

# List Of Our Products

## Herbal Combinations:

### 1. Rejuvenation Therapy

Kaya Kalpa Yoga (Rejuvenative Tonic Compound)\_\_\_\_\_ 2

### 2. Calcium Tonic

Prawal Pisti (Coral Calcium Tonic Powder)\_\_\_\_\_ 6

Mukta Bhasma (Pearl Calcium Tonic Ashes)\_\_\_\_\_ 7

### 3. Herbal Absorption Compound

Anti-Candida Plus (Anti-Candida Compound)\_\_\_\_\_ 8

### 4. Anti-Obesity Formula

Obesitysafe (Weight Reduction & Control Powder)\_\_\_\_\_ 9

### 5. Weight Reduction & Control Formula

Triphla Guggul Plus (Weight Reduction & Control Formula)\_\_\_\_\_ 10

### 6. Anti-Rheumatic Formula

Yogaraj Guggul Plus (Anti-Rheumatic Formula)\_\_\_\_\_ 11

### 7. Herbal Tea

Dr Kamlesh's Ayurveda Herbal Tea (Immune Strength Tea)\_\_\_\_\_ 12

### 8. Taste Enhancer

Dr Kamlesh's Ayurveda Curry Powder\_\_\_\_\_ 13

### 9. Herbal Mask

Herbal Face & Body Mask\_\_\_\_\_ 14

## Aroma Therapy Products:

### 10. Aromatic Perfumes:

Heena, Jasmine, Kevada, Musk Amber (Shamayatul), Patchouli, Rose, Sandal, Shamama, Vetivert\_\_\_\_\_15

### 11. Natural Essential Oils:

Basil, Camphor, Cardamom, Chamomile, Cinnamon, Cloves, Eucalyptus, Geranium, Fennel, Lavender, Lemon Grass\_\_\_\_\_16

# 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)  $Al_2Be_3(SiO_4)_3$ :** Nerve tonic, heart tonic and alterative. Indicated for neurasthenia, mental weakness & epilepsy.



**Gomedha (Hessonite)  $FeAl_2(SiO_4)_2$ :** 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 (*Embllica 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.

Herbal Absorption Compound:

# Anti-Candida Plus (Anti-candida Compound)



## Ingredients:



**Jaiful, Nutmeg** (*Myristica fragrans*): Astringent, carminative & nervine. Indicated for digestive disorders and general debility. Part used: seed.



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



**Mustaka, Cyperus** (*Cyperus pertenuis*): Refrigerant, aromatic, stomachic and alterative. Part used: Root



**Pippali, Long pepper** (*Piper longum*): Stimulant, expectorant and aphrodisiac. Indicated for digestive disorders and general debility. Part used: seed.



**Babunphul, Camomile** (*Matricaria chamomilla*): Disinfectant, antiseptic and antiphlogistic. Part Used: Flower



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

**How to prepare:** Organically grown ingredients are properly cleaned and crushed to make the powder.

## Uses:

- ✓ As a daily health supplement for the proper care of digestive system, specially intestines.
- ✓ An excellent Anti-Candida Compound. Indicated in candida abicans infections and other infections created by yeast, white sugar, white flour, old nuts, old oils and other food items.
- ✓ Useful in lack of appetite, mal-absorption and indigestion.
- ✓ Relieves gas, chronic diarrhea, loose stool, colic, constipation and abdominal distention .
- ✓ Increases Pitta, decreases Vata and Kapha. Helps to lose weight.

**Dose:** 3 packets per day: One packet just after breakfast, one after lunch and one packet after dinner. Do not take it empty stomach.

**Vehicle:** Water or buttermilk.

**Packing:** 1. Box of 60 packets    2. Box of 180 packets.

**Note:** It is not a medicine, it is a herbal combination as a health food supplement.

# Obesitysafe (Weight Reduction & Control Powder)



## Ingredients:



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



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



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



**Katuka** (*Picrorrhiza Kurroo*): Stomachic, laxative, anti-periodic and cholagogue. Part Used: Dried rhizome.



**Sounth, Ginger** (*Zingiber officinale*): Stimulant, diaphoretic, expectorant and carminative. Helps digestion, relieves swelling. Part used: Root.



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



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

**How to prepare:** Organically grown ingredients are properly cleaned and crushed to make the powder.

## Uses:

- ✓ As a daily health supplement to prevent obesity.
- ✓ Cleanses and detoxifies the body.
- ✓ Reduces extra fat and helps to lose and control weight.
- ✓ Controls overeating, hypertension, chronic constipation and sugar addictions.
- ✓ Specific for Kapha but balances all humors.
- ✓ It is non-hormonal and safe from side effects as ingredients are commonly used herbs. They are grown and produced by mother-earth for healing.

**Dose:** 3 packets per day: One packet each in the middle of breakfast, lunch and dinner or as prescribed. Do not take it empty stomach.

**Vehicle:** Lukewarm water or juice.

**Packing:** 1. Box of 60 packets    2. Box of 180 packets.

**Note:** It is not a medicine, it is a herbal combination as a health food supplement.

# Triphala Guggul Plus

## (Weight Reduction & Control Pills)



### Ingredients:



**Guggul (purified)** (*Balsamodendron mukul*): Demulcent, aperient, alterative, carminative, antispasmodic & emmenagogue. Part used: Purified Guggula.



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



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



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



**Pippali, Long pepper** (*Piper longum*): Stimulant, expectorant and aphrodisiac. Indicated for digestive disorders and general debility. Part used - seed.

**How to prepare:** Organically grown ingredients are used. Guggul is purified by boiling it in various herbal decoctions, like Triphala and straining out the purified resin, from which the pills are hand-made and sun-dried.

### Uses:

- ✓ As a daily health supplement to prevent obesity.
- ✓ Cleanse and detoxifies the body.
- ✓ Reduces extra fat and helps to lose and control weight.
- ✓ Controls arthritis, edema, polyps, ulcers, abscesses, carbuncles and hemorrhoids.
- ✓ Helpful in cervical and lumbar spondylosis.
- ✓ Useful in chronic constipation and hypertension.
- ✓ It is non-hormonal and safe from side effects as ingredients are commonly used herbs. They are grown and produced by mother earth for healing.

**Dose:** 2 pills three times a day just before or after breakfast, lunch and dinner. Do not take it empty stomach. Better to crush the pills in pieces and take it. Put the pills/pieces in the mouth and wash it down with lukewarm water.

**Vehicle:** Lukewarm water.

**Packing:** 1. Box of 120 Pills      2. Box of 360 Pills.

# Yograj Guggul Plus

## (Anti-Rheumatic Compound Pills)



**Ingredients:** One part each of Chitrak Mool (Plumbago zeylanica), Pippali Mool (Piper longum), Ajwain (Ptychotic ajowan), Kala jeera (Nigella sativa), Vidanga (Embelia ribes), Ajmoda (Apium graveolens), Jeera (Cuminum cyminum) (Shweet), Deodaru (Cedrus deodara), Chabya (Piper chaba), Elaichi (Elettaria cardamomum), Saindhav Lavan (Sodium chloride), Kushata (Saussurea lappa), Rashna Vanda (roxburghii), Gokshura (Tribulus terrestris), Dhania (Corriandrum sativum), Haritaki (Terminalia chebula), Bahera (Terminalia belerica), Amla (Emblca officinalis), Mustak (Cyperus rotundus), Shunthi (Zingiber officinale), Kala mircha (Piper nigrum), Pippali (Piper longum), Dalchini (Cinnamomum zeylanicum), Dalchini (Andropogon murbonate), Ushir Mool (Andropogon murbonate), Yavakshar (Potassium carbonate), Talispatra (Abies webbiana), Tejpatra (Cinnamomum iners) and 27 part of purified guggul (commiphora mukul).

**Properties:** Anti-rheumatic, alterative, astringent, anti-septic and diuretic.

**How to prepare:** Organically grown ingredients are used. Guggul is purified by boiling it in above written herbal decoctions and straining out the purified resin, from which the pills are hand-made and sun-dried.

### Uses:

- ✓ As a daily health supplement to prevent rheumatic arthritis.
- ✓ Cleanse and detoxifies the body and controls inflammation, swelling and tenderness.
- ✓ Useful in frozen shoulders, fibrositis, gout, infective polyarthritis, osteoarthritis, sciatica and sprains.
- ✓ Controls arthritis, edema, polyyps and hemorrhoids.
- ✓ Helpful in cervical and lumbar spondylosis.
- ✓ Useful in chronic constipation and hypertension.
- ✓ Regulates the bowel movement and checks abdominal disorders.
- ✓ Relieves intestinal worms and piles. Helpful in enlarged spleen, jaundice and obesity.
- ✓ It is non-hormonal and safe from side effects as ingredients are commonly used herbs. They are grown and produced by mother-earth for healing.

**Dose:** 2 pills three times a day just before or after breakfast, lunch and dinner. Do not take it empty stomach. Better to crush the pills in pieces and take it. Put the pills/pieces in the mouth and wash it down with lukewarm water.

**Vehicle:** Lukewarm water.

**Packing:** 1. Box of 120 Pills      2. Box of 360 Pills.

**Note:** It is not a medicine, it is a herbal combination as a health food supplement.

Herbal Tea:

## Dr. Kamlesh's Ayurveda Herbal Tea

Caffeine Free Mixture Of 9 Herbs, Flowers And Spices For Celestial Fragrance And Matchless Taste



### Ingredients:



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



**Gandhatrana, Lemon grass (Andropogon citratus):** Stimulant, diaphoretic, anti-spasmodic. Part used: Leaves.



**Dalchini, Bark & leaves of cinnamon (Cinnamomum Cassia):** Carminative, anti-spasmodic, aromatic, stimulant, haemostatic, astringent, antiseptic, stomachic & germicide.



**Lavang, Clove (Eugenia caryophyllata):** Stimulant, aphrodisiac and expectorant. For tooth pain, gas, indigestion. Part used - Flower buds.



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



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



**Kamal, Sacred Lotus (Nelumbium speciosum):** Demulcent, nutritive, cooling, sedative, astringent, cholagogue, diuretic, bitter, refrigerant and expectorant. Part used: Flowers.



**Guli-Banafshah, Wild violet (Viola Odorata):** Astringent, demulcent, diaphoretic, diuretic and aperient. Part Used: Flowers.



**Nilofar, Water Lilly (Nymphaea lotus):** Demulcent, diuretic, nutrient and refrigerant. Part Used: Flowers.

**Properties:** The flowers of rose, lotus, wild violet and water lily are used in orient for anti-stress therapy, anxiety, depression and brings cheerfulness. Leaves of lemon grass, cinnamon, seeds of cardamom and clove are diuretic, expectorant, stimulant and digestive. Its' soothing and calming taste with mild aroma is unique of its own kind. This unique age-old authentic herbal formula is based on root of licorice, which is commonly used in Asian countries as a remedy to help weakened immune system fight off, as well as lingering colds, respiratory ailment. It is also stimulative, tonic, carminative, diuretic and protects against atmospheric pollution. It is a natural substitute of sugar, helps in calming and harmonizing body and mind.

**Direction of use:** Put one teaspoon or more depending upon the taste in two cups of boiling water, cover and let it boil in low heat for three to five minutes or put half teaspoon or more in a cup and add boiling water, mix, filter and drink. Best use after meals, morning, evening and before going to bed. It is a sweet tea does not need any sugar to be added.

**Packing:** 1. One packet of 50 Grams.      2. One Box of 100 Grams.

**Note:** It is not a medicine, it is a herbal tea.

Taste Enhancer:

## Dr. Kamlesh's Ayurveda Curry Powder

Mixture of 27 spices for Celestial fragrance and matchless taste



**Ingredients:** Seeds of Ajwain (*Carum ajowan*), Allspice (*Pimenta dioica*), Anise (*Pimpinella anisum*), Black Cumin (*Nigella Sativa*), Black Pepper (*Piper nigrum*), Caraway (*Carum carvi*), Cardamom (*Elettaria cardmum*), Clove (*Eugenia aromatica*), Coriander (*Coriandrum sativum*), Cumin (*Cuminum cyminum*), Dill (*Anethum graveolens*), Fenugreek (*Trigonella foenumgraecum*), Fennel (*Foeniculum vulgare*), Long Pepper (*Piper Longum*), Mixed Pepper Corns (*Piper nigrum*), Mustard (*Brassica alba*), Nigella (*Kalonji nigella*), Nutmeg (*Myristica fragrans*), Bay (*Laurus nobilis*), Cinnamon (*Cinnamoum zeylanicum*), Curry Leaf (*Murraya koenigii*), Mint (*Mentha spicata*), Bark of Cinnamon or Cassia (*Eugenia caryophyllus*, *Syzygium aromaticum*), Root of Ginger (*Zingiber offaicinale*), Turmeric (*Curcuma domestica*), Pod of Chilli Pepper (*Capsicum frutescens*) and Mace (*Myristica fragrans*).

**How to prepare:** Ingredients are properly cleaned and crushed to make the powder.

**Uses:** It is used by Asian people as a digestive, carminative, diuretic, anti-infection and taste enhancer of food.

**Directions of use:** Use ¼ to 1 teaspoon per person per serving or depending upon the taste. Use it while cooking, stir nicely, cover the lid and serve. Put it in a small container and always keep it with you. Sprinkle it on top of the food, made and served by others.

**Packing:** 1. Packet of 50 Grams.                                  1. One Box of 100 Grams.

**Note:** It is not a medicine, it is a curry powder, combination of spices.

# Herbal Face & Body Mask (Ayurvedic Ubtan)



Mixture of 25 herbs and Ashes of 9-Gems, leaves of Gold and Silver

**Ingredients:** Multani Mitti (Kaolinum), Persian Rose (Rosa Damascena), White Sandalwood (Santalum Album), Chinese Orange (Citrus Aurantium), Muskroot (Nardostachys Jatamansi), Sugandha-bala (Pavonia Odorata), Stone flowers (Parmelia Perlata), Indian Cyperus (Cyperus Pertenuis), Shrubby Basil (Ocimum Gratissimum), Turmeric (Curcuma Longa), Mango ginger (Curcuma Amada), Ophthalmic Barberry (Berberis Aristata), Honey bush (Murraya Exotica), Musk-mallow (Hibiscus Abelmoschus), Purple Fleabane (Vernonia Anthelmintica), Fenugreek (Trigonella Foenum Graeceum), Cobra's Saffron (Mesua Ferrea), Saffron (Crocus Sativus), Juniper berry (Juniperus Communis), Himalayan Silver Fir (Abies Webbiana), Sweet Basil Seeds (Ocimum Basilicum), Golden or Yellow Champa (Michelia Champaca) and Kapurkachr (Hedychium Spicatum).

**How to prepare:** Ingredients are properly cleaned and crushed to make the powder.

**Uses:**

- ✓ It is an ancient beautification technique used by Asian people.
- ✓ Used for beautiful, blooming and glowing skin.
- ✓ Used for silky, soft, smooth and wrinkle free skin.
- ✓ Helps to remove pimples, acne, rashes, spots and pigmentation.
- ✓ Decreases the bad body odor and makes body aromatically fragrant, relaxing and fresh.

**Directions of use:** Dissolve 2½ teaspoon or 5 gms of powder in 5 tablespoon or 10 ml. of milk, cream or water to make a paste. Increase the quantity to 10 tablespoons or 50 gm in case of whole body. Apply the paste on face or body parts. After ten minutes, wash it down with lukewarm water. Apply some cold pressed sesame oil or cream, if skin is dry.

**Storage:** As our product is freshly made, it has 3 years' expiry time.

**Packing:** 1. Packet of 50 Grams.      2. Box of 100 Grams.

**Note:** It is not a medicine, it is a combination of herbs used as face or body mask.

**How To Order:** Send orders directly to Dr. S. K. Kamlesh, 279 Subhash Marg, Dugawan, Lucknow-226004 India or by e-mail: [skkamlesh@hotmail.com](mailto:skkamlesh@hotmail.com). Generally it takes 2 to 4 weeks to get the shipment. Sometimes when Dr. S.K. Kamlesh is not in India, it may take more time, but when he is in India, it may be quicker.

**How To Pay:** Send payment by banker's check, bank money order or travelers' check in € or US\$. Send payment in the name of Dr. S. K. Kamlesh through an Account Payee Check by registered post only. Minimum airmail charges towards Postage, Packing and Handling are € 10 for Parcel upto 1 kg., € 20 for the parcel weighing upto 2 Kg. For bulk order, postage will be indicated after receiving the order.

## Aromatic Perfumes



**Heena:** A rejuvenator of skin. Promotes cell regeneration. A feminine aphrodisiac and perfume. Used in orient in case of headaches and stress related symptoms.

**Jasmine:** Relaxing, stimulant, sensual, seductive and aphrodisiac. Used in orient in case of flatulence, weakness of the eyes and acute rheumatism.

**Kevada (Fragrant Screwpine, Caldera Bush):** Stimulant, diaphoretic and antispasmodic. Used in orient in case of epilepsy, earache, headache and rheumatism, as it relaxes the body.

**Musk Amber (Shamayatul):** Fragrance of male attraction, hypnotic, heating, stimulant and heating. Helps in nervousness, circulation, arterial tension. Used in orient in hysteria and nervous debility.

**Patchouli:** A mental and physical energizer, combats stress, depression and anxiety. Helps against obesity and liquid retention. Rejuvenates the skin. Useful in skin

**Rose:** Luxurious, feminine, provides emotional comfort, brings out deepest feelings, increases affection and sensuality. Rejuvenates and regenerates the skin. Used in orient as cardiac tonic, anti-septic, anti-depressant. Primary used in anti-stress therapy. Promotes freshness and relaxes nerves.

**Sandal:** Lends a spiritual calm that relaxes. Aids meditation to help achieve spiritual goals by yogis. Regenerates the skin cells. A masculine aphrodisiac. Useful for anxiety, nervous tension, stress, to create meditative atmosphere, decreases headache, negativity and depression.

**Shamama:** A herbal mix with Sandal base. Promotes mental peace, calmness, emotions, relaxation and cheerfulness. Reduces mental fatigue and confusion.

**Vetivert:** A tranquilizing calmant helps relaxation, meditation, yoga. Combats stress and insomnia. Cooling, soothing, mental peace and anti-anxiety.

# Essential Oils



**Basil:** Aids congested (flushed) skin. Strengthens and clarifies the mind, helps in lack of energy. Combats mental fatigue when studying. Insect repellent.

**Camphor:** Acts as a calmant, balances emotions, combats depression. Clears the air internally and externally.

**Cardamom:** A powerful aphrodisiac and rejuvenator which stimulates and refreshes. Also aids anxiety and insomnia, acting as a comfortant.

**Chamomile:** A calmant that works against anxiety, depression and insomnia. A moisturizer for congested (flushed) skin.

**Cinnamon:** Anti-depressant. Lifts spirits. Useful for the aged or infirm. Contains aphrodisiac properties. Use with precaution. Direct contact with the skin can cause irritation.

**Clove:** Helps reduce muscle pain and general tiredness. Acts as a stimulant, aids memory. A subtle aphrodisiac.

**Eucalyptus:** Acts as a refreshing revitaliser against physical fatigue. Purifies the air of germs. An easy-breathing deodorant and bug repellent.

**Geranium:** A skin cleanser especially useful against dermatitis, inflammation, obesity and liquid retention. Combats anxiety, nervousness, stress and fatigue. Bust refirmer.

**Fennel:** Increases bust firmness. Helps production of mother's milk. Revitalizes stabilizing emotions and nervous tension.

**Lavender:** A skin rejuvenator that regenerates the skin cells. Effective against acne, cellulitis, hair loss, liquid retention a variety of skin complaints. Anxiety, depression and fatigue can also be relieved.

**Lemon Grass:** Aids cell regeneration, fortifies the skin, improves muscle tone. Useful in treatment of the bust.