

**EVEREST AYURVEDA**



TRADITIONAL AYURVEDIC MEDICINE

# HIMALAYAN AYURVEDIC TEAS

**AYURVEDIC FRUITS  
AND HERBAL ELIXIRS**

TOP OF THE WORLD



**HARMONY  
FROM NATURE**

## Ayurvedic Doctor Dr. Ka Dev Jha



Dr. Ka Dev Jha

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

## Our Approach

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



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## CHYAWANPRASH



- ✓ Anti-oxidizing herbal jam for stimulating the immune system
- ✓ Increases the body's immunity and supplies energy
- ✓ Favourably affects stomach and intestinal activity
- ✓ Decreases hyperacidity of the body
- ✓ Supports proper digestion and absorption of nutrients
- ✓ Brings relief to upper and lower respiratory tracts
- ✓ Favourably affects brain and heart activity
- ✓ Enhances memory and refreshes mind
- ✓ Stimulates proper activity of liver and urinary tract
- ✓ Adds to body detoxification and cleansing

2–3 teaspoons separately or with a cup of lukewarm milk or water. To prepare a drink, mix 1 teaspoon in 8 fl oz (250 ml) of warm water.

In India, Chyawanprash has been regarded as 'the elixir of life', for its rejuvenating effects. It consists of a unique combination of herbs. The essential ingredient is a small Indian fruit called Amalaki (*Emblca officinalis*), which is a rich source of natural vitamin C. In the Indian ayurvedic system, as Chyawanprash is rich in antioxidants, vitamins and minerals, it is regarded as an excellent food for natural health, for strengthening, and overall body regeneration.

## Legend

An old legend says that in ancient times, the Sage Chyawan, restored his youth and good health by eating this fruit along with some other herbs, and consequently lived to a ripe old age. That was the origin of a unique herbal elixir, which was named Chyawanprash.

## Digestion Process

Human organism is like a production line which processes raw materials coming from outside in a form of food. This is then transformed in such a way, so as to be usable in tissue build-up and cell regeneration. From an ayurvedic point of view, the digestion process gradually takes place in three different parts of the digestive tract. First in the stomach, then in the small and finally large intestines. Nutrients absorbed in the stomach are used for production of body liquids, blood and lymph. Food absorption in the small intestine affects production of muscles and fat. Final food processing in the large intestine produces nutrients which are useful in regeneration of skin, hair, bones, brain tissues, nervous system and reproductive organs. Health and vitality of the whole body, therefore, entirely depend on proper digestion, absorption and assimilation. These nutrients are in their final metabolic stage, for the purpose of regenerating and restoring all seven body tissues (dhatus).

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

# AYURVEDIC HERBAL ELIXIRS

## Seven Body Tissues

The body is composed of atoms that aggregate to create molecules. When molecules accumulate in a big number they form the human body tissues (dhatus) which are functional and building elements of the physical body. In the process of life they are constantly nourished and regenerated through digestion. Traditionally they are mentioned in this order because each tissue nourishes the following tissue at the same time: rasa (plasma), rakta (blood), mamsa (musculature), meda (fat), asthi (bones), majja (bone marrow and nervous system), shukra (essence of reproductive organs). Healthy function of all seven tissues depends on quality of daily diet and proper lifestyle. Nutritive phase of each tissue last five days, therefore the last tissue matures after thirty-five days. Kapha dosha as a primary substance of body building is connected with production of plasma, muscles, fat and reproductive tissue. Pitta takes part in blood formation and vata influences the nervous system and the quality of bones.



### Rasaprash – Plasma & Lymph

- ✓ Supports nutrition of all the body tissues
- ✓ Regenerates lymphatic system
- ✓ Strengthens immune system, heart functions and blood quality
- ✓ Enhances digestion and restores appetite
- ✓ Purifies blood and promotes healthy skin
- ✓ Beneficial for general protection of the airways

Rasaprash is a nutritious herbal jam that strengthens plasma tissue and regenerates lymphatic system. The tissue damage is caused by improper diet and lack of fluids that lead to low immunity and lymph nodes disorders, anaemia, fatigue, palpitation, anorexia, weight loss, dry skin, infections, mycosis, warts, hypersensitivity and variable menstruation cycle.

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

### Raktaprash – Blood & Skin

- ✓ Warms us body tissues and improves blood circulation
- ✓ Stimulates liver function and supports blood production
- ✓ Regulates blood pressure and strengthens heart activity
- ✓ Eliminates toxins and promotes healthy skin
- ✓ Restores energy levels during fatigue and exhaustion
- ✓ Enhances life functions of the body

Raktaprash is a nutritious herbal jam that supports the blood tissue and regenerates blood circulation. The tissue damage is caused by insufficient haematogenesis (formation of blood cells) and low level of haemoglobin that lead to weakened liver and spleen function, anaemia, fluctuating blood pressure, heart weakness, limb ischemia, inflammations of tendons, gums and eyes, dry skin, acne, herpes, eczema, haemorrhoids and heavy menstrual bleeding.

**Ingredients:** *emblica officinalis, vitis vinifera, pterocarpus marsupium, curcuma longa, santalum album, piper longum, zingiber officinale, elettaria cardamomum, cinnamomum zeylanicum, ghee, palm sirup*



### Mamsaprash – Muscles & Strength

- ✓ Supports body-building and increases energy levels
- ✓ Stimulates physical powers and muscle tissue growth
- ✓ Strengthens the body's physical structure
- ✓ Relaxes muscle tension and stiffness of joints
- ✓ Enhances physical and mental health
- ✓ Relieving tonic for nervous system and psychic balance

2–3 teaspoons separately or with a cup of lukewarm milk or water.  
To prepare a drink, mix 1 teaspoon in 8 fl oz (250 ml) of warm water.

Mamsaprash is a nutritious herbal jam that restores the muscle tissue and regenerates physical powers. The tissue damage is caused by insufficient protein intake and irregular daily diet behaviour that lead to feeble body constitution, undeveloped musculature, stiffness of musculoskeletal system, coordination disorders, tonsil inflammation, myomas formation, hernia, back pain, prolapsed disc, fatigue, anxiety, distrust and mental instability.

**Ingredients:** *emblica officinalis, asparagus racemosus, sesamum indicum, withania somnifera, pueraria lobata, tribulus terrestris, zingiber officinale, anacardium occidentale (fruit), ghee, honey, palm sirup*



### Medaprash – Weightloss & Diet

- ✓ Supports digestive functions and intestinal activity
- ✓ Promotes healthy metabolism and regular elimination
- ✓ A slimming agent for reducing excessive weight
- ✓ Regulates blood pressure and high cholesterol levels
- ✓ Enhances purification of urinary tract
- ✓ Replenishes life energy levels

2–3 teaspoons separately or with a cup of lukewarm milk or water.  
To prepare a drink, mix 1 teaspoon in 8 fl oz (250 ml) of warm water.

Medaprash is a nutritious herbal jam that reduces fatty tissue and body weight. The tissue damage is caused by excessive diet and a slow metabolism that lead to body overweight, lipoma (fatty tumour), liver disease, pancreatic disorders, diabetes, high blood pressure, excessive thirst, formation of tartar, urine tract infections, limited mobility, emotional imbalance, passivity and excessive sleepiness.

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



### Asthiprash – Bones & Joints

- ✓ Strengthens bones and regenerates joints
- ✓ Purifies intestinal tract and promotes absorption of nutrients
- ✓ Supports firmness and formation of bone tissue
- ✓ Enhances health and mobility of joints
- ✓ Warms up joints
- ✓ Reinvigorate cartilage, teeth and hair

2–3 teaspoons separately or with a cup of lukewarm milk or water.  
To prepare a drink, mix 1 teaspoon in 8 fl oz (250 ml) of warm water.

Asthiprash is a nutritious herbal jam that strengthens the bone tissue and regenerates joints. The tissue damage is caused by insufficient quantity of minerals and impurity of intestinal tract that lead to joint pain, arthritis, rheumatism, osteoporosis, lack of calcium, weak skeletal structure, thyroid gland disorders, bone protuberances, inflammation of muscle tendon, tooth decay, hair loss, stubbornness, fatigue and exhaustion.

**Ingredients:** *emblica officinalis, phoenix dactylifera (fruit), triticum sativum, tinospora cordifolia, zingiber officinale, piper longum, cuminum cyminum, cinnamomum zeylanicum, curcuma longa, cymbopogon citratus, mentha arvensis, coral calcium, ghee, palm sirup*



## Majjaprash – Brain & Nerves

- ✓ Supports heart and brain functions
- ✓ Stimulates nervous system
- ✓ Strengthens sight functions
- ✓ Induces psychic relaxation and mental balance
- ✓ Relaxes psychic tension and nervous disorders
- ✓ Energises organism during fatigue and exhaustion

2-3 teaspoons separately or with a cup of lukewarm milk or water.  
To prepare a drink, mix 1 teaspoon in 8 fl oz (250 ml) of warm water.

Majjaprash is a nutritious herbal jam that improves brain activity and regenerates the nervous tissue. The tissue damage is caused by psychic imbalance that leads to eye infections, diseases of endocrine system, weak brain activity, psychic and nervous disorders, sciatica (sciatic nerve inflammation), shingles (herpes zoster), stress, tension, distraction, insomnia, depression, epilepsy or multiple sclerosis.

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



## Shukraprash – Vitality & Man

- ✓ Restores energy levels and vitality
- ✓ Strengthens immune system
- ✓ Stimulates organism in case of fatigue and exhaustion
- ✓ Supports healthy prostate function
- ✓ Favourably affects male reproductive system

2-3 teaspoons separately or with a cup of lukewarm milk or water.  
To prepare a drink, mix 1 teaspoon in 8 fl oz (250 ml) of warm water.

Shukraprash is a nutritious herbal jam that stimulates vitality and regenerates male reproductive tissues. Its damage is caused by a decrease of life energy that leads to weak immune system, fatigue, vital weakness, impotency, infection of prostate and urinary system and other disorders of reproductive organs.

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



## Arthavaprash – Vitality & Woman

- ✓ Support psychic balance
- ✓ Reduces menstruation symptoms
- ✓ Strengthens immune system and eliminates toxins
- ✓ Maintains healthy environment in body organs
- ✓ Purifies urinary tract
- ✓ Favourably affects female reproductive system

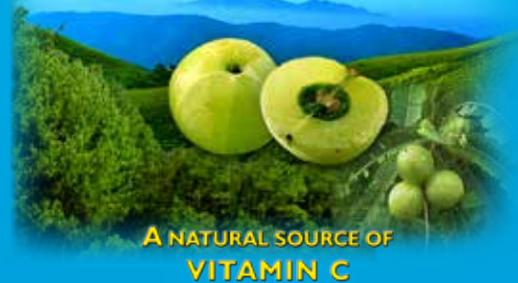
2-3 teaspoons separately or with a cup of lukewarm milk or water.  
To prepare a drink, mix 1 teaspoon in 8 fl oz (250 ml) of warm water.

Arthavaprash is a nutritious herbal jam for healthy function and regeneration of female reproductive tissues. Its damage is caused by psychosomatic disharmony and leads to low immunity, infertility, frigidity, tension, insecurity, irritation, painful menstruation, vaginal discharges, uterine cysts, fibrosis and other gynaecological disorders.

**Ingredients:** *emblica officinalis, withania somnifera, asparagus racemosus, tribulus terrestris, apium graveolens, cinnamomum zeylanicum, curcuma longa, foeniculum vulgare, piper longum, ghee, palm sirup*

## TRADITIONAL AYURVEDIC FRUITS

### AMALAKI (*Embolica officinalis*)



In India it is regarded as a sacred tree mainly for its very nutritious so called 'heavenly fruit', which is very rich in antioxidants and vitamin C.

### Amalaki Natural

- ✓ Strengthens body immunity
- ✓ Helps fight against cough and cold
- ✓ Favourably affects good digestion
- ✓ Brings relief in case of gastro-intestinal disorders
- ✓ Supports heart and brain activity
- ✓ Adds to overall health of the cardiovascular system
- ✓ Regenerates body tissues by high amount of antioxidants
- ✓ Helps eliminate toxins, allergies, yeast cells and moulds
- ✓ Improves vision
- ✓ Favourably affects hair growth



### Amalaki Natural – Cinnamon

Ceylonese Cinnamon (*cinnamomum zeylanicum*), supports good digestion and appetite. It is used against diarrhoea, flatulence, nausea and heartburn. It brings relief in case of cold, cough, fever and bronchial disorders. It enhances psychic immunity towards stress, stimulates in case of mental exhaustion and relaxes tension. It is applied in case of neuralgic and rheumatic disorders. It warms up the organism, stimulates blood circulation and profitably affects this circulation in peripheral tissues, especially fingers.



### Amalaki Natural – Lemon Grass

Lemon Grass (*cymbopogon citratus*) supports good digestion. It brings relief in case of flatulence and intestinal disorders. It supports blood circulation, reduces fever and helps to remove sputum from bronchi while coughing. It enhances the overall immunity of the nervous system. It calms the mind and relaxes physical and psychic tension. It favourably affects healthy functioning of urinary habits, and is useful in cases of painful menstruation.





### Amalaki Natural – Cardamom

Cardamom (*elletaria cardamomum*) enhances vitality, refreshes the body, and stimulates brain activity. It relaxes nervous tension, brings a feeling of calmness and psychic relaxation. It is used in cases of cough, cold and bronchitis. It helps good digestion, improves absorption of nutrients and supports intestinal function. It brings relief in cases of flatulence, nausea and stomach hyperacidity.



### Amalaki Natural – Ginger

Ginger (*zingiber officinale*) warms up the body, stimulates heart activity, and strengthens blood circulation in general and in peripheral tissues. It is used in case of cough, cold and bronchitis. It acts effectively in cases of nausea, constipation, flatulence, stomach disorders and infections of the digestive tract. It helps in case of food allergies. It contributes to keep healthy intestinal micro flora, detoxify the organism and strengthens immune system. It relaxes catatonic muscles and reduces spasms during the menstrual cycle. It supports joint mobility.



### Amalaki Natural – Mint

Mint (*mentha arvensis*) is a popular herb for its refreshing aroma. It favourably effects good digestion, stomach activity and healthy function of the intestinal tract. It brings relief in case of cold and inflammation of the airways. It has soothing and calming effects on the nervous system. It promotes cleansing in cases of infections of the urinary system. It relaxes spastic muscles and catatonic joint systems.



### Ayurvedic Fruit

This exceptional fruit, Amalaki, has been used in the Ayurvedic medicinal system for centuries as the most effective aid to maintain good health, for complete regeneration of the body and to achieve longevity. It regenerates bodily tissues and increases the number of red corpuscles. It acts like an excellent tonic for healthy function of blood, bones, liver and heart. It contains five tastes our senses can perceive (sour, astringent, sweet, bitter and pungent). They balance all the three energy principles vata, pitta and kapha.

Amalaki contains a broad range of antioxidants (substances that decrease the oxidation processes responsible for cellular aging and necrosis) and bioflavonoids (vitamins that support the resistance of cell membranes against penetration by harmful substances in the form of free radicals), and a high concentration of vitally important amino-acids. It is rich in many minerals and vitamins, such as calcium, iron, phosphor, carotene, Vitamin C, B1 and B2.

### A Natural Source of Vitamin C

The need of each organism for Vitamin C is highly individual. The recommended daily dose of Vitamin C for a person with a healthy lifestyle is approximately 2 oz (60 mg). During the duration of airway diseases, physicians recommend a daily dose of 3.5–5 oz (100–150 mg). In cases of high stress, the consumption increases up to several thousand milligrams. Those with an increased need for Vitamin C are athletes, people with weakened immunity, and other illnesses such as diabetes; smokers and alcoholics. The required amount of Vitamin C is influenced by nutrition and fluid intake, as well as physical exercise and psychological stress. A lack of Vitamin C leads to tiredness, gum bleeding and a generally lower resistance to infections. The body does not store Vitamin C, so it has to be consumed regularly. Children especially, need it in regular daily doses.

8 Vitamin C from natural sources is more effective than if it is prepared synthetically.

### Ayurvedic quality

Fresh ayurvedic fruit is sliced to small pieces, placed in natural light cane syrup, which serves as the best natural medium for long shelf life, and then dried on the sun. This traditional process enables to maintain maximum of all beneficial healthy nutrients of fruit as well as its juiciness and tastefulness.

### Sugar Cane

Is a huge plant containing up to 20% of sugar in its stalks which is, as a final product of photosynthesis, composed of



sucrose, fructose and glucose. At first it is distilled into a sweet juice, and a form of thick syrup is gotten from squeezed stalks from which natural sugar cane then arises through a crystallisation process. It differs from classic beet sugar by its composition, way of processing, taste and colour. During its manufacturing, refined white sugar goes through the bleaching process, i.e. chemical processing in which the sugar is deprived of all minerals

and important vitamins in a form of residual molasses.

Raw natural sugar is produced from sugar cane, which doesn't go through a chemically refined process, and so it keeps molasses together with useful enzymes, minerals, vitamins such as calcium, magnesium, phosphorus, iron, potassium, zinc, B vitamins and needful fibre. Ayurvedic medicine uses it as medium or environment (anupana) for preparation, use and routing of better herbal effects. Natural cane sugar supports body tissue nutrition, and serves as an excellent natural preservative.

## A NATURAL SOURCE OF VITAMINS AND FRESH ENERGY

### Mango – *Mangifera Indica*



- ✓ Beneficial for kidneys and intestinal tract
- ✓ Supports brain and heart activity
- ✓ Promotes normal blood pressure
- ✓ Strengthens eye sight and immune system
- ✓ Contributes to healthy skin
- ✓ Enhances formation of blood cells
- ✓ Decreases gastric hyperacidity

Mango is considered to be a "royal fruit" since the ancient times of Indian epic Ramayana. Ripe fruit of mango tree energizes organism, balances all three biological energies - vata, pitta, kapha, and supports nutrition of all seven body tissues (dhatu). Mango is a rich source of energy, antioxidants, vitamin C, betacarotene, vitamin A and B6.

### Jackfruit – *Artocarpus Heterophyllus*



- ✓ Strengthens vitality of organism
- ✓ Supports heart functions
- ✓ Favourably affects normal blood pressure
- ✓ Promotes weight loss
- ✓ Enhances healthy skin
- ✓ Beneficial for eye sight, immune system and firmness of bones
- ✓ Helps in case of intestinal disorders and constipation

Jackfruit or Kathal is a traditional native fruit of Bangladesh. The robust coarse peel hides a nutritious and energetically rich pulp which is excellent for vegetarian diet. It strengthens immune system and its zero cholesterol level contributes to healthy life style and weight loss. It naturally balances exceeded biological energies of vata and pitta. Jackfruit contains proteins supporting strength and vitality of organism and also many vitamins, minerals and antioxidants.



### Papaya – Carica Papaya

- ✓ Enhances reduction of cholesterol and overweight
- ✓ Supports stomach and intestinal function
- ✓ Beneficial for cardiovascular system
- ✓ Favourably affects health and regeneration of skin
- ✓ Strengthens immune system
- ✓ Reduces risk of oncological disease of intestinal tract

In the times of sea voyages, papaya was known as “angelic fruit”. It is a rich source of strong antioxidants (of vitamin A, C and E) that support immune system. Its digestive enzyme “papain” enhances healthy stomach and intestinal activity. It naturally balances increased biological energies of vata and pitta.



### Banana – Musa Sapientum

- ✓ Supports energetic nutrition of organism
- ✓ Helps relaxation of muscles
- ✓ Promotes healthy nervous system and blood pressure
- ✓ Neutralizes gastric hyperacidity
- ✓ Enhances intestinal function
- ✓ Helps assimilation of calcium
- ✓ Strengthens firmness of bones

In the voyage era of Alexander the Great in India, the banana fruit won the name “the fruit of the wise”. The legend says that he met with yogis and saints who were meditating in the shadow of a wide-branched banana tree. The ripe fruit is natural source of potassium, magnesium, calcium, iron and vitamin C and B6. Due to its nutritional quality and low fat and cholesterol level it is beneficial for weight loss. It naturally balances increased vata and pitta biological energies.



### Pineapple – Ananas comosus

- ✓ Supports stomach and intestinal activity
- ✓ Strengthens immune system
- ✓ Promotes weight loss
- ✓ Stimulates brain and heart activity
- ✓ Contributes to detoxification of organism
- ✓ Favourably affects kidney functions

The pineapple was considered to be a symbol of generosity and hospitality in the times of sea-faring discoveries. Therefore it is known as “the fruit of kings”. Ripe fruits contain digestive enzyme “bromelin” that beneficially influences stomach and intestinal functions. Pineapple is also a source of vitamins of A, B, C lines and is beneficial for weight loss due to its low calorie and cholesterol levels.

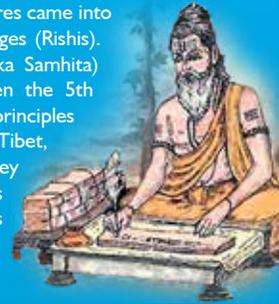
Mango Jackfruit Papaya Banana Pineapple



## AN INTRODUCTION TO AYURVEDA

### The Origin of Ayurveda

Ayurveda literally means “science of life,” and it represents the oldest complex medical system about healthy lifestyle principles. The origin of its teachings dates back to the ancient Indian scriptures (Vedas). Those scriptures came into existence due to the inner realisation of illumined sages (Rishis). The first significant writing about Ayurveda (Charaka Samhita) appeared around the first millennium B.C. Between the 5th century B.C. and 5th century A.D. The Ayurvedic principles spread to all known corners of the world – China, Tibet, Persia, Arabia, Egypt, Greece and Rome – where they blended with local traditions and cultural habits. This served as a common ground for various new teachings and systems of natural medicine. Therefore Ayurveda is regarded as ‘the mother of all medical systems.’



### Basic Principles and Three Gunas

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

*“Smaller than the smallest life, larger than the infinite Vast,  
The soul breathes in the secret heart of man.”*

–Kathopnishad

The basis of Ayurveda comes out of Sankhya’s philosophical system, which was founded by The great Sage Kapila. The ancient Indian sages saw two fundamental principles manifesting through life: the masculine power of the spirit representing clear



consciousness of the soul (Purusha) and the feminine power of nature – the creative force of matter (Prakriti). Communion of these two principles gave birth to beings with individual consciousness, mind and self. The feminine principle consists of three Gunas (cosmic attributes) Sattva, Rajas and Tamas, which represent the subtle energies binding the power of spirit or consciousness to the outer form of

life. All manifested existence consists of a combination of these three qualities. Sattva represents light, realisation and harmony. It acts through five sense organs (ears, eyes, nose, tongue, skin) and manifests itself as a searching mind. Rajas represent energy, movement and ceaseless activity. It acts through the five activity organs (mouth, arms, legs, reproductive organs, and rectum) and manifests itself as ceaseless longing. Tamas represents darkness, inactivity and ignorance. It acts through the five sense perceptions (hearing, sight, smell, taste, touch) and manifests itself as a sleep.

## Five Elements and Three Doshas

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

### Characteristic Types

Vata, pitta and kapha are three elementary characteristic types and they have seven more various combinations (vata-pitta, pitta-vata, vata-kapha, kapha-vata, pitta-kapha, kapha-pitta, vata-pitta-kapha). If we have pitta dominant nature, then we are pitta type. If we can equally identify for instance with vata and pitta characteristics, then we are combined vata-pitta. However, even with the combined type, one characteristic is always more dominant than the other. An equally balanced vata-pitta-kapha type is very unique. For instance, if somebody with vata dominant nature begins to show signs of an ailment, it is mostly because his vata-dosha has dramatically risen. An excessive amount of any one of the three doshas, always results in mental imbalance and improper functioning of some bodily organs. Our task then is to bring these life forces back to their original balanced state. To understand these psychosomatic principles is the fundamental key to a healthy and balanced life. If we become more aware of their impact and effect, we will be able to avoid habits and stereotypes, which may later on cause a variety of ailments.

### The Ayurvedic Medicine

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



## The Ayurvedic Approach

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

### The Cause of Disease

Health is an optimal state of harmonious body functioning. It represents balance between three psychosomatic principles (vata, pitta, and kapha), body functions, sense organs, mind and spiritual consciousness. Each man is endowed with a sufficient amount of common sense in order to distinguish between the convenient and inconvenient or healthy and harmful. The human body gives us all the answers needed in the form of signals, which one either listens to or not. The behaviour and manners of a regular man are determined by his desires and wishes, which reside in the mind. This mind usually insists on its fulfillment, despite damage to the physical body, and as such often abuses the body to achieve its desires. Therefore most ailments first come from the mind before they manifest on the physical plane. The ailment originates in the restless, imbalanced and undisciplined mind, which is full of wrong ideas. Thus desire is the very essence of ignorance, which contains suffering and pain. Only after this stage can the primal impulse begins to manifest on the physical level, due to the accumulation of one of the vata-pitta-kapha principles. Consequently it loses its natural balance, which results in an ailment.

*“Only the silence of the heart  
can cure the illness of the mind.”*

*–Sri Chinmoy*



# HIMALAYAN AYURVEDIC RELAXATION TEAS

Traditional teas from Tibet, Nepal and Bhutan, for moments of peace, relaxation and harmony.

The preparation and use of Ayurvedic herbs in Tibet, Nepal and Bhutan has its specific forms. Balanced blends of Himalayan herbs have been used for centuries to regenerate and stimulate the human body. Especially popular are warm and aromatic herbs that support good digestion and assimilation, which is of key importance for the healing effects of herbs.

Traditional Tibetan herbal medicine has its origin 3000 years B.C. in the local tradition known as bönism. However, the core of the Tibetan medicine itself is based upon the teaching of Indian Ayurveda, which reached Tibet in the 3rd Century by the visit of several Indian physicians. The strongest Indian influence came to Tibet at the time Buddhism was adopted as the State religion in the country under King Songcen Gampa in 618 – 652. After that time, Buddhism was of key importance for the development of Ayurvedic medicine in Tibet.

Tibetan medicine is based upon the existence of five elements (ether, air, fire, water and earth). These manifest in the human body in the form of the three Ayurvedic principles vata, pitta and kapha. In Tibet, they are called Lung, Tripa and Beken (see the chapter Introduction to Ayurveda).



Tibetan physicians have developed an extensive and effective system of healing diseases, using herbal preparations and various other therapeutic methods. These gradually spread to Bhutan and into the Himalayan parts of Nepal, where their local forms were created. The knowledge and proven practices were preserved through centuries, they are still active and they are being used effectively to strengthen the organism and maintain good health.



Recommended daily dosage  
1–5 cups

## TIBETAN TEA – Elixir of Harmony

- ✓ Harmonizes the energetic systems of the body
- ✓ Supports psychic balance
- ✓ It regenerates the bodily functions of man

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

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

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

## LAMA TEA – Morning Stimulation

- ✓ Stimulates the body and refreshes the mind
- ✓ Increases attention and supports concentration
- ✓ Supports the ability of good decision-making in everyday situations

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

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



Recommended daily dosage  
1–5 cups

## NEPAL TEA – Himalayan Recreation

- ✓ Pleasantly refreshes the body
- ✓ Brings a feeling of youth and supports dynamic activity
- ✓ Supports fitness and good shape

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

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



Recommended daily dosage  
1–5 cups

## SHERPA TEA – Mountain Strength

- ✓ Enhances the life-form and regenerating physical strength
- ✓ Invigorates in tiredness, gives energy
- ✓ Pleasantly warms up the organism

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

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



Recommended daily dosage  
1–5 cups

## BHUTAN TEA – Calming Relaxation

- ✓ Acts beneficially for calming and relaxation
- ✓ Supports overall regeneration of the organism
- ✓ Brings feeling of relaxation and pleasant ease

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

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



Recommended daily dosage  
1–5 cups

## BODHI TEA – Tea-like Meditation

- ✓ Supports inner peace and psychological balance
- ✓ Calms down agitated mind
- ✓ Decreases irritation and emotional agitation

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

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



Recommended daily dosage  
1–5 cups



# HIMALAYAN AYURVEDIC DOSHA TEAS

## VATA TEA

### For Relaxation of the Body and Mind



Recommended daily dosage



- ✓ Increases resistance against diseases
- ✓ Warms up the bodily tissues during the cold period
- ✓ Strengthens heart rhythm and blood circulation
- ✓ Provides relief from constipation and bloating
- ✓ Releases tension, stiffness and spasms
- ✓ Relieves painful contractions of smooth muscles
- ✓ Calms an agitated mind
- ✓ Reduces feelings of nervousness, anxiety and fear
- ✓ Promotes mental relaxation and good sleep

The Himalayan Ayurvedic dosha tea Vata supports physical and mental activity, blood circulation, the nervous system and the respiratory tract. It brings feelings of calm and relaxation. The traditional mixture of Himalayan herbs proven by centuries has beneficial effects upon the general health and mental balance of people with the following dominant characteristic treats:

- ✓ You are slim
- ✓ You are very sensitive to cold
- ✓ You have dry skin and insufficient blood circulation in the limbs
- ✓ You are active, energetic, resourceful, impulsive and full of life
- ✓ You talk quickly and gesticulate with your hands
- ✓ You are a creative and sensitive type of person with a good intuition
- ✓ You tend to indecisiveness, nervousness, anxiety and fear of public performance
- ✓ You can show signs of a weak will and short-term memory
- ✓ You are capable of working very hard
- ✓ You experience tension and insomnia as a consequence of over-working

Good for the restoration of balance: sun, warm environment, peace, enough rest, warm, nutritious, slightly spicy and oily food, regular relaxation and aromatherapy. Vata types should avoid psychological strain, working till late at night, exposure to cold and frost, raw food and cold drinks, alcohol and smoking. It is good to limit work at the computer, television and excessive work load.

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

## PITTA TEA

### Anti-stress for Calming and Balance



Recommended daily dosage



- ✓ Reduces feelings of bodily heat
- ✓ Cools the body and decreases perspiration
- ✓ Promotes good digestion and excretion
- ✓ Provides relief from stomach pain, ulcers and heartburn
- ✓ Gives relief from intestinal trouble, diarrhoea and haemorrhoids
- ✓ Acts against acne, rash and hives
- ✓ Helps heal inflammatory diseases
- ✓ Stills burning of eyes and skin
- ✓ Calms in cases of anger, irritation and stress

The Himalayan Ayurvedic dosha tea Pitta, promotes good digestion and metabolism, regulates body temperature, regenerates the skin and stimulates brain activity. It brings the feeling of calming and balance. If used regularly, the traditional mixture of Himalayan herbs proven for centuries has beneficial effects upon the general health and mental balance of people with the following predominant characteristics:

- ✓ You are of medium built.
- ✓ You do not like hot summer and direct sunlight.
- ✓ You start sweating quickly and easily.
- ✓ You may have fatty, reddish, even freckled complexion.
- ✓ You are rational, pragmatic and competitive.
- ✓ You have good judgement, penetrating thinking and a strong will.
- ✓ You are a leader type, you like to discuss things and attract attention.
- ✓ Under pressure, you tend to be choleric, irritable and impatient.
- ✓ You are a good speaker and responsible organizer.
- ✓ You get angry easily and can criticize others in an unpleasant manner

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

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

## KAPHA TEA

### For Stimulation and Refreshment of the Body



Recommended daily dosage



- ✓ Stimulates and refreshes the organism
- ✓ Removes tiredness and sleepiness
- ✓ Regulates cholesterol levels and blood pressure
- ✓ Reduces excess weight
- ✓ Strengthens the vascular system
- ✓ Provides relief from rhinitis and cold
- ✓ Limits the swelling of joints
- ✓ Removes feelings of unrest and depression

The Himalayan Ayurvedic dosha tea Kapha, supports regeneration and the body's protective system, strengthens body structure, the joints and the overall physical health. It gives a feeling of stimulation and refreshment. If used regularly, the traditional mixture of Himalayan herbs proven by centuries has beneficial effects upon the general health and mental balance of people with the following predominant characteristics:

- ✓ You are rather heavily built
- ✓ You gain weight easily
- ✓ You do not like damp and rainy weather
- ✓ Your skin is smooth and thick
- ✓ You are friendly, calm and peaceful
- ✓ You have a good memory and tend to be persistent in your actions
- ✓ You are reliable, patient, steadfast and tolerant
- ✓ You do not like to change your habits and you prefer to stay in one place
- ✓ In your activities, you are thoughtful and slower
- ✓ You are good at cooperation

Good for the restoration of balance: light and warm food, regular physical work and exercise, frequent change and varied daily activities. Kapha types should avoid heavy, oily, stewed and fatty foods. Limit excessive sleep, overeating and the consumption of dairy products.

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

## THE POWER OF MEDICINAL PLANTS

The plant kingdom is linked to the nervous system of man via our feelings and sensory perception. Each herb, plant or tree, passes on its healing power not only on the strength of its beneficial-to-health extracts, but also in the form of light or cosmic quality of Sattva. By the process of photosynthesis, light energy transformation takes place, with assistance of water and carbon dioxide, into oxygen and glucose, which are absolutely indispensable for the existence of human life. Plants contain solar radiation energy and therefore they can regenerate our nervous system, while and at the same time increasing the ability of psychic receptivity. Therefore, real experts on Ayurvedic herbs are spiritually developed people, who are able to properly listen to plants in order to be able to use them, in accordance with cosmic law, in a convenient way.

Herbs and spices are the foundation not only of Ayurvedic medicine, but they were at the inception of modern Western pharmacology. On the strength of knowledge about health benefits and effects of many of these Ayurvedic plants, pharmaceutical companies developed preparations applied in contemporary medicine. To give an example, we can choose *Rauwolfia serpentina*, a herb that has been used for centuries to reduce blood pressure. In 1931, reserpine and rescinamin were isolated from this plant. In 1945, the first allopathic medicine for the reduction of blood pressure was developed. There are many similar examples of this kind to be given.

### Five Elements and Three Doshas in Plants

In Ayurveda, a plant consists of five parts that correspond to the five nature elements. The root represents the earth element, stalk and branches represent the water element, flower represents fire element, the leaves represent air element and finally, the fruit represents the ether element. The seed contains all five elements at the same time, because it carries within the potential of the whole plant.

We can find the principle of the three doshas in every plant, as it is with all creations in nature. Kapha plants are lush with plenty of leaves and sap. They are stout, well built, juicy and rich in water. Kapha principle is contained in roots and bark. Vata plants have relatively few leaves, rough cracked bark, crooked and knotty branches. They are taller in size, with little amount of sap. Vata principle is contained for the most part in leaves and fruits. Pitta plants are of medium growth and they contain sap with warming effect. We can distinguish them according to their bright and glowing colours. Flower is the seat of the pitta principle.

### The Himalayan Flora

The Nepali area of the Himalayas is home to more than 3,500 herb species and aromatic plants. We can find them in valleys, as well as high up on mountain slopes, up to the altitude of 5,500 m above sea level. Some rare species are to be found only in high and remote mountain areas. Several hundreds of these herbs have been used in Ayurvedic medicine in medical, aromatherapy, cosmetic and culinary field for millennia.



### Health Benefits of Ayurvedic Herbs

For many centuries, Himalayan herbs have been attributed with healing power in the treatment of many health problems. They are the corner stone of traditional Ayurvedic medicine, which uses them in various combinations. Each herb has multiple effects, therefore the exact blending ratio matters, to strengthen or weaken their specific effect. Himalayan Ayurvedic teas are a unique combination of these time-proven herbs and their healing effects. They significantly contribute to restoring of mental and physical strength: harmonize bodily functions, support metabolism, and add to improved digestion, excretion and regeneration of bodily tissues. Their specific effects, when used regularly, favourably affect our overall health condition.

## Production of Herbal Teas

Perfect knowledge of medical herbs and spices and their collection, is part of everyday life of many people living in mountain areas at the Himalayan foothills. Thus the preparation of Ayurvedic herbal teas has maintained its traditional character, which it had long ago, when people went collecting rare herbs, growing high up in the Himalayas, so that they could prepare healing and refreshing drinks, contributing to a stronger immune system and sound health. Even today, many people set off for a long journey to the remote areas of mountain massifs, to collect wild herbs and transport them down to the valley, often only with the help of their yaks and mountain goats.



For the production of Himalayan teas, more than 60 Ayurvedic herbs are used. They are collected in large areas of the Himalayas. First, hands clean the plants, and then different parts are processed, such as roots, stalks, bark, leaves, flowers, seeds and fruits. These are further crushed and grounded into small parts, to achieve quality and efficient infusing of herbal blends. At this stage, herbs are weighed and mixed according to original Ayurvedic recipes.

### Effects of Ayurvedic Teas

Each of the Ayurvedic teas multilaterally addresses a whole range of health problems. If there are more teas on the list, it means that a particular problem can have several causes. The description given on each tea includes a detailed list of effects (see list of health problems and effects of Himalayan Ayurvedic teas). During the course of monthly herbal treatment, it is important to follow the drinking instructions. Dosage is given on each package.

### Preparation and Use

Himalayan herbs are traditionally boiled for 3 to 5 minutes as a means to cure mental and physical functions of the body. A tea prepared this way has a stronger effect, finer taste and favourable impact on our digestion, which is important for proper absorption of the medical properties of Himalayan herbs. We drink the tea as part of our daily liquid intake as long as our health troubles occur. We recommend that one uses a maximum of two kinds of teas at the same time and to drink them separately with an interval of one hour. If used for prevention, stimulation or as a support agent, then the herbs can be infused without any time limit on usage. For better effects, teas should be used warm and before mealtime. It is better not to add any artificial sweeteners, although in case of necessity, a little honey can be used.



### A Few General Recommendations

Herbs for regeneration, refreshment, stimulation and the respiratory tract are best used on an empty stomach in the morning right after waking up. It is advisable to use herbs for cleansing on an empty stomach in the morning and in the evening before going to bed. Herbs for enhancing intestinal functioning, excretion, urinary tract and reproductive organs are best used one hour before meal. Herbs for supporting liver, spleen, stomach functioning, digestion and absorption are best used during meal. Herbs that reduce tension and headache, support brain, heart and lungs activity can be used after meal. Herbs supporting rest and good sleep are good for using one hour before going to bed.



# HIMALAYAN AYURVEDIC HERBAL TEAS

## DIGESTIVE SYSTEM



Recommended  
daily dosage  
☺☺☺

### SHUNTHI – Stomach and the Intestines

- ✓ Stomach tea to clean the digestive tract
- ✓ Provides relief from abdominal pain, stomach trouble and tormina
- ✓ Helps in cases of difficult elimination, constipation and flatulence
- ✓ Supports good digestion and regulates assimilation during intestinal disorders
- ✓ Contributes to the maintenance of a healthy intestinal flora and removes parasitic microorganisms

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



Recommended  
daily dosage  
☺☺☺

### GUDUCHI – Nausea and Diarrhoea

- ✓ Delicious tea with the Ayurvedic herb Amrit known as the 'nectar of immortality'
- ✓ Gives relief in cases of stomach malaise, diarrhoea and peritoneal inflammation
- ✓ Calms the stomach after vomiting, removes heartburn and restores appetite
- ✓ Helps during abdominal influenza and infections of the digestive tract
- ✓ Has a beneficial influence upon digestion and the assimilation of nutrients

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



Recommended  
daily dosage  
☺☺☺☺

### TRIPHALA – Digestive Tract Detoxification

- ✓ A tea for digestive tract detoxification and cleansing
- ✓ Contains the most effective ayurvedic herbal combination "Amalaki, Bibhitaki and Haritaki"
- ✓ Has positive impact in cases of chronic gastro-intestinal disorders (Crohn's disease)
- ✓ Adds to regeneration of irritated stomach mucous membrane in case of ulcers, inflammations and occurrence of infections (*Helicobacter pylori*)
- ✓ Reduces stomach hyperacidity, stomach upset, flatulence and diarrhoea
- ✓ Enhances digestion and absorption of nutrients, vitamins and trace elements

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



Recommended  
daily dosage  
☺☺☺

### PACHAKA – Addiction and Withdrawal Symptoms

- ✓ A tea that supports recovery from addictions
- ✓ Reduces the withdrawal symptoms: restlessness, nervousness, irritability, melancholia, fatigue and depressive states
- ✓ Helps give up cigarettes, alcohol and drugs
- ✓ Gives relief from malaise, stomach cramps and heartburn
- ✓ Regenerates the mucus membrane in cases of stomach ulcers
- ✓ Supports pancreatic function and good digestion in people with bad living habits

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



Recommended  
daily dosage  
☺☺

### KALAMEGHA – The Liver and Gallbladder

- ✓ Regenerative tea, which restores healthy liver function
- ✓ Has a beneficial effect upon the elimination of toxins from the organism
- ✓ Good for purification after the use of alcohol or chemical medicines
- ✓ Helps during hepatitis, cirrhosis and gallbladder function disorders
- ✓ Dissolves gall stones and supports proper metabolism
- ✓ Purifies the blood, acts against infections, has anti-inflammatory effects

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



Recommended  
daily dosage  
☺☺☺

### KARAVI – Allergies

- ✓ Support tea for cases of irritation, reactions to allergens in the air (pollen, hay, dust, moulds, animal fur, mites) or in common foods (gluten, wheat flour, grains, soy, beans, milk, eggs, tomatoes, spinach, celery, parsley, apples, pears, peaches, apricots, strawberries, etc)
- ✓ Beneficial effects upon the digestive organs and the absorption system
- ✓ Helps in cases of rashes, eczema, hives and asthma
- ✓ Strengthens the immune system

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

## AIRWAYS



Recommended  
daily dosage  
☺☺☺☺

### TULSI – Cold and the Throat Area

- ✓ A tea of favourite taste with the traditional holy herb Tulsi also known as 'the Holy Basil'
- ✓ Beneficial for general protection of the airways
- ✓ Helps in cases of cold, cough and sore throat
- ✓ Gives relief from difficulty swallowing, flu symptoms and fever
- ✓ Suitable for tonsillitis, pneumonia, bronchitis and asthma

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



Recommended  
daily dosage  
☺☺☺

### DALCHINI – The Airways

- ✓ A tea for relaxation of the upper airways
- ✓ Provides relief from common cold, hay-fever and nasal allergy
- ✓ Regenerates irritated mucus membrane in the nose, removes eye burning and reduces nose bleeding
- ✓ Effective against naso-pharyngeal inflammation, inflammation of the lateral nasal cavities and of the inner ear

\* suitable for inhalation to free up the nasal cavities

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



Recommended  
daily dosage  
☺☺☺

### KATPHALA – The Flu and the Immune System

- ✓ Strengthens the organism's resistance against infectious and viral diseases
- ✓ Removes flu symptoms: elevated temperature, muscle fatigue and joint aches
- ✓ Gives relief from cough, rhinitis and throat inflammation
- ✓ Effective against inflammation of the tonsils and nodules enlargement

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



Recommended daily dosage  
☺☺☺

## PRANA – Vitality and Life Energy

- ✓ Stimulating tea to strengthen life energy
- ✓ Suitable for renewing mental powers
- ✓ Relieves fears and feelings of anxiety
- ✓ Beneficial for tension, headaches, migraine and insomnia
- ✓ Regenerates the function of the vocal chords, helps hoarse voice and dry cough
- ✓ Strengthens the body's resistance against TBC

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



Recommended daily dosage  
☺☺☺

## UDANA – Regeneration and Recovery

- ✓ A tea for regenerating the body's physical strength
- ✓ Helps with chronic fatigue and weak performance
- ✓ Removes feelings of exhaustion and reduces excessive need for sleep
- ✓ Stimulates during high physical strain or work load
- ✓ Suitable for athletes during recovery, for overall regeneration of their powers
- ✓ Beneficial in the treatment of stammering and tonsillitis

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

## CIRCULATORY SYSTEM



Recommended daily dosage  
☺☺☺

## VYANA – Blood Circulation and Blood Supply to Tissues

- ✓ A tea for the regeneration of the circulation and nervous system
- ✓ Expands blood vessels and increases the firmness and flexibility of their walls
- ✓ Improves local blood supply to tissues and supports the process of cellular nutrition
- ✓ Helps in vaso-neurosis – insufficient blood supply to the limbs
- ✓ Regulates heart rhythm, reduces nervousness and sweating

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



Recommended daily dosage  
☺☺☺

## ARJUNA – Heart Activity

- ✓ Excellent tea for the regeneration of the heart muscles
- ✓ Strengthens heart activity and regenerates the cardiovascular system
- ✓ Stimulates the organism at times of high work load and physical strain
- ✓ Helps in cases of heart conditions, pericardial inflammation and angina pectoris
- ✓ Indicated for the treatment of heart rhythm disturbances and breathlessness

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



Recommended daily dosage  
☺☺☺

## ABHAYA – Arterial Sclerosis and Varicose Veins

- ✓ A tea reducing the symptoms of arterial sclerosis
- ✓ Suppresses arterial sclerosis and increases the flexibility of the arteries
- ✓ Beneficial against venous inflammations, varicose veins and venous ulcerations
- ✓ Helps dilute the blood and limits its coagulation
- ✓ Lowers cholesterol levels and regulates blood pressure
- ✓ Acts preventively against thrombosis, myocardial infarction and arterial cerebral apoplexy

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



Recommended daily dosage  
☺☺☺

## SARPAGANDHA – High Blood Pressure

- ✓ Calming tea for the regulation of high blood pressure
- ✓ Reduces stress, tension and irritation
- ✓ Contributes to mental relaxation in situations of extreme stress and in cases of nervous agitation
- ✓ Removes neurotic symptoms and supports mental balance
- ✓ A healthy alternative to excessive coffee consumption

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



Recommended daily dosage  
☺☺☺

## MARICHA – Low Blood Pressure

- ✓ A tea called 'Himalayan coffee' for stimulation when blood pressure is low
- ✓ Strengthens cardiovascular system and supports heart activity
- ✓ Adds to better brain oxygenation and proper blood circulation in limbs
- ✓ Stimulates body vitality and helps remove tiredness, weakness, tendency to faint and dizziness
- ✓ Warms up body, harmonizes stomach and intestinal activity, as well as supporting good digestion
- ✓ Helps maintain mental balance in cases of nerve strain, anxiety and stress

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



Recommended daily dosage  
☺☺☺

## RANJAKA – Anaemia

- ✓ Support tea for anaemia containing the Nagakeshara herb, known as 'iron wood'
- ✓ Supplies the necessary amount of iron into the bloodstream
- ✓ Strengthens the function of the spleen, purifies the blood and supports blood production
- ✓ Increases resistance against infections and inflammations
- ✓ Removes fatigue and restores power
- ✓ Regulates heart function, treats tinnitus and reduces dizziness

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



Recommended daily dosage  
☺☺☺

## NAGARA – Lymphatic System

- ✓ A tea for lymphatic system regeneration – lymph nodes and vessel
- ✓ Improves lymph outflow and strengthens overall body immunity
- ✓ Supports white corpuscle production and stimulates antibody production
- ✓ Favourable in the decrease of infective inflammations, swellings and cellulite
- ✓ Adds to overall body cleansing and detoxification
- ✓ Strengthens resistance to tiredness and stress

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

## SKIN TISSUE



Recommended daily dosage  
☺☺☺

## NIMBA – Skin Care

- ✓ Effective skin regeneration tea, called 'blood cleaner'
- ✓ Acts as an internal agent that improves skin quality and blood circulation in it
- ✓ Gives the complexion a youthful appearance, vitality and flexibility
- ✓ Has beneficial effects against acne, herpes, eczema and skin infections
- ✓ Suitable for skin injuries and haemorrhoids
- ✓ Relief during strong and painful menstruation
- ✓ Helps with vaginal discharge and removes inflammations of the female organs
- ✓ Support during chemotherapy and the first stages of cancer

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



Recommended daily dosage  
☺☺☺

## BHRINGARAJ – Hair Growth

- ✓ A tea promoting hair growth
- ✓ Prevents early greying and hair loss
- ✓ Provides nutrition to the hair roots and the skin of the head
- ✓ Has a beneficial effect on the look and the strength of the hair
- ✓ Acts against dry skin and dandruff formation
- ✓ Helps in cases of psoriasis and itchy skin
- ✓ Supports nail growth and firmness

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



Recommended  
daily dosage  
☺ ☺ ☺

## GAURI – Candida and Skin Fungus

- ✓ Support tea in cases of Moniliasis, skin fungus, herpes and aphthae
- ✓ Reduces candida procreation in the organs of the body
- ✓ Helps with haemorrhoids
- ✓ Supports the body's protective system and good digestion
- ✓ Has beneficial effects for chronic fatigue, exhaustion and weak performance

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



Recommended  
daily dosage  
☺ ☺ ☺

## HARIDRA – Recovery after Operations

- ✓ A tea to support the body's recovery after operations
- ✓ Beneficial effect on the regeneration of damaged tissue
- ✓ Speeds up the healing of skin injuries
- ✓ Antiseptic and antibacterial action in cases of infections and inflammations

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



Recommended  
daily dosage  
☺ ☺ ☺

## JAIPHAL – Antioxidant against Aging

- ✓ Antioxidant tea for the body to stay in good shape
- ✓ Protects the cellular structure against free radicals
- ✓ Slows down the aging of bodily tissues and cell necrosis
- ✓ Reduces the development of wrinkles and gives a youthful feeling
- ✓ Reduces stress and has a preventative effect against neurological, cardiovascular and blood vessel disorders
- ✓ Helps prevent inflammatory diseases

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

## MUSCULO-SKELETAL SYSTEM



Recommended  
daily dosage  
☺ ☺ ☺

## GOKSHURA – Back and Spinal Pain

- ✓ Relaxing tea for back and spinal pain
- ✓ Gives relief in the areas of cervical, thoracic and lumbar spine
- ✓ Has a beneficial effect upon general mobility – under load, in bending and rotation
- ✓ Relaxes stiff back muscles and blocked parts of the spine
- ✓ Helps with Ischia's caused by an inflamed or jammed sitting nerve
- ✓ Increases the firmness and flexibility of sinews and ligaments

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



Recommended  
daily dosage  
☺ ☺ ☺

## SLESAKA – Joints and Rheumatism

- ✓ A tea improving joint mobility
- ✓ Provides relief from rheumatism and pains of the locomotory apparatus
- ✓ Suppresses joint inflammations and stills pain during arthrosis
- ✓ Has beneficial effects against joint swelling and hydropsy
- ✓ Releases stiffness and supports joint lubricant production

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



Recommended  
daily dosage  
☺ ☺ ☺

## SHALARI – Gout and Joint Swellings

- ✓ Supportive tea in cases of gout and joint swellings
- ✓ Reduces joint pain and tendency to inflammation
- ✓ Warms up the joints
- ✓ Reduces uric acid level in the blood and consequently also in the bodily tissues and joints
- ✓ Promotes proper metabolism

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



Recommended  
daily dosage  
☺ ☺

## KUDZU – Muscles and Body Build

- ✓ A tea for muscle strengthening and regeneration
- ✓ Strengthens the body's physical structure
- ✓ Functions as a great tonic and energy source
- ✓ Supports muscle mass growth
- ✓ Contributes to muscle tissue regeneration, increases its firmness, flexibility and damage resistance
- ✓ Supports the production of lubricating substances in the body

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



Recommended  
daily dosage  
☺ ☺ ☺

## KANTAKARI – Teeth and Gums

- ✓ Protective tea against paradentosis and toothache
  - ✓ Effective for the regeneration of the gums, reduces bleeding from gums
  - ✓ Nourishes tooth roots and strengthens the teeth
  - ✓ Removes tooth deposits and acts against plaque development
  - ✓ Protects the enamel, supports tooth whitening and refreshes breath
- \* suitable for regular mouth-washing

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



Recommended  
daily dosage  
☺ ☺ ☺

## VIDANGA – Reducing Body Weight

- ✓ A tea that supports your journey towards having a slim body
- ✓ If used regularly every day, it supports a reduction diet
- ✓ Has a beneficial effect upon the removal of excess weight
- ✓ Reduces appetite and cholesterol levels in the blood
- ✓ Regulates the digestive process and contributes to the burning of fat cells

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

## NERVOUS SYSTEM



Recommended  
daily dosage  
☺ ☺

## BRAHMI – Memory and Brain Activity

- ✓ Refreshing tea with the legendary Brahmi herb called 'miraculous elixir of life'
- ✓ Contributes to a better blood supply to the brain and stimulates intellectual abilities
- ✓ Supports brain activity, refreshes the mind and improves memory
- ✓ Removes tiredness, increases attention and the ability to concentrate
- ✓ Calms an agitated mind and supports mental balance

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



Recommended  
daily dosage  
☺ ☺ ☺

## GOTU KOLA – Degeneration of Brain Functions

- ✓ A tea for stimulating brain function
- ✓ Supports active process of thinking, stimulates weakened memory, orientation and ability to recognise
- ✓ Helps to decrease degenerating symptoms of ageing
- ✓ Positively affects relaxation of nervous system in case of fatigue, anxiety and depression
- ✓ Stimulates the body in case of mental and psychic weakness

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



Recommended daily dosage  
☺☺☺

## RAJANI – Brain Disorders

- ✓ A tea for neurological brain disorders
- ✓ Helps maintain alertness and immunity of the nervous system
- ✓ Adds to regeneration of nerve fibres and mental relaxation
- ✓ Helps to remove fatigue, limbs stiffness and convulsions
- ✓ Favourably affects relaxation of muscle tissues

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



Recommended daily dosage  
☺☺☺

## JATAMANSI – Depressions and Psychological Problems

- ✓ Support tea for psychological and nervous problems
- ✓ Helps with depressive feelings, anxiety, sadness, fear and hopelessness
- ✓ Calms an agitated and restless mind
- ✓ Gives relief from stress, pressure and nervous tension
- ✓ Has a beneficial effect upon the relaxation of the nervous system in cases of neuralgia and epilepsy
- ✓ Strengthens mental balance and psychological stability

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



Recommended daily dosage  
☺☺☺

## ASHWAGANDHA – Calming and Sleep

- ✓ A tea for a good rest and peaceful sleep, with the traditional herb Ashwagandha, known as 'Indian Ginseng'
- ✓ Helps with cases of difficulty in falling asleep and with insomnia
- ✓ Supports quality, refreshing and uninterrupted sleep
- ✓ Calms during nervous strain, decreases agitation and supports mental balance
- ✓ Regenerates during excessive psychological load, exhaustion and overworking

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



Recommended daily dosage  
☺☺☺

## ALOCHAKA – Eyes and Sight

- ✓ Eye tea that strengthens sight functions
- ✓ Regenerates eye muscles and the optical nerve
- ✓ Helps in cases of fatigue, burning, reddening and painful pressure in the eyes
- ✓ Supports retinal nutrition and improves sight quality
- ✓ Strengthens the eye epiphysis activity and ensures lens flexibility

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

## EXCRETORY AND REPRODUCTIVE SYSTEMS



Recommended daily dosage  
☺☺☺

## VARUNA – Kidneys and the Urinary Tract

- ✓ Kidney tea for urinary tract conditions
- ✓ Supports purification of the urinary tract and provides relief from painful urination
- ✓ Removes infections and inflammations of the elimination organs
- ✓ Dissolves urinary stones and kidney stones
- ✓ Treatment support in cases of impotence and disturbed prostate function

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



Recommended daily dosage  
☺☺☺

## APANA – Menstrual Cycle

- ✓ Relaxing tea during menstrual difficulties
- ✓ Gives relief from painful contractions and cramps in the lower abdomen
- ✓ Removes feelings of tension, nervousness and irritation
- ✓ Beneficial for gynaecological conditions
- ✓ Supports the activity and function of the female organs

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



Recommended daily dosage  
☺☺☺

## SHATAPUSHPI – Absent Menstruation

- ✓ Supportive tea in cases of irregular menstrual cycle
- ✓ Helps restore a regular rhythm if menstruation is absent
- ✓ Reduces stress, tension, restlessness and agitation
- ✓ Supports healthy activity of the female organs
- ✓ Stimulates endocrine system function
- ✓ Supports appetite and weight gain

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



Recommended daily dosage  
☺☺☺

## DHATAKI – Heavy Menstruation

- ✓ Support tea to regulate very heavy or prolonged menstruation
- ✓ Reduces excessive menstrual bleeding
- ✓ Gives relief from pains, cramps, tension and irritability
- ✓ Strengthens the organism if tired and exhausted
- ✓ Contributes to general mental relaxation
- ✓ Stimulates endocrine system function

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



Recommended daily dosage  
☺☺☺

## ASHOKA – Menopause

- ✓ Tea for women in the menopausal period
- ✓ Reduces heat attacks, palpitation, malaise; helps with sleep disorders and general fatigue
- ✓ Stills irritation, oversensitivity and emotional agitation
- ✓ Brings feelings of calmness and balance
- ✓ Has a beneficial effect upon the regularity and character of the menstruation
- ✓ Supports thyroid gland function

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



Recommended daily dosage  
☺☺☺

## DHANYAKA – Pregnant Woman's Tea

- ✓ Tea for pregnant women
- ✓ Has positive effects upon the physiological and psychological state of a woman in pregnancy
- ✓ Reduces feelings of tension
- ✓ Beneficial in cases of digestive problems, heartburn, appetite loss and bloating

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



Recommended daily dosage  
☺☺☺

## MEDHIKA – Nursing Woman's Tea

- ✓ Tea for nursing women
- ✓ Supports lacteal gland activity and the production of mother's milk
- ✓ Has a beneficial effect on metabolism
- ✓ Supports good digestion and works against bloating

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

## SYSTEMIC THERAPIES

### MAHAPHALA – Diabetic Diet

- ✓ A tea that supports the treatment of diabetes
- ✓ Stimulates insulin production in the pancreas, and generally regenerates the functions of the pancreas
- ✓ Decreases blood sugar levels and the desire for sweets
- ✓ Regulates fluid intake and urine excretion
- ✓ Supports blood circulation and the metabolic functions of the organism

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

### MANJISHTA – Viral Infections

- ✓ Supports the production of antibodies and organism immunity
- ✓ Reduces body temperature and viral flu-like symptoms
- ✓ Helps with syndrome of tired muscles and joints
- ✓ Supports detoxifying the organism and strengthens the liver and spleen functions
- ✓ Helps with stomach and intestinal infections
- ✓ Acts actively against the symptoms of Lyme disease

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

### SHATAWARI – Oncological Treatment

- ✓ Support tea during oncological treatment
- ✓ Reduces uncontrolled growth of cells and has a beneficial effect upon the protection of bodily tissue's
- ✓ Strengthens the body's resistance during chemotherapy and contributes to restoration of energy after it is finished and during recovery
- ✓ Helps the removal of cysts and enlarged nodules
- ✓ Acts to prevent tumours and reduces the chance of leukaemia development

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

## HIMALAYAN AYURVEDIC TEAS FOR CHILDREN

Mixtures of children teas are prepared with special care and attention. They are very mild, tasty and an effective combination of selected herbs, which are a reliable prevention and protection of the child's sound health. Ayurvedic recipes validated for centuries are the safeguards of a healthy family. All herb mixtures are fully assessed and approved by the National Institute of Public Health of the Czech Republic and the Public Health Authority of the Slovak Republic.

For children from 3 years.



### GOPAL – Children's Tea for Colds

- ✓ Children's tea for the relaxation of the upper airways
- ✓ Strengthens the immune system
- ✓ Helps in cases of cold, rhinitis, coughing and sore throat
- ✓ Provides relief from flu symptoms and fever
- ✓ Suitable in the treatment of pneumonia and bronchitis

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

### KHANA – Children's Tea for Good Digestion

- ✓ Children's tea for good digestion and assimilation of nutrients
- ✓ Provides relief from abdominal pain and flatulence
- ✓ Provides relief in case of stomach malaise
- ✓ Helps in cases of diarrhoea and intestinal infections

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

### BIHARI – Children's Tea for Good Sleep

- ✓ Children's relaxation tea
- ✓ Contributes to calming and good sleep
- ✓ Helps children who have difficulty falling asleep
- ✓ Reduces agitation and hyperactivity

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

## LIST OF HEALTH PROBLEMS AND EFFECTS FOR CHILDREN

<b>A</b>	<b>D</b>	<b>M</b>
Abdominal pain – KHANA	Diarrhoea – KHANA	Malaise – KHANA
Agitation – BIHARI	Digestion – KHANA	
Air passages – GOPAL	<b>F</b>	<b>P</b>
	Fever – GOPAL	Pneumonia – GOPAL
<b>B</b>	Flu – GOPAL	<b>R</b>
Bloating – KHANA		Relaxation – BIHARI
Bronchitis – GOPAL	<b>H</b>	Rhinitis – GOPAL
	Hyperactivity – BIHARI	
<b>C</b>	<b>I</b>	<b>S</b>
Calming – BIHARI	Immune system – GOPAL	Sleep – BIHARI
Cold – GOPAL	Intestinal problems – KHANA	Sore throat – GOPAL
Cough – GOPAL		Stomach – KHANA

## LIST OF HEALTH PROBLEMS

## AND EFFECTS

**A**  
Abdominal pain – SHUNTHI, TRIPHALA, GUDUCHI  
Absence of menstruation – SHATAPUSHPI, RASAPRASH, ARTHAVAPRASH  
Acne – NIMBA, PITTA, RAKTAPRASH  
Addiction withdrawal symptoms – PACHAKA  
Aging – JAIPHAL, GOTU KOLA  
Allergies – KARAVI, DALCHINI  
Alzheimer disease – GOTU KOLA  
Anaemia – RANJAKA, RAKTAPRASH, MANGO, JACKFRUIT, JUJUBE  
Anorexia – SHATAPUSHPI, RASAPRASH  
Antioxidant – JAIPHAL, CHYAWANPRASH, AMALAKI  
Aphthae – GAURI, RAKTAPRASH  
Appetite – GUDUCHI, SHATAPUSHPI, RASAPRASH  
Arteriosclerosis – ABHAYA  
Arthritis – SLESAKA, KAPHA, ASTHIPRASH  
Asthma – TULSI, DALCHINI, KARAVI

**B**  
Back – GOKSHURA, MAMSAPRASH  
Back pain, spinal pain – GOKSHURA, MAMSAPRASH, ASTHIPRASH  
Barotitis – DALCHINI  
Bloating – SHUNTHI, TRIPHALA, VATA, DHANYAKA, AMALAKI  
Blood – NIMBA, KALAMEGHA, ABHAYA, RANJAKA, AMALAKI, RASAPRASH, RAKTAPRASH, JUJUBE  
Blood circulation – VYANA, ABHAYA, VATA, RAKTAPRASH  
Blood pressure – SARPAGANDHA, MARICHA, RAKTAPRASH, MEDAPRASH  
Blood supply to extremities and tissues – VYANA, MARICHA, VATA  
Blood vessels – VYANA, ABHAYA, KAPHA, RASAPRASH, RAKTAPRASH  
Borreliosis – MANJISHTA  
Brain disorders – RAJANI, GOTU KOLA, BRAHMI, MAJJAPRASH  
Breath – refreshing – KANTAKARI  
Breathlessness – ARJUNA, RASAPRASH  
Bronchitis – TULSI

**C**  
Calming – ASHWAGANDHA, JATAMANSI, SARPAGANDHA, VATA  
Candida – GAURI, RASAPRASH  
Cardiovascular system – JAIPHAL, AMALAKI, VYANA, ABHAYA, RAKTAPRASH  
Cellulitis – NAGARA, MEDAPRASH  
Cerebral activity – BRAHMI, GOTU KOLA, MARICHA, PITTA, MAJJAPRASH, MANGO, CHYAWANPRASH, AMALAKI  
Chemotherapy – SHATAWARI, NIMBA, CHYAWANPRASH  
Cholesterol – VIDANGA, KAPHA, ABHAYA, MEDAPRASH, JACKFRUIT  
Climacterium (menopause) – ASHOKA, RASAPRASH, ARTHAVAPRASH  
Cold – TULSI, KATPHALA, PRANA, CHYAWANPRASH  
Constipation – SHUNTHI, CHYAWANPRASH, VATA, JACKFRUIT  
Cough – TULSI, KATPHALA, PRANA  
Cramps – RAJANI, APANA, DHATAKI  
Crohn's disease – TRIPHALA  
Cysts – SHATAWARI, NIMBA, ARTHAVAPRASH

**D**  
Dandruff – BHRINGARAJ, RAKTAPRASH

Dementia – GOTU KOLA, MAJJAPRASH  
Depressions – JATAMANSI, GOTU KOLA, PACHAKA, VATA, MAJJAPRASH  
Dermal injuries – HARIDRA, NIMBA  
Detoxification – TRIPHALA, KALAMEGHA, NAGARA, MANJISHTA, CHYAWANPRASH  
Diabetes – MAHAPHALA, MEDAPRASH  
Diabetic diet – MAHAPHALA, MEDAPRASH  
Diarrhoea – GUDUCHI, TRIPHALA  
Digestion – TRIPHALA, SHUNTHI, GUDUCHI, CHYAWANPRASH  
Dizziness – MARICHA, RANJAKA

**E**  
Ear pain – UDANA  
Eczema – KARAVI, NIMBA, RAKTAPRASH  
Embolism – ABHAYA  
Endocrine system – ASHOKA, SHATAPUSHPI, DHATAKI, ARTHAVAPRASH  
Energy – PRANA, SHERPA, CHYAWANPRASH, MAMSAPRASH, SHUKRAPRASH  
Epilepsy – JATAMANSI, SARPAGANDHA, MAJJAPRASH  
Excess weight – VIDANGA, KAPHA, MEDAPRASH, JACKFRUIT, PAPAYA  
Eyes and sight functioning – ALOCHAKA, PITTA, AMALAKI, MAJJAPRASH, MANGO

**F**  
Fainting – MARICHA, RAKTAPRASH  
Fever – KATPHALA, NAGARA, MANJISHTA  
Flu – KATPHALA, TULSI, NAGARA  
Fungus – GAURI, RASAPRASH

**G**  
Gall bladder – KALAMEGHA  
Gall bladder stones – KALAMEGHA  
Gastric hyperacidity – GUDUCHI, PACHAKA, CHYAWANPRASH, AMALAKI, MANGO  
Glandular fever (mononucleosis) – KATPHALA, NAGARA  
Gout – SHALARI, ASTHIPRASH  
Gums – KANTAKARI, RAKTAPRASH  
Gynaecological conditions – NIMBA, APANA, SHATAPUSHPI, DHATAKI, ASHOKA, GAURI, ARTHAVAPRASH

**H**  
Haemorrhoids – GAURI, NIMBA, RAKTAPRASH  
Hair – BHRINGARAJ, AMALAKI, ASTHIPRASH  
Harmonization of organism – TIBETAN  
Headache – PRANA, MARICHA  
Hearing – UDANA  
Heart action - rhythm – ARJUNA, MARICHA, VYANA, AMALAKI, RANJAKA, VATA  
Heartburn – GUDUCHI, PACHAKA, PITTA, DHANYAKA  
Heavy menstruation – DHATAKI, RAKTAPRASH, ARTHAVAPRASH  
Helicobacter pylori – TRIPHALA  
Herpes – GAURI, NIMBA, RAKTAPRASH  
High blood pressure – SARPAGANDHA, KAPHA, MEDAPRASH  
Hoarse voice – PRANA

**I**  
Immunity – KATPHALA, NAGARA, MANJISHTA, CHYAWANPRASH, AMALAKI, RASAPRASH  
Impotence – VARUNA, SHUKRAPRASH  
Infection – NAGARA, KALAMEGHA, HARIDRA, RANJAKA, GAURI, RASAPRASH  
Infertility – ARTHAVAPRASH  
Inflammations – NAGARA, KALAMEGHA, HARIDRA, RANJAKA, PITTA

Insomnia – ASHWAGANDHA, VATA  
Intellect – BRAHMI, GOTU KOLA  
Intestinal conditions – SHUNTHI, TRIPHALA, GUDUCHI, CHYAWANPRASH, AMALAKI  
Ischias – GOKSHURA, MAJJAPRASH

**J**  
Joints – SLESAKA, SHALARI, KAPHA, MAMSAPRASH, ASTHIPRASH

**K**  
Kidney stones – VARUNA  
Kidneys – VARUNA, SHUKRAPRASH, ARTHAVAPRASH, MANGO

**L**  
Leucopaenia – NAGARA  
Liver – KALAMEGHA, MANJISHTA, RAKTAPRASH, MEDAPRASH  
Losing weight – VIDANGA, KAPHA, MEDAPRASH  
Low blood pressure – MARICHA  
Lymphatic system – NAGARA, KATPHALA, RASAPRASH

**M**  
Malaise – GUDUCHI, TRIPHALA, PACHAKA  
Memory – BRAHMI, GOTU KOLA  
Menstruation – APANA, SHATAPUSHPI, DHATAKI, ASHOKA, NIMBA, RASAPRASH, RAKTAPRASH, ARTHAVAPRASH  
Mental balance – BRAHMI, GOTU KOLA, ASHWAGANDHA, VATA, MAJJAPRASH  
Metabolism – SHALARI  
Migraine – PRANA, MAJJAPRASH  
Multiple sclerosis – MAJJAPRASH, GOTU KOLA, RAJANI  
Muscle tissue relaxation – GOKSHURA, RAJANI  
Muscles and physique – KUDZU, KAPHA, GOKSHURA, MAMSAPRASH  
Myocardial infarction – ABHAYA

**N**  
Nails – BHRINGARAJ, ASTHIPRASH  
Nasal cavities – DALCHINI  
Nasopharyngeal inflammation and inflammation of nasal cavities – DALCHINI  
Nervous agitation – JATAMANSI, GOTU KOLA, ASHWAGANDHA, VATA, MAJJAPRASH, ARTHAVAPRASH  
Neuralgia – JATAMANSI, RAJANI, MAJJAPRASH  
Neurosis – JATAMANSI, SARPAGANDHA, PACHAKA, MAJJAPRASH  
Nodules – NAGARA, KATPHALA, RASAPRASH  
Nursing – MEDHIKA

**O**  
Obesity – VIDANGA, KAPHA, MEDAPRASH  
Oncological therapy – SHATAWARI, NIMBA, PAPAYA  
Osteoporosis – bone rarefaction – ASHOKA, ASTHIPRASH

**P**  
Pancreas – MAHAPHALA, PACHAKA, MEDAPRASH  
Paradentosis – KANTAKARI, ASTHIPRASH  
Parkinson's disease – RAJANI, MAJJAPRASH  
Pneumonia – TULSI  
Pregnancy – DHANYAKA  
Preventing neurological, cardiac and vascular conditions – JAIPHAL, MARICHA, VYANA, ABHAYA  
Prostate – VARUNA, SHUKRAPRASH  
Psoriasis, skin itching – BHRINGARAJ, RAKTAPRASH

Psychic disorders – JATAMANSI, RAJANI, GOTU KOLA, BODHI, MAJJAPRASH

**R**  
Rash – KARAVI, PITTA, NIMBA, RAKTAPRASH  
Recovery – UDANA, HARIDRA  
Regeneration – physical – UDANA, AMALAKI, KAPHA, BHUTAN, MAMSAPRASH  
Regeneration – psychological – ASHWAGANDHA, JATAMANSI, GOTU KOLA, PITTA, MAJJAPRASH, JUJUBE  
Relaxation – RAJANI, VATA, BHUTAN, MAJJAPRASH, JUJUBE  
Rheumatism – SLESAKA, KAPHA, ASTHIPRASH  
Rhinitis – cold: common, hay, allergic – DALCHINI, KARAVI, KAPHA

**S**  
Shank ulcers – ABHAYA  
Sight – ALOCHAKA, AMALAKI, MAJJAPRASH, MANGO  
Sinews and ligaments – GOKSHURA, RAKTAPRASH, ASTHIPRASH  
Skin and complexion – NIMBA, PITTA, RAKTAPRASH  
Skin fungus – GAURI, RASAPRASH  
Skin injuries – HARIDRA, NIMBA  
Sleep – ASHWAGANDHA, VATA, MAJJAPRASH, JUJUBE  
Smoking – PACHAKA  
Sore throat – TULSI, KATPHALA, PRANA  
Spine – GOKSHURA, ASTHIPRASH  
Spleen – RANJAKA, MANJISHTA, RAKTAPRASH  
Stammering – UDANA  
Stiffness – RAJANI, GOKSHURA, MAMSAPRASH  
Stimulation of organism – UDANA, PRANA, MARICHA, KAPHA, LAMA  
Stomach – SHUNTHI, GUDUCHI, AMALAKI, PITTA, PAPAYA  
Stomach ulcers – PACHAKA, TRIPHALA, PITTA  
Stress – PITTA, JATAMANSI, MARICHA, SARPAGANDHA  
Sweating – PITTA  
Swellings – NAGARA, SHALARI, VIDANGA, MEDAPRASH

**T**  
Teeth – KANTAKARI, ASTHIPRASH, MEDAPRASH  
Thrombosis – ABHAYA  
Thyroid gland – ASHOKA, ASTHIPRASH  
Tinnitus – RANJAKA, RAKTAPRASH  
Tiredness and weakness – UDANA, MARICHA, RAJANI, MANJISHTA, KAPHA, RANJAKA, GAURI, RASAPRASH, MAJJAPRASH, JUJUBE  
Tonsillitis – TULSI, KATPHALA  
Tonsils – KATPHALA, NAGARA  
Tumour – SHATAWARI, NIMBA

**U**  
Urinary tract – VARUNA, MEDAPRASH, SHUKRAPRASH, ARTHAVAPRASH

**V**  
Varicose veins – ABHAYA  
Vaso-neurosis – VYANA, RAKTAPRASH  
Veins – VYANA, ABHAYA, KAPHA, RASAPRASH, RAKTAPRASH  
Vertigo – RANJAKA, MARICHA, RASAPRASH  
Vitality – PRANA, JAIPHAL, CHYAWANPRASH, NEPAL  
Vocal chords – PRANA  
Vomiting – GUDUCHI, AMALAKI

**W**  
Withdrawal symptoms – PACHAKA  
Wrinkles – JAIPHAL

## FROM YOUR COMMENTS

Good morning,  
I have tried the slim tea and it works,  
thank you.

*Greetings, Jeřábková M.*

Hello,  
I had a big problem with sleep, I started  
to drink the ASHWAGANDHA tea and I  
sleep like a baby the whole night.

*Thanks T.K.*

Good afternoon,  
my grandmother has many health  
problems. One of them is poor blood  
circulation in her legs. She wakes up at  
night with pain and nothing works. After  
trying your tea (VYANA) she feels much  
better and she complains of pain very  
little now.

*Thank you on her behalf. N.K.*

Hello,  
I have problems with my back, a lot  
of pain. After a month of infusions and  
drugs, no result. I have been drinking  
GOKSHURA for a week and haven't  
used even a single pill since. THANK  
YOU VERY MUCH for every day that  
doesn't hurt.

*Greetings Ena*

Good morning,  
I am very satisfied with your teas, VIDANGA  
helped me to lose weight, difficulties  
with gallbladder almost disappeared after  
KALAMEGHA tea, I am now deciding for  
PACHAKA, I quit smoking!

*Thank you K.N.*

TULSI tea helped me a lot against cold,  
already after two days the sore throat  
was gone. It didn't stop my running  
nose much but it was not as complicated  
as usually. And the best is that it nicely  
warms up the body and has a great taste!  
I really recommend everyone to get it in  
stock for the cold months or for the flu  
season!

*Richard Tůma*

Good morning,  
we have great experiences with the  
himalayan teas. E.g. UDANA helps us  
very much with tiredness. We successfully  
used SHATAWARI for 3 in cyst, it was  
gone in one and half week. The doctor at  
the ultrasonic inspection couldn't believe  
her eyes!

*Greetings from Martina*

Good morning,  
I'm using NIMBA tea for skin problems,  
after several days of using this tea I  
removed itching and the eczema was  
gone. We also use VARUNA tea for  
kidneys in the family, it removed our  
constant troubles with infection.

*D. Mazačová*

I bought a tea for good sleep and it really  
works!!!! I'm warmly recommending it.

*Petr*

Hello,  
I used the VARUNA tea for kidney  
problems, it perfectly helped me for  
kidneys and also for the atopic eczema.

*D. Dostálová*

Certified by the National Institute  
of Public Health, the Czech Republic

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