

# Kaya Kalpa Yoga Rejuvenative Tonic Compound



The Modern Way Of Rejuvenation

**History:** This newly improved Rejuvenative Tonic Compound is based on an authentic ancient formula. It was prepared by Ayurvedic scholars hundreds of years ago after rigorous scientific researches. We have modified it according to the present circumstances, atmosphere, and climatic conditions of Western people.

**(1) Ingredients:** Superior Quality Mineral Ashes Of Natural Crystals/Minerals/Gems:-

**Procedure To Make Purified Bhasmas:** Bhasma is the powder of a substance obtained by calcination. The oxidation process of the raw material by heat is regulated scientifically. Purified Bhasmas (purified ashes) are prepared as under:

- ✓ First we take the Crystals/ Minerals/ Gems and make small pieces.
- ✓ The pieces are cleaned properly and purified in the decoction of various herbs prescribed for each substance.
- ✓ Then the pieces are crushed in powder form and mixed with decoction of various herbs and sun-dried.
- ✓ The powder is put in a clay pot in small quantity and covered with another clay pot and both the pots are sealed with wet mud covered cloth and the pots are sun-dried.
- ✓ The clay pots are kept in about a 1 x 1 metre hole in the earth and covered with burning material and finally covered with a perforated metal sheet.
- ✓ The burning material is lighted and kept burning continuously for about 8 hours or more.
- ✓ After that the clay pot is taken out and break opened.
- ✓ The powder, which is now converted into Ashes, is rubbed manually for 8 hours with a mortar & pestle in decoction of various herbs prescribed for each substance.
- ✓ Then the finished product is sun-dried.
- ✓ The above process is called 'PUTA' process. PUTA is a Sanskrit word and it means 'number of times the substance is mixed in decoction of various herbs, burnt and rubbed to make proper ashes'.
- ✓ The above process is one PUTA. This PUTA process is repeated for a minimum of hundred times in order to get finished Crystal / Mineral / Gem Ashes.
- ✓ Generally one PUTA process takes about a weeks' time or more. If the above process is done continuously, then the whole process takes about 2–3 years time to get the finished product, in order to get calcined Ashes through oxidation. In some cases, we use 500 PUTAs, which takes about 10 –15 years' time.
- ✓ After the whole process is completed, the finished Ashes (Bhasmas) get so fine, soft and light in weight that if the Ashes are put on top of water, it float on the surface of water. That's why these Ashes get absorbed by human body very easily and quickly.
- ✓ Also burning of about 800 hours and rubbing of about 800 hours enhances the power of product and it becomes very effective and potent. This method of making PUTAs was discovered hundreds of years ago when the wood and other burning material was in abundance and cheap manual labor was also available, nowadays it is very expensive to do so because of scarcity of burning sources and labor, which costs a lot.



**Hira (Diamond) C.** Crystallized Carbon: Tonic, nutritive, aphrodisiac. Protects the life and promotes beauty, charm, vitality and lusture.



**Pukhraj (Yellow Sapphire)  $Al_2O_3$ :** Nerve tonic, alterative, digestive and heart tonic. For Vitality, intelligence, charm & beauty.



**Neelam (Blue Sapphire)  $Al_2O_3$ :** Antiseptic, anti-cancer, calms nerves, cooling. For arthritis, infections, blood pressure and rheumatism.



**Manakya (Ruby)  $Al_2O_3$ :** Stimulant, nervine, alterative, heart tonic, poor circulation, general weakness & increases vigor.



**Panna (Emerald)  $Al_2Be_3(SiO_3)_2$ :** Nerve tonic, heart tonic and alterative. Indicated for neurasthenia, mental weakness & epilepsy.



**Gomedha (Hessonite)  $FeAl_2(SiO_3)_2$ :** Increases digestive fire, strengthens liver, spleen & pancreas.



**Lahasunya (Cat's eye) Crysoberyl  $Al_2(BeO)_3$ :** Nerve tonic, stimulant, aphrodisiac. Indicated for mental depression.



**Sphatika (Quartz Crystal)  $SiO_2$ , resp.  $SiO_2 \cdot H_2O$ :** Alterative, hemostatic and tonic. Helps in anemia, asthma & jaundice.



**Loha (Iron) Soft Iron:** Stimulant, nervine. Tonic for blood, iron supplement for anemia. Indicated for general debility.



**2. High Quality Calcium Powder:** Powder of coral & pearl made by grinding the powder manually for 15 days, 8 hours per day, with rose water.



**Prawal Pisti, Coral ( $CaCO_3$ , Calcium Carbonate + magnesia):** Antacid, tonic, for hyperacidity, sexual debility & care of bones.



**Mukta, Pearl ( $CaCO_3$ , High quality Calcium Carbonate):** Tonic & antacid; indicated for hyperacidity, liver, kidney imbalance & care of bones.

**3. Superior Quality Powder Of Organic Herbs:** Hand crushed from fresh, clean and organically grown herbs:



**Amalaki (*Embolica officinalis*):** Nutritive tonic, rejuvenative and alterative. having very high vitamin contents. Part used: Fruit.



**Arjuna (*Terminalia arjuna*):** Rejuvenative and alterative indicated for heart diseases, strengthens the heart. Part used: Bark.



**Ashwagandha (*Withania somnifera*):** Tonic, nerve tonic, rejuvenative, aphrodisiac, for sexual debility, general weakness. Part used: Root.



**Bala (*Sida cordifolia*):** Tonic, nerve tonic, demulcent and rejuvenative. Indicated for sexual debility, general weakness. Part used: Root.



**Tulsi, Basil (*Ocinum spp.*):** Diaphoretic, febrifuge and nerve tonic. Anti-malaria, antibiotic, digestive, anti-infection. Part used: Whole Plant.



**Bhringaraja (Eclipta alba):** Tonic, nerve tonic and hemostatic. Indicated for liver disorders, hair loss & grey hair. Part used : Whole plant.



**Bibhitaki (Terminalia bellerica):** Tonic, astringent and expectorant. Part used: Fruit without seed.



**Gokshura, Gokhru (Tribulus terrestris):** Diuretic, tonic and aphrodisiac. Indicated for kidney disorders and blood purification. Part used: Seed.



**Brahmi, Gotukola (Hydrocotyle):** Rejuvenative, diuretic. Increases memory and mental power. Part used: Whole Plant.



**Guduchi (Tinospora cordifolia):** Tonic and rejuvenative. Best blood purifier, relieves fever & pain, purifies the body. Part used: Stem.



**Haritaki (Terminalia chebula):** Rejuvenative, laxative and astringent. Relieves constipation. Part used: Fruit without seed.



**Jyotishmati (Celastrum paniculatum):** Nerve tonic. Increases power of brain cells. Part used: Fruit.



**Mahabala (Sida rhombifolia):** Tonic, diuretic, demulcent & rejuvenative. Indicated for general debility & loss of energy. Part used: Root.



**Mandukaparni (Centella asiatica):** Stimulant & alterative. Indicated for mental disorders, anxieties, fatigue & depression. Part used: Plant.



**Manjishta (Rubia cordifolia):** Alterative, diuretic, hemostatic and emmenagogue. Indicated for general debility. Part used: Plant.



**Musali (Asparagus adscendens):** Tonic, diuretic and laxative. Indicated for lack of energy, decreasing sexual functions. Part used: Root.



**Punarnava (Boerhaavia diffusa):** Diuretic, laxative, diaphoretic and rejuvenative. Indicated for eye & liver disorders. Part used: Root.



**Kesar, Saffron (Crocus sativus):** Alterative, rejuvenative, carminative. Indicated for lung diseases, heating. Part used: Stigma of the Flower.



**Vamsharochana (Bambusa arundinaceae):** Demulcent, expectorant and tonic. Indicated in calcium deficiency. Part used: Stem.



**Vidanga (Embellia ribes):** Stimulant and diaphoretic. Indicated for calming and harmonizing body and mind. Part used: Root.



**Vidarikanda (Ipomoea digitata):** Nutritive tonic, aphrodisiac, diuretic. Improves hormonal function & decreased sexual function. Part used: Root.

#### 4. Processed in a Base of the followings:



**Mulethi, Licorice (*Glycyrrhiza glabra*):** Demulcent, expectorant, tonic. Indicated for weakened immune system, respiratory problems. Part used: Root.



**Gulab-ke-phul, Persian Rose (*Rosa Damascena*):** Alterative, emmenagogue, nervine & anti-stress. Improves mental alertness. Part used: Flower.



**Elaichi, Cardamom (*Elettaria Cardamomum*):** Stimulant, carminative and expectorant. Indicated for lack of digestion, gas. Part used: Seed.



**Chandana, Sandalwood (*Santalum album*):** Alterative, hemostatic, antipyretic, nervine. Indicated for mental concentration. Part used: Wood.

**Properties:** Rejuvenative tonic, nerve tonic and aphrodisiac. Indicated in mental weakness, poor memory, weak kidneys, liver, heart, nervous system disorder and cancer.

#### Uses:

- ✓ As a daily health supplement and an excellent rejuvenative tonic.
- ✓ Improves physical fitness and relieves stress.
- ✓ Improves mental alertness, brain function, learning ability, attention and memory.
- ✓ Promotes cellular regeneration, muscle power and protects from degenerative changes.
- ✓ It is non-hormonal and safe, improves hormonal functions and decreasing sexual function.
- ✓ Helps relieve body pain, rheumatism and arthritis.
- ✓ Helps guard against circulatory problems and fears, anxieties, insomnia, fatigue and depression.
- ✓ Helps increase the efficiency of the liver & helps to protect against toxicity of alcohol, chemicals, drugs and atmospheric pollution.
- ✓ Diuretic effect keeps the kidneys and urinary tract flushed and working at optimum efficiency and helps to protect from infections.
- ✓ Helps control hypertension, reduce cholesterol, strengthen heart and maintains cardiac function.
- ✓ Helps improve digestion and correct constipation, if any.
- ✓ Helps reduce extra fat and helps to lose and control weight.

**Dose & How To Take:** Put one packet in the mouth and wash it down with water or mix it in food and eat it. Put it in empty capsules and swallow it. Do not mix it in the water or liquid to drink. Take 2 to 3 packets per day just after breakfast, lunch and dinner. One may increase or decrease doses. If it feels too strong, reduce dose to half or quarter. If it feels too weak, double the dose. Never take it on empty stomach.

**Vehicle:** Good for all body types. It is slightly heating so Pitta types may take it with cold milk, milkshake, fresh yogurt, fresh sweet juices and Pitta-reducing diet. Vata types may take it with warm milk, honey, cream, buttermilk, fresh sweet juices and Vata - reducing diet. Kapha types may take it with water, fresh citrus juices, honey and Kapha - reducing diet.

**For Rejuvenative Therapy:** The traditional Ayurvedic way is to take at least 90 days' supply, which is one unit containing 180 packets. The effect of all these natural combinations appears slowly on the human body but stays in the body for a longer term. That's why one should continue taking this combination for a longer time or for several years in order to get best results.

**Packing:** The traditional Ayurvedic way is to put finished product powder in paper and manually hand-wrap it to make a dose. (1) Box of 60 packets for 30 days, (2) Box of 180 packets for 90 days.

**Note:** (A) It is non-hormonal and safe from side effects as all the ingredients are commonly used herbs, spices and minerals. They are grown and produced by mother earth for healing. (B) with each new batch of the product there might be a change in the color, smell & taste due to the availability of the herbs grown in different parts of India in different seasons. (C) It is not a medicine, it is a food supplement and combination of high quality herbs & minerals.

Calcium Tonic:



## Prawal Pisti Coral Calcium Tonic Powder



**History:** For the last 5000 years, in the orient, this has been used for rejuvenation of the body and mind, proper care of the bones and skin. In the Himalayan regions, people use it for healing and balancing the energy and Chakras. American Indians use it for getting power, energy and strength of their body and mind. In Africa during olden times, it was traded for the same amount of gold, due to its wonderful healing qualities.

**Ingredients & Chemical Composition:** Calcium Carbonate (CaCo<sub>3</sub>)+ Magnesium (Mg).

**How To Prepare:** We use Coral Calcium, which comes from the ancient fossilized coral reefs of Maldives. Over the period of million of years, the coral has become chemically altered to contain all the nutrients of the sea - including magnesium, calcium and almost 70 types of minerals. Coral calcium occurs in nature's smallest form, making it completely absorbable by the body. Coral calcium produces health-giving oxygen in the body and prepares the groundwork for excellent health. Our Coral Calcium powder is ecologically friendly above ground fossilized coral. It does not harm living coral on the ocean floor. It is properly cleaned and hand-ground for 15 days during the daytime with rose water. In the night, it is put under the moonlight from 1st night of new moon till 15th night of full moon to get it potentized with the moonlight and cosmic vibrations in order to work more effectively. The finished product is known as Prawal Pisti (Chandra Puti).

**Properties:** Excellent antacid, soothing, cooling and decreases excess Pitta. It changes the PH of water/urine from acid to alkaline stage. If put in the dirty water, it cleanses the water, as coral cleanses the ocean and the same way, it cleanses the body and take away acidity and toxins.

**Uses:**

- ✓As a daily health supplement and a high quality calcium tonic for proper care of bones. It normalizes the body's acid / alkaline balance.
- ✓An excellent antacid, reduces excess biles, heart burning, burning condition of high fever. It oxygenates the body for greater health.
- ✓Helps in vomiting, hyperacidity, acidic stomach and helps undigested food to get digested due to its carbonic effects.
- ✓Helps in osteoporosis, degeneration of bones and promotes strength of skeleton. It is found that children may get taller due to proper intake of calcium needed for the body.
- ✓Improves skin complexion, treats skin diseases like rashes, pimples, acne, cracks and discoloring spots. It cleanses the intestine, blood, kidneys as well as whole body & mind.
- ✓In case of male, strengthens the reproductive system, useful in Spermatorrhoea and sexual function. Good for epilepsy and several mental disorders.
- ✓In case of female, useful in leucorrhoea, dysmenorrhoea, abdominal bleeding, menstrual irregularities and menopause symptoms like hot flashes, night sweat and irritability. It is anti-cancer, as believed by Asians.

**Dose & How To Take:** The traditional Ayurvedic way is to put the finished powder in paper and hand-wrap it to make a dose. An ideal dose is 1 packet three times daily just after breakfast, lunch and dinner. Put it in the mouth and wash it down with water or milk.

**Vehicle:** Water or Milk.

**Packing:** (1) Box of 60 packets for 30 days. (2) Box of 180 packets for 90 days.

**Note:** It is not a medicine, it is a Calcium tonic powder of superior grade.

Calcium Tonic:



# Mukta Bhasma

## Pearl Calcium Tonic Ashes



**History:** From ancient times, it has been used for the maintenance of bones, beauty, skin & eyes. It is also used as anti-stress therapy.

**Ingredients:** Chemical Composition: High quality Calcium Carbonate ( $\text{CaCO}_3$ ), Mukta (*Mytilus margaritiferus*) Pearl. Found in general molluscs inhabiting shallow seas and sand-banks. Mixed with Sugar of Milk to reduce its irritative quality on the tongue.

**How To Prepare:** Our Pearl powder is ecologically friendly. Pearls are properly cleaned with lemon juice and burnt with natural fire to make ashes. After that when Pearls convert into powdered ashes, it is hand-ground with rose water for 15 days (90 hours) or more to make High Quality Pearl Calcium Tonic Ashes, which become soft & cooling.

**Properties:** Excellent antacid, soothing, cooling and decreases excess Pitta.

### Uses:

- ✓ As a daily health supplement and a high quality calcium tonic for proper care of bones. An excellent antacid gives soothing and cooling effect.
- ✓ Helps in hyperacidity and helps undigested food to get digested due to its carbonic effects.
- ✓ Improves the appetite, eyesight, intellect and memory.
- ✓ Contributes towards recovery from various diseases.
- ✓ Effective in case of Calcium deficiency.
- ✓ Helps in osteoporosis, degeneration of bones and promotes strength of the skeleton.
- ✓ Improves skin complexion and helps skin conditions.
- ✓ In females, useful in leucorrhoea, dysmenorrhoea, abdominal bleeding, menstrual irregularities & menopause symptoms like hot flashes and night sweat.
- ✓ Helps in psychological problems of women, especially emotional problems, anxiety, irritability and sleeplessness.

**Dose And How To Take :** An ideal dose is 3 packets per day; one packet just after breakfast, one after lunch and one packet after dinner. Never take it empty stomach.

**Vehicle:** Water or Milk.

**Packing:** The traditional Ayurvedic way is to put finished product powder in paper and hand-wrap it to make a dose.

1. Box of 60 packets
2. Box of 180 packets.

**Note:** It is not a medicine, it is a Calcium tonic powder of superior grade.