

**EVEREST AYURVEDA®**

TRADITIONAL AYURVEDIC MEDICINE

# Harmony and Health from the Himalayas

Original certified blends of Ayurvedic herbs  
for mental wellness and physical fitness

Restore your life balance



Food supplements

# Principles of Ayurveda

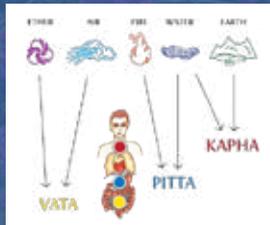
**The Origin of Ayurvedic Medicine** – Ayurveda literally means “science of life”, and it represents the oldest complex medical system about healthy lifestyle principles. The origin of its teachings dates back to the ancient Indian scriptures (Vedas). Those scriptures came into existence due to the inner realisation of illumined Sages (Rishis). The first significant writings about Ayurveda (Charaka Samhita) appeared around the first millennium B.C. The second scholarly writing (Sushruta Samhita) originated one century later and deals with Ayurvedic surgery. The third most important Ayurvedic document (Astanga Hridaya) is from the 7th century A.D. and it is a well-arranged compilation of two previous writings. Between the 5th century B.C. and 5th century A.D. the Ayurvedic principles spread to all known corners of the world – China, Tibet, Persia, Arabia, Egypt, Greece and Rome – where they blended with local traditions and cultural habits. This served as a common ground for various new teachings and systems of natural medicine. Therefore Ayurveda is regarded as ‘the mother of all medical systems.’



**Basic Principles and Three Gunas** – The soul or atman is a conscious part and direct manifestation of the highest spiritual principle – Brahman – in the physical body. The true purpose of the body is to manifest reality and inner light of the soul. If the body is healthy and strong then man is able to perceive its wisdom and inner guidance better. The soul is the very essence of life and the real source of our healing ability. The time comes in every man’s life when we realize that we are not only what we think, see or feel through our senses but that we are the soul, who is the inner dweller of the body and the conscious observer of life’s experiences. As soon as the soul leaves the body, the physical existence disintegrates and comes back into the five elements of the nature.

The basis of Ayurveda comes out of Sankhya’s philosophical system, which was founded by The great sage Kapila. The ancient Indian sages saw two fundamental principles manifesting through life: the masculine power of the spirit representing clear consciousness of the soul (purusha) and the feminine power of nature – the creative force of matter (prakriti). Communion of these two principles gave birth to beings with individual consciousness, mind and self. The feminine principle consists of three gunas (cosmic attributes) sattva, rajas and tamas, which represent the subtle energies binding the power of spirit or consciousness to the outer form of life.

**Five Elements and Three Doshas** – The three cosmic qualities (gunas) gave birth to the five elements of nature – ether, air, fire, water and earth – which are being individually combined in the human body and manifest themselves as three basic biological principles (doshas) – vata, pitta, and kapha (in Tibetan concept, wind, bile and phlegm). Every human being is born with a unique dosha proportion, which takes part in the forming of our mental and physical features. During the course of life, this dosha proportion deviates from its original state (vikrti) for various reasons and subsequently, it has an impact on our mental and physical health condition. Psychic consciousness, thoughts, feelings, emotions, food, lifestyle and environment, all influence the balance or imbalance of the doshas. These three primary life principles cannot be perceived separately and independently. Their functions are mutually linked and complementary. Their correct recognition enables us significantly to see their signs within mixed constitutions – the most common body types.



**Characteristic Types** – Vata, pitta and kapha are three elementary characteristic types and they have seven more various combinations (vata-pitta, pitta-vata, vata-kapha, kapha-vata, pitta-kapha, kapha-pitta, vata-pitta-kapha). If we have pitta dominant nature, then we are pitta type. If we can equally identify for instance with vata and pitta characteristics, then we are combined vata-pitta. However, even with the combined type, one characteristic is always more dominant than the other. An equally balanced vata-pitta-kapha type is very unique. For instance, if somebody with vata dominant

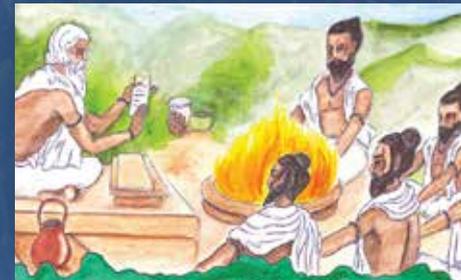
*“If we understand ourselves better, then we will also understand more about other people and the world around us.” – Ayurvedic proverb*

nature begins to show signs of an ailment, it is mostly because his vata dosha has dramatically risen. An excessive amount of any one of the three doshas, always results in mental imbalance and improper functioning of some bodily organs. Our task then is to bring these life forces back to their original balanced state. To understand these psychosomatic principles is the fundamental key to a healthy and balanced life. If we become more aware of their impact and effect, we will be able to avoid habits and stereotypes, which may later on cause a variety of ailments.

**The Ayurvedic Perspective** – Ayurveda represents a holistic and simple form of healing approach. It aims to know oneself and to reveal deeper causes of one’s health conditions. It strives to gain insight into the very core of a problem and discover the primary cause of the ailment, whether it originates in improper diet, lifestyle, hereditary taint, negative thinking or emotional and energetic imbalance. It gives us insight into the broader context of conditions, which create and affect our mental and physical state. Ayurvedic practice above all appeals to conscious prevention and healthy lifestyles, because it is always easier to cure an ailment in the early stages, rather than allowing it to develop, resulting in damage to the tissues. Seventy percent of most ailments originate in incorrect diet. Therefore successful ayurvedic therapy above all depends on proper diet consumption, and also on our willingness to change some of our present habits and stereotypes, because they often initiate our health problems. Right attitude, strong willpower and determination to tackle our health problems, are the foundation stone of success.

**The Ayurvedic Approach** – Ayurveda looks upon the human being as an indivisible and mutually interconnected complex of body, vital energy, mind and soul. It does not focus on symptoms themselves, but mostly on the causes of psychosomatic imbalance, which precedes every disease. A symptom is regarded only as a signal or warning that there is something wrong with the body and that a deeper level of correction is needed. Thus, in accordance with healthy lifestyle principles, Ayurveda tries to restore the natural state of harmony in the human body, which manifests itself as mental and physical health. Following a programme of positive change, to include proper diet and regular herb usage, it is possible to remove various health problems and long-lasting illnesses such as skin diseases, respiratory problems, digestive disorders, migraines, obesity, blood circulation problems, and gynecological difficulties. Other ailments such as spine, joint and muscle illnesses, insomnia, fatigue and stress, can also be removed.

**The Cause of Disease** – Health is an optimal state of harmonious body functioning. It represents the balance between three biological principles (vata, pitta, kapha) according to the original condition (vikrti), bodily tissues and their functions, sensory organs, the mind and psychic consciousness. Each man is endowed with a sufficient amount of common sense in order to distinguish between the convenient and inconvenient or healthy and harmful. The human body gives us all the answers needed in the form of signals, which one either listens to or not. Each emotion is a biochemical response to a particular problem that lies deeper under the surface. The behaviour and manners of a regular man are determined by his desires and wishes, which reside in the mind. This mind usually insists on its fulfilment, despite damage to the physical body, and as such often abuses the body to achieve its desires. Therefore most ailments first come from the mind before they manifest on the physical plane. They originate in the restless, imbalanced and undisciplined mind, which is full of wrong ideas. Thus desire is the very essence of ignorance, which contains suffering, disease and pain. Only after this stage can the primal impulse begins to manifest on the physical level, due to the accumulation of one of the vata-pitta-kapha principles in a particular place in the digestive system according to its centre. Consequently it leads to nutrition and regeneration disorders of seven bodily tissues (dhatus) and then to distortion of some of the vital life energy. Such imbalance of the body and bias from its natural balance results in different kind of ailments.



# The power of the Ayurvedic herbs

**The Ayurvedic Pharmacology** – The plant kingdom is linked to the human nervous system via our feelings, sensory perception and the life energy. Each herb, plant or tree, passes on its healing power not only on the strength of its beneficial-to-health extracts, but also in the form of light or cosmic quality of sattva. By the process of photosynthesis, light energy transformation takes place, with assistance of water and carbon dioxide, into oxygen and glucose, which are absolutely indispensable for the existence of human life. Plants contain solar radiation energy and therefore they can regenerate our nervous system, while and at the same time increasing the ability of psychic receptivity. Therefore, real experts on Ayurvedic herbs are spiritually developed people, who are able to properly listen to plants in order to be able to use them, in accordance with cosmic law, in a convenient way. Herbs and spices are the foundation not only of Ayurvedic medicine, but they were at the inception of modern Western pharmacology. On the strength of knowledge about health benefits and effects of many of these Ayurvedic plants, pharmaceutical companies developed preparations applied in contemporary medicine. To give an example, we can choose Rauwolfia serpentina, a herb that has been used for centuries to reduce blood pressure. In 1931, reserpine and rescinnamin were isolated from this plant. In 1945, the first allopathic medicine for the reduction of blood pressure was developed. There are many similar examples of this kind to be given.



Ayurveda recognizes the properties of herbs according to the six tastes (rasa) that through our tongue directly affect the nervous system and the psychosomatic balance of the three doshas. The herbs are further divided into those having warming or calming effect on the digestion process in the stomach (virya) that is connected with the metabolism of seven bodily tissues (dhatus). Warming tastes (pungent, sour, and salty) increase the fire element pitta and calming tastes (bitter, astringent and sweet) reduce it naturally. The tasting properties of herbs are also classified by the effect on the final stage of assimilation in the large intestine (vipaka). Except of basic tastes, each herb contains also a special therapeutic potency (prabhava) which includes a form of pharmacological, psychic and mental functioning on the deeper levels of human consciousness.



**Herb Collection and Hand-made Procession** – Perfect knowledge of herbs and spices and their collection, is part of everyday life of many of the inhabitants in mountainous areas at the Himalayan foothills. Thus the preparation of Ayurvedic herbal teas has maintained its traditional character, which it had long ago, when people went collecting rare herbs, growing high up in the Himalayas. This helped them to prepare regenerating and refreshing drinks, contributing to a stronger immune system and sound health. Even today, many people go on long journeys to the remote areas of mountain massifs, to collect wild herbs and transport them down to the valley, often only with the help of their yaks and mountain goats. For the production of Himalayan teas, more than 60 Ayurvedic herbs are used that are collected in large areas of the Himalayas. The plants are first hand-cleaned and then different parts of the herbs are processed, such as roots, stalks, bark, leaves, flowers, seeds and fruits. These are further crushed and grounded into small parts, to achieve quality and efficient infusing of herbal blends. At this stage, herbs are weighed and mixed according to original Ayurvedic recipes.



*"Only the silence of the heart can cure the illness of the mind." – Sri Chinmoy*

**The Health Benefits of Ayurvedic Herbs** – Himalayan herbs have been used for many centuries to optimise mental and physical functions of the body. They represent the essence of traditional Ayurvedic medicine which uses them in manifold combinations. Each herb has a variety of effects, therefore the precise mixing ratio is of paramount importance to increase or reduce their specific effect. The Himalayan Ayurvedic teas are a unique combination of such century-proven herbs and their beneficial decoctions. They optimise mental and physical strengths, rejuvenate bodily tissues, harmonise cardiovascular and lymphatic system, calm the nerves and respiratory tract. They also promote good digestion and metabolism, detoxify the body, stimulate brain activity and improve immune system. When regularly taken, their specific effects beneficially influence our bodily and mental condition. The tea legends contain a list of their ingredients, favourable effects, as well as categories and mode of actions covered by each one.



**Preparation and Use** – The Himalayan herbs are traditionally boiled for 3 to 5 minutes in case they serve as a remedy enhancing mental and bodily functions. Such decoction has stronger effect, milder taste and beneficially influences our digestion that enables proper assimilation of health-promoting extracts of the Himalayan herbs. The teas are drunk as a part of our daily drinking regime for a period of duration of health disorders. If you undertake a herbal therapy, the tea can be used for a period of 1 to 3 months in accordance with a daily dosage indicated on the particular label. Allow one week pause after finishing each tea box.

It is recommended to use maximum of two kinds of teas at the same time. For reducing symptoms of common ailments, more of the teas can be switched in daily or weekly period. Such being the case, teas are drunk separately with one hour interval. When drinking as a preventive, stimulating or supportive remedy, herb infusion is sufficient with unlimited period of use. For stronger health affectivity teas are used warm before meal. The specific taste of each tea is a part of its therapeutic effect and corresponds to the ayurvedic health properties of six tastes. Thus any kind of sweetener is not recommended.

**Ayurvedic Doctor** – The herbal blends, have been prepared under strict control by the Nepali Ayurvedic physician Dr. Ka Dev Jha, who studied at the State University of Ayurvedic medicine in Patna and at the Faculty of Medicine at the University in Benaras. During the sixties, he was in the service of the Nepali Ministry of Health, and in 1971–1997, he worked at the faculty hospital of the oldest Ayurvedic University, Nara Devi, in Nepal. He is currently cooperating with, and consulting many Ayurvedic medical companies.



The traditional Ayurvedic wisdom and knowledge of the secrets of life have been handed down from generation to generation by initiated teachers. This has been done as a form of service to all those who are looking for an inner realization of the indivisible integrity, between the physical and spiritual existence of a human being. Based upon such an understanding, one's life becomes richer and more meaningful. If we understand ourselves better, then we will also understand more about other people and the world around us. And so we discover simplicity, beauty and an inner stream of life, which will bring more joy, harmony and security into our everyday activities.

**Everest Ayurveda s.r.o.** – is a Czech-Slovak-Nepali company that spreads the message of Ayurvedic medicine, healthy lifestyle, use of Himalayan herbs and the inner dimension of human beings in accordance with the Indian tradition. The company was founded in 2004 in the Czech and Slovak Republic in cooperation with Nepali Ayurvedic physician Dr. Ka Dev Jha. The traditional Ayurvedic products from Nepal and India represent the main subjects of import, export and wholesale activities. Everest Ayurveda is placed in the Czech Republic with the head office in Prague, branch office in Slovakia, Bratislava and production of herbal supplements in Nepal with residence in Kathmandu.

# Ayurvedic Dosha Teas

The traditional blend of Himalayan herbs proven for centuries has beneficial effects upon the general health and mental condition of each individual according to his constitutional characteristics and individual combination of the three biological energies (doshas) of vata, pitta and kapha.

## VATA TEA – Mental Well-being

### Relaxation of Body & Mind

- ✓ *Withania somnifera* brings about mental balance
- ✓ It helps to release tension and stiffness
- ✓ It promotes mental relaxation and good sleep
- ✓ It reduces feelings of nervousness, anxiety and fear
- ✓ *Valeriana officinalis* calms down an agitated mind
- ✓ It supports general relaxation of the nervous system
- ✓ *Zingiber officinale* promotes energy and vitality of the body
- ✓ It strengthens the cardiovascular system
- ✓ *Elettaria cardamomum* is beneficial for digestion and gastric activity
- ✓ *Glycyrrhiza glabra* favourably affects the optimal functioning of the intestinal tract

Vata supports physical and mental activity, blood circulation, lymphatic and nervous system and respiratory tract. It brings about a feeling of relief and relaxation. The traditional blend of Himalayan herbs proven by centuries has beneficial effects upon general health and mental conditioning of people with the following predominant characteristics:

- ✓ Slim
- ✓ Sensitivity to cold
- ✓ Dry skin and insufficient blood circulation to the limbs
- ✓ Active, energetic, resourceful, impulsive and full of life
- ✓ Talking quickly and gesticulating with the hands
- ✓ Creative and sensitive people with good intuition
- ✓ Tendency to indecisiveness, nervousness, anxiety and jitters
- ✓ Showing signs of a weak will and short-term memory
- ✓ Capable of hard work
- ✓ The experience of tension and insomnia when being over-worked

**Vata types** should avoid psychological strain, working till late at night, exposure to cold and frost, raw food and cold drinks, alcohol and smoking. It is good to limit work at the computer, television and excessive work load. Suitable sport activities include yoga, tai-chi and dance fitness, jogging, cycling and hiking. Good for the restoration of balance: sun, warm environment, peace, enough rest, warm, nutritious, slightly spicy and oily food, regular relaxation and aromatherapy.

**Ingredients:** *withania somnifera*, *valeriana officinalis*, *zingiber officinale*, *elettaria cardamomum*, *glycyrrhiza glabra*, *cinnamomum zeylanicum*, *terminalia chebula*, *myristica fragrans*, *ocimum sanctum*, *cymbopogon citratus*, *piper nigrum*

## PITTA TEA – Anti-stress

### Calmness & Balance

- ✓ *Mentha arvensis* regulates feeling of internal body heat
- ✓ *Foeniculum vulgare* enhances good digestion and excretion
- ✓ *Coriandrum sativum* positively affects gastrointestinal activity
- ✓ *Tinospora cordifolia* enhances optimal functioning of the liver and immune system
- ✓ *Santalum album* promotes blood purification
- ✓ It favourably affects good complexion and quality of skin
- ✓ It enhances emotional balance and harmonises the nervous system
- ✓ *Asparagus racemosus* calms down anger, irritation and stress
- ✓ *Centella asiatica* helps to maintain a balanced nervous system



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day

“Let food be thy medicine, thy medicine shall be thy food.” – Ayurvedic proverb

Pitta supports digestion, metabolism and the liver, regulates body temperature, regenerates skin and stimulates brain activity. It brings a feeling of calm and equilibrium. The traditional blend of Himalayan herbs proven by centuries has beneficial effects upon general health and mental conditioning of people with the following predominant characteristics:

- ✓ Medium built
- ✓ Aversion to hot summer and direct sunlight
- ✓ Sweating quickly and easily
- ✓ Fatty, reddish even freckled complexion
- ✓ Rational, pragmatic and competitive
- ✓ Good judgement, penetrated thinking and a strong will
- ✓ Leader types who like discussion and attracting attention
- ✓ Tendency to be choleric, irritable and impatient under pressure
- ✓ Good speakers and responsible organizers
- ✓ Angers easily and can criticize others in an unpleasant manner

**Pitta types** should use oils and creams to protect their skin, avoid direct sunlight and high temperatures, smoking, drugs and alcohol. They need to limit fatty, heavy, salty and spicy meals, avoid overeating and eat smaller portions several times a day. Suitable sport activities include running, skiing, climbing, hiking and competitive sports. Good for the restoration of balance: cooler food and drinks, alternating activity and relaxation, sufficient fluid intake.

**Ingredients:** *mentha arvensis*, *foeniculum vulgare*, *coriandrum sativum*, *tinospora cordifolia*, *santalum album*, *asparagus racemosus*, *centella asiatica*, *emblica officinalis*, *pterocarpus marsupium*, *cuminum cyminum*, *glycyrrhiza glabra*, *cymbopogon citratus*

## KAPHA TEA – Stimulation

### Fitness & Vitality

- ✓ *Zingiber officinale* helps to rejuvenate and stimulate the body
- ✓ *Centella asiatica* removes fatigue and drowsiness
- ✓ It optimises mental strength during depression and general debility
- ✓ *Cinnamomum zeylanicum* has a positive effect on physical freshness and good shape
- ✓ *Syzygium aromaticum* supports functioning of the cardiovascular system
- ✓ *Terminalia bellirica* has a positive effect on normal cholesterol level
- ✓ *Ocimum sanctum* beneficially influences respiratory tract
- ✓ *Piper nigrum* helps to release air passages

Kapha supports resistance and immunity of the body, enhances body vitality, joints and general physical condition. It brings stimulation and refreshment. The traditional blend of Himalayan herbs proven by centuries has beneficial effects upon general health and mental conditioning of people with the following predominant characteristics:

- ✓ Rather heavily built
- ✓ Gain weight easily
- ✓ Aversion to damp and rainy weather
- ✓ Skin is smooth and thick
- ✓ Friendly, calm and peaceful
- ✓ Good memory with a tendency to be persistent in actions
- ✓ Reliable, patient, steadfast and tolerant
- ✓ A dislike to change of habits and a preference to stay in one place
- ✓ Thoughtful and slower to act
- ✓ Good at cooperation

**Kapha types** should avoid heavy, oily, stewed and fatty meals and focus on spicy, bitter and astringent diet. It is advisable to reduce unnecessary sleep, overeating and dairy consumption. Suitable sport activities include long distance running, rowing, bodybuilding and weightlifting. Good for the restoration of balance: light and warm food, regular physical work and exercise, frequent change and varied daily activities.

**Ingredients:** *zingiber officinale*, *centella asiatica*, *cinnamomum zeylanicum*, *syzygium aromaticum*, *terminalia bellirica*, *ocimum sanctum*, *piper nigrum*, *elettaria cardamomum*, *cuminum cyminum*, *tribulus terrestris*, *myrica rubra*



Recommended dosage:  
2-3 cups a day

# Himalayan Ayurvedic Teas

Himalayan herbs have been used for many centuries to optimise mental and physical functions of the body. They represent the essence of traditional Ayurvedic medicine which uses them in manifold combinations.

## \* Digestive Tract

### SHUNTHI – Gastrointestinal Tract

- ✓ *Terminalia chebula* optimises the functions of the gastrointestinal tract
- ✓ It promotes general immunity of the intestinal flora
- ✓ *Terminalia bellirica* positively influences digestion and intestinal peristalsis
- ✓ It promotes regular elimination
- ✓ *Emblica officinalis* harmonises the functions of the digestive tract
- ✓ *Zingiber officinale* acts as antioxidant and supports good digestion

**Category:** gastric disorders, indigestion, gastritis, abdominal colic, intestinal colitis, intestinal parasites, constipation, flatulence

**Ingredients:** *terminalia chebula*, *terminalia bellirica*, *emblica officinalis*, *zingiber officinale*, *piper nigrum*, *tinospora cordifolia*, *cymbopogon citratus*, *glycyrrhiza glabra*, *elettaria cardamomum*, *syzygium aromaticum*

### GUDUCHI – Digestion & Appetite

- ✓ *Elettaria cardamomum* soothes the digestive tract
- ✓ *Glycyrrhiza glabra* helps to maintain optimal functioning of the digestive system
- ✓ It has positive effect in cases of stomach irritation and restores appetite
- ✓ *Tinospora cordifolia* strengthens immunity of the body
- ✓ It harmonises metabolism and revitalises the bodily tissues

**Category:** nausea, vomiting, gastric acidity, heartburn, diarrhoea, stomach flu

**Ingredients:** *elettaria cardamomum*, *glycyrrhiza glabra*, *tinospora cordifolia*, *cymbopogon citratus*

### TRIPHALA – Cleansing & Detoxification

- ✓ *Glycyrrhiza glabra* positively affects optimal functions of the intestinal tract of sensitive people
- ✓ *Terminalia chebula* promotes purification of the gastrointestinal tract
- ✓ *Terminalia bellirica* supports digestion and intestinal peristalsis
- ✓ *Emblica officinalis* harmonises activity of the gastrointestinal tract
- ✓ It promotes the immunity of the intestinal flora
- ✓ *Curcuma longa* maintains healthy and comfortable digestion

**Category:** detoxification, chronic digestion and intestinal disorders, Crohn's disease, gastric irritation, gastric hyperacidity, ulcers, inflammations, infections, diarrhoea, nausea

**Ingredients:** *glycyrrhiza glabra*, *terminalia chebula*, *terminalia bellirica*, *emblica officinalis*, *curcuma longa*, *cymbopogon citratus*, *withania somnifera*, *tinospora cordifolia*

### KALAMEGHA – Liver & Gallbladder

- ✓ *Andrographis paniculata* supports general purification and detoxification of the body
- ✓ It enhances optimal functioning of the liver during excessive stress
- ✓ *Curcuma longa* enhances anti-inflammatory protection of the liver
- ✓ *Terminalia arjuna* supports normal functioning of the liver
- ✓ *Tinospora cordifolia* strengthens the immune system

**Category:** liver, gallbladder, gallstones, detoxification, metabolism, inflammations, infections, hepatitis, cirrhosis

**Ingredients:** *andrographis paniculata*, *curcuma longa*, *terminalia arjuna*, *tinospora cordifolia*, *terminalia bellirica*, *piper longum*, *glycyrrhiza glabra*, *phyllanthus emblica*



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
3-4 cups a day



Recommended dosage:  
2-3 cups a day

"For every disease, a herb was grown, so there is no herb that is not for some disease." – Ayurvedic proverb

### PACHAKA – Antismoking & Abstinence

- ✓ *Coriandrum sativum* promotes good digestion and calming of withdrawal symptoms
- ✓ It maintains proper activity of the gastrointestinal functions
- ✓ *Punica granatum* positively influences functions of the cardiovascular system
- ✓ It has a supportive effect on withdrawal from addictive substances
- ✓ *Elettaria cardamomum* supports good digestion and the nervous system

**Category:** withdrawal, smoking, alcohol, drugs, withdrawal symptoms, nausea, digestion disorders, stomach ulcers, stomach acidity, heartburn

**Ingredients:** *coriandrum sativum*, *punica granatum*, *elettaria cardamomum*, *cinnamomum zeylanicum*, *cinnamomum cassia*



Recommended dosage:  
2-3 cups a day

### KARAVI – Food Intolerance & Allergy

- ✓ *Glycyrrhiza glabra* enhances optimal digestion of sensitive people affected by allergies
- ✓ *Curcuma longa* positively influences gastrointestinal activity
- ✓ *Foeniculum vulgare* enhances digestion and its purification
- ✓ *Terminalia chebula* has a beneficial effect on gastrointestinal functions
- ✓ *Terminalia bellirica* promotes good digestion and intestinal peristalsis
- ✓ *Emblica officinalis* harmonises the digestive tract

**Category:** food allergies (gluten, wheat flour, soya, beans, milk, eggs, tomatoes, celery, spinach, apples, apricots, peaches, strawberries, nuts, etc.), detoxification of digestive tract, rashes, eczema, urticaria

**Ingredients:** *glycyrrhiza glabra*, *curcuma longa*, *foeniculum vulgare*, *terminalia chebula*, *terminalia bellirica*, *emblica officinalis*, *zingiber officinale*, *asparagus racemosus*, *trigonella foenum-graecum*, *cuminum cyminum*, *ocimum sanctum*, *carum carvi*



Recommended dosage:  
2-3 cups a day

### KANTAKARI – Teeth & Gums

- ✓ *Syzygium aromaticum* is beneficial for protection of teeth
- ✓ *Curcuma longa* helps in case of gum inflammation
- ✓ It supports disinfection of mouth cavity
- ✓ *Terminalia chebula* calms down the irritated cranial nerves
- ✓ *Terminalia bellirica* acts as an antioxidant and strengthens the immune system
- ✓ suitable for regular mouth rinse

**Category:** teeth, gums, paradentosis, plaque, distortion of enamel, fresh breath

**Ingredients:** *syzygium aromaticum*, *curcuma longa*, *terminalia chebula*, *terminalia bellirica*, *emblica officinalis*, *zingiber officinale*, *mentha arvensis*, *centella asiatica*, *ocimum sanctum*



Recommended dosage:  
2-3 cups a day

## \* Airways

### TULSI – Cold & Respiratory System

- ✓ *Ocimum sanctum* beneficially influences the respiratory tract and relieves airways
- ✓ *Inula helenium* has a calming effect on the throat area
- ✓ *Glycyrrhiza glabra* helps to maintain optimal functioning of the respiratory tract
- ✓ *Piper longum* supports general health of the respiratory system
- ✓ *Zingiber officinale* restores natural immunity of the body

**Category:** colds, soreness and inflammation of the throat, pneumonia, asthma

**Ingredients:** *ocimum sanctum*, *inula helenium*, *glycyrrhiza glabra*, *piper longum*, *zingiber officinale*, *cinnamomum zeylanicum*, *elettaria cardamomum*, *syzygium aromaticum*



Recommended dosage:  
4-5 cups a day

# Himalayan Ayurvedic Teas

## DALCHINI – Airways & Nasal Cavity

- ✓ *Ocimum sanctum* beneficially influences the release of airways sinuses
- ✓ *Glycyrrhiza glabra* helps to maintain comfortable breathing
- ✓ It enhances clear upper air passages
- ✓ *Cinnamomum zeylanicum* positively affects the respiratory tract
- ✓ Suitable for inhalation to clear nasal sinuses

**Category:** common cold, hay fever, nasal allergy, sneezing, eye burning, sinusitis, nasopharyngitis

**Ingredients:** *ocimum sanctum*, *glycyrrhiza glabra*, *cinnamomum zeylanicum* (bark), *myrica rubra*, *cinnamomum zeylanicum* (leaf), *curcuma zedoaria*



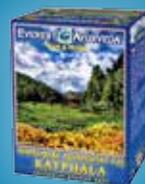
Recommended dosage:  
2-3 cups a day

## KATPHALA – Flu & Fever Rescue

- ✓ *Inula helenium* has a soothing effect on the throat and throat area
- ✓ *Piper nigrum* helps to maintain clear airways
- ✓ *Ocimum sanctum* positively affects the respiratory tract
- ✓ It promotes expectoration and regulates body temperature
- ✓ *Emblica officinalis* activates the immune system
- ✓ *Zingiber officinale* supports body resistance

**Category:** flu symptoms, increased body temperature, bronchitis, tonsillitis, swollen lymph glands

**Ingredients:** *inula helenium*, *piper nigrum*, *ocimum sanctum*, *emblica officinalis*, *zingiber officinale*, *myrica rubra*, *centella asiatica*, *curcuma zedoaria*



Recommended dosage:  
2-3 cups a day

## PRANA – Vitality & Life Energy

- ✓ *Zingiber officinale* replenishes life energy and promotes body vitality
- ✓ *Inula helenium* has a soothing effect on the throat and the respiratory tract
- ✓ *Piper nigrum* helps to relieve airways
- ✓ It enhances resistance of the nervous system
- ✓ *Cinnamomum camphora* supports blood circulation and functions of the vascular system

**Category:** cough, hoarseness, vocal cords, mucus, breathlessness, asthma, bronchitis, pneumonia, nervous distraction, migraine

**Ingredients:** *zingiber officinale*, *inula helenium*, *piper nigrum*, *cinnamomum camphora*



Recommended dosage:  
2-3 cups a day

## UDANA – Stimulation & Body Performance

- ✓ *Cinnamomum zeylanicum* promotes physical strength and restores body performance
- ✓ *Zingiber officinale* stimulates creative energy during fatigue, weakness and exhaustion
- ✓ It strengthens will power and purposeful endeavour
- ✓ *Piper nigrum* is beneficial for relief of the airways

**Category:** chronic fatigue, weakness, exhaustion, depression, loss of energy, stuttering, airways, regeneration and convalescence

**Ingredients:** *cinnamomum zeylanicum*, *zingiber officinale*, *piper nigrum*, *cuminum cyminum*



Recommended dosage:  
2-3 cups a day

## \* Circulatory System

### ARJUNA – Heart Activity

- ✓ *Terminalia arjuna* positively influences the activity of the heart
- ✓ It helps to maintain normal functions of the heart
- ✓ It supports activity of the cardiovascular system
- ✓ *Tinospora cordifolia* improves the ability to manage stress
- ✓ It harmonises the neuroendocrine system
- ✓ It has a beneficial effect during stress, fatigue and physical weakness

**Category:** heart weakness, heart rhythm disorders, pericarditis, breathlessness, circulatory system functions

**Ingredients:** *terminalia arjuna*, *tinospora cordifolia*, *glycyrrhiza glabra*, *inula helenium*



Recommended dosage:  
2-3 cups a day

## VYANA – Vascular System

- ✓ *Centella asiatica* helps to maintain normal blood circulation
- ✓ It supports peripheral circulation
- ✓ It harmonises the cardiovascular system and its functions
- ✓ *Punica granatum* strengthens blood circulation and optimises vessel patency
- ✓ Antioxidants from pomegranate are beneficial for protection of cells and cardiovascular functions

**Category:** circulatory system functions, heart rhythm, vascular permeability, blood supply to tissues, peripheral artery disease, vasoneurosis, Raynaud syndrome

**Ingredients:** *centella asiatica*, *punica granatum*, *myristica fragrans*, *glycyrrhiza glabra*



Recommended dosage:  
2-3 cups a day

## ABHAYA – Arteries & Blood Circulation

- ✓ *Centella asiatica* helps to maintain normal blood circulation in veins
- ✓ It is beneficial in case of heavy legs syndrome
- ✓ It enhances functions of blood vessels and optimises their elasticity
- ✓ *Valeriana officinalis* positively influences blood pressure
- ✓ *Terminalia bellirica* promotes normal cholesterol level
- ✓ *Terminalia arjuna* supports healthy cardiovascular system

**Category:** atherosclerosis, varicose veins, leg ulcers, circulatory system functions, blood pressure, cholesterol, excessive blood clotting, prevention - thrombosis, embolism, stroke, heart attack

**Ingredients:** *centella asiatica*, *valeriana officinalis*, *terminalia bellirica*, *terminalia arjuna*, *emblica officinalis*, *terminalia chebula*, *andrographis paniculata*, *punica granatum*



Recommended dosage:  
2-3 cups a day

## SARPAGANDHA – High Blood Pressure

- ✓ *Nardostachys jatamansi* helps to maintain normal blood pressure
- ✓ It promotes relaxation of the nervous system
- ✓ It relieves stress and mental tension
- ✓ *Centella asiatica* positively influences cardiovascular functions
- ✓ It enhances vascular system and mental balance

**Category:** high blood pressure, tension, distraction, stress, neurotic symptoms

**Ingredients:** *nardostachys jatamansi*, *centella asiatica*, *cymbopogon citratus*



Recommended dosage:  
2-3 cups a day

## MARICHA – Low Blood Pressure

- ✓ *Nardostachys jatamansi* helps to maintain normal blood pressure level
- ✓ *Ocimum sanctum* supports heart activity and body vitality
- ✓ *Zingiber officinale* invigorates the body during fatigue and weakness
- ✓ *Cinnamomum zeylanicum* has beneficial effect on digestive tract function
- ✓ *Withania somnifera* strengthens mental balance during nervous tension and stress

**Category:** low blood pressure, fainting, dizziness, circulatory system function, blood circulation

**Ingredients:** *nardostachys jatamansi*, *ocimum sanctum*, *zingiber officinale*, *cinnamomum zeylanicum*, *withania somnifera*, *curcuma longa*, *tinospora cordifolia*, *piper nigrum*, *elettaria cardamomum*



Recommended dosage:  
2-3 cups a day



# Himalayan Ayurvedic Teas

## RANJAKA – Iron Deficiency & Blood Quality

- ✓ *Terminalia arjuna* optimises liver function and its metabolic activities
- ✓ It supports formation of blood cells
- ✓ It supports the recycling of iron in the blood stream
- ✓ *Valeriana officinalis* is beneficial for cardiovascular functions
- ✓ It reduces fatigue and exhaustion
- ✓ *Zingiber officinale* stimulates the immune system and the heart function

**Category:** anemia, insufficient iron, liver, spleen, immune system, cardiovascular system functions, chronic fatigue, weakness, dizziness, tinnitus

**Ingredients:** terminalia arjuna, valeriana officinalis, zingiber officinale, elettaria cardamomum, syzygium aromaticum, cinnamomum zeylanicum



Recommended dosage:  
2-3 cups a day

## NAGARA – Lymphatic & Immune System

- ✓ *Andrographis paniculata* supports normal circulation of lymph
- ✓ It enhances functions of the circulatory and lymphatic system
- ✓ It stimulates the liver function and the production of antibodies
- ✓ *Zingiber officinale* activates natural immunity of the body
- ✓ *Tinospora cordifolia* enhances the immune system
- ✓ *Foeniculum vulgare* promotes general purification and detoxification of the body

**Category:** lymphatic and immune system, flu symptoms, detoxification, lymph circulation, inflammation and swelling of lymph nodes, cellulite

**Ingredients:** andrographis paniculata, zingiber officinale, tinospora cordifolia, foeniculum vulgare, withania somnifera, glycyrrhiza glabra, curcuma longa, elettaria cardamomum



Recommended dosage:  
2-3 cups a day

## \* Skin Tissue

### NIMBA – Skin & Beauty Care

- ✓ *Curcuma longa* helps to maintain good complexion
- ✓ It has an anti-inflammatory effect and optimises the liver function
- ✓ *Piper nigrum* positively influences blood circulation and purity of skin
- ✓ *Glycyrrhiza glabra* has a positive effect on smooth and healthy skin
- ✓ *Tinospora cordifolia* supports the rejuvenation of the skin tissue

**Category:** skin, acne, herpes, eczema, skin inflammations and infections, fungal infections, vaginal discharge, hemorrhoids, early stages of oncological therapy

**Ingredients:** curcuma longa, piper nigrum, glycyrrhiza glabra, tinospora cordifolia, pterocarpus marsupium, cymbopogon citratus, emblica officinalis, terminalia bellirica, terminalia chebula, ocimum sanctum



Recommended dosage:  
2-3 cups a day

### BHRINGARAJ – Hair Care

- ✓ *Curcuma longa* helps to maintain good skin and hair condition
- ✓ It enhances optimal functioning of the liver
- ✓ *Centella asiatica* supports peripheral circulation and blood supply to skin
- ✓ *Terminalia bellirica* has a beneficial effect upon the functioning of the digestive tract
- ✓ It strengthens liver function and the immune system

**Category:** hair, growth, greying, hair loss, hair strength, dry skin, dandruff, itching, psoriasis

**Ingredients:** curcuma longa, centella asiatica, terminalia bellirica, emblica officinalis, glycyrrhiza glabra



Recommended dosage:  
2-3 cups a day

## GAURI – Anti-fungal Immunity

- ✓ *Curcuma longa* supports toxins removal from the blood stream
- ✓ It prevents inflammation in bodily organs
- ✓ *Santalum album* enhances blood purification and good skin condition
- ✓ *Cinnamomum casia* regulates normal blood sugar levels
- ✓ *Foeniculum vulgare* beneficially affects the digestive and excretory system purification
- ✓ *Emblica officinalis* strengthens the immune system

**Category:** candidiasis, mycoses, herpes, thrush, hemorrhoids, immune system, chronic fatigue, low energy, exhaustion

**Ingredients:** curcuma longa, santalum album, cinnamomum cassia, foeniculum vulgare, emblica officinalis, zingiber officinale, pterocarpus marsupium



Recommended dosage:  
2-3 cups a day

## HARIDRA – Post Surgery Recovery

- ✓ *Terminalia chebula* as an antioxidant promotes optimal condition of the skin tissue
- ✓ *Curcuma longa* has an anti-inflammatory effect and helps to remove toxins
- ✓ *Santalum album* enhances blood purification and normal skin appearance
- ✓ It strengthens the immune system and regulates body heat

**Category:** post-operative rehabilitation, skin recovery, antiseptic, skin inflammations and infections

**Ingredients:** terminalia chebula, curcuma longa, santalum album, pterocarpus marsupium



Recommended dosage:  
2-3 cups a day

## VIDANGA – Slimming & Diet

- ✓ *Gymnema sylvestre* helps to regulate body weight
- ✓ It positively influences optimal metabolism of sugars and fats
- ✓ *Inula helenium* reduces appetite and promotes water elimination
- ✓ *Curcuma longa* enhances functions of the liver and fat loss

**Category:** body overweight, slimming diet

**Ingredients:** gymnema sylvestre, inula helenium, curcuma longa, terminalia arjuna



Recommended dosage:  
3-4 cups a day

## JAIPHAL – Antioxidant & Rejuvenation

- ✓ *Cinnamomum zeylanicum* acts as an antioxidant for protection of cells
- ✓ It supports cardiovascular functions
- ✓ It promotes normal cholesterol level
- ✓ *Emblica officinalis* strengthens the immune system
- ✓ *Withania somnifera* improves body and mental vitality
- ✓ *Centella asiatica* helps to maintain active brain functions

**Category:** antioxidant, protection of cell structures and body tissues, immune and cardiovascular system, longevity, stress, aging, wrinkles, youth, vitality

**Ingredients:** cinnamomum zeylanicum, emblica officinalis, withania somnifera, centella asiatica, punica granatum, myristica fragrans, elettaria cardamomum, syzygium aromaticum, piper nigrum, zingiber officinale, tribulus terrestris, valeriana officinalis



Recommended dosage:  
2-3 cups a day

## \* Musculo-Skeletal System

### GOKSHURA – Back Muscles Relaxation

- ✓ *Tribulus terrestris* relieves muscle tension and stiffness
- ✓ *Withania somnifera* positively influences general relaxation of musculoskeletal system
- ✓ It enhances mobility of back muscles
- ✓ It promotes optimal physical and mental fitness
- ✓ *Zingiber officinale* restores energy and body vitality
- ✓ *Asparagus racemosus* has beneficial effect on relieving stress and muscle tension

**Category:** lumbar, thoracic and cervical spine, muscle stiffness, spasticity, herniated disc, sciatica - inflammation of sitting nerve

**Ingredients:** tribulus terrestris, withania somnifera, zingiber officinale, asparagus racemosus, inula helenium, tinospora cordifolia



Recommended dosage:  
2-3 cups a day

# Himalayan Ayurvedic Teas

## SLESAKA – Joint Care & Mobility

- ✓ *Tinospora cordifolia* supports optimal functions of joints
- ✓ It improves nutrition and regeneration of cartilage
- ✓ It strengthens overall resistance of musculoskeletal system
- ✓ *Cinnamomum cassia* beneficially influences mobility of joints
- ✓ *Mentha arvensis* helps to relieve muscle and joint stiffness

**Category:** joints, cartilage, ligaments, stiffness, arthritis, rheumatism, arthrosis, joint swelling

**Ingredients:** *tinospora cordifolia*, *cinnamomum cassia*, *mentha arvensis*, *cinnamomum zeylanicum*, *pinus sylvestris*

## SHALARI – Uric Acid & Easy Joints

- ✓ *Tinospora cordifolia* supports activity of joints
- ✓ It helps to maintain optimal functions of the urinary system
- ✓ *Terminalia chebula* beneficially influences urinary metabolism
- ✓ It regulates urine and uric acid level
- ✓ *Tribulus terrestris* positively affects urinary tract functions

**Category:** gout, joint inflammation, swelling, arthritis, obesity, alcoholism

**Ingredients:** *tinospora cordifolia*, *terminalia chebula*, *tribulus terrestris*, *apium graveolens*, *coriandrum sativum*, *zingiber officinale*, *cuminum cyminum*, *pinus sylvestris*

## KUDZU – Muscles & Fitness

- ✓ *Tribulus terrestris* helps to strengthen muscles
- ✓ It supports muscle toning
- ✓ *Withania somnifera* builds up the muscle mass
- ✓ It acts as stimulant and a source of energy
- ✓ *Tinospora cordifolia* builds resistance and structure of the body

**Category:** muscles, energy, body structure, fitness, regeneration

**Ingredients:** *tribulus terrestris*, *withania somnifera*, *tinospora cordifolia*, *pueraria lobata*, *cinnamomum zeylanicum*, *emblica officinalis*, *glycyrrhiza glabra*, *asparagus racemosus*

## \* Nervous System

### BRAHMI – Memory & Brain Activity

- ✓ *Centella asiatica* stimulates brain activity
- ✓ It refreshes the mind and enhances memory
- ✓ It improves alertness and the ability to concentrate
- ✓ *Withania somnifera* invigorates the body and eliminates fatigue
- ✓ It builds resistance to stress
- ✓ It helps to maintain mental balance

**Category:** brain activity, memory, concentration, learning, alertness

**Ingredients:** *centella asiatica*, *withania somnifera*, *cymbopogon citratus*, *glycyrrhiza glabra*, *pterocarpus marsupium*, *zingiber officinale*, *ocimum sanctum*, *cinnamomum tamala*, *cinnamomum zeylanicum*

### GOTU KOLA – Degeneration & Dementia

- ✓ *Centella asiatica* stimulates brain functions and supports the active process of cogitation
- ✓ It promotes good memory and ability to concentrate
- ✓ It supports normal activity of cognitive, rational and intellectual functions
- ✓ *Withania somnifera* invigorates organism during mental and psychic weakness
- ✓ It helps to reduce the degenerative symptoms of ageing
- ✓ *Nardostachys jatamansi* enhances relaxation of the nervous system

**Category:** degeneration of brain functions, memory disorders, disorientation, dementia, Alzheimer's disease

**Ingredients:** *centella asiatica*, *withania somnifera*, *nardostachys jatamansi*, *tinospora cordifolia*, *zingiber officinale*, *glycyrrhiza glabra*, *curcuma longa*, *ocimum sanctum*



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day

"The health is good which we don't know until we lose it."

–Latin proverb

## RAJANI – Neurological Conditions

- ✓ *Nardostachys jatamansi* helps to maintain alertness of the nervous system
- ✓ It has a calming effect on the mind and promotes mental relaxation
- ✓ *Centella asiatica* supports cognitive, rational and intellectual functions
- ✓ *Withania somnifera* restores mental balance
- ✓ It reduces the excitation of the body
- ✓ It is beneficial for relaxation of the nervous system and muscle tissue

**Category:** neurologic and brain disorders, depression, mental imbalance, Parkinson's disease

**Ingredients:** *nardostachys jatamansi*, *centella asiatica*, *withania somnifera*, *zingiber officinale*, *curcuma longa*, *glycyrrhiza glabra*, *valeriana officinalis*, *andrographis paniculata*, *tinospora cordifolia*

## JATAMANSI – Stress & Mental Balance

- ✓ *Nardostachys jatamansi* promotes psychic relaxation and mental balance
- ✓ *Centella asiatica* stimulates brain activity
- ✓ *Withania somnifera* enhances body resistance and ability to manage stress
- ✓ *Valeriana officinalis* supports general calming of the nervous system
- ✓ *Asparagus racemosus* has soothing effect and optimises mental condition

**Category:** psychic disorders, stress, depression, neurosis, phobia, manic depression, hysteria, epilepsy

**Ingredients:** *nardostachys jatamansi*, *centella asiatica*, *withania somnifera*, *valeriana officinalis*, *asparagus racemosus*, *glycyrrhiza glabra*, *tinospora cordifolia*, *zingiber officinale*, *pueraria lobata*

## ASHWAGANDHA – Sleep & Regeneration

- ✓ *Valeriana officinalis* helps to promote sleep
- ✓ It brings about general calming, good rest and a natural sleep
- ✓ *Withania somnifera* enhances physical and mental relaxation
- ✓ It gives relief during mental stress and nervous distress
- ✓ It supports body vitality in cases of weakness, fatigue and exhaustion

**Category:** insomnia, agitation, nervous distress, overload, overwork, exhaustion

**Ingredients:** *valeriana officinalis*, *withania somnifera*, *centella asiatica*, *emblica officinalis*, *asparagus racemosus*

## ALOCHAKA – Eyesight & Vision

- ✓ *Mentha arvensis* positively affects quality of vision
- ✓ It strengthens eye functions and refreshes eye muscles
- ✓ *Centella asiatica* improves activity of the brain and cognitive functions
- ✓ *Withania somnifera* stimulates the body during fatigue and loss of concentration

**Category:** eyes, fatigue, redness, burning, pressure, eye function disorders, conjunctivitis, optic neuritis, stye, glaucoma, cataract

**Ingredients:** *mentha arvensis*, *centella asiatica*, *withania somnifera*, *zingiber officinale*, *glycyrrhiza glabra*

## \* Excretory and Reproductive System

### VARUNA – Kidneys & Urinary Tract

- ✓ *Tribulus terrestris* positively affects normal functioning of the urinary system
- ✓ *Apium graveolens* enhances optimal functioning of the kidneys and excretory system
- ✓ *Tinospora cordifolia* has a beneficial effect on the urinary tract
- ✓ It helps to maintain healthy urinary system

**Category:** kidneys, urinary stones, inflammations and infections of excretory organs, enlarged prostate, impotence

**Ingredients:** *tribulus terrestris*, *apium graveolens*, *tinospora cordifolia*



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day



Recommended dosage:  
2-3 cups a day

# Himalayan Ayurvedic Teas

## APANA – Menstrual Cycle Ease

- ✓ *Asparagus racemosus* beneficially affects female reproduction system
- ✓ It promotes balanced menstrual flow and its symptoms
- ✓ It optimises menstrual cycle
- ✓ *Tinospora cordifolia* harmonises mental condition during irritation and nervousness
- ✓ *Zingiber officinale* stimulates during tiredness and invigorates the body

**Category:** menstrual cycle symptoms

**Ingredients:** *asparagus racemosus*, *tinospora cordifolia*, *zingiber officinale*



Recommended dosage:  
2-3 cups a day

## SHATAPUSHPI – Absent Menstruation

- ✓ *Asparagus racemosus* has beneficial effect on irregular menstrual cycle and long term absence of menstruation
- ✓ It harmonises hormonal system and menstrual cycle
- ✓ It promotes balanced menstrual flow and its symptoms
- ✓ It positively influences mental strength in case of irritation and nervousness
- ✓ It has a good effect on the female reproductive system

**Category:** irregular or absent menstrual cycle, hormonal balance, anorexia

**Ingredients:** *asparagus racemosus*, *emblica officinalis*, *glycyrrhiza glabra*, *apium graveolens*, *curcuma longa*, *foeniculum vulgare*, *tinospora cordifolia*, *cuminum cyminum*



Recommended dosage:  
2-3 cups a day

## DHATAKI – Heavy Menstruation

- ✓ *Asparagus racemosus* has a beneficial effect on heavy or prolonged menstrual bleeding
- ✓ It harmonises hormonal system and menstrual cycle
- ✓ It promotes balanced menstrual flow and its symptoms
- ✓ It positively influences mental balance in case of irritation and nervousness
- ✓ It has a good effect on the female reproductive system

**Category:** heavy menstrual bleeding, prolonged menstrual cycle, hormonal balance

**Ingredients:** *asparagus racemosus*, *tinospora cordifolia*, *foeniculum vulgare*, *apium graveolens*, *curcuma longa*, *emblica officinalis*, *terminalia chebula*, *terminalia bellirica*, *coriandrum sativum*



Recommended dosage:  
2-3 cups a day

## ASHOKA – Hormonal Balance

- ✓ *Asparagus racemosus* supports healthy female reproduction system
- ✓ It reduces menopause symptoms
- ✓ It harmonises the hormonal system and menstrual cycle
- ✓ It helps to relieve tension, irritation and nervousness
- ✓ *Withania somnifera* enhances mental well-being and optimal psychic condition
- ✓ It helps to maintain mental balance

**Category:** menopause, menstrual cycle symptoms, hormonal balance, thyroid gland function

**Ingredients:** *asparagus racemosus*, *withania somnifera*, *glycyrrhiza glabra*



Recommended dosage:  
2-3 cups a day

## DHANYAKA – Pregnant Women

- ✓ *Emblica officinalis* beneficially influences digestive tract functions
- ✓ *Coriandrum sativum* supports good digestion and helps with flatulence
- ✓ *Tinospora cordifolia* optimises mental conditioning and emotional balance
- ✓ *Tribulus terrestris* enhances hormonal balance of the reproduction system
- ✓ *Centella asiatica* optimises mental condition

**Category:** pregnancy

**Ingredients:** *emblica officinalis*, *coriandrum sativum*, *tinospora cordifolia*, *tribulus terrestris*, *centella asiatica*, *cinnamomum aromaticum*, *glycyrrhiza glabra*, *trigonella foenum-graecum*, *foeniculum vulgare*, *ocimum basilicum*



Recommended dosage:  
2-3 cups a day

## MEDHIKA – Nursing Women

- ✓ *Foeniculum vulgare* promotes production of breast milk
- ✓ *Trigonella foenum-graecum* positively influences function of mammary gland
- ✓ *Cuminum cyminum* enhances good digestion
- ✓ *Asparagus racemosus* optimises mental condition
- ✓ It harmonises functions of the female reproduction system

**Category:** breastfeeding

**Ingredients:** *foeniculum vulgare*, *trigonella foenum-graecum*, *cuminum cyminum*, *asparagus racemosus*, *emblica officinalis*, *apium graveolens*, *glycyrrhiza glabra*, *cinnamomum aromaticum*



Recommended dosage:  
2-3 cups a day

## \* Systemic Therapies

### MAHAPHALA – Diabetic Diet

- ✓ *Gymnema sylvestre* helps to maintain normal blood sugar level
- ✓ It reduces craving for sweets during diabetic diet
- ✓ *Tinospora cordifolia* supports optimal metabolism of sugars
- ✓ *Ocimum sanctum* supports water elimination
- ✓ It enhances body vitality

**Category:** diabetic diet, pancreatic functions, insulin production

**Ingredients:** *gymnema sylvestre*, *tinospora cordifolia*, *ocimum sanctum*, *cymbopogon citratus*, *syzygium cumini*



Recommended dosage:  
2-3 cups a day

### MANJISHTA – Antiviral Immunity

- ✓ *Tinospora cordifolia* supports production of antibodies and body immunity
- ✓ *Ocimum sanctum* enhances optimal functioning of the respiratory system
- ✓ *Withania somnifera* beneficially influences syndrome of tired muscles and joints
- ✓ *Andrographis paniculata* promotes immunity of the body, liver functions and body detoxification
- ✓ *Curcuma longa* helps in case of inflammation of the airways, digestive tract, liver and skin
- ✓ It has a supporting effect on bodily symptoms after a tick bite

**Category:** viral and bacterial infections, flu symptoms, mononucleosis, immune system, herbal antibiotics, Lyme disease, detoxification

**Ingredients:** *tinospora cordifolia*, *ocimum sanctum*, *withania somnifera*, *andrographis paniculata*, *curcuma longa*, *emblica officinalis*, *terminalia chebula*, *terminalia bellirica*, *glycyrrhiza glabra*, *tribulus terrestris*, *pterocarpus marsupium*, *santalum album*, *centella asiatica*, *terminalia arjuna*



Recommended dosage:  
2-3 cups a day

### SHATAWARI – Oncological Care

- ✓ *Withania somnifera* strengthens body resistance during oncological therapy
- ✓ As antioxidant it supports the protection of body tissues
- ✓ *Ocimum sanctum* promotes immunity and body vitality
- ✓ *Terminalia chebula* activates liver and metabolic functions of the body
- ✓ *Asparagus racemosus* has a calming effect and optimises mental strength
- ✓ *Centella asiatica* enhances harmonising of mental condition

**Category:** oncological therapy

**Ingredients:** *withania somnifera*, *ocimum sanctum*, *terminalia chebula*, *asparagus racemosus*, *centella asiatica*, *glycyrrhiza glabra*, *terminalia bellirica*, *andrographis paniculata*, *plumbago zeylanica*



Recommended dosage:  
2-3 cups a day

# Ayurvedic Relaxation Teas

Properly balanced blends of Himalayan herbs have been used for centuries in Tibet, Nepal and Bhutan for relaxation, rejuvenation, stimulation and harmonisation of mental and bodily functions.

The Tibetan doctors developed extensive and effective system of health care based on herbal medicine and various alternative methods that gradually had spread in Bhutan and the Himalayan regions of Nepal where they acquired their local appearance. The aromatic herbs with warming effect are well-liked as they enhance good digestion which is important for assimilation of health-promoting substances of the Himalayan herbs.

## TIBETAN TEA – Elixir of Harmony

- ✓ *Withania somnifera* harmonises the bioenergetical system of the body
- ✓ *Centella asiatica* enhances the psychosomatic balance and mental condition
- ✓ *Glycyrrhiza glabra* optimises the activity of bodily functions

According to traditional Tibetan medicine based on Ayurvedic principles, all living organisms are composed of five elements: ether, air, fire, water and earth. These elements are being manifested in the human body in the form of three life energies that govern our bodily functions (lung, tripa and beken).

- Lung: psychological condition, breathing, blood circulation and nervous system
- Tripa: digestion, metabolism, sensory perception, body temperature and skin appearance
- Beken: body structure, joints, muscles, fluids and the immune system

**Ingredients:** *withania somnifera*, *centella asiatica*, *glycyrrhiza glabra*, *emblica officinalis*, *cinnamomum zeylanicum* (bark), *nelumbo nucifera*, *mentha spicata*

## LAMA TEA – Morning Stimulation

- ✓ *Cinnamomum zeylanicum* stimulates the body and refreshes the mind
- ✓ *Centella asiatica* supports vigilance and concentration
- ✓ It enhances brain activity and the ability of good decision-making

Tibetan lamas have been using such Himalayan herbs for centuries. According to the "Four medicinal tantras" of Tibetan medicine, such herbs stimulate the body, bring compassion and cultivate wisdom.

**Ingredients:** *cinnamomum zeylanicum*, *centella asiatica*, *elettaria cardamomum*, *cymbopogon citratus*, *zingiber officinale*, *glycyrrhiza glabra*, *emblica officinalis*

## NEPAL TEA – Himalayan Recreation

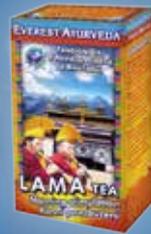
- ✓ *Cinnamomum zeylanicum* refreshes the bodily functions
- ✓ *Zingiber officinale* supports endurance and a good shape
- ✓ It promotes vitality and the activity of muscles

The Himalayas are not just a land of snow but also a land of extraordinary herbs. In an ancient Indian scripture Ramayana, there is a story about a legendary herb called Sanjeevani, which restores the body and brings back life energy. It grows at night only, so it can be found just before morning sunrise at the foothills of the sacred mountain Meru/Kailash in the Tibetan part of the Himalayas.

**Ingredients:** *cinnamomum zeylanicum* (bark), *zingiber officinale*, *boerhaavia diffusa*, *glycyrrhiza glabra*, *cymbopogon citratus*, *emblica officinalis*, *elettaria cardamomum*



Recommended dosage:  
1-5 cups a day



Recommended dosage:  
1-5 cups a day



Recommended dosage:  
1-5 cups a day

## SHERPA TEA – Mountain Strength

- ✓ *Zingiber officinale* invigorates during fatigue and exhaustion and gives physical strength
- ✓ *Withania somnifera* acts as a muscle tonic and an energy supply
- ✓ *Cinnamomum zeylanicum* enhances blood circulation and refreshes the body

Sherpas of the Himalayan region, Solu Khumbu, originally came from East Tibet. They are kind, tough and strong people who know Himalayan herbs and their properties very well. Proper herbal combinations give Sherpas the strength of 'One Thousand Yaks' on their way up the mountains.

**Ingredients:** *zingiber officinale*, *withania somnifera*, *cinnamomum zeylanicum* (bark), *elettaria cardamomum*, *asparagus racemosus*, *boerhaavia diffusa*, *glycyrrhiza glabra*, *cinnamomum zeylanicum* (leaves), *piper nigrum*

## BHUTAN TEA – Calming Relaxation

- ✓ *Boerhaavia diffusa* is beneficial for calming and relaxation of the nervous system
- ✓ It brings feeling of relaxation and pleasant ease
- ✓ *Nelumbo nucifera* supports psychic health and mental balance

Bhutan, known as 'The Land of the Thundering Dragon' is called by Tibetans Lho Men Jong that means 'The Land of Medicinal Herbs' for its fertile slopes and valleys being inhabited by more than 600 medicinal herbs. It has a pure, virginal nature and mystical countryside, in the lap of the Himalayas.

**Ingredients:** *boerhaavia diffusa*, *nelumbo nucifera*, *cinnamomum zeylanicum* (bark), *cymbopogon citratus*

## BODHI TEA – Tea-like Meditation

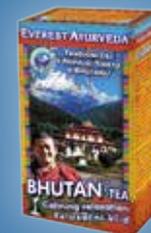
- ✓ *Nelumbo nucifera* promotes inner peace and mental balance
- ✓ *Centella asiatica* calms down the agitated mind
- ✓ It harmonises mental condition and decreases irritation and emotional agitation

The Buddhist tradition says that the cause of human unhappiness is ignorance. In order to transform it, we have to learn how to control our desires, unenlightened mind and anger. Some aids to achieving inner harmony are: positive thinking, good will, conscious speech and action, healthy lifestyle, self-control, vigilant awareness and meditation.

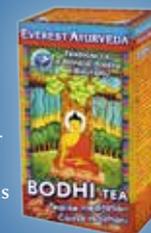
**Ingredients:** *nelumbo nucifera*, *centella asiatica*, *cinnamomum zeylanicum* (bark), *cymbopogon citratus*, *rosa canina*, *emblica officinalis*, *elettaria cardamomum*



Recommended dosage:  
1-5 cups a day



Recommended dosage:  
1-5 cups a day



Recommended dosage:  
1-5 cups a day



# Children's Ayurvedic Teas

Himalayan herbal blends of children's teas are prepared with special care and attention. They are very mild, tasty and effective combination of selected herbs enhancing protection of the child's sound health. For children over 3 years.

## GOPAL – Respiratory System

- ✓ *Ocimum basilicum* is beneficial for relief of airways
- ✓ *Cinnamomum aromaticum* positively affects respiratory tract
- ✓ *Zingiber officinale* strengthens natural immunity of the body

**Category:** cold, bronchi, immune system

**Ingredients:** *ocimum basilicum, cinnamomum aromaticum, zingiber officinale, elettaria cardamomum, terminalia chebula, terminalia bellirica, emblica officinalis, curcuma longa*



Recommended dosage:  
2-3 cups a day

## KHANA – Good Digestion

- ✓ *Foeniculum vulgare* promotes good digestion
- ✓ It has beneficial effect on flatulence and optimises digestion
- ✓ *Terminalia bellirica, Terminalia chebula* and *Emblica officinalis* positively influences gastrointestinal activity
- ✓ *Glycyrrhiza glabra* enhances proper function of the intestinal tract

**Category:** gastric nausea, indigestion and assimilation disorders, flatulence, diarrhoea

**Ingredients:** *foeniculum vulgare, terminalia bellirica, glycyrrhiza glabra, terminalia chebula, emblica officinalis, cinnamomum aromaticum, tinospora cordifolia, trigonella foenum-graecum, cyperus rotundus, zingiber officinale*



Recommended dosage:  
2-3 cups a day

## BIHARI – Sleeping Time

- ✓ *Valeriana officinalis* helps with falling asleep
- ✓ It promotes general relaxation and good rest
- ✓ *Withania somnifera* enhances mental relaxation and overall feeling of well-being

**Category:** hyperactivity, agitation, restlessness, relaxation, sleep

**Ingredients:** *valeriana officinalis, withania somnifera, apium graveolens, centella asiatica, tinospora cordifolia, glycyrrhiza glabra, ocimum basilicum*



Recommended dosage:  
2-3 cups a day



# Ayurvedic Nutritive Elixirs

The Ayurvedic medicine recognises seven bodily tissues (dhatus) that are functional and building elements of the physical body. They are daily nourished and regenerated by the process of digestion. The transformation of food starts in the stomach and then continues in the small and large intestine.



In this way, the bodily tissues are constantly rejuvenated in the following order: plasma (rasa), blood (rakta), musculature (mamsa), fat (meda), bones (asthi), nervous system (majja) and essence of reproductive organs (shukra/arthava).

The optimal functions of all seven bodily tissues depend on the quality of daily diet and a proper life style. Nutritive phase of each tissue lasts five days with the last reproductive tissue being mature after thirty – five days. Kapha dosha as an essential substance of bodily structure is connected with the production of plasma, muscles, bone marrow and the reproductive tissue.

Pitta is active in the formation of blood and vata dosha operates in the nervous system and influences the quality of bones. When one dosha deviates from its natural state due to the psychosomatic imbalance, it enters the respective tissue which then leads it to its disease.

## CHYAWANPRASH – Health & Immunity

- ✓ *Emblica officinalis* activates the immune system
- ✓ It harmonises digestive tract functions
- ✓ *Terminalia bellirica* promotes digestion and intestinal peristalsis
- ✓ It enhances regular evacuation
- ✓ *Terminalia chebula* optimises gastrointestinal functions
- ✓ It is beneficial for immunity of intestinal flora
- ✓ *Andrographis paniculata* favourably affects optimal liver functions
- ✓ It contributes to overall purification of the body
- ✓ *Elettaria cardamomum* harmonises activity of the cardiovascular system
- ✓ *Tribulus terrestris* influences the proper functioning of the urinary tract
- ✓ *Glycyrrhiza glabra* has a positive effect on the respiratory system and soothes air passages
- ✓ *Centella asiatica* invigorates brain and cognitive functions
- ✓ *Asparagus racemosus* is favourable for mental relaxation and psychic balance
- ✓ *Withania somnifera* strengthens the body's vitality
- ✓ It acts as an antioxidant for rejuvenation of bodily tissues



Chyawanprash, a nutritive herbal jam, is regarded as „the elixir of life“ for its rejuvenating effects in the system of Ayurvedic medicine. It consists of a unique combination of herbs which favourably affects gastrointestinal functions, optimal immune system and general vitality of bodily tissues due to its antioxidizing properties. Legend has it that in ancient times, the Sage Chyawan, restored his youth and good health by eating Amalaki fruit along with dozens of other herbs, and consequently lived to a ripe old age. That was the origin of a unique herbal elixir, which was named Chyawanprash.

**Ingredients:** *emblica officinalis, terminalia bellirica, terminalia chebula, andrographis paniculata, elettaria cardamomum, tribulus terrestris, glycyrrhiza glabra, centella asiatica, asparagus racemosus, withania somnifera, vitis vinifera, santalum album, curcuma zedoaria, myristica fragrans, cuminum cyminum, tinospora cordifolia, cinnamomum zeylanicum, cinnamomum verum, syzygium aromaticum, ocimum sanctum, inula helenium, pueraria lobata, piper longum, cinnamomum camphora, cymbopogon citratus, valeriana officinalis, ghee (clarified butter), honey, palm syrup*

Recommended dosage of herbal elixirs: 1 teaspoon (5g/teaspoon) 2 – 3x daily separately or with a cup of lukewarm milk or water. To prepare a drink, mix 1 teaspoon (5g) in 8 fl oz (250 ml) of warm water.

# Ayurvedic Nutritive Elixirs

"Foolish the doctor who despises the knowledge acquired by the ancients."

—Hippocrates

## RASAPRASH – Nutrition & Energy

- ✓ *Elettaria cardamomum* promotes good digestion and restores the appetite
- ✓ It harmonises the functions of the digestive and excretory system
- ✓ It is of great benefit to cardiovascular health
- ✓ *Curcuma longa* optimises liver functions and enhances the blood circulation
- ✓ *Embllica officinalis* strengthens the immune system
- ✓ *Ocimum sanctum* increases body vitality during fatigue and exhaustion
- ✓ *Asparagus racemosus* optimises mental health



Rasaprash is a nutritive herbal jam for optimal nutrition of bodily tissues and functions of the lymphatic system. The tissue damage is caused by improper diet and lack of fluids that lead to mental instability, hypersensitivity, fatigue, debility, lack of appetite, emaciation, anaemia, poor blood circulation, dry skin, eczema, mycosis, warts, respiratory tract inflammation, weakness of the immune system and lymph nodes.

**Ingredients:** *elettaria cardamomum*, *curcuma longa*, *emblica officinalis*, *ocimum sanctum*, *asparagus racemosus*, *tinospora cordifolia*, *vitis vinifera*, *cuminum cyminum*, *glycyrrhiza glabra*, ghee (clarified butter), palm syrup

## RAKTAPRASH – Blood & Liver

- ✓ *Andrographis paniculata* is beneficial for liver functions, formation of blood cells and iron recycling
- ✓ *Terminalia arjuna* optimises functioning of the liver and its metabolic activities
- ✓ *Curcuma longa* contributes to anti-inflammatory protection of liver
- ✓ It supports blood circulation
- ✓ *Santalum album* enhances purification of blood and good skin condition
- ✓ *Cinnamomum zeylanicum* harmonises cardiovascular functions
- ✓ It helps to maintain normal glucose and cholesterol levels



Raktaprash is a nutritive herbal jam that supports optimal circulatory system and functions of the liver. The tissue damage is caused by insufficient amount of iron, decreased level of hemoglobin or hemato-genesis disorders. This in turn weakens the functions of the liver and spleen, causes infections, inflammations, hepatitis, cirrhosis, gall bladder stones, anemia, fluctuating blood pressure, breathlessness, palpitation, pale complexion, limb ischemia, excessive blood viscosity, varicose veins, arteriosclerosis, mouth ulcers, acne, eczema, psoriasis, hemorrhoids and heavy menstrual bleeding.

**Ingredients:** *andrographis paniculata*, *terminalia arjuna*, *curcuma longa*, *santalum album*, *cinnamomum zeylanicum*, *emblica officinalis*, *zingiber officinale*, *vitis vinifera*, *pterocarpus marsupium*, *elettaria cardamomum*, *piper longum*, ghee (clarified butter), palm syrup

## MAMSAPRASH – Muscles & Strength

- ✓ *Tribulus terrestris* strengthens muscle tissue
- ✓ It helps to relieve tension and stiffness
- ✓ *Withania somnifera* promotes muscle mass production
- ✓ It acts as stimulation tonic and a source of energy
- ✓ *Zingiber officinale* enhances toning of the muscles
- ✓ It strengthens body vitality and brings energy
- ✓ *Asparagus racemosus* helps to maintain mental balance



Mamsaprash is a nutritive herbal jam that restores the muscle tissue and optimises physical strength. The tissue damage is caused by insufficient protein intake and irregular daily diet that lead to feeble body constitution, undeveloped musculature, stiffness of the musculoskeletal system, back pain and herniated disc. Additional problems are inflammation of tendons and joints, coordination disorders, myoma formation, hernia, fatigue, anxiety, lack of confidence and mental instability.

**Ingredients:** *tribulus terrestris*, *withania somnifera*, *zingiber officinale*, *asparagus racemosus*, *emblica officinalis*, *pueraria lobata*, *sesamum indicum* (seeds), *anacardium occidentale* (cashew nut), ghee (clarified butter), honey, palm syrup

## MEDAPRASH – Weightloss & Diet

- ✓ *Gymnema silvestre* contributes to reduction of body weight
- ✓ It optimises the metabolism of sugar and fat
- ✓ *Terminalia bellirica* is beneficial for maintaining normal cholesterol levels
- ✓ *Inula helenium* reduces appetite and enhances water elimination
- ✓ *Curcuma longa* supports liver activity and fat loss
- ✓ *Zingiber officinale* restores life energy and stimulates the body
- ✓ *Terminalia chebula* contributes to optimal functioning of gastrointestinal tract



Medaprash is a nutritive herbal jam that reduces fatty tissue and optimises body weight. The tissue damage is caused by excessive diet and a slow metabolism that lead to body overweight, lipoma, liver and pancreas disorders, diabetes, atherosclerosis, high blood pressure, formation of tartar, lethargy, passivity and the need for excessive sleep

**Ingredients:** *gymnema sylvestre*, *terminalia bellirica*, *inula helenium*, *curcuma longa*, *zingiber officinale*, *terminalia chebula*, *emblica officinalis*, *asparagus racemosus*, *tinospora cordifolia*, *piper longum*, *piper nigrum*, *tribulus terrestris*, *prunus dulcis* (seed - almond), ghee (clarified butter), honey, palm syrup

## ASTHIPRASH – Bones & Joints

- ✓ *Tinospora cordifolia* is of great benefit to the mobility of joints
- ✓ *Zingiber officinale* helps to relieve muscle and joint stiffness
- ✓ *Curcuma longa* contributes to optimal condition of joints and bones
- ✓ Calcium improves the condition of muscles, bones and cartilages
- ✓ *Triticum aestivum* supports the supplying of vitamins and minerals
- ✓ *Embllica officinalis* harmonises the gastro-intestinal tract
- ✓ It enhances the immunity of the intestinal flora



Asthiprash is a nutritive herbal jam for optimising the condition of bone tissue and the joint system. The tissue damage is caused by an insufficient quantity of minerals and impurity of the intestinal tract. This leads to joint pain, arthritis, rheumatism, osteoporosis, lack of calcium, thyroid gland disorder, bone protuberances, inflammation of muscle tendon, tooth decay, hair loss, insecurity and stubbornness.

**Ingredients:** *tinospora cordifolia*, *zingiber officinale*, *curcuma longa*, calcium, *triticum aestivum*, *emblica officinalis*, *mentha arvensis*, *phoenix dactylifera* (fruit - dates), *piper longum*, *cinnamomum zeylanicum*, *cymbopogon citratus*, ghee (clarified butter), palm syrup

## MAJJAPRASH – Brain & Nerves

- ✓ *Nardostachys jatamansi* enhances relaxation of the nervous system
- ✓ *Valeriana officinalis* calms down an agitated mind
- ✓ It promotes stress relief and reduces nervous tension
- ✓ *Centella asiatica* invigorates brain activity
- ✓ It improves memory and eye functions
- ✓ *Withania somnifera* helps to maintain mental balance
- ✓ It builds resistance to stress and stimulates body vitality



Majjaprash is a nutritive herbal jam for optimising brain activity and relaxation of the nervous system. The tissue damage is caused by psychic imbalance, leading to sight disorders and diseases of the endocrine system, eye infections, weak brain activity, psychic and nervous disorders, sciatica, shingles, stress, tension, anxiety, agitation, insomnia, depression, epilepsy and multiple sclerosis.

**Ingredients:** *nardostachys jatamansi*, *valeriana officinalis*, *centella asiatica*, *withania somnifera*, *emblica officinalis*, *vitis vinifera*, *glycyrrhiza glabra*, *cymbopogon citratus*, *santalum album*, *piper nigrum*, *zingiber officinale*, *cuminum cyminum*, ghee (clarified butter), palm syrup

# Ayurvedic Purifying Elixirs

## SHUKRAPRASH – Vitality & Man

- ✓ *Tribulus terrestris* enhances the function of male reproductive system
- ✓ It optimises the urinary tract function
- ✓ *Asparagus racemosus* is of great benefit to the organs of reproductive tissue
- ✓ It activates the hormonal system
- ✓ *Zingiber officinale* restores life energy and stimulates body vitality
- ✓ *Withania somnifera* invigorates the body during fatigue, weakness and exhaustion
- ✓ *Embolica officinalis* strengthens the overall body immunity

Shukraprash is a nutritive herbal jam that stimulates vitality and the optimal functions of the male reproductive system. Its damage is caused by an exhaustion of the body energy supply that leads to fatigue, vital weakness, impotency, low immunity, infection of prostate and urine system and other disorders of reproductive organs.

**Ingredients:** *tribulus terrestris, asparagus racemosus, zingiber officinale, withania somnifera, emblica officinalis, glycyrrhiza glabra, sesamum indicum (seeds), piper nigrum, ghee (clarified butter), palm syrup*



## ARTHAVAPRASH – Vitality & Woman

- ✓ *Asparagus racemosus* enhances activity of female reproductive system
- ✓ It optimises the hormonal system and menstrual cycle
- ✓ It contributes to the smooth course of menstruation and its symptoms
- ✓ It harmonises mental function during irritation and nervousness
- ✓ *Withania somnifera* helps to maintain mental balance
- ✓ *Tribulus terrestris* promotes normal function of the urinary tract
- ✓ *Embolica officinalis* improves digestion and strengthens the immune system

Arthavaprash is a nutritive herbal jam for hormonal balance and optimal functioning of the female reproductive system. Its damage is caused by psychosomatic disharmony and leads to tension, nervousness, irritation, insecurity, nausea, lack of appetite and painful menstruation. As well as infertility, frigidity, low immunity, vaginal discharges, uterine cysts, fibrosis and other gynecological disorders.

**Ingredients:** *asparagus racemosus, withania somnifera, tribulus terrestris, emblica officinalis, apium graveolens (tuber), cinnamomum zeylanicum, curcuma longa, foeniculum vulgare, piper longum, ghee (clarified butter), palm syrup*



**Ayurvedic Purifying Elixirs** – According to traditional Ayurvedic knowledge, the human body is permeated by a system of physiological and energetic channels (srotamsi), which process food that we take in, secure the supply of nutrients to the bodily tissues (dhatus) and take care of the waste elimination from the body. This metabolic transformation takes place on the level of the digestive system (anna), airways (prana), bodily fluids (ambu), seven bodily tissues (dhatus), excretion of stool (purisha), elimination of urine (mutrava), skin purification (sveda) and bio-energetic activities of mental and physical functions (mano).

## ANNAPRASH – Stomach & Digestion

- ✓ *Terminalia chebula* contributes to optimal functioning of the gastrointestinal tract
- ✓ *Coriandrum sativum* supports good digestion and reduces flatulence
- ✓ *Elettaria cardamomum* soothes the digestive system
- ✓ *Zingiber officinale* is calming for stomach upset during travelling
- ✓ *Syzygium aromaticum* stimulates the appetite
- ✓ *Glycyrrhiza glabra* has a positive effect on the stomach mucosa of sensitive people
- ✓ *Embolica officinalis* optimises functions of the digestive tract

Annaprash is a purifying herbal jam that optimises digestion and functioning of the stomach. The digestive disorders are caused by an unhealthy diet, improper food combination, consumption of toxic substances or by excessive stress. This leads to instability of the digestive fire, unstable metabolism, and insufficient assimilation of nutrients, lack of appetite, nausea, diarrhoea, heartburn, stomach acidity, gastritis and peptic ulcers.

**Ingredients:** *terminalia chebula, coriandrum sativum, elettaria cardamomum, zingiber officinale, syzygium aromaticum, glycyrrhiza glabra, emblica officinalis, tinospora cordifolia, vitis vinifera, cuminum cyminum, punica granatum, piper nigrum, piper longum, ghee (clarified butter), palm syrup*



## PRANAPRASH – Throat Area & Airways

- ✓ *Inula helenium* has a soothing effect on the throat and its associated pathways
- ✓ *Ocimum sanctum* contributes to the relief of the airways
- ✓ It promotes expectoration and optimal functioning of the respiratory organs
- ✓ *Piper longum* enhances proper functioning of the lungs
- ✓ *Adhatoda vasica* maintains healthy activity of the respiratory system
- ✓ *Zingiber officinale* stimulates body immunity
- ✓ *Embolica officinalis* activates the immune system

Pranaprash is a purifying herbal jam that optimises the functioning of the upper and lower airways. The respiratory disorders are caused by stomach phlegm, weakened immunity, improper breathing patterns, and insufficient flow of life energy and blood oxygenation. This leads to fatigue, weakness, cold, sore throat, cough, runny nose, inflamed throat, swollen tonsils, breathlessness, asthma, increased temperature, bronchitis and pneumonia.

**Ingredients:** *inula helenium, ocimum sanctum, piper longum, adhatoda vasica, zingiber officinale, emblica officinalis, cinnamomum zeylanicum, elettaria cardamomum, bambusa arundinacea, tinospora cordifolia, curcuma longa, curcuma zedoaria, ghee (clarified butter), palm syrup*



## AMBUPRASH – Pancreas & Sugar Regulation

- ✓ *Gymnema sylvestre* helps to maintain normal blood sugar level
- ✓ It reduces the craving for sweets while on a diabetic diet
- ✓ *Momordica charantia* enhances reduction of glucose level in the blood
- ✓ *Terminalia chebula* supports optimal metabolism of sugar and cholesterol level
- ✓ *Tinospora cordifolia* regulates blood sugar level and metabolism of fats
- ✓ *Tribulus terrestris* has a positive effect on the urinary tract
- ✓ *Inula helenium* optimises assimilation and elimination of water

Ambuprash is a purifying herbal jam that optimises the functioning of the water metabolism and pancreas, while on a diabetic diet. The increase of blood cholesterol and sugar level is caused by an unhealthy lifestyle, excessive food intake rich in fat, improper sugar metabolism and disorder of the water assimilation in the pancreas. This leads to disturbed production of insulin, diabetes, obesity, arteriosclerosis, tissue oedema and kidney dysfunction, dehydration of the body, burning thirst, frequent urination, yeast infections and debility.

**Ingredients:** *gymnema sylvestre, momordica charantia, terminalia chebula, tinospora cordifolia, tribulus terrestris, inula helenium, emblica officinalis, syzygium jambos, curcuma longa, cymbopogon citratus, pterocarpus marsupium, ghee (clarified butter), steviolglycoside*



## PURISHAPRASH – Intestines & Elimination

- ✓ *Terminalia bellirica* has a positive influence on digestion and intestinal peristalsis
- ✓ It promotes regular elimination
- ✓ *Glycyrrhiza glabra* has a beneficial effect on digestion and the intestinal mucosa of sensitive people
- ✓ It promotes immunity of the intestinal flora
- ✓ *Foeniculum vulgare* enhances the purification of the gastrointestinal tract
- ✓ It optimises intestinal activity and helps with flatulence
- ✓ *Elettaria cardamomum* calms the digestive and nervous system

Purishaprash is a purifying herbal jam that optimises the functioning of the large intestine, thus contributing to regular bowel movements. The disorders of the large intestine, are caused by improper diet, disturbed regeneration of the intestinal microflora, irritated intestinal mucosa and impurity of the colon as a result of toxic waste stagnation. This leads to digestive disorders, flatulence, constipation, hemorrhoids, abdominal colic, irritable colon, allergies, skin rashes, eczema or hives, mental irritability, dissatisfaction and negative thinking.

**Ingredients:** *terminalia bellirica, glycyrrhiza glabra, foeniculum vulgare, elettaria cardamomum, emblica officinalis, terminalia chebula, vitis vinifera, cinnamomum zeylanicum, tinospora cordifolia, abies pectinata, piper longum, ghee (clarified butter), palm syrup*



# Ayurvedic Purifying Elixirs

## MUTRAPRASH – Kidneys & Urinary Tract

- ✓ *Tribulus terrestris* has a positive effect on the functioning of the urinary system
- ✓ *Elettaria cardamomum* optimises activity of the kidneys and the excretory system
- ✓ *Boerhaavia diffusa* helps to maintain a healthy urinary system
- ✓ *Glycyrrhiza glabra* supports normal functioning of the prostate
- ✓ *Tinospora cordifolia* has a beneficial effect on the joints and urinary organs
- ✓ *Terminalia chebula* regulates urinary acid level
- ✓ It facilitates the regular elimination of urine

Mutraprash is a purifying herbal jam that optimises functioning of the kidneys and the urinary tract. The disorders of the excretory system are caused by excessive use of salt, alcohol, coffee and other stimulants, insufficient drinking regime, weakened kidney functions, water retention, irregular elimination, chilling or mental stress. This leads to kidney stones, urinary tract infections and inflammation of the bladder, enlarged prostate, rheumatism, arthritis, joint swelling, back pain, eczema and psoriasis.

**Ingredients:** *tribulus terrestris*, *elettaria cardamomum*, *boerhaavia diffusa*, *glycyrrhiza glabra*, *tinospora cordifolia*, *terminalia chebula*, *emblica officinalis*, *terminalia bellirica*, *cinnamomum zeylanicum*, *vitis vinifera*, *piper longum*, *ghee* (clarified butter), palm syrup



## SVEDAPRASH – Complexion & Skin

- ✓ *Rubia cordifolia* acts as an inner agent for skin care
- ✓ *Santalum album* purifies the blood and contributes to the purity of skin
- ✓ It also has a positive influence on skin complexion
- ✓ *Terminalia chebula* acts as an antioxidant that promotes vitality of skin tissue
- ✓ *Piper nigrum* enhances liver functions
- ✓ It supports blood circulation and purifies the skin
- ✓ *Curcuma longa* has an anti-inflammatory effect and maintains optimal skin condition

Svedaprash is a purifying herbal jam for skin care and good complexion. The disorders of the skin tissue are caused by improper diet, impurity of the large intestine, blood toxicity, dehydration, excessive use of sugar and salt, fat or chemical stimulants. This leads to skin allergies, infections, eczema, atopic dermatitis, hives, itchy skin, psoriasis, rashes, rosacea, acne, boils, mycosis, candida, warts, pigment spots and hemorrhoids.

**Ingredients:** *rubia cordifolia*, *santalum album*, *terminalia chebula*, *piper nigrum*, *curcuma longa*, *berberis aristata*, *emblica officinalis*, *zingiber officinale*, *vitis vinifera*, *terminalia bellirica*, *tinospora cordifolia*, *cinnamomum zeylanicum*, *glycyrrhiza glabra*, *piper longum*, *ghee* (clarified butter), palm syrup



## MANOPRASH – Heart & Vessels

- ✓ *Terminalia arjuna* supports normal activity of the heart
- ✓ *Cinnamomum zeylanicum* enhances cardiovascular health
- ✓ *Terminalia bellirica* regulates glucose and cholesterol levels in the blood
- ✓ *Vitis vinifera* has a positive effect on cardiovascular activity and the maintenance of blood pressure
- ✓ It stimulates venous circulation and optimises elasticity of blood vessels
- ✓ It has a beneficial effect on the "heavy leg" syndrome
- ✓ *Tinospora cordifolia* harmonises the neuroendocrine system and builds resistance to stress

Manoprash is a purifying herbal jam that optimises functioning of the heart and the cardiovascular system. The disorders of the cardiovascular system are caused by unhealthy diet, excessive consumption of animal fats and salt, increased cholesterol level, high calcium concentration, stress, smoking, high blood pressure and lack of exercise. This leads to obesity, heart failure, arrhythmia, ischemia, arterial sclerosis, vascular strokes, myocardial infarction, varicose veins, venous ulcers and haemorrhoids.

**Ingredients:** *terminalia arjuna*, *cinnamomum zeylanicum*, *terminalia bellirica*, *vitis vinifera*, *tinospora cordifolia*, *emblica officinalis*, *elettaria cardamomum*, *punica granatum*, *zingiber officinale*, *curcuma longa*, *piper nigrum*, *piper longum*, *ghee* (clarified butter), palm syrup



# Traditional Ayurvedic Fruits

The sun-dried fruits are a natural source of antioxidants, vitamins and energy. They improve gastrointestinal health, revitalisation of bodily tissues and the immune system.

## AMALAKI – *Emblica officinalis*

From ancient times, Vedic sages in India have considered Amalaki (*emblica officinalis*) as a "heavenly fruit" due to its many antioxidants including vitamin C. They work by stimulating immunity and enhancing body purification from free radicals. This exceptional fruit, Amalaki, has been used in the Ayurvedic medicinal system for centuries as the most effective aid to improve gastrointestinal health, revitalise bodily tissues (dhatus) and to stimulate the immune system.

Amalaki acts as an excellent tonic for healthy functions of digestion, metabolism, liver, blood, heart and brain activity. It contains five from all six tastes recognised by our sensual perception (sour, sweet, bitter, astringent and pungent) which harmonise three biological principles of vata, pitta and kapha. Amalaki contains a broad range of antioxidants (substances decreasing the oxidation processes responsible for cellular aging and necrosis) and bioflavonoids (vitamins supporting the resistance of cell membranes against penetration by harmful substances in the form of free radicals), and a high concentration of vitally important amino-acids. It is rich in many minerals and vitamins, such as calcium, iron, phosphor, carotene, Vitamins C, B1 and B2.



## AMALAKI – Immunity & Stomach

- ✓ *Emblica officinalis* has a positive effect upon the digestive system
- ✓ It favourably influences the stomach and intestinal tract functions
- ✓ Vitamin C enhances the optimal functioning of the immune system
- ✓ Helps to protect the cells against the oxidative stress
- ✓ Improves the absorption of iron
- ✓ Reduces exhaustion and fatigue



## AMALAKI ginger – Immunity & Airways

- ✓ *Zingiber officinale* contributes to the protection of airways
- ✓ *Emblica officinalis* has a positive effect upon the digestive system
- ✓ It favourably influences the stomach and intestinal tract functions
- ✓ Vitamin C enhances the optimal functioning of the immune system
- ✓ Helps to protect the cells against oxidative stress
- ✓ Improves the absorption of iron
- ✓ Reduces exhaustion and fatigue



## AMALAKI cardamom – Immunity & Digestion

- ✓ *Elettaria cardamomum* contributes to good digestion
- ✓ *Emblica officinalis* has a positive effect upon the digestive system
- ✓ It favourably influences the stomach and intestinal tract functions
- ✓ Vitamin C enhances the optimal functioning of the immune system
- ✓ Helps to protect the cells against oxidative stress
- ✓ Improves the absorption of iron
- ✓ Reduces exhaustion and fatigue



## AMALAKI cinnamon – Immunity & Heart and Vessels

- ✓ *Cinnamomum zeylanicum* is beneficial for the cardiovascular system
- ✓ *Emblica officinalis* has a positive effect upon the digestive system
- ✓ It favourably influences the stomach and intestinal tract functions
- ✓ Vitamin C enhances the optimal functioning of the immune system
- ✓ Helps to protect the cells against oxidative stress
- ✓ Improves the absorption of iron
- ✓ Reduces exhaustion and fatigue



# Traditional Ayurvedic Fruits

## AMALAKI lemongrass – Immunity & Revitalisation

- ✓ *Cymbopogon citratus* is beneficial for revitalisation of the nervous system
- ✓ *Emblica officinalis* has a positive effect upon the digestive system
- ✓ It favourably influences the stomach and intestinal tract functions
- ✓ Vitamin C enhances the optimal functioning of the immune system
- ✓ Helps to protect the cells against oxidative stress
- ✓ Improves the absorption of iron
- ✓ Reduces exhaustion and fatigue



## AMALAKI mint – Immunity & Intestinal Flora

- ✓ *Mentha piperita* is beneficial for the intestinal flora and refreshes the breath
- ✓ *Emblica officinalis* has a positive effect upon the digestive system
- ✓ It favourably influences the stomach and intestinal tract functions
- ✓ Vitamin C enhances the optimal functioning of the immune system
- ✓ Helps to protect the cells against oxidative stress
- ✓ Improves the absorption of iron
- ✓ Reduces exhaustion and fatigue



## AMALAKI cocoa – Immunity & Body Stimulation

- ✓ *Theobroma cacao* contributes to body stimulation
- ✓ *Emblica officinalis* has a positive effect upon the digestive system
- ✓ It favourably influences the stomach and intestinal tract functions
- ✓ Vitamin C enhances the optimal functioning of the immune system
- ✓ Helps to protect the cells against oxidative stress
- ✓ Improves the absorption of iron
- ✓ Reduces exhaustion and fatigue



**Natural source of vitamin C** – One package of Amalaki (100 g) covers the regular daily supply of vitamin C for a period of three days. In times of increased need of vitamin C, such as can occur as a consequence of decreased immunity, disease, convalescence, sport performance and other physical or mental stress, it is advisable to consume one package a day.

## MANGO – Vitamin C & A

- ✓ Vitamin C stimulates function of immune system
- ✓ It supports cell protection against oxidative stress
- ✓ It improves absorption of iron
- ✓ It reduces fatigue and exhaustion
- ✓ Vitamin A beneficially affects digestive tract



Since the ancient times of Indian epic Ramayana, mango has been considered as a “royal fruit” in the system of Ayurvedic medicine. Ripe fruit of mango tree is a rich source of vitamins and antioxidants. It replenishes body energy, balances all three biological principles of vata, pitta and kapha and enhances nourishment of seven bodily tissues (dhatus).

## JACKFRUIT – Vitamin C, A & Calcium

- ✓ Vitamin C stimulates function of immune system
- ✓ It restores body vitality during physical performance
- ✓ Vitamin A beneficially affects digestive tract
- ✓ Calcium enhances muscle activity and positively influences condition of bones



Jackfruit or Kathal is a traditional native fruit of Bangladesh. The robust coarse peel hides a nutritious and energetically rich pulp excellent for vegetarian diet. It contains a wide range of proteins, vitamins, minerals and antioxidants. Its zero cholesterol level supports healthy life style and weight loss. It naturally balances aggravated energies of vata, pitta and kapha.

## PAPAYA – Vitamin A, C & Calcium

- ✓ Vitamin A beneficially affects mucus in digestive tract
- ✓ It promotes healthy skin
- ✓ Calcium supports functions of digestive enzymes
- ✓ Vitamin C stimulates function of immune system
- ✓ It enhances cell protection against oxidative stress



In the times of seafaring discoveries, papaya was regarded as an “angelic fruit”. This fruit is a rich source of vitamins and antioxidants that strengthen body immunity. Its digestive enzyme “papaine” enhances healthy gastrointestinal function. It naturally balances aggravated energies of vata, pitta and kapha.

## BANANA – Calcium & vitamin A, C

- ✓ Calcium enhances muscle activity and positively influences condition of bones
- ✓ Vitamin A beneficially affects mucus in digestive tract
- ✓ Vitamin C stimulates function of immune system
- ✓ It helps to reduce fatigue and exhaustion during physical performance



In the voyage era of Alexander the Great in the territory of India, banana acquired the name of “the fruit of the wise”. The legend describes his encounter with yogis and saints who meditated in the shadow of a wide banana tree. Its fruit is a natural source of minerals and vitamins. It balances aggravated energies of vata, pitta and kapha.

## PINEAPPLE – Vitamin A & C

- ✓ Vitamin A beneficially affects mucus in digestive tract
- ✓ It promotes low-calorie nutrition
- ✓ Vitamin C stimulates function of the immune system
- ✓ It improves absorption of iron



In the times of seafaring discoveries, pineapple was considered as a symbol of generosity and hospitality and thus called “the fruit of the kings”. Ripe fruits contain digestive enzyme “bromelin” that beneficially influences gastrointestinal activity. The pineapple is a source of vitamins and due to its low-calorie and cholesterol level represents a suitable slimming diet.

**Ayurvedic quality** – Fresh Ayurvedic fruit is sliced into small pieces, placed in natural light cane syrup serving as the best natural medium for long shelf life, and then dried in the sun. This traditional process helps to maintain the maximum benefit of the nutrients of the fruit, as well as its juiciness and tastiness.

**Sugar cane** – The sugar cane is a huge plant containing up to 20% of sugar in its stalks, which is, as a final product of photosynthesis, composed of sucrose, fructose and glucose. At first it is distilled into a sweet juice, and a form of thick syrup is obtained from squeezed stalks, from which natural sugar cane then arises through a crystallisation process. It differs from classic beet sugar by its composition, way of processing, taste and colour. During its manufacturing, refined white sugar goes through the bleaching process, i.e. chemical processing in which the sugar is



deprived of all minerals and important vitamins in a form of residual molasses. Raw natural sugar is produced from sugar cane, which doesn't go through a chemically refined process, and so it keeps molasses together with useful enzymes, minerals, vitamins such as calcium, magnesium, phosphorus, iron, potassium, zinc, B vitamins and needful fibre. The Ayurvedic medicine uses it as a medium or environment (anupana) for preparation, use, routing and absorption of better herbal effects. Natural cane syrup occurring in amalaki fruit, mango, papaya, jackfruit, pineapple and banana, supports body tissue nutrition, and serves as an excellent natural preservative.



# Natural Japanese Incense

The traditional natural Japanese blends consist of a variety of herbs, woods, tree barks, resins, mosses and spices. The first fragrance recipes were recorded 1000 years ago. Their aim was to purify places, evoke a contemplative atmosphere and deepen the harmony between man and nature.

Hikali Koh and Kenmei Do are a collection of the finest scents prepared according to traditional recipes of the best Japanese Masters of incense. They take us into the world of art and poetry, scenic nature, beautiful gardens and temples of the Japanese culture and awaken our inner sense of humility and beauty for all things aesthetic.

**Handmade production** – The incense sticks are produced in the traditional Japanese way, handed down by a line of family generations. The basic ingredient of incense is the subtropical wood *Persea thunbergii*, together with white and red sandalwood. All single ingredients are crushed into a smooth blend and then mixed with water. The originated paste is pressed through small circular holes to create long thin strings that are cut, dried and laid down for a couple of months to become mature. The period of maturation in dry areas is essential for the development of rich flowery fragrances.

## Spring Line

Each roll contains 28 sticks with 30 minutes of burning time

### MORIKAGE – Shadow of the Forest

An intimate, kind and refreshing fragrance which can be found in the hot summer season in the shade of the forest. The incense reminds the mood of quiet moments, rest and relaxation, which we can find in the silence of the forest landscape.

**Ingredients:** forest flowers, herbs and fragrant resin



### ASAKAZE – Mountain Wind

A refreshing and rich scent from hillside of the mountain valleys which reminds the atmosphere of fresh air at the foot of the mountains.

**Ingredients:** mixture of mountain herbs, trees and fragrant resins



### SHICHIKEN – Seven Wisdoms

A traditional Japanese fragrance from the world of Zen monasteries. The scent helps with calming, concentration and meditation.

**Ingredients:** mix of patchouli flower, acacia and bast wood, nard, Japanese aromatic mosses, herbs and spices



### MUSO – Summer Night

An intimate, mild and fresh fragrance, which can be found in the silence of the night landscape. The incense brings the mood of a quiet time and rest.

**Ingredients:** lavender, Japanese mix of herbs and flowers



### TOSUI – Smile of Japanese Geisha

A fresh and calming fragrance of cinnamon good for rest and relaxation.

**Ingredients:** lavender, Japanese mix of herbs and flowers



## REIKAN – Inspiration

A charming fragrance of rose and Japanese mint which purifies the atmosphere and brings rich inspiration.

**Ingredients:** roses, herbs, Japanese mint



## OMATSU – Pine Grove

A fresh fragrance which reminds silent and peaceful atmosphere in the shadow of high pines. The incense enhances imagination and intuitive perception.

**Ingredients:** Japanese pine, resin of golden Kopal, resin vetiver and herbs



## Summer Line

Each roll contains 28 sticks with 30 minutes of burning time

### KANSHA – Gratitude

A naturally refreshing and joyful fragrance strengthening gratitude and humility.

**Ingredients:** rose, patchouli, fragrant flowers and herbs



### MUGEN – Infinity

A rich summer fragrance with a touch of acacia and oak-wood. The incense gives power and determination to achieve our goal.

**Ingredients:** acacia, oak, fragrant herbs



### REIKI – Spiritual Energy

A very subtle and mystical fragrance with a small woody undertone. The harmonious incense supports health and the flow of spiritual energy.

**Ingredients:** fragrant herbs and flowers, Japanese wood



### CHOUWA – Balance

A relaxing fragrance of almond blossoms supports mental balance and calms down turbulent emotions.

**Ingredients:** almond blossoms, fragrant herbs and flowers



### HEIWA – Peace

A cheerful and uplifting summer fragrance reminding the beauty of silence in Japanese temples. The incense creates the atmosphere of inner and outer peace.

**Ingredients:** roses, lemons, aromatic herbs



### KISEIKI – Magic of Love

A sweet flowery fragrance of rose and bergamot which helps to discover mysterious forces of life and the magic of love.

**Ingredients:** bergamot, rose



# Natural Japanese Incense

## Autumn Line

Each roll contains 36 sticks with 30 minutes of burning time

### NOBARA – Wild Rose

A very soft, light and sweet fragrance reminding Japanese blooming flower gardens. The incense gives relief during stress and tension, brings inner joy and the feeling of lightness of being.

**Ingredients:** blossoms of yellow and white roses, spikenard, sandalwood

### KODAMA – Secrets of the Samurai

A very strong and deep fragrance reminding the evening walk under the canopies of Japanese trees. The incense helps to build inner stability during difficult times and promotes the acceptance of life.

**Ingredients:** sandalwood, various kinds of Japanese trees, fragrant mix of many herbs and spices

### HOTEI – Blooming Sakura

A noble and mystical fragrance of Japanese temples. The incense brings a sense of grandeur and beauty and develops the feeling of self-confidence.

**Ingredients:** bark of Japanese birch, agar wood, cloves, star anise and a mixture of aromatic herbs

### HANAKONJIKI – Rising Sun

An uplifting fragrance reminds awakening meadow shortly before sunrise. The incense brings inner strength and dynamism.

**Ingredients:** flower yellow rose, frangipani flower and ylang tree, pink palm tree, sandalwood, fragrant herbs

### FUKO – Japanese Rose

A traditional old-time fragrance good for calming the restless mind. The incense supports the ability to concentrate and learn.

**Ingredients:** flowers and leaves of Japanese rose, frankincense, leaves of Ho tree, fragrant herbs

### SEIKON – Midnight Sky

A refreshing autumn fragrance reminds a clear midnight sky. The incense brings the sense of vastness and supports mildness and modesty.

**Ingredients:** sandalwood, cinnamon, spikenard, a mixture of aromatic herbs

### KYORI – Home

A beautiful scent of rose and sandalwood helps to create the atmosphere of shelter and warmth of home. The incense supports satisfaction in the family and a long-lasting love.

**Ingredients:** sandalwood, rose petals and flowers fragrant woods, willows and herbs



## Winter Line

Each roll contains 22 incenses with 30 minutes of burning time

### WAKABA – Magic of the Eternal Youth

An expressive woody fragrance with flowery arrangement. The incense is very popular for its rejuvenating effects. The incense strengthens life energy and brings the feeling of freshness and youth.

**Ingredients:** young leaves of the cedar tree, sandalwood, cinnamon and clove flower, resin, carnation, Japanese spices

### SUZUKAZE – Whispering Wind

A beautiful delicate winter fragrance from the world of Zen monasteries and Japanese temples. Very good for personal occasions and quiet moments of contemplation and meditation.

**Ingredients:** sandalwood, vanilla, cinnamon flower, clove and Japanese herbs

### TAKAMURA – Bamboo Grove

A beautiful woody fragrance with a touch of patchouli and cinnamon reminding treetops of bamboo groves. The incense helps to awaken nice memories, deep feelings and strengthens old and new friendships.

**Ingredients:** tree resin, patchouli and cinnamon

### RYOSHIKI – Art of Nobility

A very harmonious sweet fragrance reminding calm atmosphere of the Japanese winter evenings. The incense quickly evokes the atmosphere of physical and mental relaxation and helps to recover the body and spirit during exhaustion.

**Ingredients:** sandalwood and agar wood, clove, cinnamon, mix of Chinese herbs

### JUNDO – Life Energy

A very rich and flowery fragrance with subtle woody undertones. The incense removes old vibrations and creates new and pure energy. The ideal incense for new beginnings.

**Ingredients:** patchouli, tree leaves, fragrant herbs

### SHIRATAMA – Pearl of Wisdom

A refreshing flowery and charming fragrance with rare aromatic herb Ylang-Ylang. The incense awakens the senses, brightness and clear judgment. The scent which helps us to listen to our inner wisdom.

**Ingredients:** Ylang, tuberose, bergamot, fragrant herbs, wood



"The whole moon and the entire sky are reflected in one dewdrop on the grass." –zen wisdom

# List of categories

**A**  
Abdominal pain – GUDUCHI, SHUNTHI, TRIPHALA, KHANA, ANNAPRASH, PURISHAPRASH  
Absence of menstruation – SHATAPUSHPI, RASAPRASH, ARTHAVAPRASH  
Abstinence – PACHAKA  
Acne – NIMBA, PITTA, RAKTAPRASH, SVEDAPRASH  
Addiction – PACHAKA  
Ageing – JAIPHAL, GOTU KOLA, CHYAWANPRASH  
Airways – TULSI, DALCHINI, GOPAL, PRANA, KATPHALA, PRANAPRASH, CHYAWANPRASH  
Alcoholism – PACHAKA, SHALARI  
Allergies – KARAVI, DALCHINI, PRANAPRASH, PURISHAPRASH  
Alzheimer's disease – GOTU KOLA, MAJJAPRASH  
Anemia – RANJAKA, RAKTAPRASH, AMALAKI, MANGO  
Anorexia – GUDUCHI, SHATAPUSHPI, RASAPRASH  
Antibiotics herbal – MANJISHTA  
Antioxidant – JAIPHAL, CHYAWANPRASH, AMALAKI  
Antisepticum – HARIDRA, GAURI, SVEDAPRASH  
Aphthae – GAURI, RAKTAPRASH  
Appetite – GUDUCHI, RASAPRASH  
Arteriosclerosis – ABHAYA, MEDAPRASH, RAKTAPRASH, MANOPRASH, AMBUPRASH  
Arthralgia – SLESAKA, ASTHIPRASH  
Arrhythmia – ARJUNA, MANOPRASH, RAKTAPRASH  
Arthritis – SLESAKA, SHALARI, ASTHIPRASH, MUTRAPRASH  
Arthrosis – SLESAKA, KAPHA, ASTHIPRASH  
Asthma – PRANA, TULSI, ARJUNA, PRANAPRASH  
**B**  
Back pain – GOKSHURA, MAMSAPRASH  
Bacterial infections – MANJISHTA  
Bladder – MUTRAPRASH  
Blood – NIMBA, ABHAYA, KALAMEGHA, RANJAKA, RAKTAPRASH, AMALAKI  
Blood clotting – ABHAYA, MANOPRASH  
Blood pressure – SARPAGANDHA, MARICHA, RAKTAPRASH, MEDAPRASH, MANOPRASH  
Bloodstream – VYANA, ABHAYA, VATA, RAKTAPRASH  
Boils – SVEDAPRASH  
Brain activity – BRAHMI, GOTU KOLA, MAJJAPRASH  
Brain disorders – JATAMANSI, BRAHMI, RAJANI, GOTU KOLA, MAJJAPRASH  
Breathlessness – PRANA, ARJUNA, PRANAPRASH, RAKTAPRASH  
Bronchi – PRANA, TULSI, GOPAL, PRANAPRASH, CHYAWANPRASH  
Bronchitis – PRANA, TULSI, MANJISHTA, PRANAPRASH, CHYAWANPRASH  
**C**  
Calming – ASHWAGANDHA, BIHARI, JATAMANSI, SARPAGANDHA, MAJJAPRASH  
Candida – GAURI, NAGARA, CHYAWANPRASH, AMBUMPRASH, SVEDAPRASH  
Cardiovascular system – ABHAYA, VYANA, ARJUNA, MANOPRASH, RAKTAPRASH, JAIPHAL, AMALAKI  
Cartilages – SLESAKA, ASTHIPRASH  
Cataract – ALOCHAKA, MAJJAPRASH  
Cellulite – NAGARA, MEDAPRASH, AMBUPRASH  
Cervical spine – GOKSHURA  
Cirrhosis – KALAMEGHA, RAKTAPRASH  
Chemotherapy – SHATAWARI, NIMBA, GUDUCHI, CHYAWANPRASH  
Cholesterol – VIDANGA, MEDAPRASH, AMBUPRASH, ABHAYA, KAPHA, JACKFRUIT  
Chronic fatigue – UDANA, RANJAKA, GAURI  
Chronic indigestion – TRIPHALA, ANNAPRASH  
Cold – TULSI, DALCHINI, GOPAL, NAGARA, KATPHALA, PRANA, PRANAPRASH, CHYAWANPRASH  
Concentration – BRAHMI  
Conjunctivitis – ALOCHAKA, MAJJAPRASH  
Constipation – SHUNTHI, PURISHAPRASH, CHYAWANPRASH, JACKFRUIT  
Convalescence – UDANA, HARIDRA  
Cough – PRANA, TULSI, KATPHALA, GOPAL, PRANAPRASH, CHYAWANPRASH  
Cramps – RAJANI, GOKSHURA, BANANA, APANA, DHATAKI  
Crohn's disease – TRIPHALA, PURISHAPRASH  
Cysts – SHATAWARI, NIMBA, ARTHAVAPRASH  
**D**  
Dandruff – BHRINGARAJ, NIMBA, RASAPRASH, RAKTAPRASH, SVEDAPRASH  
Dementia – GOTU KOLA, MAJJAPRASH  
Depression – JATAMANSI, VATA, MAJJAPRASH  
Dermatitis – SVEDAPRASH  
Detoxification – KALAMEGHA, NAGARA, MANJISHTA, TRIPHALA, PURISHAPRASH, CHYAWANPRASH  
Diabetes – MAHAPHALA, AMBUPRASH, MEDAPRASH  
Diabetic diet – MAHAPHALA, AMBUPRASH, MEDAPRASH  
Diarrhoea – GUDUCHI, TRIPHALA, KHANA, ANNAPRASH  
Digestion – TRIPHALA, SHUNTHI, GUDUCHI, KHANA, PURISHAPRASH, CHYAWANPRASH, AMALAKI  
Dizziness – RANJAKA, MARICHA  
Drugs – PACHAKA, ANNAPRASH  
**E**  
Eczema – KARAVI, NIMBA, SVEDAPRASH, RAKTAPRASH, PURISHAPRASH  
Emaciation – RASAPRASH, GUDUCHI, MAMSAPRASH  
Embolism – ABHAYA, MANOPRASH  
Encephalitis – MANJISHTA

Energy – PRANA, UDANA, SHERPA, KUDZU, MAMSAPRASH, SHUKRAPRASH, CHYAWANPRASH  
Epilepsy – JATAMANSI, SARPAGANDHA, MAJJAPRASH  
Eyes – ALOCHAKA, PITTA, MAJJAPRASH, AMALAKI  
**F**  
Fainting – MARICHA, RAKTAPRASH  
Fever – KATPHALA, NAGARA, MANJISHTA  
Fibroids – MAMSAPRASH  
Fitness – KUDZU, KAPHA, MAMSAPRASH  
Flatulence – SHUNTHI, KHANA, VATA, DHANYAKA, ANNAPRASH, PURISHAPRASH  
Flu – MANJISHTA, NAGARA, KATPHALA, TULSI, GOPAL, PRANAPRASH  
Food allergies – KARAVI, PURISHAPRASH  
**G**  
Gall bladder – KALAMEGHA, RAKTAPRASH  
Gall bladder stones – KALAMEGHA, RAKTAPRASH  
Gastric ulcers – PACHAKA, TRIPHALA, GUDUCHI, ANNAPRASH  
Gastritis – TRIPHALA, PACHAKA, GUDUCHI, SHUNTHI, ANNAPRASH  
Gout – SHALARI, ASTHIPRASH, MUTRAPRASH  
Greying – BHRINGARAJ, AMALAKI  
Gums – KANTAKARI, AMALAKI, RAKTAPRASH  
Gynecological problems – ARTHAVAPRASH, NIMBA, GAURI, ASHOKA, APANA, SHATAPUSHPI, DHATAKI  
**H**  
Hair – BHRINGARAJ, AMALAKI, ASTHIPRASH  
Harmonization of organism – TIBETAN, CHYAWANPRASH  
Headache – PRANA  
Heart attack – ABHAYA, MANOPRASH  
Heartbeat – ARJUNA, MANOPRASH, RANJAKA, RAKTAPRASH, VYANA, MARICHA  
Heartburn – GUDUCHI, PACHAKA, DHANYAKA, ANNAPRASH  
Helicobacter pylori – TRIPHALA, ANNAPRASH  
Hemorrhoids – GAURI, NIMBA, PURISHAPRASH, RAKTAPRASH  
Hepatitis – KALAMEGHA, RAKTAPRASH  
Hernia – MAMSAPRASH  
Herniated disc – GOKSHURA, MAMSAPRASH  
Herpes – GAURI, NIMBA, RAKTAPRASH, SVEDAPRASH  
Herpes zoster – MAJJAPRASH  
High blood pressure – SARPAGANDHA, MEDAPRASH, KAPHA  
Hoarseness – PRANA, PRANAPRASH  
Hormonal balance – ASHOKA, ARTHAVAPRASH, SHATAPUSHPI, DHATAKI, MAJJAPRASH  
Hyperactivity – BIHARI  
Hysteria – JATAMANSI, MAJJAPRASH

**I**  
Immunity – NAGARA, KATPHALA, MANJISHTA, AMALAKI, CHYAWANPRASH, SHUKRAPRASH  
Impotence – VARUNA, SHUKRAPRASH  
Infection – MANJISHTA, NAGARA, KALAMEGHA, RANJAKA, GAURI, HARIDRA, RAKTAPRASH, SVEDAPRASH, MUTRAPRASH  
Infertility – ARTHAVAPRASH, ASHOKA, SHATAPUSHPI  
Insomnia – ASHWAGANDHA, BIHARI, VATA, MAJJAPRASH  
Intestinal flu – SHUNTHI, MANJISHTA, TRIPHALA, PURISHAPRASH  
Intestinal parasites – SHUNTHI, PURISHAPRASH  
Intestinal problems – SHUNTHI, TRIPHALA, GUDUCHI, CHYAWANPRASH, AMALAKI, PAPAYA  
Ischemia – VYANA, RAKTAPRASH, MANOPRASH  
Ischias – GOKSHURA, MAJJAPRASH  
**J**  
Joints – SLESAKA, SHALARI, ASTHIPRASH, MUTRAPRASH  
**K**  
Kidney – VARUNA, MUTRAPRASH, AMBUPRASH  
Kidney stones – VARUNA, BHRINGARAJ, AMALAKI, MUTRAPRASH  
**L**  
Learning – BRAHMI  
Leucopenia – NAGARA, RASAPRASH  
Ligaments – SLESAKA  
Lipoma – MEDAPRASH, VIDANGA  
Liver – KALAMEGHA, RANJAKA, MANJISHTA, RAKTAPRASH, MEDAPRASH  
Lumbar spine – GOKSHURA, MAMSAPRASH  
Lyme borreliosis – MANJISHTA  
Lymph nodes – NAGARA, KATPHALA, RASAPRASH, PRANAPRASH  
Lymphatic system – NAGARA, KATPHALA, RASAPRASH  
**M**  
Manic-depressive disorder – JATAMANSI  
Memory – BRAHMI, GOTU KOLA, MAJJAPRASH  
Menopause – ASHOKA, ARTHAVAPRASH, RASAPRASH  
Menstruation – APANA, SHATAPUSHPI, DHATAKI, ASHOKA, NIMBA, ARTHAVAPRASH, RASAPRASH, RAKTAPRASH  
Mental balance – MAJJAPRASH, VATA, JATAMANSI, BRAHMI  
Metabolism – ANNAPRASH, KALAMEGHA, PITTA, MEDAPRASH, AMBUPRASH, VIDANGA  
Migraine – PRANA, MAJJAPRASH  
Mononucleosis – MANJISHTA, KATPHALA, NAGARA  
Multiple sclerosis – MAJJAPRASH, RAJANI, GOTU KOLA  
Muscles – KUDZU, MAMSAPRASH  
Mycosis – GAURI, NIMBA, SVEDAPRASH

**N**  
Nasal cavities – DALCHINI, PRANAPRASH  
Nausea – GUDUCHI, TRIPHALA, PACHAKA, KHANA, DHANYAKA, ANNAPRASH  
Nervous system – MAJJAPRASH, VATA, JATAMANSI, SARPAGANDHA, ASHWAGANDHA, GOTU KOLA, RAJANI  
Neuralgia – MAJJAPRASH, RAJANI, JATAMANSI  
Neurosis – JATAMANSI, SARPAGANDHA, PACHAKA, VATA, MAJJAPRASH  
Nursing – MEDHIKA  
**O**  
Obesity – VIDANGA, MEDAPRASH, KAPHA  
Oncological therapy – SHATAWARI, NIMBA, GUDUCHI, PAPAYA, CHYAWANPRASH  
Optic neuritis – ALOCHAKA, MAJJAPRASH  
Osteoporosis – ASHOKA, ASTHIPRASH  
Overweight – VIDANGA, MEDAPRASH, KAPHA, JACKFRUIT, PINEAPPLE  
**P**  
Pancreas – MAHAPHALA, AMBUPRASH, MEDAPRASH  
Paradentosis – KANTAKARI, ASTHIPRASH  
Parkinson's disease – RAJANI, MAJJAPRASH  
Pericarditis – ARJUNA, MANOPRASH  
Phobia – JATAMANSI, MAJJAPRASH  
Pneumonia – TULSI, PRANA, GOPAL, PRANAPRASH, CHYAWANPRASH  
Pregnancy – DHANYAKA  
Prostate – VARUNA, MUTRAPRASH, SHUKRAPRASH  
Psoriasis – BHRINGARAJ, NIMBA, RASAPRASH, RAKTAPRASH, SVEDAPRASH  
Psychic disorders – JATAMANSI, SARPAGANDHA, BODHI, MAJJAPRASH, RAJANI, GOTU KOLA  
**R**  
Rash – KARAVI, PITTA, NIMBA, RASAPRASH, SVEDAPRASH, RAKTAPRASH, PURISHAPRASH  
Raynaud's syndrome – VYANA, MANOPRASH  
Regeneration - mental – MAJJAPRASH, VATA, BODHI, JATAMANSI  
Regeneration - physical – UDANA, BHUTAN, KUDZU, MAMSAPRASH, KAPHA, AMALAKI  
Relaxation – BHUTAN, VATA, BIHARI, MAJJAPRASH  
Rheumatism – SLESAKA, ASTHIPRASH, MUTRAPRASH, KAPHA  
Rhinitis (normal, hay, allergic) – DALCHINI, GOPAL, KARAVI, KAPHA, PRANAPRASH  
**S**  
Sight – ALOCHAKA, MAJJAPRASH, AMALAKI  
Skin – NIMBA, PITTA, SVEDAPRASH, RAKTAPRASH, GAURI, HARIDRA  
Sleep – ASHWAGANDHA, BIHARI,

VATA, MAJJAPRASH  
Slimming diet – VIDANGA, KAPHA, MEDAPRASH, AMBUMPRASH  
Smoking – PACHAKA  
Sore eyes – DALCHINI, ALOCHAKA, PITTA  
Sore throat – TULSI, KATPHALA, PRANA, GOPAL, PRANAPRASH  
Spine – GOKSHURA, MAMSAPRASH  
Spleen – RANJAKA, MANJISHTA, RAKTAPRASH  
Stomach – SHUNTHI, GUDUCHI, KHANA, ANNAPRASH, CHYAWANPRASH, AMALAKI, PAPAYA  
Stomach acidity – GUDUCHI, PACHAKA, TRIPHALA, ANNAPRASH, AMALAKI, MANGO  
Stress – PITTA, JATAMANSI, SARPAGANDHA, MAJJAPRASH, MANOPRASH  
Strokes – ABHAYA, MANOPRASH  
Stuttering – UDANA  
Stye – ALOCHAKA  
Sweating – PITTA  
Swellings – NAGARA, SHALARI, SLESAKA, VIDANGA, MEDAPRASH, MUTRAPRASH  
**T**  
Teeth – KANTAKARI, ASTHIPRASH, AMALAKI  
Tendons and ligaments – SLESAKA, ASTHIPRASH, GOKSHURA, MAMSAPRASH  
Thrombosis – ABHAYA, MANOPRASH  
Thyroid gland – ASHOKA, ASTHIPRASH  
Tightness – GOKSHURA, RAJANI, MAMSAPRASH  
Tinnitus – RANJAKA, RAKTAPRASH  
Tonsillitis – TULSI, NAGARA, KATPHALA, MANJISHTA, CHYAWANPRASH  
Tonsils – KATPHALA, NAGARA  
Tumor – SHATAWARI, NIMBA  
**U**  
Urinary stones – VARUNA, MUTRAPRASH  
Urinary tract – VARUNA, MUTRAPRASH, SHUKRAPRASH, ARTHAVAPRASH  
Urticaria – KARAVI, SVEDAPRASH, PURISHAPRASH  
**V**  
Vaginal discharge – NIMBA, ARTHAVAPRASH  
Varicose ulcers – ABHAYA  
Varicose veins – ABHAYA, RAKTAPRASH, MANOPRASH  
Vasoneurosis – VYANA, RAKTAPRASH, MANOPRASH  
Vertigo – RANJAKA, MARICHA, RASAPRASH  
Vessels – VYANA, ABHAYA, KAPHA, RAKTAPRASH, MANOPRASH  
Viral infections – MANJISHTA, KATPHALA, NAGARA  
Vitality – PRANA, JAIPHAL, NEPAL, CHYAWANPRASH  
Vocal cords – PRANA, PRANAPRASH  
Vomiting – GUDUCHI, ANNAPRASH, RASAPRASH, AMALAKI  
**W**  
Warts – RASAPRASH, SVEDAPRASH  
Weakness – SHUKRAPRASH  
Weight loss – VIDANGA, KAPHA, MEDAPRASH  
Wrinkles – JAIPHAL

# Testimonials of Our Customers

*Hello, I got a cold so I bought TULSI tea. Right after the second use, my nose released, sore throat disappeared and the cough stopped. I recommend to all who are sick.*

—Richard T.

*I have tried NIMBA tea for skin problems and I swear by it, I am going to try other teas as well!*

—Daniela M.

*VIDANGA helped me not only to lose weight, it cleansed my body and helped me look sound and beautiful. I have already tried ASHWAGANDHA, KANTAKARI, SHATAWARI and I can say it works. I am 48 years old and I feel better than before.*

—Greetings Maria J.

*I have tried NIMBA tea for skin problems and I swear by it, I am going to try other teas as well!*

—Jane

*DALCHINI tea helped me through the first days of spring pollen season. After one week of drinking the tea, three times a day, I was able to walk my dog and run with him through a meadow in bloom!*

—Marta K.

*Hello, I am using your BRAHMI tea-memory and KALAMEGHA tea-liver and I am very pleased with them. The herb combination in your teas is a pleasure also for the soul. Thank you.*

—Zikmund K.

*Hello, I have been using VARUNA for kidney disorders. It improved my kidney condition as well as my atopic eczema.*

—Denise D.

*I suffered from a stomach disorder accompanied by diarrhea and stomach cramps for a few days. However I ate one package of AMALAKI fruit. It managed to stop my diarrhea and rid me of the stomach pain. Excellent, I recommend it!*

—Pataka S.

*I am very excited about the teas. After ASHWAGANDHA tea I sleep like a baby. When being attacked by a viruses, after Katphala drinking, fever reduced, sore throat disappeared and energy level increased with no use of pills!*

—L.

*I only can recommend, absolutely fantastic teas and they work as they should. I was searching for natural remedies for my health problems and I have finally found them :-)*

—Jackie

*Hi, I use ARJUNA tea for heart activity for two months. I have an arrhythmia and the tea helped me. I do not feel irregular palpitation and I am feeling well.*

—Olena

*After tasting your CHYAWANPRASH I must say that it is absolutely unique. It is very tasteful, has a strong herbal effect on physical and mental health. It rejuvenates the body and gives energy. It is great! Thank you.*

—Lucas

*Good afternoon, I had a herniated disc, very painful. After one week of drinking Gokshura, I started to feel a profound relief. I stopped using pills and could not believe it - it worked!*

—Frank S.

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