswellia serrata) and Curcumin (Curcuma longa) extract 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.



BRAHMI

Singular preparation

Brain and nervous system, memory, concentration, learning performance, calming, relaxing, stress and depression

Brahmi (*Bacopa monnieri*) is a small ground-dwelling plant that is widespread in moist areas, such as riverbanks, springs, and irrigated areas. This marsh plant is a common herb and has been used as an Ayurvedic herb for thousands of years.

Effects

- It supports brain cells and the nervous system.
- It is good for memory and concentration.
- It is beneficial for learning performance.
- It is good for calming and relaxing.
- It helps reduce stress and depression.

Indications

- Brahmi plus Gotu Kola for depression.
- Brahmi plus Ashwagandha for stress relief.
- Brahmi plus Ayursleep for insomnia.
- Brahmi plus Amruth for the immune system and memory.

Composition per capsule: Brahmi (*Bacopa monnieri*) 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times a day, preferably with a meal, unless otherwise advised.

BHRINGRAJ

Singular preparation



***Hair growth, calming effect on the head,
mental balance, liver cleansing***

Bringaraj is a plant with white flowers that grows wild in tropical countries such as India, China, Thailand, Indonesia, Brazil, and Africa. Because the plant's white flowers resemble daisies, it is also called false daisy. This plant's medicinal properties for the liver and skin are best known. The black sap is often used to dye hair black.

Effects

- It contributes to normal hair growth.
- It has a calming effect on the head and scalp.
- It contributes to good mental balance.
- It supports the cleansing function of the liver.

Indications

- Bhringraj plus Amla for hair loss.
- Bhringraj plus Kalmegh for liver cleansing.
- Bhringraj plus Ashwagandha for alopecia.

Composition per capsule: Bhringraj (Eclipta alba) powder 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

DASHAMOOLA

Complex preparation



Appetite stimulant, nervous system, respiratory system, detoxification (Panchakarma) postnatal care, immune system, joints and bones

Dashamoola (also spelled Dashamula) is a traditional Ayurvedic formula composed of the roots of ten medicinal plants. The name means "Ten Roots" (dasha = ten, moola = root). It is widely used in Ayurveda to help balance Vata dosha, support the respiratory system, and promote joint and nervous system health. The ten roots are divided into two groups:

Brihat Panchamoola (the five great roots):

Herb (Sanskrit)	Botanical Name
Bilva	Aegle marmelos
Agnimantha	Clerodendrum phlomidis
Shyonaka	Oroxylum indicum
Patala	Stereospermum suaveolens
Gambhari	Gmelina arborea

Laghu Panchamoola (the five small roots):

Herb (Sanskrit)	Botanical Name
Shalaparni	Desmodium gangeticum
Prishniparni	Uraria picta
Brihati	Solanum indicum
Kantakari	Solanum xanthocarpum
Gokshura	Tribulus terrestris

Actions

- It supports the nervous system: calming an overactive nervous system, promoting relaxation, and supporting overall nervous system function.
- It promotes respiratory health: supporting lung function, relieving breathing difficulties, helping to remove excess mucus, and maintaining a healthy respiratory tract.
- It supports joints and the musculoskeletal system: supporting joint mobility, reducing stiffness, and promoting comfort in muscles and joints, particularly for lower back pain, sciatica, or arthritis.
- It balances excess Vata. It aids in postnatal care: it helps restore strength, balance hormones, and support the reproductive system.
- It supports detoxification: it is often used in Panchakarma to prepare or cleanse the body, particularly for accumulated Vata.
- It stimulates the appetite.
- It supports the immune system.

Indications

- Dashamoola plus Amruth for fever.
- Dashamoola plus Asthayur for bronchitis.
- Dashamoola plus Avipattikar for improved absorption.
- Dashamoola plus Ayurjoints for muscular rheumatism.
- Dashamoola plus Boswellia & Curcumin for muscle inflammation and digestion.

Ingredients per capsule (50% powder/50% extract): Gokshura (Tribulus terrestris) 50 mg, Bilva (Aegle marmelos) 50 mg, Agnimantha (Premna serratifolia) 50 mg, Shyonaka (Oroxylum indicum Vent.) 50 mg, Patala (Stereospermum suaveolens) 50 mg, Kashmari (Ficus benghalensis L) 50 mg, Bruhati (Solanum indicum) 50 mg, Kantakari (Solanum virginianum) 50 mg, Shalaparni (Desmodium gangeticum) 50 mg, Prushniparni (Hedysarum pictum) 50 mg.

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 2 capsules once or twice daily, preferably with meals, unless otherwise advised.

DIAYUR

Complex preparation



Diabetes, blood sugar metabolism, neuropathy, nephropathy, liver, energy levels

Karela (also called bitter gourd, sopropo, bitter melon, goya, bitter apple, bitter gourd, balsam pear, and many other names) is a bitter fruit vegetable related to the cucumber. It comes from the tropical and subtropical vine of the Cucurbitaceae family, which is widely cultivated in Asia, Africa, and the Caribbean for its edible fruit. The many varieties vary considerably in fruit shape and bitterness.

Gudmar is a perennial woody vine native to Asia. In Hindi, gudmar means "sugar destroyer" because its leaves and extracts contain gymnema acids, key bioactive compounds that interact with taste receptors on the tongue to temporarily suppress the taste of sweetness.

Jamun, also known as Malabar plum, Java plum, black plum, jaman, jambul, or jambolan, is an evergreen tropical tree in the flowering plant family Myrtaceae. It is native to the Indian subcontinent and the adjacent regions of Southeast Asia, including Myanmar, Sri Lanka, and the Andaman Islands. It can reach a height of 30 meters and live for over 100 years. The fruits have a combination of sweet, slightly sour, and astringent flavors.

Actions

- It helps stabilize diabetes.
- It aids sugar metabolism.
- It reduces neuropathy.
- It helps with nephropathy.
- It nourishes the liver.
- It maintains energy levels.

Indications

- Diayur plus Amruth for diabetes.
- Diayur plus Arjuna for diabetes.
- Diayur plus Boswellia for neuropathy.
- Diayur plus Boswellia & Curcumin for pancreatitis.

Ingredients per capsule: Bitter Gourd/Karela (*Momordica charantia*) extract 100 mg, Gudmar (*Gymnema sylvestre*) extract 100 mg, Jamun (*Syzygium cumini*) extract 75 mg, Methi (*Trigonella foenum-graecum*) extract 75 mg, Haldi, Turmeric (*Curcuma longa*) extract 50 mg, Neem (*Azadirachta Indica*) extract 50 mg, Shilajit (*Asphaltum Punjabanum*) extract 25 mg, Kuda Chaal (*Holarrhena Antidysenterica*) extract 25 mg.

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

GINGER

Singular preparation



***Antioxidants, digestion, stomach function,
reduced stomach acid and weaker secretion,
increased gas, metabolism***

Ginger (*Zingiber officinale*) is the root of the ginger plant. Ginger has been used in Ayurvedic medicine for thousands of years for its healing properties. Ginger is also a well-known root in the West: it is often used as a spice in cooking or as the base for a cup of fresh ginger tea.

Effects

- It contributes to normal digestion.
- It is good for normal stomach function.
- It aids digestion with reduced stomach acid and weakened secretory function.
- It helps with excessive gas.
- It is an antioxidant that helps improve metabolism.

Indications

- Ginger plus Amla for digestion.
- Ginger plus Curcumin Drops for increased gas.
- Ginger plus Arjuna for improved circulation.
- Ginger plus Amruth for the immune system.
- Ginger plus Guggul for weight loss.

Composition per capsule: Ginger (*Zingiber officinale*) powder 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

GOKSHURA

Singular preparation



***Antioxidant, kidney function,
urinary tract infections, fatigue***

Gokshura (*Tribulus terrestris*) literally means "cow's hoof." Gokshura owes its name to the shape of its seeds. Gokshura has many applications in Ayurveda, but it is also a well-known herb in the Western world—particularly among athletes. It has vitality-enhancing, libido-enhancing, and blood pressure-lowering effects. It also has benefits for widening blood vessels.

Effects

- It improves kidney function.
- It reduces urinary tract infections.
- It is an antioxidant.
- It helps with fatigue.

Indications

- Gokshura plus Ayurstone for kidney stones.
- Gokshura plus Haritaki for the removal of excess fluid.
- Gokshura plus Boswellia & Curcumin for urinary tract infections.
- Gokshura plus Arjuna for blood pressure.

Composition per capsule: Gokshura (*Tribulus terrestris*) powder 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

GOTU KOLA

Singular preparation



Brain tonic, stress, memory, varicose veins, Parkinson's, Alzheimer

Gotu kola (*Centella asiatica*) grows in temperate and tropical swampy areas in many regions of the world. The stems are green to reddish-green. The rhizomes grow vertically downward and are cream-colored and covered with root hairs. The flowers are white or crimson. Each flower is partially enclosed in two green bracts. The fruits are densely ribbed. The plant ripens in three months. It is a highly invasive plant.

Actions

- It is a brain tonic.
- It reduces stress and improves memory.
- It is used for varicose veins.
- It is also used for Parkinson's and Alzheimer's disease.

Indications

- Gotu kola plus Brahmi for depression.
- Gotu kola plus Ashwagandha for stress.
- Gotu kola plus Ayurjoints for fibromyalgia.
- Gotu kola plus Arjuna for blood pressure.
- Gotu kola plus Ayursleep for improved sleep. Gotu Kola plus Shankhpushpi for memory.

Composition per capsule: Gotu Kola (*Centella asiatica*) 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

GUGGUL

Singular preparation



***Intestinal system, skin, infections,
immune system, joint fluids***

Guggul is one of the oldest and most well-known herbs in Ayurvedic herbalism. It is a deciduous shrub or tree from the Burseraceae family. The tree grows as a shrub or small tree. The tree produces guggul, a balsam resin used in incense, perfumes, and for medicinal purposes. The resin is related to myrrh and forms the raw material for a range of Ayurvedic herbal preparations called gugguls. Within Ayurveda, guggul resin, with its bitter, pungent, sweet, and sour tastes, is used to restore balance between the three doshas.

Effects

- It promotes balanced intestinal flora.
- It nourishes and protects the skin.
- It helps with infections.
- It helps improve the immune system.
- It aids in the formation of synovial fluid in joints.

Indications

- Guggul plus Amruth for infectious fever. Guggul plus Boswellia for joint pain.
- Guggul plus Triphala for infections, abscesses, and hemorrhoids.
- Guggul plus Gokshura for urinary tract infections.
- Guggul plus Arjuna for blood circulation and cholesterol.
- Guggul plus Ginger for weight loss.

Composition per capsule: Guggul (*Commiphora wightii*) extract 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

HARITAKI

Singular preparation



Probiotic, colon cleanser, constipation (laxative), immune system, digestion

Haritaki (*Terminalia chebula*) is a dried, yellow-green fruit naturally rich in vitamin C and antioxidants.

Effects

- It is a bowel cleanser.
- It helps with constipation.
- It improves the immune system and promotes digestion.
- It acts as a laxative.
- It improves intestinal flora and is a probiotic.

Indications

- Harithaki plus Avipattikar for constipation.
- Harithaki plus Gokshura for the removal of excess fluid.
- Harithaki plus Ayurjoints for rheumatoid arthritis.
- Harithaki plus Amruth for intestinal flora.

Composition per capsule: Haritaki (*Terminalia chebula*) powder 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.



JATAMANSI

Singular preparation

***Insomnia & sleep, stress reduction,
neuro-relaxant, mental weakness & anxiety***

Jatamansi is a flowering plant that grows in the eastern Himalayas. The rhizomes can be crushed and distilled into an intensely aromatic amber essential oil (called Nardis) with a very thick consistency. This oil is used as a perfume, incense, sedative, and herbal remedy for insomnia, among other things. The oil is also called spikenard, nard, nardin, or musk root.

Effects

- It improves sleep and helps with insomnia.
- It helps reduce stress.
- It is a neuro-relaxant.
- It is used for mental weakness and anxiety.

Indications

- Jatamansi plus Brahmi for stress.
- Jatamansi plus Ayursleep for insomnia.
- Jatamansi plus Ashwagandha for relaxation.

Composition per capsule: Jatamansi (*Nardostachys jatamansi*) powder 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.



KALMEGH

Singular preparation

Probiotic, bile flow, laxative, intestinal flora, peristalsis, liver and gallbladder, metabolism, energy levels

Kal(a)megh (*Andropogon paniculata*) is an important herb in Ayurveda. It is also known as Kalpanath, Indian Gentian, or Bitterness. Due to its properties, the herb is also called "Indian Echinacea." Kalmegh grows primarily in Asian countries and has a bitter taste due to the various bitter compounds present in the plant. This has earned Kalmegh the nickname "king of bitters."

Effects

- It aids bile flow.
- It has a laxative effect and improves peristalsis.
- It cleanses the liver and gallbladder.
- It improves metabolism and energy levels.
- It improves intestinal flora as a probiotic.

Indications

- Kalmegh plus Amruth for the immune system.
- Kalmegh plus Avipattikar for improving peristalsis.
- Kalmegh plus Punarnava for liver cleansing. Kalmegh plus Moringa for more energy.
- Kalmegh plus Hibiscus for fatty liver disease.

Composition per capsule: Kalmegh (*Andropogon paniculata*) powder 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

KANCHANAR

Singular preparation



Tumors and cancer cells, hormones, thyroid, endometriosis, lymphatic system

Kanchar is a small evergreen plant that is a cross between a deciduous tree and a shrub. It is native to an area ranging from China through Southeast Asia to the Indian subcontinent. Kanchar has a canopy of light green leaves that resemble butterfly wings, which is why it is also called the butterfly tree. Although the common name for the Bauhinia variegata orchid tree, it does not belong to the Orchidaceae family. Instead, the genus Bauhinia refers to a large number of flowering plants in the larger Fabaceae family. The flowers of the orchid tree are often prepared as part of traditional dishes. There are also medicinal uses: for example, the bark is often used in traditional herbal remedies.

Effects

- It helps reduce tumors.
- It helps with hormonal thyroid control.
- It reduces endometriosis.
- It helps destroy cancer cells.
- It cleanses the lymphatic system.

Indications

- Kanchar plus Guggul for tumors.
- Kanchar plus Amruth for hypothyroidism.
- Kanchar plus Arjuna for the lymphatic system.
- Kanchar plus Shatavari for female hormones.
- Kanchar plus Ashwagandha for the thyroid.

Composition per capsule: Kanchar (Bauhinia variegata) powder 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

KANCHANAR GUGGUL

Complex preparation



***Thyroid, metabolism, lymphatic system, female hormones,
digestion, weight management, skin problems***

Kanchanar Guggul (also spelled Kanchanara Guggulu) is a classic Ayurvedic herbal formula traditionally used to support the lymphatic system, thyroid function, and the removal of deep-seated toxins (Ama). It is particularly associated with balancing Kapha and Vata doshas. Kanchanar Guggul is a powerful Ayurvedic preparation. It is recommended to use it under the guidance of an Ayurvedic practitioner, especially in cases of thyroid disorders or hormonal imbalances.

Action

- It supports the thyroid: in cases of underactive thyroid (hypothyroidism) and enlarged thyroid (goiter). It helps stimulate metabolism and clear Kapha deposits.
- It promotes lymphatic cleansing and detoxification: it is often used to promote lymphatic drainage and reduce swelling of the glands, cysts, fibroids, and water retention (edema). Provides hormonal balance: Supports the female reproductive system, including menstrual irregularities, PCOS, endometriosis, uterine fibroids, and hormonal imbalances.
- It supports metabolism and weight: Supports healthy digestion and fat metabolism, often in cases of weight gain related to Kapha imbalance and slow digestion.
- Supports skin and tissues: By reducing toxins (Ama) and improving circulation, it is traditionally used for skin problems, cysts, abscesses, and various types of benign growths.
- It cleanses the lymphatic system.
- It improves circulation.

Composition per capsule: Kanchanara Guggulu Extract: Myrrh tree (*Commiphora mukul*) 228 mg, Bauhinia (*Bauhinia variegata*) 108 mg, Indian gooseberry (*Emblica officinalis*) 22 mg, Black myrobalan (*Terminalia chebula*) 22 mg, *Terminalia belerica* 22 mg, Ginger (*Zingiber officinale*) 13 mg, Black pepper (*Piper nigrum*) 13 mg, Long pepper (*Piper longum*) 12 mg, *Crataeva nurvala* 12 mg, Cinnamon tree (*Cinnamomum zeylanicum*) 4 mg, Cinnamon tree (*Cinnamomum tamala*) 4 mg, Cardamom (*Elettaria cardomomum*) 4 mg, Ghee 36 mg. Vegetable Celulose (Capsule). Each Capsule 500 mg Extract.

Contents: 60 vegetable cellulose vegetarian capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

KARELA

Singular preparation



***Diabetes, pancreas, digestion, metabolism,
blood purifier, immune system, mild laxative, peristalsis***

Karela (also called bitter gourd, sopropo, bitter melon, goya, bitter apple, bitter gourd, balsam pear, and many other names) is a bitter vegetable related to the cucumber. It comes from the tropical and subtropical vine of the Cucurbitaceae family, which is widely cultivated in Asia, Africa, and the Caribbean for its edible fruit. The many varieties differ considerably in the shape and bitterness of the fruit.

Effects

- It reduces diabetes and pancreatic disorders.
- It improves digestion and promotes metabolism.
- It purifies the blood and strengthens the immune system.
- It has a mild laxative effect and improves peristalsis.

Indications

- Karela plus Diayur for diabetes.
- Karela plus Guggul for pancreatitis.
- Karela and Kalmegh for liver cleansing.
- Karela plus Neem for blood purification and skin problems. Karela plus Turmeric with Black Pepper for parasites.

Composition per capsule: Karela (*Momordica charantia*) 10% extract 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

KSHEERABALA 101

Complex preparation



Joints, muscles, mobility, nervous system tissue regeneration, insomnia, anxiety, dizziness, tinnitus

Ksheerabala 101 is a classic, highly concentrated Ayurvedic formula traditionally used to treat a wide range of Vata-related conditions. The oil is encapsulated in capsules for easy internal use while maintaining its potency. It is prepared through 101 cycles of processing (Avaratana). The capsules are made from a natural herbal infusion containing bala. A paste of bala is mixed with milk and sesame oil until the mixture is reduced to oil only. It is then cooled and filtered, and then processed 101 times.

It contains:

- Bala (*Sida cordifolia*) - a key herb to strengthen nerves and muscles and restore muscle tone and nerve function
- Cow's milk (Ksheera) - cooling and nourishing
- Sesame oil (*Tila taila*) - anti-inflammatory, deeply lubricating, reduces swelling, pain, and joint stiffness

According to Ayurveda, the Vata dosha is responsible for more than 80 types of ailments, collectively known as "Vata Vyadhi." Common Vata-related conditions that Ksheerabala 101 is used to treat include: neuralgia, sciatica, multiple sclerosis, facial paralysis, paralysis, Parkinson's disease, tremors, neuropathy, osteoarthritis, cervical/lumbar spondylosis, frozen shoulder, muscle cramps, joint degeneration, hypertension, cold extremities, poor circulation, bloating, constipation, IBS, colic pain, irregular menstruation, infertility (Vata type), postmenopausal dryness, dry cough, shortness of breath related to Vata imbalance, tinnitus, dizziness, blurred vision, numbness, insomnia, anxiety, and restlessness. Ksheerabala 101 is safe for long-term use under Ayurvedic guidance.

Effects

- Provides nourishment and lubrication for joints, nerves, and muscles
- Reduces pain, stiffness, and inflammation in musculoskeletal and neurological disorders
- Provides deep nourishment for muscle tone, nervous system strength, and tissue regeneration
- Supports nerve regeneration and neurological strength
- Calms the nervous system – helps with insomnia, anxiety, dizziness, and tinnitus
- Improves joint mobility and reduces Vata-related dryness and degeneration

Contraindications

- Not recommended for individuals with high cholesterol (due to sesame oil base)
- Not recommended for individuals with severe digestive weakness (excess Ama)
- Use with caution during pregnancy, only under supervision

Composition per capsule: Bala (*Sida cordifolia*), Thaila (Sesame oil), Ksheera (Milk).

Contents: 100 vegetable cellulose vega capsules.

Dosage and use: Take 1 to 2 capsules twice a day, preferably with a meal, unless otherwise advised.

LIV-SHAKTI

Complex preparation



***Liver tonic, bile function, loss of appetite
metabolism, digestion***

Liv Shakti is a herbal dietary supplement that supports liver function and detoxification, promotes healthy bile flow and fat digestion, improves appetite and digestive strength, and supports overall gastrointestinal balance. It combines various Ayurvedic herbs known for their liver-protective, digestive, and cleansing properties.

It contains, among other things:

- Gotu Kola (*Centella asiatica*): Traditionally used to support liver function and bile secretion. Known for its anti-inflammatory and wound-healing effects. May help reduce liver inflammation and support the detoxification process.
- Phyllanthus niruri: Often used in Ayurveda to help with liver and gallbladder disorders. Believed to promote bile flow and protect the liver from damage. Traditionally recommended for jaundice, gallstones, and hepatitis.
- Kutki (*Picrorhiza kurroa*): A powerful liver-strengthening and anti-inflammatory herb. Supports detoxification, liver cell regeneration, and Pitta balance. Commonly used for fatty liver disease, slow digestion, and chronic liver problems.
- Swertia chirata: Stimulates bile production and promotes fat digestion. Helpful for poor appetite and slow digestion. Known for its bitter tonic properties that help cleanse the system.
- Pippali (*Piper longum*): Improves absorption and bioavailability. of other herbs. Promotes digestion and reduces flatulence and bloating. Promotes metabolism and removes toxins (Ama) from the digestive tract.
- Tephrosia purpurea: Supports liver cleansing.
- Punarnava (*Boerhavia diffusa*): Reduces fluid retention and inflammation.
- Amruth (*Tinospora cordifolia*): Boosts immunity and reduces liver stress.
- Neem: Known for its detoxifying and blood-purifying properties.
- Bhringraj (*Eclipta alba*): Rejuvenates the liver and skin.
- Fenugreek (*Methi*): Supports healthy cholesterol and digestion.

Effects

- Helps detoxify and rejuvenate the liver.
- Promotes optimal bile flow and fat metabolism.
- Helps improve digestion, appetite, and gut health.
- Helps improve overall energy and vitality by improving liver function.

Composition per capsule: Liv-Shakti Extract: Gotu Kola (*Centalla asiatica*) 100 mg, Phyllanthus niruri 50 mg, Kutki (*Picrorrhiza kurroa*) 50 mg, Swertia chiraita 50 mg, Tephrosia purpurea 50 mg, Trichosanthes dioica 30 mg, Punarnava (*Boehavia diffusa*) 30 mg, Amruth (*Tinospora cordifolia*) 30 mg, Neem (*Azadirachta indica*) 25 mg, Corandrum sativum 25 mg, Bhringraj (*Eclipta alba*) 25 mg, Trigonella foenum gracum 25 mg, Cyperus rotundus 20 mg, Ribes embelia 20 mg, Acorus calamus 20 mg, Pippali (*Piper longum*) 50 mg

Contents: 60 vegetable cellulose vegetarian capsules.

Dosage and use: 1 to 2 times a day Take 2 capsules preferably with a meal, unless otherwise advised.

MANJISTHA

Singular preparation



***Blood purification, stress, diabetes,
blood diseases, blood cancer, skin allergies, histamine***

Manjistha, also known as Indian madder, is a flowering plant in the coffee family, Rubiaceae. It is often cultivated for the red pigment from its roots. The roots can be over 1 m long and up to 12 mm thick. Manjistha roots are often used as a herbal remedy.

Actions

- It is used for blood purification.
- It has anti-stress and anti-diabetic properties.
- It is also used for blood disorders and blood cancer.
- It helps reduce skin allergies and histamine.

Indications

- Manjistha plus Kalmegh for liver cleansing.
- Manjistha plus Diayur for diabetes.
- Manjistha plus Punarnava improves blood counts.
- Manjistha plus Neem plus Turmeric with Black Pepper for blood purification and all skin problems.

Composition per capsule: Manjistha (*Rubia Cordifolia*) powder 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

MORINGA

Singular preparation



Metabolism, bone marrow, aphrodisiac, sperm count, and testosterone levels

Moringa (also called Sigrū) grows in all countries of tropical Asia and Africa, known for their tropical and dry climates. In Ayurveda, Moringa Sigrū is called "The Tree of Life" or "The Tree of Miracles." Moringa contains many important vitamins (A, B1, B2, B3, B5, B6, B11, C, D, E, and K) and minerals (Calcium, Chloride, Chromium, Copper, Fluorine, Iron, Manganese, Magnesium, Phosphorus, Molybdenum, Potassium, Sulfur, and Zinc). The leaves contain 7 times more vitamin C than oranges and 15 times more potassium than bananas. Moringa also contains calcium, protein, iron, and amino acids.

Effects

- It improves metabolism.
- It improves bone marrow strength.
- It has an aphrodisiac effect.
- It improves sperm count and testosterone levels.

Indications:

- Moringa plus Ashwagandha as an aphrodisiac.
- Moringa plus Amla for metabolism and energy levels.
- Moringa plus Amla for vitamin, mineral, and iron absorption and for the immune system.
- Moringa plus Kalmegh for liver cleansing.
- Moringa plus Guggul for joint problems.

Composition per capsule: Moringa (*Moringa oleifera*) powder 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.



NEEM

Singular preparation

Antibiotics, skin diseases and eczema, fever, infections, inflammation, immune system, dental and oral problems

Neem (also called Nimba) is an herb that has been used in Ayurveda for thousands of years. All parts of this unique tree (bark, fruit, seeds, flowers, leaves, and resin) are used. The Neem plant or Neem tree is therefore called a miracle tree. Neem leaves are traditionally used to brew Neem tea.

Actions

- It is used for skin conditions (eczema).
- It has antibiotic properties and reduces infections.
- It reduces inflammation and supports the immune system.
- It is good for fever and infections.
- It is used for oral and dental conditions.

Indications

- Neem plus Amruth for the immune system.
- Neem plus Manjistha for eczema.
- Neem plus Kalmegh for liver cleansing.
- Neem plus Turmeric with Black Pepper for skin condition.
- Neem plus Shatavari for female hormones.
- Neem plus Karela for blood purification and skin problems. Neem plus Manjistha plus Turmeric with Black Pepper for blood purification and all skin problems.

Composition per capsule: Neem leaf (*Azadirachta indica*) powder 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

NIRGUNDI

Singular preparation



Joints, muscles, respiratory tract, menstrual cramps, inflammation, nervous system, natural pain reliever

The Nirgundi plant is known as Sambhalu in Hindi. Its botanical name is *Vitex negundo*, and it belongs to the Verbenaceae family. In traditional Indian medicine, the Nirgundi plant is called "sarvaroganivarani," meaning "the remedy for all diseases." Nirgundi is traditionally used in Ayurveda for its powerful anti-inflammatory, analgesic, and respiratory support properties. It is often used to relieve joint pain, muscle pain, congestion, and skin problems.

Nirgundi contains, among other things:

- Flavonoids - powerful antioxidants with anti-inflammatory effects
- Iridoid glycosides - contribute to pain relief and tissue repair
- Essential oils (including sabinene, 1,8-cineole, α -pinene) - provide antimicrobial and anti-inflammatory benefits
- Alkaloids - can support muscle relaxation and nerve function

Together, these natural components give Nirgundi its healing effects on pain, inflammation, respiratory health, skin, and stress.

Actions

- Anti-inflammatory: reduces swelling, redness, and joint/muscle inflammation.
- Analgesic: soothes body pain, especially in arthritis, sciatica, and back pain.
- Respiratory support: facilitates breathing, clears mucus, and is helpful for asthma and bronchitis.
- Antispasmodic: relieves muscle cramps and menstrual cramps. Antibacterial & antiseptic: cleanses skin infections (eczema), promotes wound healing.
- Calming (nervous system): supports relaxation, reduces stress, mild sedative.

Contraindications

- Not recommended during pregnancy or breastfeeding without professional supervision.
- High doses may cause mild stomach upset.

Composition per capsule: *Vitex Negundo* extract 500 mg.

Contents: 60 plant cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

NONI

Singular preparation



***Immune system, vitality,
bone health (women), cancer, skin diseases & skin condition***

Noni is a fruiting tree in the coffee family Rubiaceae. Its native range extends across Southeast Asia and Australasia, and was spread throughout the Pacific Ocean by Polynesian sailors. The species is now cultivated throughout the tropics. Among the approximately 100 names for the fruit in various regions, the more common English names include Great Morinda, Indian Mulberry, Noni, Beach Mulberry, Vomit Fruit, and Cheese Fruit. The fresh fruit has a strong, vomit-like odor and is used in traditional herbal medicine, among other things.

Effects

- It improves the immune system and vitality.
- It helps maintain healthy bones in women.
- It aids in the treatment and recovery from cancer.
- It helps with skin diseases and skin condition.

Indications

- Noni plus Kanchanar for tumors and cancer.
- Noni plus Amruth for the immune system.
- Noni plus Kalmegh for the metabolism.
- Noni plus Turmeric with Black Pepper for the immune system.

Composition per capsule: Noni (*Morinda citrifolia*) extract 500 mg.

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times daily with milk/water, unless otherwise advised.

PATHYADA KWATH

Complex preparation



Migraine, sinus tension, earache, toothache, eye pain

Digestion, detoxification, liver, blood purification

Pathyada Kwath (also known as Pathyadi Kadha) is a classic Ayurvedic herbal blend originally used as a hot decoction (kwath/kadha) for relief of head and neck ailments and for digestive and detoxifying benefits. The capsule form offers convenience while maintaining the same therapeutic effects.

It contains, among other things:

- Haritaki (*Terminalia chebula*) - analgesic, anti-inflammatory, supports digestion and eye health
- Bibhitaki (*Terminalia bellirica*) - detoxifier, digestive aid, balances Vata-Kapha
- Amla (*Emblica officinalis*) - high in antioxidants and vitamin C, supports vision, digestion, and the immune system
- Chirayita (*Swertia chirayita*) - bitter tonic that promotes liver and digestive health and fights inflammation
- Neem (*Azadirachta indica*) - blood purifier, antibacterial, and anti-inflammatory
- Giloy (*Tinospora cordifolia*) - immunomodulator, detoxifier, and liver tonic
- Turmeric (*Curcuma longa*) - powerful anti-inflammatory and antioxidant, supports digestion and detoxification
- Andrographis (*Andrographis paniculata*) - known for its strong anti-inflammatory and detoxifying properties

Effects

- Relieves headaches, including migraines, sinus tension, earaches, toothaches, and eye pain.
- Supports eye health and reduces eye strain.
- Improves digestion, bloating, and appetite.
- Assists in detoxification, liver function, and blood purification, and is beneficial for the immune system.
- Balances Vata and Kapha doshas.

Contraindications

- Not recommended for diabetics, pregnant women, or breastfeeding women without prior consultation.
- Mild digestive upset possible in sensitive individuals.

Composition per capsule (500 mg): Pathyada Kwath Extract: *Emblica officinalis* 170 mg, *Curcuma longa* 90 mg, *Azadirachta indica* 60 mg, *Terminalia bellirica* 60 mg, *Tinospora cordifolia* 40 mg, *Andrographis paniculata* 40 mg, *Terminalia chebula* 40 mg.

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 1 capsule 2 to 3 times a day with milk/water, unless otherwise advised.



PUNARNAVA

Singular preparation

***Body fluid balance, cell growth,
urinary tract, lymphatic system***

Punarnava is a perennial plant from the Nyctaginaceae family, the Night Beauty family. This plant reproduces during the rainy season through rapidly growing shoots. Its beneficial effects are primarily due to its fleshy white rhizome. In Sanskrit, Punarnava literally means "renewal." Ayurvedic teachings attribute this herb to "renewal" properties.

Effects

- It helps balance body fluids.
- It supports healthy cell growth.
- It cleanses the urinary tract.
- It cleanses the lymphatic system.

Indications

- Punarnava plus Ayurstone for the reduction of urinary stones.
- Punarnava plus Gokshura for improving urine.
- Punarnava plus Kalmegh for liver cleansing.
- Punarnava plus Manjistha for blood counts.

Composition per capsule: Punarnava (*Boerhaavia diffusa*) powder 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

REUCALM

Joints and muscles, musculoskeletal system pain relief

Complex preparation

ReuCalm is primarily aimed at relieving the pain and discomfort associated with various musculoskeletal disorders and inflammation. It is a classic Ayurvedic formula designed to alleviate joint, muscle, and nerve pain, inflammation, and spasms, support the relief of arthritis, gout, sciatica, and related conditions, and improve joint mobility and flexibility.

RheuCalm contains a blend of Ayurvedic herbs and minerals, including:

- Bael (Aegle marmelos) - analgesic and anti-inflammatory
- Haritaki (Terminalia chebula) - anti-inflammatory, reduces tissue swelling
- Ginger - traditionally used to relieve arthritis and muscle pain
- Vidanga (Embelia ribes) - antimicrobial and anti-inflammatory
- Moringa (Sahjan) - relieves muscle cramps
- Rasna - relieves joint pain and stiffness
- Bala, Jatamansi, Guggul, Shilajit - traditional strengtheners for joints and muscles
- Pippali, Kantakari, Vacha - reduce inflammation and support nerve health
- Chavya, Hing, Jeeraka - support digestion and improve bioavailability

Effects

- Helps with pain, muscle cramps and spasms, and joint stiffness
- Supports flexibility and movement
- Relieves symptoms of arthritis, sciatica, gout, bursitis, and nerve pain
- Improves joint mobility through a balanced blend of anti-inflammatory and analgesic herbal compounds that help reduce swelling and tissue inflammation

Composition per tablet: Powder at: Zingiber officinale (Rz) 0.016g, Cyperus rotundus (Re) 0.016g, Alpinia galanga (Re) 0.02g, Terminalia chebula (Fr.) 0.015g

Phyllanthus emblica (Fr.) 0.015g, Terminalia bellaico (Fr.) 0.015g, Piper longum (Fr.) 0.004g, Piper brachystachyum (Rt) 0.004g, per longum 0.004g, Plumbago rosea (R) (Purified) 0.004g, Ferula asafoetida (Gum) (Purified) 0.004g, Brassica juncea (50) 0.004g, Cuminum cyminum (54) 0.004g, Nigella sativa (50) 0.06g, Piper aurantiacum (Sd) 0.004g, Holarrhena antidysenterica (Sd.) 0.004g, Cydsa peltata (Rt. Tr.) 0.0049 Embelia ribes (5.) 0.004g, Clerodendrum serratum (t) 0.004g, Chonemorpha fragrans (Rt.) 0.004g, Vitex negundo (Rt.) 0.004g, Anethum sows (d) 0.004g, Tribulus terrestris (56) 0.004g, Commiphora mukul (watr) (Purified) 0.2g, Boswellia serrata (Cum) 0.2g, Decoction of Gmelina arborea (0lt.) 0.024g, Aegle marmelos (R1) 0.024g, Stereospermum colsis (Rt.) 0.024g, Oroxylum indicum (t) 0.024g, Premna serrati oil (R) 0.024g, Desmodium gangeticum (Rt.) 0.024g, Pseudarthria viscidia (Rt.) 0.024g, Aervalanata (Rt.) 0.024g, Tribulus terrestris (Sd.) 0.024g, Alpinia galanga (Rs.10.03g, Strobilanthes ciliatus (Rt.) 0.012g, Asparagus racemosus (Re) 0.012g, Tragia involucrata (R) 0.012g, Justicia beddomei (Rt.) 0.012g, Titospora cordifolia (St) 0.012g, Cedrus deodars (Ht.Wd) 0.012g, Cyperus rotundus (Rt. Tr.) 0.15g, Zingiber officinala (R) 0.012g, Coriandrum sativum (5d) 0.012g, Terminalia chebula (Fr.R) 0.012g, Piper brachystachyum (R) 0.012g, Boerhaavia diffusa (R) 0.012g, Anethum sowa (Sd.) 0.012g, Tribulus terrestris (Fr.) 0.012g, Cassia fistula (St. Bk) 0.012g, Piper longum (Fr.) 0.012g, Crataeva nurvala (R) 0.015g Strobilanthes cliatus (Rt) 0.03g, Asparagus racemosus (R2) 0.015g, Plumbago zeylanica (Rx) (Purifies 0.015g, Chonsmorphe fragrans (Rt. 0.015g, Aegle marmelos (Rt.) 0.015g, Pongamia glabra (SLBk) 0.015g, Terminalia chebula (P) 0.015g, Premna serratifolia (R) 0.015g, Moringa oleifera (Lf) 0.015g, Imperata cylindrical (Rt.) 0.015g, Alpinia golanga (Rz.) 0.035g, Asteracantha longifolia 30.035g, Tribulus terrestris (Fr.) 0.035g, Cedrus deodara (Ht. Wil) 0.035g, Boerhaavia diffusa Ott.) 0.035g, Tinospora cordifolis (St.) 0.035g, Cassia fistula (SB) 0.035g
Exoplants: QS

Contents: 60 tablets.

Dosage and use: Take 2 tablets 1 to 2 times daily, preferably with meals, unless otherwise advised.

SHATAVARI

Singular preparation



Female hormones, menstrual and fertility problems, menopause, thyroid

Shatavari (*Asparagus racemosus*) is a relative of the asparagus plant and grows wild in India, in the higher forests of the Himalayan mountains. This plant, with its elegant, slender leaves and charming white flowers, is called "Ginseng for women." Shatavari root powder is a key ingredient used for thousands of years in Ayurvedic herbalism.

Effects

- It helps regulate female hormones.
- It helps with menstrual problems such as pain, cramps, and excessive bleeding.
- It improves fertility.
- It helps with thyroid insufficiency.
- It helps with menopausal symptoms.

Indications

- Shatavari plus Kanchanar for hormonal imbalance.
- Shatavari plus Arjuna for a better menstrual cycle.
- Shatavari plus Ashwagandha for female stability.

Composition per capsule: Shatavari (*Asparagus racemosus*) powder 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

SHANKHPUSHPI

Singular preparation



***Sleep, concentration, anxiety & stress,
calming, depression***

Shankhpushpi is made from the whole plant of *Convolvulus pluricaulis*. In Ayurveda, shankhpushpi is also called Shankhini, Kambumalini, Samkhapushpi, Sadaphuli, and Sankhaphuli. The name shank(h)apushpi was given to the plant because of its shankh- or shell-shaped flowers.

Effects

- It helps with insomnia.
- It helps improve concentration.
- It reduces anxiety and stress.
- It has a calming effect on the mind.
- It helps recover from depression.

Indications

- Shankhpushpi plus Jatamansi for insomnia.
- Shankhpushpi plus Ashwagandha for stress.
- Shankhpushpi plus Brahmi for memory.
- Shankhpushpi plus Gotu Kola for memory.

Composition per capsule: Shankhpushpi (*Convolvulus pluricaulis*) powder 500 mg.

Contents: 60 plant-based cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.



SHILAJIT (50% FULVIC ACID)

Singular preparation

***Aphrodisiac, metabolism, energy levels,
liver and gallbladder function, bones, osteoporosis***

Shilajit (Sanskrit: Destroyer of Weakness) is also called Mumijo. It is a black-brown powder or exudate from high mountain rocks, commonly found in the Himalayas, Afghanistan, the Karakoram, Pakistan, Nepal, Bhutan, Russia, Central Asia, Iran, Mongolia, and southern Peru, where it is called Andean Shilajit. It is a highly viscous substance like tar or resin, very dark brown or black in color, but unlike these, it is highly soluble in water. Shilajit contains over 80 ionic minerals essential for metabolism, bone strength, and nerve function. It is very rich in nutrients such as mineral salts, amino acids, and other organic compounds. Shilajit contains humic and fulvic acids (supporting detoxification and the immune system), minerals, and trace elements including selenium and dibenzo-alpha-prones (DBPs), which protect and energize mitochondria (cellular energy generators). Shilajit acts as a rasayana (a rejuvenating agent that promotes longevity, vitality, and resistance to stress), balancing the Vata and Kapha doshas and strengthening Ojas: the body's primary source of energy and immunity.

Shilajit 50% Fulvic Acid is a highly purified, concentrated extract of the mineral-rich Himalayan resin Shilajit, standardized to contain 50% Fulvic Acid, its most potent active ingredient. This standardization ensures consistency in potency, efficacy, and purity, delivering the key benefits of Shilajit in an efficient, easy-to-use form. Fulvic Acid is a powerful antioxidant, anti-inflammatory, and energy enhancer, and aids in the transport of nutrients and minerals to cells.

Effects

- It improves energy, strength, and endurance
- It supports memory, brain function, and mood
- It acts as a Rasayana: a rejuvenating agent that promotes longevity, vitality, and resistance to stress
- It promotes detoxification and immune function and improves liver function and bile flow
- It improves reproductive vitality (aphrodisiac effect) and hormonal balance
- It reduces inflammation and improves joint health
- It strengthens bones and reduces osteoporosis
- It balances the Vata and Kapha doshas

Indications

- Shilajit plus Ashwagandha as an aphrodisiac.
- Shilajit plus Moringa for metabolism and energy levels.
- Shilajit plus Kalmegh for liver cleansing.

Contraindications

- Not recommended during pregnancy and breastfeeding, and in cases of severe kidney disease and iron overload (hemochromatosis).
- Possible (rare) side effects: mild stomach upset; Headache (at very high doses)

Composition per capsule: Shilajit extract (Bitumen mineral) 500 mg - 50% Fulvic Acid.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

SHILAJIT PLUS (50% FULVIC ACID)

Complex preparation



Aphrodisiac, hormones, metabolism, energy levels, detox, liver and gallbladder function, bones, osteoporosis

Shilajit Plus combines pure Shilajit extract with Ashwagandha extract. (See Shilajit for more information.) This powerful duo is designed to maximize the effectiveness of both components: ideal for those seeking improved vitality, stress relief, and physical performance with proven Ayurvedic synergy.

Shilajit Plus contains:

- Shilajit (350 mg, 50% fulvic acid) is a potent Himalayan resin containing fulvic and humic acids, trace minerals, and antioxidants. It supports energy production, detoxification, mitochondrial health, and anti-aging effects, and improves endurance, immune function, and joint health.
- Ashwagandha (150 mg), a renowned adaptogen (*Withania somnifera*), reduces stress, anxiety, and fatigue while boosting immune response, physical endurance, and hormone balance.

Effects

- 350 mg high-quality Shilajit (50% fulvic acid): for energy, detox, and anti-aging
- 150 mg Ashwagandha: for stress resistance, endurance, and hormonal support
- It improves metabolism, energy levels, and endurance (Shilajit enhances mitochondrial ATP production, while Ashwagandha improves endurance, resilience, and physical performance).
- Stress reduction & mood support (Ashwagandha reduces cortisol and promotes calmness and mental clarity, while Shilajit adds antioxidant and adaptogenic support).
- It has an aphrodisiac effect and improves hormonal and reproductive health (both ingredients are associated with improved testosterone and fertility, and overall hormonal balance).
- Immune system and anti-inflammatory effects - Fulvic acid and Ashwagandha together support immune modulation, reduce inflammation, and support recovery.
- It improves liver function and bile flow.
- It strengthens bones and reduces osteoporosis.

Contraindications

- Avoid or use with caution during pregnancy, breastfeeding, or while taking medication.
- Possible mild gastrointestinal upset; rare allergic reactions.

Composition per capsule: Shilajit Extract - Bitumen Mineral 50% Fulvic Acid (350mg) + Ashwagandha Extract (150mg)

Contents: 60 vegetable cellulose vegacapsules.

Dosage and use: Take 1 capsule two or three times daily with milk/water, or as directed by your Ayurvedic specialist.

THYCALM



Complex preparation

Thyroid gland, metabolism, hormones, respiratory tract, stress

Thycalm is primarily formulated to support thyroid health, particularly in cases of hyperthyroidism. It helps regulate triiodothyronine (T3) and thyroxine (T4) levels and supports overall metabolic balance. Its broad-spectrum approach makes it ideal for those seeking thyroid support (particularly for hyperthyroidism), stress management, and metabolic balance.

It contains, among other things:

- Withania somnifera (Ashwagandha) - An adaptogen that supports endocrine function and can help balance T3/T4 levels
- Commiphora mukul (Guggul) - Traditionally used to support both hyper- and hypothyroidism and to promote a healthy thyroid
- Boerhaavia diffusa (Punarnava) - Aids in detoxification and supports thyroid function
- Bacopa monnieri - Helps calm the nervous system and can modulate metabolic stress
- Coleus forskohlii - Known for its support of metabolism and thyroid function
- Glycyrrhiza glabra (Licorice) - Supports adrenal and endocrine health
- Piper longum (Pippali) - Enhances herb absorption and detoxification effects
- Tinospora cordifolia (Guduchi) - Immunomodulatory and detoxifying, helps with hormone balance
- Adhatoda vasica (30 mg) - Supports respiratory health and soothes symptoms of metabolic imbalance
- Desmodium triflorum and Azadirachta indica (Neem) - Detoxifying agents that support metabolism and the immune system

Actions

- Recommended for hyperthyroidism
- Promotes hormonal balance and metabolic well-being
- Supports energy levels, stress resistance, and immune function
- Assists in internal cleansing and support endocrine and respiratory health

Contraindications

- Not recommended for pregnant or breastfeeding women without medical advice.
- Those taking thyroid medication or hormone therapy should consult a doctor first.
- Regularly monitor thyroid levels during use.
- Discontinue use if side effects or symptoms worsen.

Ingredients per tablet: Bacopa monnieri (Pl.) 50mg, Coleus forskohlii (A.Rt.) 50mg, Commiphora mukul (Exd.) (Purified) 50mg, Boerhaavia diffusa (Rt.) 50mg, Glycyrrhiza glabra (St.) 50mg, Adhatoda vasica (Rt.) 30mg, Piper longum (Fr.) 30mg, Tinospora cordifolia (St.) 30mg, Desmodium triflorum (Rt.) 30mg.

Contents: 60 tablets.

Dosage and use: Take 2 tablets once or twice daily, preferably with meals, unless otherwise advised.

TRIKATU

Complex preparation



***Probiotic, digestion,
absorption, intestinal flora, peristalsis***

Trikatu literally means "three sharp spices." Trikatu combines the effects of ginger (*Zingiber officinale*), black pepper (*Piper nigrum*), and long pepper (*Piper longum*).

Effects

- It promotes digestion.
- It improves absorption.
- It acts as a probiotic by improving intestinal flora.
- It aids in peristalsis.

Indications

- Trikatu plus Haritaki for constipation.
- Trikatu plus Moringa for energy levels.
- Trikatu plus Kalmegh for liver cleansing.
- Trikatu plus Triphala for general detoxification.

Composition per capsule: Long pepper (*Piper longum*) 166 mg, Ginger (*Zingiber officinale*) 166 mg, Black pepper (*Piper nigrum*) 166 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times a day, preferably with a meal, unless otherwise advised.

TRIPHALA

Complex preparation



***Detox, peristalsis, eye conditions,
hair growth, skin conditions***

Triphala (also called Trifala) literally means "three fruits." In Triphala, these are the fruits of Amla (or Amalaki), Haritaki (or Vibhidaka), and Bibhitaki (or Harad). These fruits are naturally rich in vitamin C and antioxidants. The classic herbal combination of Triphala has been used in Ayurveda for centuries. Due to its versatile applications, Triphala has traditionally been praised as an Ayurvedic herbal combination that can help us lead a blissful life.

Effects

- It can be used as a daily detox.
- It aids peristalsis.
- It helps with eye conditions.
- It promotes hair growth and helps with skin conditions.

Indications

- Triphala plus Trikatu for general detoxification.
- Triphala plus Kalmegh for liver detoxification.
- Triphala plus Guggul for infections, abscesses, and hemorrhoids.
- Triphala plus Amruth for the immune system.

Ingredients per capsule: Triphala (Terminalia chebula, Terminalia belerica, Emblica officinalis) powder 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

TULSI

Singular preparation



Nose and sinuses, hay fever, rhinorrhea, sinusitis, respiratory tract, fever, homeostasis

Tulsi (also called tulasi, tamole, damole, domole, holy basil, or holy basil) is an aromatic perennial plant from the Lamiaceae family that plays an important role in daily life in India. Tulsi is cultivated for religious and traditional medicinal purposes, as well as for its essential oil. It is also widely used as an herbal tea and has a place in the Vaishnava tradition of Hinduism, where rituals are performed with holy basil plants or leaves.

Actions

- It helps with nasal and sinus problems.
- It helps with hay fever, rhinorrhea, or sinusitis.
- It cleanses the lungs and improves the respiratory immune system.
- It reduces fever and balances the body's homeostasis.

Indications

- Tulsi plus Asthayur for bronchitis.
- Tulsi plus Amruth for fever, hay fever, and for the immune system.
- Tulsi plus Boswellia & Curcumin for hay fever. Tulsi plus Vasa for sinusitis.
- Tulsi plus Amla for the immune system.

Composition per capsule: Tulsi (*Ocimum sanctum*) powder 500 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

TURMERIC (with black pepper)

Complex preparation



***Liver, skin, cholesterol,
blood circulation, allergies***

Turmeric is known by various names, including haridra (Sanskrit), hardi, koenjit, kurkuma, curcum, haldi, and turmeric. Turmeric is the root of the turmeric plant and is part of the ginger family. Turmeric's appearance is therefore very similar to that of ginger. The main difference between the two roots is the deep yellow (almost orange) color that turmeric has on the inside. It is this characteristic that gives it the name "turmeric." The yellow color is caused by curcumin. Turmeric combined with black pepper is optimally absorbed because curcumin exhibits increased bioavailability or absorption in the presence of piperine, one of the active components of black pepper.

Effects

- It is good for the liver.
- It nourishes and protects the skin.
- It reduces cholesterol.
- It improves blood circulation.
- It reduces allergic reactions and acts as an antihistamine.

Indications

- Turmeric with Black Pepper plus Amruth for strengthening the immune system.
- Turmeric with Black Pepper plus Arjuna for cholesterol and improved blood circulation.
- Turmeric with Black Pepper plus Kalmegh for hepatitis and liver cleansing.
- Turmeric with Black Pepper plus Boswellia for allergies and joint inflammation.
- Turmeric with Black Pepper plus Neem for skin allergies.
- Turmeric with Black Pepper plus Karela for parasites.
- Turmeric with Black Pepper plus Neem plus Manjistha for blood purification and all skin problems.
- Turmeric with Black Pepper plus Noni for the immune system.

Composition per capsule: Turmeric (*Curcuma longa*) powder 500 mg, with Black Pepper (Piperine).

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times daily, preferably with meals, unless otherwise advised.

VASA

Singular preparation



Bronchial dilation, asthma, hay fever, respiratory allergies, pulmonary circulation, oxygen absorption, mouth and nose infections

Vasa, also called Vasaka, is the Sanskrit name for the Malabar nut. Vasaka is a small tropical shrub that remains evergreen. The dried leaves of this plant have been used for centuries for their medicinal properties.

Effects

- It dilates bronchi and helps with asthma.
- It helps with hay fever and respiratory allergies.
- It improves pulmonary circulation and oxygen absorption.
- It helps with mouth and nose infections.

Indications

- Vasa plus Amruth for respiratory conditions.
- Vasa plus Tulsi for sinusitis.
- Vasa plus Asthayur for chest infection.
- Vasa plus Boswellia & Curcumin for hay fever.

Composition per capsule: Vasa (*Adhatoda vasica* Nees) 420 mg.

Contents: 60 vegetable cellulose vega capsules.

Dosage and use: Take 2 capsules 1 to 2 times a day, preferably with a meal, unless otherwise advised.

AYURVEDA SPECIALIST DIETARY SUPPLEMENTS

JUICES

The Importance of Herbal Juices

One of the biggest problems the human body faces is a lack of absorption. Even if we eat well and contain the right nutrients, if the absorption mechanism is impaired, we don't get enough nutrients from our food. Water easily improves absorption. However, if you simply add nutrients, they remain separated from the water.

Natural juices, therefore, ensure the easiest way to absorb nutrients. Only pure and potent herbs and fruits are used in our juices to provide specific nutrients for specific problems. These juices can be used simultaneously as food, as a supplement, and as a vital herbal remedy, as they improve absorption, provide essential vitamins, and revitalize bodily functions.



THE ACTIVE HEALTH

Juice



Recovery from illness, resistance, immune system, blood sugar levels, digestion, skin and hair problems

The Active Health Juice is the ultimate all-rounder among health juices. Its blend of numerous active ingredients makes it a rich source of vitamins, minerals, and amino acids.

Effect

- Excellent source of vitamins, minerals, and amino acids
- Supports recovery after illness
- Contributes to good resistance
- Supports the immune system
- Contributes to maintaining healthy blood sugar levels
- Good for digestion

Composition per 100 ml: Aloe Barbadensis miller (Aloe Vera) 10.00 ml, Hippophae (Seabuckthorn) 10.00 ml, Emblica Officinalis (Amla) 10.00 ml, Pomegranate (Punica granatum) 4.00 ml, Morinda citrifolia (Noni) 4.00 ml, Garcinia indica (Kokum) 4.00 ml, Brahmi (Bacopa monnieri) 4.00 ml, Jamun (Syzygium cumini) 4.00 ml, Tinospora cordifolia (Giloy) 4.00 ml, Mulberry (Morus alba) 3.00 ml, Prunus cerasus (Sour Cherry) 3.00 ml, Nirgundi (Vitex negundo) 3.00 ml, Euterpe oleracea (Acai berry) 1.00 ml, Blue Berry (Vaccinium sect. Cyanococcus) 2.00 ml, Strawberry (Fragaria ananassa) 2.00 ml, Withania Somnifera (Ashwagandha) 2.00 ml, Amba Haldi (Curcuma Amadal 2.00 ml, Carica papaya (Papaya leaf) 2.00 ml, Ocimum sanctum (Tulsi) 2.00 ml, Lepidium meyenii (Macaroot) 2.00 ml, Kiwi (Actinidia) 2.00 ml, Moringa (Moringa oleifera) 2.00 ml, Safed Musli (Chlorophytum borivillianum) 2.00 ml, Prunus Armeniaca (Apricot) 2.00 ml, Acerola cherry (Malpighia emarginata) 2.00 ml, Momordica charantia (Karela) 2.00 ml, Lycium barbarum (Goji berry) 1.00 ml, Caran berry (Vaccinium subg. Oxycoccus) 1.00 ml, Garcinia mangostana (Mangosteen) 1.00 ml, Salai Guggal (Boswellia serrata) 1.00 ml, Hadjod (Cissus quadrangularis) 1.00 ml, Boerhavia diffusa (Punamava) 1.00 ml, Kaunch beej (Mucuna pruriens) 1.00 ml, Elder berry (Sambucus) 1.00 ml, Black Berry (Rubus subg. Rubus) 1.00 ml, Shilajit (Asphaltum Punjablanum) 0.30 ml, Zingiber officinale (Ginger) 0.20 ml, Panax ginseng (Ginseng) 0.20 ml, Spirulina (Arthrospira platensis) 0.20 ml, Piper nigrum (Black pepper) 0.10 ml. Other ingredients (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S.).

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.

THE ALOE TRIPHALA

Juice (sweetened with Stevia)



Probiotic, digestion, gastrointestinal system, peristalsis, constipation, intestinal inflammation, heartburn, bowel cleansing, menstrual cycle, PMS

Amla is made from the Amalaki fruit. The Amalaki fruit is one of the greatest natural sources of vitamin C ever discovered. The Amalaki tree is a small to medium-sized tree that grows widely in India, both wild and cultivated. The fruit of this tree is one of the best remedies for rejuvenation, strengthening, and immunity. Once the fruit is dried, most of the vitamin C is retained because it is bound to the tannin in the fruit.

Haritaki (*Terminalia chebula*) is a dried yellow-green fruit that is naturally rich in vitamin C and antioxidants.

Vibhitaki is a large deciduous tree in the Combretaceae family. It is common in the plains and lower hills of South and Southeast Asia, where it is also grown as an avenue tree. Its fruit is used in the popular Indian herbal rasayana treatment triphala.

Aloe vera is an evergreen perennial plant of the Aloe genus. It originates from the Arabian Peninsula but grows wild in tropical, semi-tropical, and dry climates worldwide. It is widely used in beverages, skin lotions, and cosmetics. In gel form, it is often used for minor burns and sunburn.

Actions

- It aids digestion and improves nutrient absorption.
- It promotes peristalsis and reduces constipation.
- It reduces inflammatory bowel disease and stress-related heartburn.
- It is a colon cleanser and helps remove toxins from the body.
- It helps regulate the menstrual cycle and alleviates PMS.
- It works as a probiotic and supports intestinal flora

Composition per 100 ml: Aloe Barbadensis Miller (Aloe Vera) 15mg, Amla (*Emblica officinalis*) 30mg, *Terminalia Chebula* (Haritaki) 25mg, *Terminalia Bellirica* (Vibhitak) 20mg, Rosa (Red Rose) 2 mg, *Foeniculum Vulgare* (Fennel) 1 mg, *Senna Alexandrina* (Senna Leaf) 1.5 mg, *Trachyspermum Ammi L.* (Ajwain) 1 mg, Ammonium Chloride (Nausadar) 1 mg, Black Salt (Kala Namak) 0.50 mg, *Operculina Turpethum* (Nishoth) 1 mg, Stevia Rebaudiana 0.05 mg, Other Excipients 1.95 mg. Other ingredients: (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S.).

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.

THE DIAYUR

Juice



Metabolism, sugar and fat metabolism, blood sugar levels, cholesterol, diabetic neuropathy, nephropathy and retinopathy, electrolyte balance, kidney function, eyes, immune system, energy levels

Aloe vera is an evergreen perennial plant in the Aloe genus. It originates from the Arabian Peninsula but grows wild in tropical, semi-tropical, and dry climates worldwide. It is widely used in drinks, skin lotions, and cosmetics. In gel form, it is often used for minor burns and sunburn.

Jamun, also known as Malabar plum, Java plum, black plum, jaman, jambul, or jambolan, is an evergreen tropical tree in the flowering plant family Myrtaceae. It is native to the Indian subcontinent and the adjacent regions of Southeast Asia, including Myanmar, Sri Lanka, and the Andaman Islands. It can reach a height of 30 meters and live for over 100 years. The fruits have a combination of sweet, slightly tart, and astringent flavors.

Amla is made from the amalaki fruit, which is one of the greatest natural sources of vitamin C ever discovered. The Amalaki tree is a small to medium-sized tree that grows widely in India, both wild and cultivated. The fruit of this tree is one of the best remedies for rejuvenation, strengthening, and immunity. Once the fruit is dried, most of the vitamin C is retained because it is bound to the tannin in the fruit.

Giloy (also called Guduchi or heart-leaved poppy) is a herbaceous vine of the Menispermaceae family, native to tropical regions of the Indian subcontinent. It is used in Ayurveda to treat various ailments.

Actions

- It supports the body's metabolism, particularly sugar and fat metabolism.
- It stabilizes blood sugar and cholesterol levels.
- It reduces diabetic complications such as neuropathy and nephropathy, and ensures normal kidney function.
- It supports the eyes and reduces diabetic retinopathy.
- It helps maintain electrolyte balance and vitamin requirements in diabetic patients. It supports the immune system and increases baseline energy levels.

Composition per 100 ml: Aloe Barbadensis miller (Aloe Vera) 18.00ml, Syzygium cumini (Black Plum) 16.00ml, Emblica Officinalis (Amla) 10.00 ml, Tinospora Cordifolia (Giloy panchang) 8.00ml, Momordica Charantia (Bitter gourd) 8.00ml, Terminalia Chebula (Haritaki) 7.00ml, Terminalia Bellirica (Vibhitaki) 6.00ml, Senna Alexandrina (Senna Leaf) 5.00ml, Ocimum sanctum (Tulsi Leaf) 5.00ml, Gymenema Sylvestre (Gudmar) 4.00ml, Fenugreek (Dana methi) 2.00ml, Cinnamomum verum (Cinnamon) 2.00ml, Withania Somnifera (Ashwagandha) 2.00 ml, Beal patra (Aegle marmelos L. Corrêa) 2.00 ml, Azadirachta indica (Neem Leaf) 2.00 ml, Pterocarpus marsupium (Vijaysar) 2.00 ml, Kutki (Picorrhiza kurroa) 1.00 ml. Other excipients (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S.).

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.

THE LADY CARE

Juice (sweetened with Stevia)



Menstruation, menopause, digestion, energy

The Lady Care Juice is specially formulated for women and their hormonal cycles.

Saraca indica, also known as Asoka or Ashoka, is a tree traditionally valued for its beautiful flowers and medicinal properties. Native to Southeast Asia, it is often found near rainforests, streams, and rivers. In Ayurveda, the tree is traditionally used to treat various ailments, particularly in women.

Majuphal is often used to treat vaginal problems such as vaginitis and leucorrhoea.

Effects

- Supports normal menstruation
- For pre-menstrual discomfort
- For mood swings and irritability
- Supports the menopause
- For hot flashes
- For night sweats
- Aids digestion
- For ups and downs
- Helps with fatigue

Composition per 100 ml: Saraca Indica (Asoka) 30.00 ml, Quercus Infectoria (Majuphal) 22.00 ml, Symplocos Racemosa (Lodh) 12.00 ml, Dashamoola 10.00 ml, Sida Cordifolia (Bala) 7.00 ml, Hemidesmus Indicus (Anantamool) 6.00 ml, Woodfordia Fruitcosa (Dhataki) 4.10 ml, Areca Catectoria (Supari) 3.00 ml, Mesua Ferrea (NagKesar) 2.00 ml, Bombax Celba (Salmalia) 2.00 ml, Cedrus Deodara (Himalayan cedar) 1.30 ml, Stevia Rebaudiana (Natural Sweetener) 0.1 ml, Terminalia Chebula (Harad) 0.50 ml. Other ingredients (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S).

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.



THE MANGOSTEEN

Juice

***Inflammation, skin, gums, and digestive infections
metabolism, weight, insulin sensitivity, cancer, heart and blood vessels, and intestines***

Mangosteen juice is made from the tropical fruit *Garcinia mangostana*, native to Southeast Asia and known as the "Queen of Fruits." Rich in antioxidants (especially unique compounds called xanthones), it is consumed for its health and well-being benefits in both traditional medicine and modern supplements, with no side effects on the liver or kidneys.

It has significant anti-inflammatory effects and supports healthy weight and metabolism with improvements in BMI and insulin sensitivity. It supports cardiovascular health, and the fiber, potassium, and antioxidants it contains aid in digestion and maintenance of healthy blood pressure. Due to its antimicrobial properties, it is traditionally used for skin, gum, and digestive infections.

Effect

- Powerful antioxidant and anti-inflammatory support
- Improved metabolic health, weight control, and blood sugar balance
- Digestive health and cardiovascular support through fiber and nutrients
- Immune and antimicrobial benefits for healthy skin and gums

Composition per 100 ml: 95% Mangosteen Juice. Other excipients (Potassium Sorbate, Sodium Benzoate).

Contraindications:

- May slow blood clotting;
- avoid before surgery or when using
- anticoagulants. Possible interactions with
- medications that are metabolized by
- cytochrome P450 or immunosuppressants.
- Rare side effects include digestive
- problems, skin rash, and in extreme cases,
- possible lactate acidification.
- Not recommended for pregnant or
- breastfeeding women.

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.

VITAMINS (PER 100 ML)		
Vitamin	Amount (approx.)	% Daily Value
Vitamin C	2-5 mg	~3-8%
Vitamin B1 (Thiamine)	0.01-0.03 mg	~1-3%
Vitamin B2 (Riboflavin)	0.01-0.02 mg	~1-2%
Vitamin B3 (Niacin)	0.2-0.5 mg	~2-3%
Folate (Vitamin B9)	5-10 mcg	~1-3%
Vitamin A (beta-carotene)	Trace	<1%
Vitamin E	Trace	<1%
MINERALS (PER 100 ML)		
Mineral	Amount (Approx.)	% Daily Value
Potassium	45-50 mg	~1%
Calcium	5-12 mg	~0.5-1%
Magnesium	5-10 mg	~1-2%
Iron	0.1-0.3 mg	~1-2%
Phosphorus	4-6 mg	~1%
Manganese	0.1-0.3 mg	~5-10%

THE NEEM GILOY

Juice



***Immune system, fatigue, skin, hair, nails,
liver, autoimmune diseases of the skin and blood***

Neem (also called Nimba) is an herb that has been used in Ayurveda for thousands of years. All parts of this unique tree (bark, fruit, seeds, flowers, leaves, and resin) are used. The Neem plant or Neem tree is therefore called a miracle tree. Neem leaves are traditionally used to brew Neem tea.

Giloy (also called Guduchi or heart-leaved poppy) is a herbaceous vine in the Menispermaceae family, native to tropical regions of the Indian subcontinent. It is used in Ayurveda to treat various ailments.

Actions

- It supports the immune system.
- It helps purify the skin from within.
- It is used for fatigue.
- It supports the liver's cleansing function.
- It maintains healthy hair and nails.
- It helps prevent autoimmune diseases of the skin and blood.

Ingredients per 100 ml: Giloy Panchang, Amruth (*Tinospora Cordifolia*) 50.00 ml, Neem Leaf (*Azadirachta indica*) 45.00 ml, Other Excipients 5.00 ml. Other excipients 5 ml (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S).

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.

THE NONI

Juice (sweetened with Stevia)



Antioxidants, cancer and chemotherapy recovery, autoimmune diseases, digestion, absorption, metabolism, vitamins C and E, potassium, minerals, and biotin

Noni is a fruiting tree in the coffee family Rubiaceae. Its native range extends across Southeast Asia and Australasia, and was spread throughout the Pacific by Polynesian sailors. The species is now cultivated throughout the tropics. Among the approximately 100 names for the fruit in various regions, the more common English names include Great Morinda, Indian Mulberry, Noni, Beach Mulberry, Vomit Fruit, and Cheese Fruit. The fresh fruit has a strong, vomit-like odor and is used in traditional herbal medicine, among other things.

Actions

- It is beneficial in recovery from cancer and chemotherapy.
- It helps restore vital body functions.
- It is rich in vitamins C and E, potassium, minerals, and biotin, and has antioxidant properties.
- It helps restore the immune system after autoimmune diseases.
- It aids in digestion, absorption, and metabolism.

Ingredients per 100 ml: Noni (*Morinda citrifolia*) 88 ml, Amla (*Emblica officinalis*) 4 ml, Tulsi (*Ocimum sanctum*) 2 ml, Giloy Panchang (*Tinospora cordifolia*) 2 ml, Kokum (*Garcinia cambogia*) 1.5 ml, Ashwagandha (*Withania somnifera*) 1 ml, Kokum (*Garcinia indica*) 1 ml, Natural sweetener (*Stevia rebaudiana*) 0.1 ml, Grapeseed (*Vitis vinifera*) 0.4 ml. Other ingredients (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S.).

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt or lemon if desired.



THE POMEGRANATE

Juice

Heart and blood vessels, cholesterol, memory, intestinal flora, urinary and antimicrobial protection, UV protection, cancer, endurance, muscle recovery

Pomegranate juice is considered a superfood. It comes from the fruit *Punica granatum*, prized for its rich polyphenols, vitamins, minerals, and unique antioxidants such as ellagitannins and anthocyanins, which contribute to its deep ruby-red color. Pomegranate juice is rich in nutrients and antioxidants. It contains up to three times more antioxidants than red wine or green tea and reduces oxidative damage. It supports heart and circulatory health, can lower LDL cholesterol, reduce plaque formation, and help lower blood pressure. It also inhibits platelet clumping, thus supporting cardiovascular health. It can protect neurons and improve memory by reducing oxidative stress. It promotes healthy gut flora and may help prevent inflammatory bowel disease. It acts as an "internal sunscreen" and reduces UV-induced skin damage. It can protect against urinary stones and has an antimicrobial effect in the gut and mouth, reduces the growth and spread of tumors, improves endurance, and accelerates muscle recovery in athletes.

Effects

- Rich source of vitamins and minerals
- Antioxidant and anti-inflammatory properties
- Cardiovascular support: lowers LDL, limits plaque, supports blood pressure
- Cognitive protection: combats oxidative stress, supports memory
- Anti-inflammatory & metabolic support: reduces CRP, supports gut health, and promotes exercise recovery
- Skin & longevity: protects against UV and cellular aging
- Antimicrobial & urinary health

Composition per 100 ml: 95% Pomegranate Juice. Other excipients 5 ml (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S).

Contraindications: Caution when using blood thinners, statins, and blood pressure medications. High in natural sugars and potassium: use with caution if you have diabetes, kidney disease, or are taking ACE inhibitors. May cause digestive problems.

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.

VITAMINS (PER 100 ML)		
Vitamin	Amount (approx.)	% Daily Value
Vitamin C	5010 mg	~8115%
Vitamin K	10116 mcg	~12120%
Folate (B9)	20130 mcg	~5138%
Vitamin B6	0.0510.1 mg	~3136%
Vitamin E	0.310.5 mg	~2134%
MINERALS (PER 100 ML)		
Mineral	Amount (Approx.)	% Daily Value
Potassium	2001250 mg	~4138%
Calcium	8012 mg	~1%
Magnesium	518 mg	~112%
Iron	0.210.5 mg	~113%
Phosphorus	10115 mg	~112%



THE VITAYUR

Juice (sweetened with Stevia)

Immune system, blood sugar levels, digestion, vitality, vitamins, minerals, and amino acids

Aloe vera is an evergreen perennial plant in the Aloe genus. It originates from the Arabian Peninsula but grows wild in tropical, semi-tropical, and dry climates worldwide. It is widely used in drinks, skin lotions, and cosmetics. In gel form, it is often used for minor burns and sunburn.

Amla is made from the amalaki fruit. The amalaki fruit is one of the greatest natural sources of vitamin C ever discovered. The amalaki tree is a small to medium-sized tree that grows widely in India, both wild and cultivated. The fruit of this tree is one of the best remedies for rejuvenation, strengthening, and immunity. Once the fruit is dried, most of the vitamin C is retained because it is bound to the fruit's tannin.

Wheatgrass is a sod-forming perennial grass in the Triticeae tribe of Pooideae, native to Europe and Western Asia. The herb is rich in healthy nutrients and is a popular ingredient in health juices.

Effects

- It supports good immunity.
- It contributes to maintaining healthy blood sugar levels.
- It is an excellent source of vitamins, minerals, and amino acids.
- It is good for digestion.
- It supports the immune system.
- It maintains the body's vitality.

Composition per 100 ml: Aloe Barbadensis miller (Aloe Vera) 30.00 ml, Emblica Officinalis (Amla) 22.00 ml, Thinopyrum intermedium (Wheatgrass) 12.00 ml, Tinospora cordifolia (Giloy panchang) 7.00 ml, Ocimum sanctum (Tulsi) 5.00 ml, Terminalia Chebula (Haritaki) 3.50ml, Terminalia Bellirica (Vibhitaki) 3.50ml, Gentianaceae (Chirata) 3.00 ml, Zingiber officinale (Ginger) 2.50 ml, Withania Somnifera (Ashwagandha) 2.00 ml, Cinnamomum verum (Cinnamon) 2.00ml, Carica papaya (Papaya leaf) 2.0 ml, Berberis aristata (Daruhaladi) 1.30 ml, Glycyrrhiza Glabra (Mulethi) 1.00 ml, Piper Nigrum (Black Pepper) 1.00 ml, Piper Longum Linn (Pippali) 1.10 ml, Azadirachta Indica (Neem Leaf) 0.50 ml, Panax Ginseng (Ginseng) 0.50 ml, Stevia Rebaudiana (Natural Sweetener) 0.1 ml. Other excipients (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S.).

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.

THE WHEATGRASS

Juice (sweetened with Stevia)



Energy levels, digestion, weight, blood sugar levels

Wheatgrass is a perennial grass in the Triticeae tribe of Pooideae, native to Europe and Western Asia. It is a popular ingredient in health juices. Wheatgrass, the young shoots of the wheat plant, is known for its many health benefits. It contains many vitamins, minerals, antioxidants, and chlorophyll and is associated with increased energy, improved digestion, a boost to the immune system, and potential support for weight loss and blood sugar regulation.

Effect

- Superfood
- Rich in vitamins, minerals, antioxidants, and vital amino acids
- Supports the immune system
- Aids digestion
- Supports the cleansing function of the liver
- For loss of vitality

Composition per 100 ml: Thinopyrum intermedium (Wheatgrass) 97.00 ml, Withania Somnifera (Ashwagandha) 1.9 ml, Glycyrrhiza Glabra (Mulethi) 1.00 ml, Stevia Rebaudiana (Natural Sweetener) 0.1 ml. Other ingredients (Potassium Sorbate, Sodium Benzoate, Citric Acid, Q.S.).

Contents: 1000 ml.

Dosage and use: Drink 20-30 ml of juice mixed with 100 ml of water daily on an empty stomach, at least 30 minutes before a meal, unless otherwise advised. Add honey, salt, or lemon if desired.

AYURVEDA SPECIALIST (MASSAGE) OIL, OINTMENT AND BALM

The use of oils and ointments in Ayurveda originated over 10,000 years ago. They were first mentioned in the Chala Samhita, the most important Ayurvedic reference work, and they are still widely used today due to their effectiveness.

Ayurvedic oils are made by adding holistic medicinal herbs such as turmeric, tulsi, brahmi, and rosemary to a base oil such as sesame or coconut oil.

The best way to use Ayurvedic oils is by massaging them into the skin. Abhyanga, the Ayurvedic method of self-massage, is a good way to heal the body and mind. Abhyanga allows the oil to penetrate deeply into the tissues, allowing the body to heal thanks to the medicinal herbs and restoring balance to the doshas.

Ayurvedic ointments are classical Ayurvedic herbal creams prepared on a double base of medicated ghee (clarified butter) and herbal oil (taila).



JEEVANTHYADIYAMAKAM OINTMENT



Healing ointment

(Chronic) skin conditions, eczema, infections, itching

Jeevanthyadi Yamakam Ointment is a classic Ayurvedic herbal cream made with a dual base of medicated ghee (clarified butter) and herbal oil (taila). This traditional formula is designed to soothe, nourish, and heal the skin, particularly in conditions caused by Pitta and Vata imbalances. It deeply hydrates and thus balances the Vata-Pitta imbalance in the skin. The herbs are infused in ghee and sesame oil, both of which penetrate deeply into the skin and nourish the tissues while calming the Vata-Pitta imbalance.

It is safe for external use and suitable for sensitive skin, including chronic inflammatory skin conditions such as psoriasis and eczema (atopic dermatitis). It is an ideal natural alternative for those seeking chemical-free, Ayurvedic support for chronic skin conditions.

Actions

- Soothes psoriasis - reduces itching, redness, flaking, dryness, and discomfort. Hydrates thickened, flaky skin and helps soothe inflammation flare-ups.
- Relieves eczema - soothes the dry, irritated, and inflamed skin typical of eczema. Helps reduce itching, redness, cracking, and rough skin. Balances skin affected by hypersensitivity and an overreaction of the immune system.
- Restores sensitive, inflamed, or damaged skin and helps with dry, cracked skin (Vata imbalance) - deeply hydrates, prevents peeling, and restores suppleness.
- Helps with periorbital puffiness and dark circles - soothes the skin, improves circulation, and reduces inflammation.
- Helps with rashes, dermatitis, and urticaria - anti-inflammatory, cooling, and soothing.
- Helps with minor burns, itching, and redness - promotes skin healing and soothes irritation.

Key ingredients:

- Jeevanthi (Leptadenia reticulata) - improves skin healing and supports sensitive tissue.
- Yashtimadhu (Licorice root) - natural anti-inflammatory, relieves itching and redness.
- Chandana (Sandalwood) - cooling, reduces heat and burning sensations.
- Manjishta (Rubia cordifolia) - detoxifies the skin and improves circulation.
- Daruharidra (Berberis aristata) - antibacterial, anti-itch, and skin cleanser.

Contents: 20 g

Dosage and Use:

- Apply a thin, even layer to clean, dry skin once or twice daily, unless otherwise directed by a specialist.
- Gentle and safe for daily use on sensitive skin. Contains no steroids or harsh chemicals. Use alongside internal herbal care, diet, and lifestyle for best results, especially for chronic conditions such as psoriasis and eczema.

Allergy information: For external use only. Avoid application to open wounds or infected areas without medical advice.

KESARANJINI THAILAM

Oil



Hair, scalp

KesaRanjini Thailam is a classic Ayurvedic hair oil, specially formulated to strengthen, deepen, and condition hair, with specific effects against hair loss and graying. It promotes hair growth and slows hair discoloration (graying). The name literally means "hair color restorer" or "hair darkener." It deeply nourishes, supports natural hair color, and adds volume, shine, and vitality.

Effects

- Hair Loss (Khalitya) – Strengthens hair roots and reduces excessive hair loss
- Premature Graying (Palitya) – Supports natural hair color, slows graying
- Thin, Dull, or Dry Hair – Nourishes and hydrates, making hair fuller and shinier
- Itchy Scalp and Dandruff – Soothes the skin, prevents flaking
- Scalp Care – Improves blood circulation and follicle health

Key Ingredients:

- Bhringaraj (Eclipta alba) – Powerful hair growth tonic, prevents graying, strengthens roots
- Indigofera tinctoria (Neeli) – Natural color restorer, used for gray hair
- Amla (Emblica officinalis) – Rich in vitamin C, prevents aging, nourishes the scalp
- Brahmi (Bacopa monnieri) – Soothing, reduces stress, improves hair quality
- Neem/Yashtimadhu/Jatamansi – Antifungal, anti-itch, skin-conditioning
- Sesame oil - Carrier oil, nourishing and deeply penetrating.
- Henna leaf extract and other natural color enhancers

Contents: 200 ml

Dosage and use:

- For daily or weekly use: Apply oil to a dry scalp and massage gently for 5–10 minutes. Leave on for 1 hour or overnight, preferably. Wash out with a mild herbal shampoo or Ayurvedic powder (shikakai, reetha).
- As a hair mask/intensive treatment: Use 2–3 times a week for hair loss or early graying. Combining with a warm towel (steam) increases absorption into the scalp.

Allergy information: Contains sesame; for external use only.

For light hair (blonde/gray): Some ingredients may temporarily release color; the oil is often dark in color: Wear old clothing or bedding during use; do not get in eyes. Not suitable for bleached or chemically treated hair: may interact with synthetic hair treatments; Not for oral use: For external use only.

KSHEERABALA THAILAM

Oil



Joints, muscles and tendons, (chronic) pain complaints, nervous system, postnatal care, sleep function, dry and aging skin

Ksheerabala Thailam, one of the most widely used and gentle Ayurvedic oils, is particularly well-suited for the nervous system, joints, and skin repair. It's a gentle yet powerful oil that calms Vata, supports the nervous system, and is excellent for pain, insomnia, and general weakness. It's ideal for massage, recovery, and Shirodhara. Its gentleness makes it ideal for those with sensitive constitutions or for prolonged use.

Effects

- Vata-related complaints - headaches/migraines, tension, stiffness, nerve pain, dryness, arthritis
- Calming for the nervous system (Vata-reducing) - reduces mental overactivity
- Neurological disorders - insomnia, tingling, sciatica, nervous weakness
- Cognitive functions - improves concentration and clarity of thought
- Muscle and joint pain - especially for chronic pain, stiffness, and dry joints
- Recovery after illness and burnout - strengthens the nervous system and deep tissues
- Shirodhara treatment - for relaxation, mental calm, and sleep disorders
- Postnatal care (sutika) - supports recovery and relaxation after childbirth
- Dry skin and aging skin - nourishes and softens the skin

Key ingredients:

- Bala (*Sida cordifolia*) - Strengthens muscles, nerves, and has a rejuvenating effect
- Ksheera (milk) - Cooling, nourishing, and soothing
- Tila Taila (sesame oil) - Deeply penetrating, warming, and a carrier for other substances.

Contents: 200 ml.

Dosage and use:

- Body massage (Abhyanga): Gently warm the oil (to 38–40°C). Massage all over the body or locally on the affected area. Leave on for 30–60 minutes. Then shower with warm water; use a mild herbal soap if desired.
- Shirodhara (forehead oil): Use as Shirodhara Taila – has a calming effect on stress, insomnia, and overstimulation. Use only under supervision.
- Topical application for pain or stiffness: Massage daily onto, for example, the neck, back, or joints. For chronic complaints, combine with heat (warm compress or steam).

Allergy information: Contains sesame and milk; for external use only. Do not use for severe kapha complaints. For severe mucus congestion or swelling, use a different oil. Not for oral use: Apply externally only (never ingest oil without the advice and guidance of a specialist).

MAHAMASHA THAILAM

Oil



***Joints, muscles & tendons, nervous system
sleep function, sperm weakness***

MahaMasha Thailam contains a wide variety of herbs – it is one of the most nourishing oils in classical Ayurveda. It is a very powerful and classic Ayurvedic oil, primarily used for neurological disorders, muscle weakness, joint stiffness, and fatigue. It is considered a rejuvenating and nourishing oil, especially for Vata disorders in the musculoskeletal system.

Effects

- Paralysis (Pakshaghata) - Post-stroke, Bell's palsy, facial palsy
- Muscle weakness and atrophy - Chronic weakness, MS, ALS (supportive), nerve degeneration
- Herniated disc, sciatica, and spinal nerve pain - Radiating pain, lower back pain, nerve compression
- Joint pain and stiffness - Rheumatism, osteoarthritis, degenerative joint disease
- Sleep problems and overstimulation - For Vata-related mental unrest, use through head or body massage
- Sperm weakness and reproductive exhaustion - Traditionally also used for weakened reproductive systems

Key ingredients:

- Masha (Urid dal/black lentils) - Main ingredient – nourishes muscles and nerves
- Ashwagandha - Rejuvenating, nerve strengthening
- Bala (Sida cordifolia) - Supports muscle strength and mobility
- Dashamoola - Deeply anti-inflammatory, balances Vata
- Sesame Oil (Tila Taila) - Warming, Nourishing, Carrier Oil

Contents: 200 ml.

Dosage and Use:

- Topical application (therapeutic): Warm the oil until lukewarm. Massage gently into the affected area (back, legs, shoulders, face). Leave on for at least 30–60 minutes. Rinse with warm water.
- Full body massage (Abhyanga): Daily or 3–5 times a week for exhaustion, degeneration, paralysis, or neurological recovery.
- Shirodhara / Shiro Abhyanga: Also used on the head for mental Vata complaints such as insomnia or nervous tension.
- Panchakarma therapies: Application with Pizhichil, Kati Basti, Nasya (with a modified version) – under the guidance of a therapist.

Allergy information: Contains sesame; for external use only. Not for acute Pitta complaints such as inflamed skin, heat-related swelling, or fever. Do not use on open wounds, only on intact skin; may feel heavy or sticky: cleanse thoroughly after use; not for oral use: apply externally only.

MAHANARAYANA THAILAM

(Valiya Narayana Thailam)



Oil

Joints, muscles and tendons, nervous system, age-related complaints, recovery from illness and trauma (post-operative), sports injuries

MahaNarayana Thailam is one of the most powerful and classic Ayurvedic oils. It is known for its strengthening, warming, and soothing properties. It soothes muscles and tendons and helps loosen joints.

Effects

- Muscle and joint pain - osteoarthritis, rheumatism, sprains, muscle fatigue
- Neurological complaints - sciatica, hernia, nerve pain, tingling, paralysis (e.g., Bell's palsy)
- Stiffness and restricted movement - for frozen shoulder, back pain, rehabilitation
- Sports injuries - recovery from strain, contusions, cramps
- Postoperative or trauma recovery - for tissue repair and blood circulation
- Aging - for tissue and joint function in old age
- Recovery after illness and burnout - deeply nourishing and strengthening for Vata depletion

Key ingredients:

MahaNarayana Thailam is a combination of dozens of herbs. The most important are:

- Ashwagandha - Strengthens nerves and muscles, promotes recovery
- Bala (Sida cordifolia) - Strengthens tissues, supports nerve function
- Dashamoola (10-root mix) – anti-inflammatory and analgesic
- Shatavari & Vidari - Rejuvenating, nourishing for muscles and reproductive systems
- Sesame oil (base) - Warming, deeply penetrating, promotes the absorption of herbs
- Herbs such as Chandana, Rasna, Yastimadhu, and Tagara – each with specific calming or anti-inflammatory effects

Contents: 200 ml and 450 ml

Dosage and use:

- Full body massage (Abhyanga): Gently warm the oil (to 38–40°C). Massage vigorously for Vata complaints such as stiffness, insomnia, or rheumatic pain. Leave on for 30–60 minutes and then take a warm shower or bath.
- Topical application for complaints: apply to painful joints or muscles; cover with a warm compress or dry heating pad for added effect.
- Panchakarma / therapeutic use: often used in treatments such as Pizhichil (oil stream), Kati Basti, or for hernia/recovery treatments.

Allergy information: contains sesame; for external use only. Do not use in cases of acute inflammation with heat: in case of swelling, redness, or fever, first calm Pitta; do not use on open wounds: apply only to intact skin; do not use with high Pitta without supervision; the oil is warming – may cause skin reactions in sensitive skin; not for oral use: apply externally only.

PRABHANJANAM THAILAM

(Prabhanjanavimardanam Thailam)



Oil

Joints, muscles and tendons, pain relief, nervous system, sleep function

Prabhanjanam Thailam (also known as Prabhanjanadi Thailam) is a classic Ayurvedic oil primarily used for neuromuscular disorders caused by Vata imbalance. It is a powerful therapeutic oil that penetrates deeply. Together, the ingredients in this oil promote deep relaxation, pain relief, and restoration of nerve conduction. It is also used for Shiro Abhyanga or Shirodhara.

Effects

- Paralysis (Pakshaghata) - For post-stroke recovery or Bell's palsy
- Muscle weakness and paralysis - For chronic Vata deficiency, such as MS, atrophy
- Weak or stiff joints - For rheumatic complaints or degenerative conditions
- Torticollis (neck tilt) - Muscle tension and nerve compression in the neck
- Herniated disc, sciatica, and back pain - For radiating pain and nerve compression
- Sleep disorders due to excess Vata

Key ingredients:

- Ashwagandha (Withania somnifera) - Nerve tonic, strengthens muscles
- Rasna (Pluchea lanceolata) - Anti-inflammatory, Vata-reducing
- Bala (Sida cordifolia) - Strengthens nerves and motor skills
- Dashamoola (10-root mix) - Anti-inflammatory, deeply effective for Vata stagnation
- Sesame oil (Tila Taila) - Warming and carrier of all herbs

Contents: 200 ml

Dosage and use:

- Local massage for complaints: warm the oil slightly (to lukewarm). Massage into the back, legs, shoulders, and joints – depending on the complaint. Leave on for at least 30 minutes. Rinse with warm water or herbal infusion (optional).
- Full body massage (Abhyanga): for general Vata complaints, degeneration, and burnout. Daily use for deep Vata disturbances.
- Shirodhara or Shiro Abhyanga: can be used for stress, insomnia, or neurological exhaustion.

Allergy information: contains sesame; for external use only. Caution for Pitta complaints: this oil is warming – for heat-related complaints, first balance Pitta; use only on intact skin, not on open wounds; not for children/babies: the oil is too strong for young skin unless diluted (only on the advice of a specialist); not for oral use: for external use only.

PRASARINYADI THAILAM

(Prasarinee/Prasaranyadi Thailam)



Oil

*Joints, muscles and tendons, nervous system
postnatal neurological weakness, sleep function*

Prasarinyadi Thailam (also known as Prasarinee/Prasaranyadi Thailam) is a powerful therapeutic Ayurvedic oil primarily used for neurological disorders, muscle problems, and joint pain, with an emphasis on Vata balance and paralysis. The name refers to its main ingredient: Prasarini (*Paederia foetida*), an important herb for muscle spasms and restricted movement.

This combination of herbs makes it particularly suitable for Vata-related movement complaints.

Effects

- Paralysis (Pakshaghata) - post-stroke, Bell's palsy, hemiplegia
- Sciatica (Gridhrasi) - nerve pain radiating to the leg or back
- Stiff shoulders, frozen shoulder - muscle cramps, Vata blockages
- Rheumatic joint pain - Vata-related arthritis, stiffness
- Insomnia due to Vata imbalance - soothing massage oil for hyperactivity of the nervous system
- Postnatal nerve weakness - supports recovery of muscle strength and coordination
- Trismus (lockjaw) or torticollis - treatment of muscle cramps and nerve tension in the head and neck area

Key ingredients:

- Prasarini (*Paederia foetida*) - Muscle relaxant, relieves stiffness and nerve pain
- Bala (*Sida cordifolia*) - Nerve strengthener, nourishes muscles
- Rasna (*Pluchea lanceolata*) - Anti-inflammatory, relieves pain
- Devadaru (*Cedrus deodara*) - Calming, effective against obstruction
- Sesame oil (*Tila Taila*) - Warming, deeply penetrating

Contents: 200 ml

Dosage and use:

- Topical application (daily or therapeutic): Warm the oil until lukewarm (not hot). Apply liberally to affected areas (back, legs, shoulders, joints). Leave on for 30–45 minutes, covering with a warm cloth or compress if necessary. Rinse with warm water and mild soap.
- Full body massage (Abhyanga): For general Vata disorders, paralysis, or neurological weakness. Daily application for 1–3 weeks often produces noticeable improvement.
- Panchakarma treatment (Pizhichil, Kati Basti, etc.): Often used in clinics for comprehensive recovery treatments after strokes or hernias.

Allergy information: Contains sesame; for external use only. Caution for Pitta complaints: this oil is warming – avoid if you have redness, swelling or heat-related skin problems; use only on intact skin, not on open wounds; do not use on the face: contains pungent herbs, risk of irritation; not for oral use: apply externally only.

RECOPAIN BALM

Healing balm



Muscle and joint pain, sports injuries

Recopain Balm is a specialized pain-relieving ointment designed to effectively relieve muscle and joint pain. Its unique Ayurvedic formula addresses discomfort associated with conditions such as arthritis, sprains, and lumbago. Whether you're dealing with chronic pain or acute strain, Recopain Balm provides fast-acting relief to promote comfort and mobility. With its fast-absorbing, non-greasy texture, Recopain Balm provides targeted relief without leaving a residue, making it an ideal choice for daily use. Convenient for on-the-go relief: perfect for quick application wherever you are.

Action

- Helps with chronic pain - ideal for arthritis, lumbago, stiffness, and other long-term joint conditions.
- Relieves sports injuries, sprains, and strains - perfect for acute injuries.
- Suitable for general muscle or joint pain.
- Improves mobility - by relieving pain, Recopain Balm helps restore mobility and makes daily activities more comfortable.
- Recommended as a natural pain-relieving ointment, as an alternative to chemical products.

Key ingredients:

Maha Narayana Thailam 1.666 g, Lavanga (*Syzygium aromaticum*) (Fl. Oil) 0.333 g, Pudina (*Mentha arvensis*) (Lf. Oil) 0.5 g, Sugandhapathra (*Eucalyptus globulus*) (Lf. Oil) 0.5 g, Gandhapurna (*Gaultheria fragrantissima*) (Oil) 0.5 g, White petroleum jelly 2.77 g, Madhuchishta (Beeswax) 2.83 g, Emulsifying wax (non-ionic) 2.88 g.

Contents: 20 g

Dosage and use:

Gently spread the balm over the affected area with your fingertips if needed. Light moisturizing (using a warm cloth or compress) provides better results, or as directed by a doctor.

Allergy information: For use only. external use only.

SATHADHAUTHA GHRUTHAM OINTMENT



Healing ointment

(Burn) wound healing, sunburn, skin regeneration, hydration, hemorrhoids and fistulas, postoperative wounds, headaches

Sathadhautha Ghrutham ointment (also spelled Shatadhauta Ghrita) is a highly effective Ayurvedic remedy for conditions caused by pitta imbalance, and for vatha sonitha-related conditions such as burning sensations and other skin conditions. Sathadhautha Ghrutham is a classic Ayurvedic medicinal clarified butter (ghee) that has been washed 100 times (Shata = 100; Dhauta = washed) with clean water in a copper or silver vessel, in a meticulous traditional process. This process creates a light, silky, water-based cream that is non-greasy, cool to the touch, and deeply penetrating. This transforms ordinary ghee into a therapeutic emollient suitable for a wide range of skin and pitta-related conditions. Known for its cooling, soothing, and healing properties, it is a versatile moisturizing ointment that soothes irritation and should be a staple in every kitchen cupboard. Because how easily do you sustain a cut or burn in the kitchen? This ointment is also ideal for all kinds of often long-term and persistent skin complaints and problems. The cream nourishes and protects the skin and helps keep it healthy.

Effects

- It is skin-soothing and healing - excellent for burns, wounds, cuts, blisters, and abrasions. Traditionally used to promote rapid wound healing with minimal scarring.
- It is anti-inflammatory and Pitta-boosting - soothes redness, heat, swelling, and skin irritation caused by a Pitta imbalance.
- It helps with conditions such as eczema, dermatitis, psoriasis, urticaria (hives), and allergic rashes.
- It is anti-aging and skin-nourishing - hydrates dry skin, reduces wrinkles, and improves skin elasticity.
- It helps soothe sensitive or reactive skin. Helps with Hemorrhoids & Fistula Care - Apply topically for relief from anal fissures, hemorrhoids, and post-surgical wound care.
- For Headaches and Burns - When applied topically, the cooling effect helps reduce forehead heat and burning headaches.

Mechanism of Action

Repeated washing makes the ghee water-soluble, pH-balanced, cooling, and easily absorbed through the skin. The ghee delivers fat-soluble nutrients deep into the tissues, promoting regeneration, lubrication, and inflammation control. Balances the Pitta and Vata doshas in the skin and deeper tissues.

Key Ingredients:

Ghrutam Ghee 10 g; Udumbara Ficus racemosa 2.5 g; Aswatha Ficus religiosa 2.5 g; Plaksha Ficus microcarpa 2.5 g; Nyagrodha Ficus benghalensis 2.5 g

Contents: 20 g

Dosage and use:

Apply a thin, even layer to clean, dry skin 2 to 3 times daily, unless otherwise directed by a specialist.

Allergy information: For external use only.

VACHALASUNADI KERA THAILAM

(Vachadi Thailam)



Oil

Skin conditions, eczema, parasites, infections, itching, body odor

Vachalasunadi Kera Thailam is a classic Ayurvedic medicinal coconut oil primarily used for skin problems, particularly itching, fungal infections, eczema, psoriasis, and skin conditions caused by parasitic or bacterial infections. This oil is prepared with a coconut oil base and is known for its antipruritic, antiseptic, and cooling properties. The combination of vacha, garlic, turmeric, and coconut oil makes it an effective, natural treatment for skin inflammation caused by microorganisms or toxins, with a cooling and purifying effect.

Effects

- Chronic skin itch (Kandu) - for example, allergic itching, unexplained itching
- Fungal infections (Dadru) - such as ringworm (tinea corporis), athlete's foot, groin infections
- Rash with redness or blisters - contact dermatitis, allergic reactions, heat rash
- Psoriasis and dry eczema - helps with flaking, itching, and thickened skin
- Body odor/bacterial skin infection - for odor-causing microorganisms
- Skin parasites (such as lice or mites) - traditionally used for skin with infection or overgrowth

Key ingredients:

- Bael (Aegle marmelos) - antimicrobial, antifungal, skin cleansing
- Lashuna (Garlic, Allium sativum) - Strong antibacterial and antifungal
- Coconut oil (Kera Taila) - Cooling, soothing, and nourishing for sensitive or Pitta skin
- Haridra (Turmeric) - Anti-inflammatory, antiseptic

Contents: 200 ml

Dosage and use:

- Topical application to the skin: Gently cleanse the affected area (dry the skin thoroughly). Apply a thin layer of oil and allow to absorb. Repeat 2–3 times a day for acute symptoms. You can also leave it on overnight (cover with a cotton cloth if necessary).
- Preventive use/maintenance: Apply a thin layer once a day for recurring fungal infections or eczema-prone skin.
- Also suitable for use on the scalp for dandruff or itching.

Allergy information: Contains coconut oil; for external use only. Strong odor due to garlic: This may be unpleasant for some people – so use in the evening or topically; do not use on open wounds: apply to intact skin (consult a doctor/specialist first for open eczema). Not suitable for the face: too strong for sensitive facial skin (unless diluted and only after consultation with a specialist); may irritate: if the skin is sensitive, test a small amount on the forearm first; not for oral use: apply externally only.

MARICHADI KERA THAILAM

Oil



Skin conditions, eczema, infections, itching

Marichadi Kera Thailam (also known as Marichyadi Thailam) is a classic Ayurvedic medicinal oil primarily used for skin problems, itching, chronic skin irritation, eczema, and fungal infections. It is a powerful, herbal oil with detoxifying and antimicrobial properties.

Effects

- Fungal infections - e.g., ringworm (tinea), athlete's foot, rashes
- Chronic itching/pruritus - soothes skin that constantly itches without an apparent cause
- Rashes and eczema - especially for dry, rough, flaky skin
- Pityriasis versicolor (yeast infection) - effective against Malassezia-related rashes
- Skin detoxification - removes Ama (toxins) from the superficial layers of the skin according to Ayurveda

Key ingredients:

- Bael (Aegle marmelos) - antimicrobial, antifungal, skin cleansing
- Lashuna (Garlic, Allium sativum) - Strong antibacterial and antifungal
- Coconut oil (Kera Taila) - Cooling, soothing, and nourishing for sensitive or Pitta skin
- Haridra (Turmeric) - Anti-inflammatory, antiseptic

Contents: 200 ml

Dosage and use:

- External use – topical: Apply a thin layer of oil to the affected skin once a day (cleanse thoroughly beforehand). Leave on for 30 minutes to a few hours; then rinse with warm water or mild soap (especially for sticky areas).
- For severe infections: Apply twice a day.
- Do not use on open wounds or abraded skin without consulting a specialist.
- Be aware of the scent and intensity: Marichadi Thailam has a strong odor and may cause a slight tingling sensation on sensitive skin (due to black pepper). Always patch test on a small area of skin before first use.

Allergy information: Contains coconut oil; for external use only. Do not use on open wounds: May cause irritation due to pungent spices; Not suitable for use on the face (only if clearly indicated and only on the advice of a specialist); Do not use on young children and babies: Too strong for children's skin; Not for oral use: Apply externally only.

AYURVEDA SPECIALIST EYE DROPS

The Importance of Ayurvedic Eye Drops

Made from an Ayurvedic arka (distillate) preparation, these sterile, herbal eye drops mimic the natural tear pH. They are ideal for naturally refreshing, protecting, and soothing the eyes, especially under the strain of screens, travel, or fatigue. They can be used daily.

An Ayurvedic arka is a distillate or extract of an herb. It is obtained by distilling water or other liquids over herbs, creating a concentrated liquid that contains the herb's properties. The name "Arka" refers to the plant *Calotropis gigantea*, but is also used for the distillates of other herbs.



SUNETRA EYE DROPS



Eye irritation, dryness, and redness pH-balancing

Natural herbs spontaneously provide a refreshing sensation to the eyes. Sunetra is a clear eye drop with a pH similar to that of tears. It was developed after extensive research and supported by rigorous clinical trials. Administering Sunetra does not cause any eye problems, making it suitable for daily use. Sunetra eye drops are prepared from the highest quality, exclusively selected natural herbs. The herbal ingredients are thoroughly mixed into a decoction and further processed into a classic "Arka" preparation (distilled essence) using traditional Ayurvedic methods. Pure honey is added to the distilled essence, and it is further buffered to a pH (a logarithmic scale used to specify the acidity or alkalinity of an aqueous solution) similar to human tears, creating a clear eye drop that mimics the function of tears. Finally, it is bottled in a state-of-the-art, sterile, Class 100 automatic eye drop bottling plant.

How It Works

- Replicates natural tears with pH-balanced arka extract
- Relieves dryness, redness, and irritation caused by computer use, travel, or lack of sleep
- Removes dust, dirt, and minor infections with its gentle herbal cleansing action
- Refreshes tired eyes and promotes a healthy eye environment with regular use

Key Ingredients:

- Jati (Royal Jasmine) - cooling, analgesic; soothes minor abrasions, redness, and inflammation; supports long-term eye health
- Padmakam (Sappanwood) - rich in brazilin; powerful antioxidant that fights eyelid inflammation and protects against bacteria
- Tulsi (Holy Basil) - antibacterial, analgesic, combats physical and metabolic eye discomfort
- Madhu (Honey) - natural antimicrobial and humectant; retains moisture and prevents infection
- Bhimseni Kapur (Borneol) - relieves burning and itching. Forms a protective layer to soothe irritation.
- Satapatri Jala (Rose Water) - cooling and anti-inflammatory; relieves stress and supports eye health.
- Durva Grass & Saindhavalavana (Rock Salt) - support the cleansing and cooling effect.

Contents: 10 ml.

Dosage and use:

- Standard dose: 2 drops in each eye, twice daily.
- For irritations/infections: up to 4 times daily as needed, unless otherwise prescribed by a specialist.

Allergy information:

Discontinue use if symptoms worsen or the infection persists. Sunetra is sterile & Aloe-free (suitable for daily use) and contains no synthetic substances (no steroids or harsh chemicals). Avoid touching the dropper tip to maintain sterility.

SUNETRA JUNIOR EYE DROPS



Specially formulated for children, eye irritation, dryness and redness, pH balancing

Sunetra Junior is the perfect sterile herbal eye care solution for children under 17. Whether your child suffers from tired and strained eyes, itchy and sore eyes, or dry or watery eyes, these eye drops are the perfect solution. If you're concerned about your child's constant exposure to digital devices, incorporating Sunetra Junior eye care into your daily routine is also recommended. Sunetra Junior contains gentle and protective ingredients that help protect children's eyes from damage or degeneration caused by excessive television viewing, computer use, and similar activities. Sunetra Junior eye drops function like tears. They are formulated with natural ingredients: the perfect solution for children's sensitive eyes. Daily use not only reduces dryness but also strengthens and sharpens vision.

Effects

- Copies natural tears through pH-balanced arka extract.
- Prevents dry and red eyes—especially in children who use digital devices.
- Soothes irritation, itching, and inflammation, and removes small dust or dirt particles. Supports daily eye health and helps maintain visual clarity.

Key Ingredients:

- Padmakam (Sappanwood) - rich in brazilein, a powerful antioxidant that reduces eyelid inflammation and fights bacterial irritation.
- Kathakabeeja (Clairnut) - known in Ayurveda for its chakshushya (vision-enhancing) qualities and its ability to brighten and purify the eyes.
- Daruharidra (Indian Blackberry) - helps relieve conjunctivitis, prevents minor infections, and soothes itching.
- Satapatri Jala (Rosewater) - provides a cooling, anti-inflammatory effect to soothe irritated or tired eyes.
- Bhimseni Kapur (Borneol) - relieves burning sensations, coats the eye for comfort, and soothes itching.
- Haridra (Turmeric) - provides antimicrobial and anti-inflammatory benefits and promotes the healing of minor eye injuries. Madhu (honey) - acts as a natural moisturizer and preservative, retaining moisture and preventing microbial growth in the eye.

Contents: 10 ml.

Dosage and use:

- Standard use: 1-2 drops in each eye, twice daily.
- For dryness or minor infections: Up to 4 drops daily as needed, unless otherwise directed by a specialist.

Allergy information:

Do not use if symptoms worsen - consult a pediatric ophthalmologist. Sunetra is sterile & aloe-free (suitable for daily use) and contains no synthetic substances (no steroids or harsh chemicals). Avoid touching the dropper tip to maintain sterility.



SUNETRA SENIOR EYE DROPS

Specially for the elderly, eye irritation, dryness and redness, pH balancing

Sunetra Senior is a sterile herbal eye drop, specially developed for adults and the elderly to support aging or stressed eyes. It is a clear eye drop with a pH similar to that of tears, intended for age-related eye function decline. It is suitable for dry, irritated, or tired eyes caused by strain, dust, allergies, or screen exposure. Sunetra administration does not cause any eye problems and can therefore be used daily. Sunetra eye drops are prepared from the highest quality, exclusively selected natural herbs. The herbal ingredients are thoroughly mixed into a decoction and further processed into a classic "Arka" preparation (distilled essence) using the classical Ayurvedic method. Pure honey is added to the distilled essence and further buffered to a pH (a logarithmic scale used to specify the acidity or alkalinity of an aqueous solution) similar to human tears, creating a clear eye drop that mimics the function of tears.

How It Works

- Replicates natural tears through pH-balanced arka extract
- Combats dryness, itching, and redness
- Refreshes and cools tired, strained eyes
- Helps remove dust particles and minor irritations
- Provides antimicrobial protection for minor infections
- Supports aging eyes, promotes clarity, and reduces eye strain

Key Ingredients:

- Padmakam (Sappan Wood) - a powerful antioxidant and antimicrobial that helps protect the eyes and prevent infections. Kathakabeeja (clarifier) - traditionally used in Anjana (eye paste), known as Chakshushya, clears impurities and supports vision.
- Haritaki & Vibhitaki (Triphala constituents) - together they reduce inflammation, redness, tension, and provide antioxidant protection.
- Yashtimadhu (Licorice) - soothes dryness and inflammation; traditionally used for long-lasting eye care.
- Madhu (honey) - has a natural antimicrobial effect, retains moisture, and acts as a preservative.
- Bhimseni Kapur (Borneol) - reduces burning and itching with a mild protective layer.
- Jati (Jasmine) - known for its cooling and soothing effect on the eyes.

Contents: 10 ml.

Dosage and use:

- Standard dosage: 2 drops in each eye, twice daily.
- For increased discomfort or minor irritation: use up to 4 times daily, unless otherwise directed by a specialist.

Allergy information:

Stop use and consult a healthcare professional if symptoms worsen or if an infection is suspected. Safe for most adults, but consult a doctor for serious eye conditions. Sunetra is sterile and aloe-free (suitable for daily use) and contains no synthetic ingredients (no steroids or harsh chemicals). Avoid touching the dropper tip to maintain sterility.



AYURVEDA
SPECIALIST

Ayurveda Specialist B.V

Website and webshop: www.ayurvedaspecialist.nl

Concept store: Maaspoort 24, 6001 BP Weert (L) Netherlands

E-mail: info@ayurvedaspecialist.nl

Phone: 0031 (0)6 11392193

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