



# Herbals & Health

## Ashwagandha

### Energy, Strength and Stress Relief

Ashwagandha (*Withania somnifera*) has been referred to as Indian ginseng; its roots are used in Ayurvedic medicine in much the same way as ginseng is used in traditional Chinese medicine. This magnificent herb is very useful for raising energy, strength, stamina, the total rejuvenation of the body, and for its capacity to relieve stress. It helps to strengthen the nervous system and is also very successfully used to avoid premature aging. It helps to normalize the functioning of the body by stabilizing and maintaining the secretion of enzymes. Ashwagandha has anti-stress adaptogenic action that leads to improved physical fitness and helps cope with life's daily stress. It raises physiological endurance and protects against the effects of stress. It is particularly beneficial for stress related disorders such as arthritis, hypertension, diabetes, and premature aging.

**usage:** 2 to 4 capsules daily or 1 to 3g powder with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day. Not recommended for people suffering from liver diseases, or digestive disorders.

## Brahmi

### Mental Performance Support

Brahmi (*Bacopa monnieri*) traditionally used in Ayurveda, has gained worldwide fame as a memory booster, promoting mental awareness and concentration. It is widely used as an antioxidant and for improving brain cell function. It helps relieve nervous congestion. This herb is used to better the process of learning, improve the power of speech and imagination, ease nervous and mental strain, and is employed in cases of nervous breakdowns. Taking Brahmi can assist you in experiencing a better sense of well-being during periods of restlessness, anxiety, fatigue, cloudiness of thought, and an overactive mind. Very useful in the cure of Attention Deficit Disorder, this herb induces a sense of calm and peace while facilitating concentration by stimulating neural activity.

It is also used as a blood cleanser and is considered useful for any inflammations, and for controlling blood pressure. Brahmi is considered the main rejuvenating herb for the nerve and brain cells.

**Usage:** 2 to 4 capsules daily or 1 to 3g powder with hot water or milk. Consume the entire amount or divide it into two or three doses throughout the day.

## Neem

### Purifier - Immune Booster

The Neem tree (*Azadirachta indica*) is known as “the reliever of sickness” and is represented by every aspect of traditional Indian science and culture. The earliest Sanskrit medical writings refer to the benefits of the fruits, seeds, oil, leaves, roots and bark of the Neem tree. Each of these has been used since ancient times in the Ayurvedic and Unani systems of medicine. Neem boosts the immune system at all levels while helping the body fight infections. It has anti-bacterial, anti-fungal and blood purifying properties. Neem is useful for skin disorders and keeps the skin healthy and glowing.

**Usage:** 2 to 4 capsules daily or 1 to 3g powder with hot water. Consume the entire amount or divide it into two or three doses throughout the day. Not recommended during pregnancy or when trying to conceive.

## Triphala

### Complete Body Cleanser - Digestion

Triphala - three fruits- is an Ayurvedic herbal formula consisting of equal parts of three herbs: Amla (*Phyllanthus emblica*), Bibhitaki (*Terminalia bellirica*) and Haritaki (*Terminalia chebula*). Triphala is used in Ayurveda as a complete body cleanser. Triphala help to detoxify and cleanse the colon. It also purifies the blood and removes toxins from the liver. Other cleansing benefits of Triphala include reducing some forms of cholesterol (serum cholesterol), and reducing high blood pressure. Triphala is used for immune system stimulation, improvement of digestion and relief of constipation. A popular folk saying in India says: “You do not have a mother? Don't worry, as long as you have Triphala in your life.”

**Usage:** 2 to 4 capsules daily or 1 to 3g powder with hot water or milk. Consume the entire amount or divide it into two or three doses throughout the day. Not recommended during pregnancy.

## Amla

### Vitamin C - Anti-oxidant

In Ayurveda the importance of Amla (*Phyllanthus emblica*) has been described by the Rishis, the ancient sages of India, as having detoxifying, anti-aging properties and improving overall immunity. The health benefits of Amla can be attributed to the high vitamin C content. Amla has anti-oxidant properties and helps combat free radicals. It is considered one of the strongest rejuvenators, particularly for your blood, bones, liver, heart and skin. Amla balances stomach acid, nourishes the brain and mental functioning, supports the heart, strengthens the lungs, promotes healthier hair, acts as a body coolant, flushes out toxins, increases vitality, strengthens the eyes and improves muscle tone. The high amount of Vitamin C in Amla helps the body to better digest food and to assimilate minerals like iron; it also enhances metabolism.

**Usage:** 2 to 4 capsules daily or 1 to 3g powder with hot water or milk. Consume the entire amount or divide it into two or three doses throughout the day.

## Arjuna

### Heart Wellness & Healthy Blood Pressure

Arjuna (*Terminalia arjuna*) Arjuna is the best known ayurvedic herb for the heart. It possesses the special properties of strengthening the heart muscles thereby treating cardiovascular ailments, Arjuna increase the coronary artery flow and helps to nullify the effect of stress on the heart. Arjuna can be helpful for asthma, hypertension and kidney stones. It is used as blood thinner and support healthy blood pressure. Arjuna helps to maintain healthy cholesterol level and used to increase vitality. Substances present in Arjuna have proved to be helpful against the effect of toxins on DNA.. No side effects are known but as Arjuna lower blood pressure and blood sugar levels, people on medication as well as diabetes need to take precaution. Aurospirul Arjuna powder is obtained from the whole dried, ground arjuna bark.

**usage:** 2 to 4 capsules daily 1 to 3g powder with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day.

## Shatavari

### Women's Health

Shatavari (*Asparagus racemosus*) is a climbing plant which grows in low jungles areas throughout India. Shatavari, is considered to be the most beneficial herb for balancing the female hormonal system. Shatavari cleanses the blood and nourishes the female reproductive organs. It supports the natural fertility of the body, it provides nourishment to the womb and ovum, it supports the female organs in protecting the foetus in the early stages of pregnancy and it is useful as a post-partum tonic. Shatavari enhances estrogen hormone production, thereby helping to ward off many diseases while promoting milk production in lactating mothers. Shatavari is very useful for women who suffer from low natural estrogen levels as a result of menopause.

**usage:** 2 to 4 capsules daily or 1 to 3g powder with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day.

## Turmeric

### Antioxidant & Anti-inflammatory

Turmeric (*Curcuma longa*), has been referred to as the "Queen of Spices". In Ayurveda, Turmeric is recommended for its potential medicinal value. Curcumin is Turmeric's major component, responsible for the spice's yellow color and its therapeutic effects. The anti-inflammatory properties in Turmeric are great for the treatment of arthritis. Antioxidants in Turmeric destroy the free radicals that damage cells in the body, contributing towards a preventive effect against tumor cells. Turmeric can be used in treatment of diabetes by helping to moderate insulin levels. Turmeric contains lipopolysaccharide, which helps stimulate the body's immune system. Turmeric is a natural antiseptic. Turmeric improves digestion and the function of the liver and is useful for skin treatments. Piperine, a major component of black pepper will increase the bioavailability of Curcumin by up to 2000%.

**Usage:** 2 to 4 capsules daily or one measuring spoon with hot water or milk. Consume the entire amount or divide it into two or three doses throughout the day.

## Kutki

### Liver Support & Detox

Kutki (*Picrorhiza kurroa*) is a plant found in the Himalayan mountains. The root and rhizome (underground stem) have a long history of use in Ayurvedic medicine. Kutki is known to be an effective and powerful liver healing agent. It boosts antioxidants such as glutathione and several liver enzymes, aids detoxification and supports the immune system through the liver and lymphatic system. Kutki combats liver infections caused by acute viral hepatitis and encourages liver, gallbladder and intestinal detox. It improves digestion and counters diabetes as it stabilizes blood sugar levels. Kutki is also used for skin-related issues such as skin irritation from dermatitis, eczema, jaundice and may have potential against vitiligo as well. Kutki helps to maintain a healthy immune system and has a cooling effect, removing excess heat from the body.

**usage:** 2 to 4 capsules daily 1 to 3g powder with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day.

## Haritaki

### Intestinal Health

Haritaki (*Terminalia chebula*) has a long history of use in Ayurveda. The dried fruit of the tree is one of three dried fruits that make up the rejuvenating ayurvedic formula Triphala and balances all the three doshas: Vata, Pitta and Kapha. Haritaki is rich in vitamin C and has anti-oxidant and anti-inflammatory effects. Haritaki is beneficial in improving the digestive functions of the body by increasing the absorption of essential nutrients from food and also has a mild laxative effect on the body and hence treats constipation and cleansing the intestines and reducing stomach acidity. The anti-bacterial and anti-oxidative nature of this Haritaki promotes overall skin and hair health.

**usage:** 2 to 4 capsules daily 1 to 3g powder with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day.

## Punarnava

### Rejuvenation and Kidney Health

Punarnava (*Boerhavia diffusa*) is a traditional Ayurvedic plant that is used to rejuvenate the whole body. Punarnava improves kidney function. It has diuretic and anti-inflammatory properties due to which it is useful in reducing the risk of inflammatory kidney disorders and management of kidney stones. Being a potent digestive agent, Punarnava stimulates the secretion of digestive juices thereby increasing the absorption of essential nutrients and enhancing digestion. Punarnava has powerful analgesic and anti-inflammatory properties, which is extremely beneficial in reducing joint and muscle pain, thereby reducing the chances of chronic auto-immune inflammatory diseases like rheumatoid arthritis. Punarnava is helpful in regulating the blood sugar levels, thereby managing diabetes.

**usage:** 2 to 4 capsules daily 1 to 3g powder with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day.

## Guduchi

### Immunity and Vitality

Guduchi (*Tinospora cordifolia*) is known in Ayurvedic literature as 'Amrita', which literally translates to 'the root of immortality' because of its abundant medicinal properties. Guduchi activates the immune system, boosting immunity and promoting vitality. It is a powerful antioxidant which fights free-radicals, keeps cells healthy and protects against diseases. Guduchi works as a detoxifier and helps building a stronger digestive system. Guduchi treats ailments such as bronchitis and chronic cough. It pacifies the mucous membrane of the respiratory system thereby making it very effective against asthma. Guduchi helps in managing stress and anxiety by normalizing the physiological functions. Guduchi is also known for its anti-inflammatory properties which provides relief while dealing with inflammatory conditions such as gout and arthritis. Guduchi helps in bringing high fever under control by lowering the body temperature.

**usage:** 2 to 4 capsules daily or one measuring spoon with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day.

## Stevia

### Natural Sweetener - Stabilizes Blood Sugar

Stevia (*stevia rebaudiana*) or sweetleaf - a genus of the sunflower family - has been used nutritionally and medicinally for centuries by the Guarani Indians of Paraguay. Stevia's most obvious and notable characteristic is its sweet taste. However, the sweet taste is not due to carbohydrate-based molecules, but to several non-caloric molecules called glycosides. Medical research has shown possible benefits of Stevia in treating obesity and hypertension (high blood pressure). Because Stevia has a negligible effect on blood glucose, even enhancing glucose tolerance, it is attractive as a natural sweetener to people on carbohydrate-controlled diets and diabetics, as it has properties which help stabilize the blood sugar level. It inhibits the bacteria that causes plaque on teeth, and is thus effective for cavity prevention.

**Usage:** 2 to 4 capsules daily 1 to 3g powder with hot water or milk. Consume the entire amount or divide into two or three doses throughout the day.

Information is provided for informational purposes only and is not meant to substitute for the advice provided by your own physician or other medical professional.