

Dietary Supplements from Aayushanti

Arthronew

Benefits: Used in **osteoarthritis, rheumatoid arthritis, sciatica, spondylitis**, swelling, adenitis, muscle and joint pain, connective tissue disorders, hemiplegia, joint swelling, lymphedema, Gout, Fibromyalgia, and all diseases due to excess vata. **Rheumatoid arthritis.**

Action: This novel Ayurvedic combination is designed to relieve joint pain, restore mobility, and address the root cause of joint discomfort by balancing **Vata dosha**. It works holistically by reducing pain and inflammation, slowing cartilage degradation, and supporting bone health through its **anti-osteoporotic and antioxidant properties**. The formulation helps remove **Aam (toxins)** by improving digestion and strengthening **Agni (metabolic fire)**. By digesting accumulated Aam and clearing blockages in joints and tissues, it relieves pain, swelling, and stiffness while restoring the natural movement of Vata and Kapha.

- Balances doshas by reducing aggravated **Vata** and **Pitta**
- Improves appetite and stimulates digestive enzymes
- Detoxifies the abdomen and joints
- Nourishes and repairs bones and joint tissues
- Enhances **Dhatu** nourishment and overall joint strength

By removing toxins, improving metabolism, and clearing joint obstructions, this formulation helps restore joint flexibility, reduce inflammation, and promote long-term joint health.

Key Ingredients & Actions

- **Purified Guggulu (Commiphora mukul):** Reduces inflammation, detoxifies tissues, and supports joint mobility
- **Shallaki Extract (Boswellia serrata):** Helps decrease pain, inflammation, and cartilage degradation
- **Methi (Trigonella foenum-graecum):** Supports digestion, reduces inflammation, and nourishes joints
- **Nirgundi (Vitex negundo):** Relieves pain, swelling, and stiffness in joints
- **Chopchini (Smilax china):** Helps detoxify, reduce inflammation, and strengthen bones

Together, these ingredients act synergistically to reduce joint pain and swelling, protect cartilage, improve digestion, and promote healthy bones and joints.

4 tablets per day, 2 am, 2 pm.

Price 40 £

Amritkala

Benefits: Hot flushes, burning sensations, fever, dysuria, jaundice, vertigo, cellulites, acidity, headache, heart debility, hypertension, bleeding disorders, urinary issues, leucorrhea and menorrhagia and excessive menstrual bleeding.

Action: This is a **powerful cooling remedy** that balances the **Pitta dosha**, especially in conditions caused by excess internal heat, such as acidity, burning sensations, and inflammation. It helps **cleanse the blood**, reduce **liquid toxins (Ama)**, and **decrease excessive fluidity of the blood**, thereby calming **elevated blood pressure** caused by excess plasma volume. It is highly beneficial in **bleeding disorders (Raktapitta)**, including **heavy menstrual bleeding (menorrhagia)**, bleeding from the **nose, mouth, piles**, as well as **blood in cough (haemoptysis)** and **urine (haematuria)**. It also supports relief in **painful or difficult urination (dysuria)**. By regulating **Pitta secretion**, it promotes healthy digestion, reduces inflammation of the **female reproductive system**, and restores balance in the veins and arteries. Excess Pitta increases blood volume and fluidity, leading to **hypertension, dilated blood vessels, headaches, broken capillaries**, and spontaneous bleeding—this Supplement helps counteract those effects by stabilising circulation and cooling the system.

Overall, it **calms aggravated Pitta**, strengthens blood vessels, reduces inflammation, and supports normal blood pressure and vascular health.

2 tablets per day. 1 am, 1 pm. 120 tablets

Price 40 £

Amritsandhika

Benefits

- Helpful in **rheumatism, arthritis, joint pain, paralysis**, and **spinal disorders** such as sciatica and prolapsed/slipped disc
- Relieves **numbness and burning pain** associated with neuropathy
- Effective in disorders caused by **aggravated Vata dosha**
- Strongly **Vata-reducing**, especially beneficial for conditions affecting **bone tissues and the nervous system**
- Helps reduce **pain, stiffness, and inflammation** in joints and muscles

Action

This formulation **nourishes and strengthens the nervous system**, making it especially useful in conditions involving a pinched nerve, **nerve damage or weakness**. By pacifying aggravated **Vata dosha**—the primary cause of

movement- and nerve-related disorders, it helps alleviate pain, inflammation, stiffness, and discomfort. Its supportive action on **nerve and muscle health** improves mobility, flexibility, and overall joint function, promoting smoother and more coordinated movement.

2 tablets per day. 1 am, 1 pm. 120 tablets.
Price 40 £

Arthronav

Indications: Arthritis, rheumatoid arthritis (aamvat), adenitis, muscle and joint pain and swelling, spondylosis, sciatica, musculoskeletal and connective tissue disorders, hemiplegia, joint swelling, lymphedema, Gout, Fibromyalgia, all diseases due to excess vata.

Removes root cause of arthritis by improving digestion; relieves pain and swelling in joints by removing Aam and blocks; balances doshas, reduces vata and rectifies its movement, reduces Pitta; increases Agni, stimulates gastric enzymes and improves appetite; nourishes and repairs bones; reduces aam by transforming it into nutrients and waste products. Helps by reducing inflammation, reduces formation of excess vata and removes vata from the body; Increases dhatu; remove blocks created by aam and frees vata and kapha to move in its natural path, helps to improve and balance metabolic fire and appetite, reduces toxins accumulated in the abdomen, removes blocks in joints and reduces swelling.

2 tablets per day, 1 am, 1 pm. 120 tablets
Price 35 £

Amritprabha

Benefits: helps support **urinary, reproductive, metabolic, musculoskeletal, and endocrine health.**

Urinary & Renal Support-Helps with difficulty in urination and frequent urination, management of urinary stone retention, oedema, nephritis, and urinary inflammation

Female Reproductive Health-Beneficial in uterine disorders such as retroverted uterus, bulkiness, fibroma, cysts, salpingitis, and endometriosis. Helps regulate menstrual cycles and reduce menstrual cramps. Supports the management of PCOS symptoms. Addresses vaginal dryness, painful intercourse, backache, and inflammatory conditions of the female reproductive system

Male Reproductive & Prostate Health-Supports prostate health and prostate disorders, Helpful in male infertility conditions such as azoospermia and oligospermia, improves sperm quality and supports erectile function

Metabolic & Lifestyle Disorders-Assists in managing diabetes by helping balance blood sugar levels, Useful in obesity and fatty liver conditions, Supports healthy cholesterol levels

Musculoskeletal & Nervous System Support-Effective for lower back pain, sciatica, arthritis, joint pain, and inflammation. Contains anti-inflammatory ingredients such as **Guggul**, known for reducing pain and swelling

Lymphatic & Immune Support-Helps with lymphatic gland swelling, acts as a **Rasayana (rejuvenative)**, enhancing immunity, vitality, and overall strength, reduces physical fatigue and improves energy levels

Additional Benefits: Helpful in anaemia, supports recovery from addictions (drugs and alcohol)

Action:

Dosha action: Reduces **Vata and Pitta**, balances **all three doshas**, especially disorders **from the navel downward**, and corrects imbalances of **Apana Vata**.

Urinary & bladder support: Tones bladder muscles, improving **urine retention capacity**. *Stambhana* property helps strengthen fluid-holding ability. **Diuretic**, reducing inflammation and pain in the urinary tract, Helpful in urinary disorders and oedema of hollow organs

Anti-inflammatory & detoxifying: Reduces **inflammation and swelling (oedema)** in veins, capillaries, and organs, removes **ama** and clears obstructions in lymph and blood circulation, Restores proper Vata circulation

Reproductive & pelvic health: Supports normal **uterine function**, helps reduce uterine bulkiness, pain, and inflammation

Rejuvenative (Rasayana) effects: Strengthens and rejuvenates the **dhatus**, improves **memory, intellect, vitality, youthfulness, and physical energy**

Blood & digestion: Improves the **quality and quantity of blood**, Acts as a general tonic, reducing weakness, stimulates **digestive enzymes** and improves appetite

4 tablets per day, 2 am, 2 pm. 120 tablets.

Price 40 £

[Apan](#)

Benefits: Abdominal colic, indigestion, flatulence, blocks in respiratory, mental, circulatory and digestive channels. Sluggish digestion and metabolism. **digestive**

ailments such as indigestion, bloating, and loss of appetite. It works by stimulating the "digestive fire" (Agni) and eliminating toxins (Ama) from the body.

Action: supports the secretion of digestive juices and promotes the proper breakdown and absorption of food. Its strong carminative properties help eliminate abdominal gas, reducing bloating, flatulence, and gaseous cramps. By stimulating appetite, it is especially beneficial for individuals experiencing anorexia or a general loss of appetite. It balances **Vata dosha**, improves stool consistency, and enhances digestive and metabolic fire (**Agni**). By reducing and eliminating **Aam** (metabolic toxins), it penetrates deeply through obstructions caused by Aam, rectifies the movement of Vata, and increases **Dhatu Agni** at the tissue level. Improved digestion and metabolism can indirectly support healthy weight management when combined with proper diet and exercise. The herb also exhibits anthelmintic properties, helping to kill worms and amoebas and remove toxins from the body. By normalising the downward movement of **Apana Vayu**, it restores the natural flow of **Prana Vayu**, drawing toxins from the respiratory tract and head back to the abdomen for elimination. This regulation positively affects both the mind and emotions. Post-partum, it helps the uterus return to its pre-pregnancy shape and size and relieves bloating, pain, and heaviness in the pelvic region. It is also effective in reducing nausea, vomiting, and excessive burping by calming Vata in the digestive tract.

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 40 £

Actinav

Benefits: Helps improve weakness, long-term illness, body aches, and low immunity. Nourishes the body at a deep level, helps restore strength, energy, and stamina. Supports mental clarity, alertness, and emotional balance while reducing stress and anxiety. Acts as an antioxidant to protect cells from damage and helps slow age-related decline. Especially useful for people taking long-term medications (such as for diabetes or high blood pressure) who may feel tired, weak, or nutritionally depleted.

Action:

This formulation regulates digestive and metabolic fire (Agni), enabling proper digestion and absorption of food. It enhances appetite, facilitates the digestion of **Aam** (toxins), and supports the elimination of excess **Pitta** through the stool. Improving metabolic efficiency promotes healthy weight, strength, and overall vitality.

As a powerful *Rasayana*, it nourishes all *Dhatus*, supporting physical strength, immunity, intellect, and long-term health. Regular daily use helps remove

accumulated toxins, increases *Ojas*, and strengthens the body's natural defences.

By nourishing *Rasa Dhatu*—the primary nourishing tissue—it supports the mind, emotions, and all bodily tissues. Since *Rasa Dhatu* is responsible for sustaining both physical and mental well-being, this Rasayana promotes holistic nourishment of the body, mind, and emotions.

2 tablets per day, 1 am, 1 pm. 120 tablets

Apitta

Indications: 'Useful in conditions such as: Burnout syndrome, chronic fatigue, overworking, Low energy, low vitality, weakness, low immunity, Acidity, hyperacidity, excessive thirst, fever, Leucorrhea, polyuria, vomiting, vertigo, Internal bleeding, mouth dryness, headache, Burning sensation in urinary and digestive tract, Hair loss, calcium deficiency, bone weakness, Psychological issues such as anger and irritability, Disorders arising from **aggravated Pitta dosha**, Heat generated due to **Atikarmayog** (over-exertion) and excessive tapas (heat)

Mode of Action

- Excessive overwork dehydrates body cells, accelerates ageing, and reduces strength and immunity. It helps **rehydrate worn-out cells**, restoring vitality and cellular strength. Promotes rejuvenation and slows premature ageing.

Dosha Action-Strongly pacifies Pitta dosha, reduces **heat, sharpness, and fluidity of Pitta**, especially in the blood, highly **cooling** in nature; ideal for individuals with a hot, sharp, or irritable constitution

Systemic Benefits: Helps rejuvenate all dhatus, enhancing Memory, intellect, Youthfulness, enthusiasm, Physical strength and energy. Nourishes **Asthi (bone)** and **Majja (marrow) dhatus**, strengthens bones, and helps in calcium deficiency

Digestive Benefits-Reduces Pitta at the digestive level, Enhances **Agni** without aggravating heat, stimulates gastric enzymes, improves digestion and appetite, Helps in **Ama pachana** (digestion of toxins)

Mental & Emotional Health-Relieves physical, mental, and emotional disorders caused by aggravated Pitta, Calms anger, irritability, and emotional heat

Special Use: Safe and beneficial during pregnancy, supports the mother's health, promotes healthy fetal development

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 40 £

Aayusandhi

Actions & Benefits

This formulation effectively **balances Vata dosha**, reduces inflammation, and relieves pain, making it highly beneficial for **joint, muscle, and nerve-related disorders**, including migraines. It provides **strength and nourishment to bones and joints**, offering significant support for **women's bone health**, particularly during **postpartum recovery** and **menstrual imbalances**.

Its **anti-inflammatory, analgesic, and adaptogenic properties** make it useful in managing arthritis, digestive disturbances, and improving overall vitality. By enhancing digestion and metabolism, it removes *Aam* (metabolic toxins), addresses the root cause of pain and stiffness, and restores normal doshic balance.

Indications

- Arthritis and Rheumatoid arthritis (*Aamvat*)
- Frozen shoulder
- Back pain and post-delivery back pain
- Sciatica and spondylosis
- Tennis elbow
- Muscle and joint pain, swelling, and stiffness
- Neuropathy, numbness, and pricking pain
- Musculoskeletal and connective tissue disorders
- Joint swelling, lymphedema
- Disorders caused by aggravated Vata
- Ulcers and inflammatory swellings (as supportive care)

Mode of Action (Ayurvedic Perspective)

- Removes the **root cause of arthritis** by improving digestion and eliminating *Aam*
- Relieves pain and swelling by clearing **blockages in joints and channels**
- Pacifies aggravated **Vata**, corrects its abnormal movement, and reduces **Pitta**

- Enhances **Agni** by stimulating gastric enzymes and improving appetite
- Nourishes and strengthens **Asthi dhatu** (bones) and other tissues
- Converts *Aam* into usable nutrients and waste products for elimination
- Prevents excessive formation of Vata and expels accumulated doshas from the body
- Clears abdominal toxins and restores metabolic balance
- Improves circulation and allows **Vata and Kapha** to move in their natural pathways

balancing Vata dosha, reducing inflammation, relieving pain (joint, muscle, migraine), and offering significant benefits for women's bone health, especially postpartum recovery and menstrual issues, by providing strength to bones and joints. Its anti-inflammatory, analgesic, and adaptogenic properties make it useful for arthritis, digestive problems, and general vitality

Indications: Arthritis, rheumatoid arthritis (aamvat), frozen shoulder, Backpain, Numbness, pricking pain, Neuropathy, Tennis elbow, muscle and joint pain and swelling, spondylosis, sciatica, musculoskeletal and connective tissue disorders, ulcer, tumor joint swelling, lymphedema, after delivery back pain, diseases due to excess vata.

Removes root cause of arthritis by improving digestion; relieves pain and swelling in joints by removing Aam and blocks; balances doshas, reduces vata and rectifies its movement, reduces Pitta; increases Agni, stimulates gastric enzymes and improves appetite; nourishes and repairs bones; reduces aam by transforming it into nutrients and waste products. Anti-inflammatory. Stops the formation of excess vata and removes it from the body; Increases dhatu; removes blocks created by aam and frees vata and kapha to move in their natural path, improves metabolic fire and improves appetite, reduces toxins accumulated in the abdomen, removes blocks in joints and reduces swelling.

4 tablets per day. 2 am, 2 pm. 120 tablets
Price 40 £

[Ayumedha](#)

Indications

Depression, anxiety, nervousness, weak memory, hysteria, dysarthria, central nervous system (CNS) disorders, epilepsy, convulsions, stress, and emotional or mental disturbances.

Actions & Benefits

- Nourishes all **Dhatus**, with a special affinity for the **nervous system**
- Promotes **Sattva guna**, enhancing awareness, intellect, memory, clarity, and imagination

- Tranquillises the nerves, relieving **anxiety, stress, restlessness, anger, and emotional instability**
- Regulates **Vata dosha**, restoring its normal movement in the brain and nervous system
- Reduces aggravated **Pitta** and digests **Aam (metabolic toxins)**
- Stimulates **gastric enzymes**, improving digestion and appetite
- Acts as a **carminative**, relieving gas and abdominal discomfort
- Nourishes the **mind and emotions**, supporting mental balance and psychological well-being

Special Indication in Pregnancy

When taken between the **24th week of pregnancy and delivery**, it supports the proper development of the **mental faculties of the foetus**, promoting balanced emotional and cognitive growth.

4 tablets per day. 2 am, 2 pm. 120

Price 40 £

Ayuglo

Key Benefits & Uses

- **Skin Care:** It is highly effective for managing chronic conditions like **eczema, psoriasis, acne**, and vitiligo. It helps improve skin complexion and provides a natural glow by removing deep-seated toxins.
- **Blood Purification:** Acts as a detoxifying agent that cleanses the plasma and blood, helping to eliminate metabolic waste.
- **Anti-Inflammatory:** Frequently used in **gout** (high uric acid), joint pain, and non-healing wounds.
- **Internal Balance:** It balances the **Pitta** (fire) and **Kapha** (water/earth) doshas, which often cause inflammatory skin issues when imbalanced.
- used as a natural anti-worm and digestive tonic, targeting intestinal parasites, improving appetite, and reducing bloating and gas by enhancing digestive fire

4 tablets per day, 2 am, 2 pm. 120 tablets

Price 40 £

Ayurja

1. **Stress & Anxiety Relief:** Acts as an adaptogen, helps lower cortisol (stress hormone) and promotes calm.
2. **Energy & Strength:** Reduces fatigue ([Shosha](#)), boosts stamina ([Balya](#)), and acts as a rejuvenator ([Rasayana](#)).
3. **Mental Health:** Helps with conditions like epilepsy, psychosis, and supports brain function.
4. **Digestive Support:** Improves poor digestion ([Mandagni](#)) and nutrient absorption.
5. **Male Vitality:** Supports reproductive health, fertility, and stamina.
6. **Immunity & Heart Health:** Strengthens the immune system against recurrent viral infections, chronic fever, general weakness, and drug-induced toxicity and may protect heart muscles
7. This therapy helps **cleanse** the body of residual effects of **allopathic medicines**, especially antibiotics. It **rejuvenates and nourishes all dhatus**, thereby enhancing memory, intellect, overall health, youthfulness, enthusiasm, physical strength, and vitality. It rapidly increases *ojas*, supporting long-term immunity.
8. **Digestive enzymes** improve appetite, digest *Aam* (metabolic toxins), and correct impaired digestive and metabolic processes. *Agni* is strengthened and balanced.
9. With **proper nourishment of ojas**, the body naturally develops stronger immunity and produces antibodies to combat viral infections effectively.

4 tablets daily: 2 am. 2 pm. 120 tablets

Price 40 £

Bandhan/Bandhayu

primarily used to manage **excessive bleeding disorders** such as bleeding piles (**hemorrhoids**) and heavy menstrual bleeding (menorrhagia). It acts as a natural astringent and hemostatic agent, helping control bleeding.

Uses and Benefits

- **Bleeding Management:** It is widely used to control various excessive bleeding conditions, including bleeding **hemorrhoids**, menorrhagia (heavy or painful periods), hematuria (blood in urine), and nasal bleeding (epistaxis).

- **Liver Health:** It is beneficial in liver problems, particularly those with a Pitta predominance (related to heat and inflammation in Ayurvedic terms).
- **Digestive and Metabolic Support:** It helps in supporting digestion. epistaxis, bleeding during pregnancy, heavy menstruation, cough (with blood in phlegm).

2 to 4 tablets daily. 2 am, 2 pm, 120 tablets.

Price 40 £

Calcimrit

Digestive Health: Neutralises stomach acid, relieves acidity, bloating, burping, indigestion, and malabsorption.

Calcium & Bone Support: Rich in bioavailable calcium, beneficial for bone, nail, hair, eyebrows and cartilage. Bone disorders (osteoporosis, arthritis and fractures), low calcium and old age. Nourishes the asthi dhatu, removes Vata from the bones, and strengthens the natural healing of the bones when they are fractured. Gradually liquefies clotted blood in a hematoma. Helps to strengthen bones, cartilage, joints, muscles, teeth, hair, eyebrows, eyelashes and nails. Helps to reduce hair fall and grow new hair and nails

Balancing Pitta: Helps balance Pitta dosha, known for its cooling effect.

During Pregnancy: Works as a natural calcium supplement during pregnancy, supporting strong bones and teeth in both the mother and the developing baby.

2 tablets per day: 1 am, 1 pm. 120 tablets.

Price 40 £

Colocare

Indications:

Aam (digestive toxins), diarrhoea, excessive mucus, dysentery, amoebic infection, intestinal blockage, gas, constipation, and abdominal pain.

Actions & Benefits:

- Regulates defecation and supports healthy intestinal movement
- Relaxes the intestines and relieves abdominal pain and cramping
- Stimulates digestive enzymes and improves appetite
- Eliminates digestive toxins (Aam) by converting them into waste or usable nutrients

- Enhances absorption of fats and carbohydrates
- Helps destroy intestinal worms, parasites, and amoebas
- Strengthens and increases **Agni** (digestive fire)
- **Uses:** Colocare is primarily used for **Irritable Bowel Syndrome (IBS)**. It also helps in managing chronic diarrhoea, dysentery, amoebiasis, and general abdominal discomfort.
- **Benefits:**
 - Acts as an excellent digestive and anti-amoebic agent, relieving abdominal discomfort.
 - Helps remove excess mucous secretion and ensures properly formed stools.
 - Offers relief from symptoms associated with IBS.

2 tablets per day, 1 am, 1 pm. 120 tablets.

Price 40 £

Cyclomrit

Indications & Potential Benefits for Women's Health

particularly beneficial in the management of **female reproductive and gynaecological issues**, including:

- Female infertility
- Menstrual disorders such as **dysmenorrhea** and **irregular menstrual cycles**
- Reproductive dysfunctions, including **anovulation** and **abnormal ovum formation**
- Hormonal and enzymatic imbalances
- **Leucorrhoea**, inflammation, and pelvic swelling

Therapeutic Actions

- Reduces **Āma**, which obstructs **Rasa Dhātu**—a key regulator of hormonal and enzymatic secretions—thereby helping correct hormonal imbalances
- Rejuvenates and nourishes **female reproductive tissues**
- Supports **follicular development and ovulation (follicle rupture)**
- Relieves **menstrual pain** and improves cycle regularity
- Enhances overall **reproductive vitality and uterine health**

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 40 £

Dybego

Indications: Diabetes

Acts as a **Rasayana** by strengthening pancreatic function and removing obstructions in pancreatic channels, thereby facilitating the proper movement of insulin into the bloodstream. It helps eliminate **Aam** (metabolic toxins) and regulates insulin secretion. The formulation corrects the catabolic effects on the pancreas caused by aggravated **Vata dosha** and helps reduce numbness and neuropathic symptoms in the legs.

- Works on the basic pathology of diabetes.
- Stimulates pancreatic cells to release insulin and aids in cell regeneration.
- Helps to sensitise insulin receptors to utilise glucose more effectively.
- Can serve as an adjuvant therapy alongside conventional oral hypoglycemic and insulin treatments

2 tablets daily, 1 am, 1 pm, 120 tablets.

Price 40 £

D-Scale

Indications:

Skin disorders such as black patches, blackheads, and psoriasis.

Actions & Benefits:

- Balances all three doshas, with a primary action on **Pitta**
- **Purifies the blood** and helps eliminate accumulated blood toxins through the stools
- Clears **sebaceous gland blockages**, releasing excess Pitta lodged in the skin
- Exhibits **anti-helminthic and anti-bacterial** properties
- **Nourishes the skin** and enhances overall skin complexion
- Supports and **strengthens the immune system**

Clinical Use:

- In **extremely chronic skin conditions**, it is recommended to use in conjunction with **Ayuglo, Manjistha, and Gloderm**

In other cases, it may be administered **independently** for the management of skin disorders.

Benefits

- **Psoriasis Management:** Effectively reduces scaling, redness, and inflammation by balancing Vata and Pitta doshas.
- **Skin Healing:** Promotes healthy skin texture and assists in natural cleansing and rejuvenation.
- **Detoxification:** Purifies the blood to eliminate toxins that may trigger skin flares.
- **Safe Composition:** Products are free from chemicals, preservatives, and artificial additives.

2 tablets per day, 1 am, 1 pm. 60 tablets

Price 25 £

Dybenav

Indications: Diabetes.

Rasayana; strengthens pancreatic function removes pancreatic blocks facilitating insulin's passage to blood; removes blocks of Aam and regulates insulin secretion; rectifies catabolic effects on the pancreas due to excess Vata; reduces numbness in legs.

2 tablets daily, 1 am, 1 pm, 120 tablets

Price 35 £

Gloderm

Indications: All Skin diseases (urticaria, rashes, Acne, Pigmentation, Vitiligo, Psoriasis dermatitis, purities, itching) Blood plasma lymph purifier by removing pitta and kapha from blood; removes Aam; opens sweating channels to promote toxin elimination and pitta through the skin; removes scars, dark patches and improves skin complexion, reduces Vata and rectifies its movement; carminative in nature; improves digestion; thus, more nutritional plasma is produced and less pitta and kapha are produced; balances all three doshas especially pitta. Eliminates toxic pitta, bacteria, worms, ameba, parasites and wart through stools.

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 35 £

Laxigen

Indications

Flatulence, indigestion, constipation, skin disorders, obesity, abdominal distension, edema, hyperacidity, burning sensation, excessive sweating, and Pitta-related disorders, including skin diseases.

Actions & Benefits

- Acts as a **mild to strong laxative**, depending on dosage
- Eliminates excess **Vata, Pitta, and Kapha** through the colon
- Reduces **Aam (metabolic toxins)** and clears intestinal obstructions caused by Aam and Kapha
- Stimulates **digestive enzymes** and improves appetite
- Helps destroy **harmful bacteria, worms, and amoeba**
- **Purifies the blood** by removing accumulated toxins and aggravated doshas
- Facilitates proper downward movement of **Vata and Pitta**, restoring their normal pathways
- Cleanses the digestive tract by stimulating the mucus membranes of the small and large intestines to increase fluid secretion, aiding elimination of excess Kapha and Pitta
- Enhances **Agni (metabolic fire)**
- Addresses the root cause of **skin disorders and acidity**

Therapeutic Use

Traditionally used as a **purgative** in **Panchakarma cleansing therapy**, especially for **Virechana**.

Dosage

2 to 8 tablets at bedtime, or as directed, 120 tablets

Price 40 £

Femnika

Primary Uses & Benefits

It is categorized as an **emmenagogue**, meaning it stimulates or increases menstrual flow. Common indications include:

1. **Amenorrhea:** Absence of menstruation.
2. **Oligomenorrhea:** Scanty or infrequent menstrual bleeding. Helps increase and regulate menstrual flow
3. **Dysmenorrhea:** Painful menstruation or menstrual cramps.
4. **Hormonal Balance:** Helps regulate the menstrual cycle and supports healthy ovarian function.
5. **PCOS Support:** Sometimes used as part of balancing plan for Polycystic Ovary Syndrome (PCOS) to induce regular cycles.
6. Balances all three doshas, with specific reduction of **Vata and Kapha**
7. Acts as a **Rasayana**, promoting long-term reproductive health
8. Regulates the menstrual cycle and corrects irregularities
9. Purifies **Rakta Dhatu** and removes obstructions in the reproductive tract
10. Improves appetite and digestion; eliminates **Aam (metabolic toxins)**
11. Corrects menstrual disorders caused by aggravated **Vata**
12. Helps reduce inflammation
13. Assists in reducing fat accumulation around the abdomen, hips, and thighs

2 tablets daily, 1 am, 1 pm, 120 tablets.

Price 40 £

[Rejuderm](#)

Indications & Actions

Beneficial in **all skin diseases**, including urticaria, rashes, acne, pigmentation, vitiligo, psoriasis, dermatitis, pustules, and itching.

- Acts as a **blood, plasma, and lymph purifier** by eliminating aggravated **Pitta and Kapha** from the blood and maintaining internal hormonal balance
- Removes **Āma (metabolic toxins)** from the body.
- Helps open **sweat channels (srotas)**, promoting elimination of toxins and excess Pitta through the skin.
- Helps reduce **scars, dark patches**, and improves overall **skin complexion**.
- Pacifies **Vata dosha** and corrects its abnormal movement.
- Carminative in nature; **improves digestion and metabolism**, leading to healthier and more nourishing plasma (Rasa dhatu).
- Reduces excessive production of **Pitta and Kapha** while supporting balanced tissue nutrition.
- **Balances all three doshas**, with a primary action on Pitta.

- Eliminates **toxic Pitta, bacteria, worms, amoeba, parasites, and warts** through the bowel.

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 40 £

Happimento

Indications

- General weakness and fatigue (mental and physical)
- Brain tonic; improves memory and cognition
- Cardiac weakness and heart diseases
- Parkinsonism, epilepsy, convulsions, hysteria
- Disorders due to aggravated **Vata** (wavering mind, hemiplegia)
- Anxiety, depression, mental disorders, sluggish mind
- Anaemia, low haemoglobin, dropsy
- Alcohol addiction and detox support
- Tridoshic imbalance
- Slow immune response
- Jet lag and stress-related exhaustion
- Impotency

Therapeutic Actions

- Acts as a **nervous system tonic**, restoring mental equilibrium
- Enhances **memory, intelligence, personality, behaviour, and concentration**
- Tranquillises the nerves; relieves **anxiety, stress, restlessness, and anger**
- Removes **Aam (toxins)** and improves digestion
- Increases appetite and metabolic efficiency
- Pacifies aggravated **Vata and Pitta dosha**

Special Benefits

- One of the **best brain tonics** for:
 - Children
 - Pregnant women (*under medical supervision*)
 - Individuals with high-stress occupations
 - Elderly people

Dosage

- **2 tablets daily**
 - 1 tablet in the morning
 - 1 tablet in the evening

Price 40 £

Hepatogen

Indications

Liver disorders such as hepatitis, jaundice, liver abscess, and cirrhosis; alcoholism; anaemia; indigestion; obesity; splenomegaly; generalised weakness; and oedema.

Therapeutic Actions

- Stimulates the liver to secrete **Pachaka Pitta (bile)** and promotes normal liver function
- Removes excess bile through the stool and clears obstructions in the **biliary channels**
- Reduces inflammation in the biliary ducts
- Enhances **digestive and metabolic fire (Agni)** and improves metabolism
- Eliminates **Ama** from the lymphatic and circulatory channels
- Purifies blood, thereby reducing **splenic enlargement**
- Promotes **haemoglobin production** and supports anaemia management
- Increases **Dhatu Agni**, improving tissue metabolism
- Corrects the downward movement of aggravated **Pitta**, expelling excess Pitta via stool
- Pacifies **Vata, Pitta, and Kapha**
- Reduces generalised oedema by clearing circulatory and lymphatic blockages
- Enhances immunity, helping the body fight liver infections caused by bacteria or parasites

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 40 £

Hrudraj

Indications

- All heart-related disorders, including high cholesterol, high triglycerides and low HDL
- Paralysis, Facial palsy
- Sciatica
- Peripheral numbness
- Muscle spasms, cramps
- Tingling sensations
- Giddiness and dizziness
- Poor or low circulation

Rasayana (Rejuvenative Action)

- Rejuvenates and strengthens the **nervous system**
- Acts effectively in **paralysis caused by aggravated Vata, Pitta, and Aam**
- Nourishes nerve tissues and helps **remove Aam blockages**
- Improves circulation of **plasma, blood, lymph, Vata, and nerve impulses**
- Supports and strengthens **heart muscles**, especially in:
 - Low ejection fraction (EF)
 - Ischemic heart disease
 - Cardiac failure
- Helps improve circulation in **ischemia affecting any part of the body**

Dosage

2 tablets daily 1 am, 1 pm. 120 tablets

Price 40 £

Hi Card

Indications: Hypertension, anxiety, stress-related disorders

Nourishes and strengthens the nervous system; promotes intellect, memory, and mental clarity. Acts as a natural tranquilliser, relieving anxiety, stress, restlessness, irritability, and anger. Addresses the root cause of hypertension by correcting doshic imbalance, particularly excess **Pitta**, which increases the fluidity and volume of blood, leading to elevated pressure in veins and arteries. Helps normalise blood pressure by restoring balanced blood circulation and vascular tone. Digests **Aam** (metabolic toxins), enhances **Agni** (digestive and metabolic fire), and stimulates gastric enzymes. Reduces aggravated **Vata** and **Pitta** at all levels, supporting calmness and cardiovascular stability. Diuretic and carminative in nature; helps eliminate excess fluids, improves digestion, and supports overall cardiovascular and nervous system health.

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 40 £

Herbayu

Indications:

Pregnancy, anaemia, general weakness, low haemoglobin levels, fatigue.

Description:

A **Rasayana** formulation that rejuvenates all body tissues, with special affinity for **Rakta (blood), Asthi (bones), and Majja (bone marrow)**. It supports a healthy pregnancy by enhancing **haemoglobin production, stamina, and overall strength** in expectant mothers. The formulation naturally improves haemoglobin levels through its **bioavailable iron content** and by stimulating physiological haemoglobin synthesis. It helps alleviate fatigue and weakness while balancing **Vata and Pitta doshas**, promoting sustained vitality and tissue nourishment.

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 40 £

I-amrita

Indications:

All ophthalmic disorders; myopia; burning sensation; eye pain; dryness; immune deficiency; low or blurred vision; prevention and supportive management of cataract and glaucoma.

Action & Benefits:

Helps remove **Aam** accumulated in the ocular tissues; improves and preserves vision; prevents further deterioration of eyesight; relieves burning, pain, and dryness by pacifying aggravated **Pitta**; supports ocular immunity; and rectifies **Dhatu Agni** (tissue-level metabolic fire), thereby promoting healthy nourishment and function of the eyes.

2 tablets per day, 1 am, 1 pm. 120 tablets

Price 40 £

Immugen

Indications:

Weakness cancer support, immune dysfunction, old age, memory loss, oxidative stress, and free-radical damage.

Description:

A powerful antioxidant and **Rasayana** formulation that acts as a comprehensive tonic for the body, mind, and emotions. It supports anti-ageing and rejuvenation

by nourishing all tissues (**dhatus**) and enhancing **ojas**, the essence of immunity and vitality.

This formulation strengthens the nervous system, improving memory, intellect, focus, concentration, enthusiasm, and physical energy. It removes mental weakness, promotes tranquillity, and enhances willpower and decision-making capacity.

It stimulates gastric enzymes and liver secretions, supports digestion and metabolism, and is carminative in nature. It reduces excess **pitta** at multiple levels and rectifies the normal movement of **vata**. By nourishing **rakta dhatu**, it enhances blood quality and supports immune resilience.

When all tissues are properly nourished, their refined essence is preserved as **ojas**. As ojas increases, physical, mental, and emotional immunity are strengthened, promoting longevity, vitality, and overall well-being.

2 tablets per day. 1 am, 1 pm. 120 Tablets.

Price 40 £

Kasno

Indications:

Cough, asthma, bronchitis, chronic cough, sinusitis, common cold.

Description:

Lubricates constricted respiratory passages and relieves dry, irritating cough. Acts as a powerful expectorant and bronchodilator, helping to clear accumulated **Aam** and **Kapha** from the respiratory channels. Reduces inflammation and localised swelling in the upper respiratory tract, easing breathing and congestion.

Prevents excessive mucus formation originating from improperly digested food while promoting efficient expulsion of existing mucus. Enhances **Agni** (digestive fire), increases **Pitta**, and reduces aggravated **Vata** and **Kapha**. By improving digestion, it inhibits the formation of Aam and Vata, thereby lowering susceptibility to recurrent respiratory infections and supporting overall respiratory health.

2 tablets per day, 1 am, 1 pm, 120 tablets.

Price 40 £

Mehalite

Indications:

Diabetes mellitus

Actions & Benefits:

- Regulates and supports healthy insulin secretion
- Stimulates digestive and metabolic fires (*Agni*)
- Removes obstructions (*Aam*) in the pancreas, facilitating proper insulin flow into the bloodstream
- Helps reduce blood glucose levels
- Alleviates diabetic oedema and fluid retention
- Balances aggravated **Pitta** and **Kapha** while pacifying **Vata**
- Most effective in **reversible or early-stage diabetes**, especially diabetes caused by excess Pitta, Kapha, and Aam

Dosage:

2-4 tablets daily — 1-2 tablets in the morning and 1-2 tablets in the evening

120 Tablets

Price 40 £

Pulmotone

Indications:

Asthma, cough, bronchitis, orthopnoea, sinusitis, pleurisy, breathlessness, and allergic respiratory conditions.

Actions & Benefits:

Powerful expectorant, bronchodilator, and anti-inflammatory formulation that supports healthy respiratory function. It reduces *bhej* (excessive internal humidity) and pacifies aggravated **Kapha** in the lungs. Helps remove **Aam**, alleviating congestion and inflammation throughout the respiratory tract.

Lubricates and moistens the airways, enhancing respiration by nourishing **Prana Vata**. Exhibits natural anti-histaminic action, reducing allergic responses. Improves digestion, decreases Aam, and removes obstructions in both the abdominal and respiratory channels. Effectively balances **Vata and Kapha**.

Dosage:

2 tablets daily – 1 in the morning and 1 in the evening.

Pack Size:

120 tablets

Price 40 £

Pylend

Indications:

Piles (haemorrhoids), constipation, rectal bleeding, fissure-in-ano, inflamed haemorrhoids, fistula.

Therapeutic Actions:

Helps remove obstruction caused by aggravated **Pitta, Kapha, and Aam** that impairs blood flow in the rectal portal veins, leading to venous congestion and pile formation. Its mild dehydrating and laxative action clears excessive mucus from the excretory channels, relieving constipation and facilitating smooth bowel movements.

Controls rectal bleeding, reduces inflammation, swelling, and pain associated with haemorrhoids, and promotes healing of fissures. Eliminates intestinal worms, bacteria, and amoeba through the stools. Enhances **digestive fire (Agni)**, improves appetite, reduces Aam accumulation, pacifies **Vata**, and corrects its downward movement (**Apana Vata**), supporting overall anorectal health.

Dosage:

2 tablets daily – 1 in the morning and 1 in the evening.

Pack Size:

120 tablets

Price 35 £

Pyrino**Indications:**

Fever, tonsillitis, upper respiratory tract infections, sore throat, throat pain

Therapeutic Action:

Helps remove obstructions caused by toxins (Aam) from the sweating channels (swedavaha srotas), facilitating toxin elimination through the skin and thereby reducing fever. Enhances natural immunity to help combat viral infections. When taken every 3 hours, it supports faster reduction of fever. Reduces swelling and inflammation in the upper respiratory tract, soothes throat irritation, and relieves pain. Particularly beneficial for singers, teachers, and public speakers who experience frequent throat strain.

1 to 8 tablets per day. 120 tablets.

Price 40 £

Supitta

Indications

Acidity and hyperacidity; respiratory ailments such as sinusitis, hiccups, dry cough, asthma; headache, stress, giddiness, insomnia, hysteria, epilepsy, vertigo; epistaxis (bleeding nose); dysentery, loose motions, gastritis, abdominal colic, heartburn, flatulence, gallbladder stones; palpitations and heart-related discomfort; body ache, burning sensations, vomiting, mouth ulcerations, arthritis; low agni; infections and bacterial overgrowth.

Highly effective in **emotional, mental, and physical imbalances caused by aggravated Pitta**, including hyperacidity, headaches, anxiety, insomnia, hysteria, giddiness, piles, diarrhoea, hair fall, eye disorders, calcium-deficiency conditions (rickets, osteoporosis, osteoarthritis, spinal degeneration), vertigo, burning sensations, and toxin accumulation.

Therapeutic Actions

Balances and pacifies **Vata, Pitta, and Kapha**, restoring all three doshas to their normal physiological levels. Corrects the natural flow of Vata, mobilises toxins toward the digestive tract, and facilitates their elimination through proper bowel movement.

Reduces **Aam**, particularly in channels connecting the senses, intellect, and mind—thereby relieving anxiety and mental restlessness. Clears respiratory congestion, acts as a powerful toxin remover, and functions as a natural shock absorber by improving the quality and elasticity of veins and arteries, thus giving rest and support to the heart.

Regular use helps **eradicate chronic disorders at the root** and enhances the long-term effectiveness of other herbal tsupplements. Especially useful as a **balancing remedy for formulations that are hot and Pitta-aggravating**.

Digestive & Metabolic Benefits

- Pacifies excess Pitta in the digestive system and throughout the body
- Directs Pitta downward and eliminates it through stools
- Restores normal Vata movement
- Increases Agni while removing Aam
- Harmonises gastric enzymes and improves digestion
- Stimulates liver secretions
- Balances stomach acids, reduces abdominal pain, sourness, and burning
- Helps heal gastric ulcers
- Relieves nausea and vomiting
- Acts as a mild laxative

Effective in **all pathologies caused by excess Pitta**, reducing Pitta at systemic and tissue levels.

Rejuvenative & Supportive Effects

Functions as a **brain tonic and rejuvenates**, nourishing **Rasa and Asthi Dhatu**. Supports foetal development, lubricates and moistens organs, and promotes a calm, sattvic grounding effect. Enhances calcium assimilation and is supportive for patients undergoing chemotherapy.

Improves digestion to produce a **post-digestive nutritional plasma (Rasa)** that is sweet, cool, soft, and mild in nature—counteracting the sour, hot, and sharp qualities of aggravated Pitta. Gently increases Kapha where nourishment and stability are required.

2 tablets per day: 1 am, 1 pm. 120 tablets.

Price 40 £

Suswas

Indications:

Asthma; all respiratory disorders; hoarseness; laryngitis; sore throat. Especially beneficial for singers, teachers, and public speakers.

Actions & Benefits:

Acts as a powerful expectorant, breaking down obstructions caused by **Aam** and **Kapha** in the respiratory tract. Improves voice clarity and strength. Possesses antiseptic and anti-inflammatory properties that soothe and heal infections, irritation, and wounds of the throat and respiratory system. Lubricates and moisturises the throat, relieving dryness and discomfort. Helps balance all three doshas by reducing excess **Pitta**, **Kapha**, and aggravated **Vata**, thereby supporting healthy breathing and vocal function.

2 tablets per day, 1 am, 1 pm. 120 tablets.

Price 40 £

Shwetna

Indications:

Vaginal infections, infertility, azoospermia, oligospermia, general weakness, leucorrhoea, and menstrual dysfunction.

Therapeutic Action:

A potent *Rasayana* that pacifies excess **Pitta (heat)**, creating a favourable internal environment for healthy sperm count, motility, and viability. It digests **Aam** and exhibits a mild **diuretic action**, helping remove obstructions in the

urethra and vas deferens. Strengthens and nourishes the female reproductive system, thereby reducing leucorrhea. Its antimicrobial action inhibits infections and bacterial growth, supporting overall reproductive and urinary tract health.

2 tablets per day. 1 am, 1 pm. 120 tablets.

Price 40 £

Slikona

Indications: Obesity, hyperlipidaemia (high cholesterol and triglycerides)

- **Weight Management:** aids in reducing excess body weight, particularly fat accumulation around the belly and hips, by enhancing fat metabolism.
- **Improved Digestion and Metabolism:** The formulation contains ingredients like Trikatu and Triphala that boost the digestive fire (*Agni*), help clear toxins (*Ama*), and improve overall nutrient absorption.
- **Cholesterol Management:** It helps in cleansing blood vessels and may reduce total cholesterol, LDL (bad cholesterol), and triglyceride levels in the blood.
- **Associated Conditions:** It is useful for managing conditions associated with obesity, such as high blood sugar levels, fatty liver, breathing troubles, and knee or joint pain caused by excessive weight.
- **Increased Energy:** Boosting metabolic function helps combat feelings of sluggishness, laziness, and heaviness in the body, promoting increased vitality.
 - **Action & Benefits:**
Helps reduce excess fat and adipose tissue by kindling the digestive and metabolic fire (*Agni*), scraping and digesting accumulated *Aam*. Prevents abnormal deposition of *Meda Dhatu* and corrects its metabolism, thereby supporting proper nourishment of bone (*Asthi*), brain (*Majja*), and reproductive tissues (*Shukra/Artava*). Breaks down obstructions caused by excess mucus (*Kapha*) and fat, improves metabolic balance, and harmonises all three doshas—*Vata*, *Pitta*, and *Kapha*.

2 tablets per day. 1 am. 1 pm. 120 tablets.

Price 40 £

Shulamrit

Indications:

Headache, migraine, cervical spondylosis.

Actions & Benefits:

Balances all three doshas in the head region and facilitates their elimination through the bowel. Nourishes and strengthens the nervous system. Clears blockages caused by *Aam* and excess *Kapha* through its scraping and drying action. Stimulates gastric and intestinal enzymes, thereby improving digestion and metabolism. Pacifies aggravated *Vata* and corrects its abnormal movement. Reduces excess *Pitta* at systemic levels and expels it naturally through the stool. Calms and tranquillises the nervous system, helping to relieve headache, restlessness, irritability, and anger.

Uses and Benefits

works by helping to balance the Vata, Pitta, and Kapha doshas, which are often implicated in the root causes of headaches in Ayurveda.

- **Headache Relief:** It is used to provide relief from intense, throbbing, and chronic headaches.
- **Migraine and Tension Headache Management:** It is specifically useful for managing symptoms related to migraines, tension headaches, and vascular headaches.
- **Sinus Issues:** It may also offer relief from sinusitis-related pain and has anti-inflammatory properties.
- **Associated Symptoms:** The formulation is also indicated for associated symptoms like nausea, vomiting, dizziness, and a sense of heaviness in the head.

2 tablets per day. 1 am, 1 pm. 30 tablets.

Price 40 £

Somayu**Indications:**

Insomnia, disturbed or poor-quality sleep, lack of focus and concentration, and mental stress.

Actions & Benefits:

- Calms the nervous system mind and promotes deep, restful sleep
- Reduces mental stress, anxiety, restlessness, and overthinking

- Balances aggravated **Vata and Pitta**, the main causes of sleep disturbances
- Improves focus, concentration, and mental clarity
- Relaxes the mind and body without causing daytime drowsiness
- Helps restore natural sleep–wake rhythm and mental equilibrium
- Helps support cognitive function, learning, and muscle relaxation, offering a gentle way to balance emotions and support overall well-being

4 tablets per day, 2 am, 2 pm. 120 tablets

Price 40 £

Uroshant

Indications:

Weak kidney function; kidney, ureter, bladder, or gallbladder stones; sterility; low immunity; tissue wasting; diabetes; uterine disorders; varicose veins; inflammation and oedema of veins and capillaries, kidney stones, prostate enlargement

Therapeutic Benefits:

Supports and strengthens kidney and urinary tract function by filtering toxins and flushing out stones, infections, and accumulated impurities through urine. Reduces inflammation, oedema, and pain caused by aggravated Pitta, while relieving burning sensations throughout the body.

Balances Vata in the tissues and corrects its abnormal movement; nourishes all dhatus, improves muscular strength, and restores vitality in conditions of low immunity and wasting. Beneficial in uterine disorders and helps restore overall reproductive health.

Useful during the last two weeks of pregnancy to support a smooth, normal delivery. Helps reduce inflammation in veins and capillaries, making it effective in conditions such as varicose veins. Promotes overall systemic cleansing and rejuvenation.

2 tablets per day. 1 am, 1 pm. 120 tablets.

Price 40 £

Urjan

Indications:

Male sterility, impotency, oligospermia, weakness, general debility, premature ejaculation.

Actions & Benefits:

A potent **Rasayana** that nourishes and increases all **Dhatus**, with a special rejuvenating effect on the **male reproductive system**. It corrects **sperm motility**

disorders (motility being governed by **Vata**), pacifies aggravated **Vata**, and reduces excess **Pitta**.

Enhances **semen quantity and quality**, improves sperm vitality and motility, and strengthens reproductive tissues. Acts as an excellent **sexual tonic**, improving libido, stamina, and overall sexual performance in **both males and females**. Also helps restore physical strength, vitality, and endurance in cases of chronic weakness and debility.

2 tablets per day, 1 am, 1 pm. 120 tablets.

Price 40 £

Vikesh

Indications:

Hair loss, alopecia (including alopecia areata), osteoporosis, fractures, brittle nails, weak bones, and delayed bone healing.

Actions & Benefits:

- Nourishes and strengthens **Asthi Dhatu (bone tissue)** and supports healthy formation of bones, hair, and nails
- Promotes **osteogenesis** and improves bone density
- Acts as a **Rasayana**, rejuvenating tissues and enhancing long-term vitality
- Reduces **Pitta** and **Vata**, especially hair loss caused by excess heat (Pitta imbalance)
- Prevents hair fall and stimulates **new hair follicle formation**, particularly in Pitta-dominant conditions
- Digests and reduces **Aam**, helping to remove metabolic toxins
- Supports healthy nail growth and reduces brittleness
- During pregnancy, supports proper **fetal bone development**

Ayurvedic Concept:

According to Ayurveda, **Asthi Dhatu is responsible for hair and nail growth**. By nourishing bone tissue and correcting Pitta-related heat, this formulation restores the root cause of hair loss and promotes natural regeneration.

Price 40 £

Vitamin B12

Organic Plant-Based Vitamin B12 Supplement (Vegetable Capsules)

Made with **100% organic, plant-based ingredients**, this dietary supplement is encapsulated in **vegetable capsules**, making it suitable for **vegan, vegetarian, and Jain communities**. It contains **no gelatine**, which is commonly derived from animals such as cows or pigs.

Due to the widespread use of chemicals and highly processed foods, **Vitamin B12 deficiency has become increasingly common** today. Our **plant-based Vitamin B12** is a **powerful, chemical-free, organic formulation** designed to support complete body and brain function.

Unlike many conventional B12 supplements that are chemically synthesised, this formula is **easily absorbed, non-toxic**, and helps **strengthen the nervous system** while naturally unlocking energy—without producing harmful residues in the body.

Key Benefits

- Naturally helps **improve Vitamin B12 deficiency**
- Supports a **healthy nervous system**
- Helps reduce **tingling and numbness**
- Alleviates **fatigue, breathlessness, and dizziness**
- Supports **brain function and mental clarity**
- Helps improve **vision-related weakness caused by B12 deficiency**
- Promotes overall **energy, vitality, and well-being**

A clean, gentle, and effective solution for restoring Vitamin B12 levels naturally and safely.

- **Dose** 1-1 twice a day after food with water

2 per day, 1 am, 1 pm. 60 tablets.

Price 25 £

Vitamin D

Made with **organic, plant-based dietary supplements** in **vegetable capsules**

- Suitable for **vegan, vegetarian, and Jain communities**
- **Gelatine-free capsules** (no animal-derived ingredients such as cow or pig gelatine)

Key Benefits

- Naturally helps **improve Vitamin D3 deficiency**
- Helps reduce **body pain and muscle weakness**
- Enhances **calcium absorption**
- Helps reduce **fatigue and tiredness**
- Supports **bone health** and **heart health** in both men and women

Dosage

- **1 capsule twice daily**, after food, with water
- **2 tablets per day**, 1 am, 1 pm. 120 tablets.
- **2 per day**, 1 am, 1 pm. 60 tablets.
- Price 25 £

Blood Builder

Organic Plant-Based Iron & Energy Support Supplement (Vegan Capsule)

Made with **100% organic, plant-based dietary ingredients** and packed in **vegetable capsules**, this supplement is completely **free from animal gelatine**, making it suitable for **vegan, vegetarian, and Jain communities**.

Key Benefits

- Helps improve **anaemia, tiredness, and chronic fatigue**
- Supports **healthy haemoglobin and red blood cell formation**
- Enhances **skin glow** and helps reduce **patchy pigmentation**
- Helps reduce **dry, damaged hair** and supports **hair strength, thickness, and growth**
- Improves **blood circulation, energy levels, and exercise endurance**
- Ideal **pre- and post-workout supplement** to support performance and recovery

Natural & Nutrient-Rich Formula

Formulated using **organic fruits and plant extracts**, including:

- **Beetroot Powder** – Naturally rich in iron, folate (Vitamin B9), vitamin C, manganese, potassium, fibre, and antioxidants that support blood health and oxygen circulation.
- **Prickly Pear (Opuntia)** – A powerful source of antioxidants, vitamins, minerals, and fibre that helps boost energy, protect cells, and support overall vitality.

Why Choose This Supplement?

-  **100% plant-based & gelation-free**
-  **Suitable for vegans, vegetarians & Jain diets**
-  **Supports red blood cell strengthening and oxygen delivery**
-  **Helps improve stamina, vitality, and overall performance**
-  **Free from synthetic iron salts that cause gastric irritation**

Regular Consumption Benefits

With consistent use, this supplement may help:

- Increase **energy and endurance**
- Support **healthy circulation**
- Strengthen **red blood cells**
- Improve **overall vitality and physical performance**

2 per day, 1 am, 1 pm. 60 tablets.

Price 25 £

Moringa

Made with organic plant based Dietary supplements in vegetable capsule which are also suitable for vegan, vegetarian and Jain communities who don't eat capsules due to gelatine, which is usually made from animals like cows and pigs

- **Green Superfood** rich in **healthy antioxidants, nutrients and bioactive plant compounds**

-Its **anti-inflammatory** properties help rheumatoid arthritis, Osteo arthritis and other **joint pain**, asthma, cancer, constipation, diabetes, diarrhoea, seizures, stomach pain, stomach and intestinal ulcers, intestinal spasms, headache, heart problems, high blood pressure, kidney stones, symptoms of **menopause**, **thyroid** disorders, and infections.

-acts as a **fat burner** and helps to **normalise blood sugar** levels, reduce swelling, works as an antioxidant, prevents spasms, increases sex drive (as an aphrodisiac), **boosts the immune system**, and increases breast milk production. Some people use it as a **nutritional supplement or tonic**; it works as a **natural diuretic**, protects the cardiovascular system, and helps to balance blood pressure, and improves calcium deficiency.

- Good for **nursing mothers**

2 per day, 1 am, 1 pm. 60 tablets.

- Price 25 £

Shatavari

Made with Organic, Plant-Based Ingredients

Formulated as a dietary supplement in **vegetable capsules**, making it suitable for **vegan, vegetarian, and Jain communities**. These capsules are free from gelatin, which is commonly derived from animal sources such as cows and pigs.

Women's Health Support – Every Stage of Life

- Supports women through all life stages by helping **balance hormonal health**
- Rich in **steroidal saponins**, which act as natural **oestrogen regulators**
- Helps regulate **menstrual cycles**, manage **PMS symptoms**, reduce **menstrual cramps**, and control **excessive blood flow**

- May help reduce **fluid retention and bloating** before menstruation

Reproductive & Maternal Health

- Supports **breast milk production**
- Helps reduce **mood swings** associated with menstruation, pregnancy, and hormonal imbalances
- Aids in **enhancing fertility**

Digestive & Metabolic Support

- Helps reduce **gastritis, heartburn, and acidity**
- Supports healthy digestion and gut comfort

Blood Sugar Balance

- Helps manage **diabetes** by balancing elevated blood glucose levels
- May reduce **intestinal absorption of glucose**, supporting metabolic health

Urinary & Kidney Health

- Acts as a **natural diuretic**
- Helps fight **urinary tract infections**
- Supports **urinary bladder health**
- May help reduce the formation of **kidney stones**

Immune System Support

- Provides **antioxidant support**
- Helps strengthen the **immune system** and overall vitality

2 per day, 1 am, 1 pm. 60 tablets.

Price 25 £