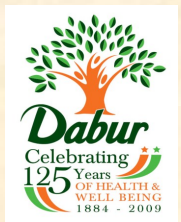




# पलक लक्ष्मेश्वर



2013 Catalog







*Sushruta—The father of Surgery*

## Introduction to Ayurveda:

The Veda, made up of the *Rig*, *Yajur*, and *Atharva* Vedas in which the ancient scriptural knowledge is found, have been handed down to us generation to generation over several thousand years of oral tradition, before finally being recorded in written form. It wasn't until about 500B.C. that the sage Adi Shankara culled the end portions from the Vedas, called Vedanta, which reveals the knowledge that the self and the Supreme Being are one. Shankara recorded this knowledge on palm leaves, along with vast commentaries on the subject.

Rig Veda, the foundation pillar and oldest of the Vedas, contains many references to Ayurvedic principles, although Ayurveda itself was primarily developed from the Atharva Veda, the most recent of the Vedas. The mainstay of Ayurvedic knowledge we have today is found in the two great treatises, *Charaka Samhita* and *Sushruta Samhita*, each of which first appeared at the turn of the first millennium B.C.

Charaka Samhita remains foremost, focusing on the internal body/mind medicine of Ayurveda, in which the cause of diseases and the constitution of a person are addressed first. The knowledge of Ayurvedic Surgery and the details of its techniques, contained in the Sushruta Samhita, are lost to us today, these practices having been interrupted at the end of Buddha's life. During the medieval period, the rejuvenation and virilization therapies, known as *rasayana* and *vajikarana* were introduced into the Ayurvedic panoply of healing practices. Around 500 B.C., Ayurveda was formed into eight branches of medicine and two primary schools of thought named after the sages Atreya and Dhanvantari. Charaka belonged to the Atreya school of Ayurveda and Sushruta to the Dhanvantari school.

*Pancha karma* therapy, the core of Ayurveda's healing therapies, is believed to predate even the earliest applications of Ayurveda, which is thought to have occurred some 8000 years ago. Although it has endured long periods of interruption in India, Pancha karma is still prac-

ticed in many regions of the country. Central to a phenomenal system of ancient healing techniques said to have been practiced by the Gods who taught the earliest seers on Earth, this therapy remains the most vital link to the essential and immortal essence of human life.

The term Pancha karma refers to the five principal practices used to cleanse the body of its excess bodily humors, called *doshas*. Although Charaka did not coin the term "pancha karma", he did introduce these cleansing practices as the axis around which all Ayurvedic healing therapies revolve, defining it as the one primary independent discipline to be employed in order to promote health. Charaka considered it a requisite procedure before surgical operations or the administration of any of the rejuvenation therapies. Pancha karma benefits both the healthy and the unhealthy and is considered to be the most effective therapy for preventing and curing diseases, as well as for revitalizing the entire human organism.

# The Three Doshas



At the heart of Ayurveda is its concept of the three Doshas, or the three different basic types of human constitution. Ayurveda recognizes three primary life-forces in the body, or three biological humors called Vata, Pitta and Kapha, which correspond to the elements of Air, Fire and Water respectively. These three Doshas, in their natural and disturbed states, give life to the body, and also destroy it. By understanding the three Doshas, the individual may understand their nature and determine a unique treatment or lifestyle adjustment unique to one's own needs.

<b>Vata</b>	Cold, Dry, Light, Irregular, Fast, Mobile, Rough, Changeable	<b>Air</b>
<b>Pitta</b>	Hot, Oily, Light, Penetrating, Soft, Sharp, Malodorous	<b>Fire</b>
<b>Kapha</b>	Cold, Wet, Heavy, Regular, Slow, Dull, Static, Smooth, Dense and Cloudy	<b>Water</b>

## VATA = Vayu (Air) + A kasha (Ether)

The biological Air humor is called Vata, which means literally, 'that which moves things'. It contains the secondary aspect of 'ether' as the field in which it moves. The spaces in the head, joints and bones all serve as its containers.

Vata governs movement and is responsible for the discharge of all impulses both voluntary and involuntary. It works mainly through the brain and nervous system. In the digestive system, it relates to the lower abdomen, particularly the large intestine where gas (air) accumulates. The sense of touch and hearing, which corresponds to the air and ether elements, are part of it. Vata is the force that directs and guides the other Doshas because life itself derives from air. Vata allows for agility, adaptability and facility in action. Its power animates us and makes us feel vital and enthusiastic.

Vata rules the basic mobility and sensitivity of the mental field. It energizes all mental functions from the senses to the subconscious.

It allows us to respond to internal and external impulses. Fear and anxiety are its primary mental derangements which occur when we feel our life-force endangered.

### Functions of Vata:

- Responsible for all the movements of the body, even at the cellular level.
- Controls the metabolic processes. Due to its stimulating action, it is responsible for the catabolic process as well.
- Controls the movements of the other two doshas., Pitta and Kapha
- Cell Division
- Stimulates all sensory and motor centers
- Controls respiration
- Controls the normal function of the intellect.
- It is the originator of zeal and joy.

## PITTA = Teja (Fire) + Jala (Water)

The biological fire-humor is called Pitta, which means "that which digests things". Fire cannot exist directly in the body, but is held in hot liquids like the blood and digestive fluids. For this reason, Pitta contains a secondary aspect of water.

Pitta governs transformation in the body and mind, as digestion, and assimilation on all levels, from food to ideas. It predominates in the digestive system, particularly in the small intestine and liver, where the digestive fire operates. It is also found in the blood and in the sense of sight that corresponds to the fire element. Pitta is responsible for all heat and light from sensory perception down to cellular metabolism. Mentally, Pitta governs reason, intelligence, and understanding—the illuminating capacity of the mind. It allows the mind to perceive, judge and discriminate. Anger is its main emotional disturbance, which is fiery, heats us up, and helps us defend from external attacks.

### Functions of Pitta:

- Heat production
- Increase appetite and thirst
- Maintains color, luster and complexion of skin
- Maintains vision
- Increases the catabolic processes
- Improves the mental activities
- Concerned with various emotions like joy, fear, anger and courage.

## KAPHA = Jala (Water) + Prithvi (Earth)

The biological water humor is called Kapha, meaning “that which holds things together”. It contains a secondary aspect of ‘Earth’ as the boundary in which it is held, the skin and mucous membranes. Kapha governs form and substance and is responsible for weight, cohesion and stability. It is the fluid solution, the internal ocean in which the other two humors move. It constitutes the main substance of the body. It provides for proper lubrication and discharge of secretions. It cushions the nerves, mind and senses.

Kapha predominates in the bodily tissues and in the upper part of the body—the stomach, lungs and head where mucous accumulates. It relates to the sense of taste and smell, which correspond to water and earth.

Kapha governs feeling, emotions, and the capacity of the mind to hold onto form. It gives mental calm and stability but can prevent growth and expansion. Desire and attachment are its main emotion-

al imbalances, the holding onto things in the mind, which can overburden the psyche.

## Functions of Kapha

- Constitutes the main body mass
- Responsible for strength, stability and firmness of the body.
- Maintenance of body fluids
- All anabolic processes including growth and development of the body
- Healing of wounds
- Fertility
- Responsible for particular mental attitudes, zeal, knowledge, memory, absence of greed, forgiveness
- Negative mental qualities like ignorance, laziness, jealousy, etc. due to dominance of Kapha.

## Determining the Individual’s Dosha

Every person (and thing) contains all three doshas. However, the proportion varies according to the individual and usually one or two doshas predominate. Within each person the doshas are continually interacting with one another and with the doshas in all of nature. This explains why people can have much in common but also have an endless variety of individual differences in the way they behave and respond to their environment. Ayurveda recognizes that different foods, tastes, colors, and sounds affect the doshas in different ways. For example very hot and pungent spices aggravate pitta; but cold, light foods such as salads calm it down. This ability to affect the doshas is the underlying basis for Ayurvedic practices and therapies.

### Dosha Combinations:

1. Vata

2. Pitta

3. Kapha

4. Vata/Pitta

5. Vata/Kapha

6. Pitta/Vata

7. Pitta/Kapha

8. Kapha/Vata

9. Kapha/Pitta

10. Vata/Pitta/Kapha

**Balanced tri-Dosha means a healthy person**—A balance among the tri-dosha is necessary for health. Together, the tridosha governs all metabolic activities. When their actions in our mind-body constitution are balanced, we experience psychological and physical wellness. When they are somewhat unbalanced, we may feel uneasy. When they are more obviously unbalanced - when one or more of the three dosha influences are excessive or deficient-discernible symptoms of sickness can be observed and experienced.

Regardless of the percentages of vata, pitta, or kapha influences, your basic constitution represents your psychological and physical nature. When balance is maintained, health is at optimum.

**Dosha Test**—Choose the best definition to describe the following traits. Sometimes two or three answers are appropriate. When finished, find the total score for each category. The dominant score is the dominant Dosha. The second most dominant score is the constitution ancillary. Together, the three scores represent your unique mental and physical make-up. If the scores are all relatively balanced, this indicates a tri-Dosha (balanced) disposition.

Body Structure/ Appearance:	Vata	Pitta	Kapha
Frame	Tall or short, thin; poor physique	Medium; moderate physique	Stout, stocky, short, big; physique
Weight	Low, hard to hold weight, prominent veins and bones	Moderate, good muscle tone	Heavy, tends towards obesity
Complexion	Dull, brown, dark	Red, ruddy, flushed, glowing	White, pale
Skin Texture and Temperature	Thin, dry, cold, rough, cracked, prominent veins	Warm, moist, pink, with moles, freckles, acne	Thick, white, moist, cold, soft, smooth
Head	Scanty, coarse, dry, brown, wavy	Moderate, fine, soft, early gray, bald	Abundant, oily, thick, wavy, lustrous
Hair	Wavy, small, long, unsteady	Moderate	Large, stocky, steady
Forehead	Small, wrinkled	Moderate, with folds	Large, broad
Face	Thin, small, long, wrinkled, dusky, dull	Moderate, ruddy, sharp, contours	Large, round, fat, pale, soft-contours
Neck	Thin, long	Medium	Large, thick
Eyebrows	Small, dry, firm	Small, thin, fine	Large, thick, oily, firm
Eyes	Small, dry, thin, brown, dull, unsteady	Medium, piercing, inflamed, green	Wide, prominent, thick, white,
Nose	Thin, small, long, dry, crooked	Medium	Thick, Big, firm, oily
Lips	Thin, small, darkish, dry, unsteady	Medium, soft, red	Thick, large, oily, smooth, firm
Teeth and Gums	Thin, dry, receding gums, small or crooked teeth	Medium, soft, pink, gums, bleeding	Large, thick, soft, pink, oily
Shoulders	Thin, small, flat, hunched	Medium	Broad, thick, firm, oily
Chest	Thin, small, narrow, poorly defined	Medium	Broad, large, well-developed
Arms	Thin, overly small or long, poorly developed	Medium	Large, thick, round, well-developed
Hands	Small, thin, dry, cold, rough, fissured, unsteady	Medium, warm, pink	Large, thick, oily, cool, firm
Thighs	Thin, narrow	Medium	Well-developed, round, fat
Legs	Thin, excessively long or short, prominent knees	Medium	Large, stocky
Calves	Small, hard, tight	Loose, soft	Shapely, firm
Feet	Small, thin, long, dry, rough, fissured, unsteady	Medium, soft, pink	Large, thick, hard, firm
Joints	Small, thin, dry, rough, fissured, cracked, darkish	Medium, soft, loose	Large, thick, smooth, white, firm, oily
Nails	Thin, long	Medium	Large, thick
Pg 1 SCORE			

General Characteristics	Vata	Pitta	Kapha
<b>Activity</b>	Quick, fast, unsteady, erratic, hyper-active	Medium, motivated, purposeful, goal-seeking	Slow, steady, stately, strong, good
<b>Strength/Endurance</b>	Low, poor endurance, starts and stops quickly	Medium, intolerant of heat	Good endurance but slow starting
<b>Sexual Nature</b>	Variable, erratic, deviant, strong desire but low energy, few children	Moderate, passionate, quarrelsome, dominating	Low but constant desire, good energy, devoted, many children
<b>Sensitivity</b>	Fear of cold, wind, sensitive to dry	Fear of heat, dislike of sun, fire	Fear of cold, damp, likes wind, sun
<b>Resistance to Disease</b>	Poor, variable, weak immune system	Medium, prone to infection	Good, prone to congestive disorders
<b>Disease Tendency</b>	Nervous system diseases, pain, arthritis, mental disorder	Fevers, infections, inflammatory diseases	Respiratory system diseases, mucous, edema
<b>Reaction to Medications</b>	Quick, low dose needed, unexpected side effects, nervous reactions	Medium, average dosage	Slow, high dosage required, effects slow to manifest
<b>Pulse</b>	Thready, rapid, superficial, irregular, weak/like a snake	Wiry, bounding, moderate/like a frog	Deep, slow, steady, rolling, slippery/like a swan
<b>Habits</b>	Likes speed, travel, parks, plays, jokes, stories, trivia, artis, dancing	Likes competitive sports, debates, politics, hunting, research	Likes water, sailing, flowers, cosmetics, business, ventures, cooking
<b>Urine</b>	Scanty, difficult, colorless	Profuse, yellow, red, burning	Moderate, whitish, milky
<b>Feces</b>	Scanty, dry, hard, difficult or painful, gas, constipation	Abundant, loose, yellowish, diarrhea, burning sensation.	Moderate, solid, sometimes pale in color, mucous in stool
<b>Sweat/Body</b>	Scanty, no smell	Profuse, hot, strong smell	Moderate, cold, pleasant smell
<b>Appetite</b>	Variable, erratic	Strong, sharp	Constant, low
<b>Taste Preference</b>	Prefers sweet, sour, salty, cooked with oil and spiced	Prefers sweet, bitter or astringent, raw, lightly cooked without spices	Prefers pungent, bitter or astringent, cooked with spices but no oil.
<b>Circulation</b>	Poor, variable, erratic	Good, warm	Good, warm, slow, steady
<b>Voice</b>	Low, weak, hoarse	High pitch, sharp, moderate, good	Pleasant, deep, toned
<b>Speech</b>	Quick, inconsistent, erratic, talkative	Moderate, argumentative, rational	Slow, definite, non-talkative
<b>Mental Nature</b>	Quick, adaptable, indecisive	Intelligent, penetrating, Critical	Slow, steady, dull
<b>Memory</b>	Poor, notices things easily, forgetful	Sharp, clear	Slow to take notice, slow to forget
<b>Finances</b>	Earns and spends quickly, erratically	Spends on specific goals, causes or projects	Saves, thrifty, invests
<b>Emotional Tendencies</b>	Fearful, anxious, nervous	Angry, irritable, contentious	Calm, content, attached, sentimental
<b>Neurotic Tendencies</b>	Hysteria, trembling, anxiety attacks	Extreme temper, rage, tantrums	Depressed, unresponsive, sorrowful
<b>Faith</b>	Erratic, changeable, rebel	Determined, fanatic, leader	Constant, loyal, conservative
<b>Sleep</b>	Light, tends towards insomnia	Moderate, may wake up but will fall asleep again	Heavy, difficult in waking up
<b>Dreams</b>	Flying, moving, restless, nightmares	Colorful, passionate, conflict	Romantic, sentimental, watery, few dreams
<b>Pg 2 SCORE</b>			
<b>TOTAL SCORE</b>			





# Rasayana



**Rasayān** is a Sanskrit word literally meaning *Path (ayana) of the Juice (rasa) Elixir Vitae*. The teaching of Rasayān or *Rasayana Shashtra* in Sanskrit, describes

chemistry and alchemy. The ancient texts often centered around the use of Mercury, the same as occidental alchemy texts. Mercury is one of the seven elements of alchemy and often represents fluidity, transformation and intellect. Thus Mercury was often essential to Rasayān. The mistake, however, lies in believing that the physical metal itself is required to produce a physical elixir fit for ingestion. This is not the case. Only a master alchemist may have used the smallest portion of the actual metal in his formulae supported with mantra—and then only once. In this day of dangerous heavy metals in mass-produced food and health supplements, it is necessary to correctly distinguish the ancient knowledge and its modern interpretations. There is ample mention of the preparation of medical tinctures in the ancient science of Rasayana, Ayurveda.

**Ayurveda** has eight branches. Rasayān (rejuvenation) is one of them. Rasa has different meanings like "taste", "essence", "flavor", "juice", or "emotion", but is not limited to any of these. In therapeutic process *Rasa* is concerned with the conservation, transformation, and revitalization of energy. *Rasa* nourishes our body, boosts immunity and helps to keep the body and mind in best of health. Rasayān describes a herbal preparation that promotes a youthful state of physical and mental health and expands happiness. Rasayān herbs are non-toxic and safe for daily use. They are given to small children as tonics, and are also taken by the middle-aged and elderly to increase longevity. Rasayān therapy enriches rasa with nutrients to help one attain longevity, memory, intelligence, health, youthfulness, excellence of luster, complexion and voice, optimum development of physique and sense organs, mastery over phonetics, respectability and brilliance.

Rasayān herbs and formulas are often confused with the categories of *adaptogens*, *amphoterics*, *alteratives* and *tonics*, even though they are not identical. Rasayans affect the body in a *general* way, i.e. they may affect the immune system rather than the lungs. They are nontoxic in normal doses and are ampho-teric, in that they won't over-tone the body.

Tonics *build up* or stimulate the body towards normal health but can be over-toning. Alteratives help normalize physiology, but do it through gentle *eliminative* functions that tend to focus on one or more organs, so are quite different. Amphoterics help the body achieve homeostatic balance, building or eliminating to achieve physiological equilibrium. While all rasayana are amphoterics, some amphoterics can be specific to an organ and are thus not rasayana. Both rasayana and adaptogens are nontoxic, and amphoterics, but adaptogens tend to work on a body-wide basis, by stimulating the HPA axis and the neuroendocrine system. Some rasayana do not stimulate the HPA axis or may focus somewhat more narrowly on major systems of the body such as the digestive or immune systems. However the categories tend to overlap and many herbs belong to both categories.

## Types of Rasayan

**Kamya Rasayana** are promoters of normal health. These boost body energy levels, immunity and general health.

**Pranakamya** – Promoter of vitality and longevity

**Medhakamya** – Promoter of intelligence.

**Srikamya** – Promoter of complexion. **Na-imittika Rasayan** help to fight a specific disease.

In pursuit of these matters, herbal prescriptions with many herbal substances, preserved in ghee and honey, are given. Chyawanprash is one of the traditional Rasayan. Specific herbs are included in Rasayana including amla, shilajit, ashwaganda, holy basil, guduchi and shatavari. Rasayan herbs and formulas affect the body sometimes in a *general* way, on a body-wide basis, i.e. they may affect the immune system. Other times the affect is very specific such as in the lungs. Rasayan will neither build-up in the body nor over-tonify. The herbal formulae are designed to help the body achieve equilibrium, often coaxing the body through gentle, *eliminative* functions that tend to focus on one or more organs.

Many classical Rasayan formulas, contain a large number of ingredients, including minerals, pearl, coral and gems, and include a specially processed (samskara) mercury. A **samskara** is a process in ayurvedic medicine of detoxification applied to heavy metals and toxic herbs. Because of negative publicity and cost factor, the use of the classical rasayana formulas has declined considerably, and most

of the preparations available now have herbal ingredients with a couple of mineral and animal products. The non-availability and wild life protection act has made the use of musk, amber and parts of wild-life animals, nearly impossible. Some of the best known Rasayan include Chyawanprash, Triphala, Shilajit, Ashwagandha, Amalaki and Trikatu.

## HISTORY

The oldest Indian writings, the Vedas, contain the same hints of alchemy that are found in evidence from ancient China, namely vague references to a connection between gold and long life. Mercury, which was so vital to alchemy everywhere, is first mentioned in the 4th- to 3rd-century-BC Artha-sāstra, about the same time it is encountered in China and in the West. Evidence of the idea of transmuting base metals to gold appears in 2nd- to 5th-century-AD Buddhist texts, about the same time as in the West. Since Alexander the Great had invaded India in 325 BC, leaving a Greek state (Gandhāra) that long endured, the possibility exists that the Indians acquired the idea from the Greeks, but it could have been the other way around.

An 11th century Persian chemist and physician named Abū Rayhān Bīrūnī reported that they "have a science similar to alchemy which is quite peculiar to them, which in Sanskrit is called Rasayān and in Persian Rasavātām. It means the art of obtaining/manipulating Rasa, or 'nectar of life', mercury. This art was restricted to certain operations, metals, drugs, compounds, and medicines, many of which used mercury as a core element. Its principles restored the health of those who were ill beyond hope and gave back youth to fading old age." One thing is sure though, Indian alchemy like every other Indian science is focused on finding Moksha: perfection, immortality, liberation. As such it focuses its efforts on transmutation of the human body: from mortal to immortal. Many are the traditional stories of alchemists still alive since time immemorial due to the effects of their experiments.

The texts of Ayurvedic Medicine and Science have aspects similar to alchemy: concepts of cures for all known diseases, and treatments that focus on anointing the body with oils.



*Gopala Ayurveda* is an early mover in purely organic ayurvedic supplements, medicinal herbs and oils. We are a promoter of healthy foods and medicines that have not been touched by chemicals, neither in the field nor during the manufacturing process. Since its inception, the company has focused on developing safe, natural and innovative remedies that will help people lead richer, healthier lives.

Gopala Ayurveda is not only organic, meaning free of all chemicals, pesticides, fertilizers, artificial additives, preservatives and heavy metals, but we are also **'100% certified organic'**, meaning that there is the additional security of 'traceability' regarding every herb used in our formulas as well as every process of the making. Even the Ghee, Coconut oil and Jaggery used as base ingredients in the preparations are 100% certified organic. There is no other company in India which can say the same. Nowadays, the major manufacturers, having obtained proprietary rights to the ancient formulas, have taken it upon themselves to altar and adjust the decoctions in a variety of ways - the addition of strong preservatives being just one! At Gopala, we take no such liberties, preferring to pass on the truth of the original goodness of Ayurveda in precisely the manner our learned teachers gave it to us.

Gopala Ayurveda has the first certified organic dairy in all of Asia. We use in-house raw materials harvested from our **1500 acres of certified organic land** with absolutely no out-sourcing. Our quality standards have been recognized and appreciated by reputable companies around the world. Finally, packaging is also conducted per the original organic concepts to ensure the retaining of full medicinal value.



## Chyawanprash

(For Rejuvenation)

A delicious traditional food supplement created thousands of years ago by the ancient sage chyawana. Literally translated as "Chyawana's Jam". This rich paste contains some of the most nourishing herbs including Amla fruit. Chyawanprash purifies and develops all seven tissues of the body (dhatus) Rich in natural vitamins and minerals, it strengthens and balances the body systems.

GR-1010	100g	¥800
GR-1011	250g	¥1,700
GR-1012	500g	¥3,500



## Shatavari Rasayana

(For Woman's Harmony)

A unique blend of herbs that optimizes health and vitality for women of all ages.. Shatavari is the foremost Rasayana tonic for women, having a nourishing and rejuvenating effect on the female hormonal and reproductive system. It is extremely helpful in alleviating menstrual irregularities, pain and hormonal imbalance whilst boosting digestion, immunity and resilience to stress.

GR-1007	100g	¥1,100
GR-1008	250g	¥2,200
GR-1009	500g	¥3,800



## Ashwagandha Rasayana

(For Endurance & Stamina)

This Ayurvedic preparation brings out Ashwagandha's considerable nervine properties. It rejuvenates the entire nervous system and provides powerful nutritional support to body and mind. It helps fight stress and has calming effects on the brain. Ashwagandha Rasayana nourishes all body tissues, promotes longevity and immunity.

GR-1004	100g	¥800
GR-1005	250g	¥1,700
GR-1006	500g	¥3,300



## Amalaki Rasayana

(Nutritive Jam for Vitality)

An Amla concentrate formulation that promotes general well-being and has powerful anti-aging properties. As a rejuvenative herb, Amla nourishes all body tissues and accelerates the cell regeneration process. It also cleanses the 'rasa dhatu' (plasma) and 'rakta dhatu' (blood). Amla is the most potent source of vitamin C known to humanity. As a powerful antioxidant, it helps scavenge free radicals and is revered as a wonder fruit with a whole range of curative powers. Amla helps build the finest essence of the digestive process (Ojas) that sustains the physical, mental, emotional, sensual and spiritual well-being.

GR-1001	100g	¥800
GR-1002	250g	¥1,700
GR-1003	500g	¥2,900



# Churna — Powder

The powders of the whole plant or plant parts are commonly used. The plant material first is dried in the sun and the powder is prepared by pounding dry substances with a pestle and filtered through linen. Today they can be ground mechanically with an herb grinder and sieved.

Many powder preparations contain single herb powder (Ekari churna) or combinations of more herbs (Mishra churna). The powder form is often used as it is easy to prepare, but its disadvantage is that it loses its strength rapidly and has to be used within six months.

The powders are not taken by themselves, but with a medium or vehicle (anupana) like honey, ghee or water etc. When jaggery is to be mixed with the powder, it should be in equal quantity to

that of the powder and sugar in double the quantity. Honey, ghee or oil should be taken in double the powder and when water or milk etc. are to be used, they should be four times the quantity.

Acharya Vagbhat has strongly recommended single herb powder for one disease. Out of forty ailments, he has advocated single herb therapy for more than thirty diseases. Average dose of a powder is approximately 10-12g daily. The combinations of herbs widens the spectrum of actions and many a times different herbs are mixed with the intention of their synergism.

## 100% Certified Organic



**Ashwagandha** (*Withania Somnifera*, *Winter Cherry*) The Sanskrit word means 'the smell or vitality of a horse'—in short, that which gives the body its "horse power". The root of the Ashwagandha plant is used to alleviate

**Vata** conditions such as sexual debility, nervous exhaustion, emaciation, problems relating to old age, loss of memory, spermatorrhea, tissue deficiency, insomnia, paralysis and infertility.

**Kapha** disorders such as difficulty in breathing, coughing and anemia also respond to Ashwagandha. When **Pitta** is not high in the body, skin diseases and glandular swellings are also treated with Ashwagandha.

Similar to Ginseng in nature, Ashwagandha is an excellent herb for increasing semen and fertility. It is an excellent stabilizer for the fetus during pregnancy. It also regenerates the hormonal system, while promoting tissue healing.

Although sweet, bitter and astringent in taste, Ashwagandha is heating in energy.

**External uses** The paste prepared with Ashwagandha churna works well in treating glandular swellings. Mixed with sesame oil, the paste is applied to clear off the de-pigmentation of skin.

**Internal Uses** Helpful in arthritis as it possesses anti-inflammatory

and analgesic properties. The mild sedative effect is useful to alleviate mental stress in anxiety neurosis. Its mild diuretic property reduces excessive body fluids. To increase sexual vigor, take 3g with 200ml milk and 10g rock candy. Ashwagandha is a boon to sportsmen as it improves muscle tone and strength. In general debility, it works well as a tonic.

Dosage: Half a teaspoon with milk before bed or as directed by your primary health care physician.

### Ashwagandha Churna 100/250g (KAP100-250)



### Ashwagandha Vegetarian Capsules 90 Capsules (KAVC90)



GAP100	100g	¥1,200
GAP250	250g	¥2,500
GAVC90	90 Capsules	¥1,900



# 100% Certified Organic Churna—Powder



## **Turmeric, (Haridra, *Curcuma longa*)**

An excellent natural antibiotic and antibacterial. Turmeric strengthens digestion and purifies the blood. It also warms and stimulates formation of new blood tissue, aiding in the stretching of ligaments and thus good for hatha yoga practitioners. Turmeric promotes proper metabolism in the body correcting both deficiencies and excesses. It aids in the digestion of proteins. The haridra churna with hot milk and sugar is given with honey in cough, colds, asthma, hoarseness of voice and heaviness of head.

<b>GHP-100</b>	100g	¥1,200
<b>GHP-250</b>	250g	¥2,500
<b>GHVC-90</b>	90 Capsules	¥1,900

## **Neem (Nimba, *Azadirachta indica*)**

One of the most potent blood purifiers and detoxifiers. It prevents the diseases of kapha dosha. Gargling with neem controls dental infections. Internally it is extremely versatile, treating disorders such as hyperacidity, allergic skin rashes, bleeding disorders, intestinal worm. It is one of the most potent antiseptic agents. Neem is also used as an adjunct in diabetes mellitus. It cools fever and clears the toxins involved in most inflammatory skin diseases.

<b>GNP-100</b>	100g	¥1,200
<b>GNP-250</b>	250g	¥2,500
<b>GNVC-90</b>	90 Capsules	¥1,900

## **Holy Basil (Tulasi, *Ocimum sanctum*)**

Next to the lotus, Tulasi is perhaps the most sacred plant in India. Its quality is pure Sattva. Tulasi opens the heart and mind, bestowing the energy of love and devotion. Containing natural mercury, the seed of Shiva, it bestows the power of pure awareness. Holy basil is an effective diaphoretic and febrifuge in most colds, flu and lung problems. It removes excess kapha from lung and nasal passages, increasing prana and promoting mental acuity. It removes high vata from the colon, improves absorption and strengthens the nerve tissue increasing memory. Basil may be taken as a beverage with honey for promoting memory.

<b>GTP-100</b>	100g	¥1,200
<b>GTP-250</b>	250g	¥2,500
<b>GTVC-90</b>	90 Capsules	¥1,900

## **Wild Asparagus (Shatavari, *Asparagus racemosus*)**

Highly praised as a 'Universal Rasayana' by ancient Ayurvedic scriptures. As it imparts the attributes of youth and beauty in females, it is named Shatavari—meaning, one who has the capacity to possess a hundred husbands.. Shatavari is a tonic, promoting longevity. It is rejuvenative, especially to plasma and muscle tissue. It is aphrodisiac and helps in menstrual ailments due to uterine hypoplasia. Shatavari is highly recommended as a galactagogue to improve the quality of breast milk in nursing mothers. It should be given with milk and sugar.

<b>GR-1001</b>	100g	¥1,200
<b>GR-1002</b>	250g	¥2,500
<b>GR-1003</b>	90 Capsules	¥1,900



# 100% Certified Organic Churna—Powder



**Triphala** is held in high esteem by all scriptures of Ayurveda for its rejuvenating (Rasayana) properties. Triphala is among the most ancient and common of the Ayurvedic remedies. It alleviates kapha and pitta Doshas.

Triphala, used extensively in Ayurveda, is the combination of three medicinal fruits belonging to the myrobalan family. Together the synergy of these three potent fruits provides a harmonic remedy of infinite prowess for a thousand human disorders.



**Internal uses** Among other things, Triphala strengthens the stomach and intestinal tract, restores the immune system, safeguards the tissues and organs, strengthens the brain, heart, nerves and liver, improves appetite, reduces internal heat and quenches thirst, neutralizes toxins, alleviates urinary disorders such as diabetes and is a superb rejuvenative tonic

Amalaki improves digestion, relieves constipation and combats hyperacidity because of its sweet post-digestive effect. Amalaki is widely used for its rejuvenating properties. It promotes reproduction, augments seminal fluids, delays aging process and hence highly praised as a universal rejuvenative. It is also the leading

-most provider of natural Vitamin C.

**External uses** Bibhitaka churna by itself or Triphala churna is an effective astringent. In conjunctivitis, it is used with honey for topical application. Application on wounds, even chronic and foul wounds, helps promote healing. It is recommended to cleanse the teeth and massage the gums in pyorrhea or bleeding gums. It exerts a potent astringent activity and strengthens the gums.

Sanskrit—Haritaki, Bibhitaki, Amalaki

Latin—*Terminalia chebula*, *Terminalia bellerica*, *Phyllanthus emblica*

English—Chebulic myrobalan, Beleric myrobalan, Emblic myrobalan

Dosage—500mg-1g daily, at night, with honey (Rasayana) OR 1-3g at bedtime with warm water (as laxative)

**Triphala Churna** 100/250g (KTRP100-250)

**Triphala Vegetarian Capsules** 90 Capsules (KTRVC90)

GTRPP100	100g	¥1,200
GTRPP250	250g	¥2,500
GTRPVC90	90 Caps	¥1,900

Also available from Kamadhenu Ayurveda—100% Certified Organic

Churna-Powders 100g/250g				Vegetarian Capsules (90 Caps)			
Amalaki	GAMP100	¥1,200	GAMP250	¥2,500	Amalaki	GAMVC90	¥1,900
Arjuna	GARP100	¥1,200	GARP250	¥2,500	Arjuna	GARVC90	¥1,900
Bhringaraja	GBHRP100	¥1,200	GBHRP250	¥2,500	Bhringaraja	GBHRVC90	¥1,900
Bhumiamalaki	GBHUP100	¥1,200	GBHUP250	¥2,500	Bhumiamalaki	GBHUVC90	¥1,900
Brahmi	GBRP100	¥1,200	GBRP250	¥2,500	Brahmi	GBRVC90	¥1,900
Ginger	GGP100	¥1,200	GGP250	¥2,500	Ginger	GGIVC90	¥1,900
Kapha Churna	GKCP100	¥1,200	GKCP250	¥2,500	Gokshura	GGOVC90	¥1,900
Karela	GKARP100	¥1,200	GKARP250	¥2,500	Guduchi	GGUVC90	¥1,900
Pitta Churna	GPCP100	¥1,200	GPCP250	¥2,500	Kapikacchu	GKAPVC90	¥1,900
Trikatu	GTRKP100	¥1,200	GTRKP250	¥2,500	Manjistha	GMVC90	¥1,900
Vata Churna	GVCP100	¥1,200	GVCP250	¥2,500	Punarnava	GPVC90	¥1,900
					Trikatu	GTVC90	¥1,900
					Vasaka	GVVC90	¥1,900
					Yashtimadhu	GYVC90	¥1,900





## *Ayurvedic Pharmacology* *Energetics of Ayurvedic Substances*

### THE MAGICO-SPIRITUAL NATURE OF PLANTS

Deeply rooted in the earth's energy, plants carry the memory of all time. The knowledge of the medicinal properties of plants in Ayurveda has been culled from the wisdom handed down from the ancient sages. Infinite numbers of plants and herbs have been energetically evaluated by the ancient seers, who defined their medicinal value and rendered them into dried herbs, powders, tinctures, oils and so on.

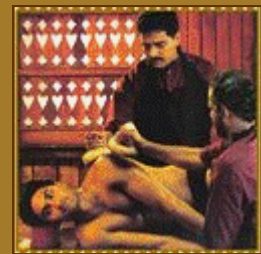
The cosmic memory of all plants is carried by the elephants, the most supreme elephant considered to be Gaja. While the elephants continue to remain an alive species, they continue to bless us by preserving that function of our memory which retains plant knowledge. This so called preservation occurs on an energetic level whereby the pervasive vibrations of the elephants' innate wisdom of plant life and medicines are subtly transmitted into the memory functions of all other species. This transmission happens in the same way the moon may reflect on the surface of the lake. Likewise, if the elephants were eradicated from the earth, humans could no longer sustain the knowledge of plant medicine in their memory bank.

Each member of every species bears certain distinct psychic features and plants are no exception. Hindu mythology is replete with the sacred and magical origins of plants and animals. To give a few examples, the lotus plant, considered the cradle of the universe, unfolding from formlessness into resplendent glory, is used plentifully in Ayurvedic medicine. The lotus plant is said to be endowed with cosmic memory of the universe's beginnings in the primordial waters. Its flower is said to have sprung from Lord Vishnu himself. To imbibe lotus medicine is to have every cell and tissue of the body revel in the luminous nature of the lotus itself.

Ashwagandha, the plant named after the power and smell of the horse, is said to impart its intrinsic nature of vitality and prowess to the human body when taken. Known for its virility, Ashwagandha is thought to arouse the memory of potency in every cell of the body. Ginger carries the force of the earth's fire deeply into the tissues of the body. Along with this heated memory, ginger, also called the universal medicine', is thought to awaken the body's memory of the universe's original fire when all manifestation transformed into life. Similarly, the black pepper, named after the sun, imparts solar vibration throughout the organism, allowing the body to resonate with light and heat.\*

In Indian culture, Ayurveda pharmacy begins at home. Since ages past, families have been preparing decoctions from commonly kept herbs such as basil, ginger, neem, sandalwood, coriander, turmeric and lemon grass. In the old days, Ayurvedic physicians prepared decoctions for their patients on an individual basis. In those days, it was possible to dispense medicines on the spot made with freshly gathered herbs. Day by day it became difficult and these decoctions were replaced by the arishtas, churnas, ghrita and taila prepared and kept on offer at the ayurvedic pharmacy today. The modes and methods of preparing Ayurvedic medicines is quite elaborate. To know Ayurvedic medicine, one has to know the principle of Ayurvedic Pharmacology.

-Maya Tiwari-

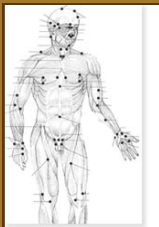


## Ayurvedic Massage Therapy

### Abhyanga

**Abhyanga therapy** is an ancient practice which predates the Vedic period. Early humans practiced life-sustaining ways of manipulating the body to produce strength mobility, flexibility and fluent memory—memory which interlaces with the cosmos.

Vitally linked with the profound harmony of the earth, the ancients knew every movement in the cosmos to be filled with universal abhyanga. The leaves and bark of the trees are continually massaged by the wind; the rocks and pebbles are rubbed by the streams and rivers; the animals, brushed by space, wind and the forest, are forever toned by abhyanga.



Ayurvedic massage is based on the knowledge of the *marma points*, the vital points of the body where structures pulsate and pain exists. Marmas, or anatomical reflex sites, are also called junctions of prana by Sushruta. The body consists of thousands of marma points, with 365 essential points, 43 of which are the ones most commonly treated. Marma points are also defined as the junction where flesh, veins, arteries, tendons, bones and joints meet. These points are connected like a rosary by a common thread or subtle channel, *nadi*. Marmas are vitalized by the pranic energy carried to them via these subtle channels. Most nadis exist deep within the tissues of the body. Occasionally traveling towards the body's surfaces.

In abhyanga therapy, a basic knowledge of marmas, nadis and the circulatory systems is important. Massage acts

directly on blood, nerves and lymph circulatory systems. By stimulating the lymph nodes, massage therapy, especially when performed with warm oil, serves to cleanse and revitalize.

There are three main types of massage techniques in abhyanga therapy: active, passive and persuasive. Generally, Vata and Pitta conditions are treated with a combination of active and passive massage, while Kapha conditions are treated with a combination of active and persuasive massage. Abhyanga is usually applied with warm substances, however occasionally a cooling substance



may be used for Pitta conditions. A panoply of massaging oils steeped with remedial herbs, aromatic oils, fragrant powders and grain flour mixtures is used to facilitate, not only smoothness or light friction, but complete health and total revitalization of the body.

Oils are used in Abhyanga and Snehana therapies to soothe and stabilize the body. They also act as a carrier for the nourishing herbs and substances added to the oils. Oils regulate the doshas and provide the body with heat. They tone the skin and bodily tissues. Oils usually alleviate Vata disorders, stabilize Pitta disorders and aggravate Kapha disorders.



A wide variety of Ayurvedic oils is used for massaging each part of the human body. Sesame oil is the dominant base for most rubbing oils due to its warm, nutritive and penetrating qualities. There are other base oils such as coconut as well. These base oils are never combined. Instead, oils are either added to herbs and other substances, or used singularly. Essential oils are added in minute quantity to primary rubbing oil for accent. When adding essential oil to a base oil, use ten drops of essential oil to one fluid ounce of base oil.

The blending of oils, herbs and aromas is a fine art intrinsic to Ayurvedic rejuvenative practices. For example, the fresh juices of herbal roots, such as ginger and garlic, or the fresh herbal juice extracted from mint and cilantro, may be combined with warm or cool oil.



Generally Ayurveda recommends warming the oils used for Abhyanga. In certain instances where Pitta conditions are being treated, the oils may be used at room temperature. Never use electrical stoves or electrical heating devices to warm massage oils. Electrical energy disrupts the energy quanta of the oils, which in turn send chaotic vibrations through the skin when the oil is applied. Gas stoves or other appliances which produce an open flame, are best for heating the oils and other substances used in Abhyanga.

In ancient times, various metal, glass, ceramic and earth-

enware were used as conductors of energy for massage oils. The materials used to make the containers influenced the energy of the various oils they contained. For instance, gold, bronze or brass containers were used to carry the oils for Vata and Kapha disorders, while silver, pewter or platinum containers were used to hold the oils for Pitta conditions. Generally, earthenware and ceramic containers were used to maintain warmth and impart humility to the oil, which in turn transferred that vibration to the patient to whom the oil was applied.

Glass containers of various colors were also used to contain the oil, since each color carries its own unique healing vibration. Moreover, the transparency of a glass container allowed the oil it contained to be influenced by the energies of the sun or moon, when the numinous vibrations of solar or lunar energies were necessary to healing.

Likewise, appropriate gems were placed in oils intended for massage, and special mantras were recited, in order to produce the desired results after the oils were administered.

You, too, may continue the use of these ancient and luminous procedures as you practice the timeless sadhanas of healing.

## 100% Certified Organic Massage Oils from Gopala Ayurveda



Sesame Oil (Tila Taila) 150ml / 1L

Since ancient times, Tila enjoys the cardinal place amongst medicinal herbs in India. It was kept in high esteem by all the ancient scholars of Ayurveda. Charaka has mentioned that it promotes longevity and preserves youth. It strengthens the body and boosts up the resistance. Sushruta has adored sesame oil describing it as endowing satiety, enhancing retention power and skin tonic.

GSO150	¥1,400
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GSO1	¥5,700
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Coconut Oil (Narikela Taila) 150ml / 1L

Coconut oil is extremely cooling and has a special potency as a hair growth promoting herb. It alleviates Vata and Pitta doshas. Especially it is the choicest herb to alleviate Pitta dosha. Narikela taila promotes hair growth and makes them lustrous. It is also effective in skin diseases and promotes the wound healing. The whole body massage with Narikela taila improves the complexion and skin becomes healthy and soft.

GCO150	¥1,400
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GCO1	¥5,700
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## 100% Certified Organic Massage Oils from Gopala Ayurveda

### Ashwagandha Oil ( Ashwagandha Taila) 150ml

Ashwagandha oil is used for strengthening the muscles when they are tired from overuse or underdeveloped. It is a combination of Ashwagandha, sesame oil and white sandalwood. Sesame oil contains high levels of minerals, including calcium and magnesium, renowned for soothing the nervous system. Ashwagandha is a nervine and rejuvenative and may be used primarily by Vata and Pitta types.

GAO150      ₹1,700



### Kumkumadi Oil ( Kumkumadi Taila) 150ml

This unique blend of oil and herbs with pure saffron is formulated to help skin look young, healthy and spotless. It removes pimples, acne, blemishes and skin cracks. This very rich oil nourishes the skin, improving its texture and helping to smooth fine lines. It is a rare and essential beauty treatment.

GKO150      ₹3,100



### Mahanarayan Oil ( Mahanarayan Taila) 150ml

Used for pain relief in joints and muscles. The nourishing herbs in this formula help to reduce inflammation and improve circulation. Over 50 of the finest herbs are steeped in a base of sesame oil and cow's milk. Ingredients include ashwagandha, sandalwood, asparagus, cardamom, bilva, nimbi, patala, syonaka, devdaru, satavha, kantakari and shalaparni.

GMO150      ₹2,500



### Shirodara Oil ( Shirodara Taila) 150ml

Shirodhara is an Ayurvedic panchakarma therapy that involves gently pouring a continuous stream of warm oil on the forehead to promote relaxation and well being as well as alleviate stress and anxiety. Shirodhara, in Sanskrit, means 'Head flow'. This tridoshic blend of 100% certified organic ingredients includes Brahmi, Ashwagandha, Shatavari, Bala, Bhringaraj and Ksheer in a Sesame oil base.

GMO150      ₹1,600



### More 100% Certified Organic Massage Oils from Gopala Ayurveda

Bhringadamalaki Oil	150ml	GBMO150	₹1,700
Bhringaraj Oil	150ml	GBJO150	₹1,500
Brahmi Oil	150ml	GBRO150	₹1,700
Doorvadi Coconut Oil	150ml	GDCO150	₹1,700
Kapha Oil	150ml	GKO150	₹1,600
Ksheerabala Oil	150ml	GKSHO150	₹2,300
Nilibhringadi Oil	150ml	GNO150	₹1,500
Pitta Oil	150ml	GPO150	₹1,600
Vata Oil	150ml	GVO150	₹1,600
Yashtimadhuka Oil	150ml	GYO150	₹1,700



*Established in 1908, Krishnendu has been rich in possessing wisdom of four generations with the grace of Ayurveda to cure and refresh. Nestled at picturesque and refreshing ambience, Krishnendu brings an exclusive programme for a host of diseases including Arthritis and Spinal disorders to restore optimal health and well-being.*

*In the endeavor to provide a complete solution to a healthy life by curing ailments and ensuring well being, we follow various combinations of ayurvedic therapies for an average period of 7 to 28 days. The ideal program for a patient is arrived at after an in-depth study of the patient's physical health and medical history.*



**Samridhi- Holistic Health-**

**Nirvana- Whole body Rejuvenation**

**Aishwarya- Weight reduction**

**Swanthanam- Pain relief therapy for Muscles, Joints**

**Mukthi—Detoxification**

**Sampoorna- stroke and accident rehabilitation program**

**Panchakarma**

**Swedanam-medicated steam bath**

**Abhyangam**

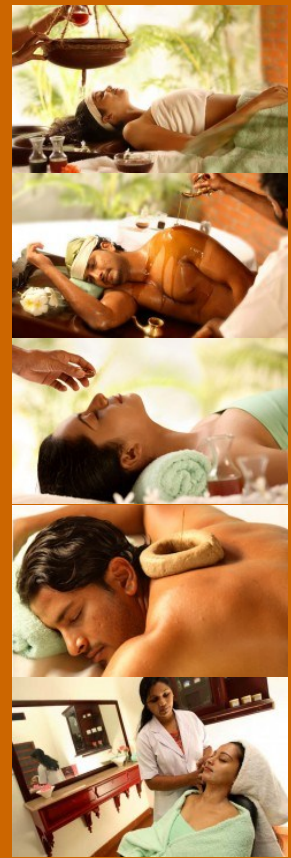
**Snehadhara**

**Shirodhara**

**Njavara Kizhi**

Recipient of 2009  
Global Malayalee Council  
Best Ayurveda Hospital  
Global Excellence Award

All treatment programs are conducted upon thorough consultation and examination by our doctors. For more information on how Krishnendu can serve you, please send your inquiries to [info@ayurvedajapan.com](mailto:info@ayurvedajapan.com)



**Services~**

At Krishnendu, we offer both inpatient and outpatient services. Both departments are equipped with modern facilities. Different treatment modules are developed and designed on an individualized basis by our physicians. Our in-patient accommodations are either single or twin bedrooms. Most of the Suites are equipped with telephone, Cable television, A/C, refrigerator and a private veranda. All rooms are very clean and have private bathroom facilities. We have separate treatment rooms with utmost privacy for male and female, so that you can relax your mind and body at Krishnendu, where the time-tested method of healing puts you in the right mood. We also have round the clock security, mini library, treated water, yoga, beauty salon, physio-therapy department, indoor activity room, walking trail, herbal garden, an internet café, restaurant, courier service, car rentals, foreign exchange and airport transfer and pick-up.





हिताहितं सुखं दुःखमायुस्तस्य हिताहितं  
मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते

Dabur India Limited is a leading Indian consumer goods company with interests in Hair Care, Oral Care, Health Care, Skin Care, Home Care and Foods. From its humble beginnings in the bylanes of Calcutta way back in 1884 as an Ayurvedic medicines company, Dabur India Ltd has come a long way today to become a leading consumer products manufacturer in India. For the past 125 years, we have been dedicated to providing nature-based solutions for a healthy and holistic lifestyle.

Through our comprehensive range of products, we touch the lives of all consumers, in all age groups, across all social boundaries. And this legacy has helped us develop a bond of trust with our consumers. That guarantees you the best in all products carrying the Dabur name .

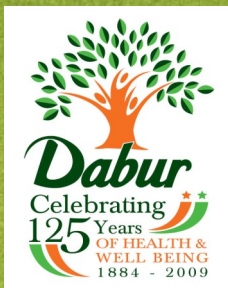


For over 125 years, Dabur has mastered the art of producing Ayurvedic preparations, blending traditional knowledge of drug manufacturing with scientific update. Today, Dabur's Consumer Health Division -- which looks after marketing of Ayurvedic medicines and Ayurvedic Over-The-Counter products -- has redefined the Ayurvedic market and healthcare promotion activities involving leading Ayurvedic practitioners across the globe. At Dabur, we have more than 350 Shastriya (Classical) Ayurvedic preparations, which form an important part of every Ayurvedic practitioner's daily practice.



Building on a legacy of quality and experience for over 125 years, Dabur India Ltd has introduced a slew of Ayurvedic Over The Counter (OTC) products, offering traditional Ayurvedic remedies in ready-to-use formats. This is part of the company's strategy to make Ayurveda more contemporary for the modern day consumer.

Dabur, with its roots in Ayurveda, has been involved in bringing this age-old science within everyone's reach. Dabur's Consumer Healthcare business is the Company's oldest business, and today has a growing portfolio of OTC products to address a variety of problems ranging from Women's Health to Baby Care and Cough & Cold to Rejuvenation.



**Chyawanprash (Nutritive Jam for Rejuvenation)**



Dabur Chyawanprash has anti-oxidant properties & strengthens your body's internal defense mechanism, the immune system, thereby protecting you from everyday infections, cough, cold & stress etc. At a time when flu and viruses are everywhere, your immunity system provides the best prevention from these deadly diseases. Chyawanprash has more than 40 natural ingredients to boost immunity.

DCP250	250g	¥1,350
DCP500	500g	¥2,500
DCP1000	1kg	¥4,300

**ChyawanPrakash Sugar Free (Nutritive Jam for Rejuvenation)**



Dabur has been at the forefront of making the age-old wisdom of Ayurveda relevant for today's living through formulations that add health to our lives. Through this expertise, Dabur brings to you Dabur ChyawanPrakash that gives you immunity in a sugar-free format. It contains no added sugar, and is safe for Diabetics. Amla and a special blend of 41 herbs including Ashwagandha keeps you fit and provides strength and stamina at 20cal/tsp.

DCPK250	250g	¥1,300
DCPK500	500g	¥2,400
DCPK1000	1kg	¥4,100

**Triphala Churna (Miracle Nectar of Longevity)**



Triphala is a panacea. Triphala cleanses and detoxifies at the deepest levels without depleting the body's reserves. It is one of the most valuable herbal preparations in the world. It is considered the most effective and safest laxative. Triphala is mild, non-habit forming, and a rejuvenative. Triphala harmonizes digestive functions by aiding in the proliferation of certain bacteria in our intestines that are required for proper digestion. It cleanses the stomach, and is very effective in reducing excess weight by curbing excess fat in the body. It helps in achieving normal appetite, enhances red-blood cell production and increases hemoglobin, Triphala purifies the blood and is very helpful in curbing infections. When taken with honey, Triphala is also an effective cough remedy.

**Usage:** ½ to 1 tea spoonful (3-6gm) twice a day with milk or warm water or as directed by the physician.

**Ingredients:** Amalaki, Haritaki, Bhibitaki

DTC100	100g Powder	¥1,300
DTT100	100 Tablets	¥1,700

**Shilajit Gold (For Sexual Health, Rejuvenation & Vigor)**



Too much mental and physical stress can often lead to a number of sex related problems like premature ejaculation, erectile dysfunction, thin semen, reduction in sperm count and discharge of semen in urine. Shilajit Gold is a wonder medicine for all such problems. Shilajit, a Rasayana, brings about balanced and harmonious health. It increases strength, immunity vigor & vitality. It acts as a restorative tonic, slowing down wear and tear of body tissues, which in turn delays ageing.

**Ingredients:** Each Capsule contains Purified extract from 500 mg of raw Shilajit as well as Swarna Bhasma (Gold: increases strength, improves sexual vigor and vitality.), Kesar (Saffron: stimulant, aphrodisiac, nerve tonic with anti-fatigue properties), Kaunch Beej (Alkushi: Aphrodisiac and helpful in spermatorrhea), Gokshru, Ashwagandha: Rejuvenating, strengthening & aphrodisiac properties, Lavanga, Safed Mushali: well-known sexually nutritive tonic often taken in cases of impotence, Jaiphal, Akarkara, Barahikand, Bedarikand, Yashada Bhasma, Dalchini, Karpur, Rajat Bhasma & Nutmeg oil.

**Usage:** 1-2 capsules twice a day with Milk.

DSG10	10 Capsules	¥1,500
DSG100	100 Capsules	¥7,500



**Stresscom Ashwagandha Capsules (100 caps)** Effective in Chronic fatigue syndrome, general weakness, anxiety neurosis, stress and insomnia.

**Ingredients:** Each capsule contains 300mg Ashwagandha root extract  
**Usage:** One capsule (300mg) twice a day preferably with milk

DSAC100	100 Capsules	₹3,500
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**Lipistat Capsules (50 Caps)** A potent combination of Ayurvedic herbs to promote Hypolipidemia and maintain optimum cardiac function, bring down high cholesterol, triglycerides and LDL, increase HDL.

**Ingredients:** Arjuna, Pushkarmoola, Guggulu  
**Usage:** 1 capsule twice daily

DLC50	50 Capsules	₹1,800
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**Broncorid Syrup (200ml)** Effective for Asthma management, Breathlessness & Cough associated with Bronchial Asthma, Allergic bronchitis, COPD.

**Ingredients:** Shireesh Chaal (Albizzia lebeck), Kantakari, Gokshur, Yashtimadhu, Karkatshringi, Vasaka leaves  
**Usage:** Two teaspoons twice a day with luke warm water.

DBS200	200ml	₹1,600
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**Mensta Syrup (200ml)** Non-hormonal menstrual modulator with anti spasmodic activity. Relieves Dysmenorrhea, Corrects DUB, Strong estrogenic like activity, Recommended in Poly Cystic Ovary Syndrome (PCOS) **Ingredients:** Ashok Chaal, Dhataki Pushp, Nishoth, Kalaunji, Ajwain, Shunthi, Amla, Bahera, Hareetaki, Mustak, Safed Jeera, Vasaka, Pippali, Ghrith Kumari, Daruharidra, Chandan Red, Amrasthi, Hing, Madhu.

**Usage:** 2 Tsp twice daily for three cycles; not advised during menses.

DMS200	200ml	₹1,600
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**Trifgol Churna (100g)** is a psyllium-based natural fiber laxative, which also contains the goodness of Triphala. Useful in Constipation, Irritable Bowel Syndrome, Hemorrhoids, Ulcerative colitis & Duodenal Ulcer. **Ingredients:** psyllium Husk, Hareetaki, Vibheetaki, Amlaki **Dosage:** One teaspoonful at bedtime by brisk mixing with water.

DTC100	100g	₹1,200
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**Rheumatil Oil (60ml)** Manages pain in all arthritic conditions. Enriched with Kesar and milk, it ensures quick absorption and rapid onset of action. **Useful** in arthritic Muscular Strain & Sprains, Traumatic inflammatory conditions e.g. fibrositis, Bursitis, Capsulitis, Tendinitis, Synovitis, Sciatica and Sports injuries. **Ingredients:** Mahanarayan Oil, Gandhapura Oil, Pudina satwa, Neel Giri Oil, Lavang ka tel, Guggulu Satwa,

DRO60	60ml	₹1,200
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**Rheumatil Tablets (90 Tabs)** are a potent herbal combination of Anti-arthritic, Anti-inflammatory as well as Disease Modifying Anti Rheumatic drugs and has been found very effective in all arthritic problems. **Ingredients:** Guggulu ext., Salai Guggulu ext., Prasirini ext., Rasna Patti, Nirgundi

**Usage:** 2 tablets 2-3 times per day

DRT90	90 Tablets	₹1,500
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**Madhuvaani (150g)** is a traditional ayurvedic cough formula made from Sitopaladi churna and honey. Madhuvaani effectively controls cough, relieves throat irritation, reduces chest congestion, removes respiratory distress and is safe for children. **Ingredients:** Sitopaldi churna, Elaichi, Vanslochan, Dalchini, Madhu, Sharkara  
**Usage:** Adults: 1 teaspoonful thrice a day. Children: ½ teaspoonful thrice a day.

DM150	150g	₹1,500
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**Dabur Chyawan Junior** A unique drink for growing children with 35 essential herbs from the original Chyawanprash formula. It also has Calcium, Iron, and Milk Protein for nutrition and body growth and a delicious chocolate taste.

**Usage:** Add 2 table spoons in a glass of milk ( hot or cold) or have it as it is.

**Ingredients:** Amla, Ashwagandha, Yashtimadhu, Guduchi, Draksha, Brahmi, Pippali, Malt, Milk Protein, Calcium and Iron



DCPJ-500	500g	₹2,300
DCPJ-1000	1kg	₹3,900

**Shankha Pushpi Syrup (350ml)** Improves child intelligence and learning capabilities, balances neurotransmitters, improves concentration, learning and grasping power, reduces mental tensions, fatigue and anxiety. 100% Ayurvedic, completely safe with no side effects. It is useful in mental fatigue.

**Usage:** 20 to 30 ml twice a day with water or as directed by the physician.

**Ingredients:** Shankhapushpi , Brahmi , Nimbu Satva, Sharkara



DSPS350	350ml	₹1,800
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**Dabur Red Tooth Paste (100g)** A fine blend of herbs that eliminates many dental problems like gum disorders, toothache etc., thereby giving strong teeth and healthy gums. Natural ingredients like Clove and Mint gives a refreshing breath.

**Ingredients:** Sunthi—anti-bacterial & anti-inflammatory, Maricha—breath freshener, anti-bacterial, Pippali—breath freshener, anti-bacterial, Karpooora—antiseptic, local analgesic, Tomar—antiseptic, fights bad odor, Lavanga—analgesic, prevents tooth decay, Pudina—anti-fungal, anti-bacterial, Kashni—anti-inflammatory, Hareetaki—astrigent for sore mouth and ulcerated gums.



DRTP100	100g	₹700
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**Dabur Lal Tail (120ml)** An Ayurvedic baby massage oil that helps in strengthening baby's bones and muscles and is proven safe and effective for better overall physical growth of babies. Massage with Dabur Lal Tail contributes to faster increase in weight and height and induces better sleeping pattern in Neonates and Infants.

**Ingredients:** Sesame Oil, Ratan jot, Shankaha pushpi, Camphor, Urad, Saralदारु Oil



DLT350	350ml	₹1,800
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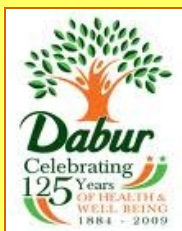
**Odomos Natural Mosquito Repellant Lotion (120ml)** Made with skin-friendly ingredients like Aloe Vera and Citronella, which is a well known natural repellent. Odomos is the only mosquito repellent endorsed by the INDIAN MEDICAL ASSOCIATION (IMA) as safe for babies. Odomos does not contain harmful chemicals.

**Ingredients:** Citronella Oil, Aloe Vera, Diethyl Benzamide



DONMRL120	120ml	₹1,200
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# Personal Care

“Hair that shine with health”

Whether you wear them long and dark, or prefer them light and bouncy, your **Crowning Glory** needs constant care. That's easy, if you give your hair the natural treatment with Dabur's range of **Natural and Ayurvedic Hair Care products**. The range has been well researched and specially created to make **your hair grow healthy, lustrous and full of life**.



## Hair Care Vatika Range

Vatika Smooth & Silky Shampoo	With henna, green almonds & shikakai	<b>200ml</b>	DVSSS200	¥1,250
Vatika Root Strengthen Shampoo	With almonds & coconut milk	<b>200ml</b>	DVRSS200	¥1,250
Vatika Black Shine Shampoo	With black olives & amla	<b>200ml</b>	DVBSS200	¥1,250
Vatika Dandruff Control Shampoo <b>(Naturally Clean)</b>	With lemon, henna & tea-tree oil	<b>200ml</b>	DVDCSNC200	¥1,250
Vatika Dandruff Control Shampoo <b>(Shiny Black)</b>	With black olives, lemon & amla	<b>200ml</b>	DVDCSSB200	¥1,250
Vatika Dandruff Control Shampoo <b>(Hair -fall Defense)</b>	With lemon, almonds, coconut & tea-tree oil	<b>200ml</b>	DVDCSHFD200	¥1,250
Vatika Total Protection Shampoo	With neem, bhringraj, triphala & japakusum	<b>200ml</b>	DVTPS200	¥1,250
Vatika Smooth & Silky Conditioner	With henna, green almonds & amla	<b>200ml</b>	DVSSC200	¥1,450
Vatika Root Strengthen Conditioner	With almonds & coconut milk	<b>200ml</b>	DVRSC200	¥1,450
Dabur Amla Hair Oil	With amla	<b>100ml</b>	DAHO100	¥1,100
Dabur Amla Flower Magic Hair Oil	With amla, mogra, jasmine	<b>100ml</b>	DAFMHO100	¥1,100
Vatika Enriched Coconut Hair Oil	With triphala, brahmi, neem, lemon, rose-mary & soy	<b>200ml</b>	DVECHO100	¥1,500
Vatika Enriched Almond Hair Oil	With hibiscus, olive & muskroot	<b>100ml</b>	DVEAHO100	¥1,100

## Skin Care Gulabari Range



**Dabur Gulabari** is the only personal care brand offering the goodness of rose for skin care. Dabur Gulabari skincare range is packed with natural rose extracts that give you soft, smooth skin that glows like a Rose.

Dabur Gulabari skin care range helps maintain moisture balance without leaving your skin oily. Besides protecting the skin from damaging elements and keeping it soft and untouched, natural rose extracts also help remove dryness and dullness giving your skin a rose-like radiance.

Gulabari Rose Water	120ml	DGRW120	₹800
Gulabari Face Freshener	50ml	DGFF50	₹600
Gulabari Hydrating Rose Cream	100g	DGHRC100	₹1,100
Gulabari Hydrating Rose Lotion	100ml	DGHRL100	₹1,100

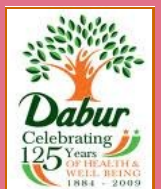
## Skin Care Uveda Range

It is a known fact that life on the fast track, long working hours and constant stress take a drastic toll on your skin. As part of our larger thrust in the skincare market, Dabur India Ltd introduces Dabur Uveda, an all-new skincare range from Ayurveda that not only works from within to give you an inner glow but also nourishes your skin with every use. Only Dabur Uveda skincare range presents an alternate way to skin care and beauty for today's woman.



Uveda Complete Fairness Cream	30g	UCFC30	₹1,100
Uveda Moisturizing Face Wash	100ml	UMFW100	₹800
Uveda Clarifying Face Wash	100ml	UCFW100	₹800
Uveda 2-in-1 Moisturizer	100ml (Spray Type)	UM100	₹1,400

For more information on the Dabur product lines, please visit [www.dabur.com](http://www.dabur.com)



Herbal Healthcare Worldwide since 1930



Baby Care



Hair Care



Skin Care



Therapeutic Range

Himalaya Herbals - health care, personal care & baby care products

Himalaya Herbals is a range of 100% natural and safe products with rare herbs collected from the foothills of the Himalayas. Each product combines the best of Ayurveda with years of dedicated research. Batch to batch performance and complete purity and safety are assured through the application of advanced pharmaceutical technology at every stage of manufacture.

In 2005 Himalaya celebrates seventy-five years.

So go ahead and give us a try! We guarantee that you will be pleased.

Eighty years ago, on a visit to Burma, Mr. Manal saw restless elephants being fed with a root to pacify them. The plant from which this was taken is *Rauwolfia serpentina*. Fascinated by the plant's effect on elephants, he had it scientifically evaluated. After extensive research, Serpina, the world's first anti-hypertensive drug, was launched in 1934. The Company was awarded an ISO 9001:2000 certification in 2003.



Himalaya's products can broadly be categorized into three main ranges, viz: **Pharmaceutical, Personal Care, Animal Care**. Pharmaceutical Range includes health maintenance, eye, cardiac and skin care, immune booster and cough control. Himalaya has made available to people all over the world, an alternate method of treatment, which has no known side effects. Prominent among Himalaya brands is **Liv.52**, a liver formulation, which is also the flagship brand of the company. It is ranked number one in the hepato-protective - lipotropic segment and number four among all pharmaceutical products in India.



In 1999, Himalaya Herbals launched a range of natural herbal personal care products spanning Health Care, Oral Care, Hair Care, Skin Care and Baby Care. Modern research proved that herbs while being effective and therapeutic are also mild and soothing.

The Himalaya legacy extends to animal health also. The Company offers well-researched, safe, animal health products, harnessed from nature's wealth to alleviate the suffering of animals, to improve their health and to increase their productivity. World-wide there is a growing concern about the presence of chemical contaminants in dairy, meat and poultry products. Taking a cue, The Himalaya Drug Company has extended its expertise to create Ayurvedic drugs and therapies for animal health care. This results in healthy livestock whose animal products are safe for human consumption. Realizing the importance of companion animals in today's life, Himalaya launched the Companion Animal Care Range of products in 2000, introducing daily care for sensitive pets like cats & dogs as well.



For more information please visit [www.himalayaherbals.com](http://www.himalayaherbals.com)

Contact [info@umamaya.com](mailto:info@umamaya.com)

 <p><b>Amalaki</b> Richest natural source of Vitamin C! HAMC60      ¥1,100</p>	 <p><b>Karela</b> Helps to regulate blood sugar—used as adjuvant in diabetes. HKRC60      ¥1,100</p>	 <p><b>Shuddha-Guggulu</b> Helps regulate the lipid metabolism and weight management. HSDGC60      ¥1,100</p>
 <p><b>Arjuna</b> Regulates blood pressure &amp; tones the heart. HARC60      ¥1,100</p>	 <p><b>Lasuna</b> Garlic! Helps prevent build up of cholesterol in the arteries. HLC60      ¥1,100</p>	 <p><b>Sunthi</b> Ginger! Useful in nausea and indigestion. HSNC60      ¥1,100</p>
 <p><b>Ashvagandha</b> Stress prevention, vitality and sleep aid. HASC60      ¥1,100</p>	 <p><b>Manjishtha</b> Useful in recurrent urinary tract infections. Diuretic. HMAC60      ¥1,100</p>	 <p><b>Tagara</b> Relaxant. Prescribed for nervous unrest and insomnia. HTC60      ¥1,100</p>
 <p><b>Bael</b> For diarrhea, dysentery and colitis. HBC60      ¥1,100</p>	 <p><b>Meshashringi</b> Destroys the taste of sugar on the tongue. Inhibits Hyperglycemia. HMEC60      ¥1,100</p>	 <p><b>Trikatu</b> Digestive. Improves gastric function and appetite. HTKC60      ¥1,100</p>
 <p><b>Brahmi</b> Anti-anxiety, improves mental function, memory HBRC60      ¥1,100</p>	 <p><b>Neem</b> Useful for skin disorders. Blood purifying. HNC60      ¥1,100</p>	 <p><b>Triphala</b> Aids digestion, cleanses and relieves constipation. HTPC60      ¥1,100</p>
 <p><b>Gokshura</b> Maintain Kidney &amp; Urinary functions HGC60      ¥1,100</p>	 <p><b>Punarnava</b> Helps to maintain effective kidney function. HPC60      ¥1,100</p>	 <p><b>Tulasi</b> For respiratory infections and optimal support. HTUC60      ¥1,100</p>
 <p><b>Guduchi</b> Strengthens immune system, Hepato-protective HGUC60      ¥1,100</p>	 <p><b>Shallaki</b> For optimum joint health, joint pain and arthritis. HSLC60      ¥1,100</p>	 <p><b>Vasaka</b> Treats cold, cough, bronchitis and asthma. HVC60      ¥1,100</p>
 <p><b>Haridra</b> Helps combat skin and respiratory allergies HHC60      ¥1,100</p>	 <p><b>Shatavari</b> Asparagus! Promotes lactation and regulates hormone secretion. HHC60      ¥1,100</p>	 <p><b>Vrikshamla</b> Reduces accumulation of fat and promotes weight control. HVRC60      ¥1,100</p>
 <p><b>Kapikachu</b> Aphrodisiac, elevates sperm count. HKPC60      ¥1,100</p>	 <p><b>Shigru</b> Reduces pain and inflammation of joints. HSGC60      ¥1,100</p>	 <p><b>Yashtimadhu</b> beneficial in gastric and duodenal ulcers. HYC60      ¥1,100</p>

This product is subject to packaging and qty changes.



## Animal Health



The Himalaya Drug Company has extended its expertise in phyto-pharmaceuticals to create natural drugs for animal health care. The Animal Health Division draws its strength from ancient ayurvedic knowledge subjected to extensive research & development to provide scientifically developed herbal formulation to veterinarians & farmers worldwide. The products in this range alleviate the suffering of animals and improve their health. This results in healthy livestock, poultry and aquaculture, whose products are safe for human consumption, without any chemical contaminants. Himalaya's companion animal care range has been developed for the daily care of sensitive pets like dogs and cats.



**Liv52 Vet Liquid or Vet Tablets** Hepato-protective. Protects liver from toxins, drugs and chemicals. Accelerates the regeneration of the liver. Restores the architecture and function of the damaged liver. Increases the synthetic activities of the liver. Promotes protein synthesis. Promotes and restores appetite. Available in liquid or tablet form.



**Ingredients incl.** *Capparis spinosa, Cichorium intybus, Solanum nigrum, Terminalia arjuna, Cassia occidentalis, Tamarix gallica, Achillea millefolium* (Vet Tablets also incl. *Mandur bhasma*)

### Indications :

Hepatic damage and dysfunction, ascites, jaundice, cirrhosis of the liver

Adjuvant in the management of canine and feline viral hepatitis, distemper and parvovirus infection

Anorexia of hepatic origin, convalescence following debilitating disease, supportive therapy in antibiotic and antiparasitic drug therapy, toxicity associated with drugs, pesticides and other chemicals

As a growth promoter and metabolic stimulant

As supportive therapy in post-operative care

Presentation:

110 ml bottle (with measuring cup)

Tablets 60

**Dosage: Liv52 Forte Tablets**—Dogs: Small breeds 1 tab twice daily. Large breeds 2 tabs twice daily. Cats 1 tab once daily. **Liv.52 Vet liquid**—Dogs: Small breeds 5-8 ml twice daily. Large breeds 10-15 ml twice daily. Cats 3-5 ml twice daily



**Erina Coat Cleanser** Improves skin hygiene, Controls dandruff, Protects against pyoderma, dermatitis, pruritus, scaling lesions. Acts as a deodorant & general cleanser, Helps maintain a shiny, healthy coat.

**Ingredients incl.** *Nimba (Azadirachta indica), Satahva (Anethum sowa)*



**Erina Plus Coat Conditioner** helps in increasing the blood supply to skin. Prevents hair loss and skin disorders. Improves skin hygiene. Anti bacterial and anti fungal.

**Ingredients incl.** *Azadirachta indica, Anethum sowa, Rosmarinus Officinalis, Pongamia glabra, Hibiscus rosa-sinensis*

**Usage:** Wet the body of the pet thoroughly with water. For better application, mix 10-15 ml of Erina in 30 ml of water. Work up a rich lather and massage well into coat. Rinse well after 5 minutes and repeat the application if required.



**Erina EP Shampoo** Insecticidal, Helps control ticks, fleas, mites, lice & house fly. Anti-microbial, antifungal and antibacterial properties. Protects wounds from infestation, pain, itching and inflammation.

**Ingredients Incl.** *Eucalyptus globulus, Acorus calamus, Tephrosia purpurea, Azadirachta indica*

**Usage:** Wet the body of the pet thoroughly with water. Apply the required quantity of shampoo and rub thoroughly into the hair to obtain foam. Leave foam on the body for 10-15 minutes and wash with water.



HECC	120ml	¥1,400
HEPCC	100ml	¥1,300
HEEPS	200ml	¥2,100



HLIV110	110ml	¥1,700
HLIV60	60 Tabs	¥1,700



**Anxocare Vet Tablets** for fright and emotional stress due to unfamiliar people & environment, noise, travelling etc. Non-specific anxiety, aggression, restlessness and hyper-excitability. A very special formula created with **23 herbs incl.** *Bacopa monnieri, Centella asiatica, Withania somnifera, Evolvulus alsinoides, Valeriana jatamansi, Embelia ribes, Terminalia chebula, Emblica Officinalis.*

**Dosage:** Dogs-Small breeds 1-2 tablets twice daily, large breeds 2-3 tablets twice daily, Cats 1 tablet twice daily. Dosage may be altered according to breed, severity of condition or as advised by veterinarian.

HAT	60 Tabs	¥1,700
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**Dygiton Drops** Cures flatulence, colic, abdomen distension. Improves digestion, Regularizes the bowel movements, improves appetite. **Ingredients Incl.** *Anethum sowa, Tinospora cordifolia, Piper longum, Cichorium intybus, Terminalia chebula, Achillea millefolium, Tribulus terrestris, Capparis spinosa, Emblica Officinalis, Cassia occidentalis, Elettaria cardamomum, Tamarix gallica, Boerhaavia diffusa*

**Dosage:** Puppies-small breed 5-8 drops twice daily, large breed 10-15 drops twice daily. Dogs -small breed 1-2ml twice daily, large breed 3-4ml twice daily, Kittens 3-5 drops twice daily, Cats 1ml twice daily.

HDD	30ml	¥1,400
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The Himalaya Baby Care range consists of seven products: Moisturizing Baby Soap, Baby Powder, Baby Lotion, Gentle Baby Shampoo, Nourishing Baby Oil, Baby Cream and Diaper Rash Cream. **Himalaya Baby Diaper Rash Cream is the first of its kind introduced in the category in India.**

R & D efforts at Himalaya have been directed towards arriving at a safe, herbal baby care range supported by modern and scientific processes. Extensive dermal safety studies and clinical trials have been conducted to determine and ascertain the safety and efficacy of each and every product in the range.



### Nourishing Baby Oil

A gentle massage oil good for dry skin and under-nourishment.

**Ingredients incl.** *Sida cordifolia*, Ashwaghandha, Vetiver, *Aloe Vera*, Olive Oil

HNBO100 100ml ₹900



### Moisturizing Baby Soap

Enriched with Olive Oil and Almond, rich in Vitamins A, D & E.

HMBS70 70g ₹700



### Gentle Baby Shampoo

Tear-less formula with Hibiscus & Chickpea.

**Ingredients incl.** Rice, Bengal Gram, Vetiver, Shoe-Flower

HGBS200 200ml ₹1,200



### Baby Lotion

A gentle moisturizer to protect and nourish your infant's skin. **Ingredients incl.** *Sida cordifolia*, Licorice, *Tinospora cordifolia*, Olive Oil, Almond

HBL200 200ml ₹1,200



### Baby Cream

A special formula for dry cheeks, tender nose, rubbed elbows and chafed knees.

**Ingredients incl.** Yashtimadhu, *Sida cordifolia*, Licorice, *Tinospora cordifolia*, Olive Oil

HBC50 50ml ₹800



### Diaper Rash Cream

For inflammation and irritation of diaper rash.

**Ingredients incl.** Zinc calx, *Aloe Vera*, Almond, *Vitex negundo*, *Rubia cordifolia*

HDRC20 20g ₹600



### Baby Powder

A cooling talcum powder that helps relieve itch and excess sweat.

**Ingredients incl.** Zinc calx, Sandalwood, Vetiver, Olive Oil

HBP200 200g ₹1,200



### Gentle Baby Wipes

Gentle clean-up. Kills germs effectively.

**Ingredients incl.** *Aloe Vera*, Indian Lotus

HGBW72 72s ₹600



### Baby Care Gift Basket

incl. moisturizing baby soap (115 g) gentle baby shampoo (200 ml) baby lotion (200 ml) baby cream (50 ml) baby powder (200 g) diaper rash cream (20 g) gentle baby wipes (72s)

HBCGB 7pc ₹5,000



### Baby Care Gift Pack

incl. gentle baby shampoo (100ml) nourishing baby oil (100ml) diaper rash cream (20g) moisturizing baby soap (75g) baby lotion (100 ml) baby powder (100 g) Free baby towel

HBCGP 6pc ₹3,800



Himalaya Herbal Healthcare has used its wealth of knowledge and research, in natural herbal remedies, to formulate a range of personal care products that cater to your daily health needs. This range offers the goodness of natural solutions for daily use, with no side effects.

**Soaps**



Moisturizing Almond Soap(115g)	HMAS115	¥600
Nut-Grass & Cucumber Soap (115g)	HNCS115	¥600
Neem & Turmeric Soap(115g)	HNTS115	¥600
Cream & Honey Soap(115g)	HCHS115	¥600

**Soap-Free Face Wash**



**Protective Lip Balm** 10ml  
 Castor, Coconut, Wheat germ & Carrot Seed Oils.  
**HPLB10 ¥350**

Oil-Balancing Face-Wash Gel (100ml)	HOBFWG100	¥800
Neem Foaming Face-Wash (150ml)	HNFFW150	¥950
Hydrating Face-Wash Cream (100ml)	HHFWC100	¥800

**Skin Nutrients**



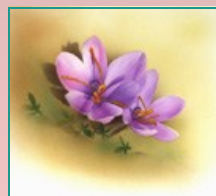
Under-Eye Cream(15g)	HUEC15	¥1,000
Anti-Wrinkle Cream (50g)	HAWC50	¥1,100
Nourishing Skin Cream(150ml)	HNTS150	¥1,300
Revitalizing Night Cream(25g)	HRNC25	¥1,000

**Moisturizers**



Face Moisturizing Lotion (Normal Skin) (100ml)	HFMLN100	¥800
Intensive Face Moisturizing Lotion (Dry Skin) (200ml)	HIFMLD200	¥1,200
Soothing Body Lotion (Normal Skin) (400ml)	HSBLN400	¥1,600
Soothing Body Lotion (Dry Skin) (400ml)	HSBLD400	¥1,600
Gentle Refreshing Toner (100ml)	HGRT100	¥800
Deep Cleansing Milk (200ml)	HDCM200	¥1,100
Protective Sunscreen Lotion (100ml)	HPSL100	¥900

**Hair Care**



For more information please visit [www.himalayaherbals.com](http://www.himalayaherbals.com)



Extra Moisturizing Protein Shampoo	200/400ml	HPSEM200	¥1,250	HPSEM400	¥2,150
Repair & Regeneration Protein Conditioner	100/200ml	HPCRR100	¥950	HPCRR200	¥1,450
Gentle Daily Care Protein Shampoo	200/400ml	HPSGDC200	¥1,250	PSGDC400	¥2,150
Softness & Shine Protein Conditioner	100/200ml	HPCSS100	¥950	HPCSS200	¥1,450
Volume & Bounce Protein Shampoo	200/400ml	HPSVB200	¥1,250	HPSVB400	¥2,150
Anti-Dandruff Shampoo	200/400ml	HADS200	¥1,250	HADS400	¥2,150

Available products in the Children's Health line—Bonnisan, Bonispaz, Bresol, Koflet, Liv52, Mentat, Septilin



**Bresol (Tablet /Syrup)** an effective solution for various chronic respiratory disorders. It provides relief from acute & chronic allergic symptoms like running nose, post-nasal drip, itchy eyes, itchy nose and symptoms of bronchitis like wheezing & breathlessness. It also possesses anti- infective properties that help overcome coexisting URTI & LRTI. **Indications** Bresol tablets & syrup are useful in Pollen allergy, Allergic rhinitis, Allergic bronchitis & Bronchial asthma. **Dosage** Please consult your physician to prescribe the dosage that best suits your condition. **Side Effects** Bresol tablets & syrup do not cause any drug dependence, sedation, or

dryness of nasal secretions. They are not known to have any side effects if taken as per the prescribed dosage. **Composition: Each tablet contains** Exts. Haridra (*Curcuma longa*) 100.5mg, Tulasi (*Ocimum sanctum*) 50mg, Vasaka (*Adhatoda vasica*) 50mg, Trikatu 8mg, Triphala 8mg, Vidanga (*Embelia ribes*) 8mg, Musta (*Cyperus rotundus*) 8mg, Tvak (*Cinnamomum zeylanicum*) 5mg, Ela (*Elettaria cardamomum*) 5mg, Patra (*Cinnamomum tamala*) 5mg, Nagakesara (*Mesua ferrea*) 5mg

**Each teaspoonful (5ml) of Bresol Syrup contains** Exts. Haridra (*Curcuma longa*) 100.5mg, Tulasi (*Ocimum sanctum*) 50mg, Vasaka (*Adhatoda vasica*) 50mg, Trikatu 8mg, Triphala 8mg, Vidanga (*Embelia ribes*) 8mg, Musta (*Cyperus rotundus*) 8mg, Tvak (*Cinnamomum zeylanicum*) 5mg, Ela (*Elettaria cardamomum*) 5mg,

HBS100	100ml	¥1,700
HBT60	60Tabs	¥1,700

## Children's Health



Products in the Women's Health line—Clarina, Evicare, Lukol, Menosan, V-gel, Renalka, Reosto, Styplon, Talekt



**Evicare (Capsules)** Evicare helps to regularize the menstrual cycle by virtue of its uterine stimulant action. It regulates endogenous hormonal secretion, enhances the repair of the endometrium and thus controls abnormal uterine bleeding. It is anti-inflammatory and antispasmodic so heals alleviates pain. Evicare is beneficial in anemia, PMS, Dysmenorrhea, Menstrual irregularities: Menorrhagia, Metrorrhagia, Oligomenorrhea, Dysfunctional uterine bleeding and the generalized weakness associated with uterine disorders. **Dosage—**

Please consult your physician. Side Effects—Evicare is not known to have any side effects if taken as per the prescribed dosage.

**Each Tablet contains Exts.** Ashoka 85mg Dashamoola 35mg, Lodhra 35mg, Guduchi 35mg, Kakamachi 35mg, Punarnava 35mg, Shatavari 35mg, Kumari 25mg, Chandana 25mg, Musta 25mg, Vasaka 20mg, Triphala 20mg, Trikatu 20mg, Shalmali 15mg, Pdrs. Kasisa godanti bhasma 35mg, Yashada bhasma 35mg

HEC60	60Caps	¥1,700
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## Women's Health

Products in the Men's Health line Incl. Confido, Himcolin, Himplasia, Spemen, Tentex Forte, Tentex Royal



**Himplasia (Tablets)** relieves the symptoms of benign prostatic hyperplasia with reduction in prostate weight, improves urinary flow rate while reducing post-void residual urine. Also inhibits prostatic stromal proliferation. **Dosage:** Please consult your physician to prescribe the dosage that best suits your condition. Not known to have any side effects if taken as per the prescribed dosage. **Each Tablet contains** Pdrs. Gokshura (*Tribulus terrestris*) 140mg,

Putikaranja (*Caesalpinia bonducella*) 120mg, Puga (*Areca catechu*) 100mg, Shatavari (*Asparagus racemosus*) 80mg, Varuna (*Crataeva nurvala*) 80mg, Akika pishti 80mg

HHT60	60Tabs	¥1,700
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## Men's Health



Products in the General Health Line incl. Diabecon, Diarex, Gasex, Mentat, Ophthacare, Pilex, Rupalaya, et al.



**Liv.52 (Tablets/Syrup)** restores the functional efficiency of the liver, maintains cytochrome P-450, hastens restoration of hepatic functions in infective hepatitis, facilitates rapid elimination of acetaldehyde, the toxic intermediate metabolite of alcohol metabolism, and ensures protection from alcohol-induced hepatic damage. **Indications:** prevention and treatment of: Viral hepatitis, Alcoholic liver disease, Pre-cirrhotic conditions and early cirrhosis, Protein energy malnutrition, Loss of appetite, Radiation and chemotherapy-induced liver damage. **Dosage:** Please consult your physician to prescribe the dosage that best suits your condition. Not known to have any side effects if taken as per the prescribed dosage. **Each Tablet contains** Pdrs. Himsra (*Capparis spinosa*) 65mg, Kasani (*Cichorium intybus*) 65mg, Mandur bhasma 33mg, Kakamachi (*Solanum nigrum*) 32mg Arjuna (*Terminalia arjuna*) 32mg, Kasamarda (*Cassia occidentalis*) 16mg, Biranjasipha (*Achillea millefolium*) 16mg, havuka (*Tamarix gallica*) 16mg

HLIV60	60Tabs	¥1,700
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## General Health

For more information please visit [www.himalayaherbals.com](http://www.himalayaherbals.com) or contact [info@ayurvedajapan.com](mailto:info@ayurvedajapan.com) directly.



# Mysore Sandalwood



Sandalwood Talc	100g	MST100	¥900
Sandalwood Soap	75g/150g	MSS75/MSS150	¥500 / ¥900
Rose Soap	100g	MSS100	¥600
Turmeric Soap	2 X 75g	MSS450	¥900
Herbal Care Soap	100g	MHC100	¥600
Sandalwood Incense	20 Stick Pack	MSI20	¥400



## Jain Store 100% Essential



Sandalwood Oil	10ml	JSWO10	¥4,000
Rose Oil	10ml	JRO10	¥6,500
Jasmine Oil	10ml	JJO10	¥4,700
Tea Tree Oil	10ml	JTTO10	¥1,500
Cardamom Oil	10ml	JCO10	¥2,400
Sage Oil	10ml	JSO10	¥1,500

Other available essential oils include: Cedarwood, Citronella, Clove, Eucalyptus, Peppermint, Cinnamon, Geranium, Lemongrass, Lemon, Rose,mary, Vanilla, Ylang Ylang, Lavender, Patchouli, Cypress, Frankincense, Cyprus, Sage,, Black Pepper, Neroli and Jatamansi. Please enquire about pricing. Also available domestically in our store!



shahnaz  
husain

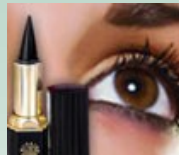


Shahnaz Husain, pioneer and leader in the field of cosmetic and herbal care in India, has achieved unprecedented international acclaim for her practical application of Ayurveda. After training for 10 years in cosmetic therapy and cosmetic chemistry, at leading institutions of the West, like Helena Rubinstein, Arnould Taylor, Swartzkopf, Christine Valmy, Lancome and Lean of Copenhagen, Shahnaz returned to her roots and studied Ayurveda, the ancient Indian system of herbal healing. She set up her herbal clinic in her own home, in a very small way, rejecting the existing salon treatment methods and devised her own herbal treatments. She introduced a totally new concept of "care and cure". She also began to formulate her own Ayurvedic products. This was the beginning of the legendary Shahnaz Herbal and other ranges. Now she has become known world-wide for her specialized clinical treatments and therapeutic products for specific problems like acne, pigmentation, scars and blemishes, skin-sensitivity, dandruff, hair loss and alopecia. Today her enterprise boasts a formidable line of over 350 products

Shahnaz has received several national and international awards, including the World's Greatest Woman Entrepreneur Award from Success Group of the U.S.A. She is the first woman to be so honoured, in the 107-year history of the Success awards. Among her other awards are the Arch of Europe Gold Star Award for Quality, the Golden America Award and the Indian Government Awards for Export Excellence. She has recently been honoured with two prestigious international awards for Quality Excellence and Outstanding Woman Entrepreneur 2002, by Global Quality Management, in London. She received the Jewel 2009 award, the prestigious international star award, the Leonardo daVinci award and the world medal of freedom at the annual world forum at Washington DC.







To learn more about the Shahnaz group and their products, please visit

<http://www.shahnaz.in/>





### DIAMOND

	Product Name	Ingredients	Id#	Price
	Exfoliating Scrub	Diamond "bhasma" ash, cucumber, rose, walnut, Oils of almond, lemon & olive.	SHES40 / 175	(40g) ₹3,500 (175g) ₹10,000
	Rehydrant Lotion	Diamond ash, extracts of basil, date and carrot seed.	SHRL40 / 200	(40g) ₹3,500 (200g) ₹12,000
	Nourishing Cream	Diamond & Tankana ash with extracts of Vetiver & Date.	SHNC40 / 175	(40g) ₹3,500 (175g) ₹10,000
	Rejuvenating Mask	Diamond & Yashad ash combined with extracts of Masoorika and oil of Orange.	SHRM50 / 300	(50g) ₹3,500 (300g) ₹14,000
	Diamond Soap	Diamond ash, Coconut oil, Turmeric, Saffron, Rose, Lemon and More! An Exclusive Formula!	SHDS150	(150g) ₹2,000



### GOLD

	Product Name	Ingredients / Method of Use	Id#	Price
	24ct Gold Scrub	24 Carat Gold, Orange Peel, Rose and Aloe Vera extracts. First cleanse the face, then gently apply scrub for several minutes. Wash off.	SHGS100/200	(100g) ₹3,500 (200g) ₹6,500
	Pot of Gold Foundation	24 carat Gold, extracts of Rose & Pearl Bhasma.	SHPGF30	(30g) ₹3,000
	Nature's Gold Beautifying Mask	24 carat Gold, extracts of Rose & Sandalwood. Apply all over face, neck and hands. When Dry, wash off.	SHBM100/200	(100g) ₹4,000 (200g) ₹7,500
	Nature's Gold Skin Radiance Gel	24 Carat Gold, Plant extracts and essential oils. Apply all over the face then use a small amount of Shahnaz Moisturizing Cream and gently rub into the skin.	SHSRG40/200	(40g) ₹4,000 (200g) ₹15,000
	Shahnaz's Moisturizing Cream	Enriched with Date, Rose & Honey. Apply Gold Gel.	SHMC500	(500ml) ₹4,500



### FLOWER POWER—HAIR CARE



PRODUCT	METHOD of USE	PROD.ID#	PRICE
<b>Anti-Dandruff Treatment Lotion—Chinese Hibiscus</b>	Apply lotion directly on the scalp with cotton. Leave on all night.	FPADTL200	(200ml) ₹3,000
<b>Ayurvedic Hair Conditioning Lotion—Wild Thyme</b>	Apply after shampoo. Massage through the hair and rinse well.	FPAHCL200	(200ml) ₹3,000
<b>Ayurvedic Hair Oil—Prime Rose Jasmine</b>	Massage into scalp. Leave on all night. Wash off in the morning with FPHTC or FPAST	FPAHO200	(200ml) ₹3,000
<b>Ayurvedic Scalp Treatment for Oily Hair—Spanish Jasmine</b>	Effective cleanser for oily hair. Massage into wet hair, lathering for 2 min. Wash off thoroughly. Can be used with AHCL	FPASTOH200	(200ml) ₹3,000
<b>Hair Treatment Cleanser (Normal-Dry Hair)—Rosemary</b>	Massage into wet hair. Lather for 2 min. Wash off thoroughly. Recommended to use with ADTL	FPHTC200 / 1lt	(200ml) ₹3,000 (1lt) ₹10,000
<b>Ayurvedic Hair Treatment Powder—Carnation</b>	Prepare a hair pack with approx. 1 cup AHTP, 2 raw eggs, 4 tsp each of coffee powder and lemon juice & half-cup yoghurt. Apply all over scalp and hair. When it dries, wash off.	FPAHT200	(200g) ₹3,000

### FLOWER POWER—SKIN CARE

Product Name	Ingredients	Id#	Price
Antiseptic Cream	Morning Glory	FPAC40	(40g) ₹3,000
Ayurvedic Deep Skin Treatment Cream	Marigold	FPADSTC40	(40g) ₹3,000
Ayurvedic Henna Treatment Powder	Californian Poppy	FPHTP200	(200g) ₹3,500
Ayurvedic Rehydrant Treatment Lotion	White Water Lily	FPARTL100	(100ml) ₹3,500
Ayurvedic Rejuvenating Treatment Balm	Holly Hock	FPARTB100	(100g) ₹3,500
Ayurvedic Skin Clear Formula	Wild Rose	FPASCF40	(40g) ₹3,000
Ayurvedic Skin Tonic	Lavender	FPAST200	(200ml) ₹3,000
Ayurvedic Treatment Cream (Night Care)	Egyptian Lotus	FPATC40	(40g) ₹2,000
Ayurvedic Treatment Cream (Night Care)	Egyptian Lotus	FPATC175	(175g) ₹5,000
Ayurvedic Treatment Cream (Night Care)	Egyptian Lotus	FPATC500	(500g) ₹12,000
Protective Skin Treatment Base	Pink Lotus	FPPSTB500	(500g) ₹10,000
Under Eye Cream	Himalayan Musk Rose	FPUEC40	(40g) ₹3,000



**Herbal**

**Shabase** Sandalwood Protective Base 25g, 40g, 175g, 500g  
**SHSB25** ₹1,700 **SHSB40** ₹2,500 **SHSB175** ₹5,500 **SHSB500** ₹9,500  
**Shableach** Skin Bright Lotion 100ml, 200ml, 1000ml  
**SHSBL100** ₹2,100 **SHSBL200** ₹2,800 **SHSBL1000** ₹8,000  
**Shablem** Anti Blemish Ointment 25g **SHSBM25** ₹2,200  
**Shabright** Skin Bright Lotion 40g **SHSBT40** ₹2,500  
**Shacare** Hair Care & Conditioning 200g **SHSC200** ₹3,000  
**Shacleanse** Hydrating Cleanser 25g, 40g, 175g, 500g  
**SHSCN25** ₹2,100 **SHSCN40** ₹2,800 **SHSCN175** ₹5,100 **SHSCN500** ₹8,800  
**Shaclear** Anti-Pimple Lotion 100ml **SHSCR100** ₹3,100  
**Shaclove** Cream for Pimple Prone Skin 25g, 100g, 225g, 500g  
**SHSCV25** ₹1,600 **SHSCV100** ₹3,100 **SHSCV225** ₹5,900 **SHSCV500** ₹9,600  
**Shaderm** Barrier Cream 25g, 500g **SHSDM25** ₹1,600 **SHSDM500** ₹9,600  
**Shadew** Lemon Turmeric Cream 25g, 40g, 175g, 500g  
**SHSDW25** ₹2,100, **SHSDW40** ₹2,800, **SHSDW175** ₹5,100, **SHSDW500** ₹8,800  
**Shadust** Protective Talc 200g **SHSDT200** ₹2,800  
**Shaface** Herbal Face Conditioner/Mask 30g, 65g, 350g  
**SHSFC30** ₹1,800, **SHSFC65** ₹3,100, **SHSFC350** ₹7,800  
**Shafair** Fair Skin Formula 40g, 175g, 500g  
**SHSFR40** ₹2,300, **SHSFR175** ₹4,100, **SHSFR500** ₹6,800  
**Shafight** Air Travel Moisturizer 25g, 40g  
**SHSFT25** ₹1,700 **SHSFT40** ₹2,500  
**Shafresh** Seaweed Lotion 100ml, 200ml  
**SHSFS100** ₹2,100, **SHSFS200** ₹3,300  
**Shaglow** Honey Intensive Moisturizing Cream 40ml, 175ml, 500ml  
**SHSG40** ₹2,800, **SHSG175** ₹3,900, **SHSG500** ₹8,300  
**Shagrain** Deep Pore Cleanser/ Exfoliator 25g, 40g, 350g  
**SHSGN25** ₹2,100, **SHSGN40** ₹2,800, **SHSGN350** ₹7,300  
**Shagrow** Hair Cleanser / Conditioner 200ml, 1l  
**SHSGW200** ₹3,100, **SHSGW1000** ₹7,300  
**Shahair** Henna Hair Conditioning Powder 100g, 200g, 1kg  
**SHSH100** ₹2,100, **SHSH200** ₹3,300, **SHSH1000** ₹7,500  
**Shahenna** Scalp Cleanser (Normal-Oily Hair) 100g, 200g, 500g, 1kg  
**SHSHA100** ₹1,800, **SHSHA200** ₹2,700, **SHSHA500** ₹5,900, **SHSHA-1** ₹7,500  
**Shalife** Ayurvedic Nourishing Cream 25g, 40g, 175g, 500g  
**SHSL25** ₹1,600, **SHSL40** ₹2,400, **SHSL175** ₹5,900, **SHSL500** ₹8,400  
**Shalisma** Hair Beauty and Shine 40g, 175g, 500g  
**SHSLA40** ₹2,800, **SHSLA175** ₹4,900, **SHSLA500** ₹8,100  
**Shalocks** Herbal Hair Oil 100ml, 200ml, 1l  
**SHSLK100** ₹1,600, **SHSLK200** ₹2,800, **SHSLK1000** ₹6,500  
**Shamask-1** Rejuvenating Skin Balm 100g, 200g, 500g  
**SHSM-1-100** ₹2,400, **SHSM-1-200** ₹3,900, **SHSM-1-500** ₹8,100  
**Shamask-2** Rejuvenating Body Balm 100g, 200g, 500g  
**SHSM-2-100** ₹2,400, **SHSM-2-200** ₹3,900, **SHSM-2-500** ₹8,100  
**Shamilk** Under Eye Day Lotion 75ml **SHSMK75** ₹2,700  
**Shamint** Skin Protective Lotion 100ml, 200ml, 1l  
**SHSMT100** ₹2,100, **SHSMT200** ₹3,400, **SHSMT1000** ₹8,100  
**Shamla** Hair Cleanser (Normal to Dry) 100ml, 200ml, 500ml, 1l  
**SHSMA100** ₹1,800, **SHSMA200** ₹2,700, **SHSMA500** ₹5,900, **SHSMA-1** ₹7,500  
**Shamoist** Rehydrant Milk 75ml, 100ml, 500ml, 1l  
**SHMST75** ₹1,700, **SHMST100** ₹2,100, **SHMST500** ₹4,900, **SHMST-1** ₹7,300  
**Shamoon** Sandalwood Cleansing Lotion 100ml  
**SHMN100** ₹1,700

**Shaoint** Hair Formula (anti-dandruff) 25g, 500g  
**SHO25** ₹1,700, **SHO500** ₹9,300  
**Shapeach** Ayurvedic Toning Cream 40g, 175g, 500g  
**SHP40** ₹2,400, **SHP175** ₹4,900, **SHP500** ₹9,700  
**Shapeel** Apricot Honey Peel-off Pack 100g, 500g  
**SHPL100** ₹3,100, **SHPL500** ₹9,700  
**Shaqueen** Precious Herbs Moisturizer 40g **SHQ40** ₹3,400 **Sha-  
rinse Plus** Conditioning Lotion (anti-dandruff) 100ml, 200ml, 1l  
**SHRP100** ₹2,300, **SHRP200** ₹3,600, **SHRP-1** ₹8,300  
**Sharose** Date-enriched Skin Toner 100ml, 200ml, 1l  
**SHR100** ₹2,400, **SHR200** ₹3,700, **SHR-1** ₹8,800  
**Shascrub** Face & Body Scrub 25g, 40g, 175g, 500g  
**SHSC25** ₹2,100, **SHSC40** ₹3,000, **SHSC175** ₹5,300, **SHSC500** ₹9,700  
**Shasilk** Protective Cream for Oily Skin 40g, 500g  
**SHSK40** ₹2,800, **SHSK500** ₹8,300  
**Shasmile** Herbal Toothpaste 100g **SHSML100** ₹1,600  
**Shasmooth** Almond Under-eye Cream 25g, 40g, 175g, 500g  
**SHSM25** ₹2,100, **SHSM40** ₹3,300, **SHSM175** ₹6,300, **SHSM500** ₹9,800  
**Shataj** Precious Herbs Moisturizing Cream (Oily skin) 40g  
**SHT40** ₹3,100  
**Shatex** Toning/Texturizing Mask 100g, 200g, 500g  
**SHTX100** ₹3,100, **SHSC200** ₹5,300, **SHTX500** ₹9,400  
**Shatone** Scalp Tonic 100ml, 200ml, 1l  
**SHTN100** ₹2,100, **SHTN200** ₹3,300, **SHTN-1** ₹5,900  
**Shaweeds** Under-eye Skin Care 75ml, 100ml, 500ml  
**SHW75** ₹2,600, **SHW100** ₹3,100, **SHW500** ₹7,300  
**Shawhite** Skin Bright Lotion 100ml, 200ml, 1l **SHSC25** ₹2,100,  
**SHWT100** ₹2,700, **SHWT200** ₹4,100, **SHWT-1** ₹9,100  
**Shayouth** Wheat Germ & Basil Face Mask 40g, 100g, 200g, 500g  
**SHY40** ₹2,700, **SHY100** ₹4,100, **SHY200** ₹5,800, **SHY500** ₹8,700  
**Shazema** Herbal cleanser for Oily Skin 25g, 40g, 175g, 500g  
**SHSC25** ₹2,300, **SHSC40** ₹3,000, **SHSC175** ₹4,800, **SHSC500** ₹8,800



**Neem**

**Shaneem** Antiseptic Face Treatment Cream 40g **SNM40** ₹1,800  
**Shaneem** Hair Treatment Oil 200ml **SNMH200** ₹2,700  
**Shaneem** Rehydrant Lotion 100ml **SNMRH100** ₹2,300  
**Shaneem** Rejuvenating Skin Balm 100g **SNMRJ100** ₹2,300  
**Shaneem** Scalp Cleanser 200ml **SNMC200** ₹2,900  
**Shaneem** Skin Cleansing Cream 40g **SNMSC40** ₹1,800  
**Shaneem** Skin Nourishing Cream 40g, 500g  
**SNMSN40** ₹1,800, **SNMSN500** ₹7,800  
**Shaneem** Skin Tonic Lotion 200ml **SNMST200** ₹3,100  
**Shaneem** Sun-protective Base Balm 40g **SNMSP40** ₹1,800  
**Shaneem** Under-eye Treatment Gel 40g **SNMU40** ₹1,800



## Honey

- Honey Health Rehydrant Milk** 200ml SHHRM200 ¥2,900
- Honey Health Freshness Lotion** SHHFL200 ¥2,900
- Honey Health Hair Treatment Cleanser** 200ml SHHHTC200 ¥2,900
- Honey Mud Mask** 100g, 500g SHHMM100 ¥2,100 SHHMM500 ¥6,700
- Honey Health Intensive Cream** 40g SHHHRM40 ¥2,100



## Sun Protect

- Shascreen** 40/200ml SHSSC40 ¥1,500 SHSS200 ¥4,800
- Shablock** 40g SHSBK40 ¥3,300



## Pearl

- Precious Pearl Cream** 500g SHPPC500 ¥11,500
- Precious Pearl Mask** 500g SHPPM500 ¥8,500
- Touch of Silk Beauty Fluid** 100ml SHTSBF100 ¥4,500



## Oxygen

- Oxygen Skin Treatment Cream** 50g, 500g SHOSTC50 ¥2,300 SHOSTC500 ¥9,700
- Oxygen Skin Rejuvenating Mask** 150g, 500g SHOSRM150 ¥2,700 SHOSRM500 ¥5,300
- Oxygen Natural Body Cleanser (Seawave Soap)** 100g SHONBC 100 ¥1,500



## Men's

- Shamen** After Shave Moisturizer 40g SHMNASM40 ¥2,600
- Shamen** After Shave Cream 40g SHMNASC40 ¥2,600
- Shamen** After Shave Lotion 50ml SHMNASM40 ¥2,600
- Shashave** Herbal Shaving Cream 70g SHSHV70 ¥4,100



## Cosmetics

- Shacover** Liquid Foundation 50ml SHCV50 ¥2,600
- Shaeyes** Herbal Kohl 2g SHEHK2 ¥1,700
- Shalash** Eye Beauty Mascara 10ml SHLSH10 ¥2,900
- Shaline** Herbal Eye-liner 15g SHLN15 ¥2,900
- Hair Mascara** 15ml (7 shades: Caramel, Plum, Golden, Copper-tone, Brown, Black, Blue) HM15-(shade) ¥2,900
- Shashine** Floral Lip Gloss 4g (15 colors: Candy, Wild Rose #52, #61, #62, Icy Glow, Transparent Glow, Coffee Frost, Moon Magic, Natural Shine, Pink Mist, Exotic Red, Scarlet) SHFLG15-(color) ¥2,500
- Shabride** Herbal Sinder 2g SHB15 ¥2,900
- Hair Touch-up** 7.5g (2 colors: Black, Brown) HTU75-(color) ¥2,400
- Shalips** Floral Lip-stick 4g (16 colors: Rose Magic, Rose Frost, Hot Pink, Fire, Ruby Red, Passion Fruit, Violet Fantasy, Cherry Wine, Earthy Brown, Innocent Peach, Dawn Magic, Icy Daylight, Morning Mist, Earthy Green, Burnt Gold, Campari) SHL4-(color) ¥2,200
- Shaheal** Skin Touch-up / Concealer 10g SHH15 ¥2,100



## Professional

- Shahnaz Forever** Skin Tonic 1l SHFSKT-1 ¥6,500
- Shahnaz Forever** Rehydrant Milk 1l SHFRM-1 ¥6,500
- Shahnaz Forever** Scalp Tonic 1l SHFSCT-1 ¥6,500
- Shahnaz Forever** Hair Oil 1l SHFHO-1 ¥6,500
- Shahnaz Forever** Hair Cleanser 1l SHFHC-1 ¥6,500
- Shahnaz Forever** Root Marrow Base 350g SHFRMB350 ¥4,700
- Shahnaz Forever** Bio Hydrating Cleanser 400g SHFBHC400 ¥4,700
- Shahnaz Forever** Vegetable Exfoliating Dermabrasive Powder 350g SHFVED350 ¥4,700
- Shahnaz Forever** Relaxing Aroma Therapy Face Pack 400g SHFRAT-1 ¥4,700
- Shahnaz Forever** Thermal Mini Face-lift 350g SHFTMF ¥4,700
- Shahnaz Forever** Nourishing Cream 400g SHFNC400 ¥4,700
- Shahnaz Forever** Skin Softening Cream 400g SHFSSC400 ¥4,700
- Shahnaz Forever** Henna Precious Herb Mix 100g, 200g SHFHPPH100 ¥2,100, SHFHPPH200 ¥3,900

Visit <http://www.shahnaz.in/> for information on ingredients and use, You can also check out Shahnaz' blog!

## Yoga Therapy

Yoga therapy (Yoga treatment) is a technique using psychotherapy, physical exercise method and the wisdom of Yoga. It is currently practiced in facilities in the United States, Europe and India, focusing on Stress-management and other treatment. In India, the Yoga Therapeutics departments are already part of the mainstream.

It is effective for symptomatic relief from lumbago, the stiff neck, lifestyle-related diseases, digestive disorders, gynecology system diseases, high blood pressure, autonomic ataxia, peri-menopausal symptoms, panic syndrome, neurosis, eating disorder, and various others. We are busily using the mind deal with various events every day. Modern lives are bound in time, and a day passes with surprising swiftness. It is quite difficult to keep my rhythm in such an every day. Physically, the mental takes on a load, and the stress is made.

In this stress society, the way to deal with stress is extremely important. Stress is a defense instinct with which man is equipped for a reason. According to Yoga Therapy, where there is too much stress, there is disharmony. This causes suffering.

When the mind is working too fast, the result is often painful in the body and spirit. Worries disturb the busy mind. When the mind is consumed, the loss of breath is caused. It is almost impossible to relax, slow and settle it down.

Excessive speed causes some imbalance. Before long, various symptoms and sickness appear in the body and spirit. With Yoga Therapy, the stress is eased via various stimulation to all the dimensions like the body, perception, sensibility, intellect and religiosity/ Through various techniques, harmony is regained.

Because the yoga position (physical exercise method) in the Yoga therapy is psychotherapy and a cognitive therapy, only the body can move slowly to shut both eyes as much as possible to obtain awareness easily, to do, and to apply the brakes to the psychology action where it drives recklessly, and it does by consider by the maintenance of posture in a relaxed manner.

Yoga Positions are used in Yoga Therapy, as physical exercise, in conjunction with cognitive and psycho-therapies. The body

is made to move slowly, while as much as possible one remains with eyes closed, applying brakes to the psychology where it drives recklessly and cannot consider maintenance of posture in a relaxed manner.

It becomes a training of conscientiousness. One reviews the information the body is conveying through its various reactions such as blood pressure, nerves, etc. Soon, one realizes how to apply the seeing to one's own actions and considerations.

Yoga Therapy was developed by the Vivekananda Yoga Research Institute. That is the Yoga Research Foundation recognized by Indian central government science and technology ministry.

In a Yoga therapy session, our therapist will take a history and counsel you initially to help you make improvements to your body/mind harmony. We will create a specific program for you and continuously monitor and work with you over a period of weeks or months. As improvements are made, your personal menu will be adjusted.

**Please contact us for a consultation.**

*Kao*

### Enjoy a nice cup of tea!

**Kapha Tea**—A delicious spice tea for balancing kapha. It contains Mulethi, Tulsi, Vasak, Sonth & Elaichi (100g)

**GCKT100 ¥700**

**Vata Tea**—A warming and soothing tea, for balancing vata. It contains Devdaru, Bala, Aiwain, Jatamansi & Lavang. (100g)

**GCVT100 ¥700**

**Pitta Tea**—A delicate mixture for balancing pitta. It contains Chandan, Safed, Lal, Khus, Arjun & Sonth. (100g)

**GCPT100 ¥700**





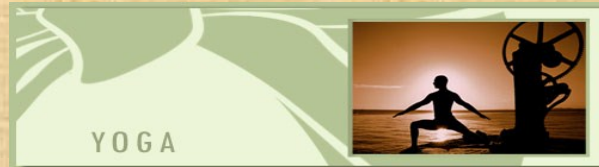
## High Blood Pressure

In the western medical tradition, the cause of high blood pressure is often ascribed to genetics, stress, smoking, obesity, high cholesterol and diabetes. According to the traditions of Yoga Therapy, the cause may be linked to the fluctuations of emotions and speed of the mind. For example, if one were to say 'Do "something" ten times', the tendency is to rush through repetitions in order to experience the gain quickly. The tendency of the personality is to want to experience positive result quickly, and to gear their efforts toward obtaining that result quickly. In other words, it is understood that the tendency for stress in such personalities increases.

Yoga Therapy treatment encourages one to relax and let go of the tensions caused by the busy mind. In order to relieve the stress of the body, it is necessary to completely remove the tension from the body, however, it is not so easy to relax just because someone tells you to do so. As well, according to the methods of Yoga Therapy Treatment, it is not enough to simply get a good night's sleep. One must remove the stress and tension from the body and mind by applying consciousness.

Yoga Therapy uses traditional relaxation techniques such as cyclic meditation, Pranayama (slow-deep & other breathing exercises) and a variety of asana (exercises and postures) to encourage total body-mind relaxation.

Further, using the wisdom of yoga, one's consciousness is encouraged to gently transform negative, self-destructive thought patterns is turned to positive, life-supporting emotion. The removal of the root causes of high blood pressure is the method of Yoga Therapy. Contact [Yoga@umamaya.com](mailto:Yoga@umamaya.com) for Yoga Therapy Consultation Appointment in the Kanto area.



## UMA Group Yoga Classes



### ☑ Conscious Yoga ★

Yoga classes in the Shonan area (Katase, Enoshima) of Kanagawa prefecture. The theme of 'awareness' (being conscious) is central to a program of exercise postures, breathing routines and meditations leading you to greater mind-body-life balance.

Consciousness is the base of Yoga. Awareness is the result. In order to gain awareness, objectivity is the rule. In particular, when regarding the self, if you are able to take a step back and objectify, it will be easier for you to create your life in the manner you wish. With the idea of 'being conscious' always at the forefront of the teaching, 'UMAJ Conscious Yoga' incorporates techniques from various Yoga Traditions (Ex. Hatha Yoga, Gyana Yoga, etc) and creates a class that anybody can join with ease.

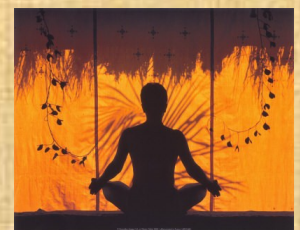
Beginners, people with very tight bodies, older folks—all are welcome, regardless of gender to come and enjoy a bit of yoga with us.

Also available for on-site lessons at companies, care-facilities and schools. Don't hesitate to give us a call or drop us a line.

Tel/Fax: 0467-26-0343

Email: [Yoga@umamaya.com](mailto:Yoga@umamaya.com)

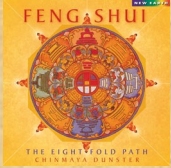
URL: [www.umamaya.com](http://www.umamaya.com)





## Specialty & One of a Kind Items

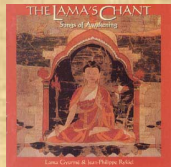
Call or write to inquire about inventory!



**Feng Shui: The Eightfold Path (CD)**—Chinmaya Dunster blends sacred sounds from Buddhist lands of the East with acoustic instruments from around the world - the sarod and santoor from India, Celtic harp, flute and guitar, seeking to evoke the listener's own Feng Shui, or inner space. (8 Tracks)  
**Id# AJCDFS01 ¥1,300 (1 in Stock)**



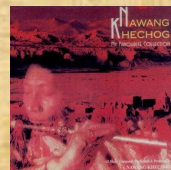
**Chants of Tibet: The Meditative Sound of Buddhist Chants (CD)** The music in this collection is spiritual and compassionate, powerful and meditative, reflecting the ancient lifestyle of the Tibetan people. Incl. Om Mani Padme Hum and the Mantra of Avalokitevara.  
**Id# AJCDCT02 ¥1,300 (2 in Stock)**



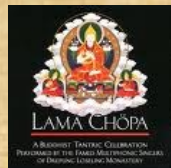
**The lama's Chant: Songs of Awakening (CD)** Lama Gyurme & Jean-Philippe Rykiel perform the Longevity Prayer, Mantra of Padmasambhava, Vajra Melody and more.  
**Id# AJCDLC03 ¥1,300 (4 in Stock)**



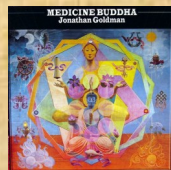
**Mudra (CD)** by Prem Joshua combines the magic and authenticity of ancient exotic instruments like bamboo flutes, sitar and santoor with modern grooves. A very danceable, alive and trancey journey.  
**Id# AJCDM04 ¥1,300 (2 in Stock)**



**Nawang Khechog: My Favourite Collection (CD)** What does peace sound like? For the acclaimed musician and former Buddhist monk, the answer to this question is the work of a lifetime. Through his Tibetan bamboo flute, Nawang evokes the blissful tranquility of Tibet and sends a soothing meditation to the world.  
**Id# AJCDNK05 ¥1,300 (2 in Stock)**



**Lama Chopa (CD)** A Buddhist tantric celebration performed by the famed multi-phonetic singers of Drepung Loseling Monastery. 14 tracks (55.47)  
**Id# AJCDLCo6 ¥1,300 (1 in Stock)**



**Medicine Buddha (CD)** An authority on sound healing and pioneer in harmonics, Jonathan Goldman presents recordings of the Medicine Buddha mantra and the heart of Wisdom Sutra.  
**Id# AJCDMB07 ¥1,300 (1 in Stock)**

**Buyer be aware**—CDs have been purchased in India for resale. They are more than likely local reproductions. The cases and contents are pristine, but outer wrapping shoddy. Still, the music is sublime!

## Specialty & One of a Kind Items

Call or write to inquire about inventory!



**Samantabhadra** primordial Buddha associated with compassion and is known as a protector of the sutra. He is the antecedent of all and the expanse of reality. He holds sway over existence and quiescence in their entirety.

(77cmX47cm incl. silk brocade)

Id# AJTSBo1 ¥6,300 (1 in Stock)



**Bhaishajyaguru "Menla"**, the buddha of medicine, the physician of human passions, unflinching healer of the ills of samsara.

(100cmX60cm incl. silk brocade)

Id# AJTBGo2 ¥8,800 (1 in Stock)



**Green Tara "Syamatârâ"** is the embodiment of the activity of all Buddhas. She helps lift us up to a mountain of enlightenment qualities. Tara belongs to the Karma family of unobstructed compassionate activity. She is known as the Swift One, due to her immediate response to those who request her aid. She is known as the great liberator. She is especially known for her power to overcome the most difficult situations, giving protection against dangers and all kinds of fear.

(125cmX65cm incl. silk brocade)

Id# AJTGT03 ¥17,000 (1 in Stock)



**White Tara** is often referred to as the Mother of all the Buddhas; she represents the motherly aspect of compassion. Her seven eyes (three on her face, one on the palm of each hand, and one on the sole of each foot) symbolize the vigilance of her compassion. Seated in the meditation posture, her right hand is in the gesture of supreme generosity and her left holds the lotus of compassion with the mudra of the three jewels (Buddha, Dharma, Sangha). White Tara brings the devotee long life and protects against all dangers.

(98cmX56cm incl. silk brocade)

Id# AJTWT04 ¥14,000 (1 in Stock)



**Avalokiteshvara** is the Bodhisattva of the Great Compassion, accepted by all Buddhist traditions and famously known as Kuan Yin [a feminine form] by the Chinese. His vast vow is to deliver all sentient beings from falling into evil states and lead them towards salvation or enlightenment. He is represented by the seed mantra OM MANI PADME HUM and moves in all realms of existence tirelessly relieving beings from suffering.

(62cmX40cm incl. silk brocade)

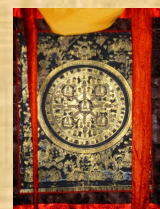
Id# AJTAK05 ¥5,700 (1 in Stock)



**Wheel of Life: "Bhavacakra"** illustrates the essence of the Buddhist teachings, the Four Truths: the existence of earthly suffering, its origin and cause, the ending or prevention of misery and the practice path to liberation from suffering.

(06-Red Chakra 83cmX57cm incl. Blue silk brocade) (07-Blue Chakra 67cmX46cm incl. Red silk brocade)

Id# AJTBCo6 ¥8,100 (1 in Stock) Id# AJTBCo7 ¥6,400 (1 in Stock)



**Bardo Mandala:** The Bardo is the world of the intermediate state through which the deceased wanders for forty-nine days before assuming a new existence in one of the six phenomenal worlds. During his wandering, the consciousness of the deceased experiences the Karmic effects of his former spiritual deeds which manifest as light, sounds or deities. Very rare style of gold and black brushed & polished with semi-precious stones to create color without paint.

(08-Single Chakra-71cmX42cm incl. silk brocade) (09-Five Chakra-67cmX40cm incl. silk brocade)

Id# AJTBMo8 ¥7,700 (1 in Stock) Id# AJTBMo9 ¥7,700 (1 in Stock)

# पल्लव लक्ष्मेश्वर



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## *Tara healing Incense*



Used for centuries as a traditional Tibetan medicine for stress, depression and tension. It is prepared by hand according to the ancient Tibetan medical system and is composed of 31 pure and natural herbs. Each box contains about 20 sticks, each approx. 5.5 inches long. TH120 ¥500