

1. DI-STRESS TABLET

The anti-stress blend of Ayurvedic herbs "Di-Stress" helps the body fight stress and prevent its harmful effects on the body. With its help, stress resistance increases, nervousness and emotional instability are eliminated. A person feels psychological harmony and spiritual comfort.

2. RAMULLA TABLET

"Ramulla" takes care of the mobility of joints, strength and elasticity of the ligaments. It is able to eliminate inflammation, swelling and soreness of the joints. The healing properties of the Ayurvedic herbs that are part of "Ramulla" strengthen the bone and connective tissue of the joints and ligaments. Stimulates blood circulation in muscle tissues and joints, which helps relieve muscle tension and spasm. "Ramulla" activates the excretion of uric acid from the body.

3. PUREN TABLET

PUREN "is an Ayurvedic herbal mixture that helps to comprehensively and deeply cleanse the body from toxins, balance the work of the digestive and excretory systems, and restore the purity and freshness of the skin.

4. MENTOX TABLET

"Mentox" activates the brain, improves memory and concentration. It improves the body's ability to withstand stress, eliminates mental and psycho-emotional stress. This drug improves a person's ability to effectively assimilate new information and learn. It is used by people with speech impairments (stuttering). It helps improve sleep quality and relieve insomnia.

5. RESPI-EX TABLET

Well balanced natural remedy for maintaining the health of the bronchopulmonary system. It has a rejuvenating and regenerating effect on the lungs and bronchi. It will help to effectively cope with both chronic respiratory problems and in the recovery period after bronchitis, pulmonary infections, pneumonia. Relieves and eliminates dry, lingering cough, breathing difficulties, helps thinning and excretion of phlegm. Promotes full gas exchange and active oxygen saturation of the blood. Softens bronchospasm, facilitates breathing in obstructive bronchitis and bronchial asthma. It will be especially useful for smokers, including those with experience. Thanks to its cleansing, toning effect on the bronchi and lung tissue, Respi-Ex effectively cleanses, maintains elasticity and strength, healthy tone of the bronchi and lung tissue, prevents the development of pulmonary diseases. Reduces the harmful effects of the aggressive effects of polluted air on the lungs. Improves liver function, digestion and absorption of food. Strengthens the immune system.

Respi-Ex is a unique combination of rare Himalayan plants, selected for their specific properties and interactions in accordance with the classical canons of Ayurveda. The active components of the composition harmoniously complement and enhance each other's qualities, which gives an excellent healing effect for the bronchi and lungs.

Respi-Ex has a rare combination of properties that are indispensable for the health of the respiratory system: anti-inflammatory, antiseptic, antibacterial; the ability to thin phlegm, reduce its viscosity, and remove it, freeing the lumen of the bronchi, eliminating shortness of breath and difficulty breathing. It has mucolytic and expectorant properties, which helps to alleviate the lingering dry cough that accompanies chronic bronchitis, including obstructive bronchitis, pneumonia with the involvement of bronchioles in the inflammatory process, pulmonary emphysema, focal tuberculosis, etc. , vazicinon, peganin, etc.), relax the smooth muscles of the bronchi, have an antispasmodic and sedative effect. They have a pronounced bronchodilatory and antihistamine effect, which is indispensable for alleviating bronchial asthma, obstructive bronchitis, all types of bronchospasm, including psychosomatic. The calming effect is essential. According to Ayurveda, painful conditions of the lungs are accompanied by feelings of hopelessness, longing and fear.

Respi-Ex qualitatively improves capillary blood flow in the respiratory bronchioles, increases the tone of the pulmonary alveoli, promotes full gas exchange in the lungs, and active saturation of blood with oxygen. Softens bronchospasm, facilitates breathing in obstructive bronchitis and bronchial asthma. It will be especially useful for smokers, including those with experience. Due to its cleansing, tonic effect on the bronchi and parenchymal tissue of the lungs, Respi-Ex effectively cleanses, maintains elasticity and strength, healthy tone of the bronchi and lung tissue, and prevents the development of lung diseases. Supports normal microcirculation of bronchioles, alveolar passages, prevents stretching of the alveoli (especially in obstructive bronchitis), which is an important component of preventing the development of pulmonary emphysema.

Due to its pronounced anti-inflammatory, antibacterial properties, it is useful for colds, tonsillitis, pharyngitis, laryngitis, and inflammatory processes in the paranasal sinuses.

Stimulates liver function, improves bile outflow, promotes high-quality digestion and assimilation of food. Increases the motor function of the large intestine, eliminates flatulence, incomplete emptying, intestinal lethargy. It has a mild diuretic effect. Cleans the body of toxins and toxins. It is an effective restorative and tonic agent, strengthens the immune system, increases endurance and resistance to respiratory viral infections.

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6. SERPINOL TABLET

Normalization of blood pressure, restoration of emotional balance, increasing stress resistance.

Serpinol is a natural remedy for lowering blood pressure and restoring emotional balance. The action of the natural plant component in the composition of serpinol is aimed at regulating the production of norepinephrine, a neurotransmitter of "wakefulness and quick decision-making",

which is activated under stress and in extreme situations. Under the influence of norepinephrine, the heart rate increases and blood pressure rises.

With regular intake of Serpinol, the synthesis of norepinephrine is normalized, which makes it possible to effectively increase the general resistance to stress of the body, to maintain the normal level of blood pressure during stress, to avoid sudden surges in blood pressure associated, among other things, with excessive irritability, nervousness, and emotional imbalance of the psyche.

In addition to the undoubted benefits for maintaining normal blood pressure, Serpinol effectively copes with neurotic conditions, relieves excessive excitement, unreasonable states of anxiety and fear, and eliminates panic attacks. Soothes, helps to cope with insomnia, normalizes healthy sleep. Promotes coordination of the central nervous system and reduces the negative effects of stress on the cardiovascular system, eliminates the negative effects of stress on the body.

A special merit of Serpinol is the prevention of coronary heart disease, myocardial infarction by lowering the production of norepinephrine, providing a sedative, calming effect, relaxing the heart muscle and improving its blood supply.

7. WOMEN HEALTH TABLET

A unique, balanced tonic to support the health of women of all ages. It has a restorative, rejuvenating and tonic effect on the female body. Promotes the harmonious work of the organs of the endocrine system, eliminates hormonal imbalance: instability of the cycle both in adolescence and more in adulthood. A natural prophylactic agent prevents the development of neoplasms of the mammary gland, ovaries, uterus. Women health helps to normalize the health of a woman's reproductive system, prepares the uterus for a healthy conception and bearing a fetus. Softens the problems of menopause, menopause, vaginal dryness, inflammation of the genital organs. Antioxidant and immunostimulant, mild hepatoprotector. Improves psycho-emotional background, eliminates unreasonable nervousness, insomnia, depression,

Women's Health is a natural Ayurvedic combination of healing plants to restore, maintain the health and active functioning of the female reproductive system. Himalayan herbs in the composition of Women Health are selected in such a way that they harmoniously interact with each other, due to which a pronounced healing effect occurs.

The perfectly balanced natural formula of Women Health, containing only herbal ingredients, has a tonic, supportive and tonic effect on the female body. The presence of a guggul makes Women Health a more effective remedy, since gugguls are able to enhance and vividly manifest the healing effects of all components of the herbal collection. Due to the saturation of phytoestrogens, Women Health promotes the harmonious work of the organs of the endocrine system, supports neurohumoral regulation, eliminates hormonal imbalance and associated instability of the menstrual cycle, as well as accompanying discomfort conditions: headache, edema, itching, swelling of the mammary glands, the appearance of heartbeat, irritability, tearfulness ... Women Health is beneficial to use when premenstrual syndrome occurs.

Phytoestrogens are natural non-steroidal substances that are similar in structure to estradiol and can cause estrogenic effects.

Thanks to the content of kanchnar guggul and dashamul, Women Health perfectly cleanses the blood and lymph, lowers the level of cholesterol in the blood. It has tonic properties, especially for venous vessels, which is indispensable for varicose veins, anti-aging properties. Kanchnar guggul is considered one of the most effective means of harmonizing the work of the endocrine system, used by Ayurveda for benign tumors, ovarian cystosis. Thanks to dashamulu (collection of ten roots), the state of the neuroendocrine system is normalized. The production of somatotropin (growth hormone) by the pituitary gland is stimulated, the work of the thymus is activated, which helps to strengthen nonspecific immunity.

Women Health will be useful for maintaining women's health at any age, both during puberty and the formation of the menstrual cycle, and at a more mature age. Contributes to the normalization, restoration of the health of the reproductive system of a woman, prepares the uterus for normal conception and healthy bearing of the fetus. Thanks to its pronounced anti-inflammatory, hepatoprotective, antifungal, blood-purifying properties, Women Health prevents inflammation of the pelvic organs, maintains the health of the vaginal mucous membranes, protects against candidiasis, and helps with nonspecific vaginal discharge - leukorrhea (leucorrhoea). Indirectly eliminates back pain associated with the occurrence of inflammatory processes in the pelvic and vaginal organs.

Women Health effectively and carefully supports the female body during menopause, helps to easily go through the changes of this period: softens hot flashes, eliminates excessive sweating, heart palpitations. "Women Health" will help with vaginal dryness, prevents the occurrence of inflammatory processes of the genitourinary system, genitals. It will be useful for improving the psycho-emotional background, eliminates unreasonable nervousness, irritability and aggression, insomnia, depression, apathy. Women Health gives a feeling of calmness, harmony, freshness and "taste of life", acceptance of one's own "I",

Thanks to the combination of phytoestrogens, powerful antioxidants, components with blood-purifying properties, Women Health is a natural remedy that prevents the development of fibroadenomatosis of the mammary gland, neoplasms of the mammary gland, uterus and ovaries. Antioxidant and immuno stimulant, mild hepato protector, removes toxins and toxins from the body, effectively cleanses the blood. Improves liver function, promotes complete digestion of food without the formation of ama (toxins, products of incomplete digestion), increases the level of hemoglobin. Promotes the strengthening of bone tissue, prevents the development of osteoporosis. Improves the condition of skin, hair and nails. Strengthens the immune system, increases the body's resistance to seasonal and viral infections. Improves overall well-being, maintains activity and vigorous vitality, prevents the accumulation of excess weight, balances the psycho-emotional state. Taking Women Health has a beneficial effect on the condition of the skin: it prevents the appearance of rashes, acne and acne.

8. MENOFIT TABLET

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9. CHOLESTRO TABLET

Cholestro helps to lower blood cholesterol levels, cleanse blood vessels and normalize heart function. It is excellent as a preventive measure against cardiovascular diseases.^[L]_[SEP]

10. PRO-SEPTILINE TABLET

Immunomodulator, strengthening immunity, increasing the body's defenses, detoxification, blood purification.

Pro-Septilin is an irreplaceable means of complex action for health promotion. Natural immunomodulator, which has a pronounced anti-inflammatory and antiviral effect on the body. Pro-Septilin enhances the body's defense response and stimulates the immune response mechanisms, helping to fight infection and prevent its reoccurrence.

Quickly neutralizes pathological processes in the body, eliminates infectious diseases, removes toxins, cleanses the blood and lymph. Due to its high anti-infective activity, Pro-Septilin is deservedly called a "natural antibiotic". Pro-Septilin promotes a speedy recovery from joint pain, muscle spasms, bronchopulmonary diseases, intestinal disorders, skin diseases, low hemoglobin levels, infections of the genitourinary system, etc.

Has a pronounced wound-healing effect, will help to cope with slowly healing skin lesions, chronic fatigue associated with frequent colds. It will significantly strengthen your immunity, increase resistance to seasonal viral infections, and increase the level of the body's defense against viral and infectious diseases.

11. MAN HEALTH TABLET

Man's health. Restoration and improvement of the functions of the male reproductive system. Normalizes and stimulates spermatogenesis, qualitatively improves sperm composition. Supports optimal hormonal balance. As an adjuvant, it is used to eliminate problems associated with the prostate gland, the genitourinary system. Mild effective aphrodisiac. It has a general tonic, rejuvenating effect on the male body. Heals the heart and blood vessels, genitourinary, endocrine systems.

Compared to Confidex, the Ayurvedic formula of Men Helt is supplemented with several active ingredients, which allow to achieve an enhanced and balanced effect.

Men Health is a combination of healing Himalayan herbs to restore, keep the male reproductive system active and healthy. Reliably takes care of men's health.

Men's health consists of four main components:

- the state of the genitourinary system (in case of violations, the appearance of sexual dysfunctions, sexual impotence, infertility, prostatitis, urethritis, prostate adenoma, etc.);
- the influence of social factors (stress, emotional stress);
- problems of natural aging (male menopause, hormonal imbalance).

Men health is a completely natural product. Promotes an increase in testosterone levels, balances the functioning of the male endocrine system, increases the volume and quality of semen, significantly improves the viability, mobility of sperm and increases their number. Normalizes the ability of a man to a physiologically healthy conception of a child. Eliminates sexual weakness, prostatitis problems. In general, it has a pronounced tonic and rejuvenating effect on the male body. It has the properties of a mild and effective aphrodisiac, harmoniously enhances libido, promotes deeper and more intense manifestations of emotional sensations.

Men health effectively and reliably eliminates sexual dysfunctions of various nature, and has a pronounced effect for all age groups. This is its important and wonderful property!

Natural active ingredients Men health have a positive effect on the cardiovascular system, which allows you to improve the active tone of the whole body, maintain the required level of physical activity, maintain a full and healthy rhythm of life at any age. The elasticity and normal tone of the vascular walls allow you to strengthen blood vessels, improve blood flow in small vessels, capillaries and avoid many unpleasant conditions associated not only with the urogenital area, but also with the body as a whole. Active blood circulation also improves lymph flow, helps cleanse the body of toxins and toxins, improves oxygen supply to cells, and improves cellular respiration. In general, it harmonizes metabolic processes, improves brain nutrition, starts the processes of regeneration and rejuvenation.

It is reasonably considered that for this it is necessary to observe the rule of four "C": Sex - Sleep - Laughter - Sport.

Men health noticeably increases the activity of general vitality, improves memory, cognitive abilities, brightness of perception and experience of events. It harmonizes the psycho-emotional background, eliminates anxiety, nervousness, creates calm confidence, emotional composure and strength.

Promotes balanced work and improvement of the functions of the vital systems of the body. First of all - the endocrine system. Increases testosterone levels and maintains a balanced, optimal hormonal background. It indirectly affects the work of the digestive, cardiovascular systems, contributing to complete digestion, improving blood flow in capillaries and small vessels. Maintains tone, elasticity of the walls of blood vessels.

The active components of Men health are able to significantly activate and improve blood circulation in the pelvic organs. This explains the ability of Men health to significantly reduce dysuric manifestations and congestive symptoms in benign prostatic hyperplasia, eliminate inflammation in the pelvic organs, qualitatively improve the composition of sperm, promote the production of a sufficient amount of seminal fluid, full-fledged motile spermatozoa in the required amount, and improve male reproductive function. ...

Men health effectively helps with various disorders of male sexual function. Useful for sexual weakness due to imbalanced, large physical overload, mental imbalances and stress, in case of erectile dysfunction, premature ejaculation, decreased sex drive, low sperm quantity and quality, problems with conception.

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12. CONFIDEX TABLET

"Confidex" is a mixture of Ayurvedic medicinal herbs to restore, maintain and activate the male reproductive system. Natural aphrodisiac, naturally increases libido, contributes to the harmonious expression of emotional sensations. Increases testosterone, normalizes the male endocrine system, the number and quality of sperm. Increases a man's ability to naturally healthy conception of a child. Eliminates sexual weakness and problems with prostatitis. In essence, it is a pronounced tonic and anti-aging agent for the male body.

13. PRO-PILES TABLET

"Pro-Piles" consists of Ayurvedic medicinal herbs and is designed to solve problems associated with hemorrhoids, proctitis, varicose veins, thrombophlebitis. It activates blood circulation, strengthens the walls of venous vessels, prevents the formation of varicose veins, and heals the veins. It has antioxidant and hepatoprotective properties. Relieves puffiness, helps to eliminate

itching and acute pain associated with varicose veins of the rectum (hemorrhoids), normalizes bowel function.

14. SPI-MAN TABLET

SPI-MAN (Spi-Man) is a well-known natural product made from various Ayurvedic medicinal herbs. It is renowned worldwide for its effectiveness in treating erection problems, defective sperm production, early orgasms, and low sexual interest in men. It has been proven to be one of the best herbal remedies for improving sperm count and sperm problems in men.

15. DIAB-ET TABLET

"Diab-Et" consists of a mixture of Ayurvedic herbs that have properties that help to cope with the symptoms of type II diabetes mellitus: frequent urination, itching of the skin, burning, uncontrollable thirst is strong. Actively lowers blood sugar levels by stimulating the beta cells of the pancreas, prevents the absorption of glucose in the intestines.

16. CISTO TABLET

"CISTO" is a mixture of healing Ayurvedic herbs designed to heal the kidneys and the genitourinary system. It has antioxidant and hepatoprotective properties, strengthens the immune system, improves metabolic processes in the body. "Cysto" is a rejuvenating property and a mild aphrodisiac.

17. PRO-LIV TABLET

"Pro-Liv" consists of a mixture of Ayurvedic herbs with hepatoprotective properties. It is taken as a prophylactic agent for improving the liver, as well as for violations of its functioning. It restores the normal functioning of the liver, regulates bile formation and outflow of bile, and prevents the appearance of stones in the gallbladder. "Strait" starts the processes of self-healing of the liver, relieves hangover syndrome, increases the level of hemoglobin in the blood.

18. TRISHUL TABLET

Trishun Plus strengthens the immune system and fights colds. To effectively avoid the development of a cold, you must take Trishun at the first sign of it. Trishun provides quick relief. Trishun is usually taken with warm water, tea or coffee. Trishun Plus combines the advantages

of the Sudarshan and Tribhuvan Kirti races, which have the ability to quickly and effectively cope with colds and increase immunity.

19. AMLA

Amla (*Emblica officinalis*, Indian gooseberry) is one of the most powerful anti-aging plants in Ayurveda, the famous elixir of youth, rasayana. The main advantage of Amla is its ability to slow down the aging process. It also has strong anti-inflammatory, antiviral, astringent, antiseptic and regenerating properties. The list of useful and medicinal properties of Amla is huge.

20. ARJUN

Arjuna has been used in Ayurveda for centuries as a very effective remedy for heart disease. It has a cardioprotective effect, is used for ischemic heart disease and hypertension. Also, Arjuna has a tonic effect on the liver (especially in the case of liver cirrhosis), normalizes the heart rate and blood pressure. Reduces the amount of lipids in the blood, lowers the level of cholesterol, triglycerides, increases the synthesis of LDL substance.

21. ASHWAGANDHA

Ashwagandha (*Withania somnifera*) is a natural tonic, rasayana. It is famous for its anti-aging, body-toning properties, it is the root of life extension. Ashwagandha is called "Indian ginseng". It increases libido in men and women, treats impotence, increases potency, eliminates excessive excitement, and regulates libido.

It is often prescribed as a tonic to maintain the strength of the body in severe chronic diseases, for the elderly, in exhaustion, as a means of nourishing the cells and brain tissue. Improves the process of memorizing a large amount of information, significantly increases the ability to learn.

22. SHATAVARI

Shatavari (*Asparagus Racemosus*) - "asparagus racemose" is widely used for the treatment of gynecological diseases, diseases of the urinary tract and liver. It is a female tonic, helps to restore women's health and longevity, supports the menstrual cycle and reproductive system, hormonal balance.

Restores the energy of exhausted people, is useful for general weakness and loss of immunity.

Immunomodulator, aphrodisiac, used to normalize digestion, is also an effective remedy for men - it is used in cases of impotence, sexual weakness and inflammation of the genitals, loss of libido, infertility, seminal disorders.

23. KAPIKACHHU

Mucuna Pruriens is the Latin name for a creeping vine that grows throughout India, especially in the tropics, and is also found in the tropical regions of Africa and the Caribbean. Even in different languages, many of the names for Mucuna Pruriens refer to the velvety coating of hairs that cover its seminal follicles and which, if touched, can cause severe itching and irritation of the skin. Mucuna Pruriens is well known by its Sanskrit name: Kapikacchu, which means "a man begins to itch like a monkey."

Kapikachu has been used in Ayurvedic medicine for over two thousand years. There are traditional uses for the root and trichomes (irritating the hairs themselves), but it is Kapikachu seeds that are most commonly used therapeutically.

The healing properties of Kapikachu
Supports a Healthy Central and Peripheral Nervous System
Supports the body's ability to deal with stress
Is a natural source of levodopa
Supports physical balance and posture
Promotes Healthy Motor Skills and Motor Coordination
Improves energy and stamina
Supports intelligence
Strengthens libido
Restores both male and female reproductive systems
Promotes an increase in muscle mass and body weight.

24. BHRINGRAJ

Bhringraj stops hair loss and graying, promotes hair growth. It is an herb for treating baldness, dry scalp, itching, dandruff, and more. Bhringraj has healing properties that help to naturally cleanse the blood and remove impurities from the skin, giving it a radiant complexion. Bhringraj is a powerful liver tonic. It is used to treat liver damage and inflammation. Regular consumption of Bhringraj helps with jaundice and fatty liver. Bhringraj tablets promote the regeneration of liver cells. For urinary tract infections, it helps kill bacteria in the bladder and restore normal bladder function. Bhringraj has many other health benefits as well.

25. SHALLAKI

Boswellia Serrata (Shallaki), also known by the term Indian incense, prevents the formation of leukotriene (molecules that cause inflammation) in the human body. This property of Shallaki is widely used in the treatment of asthma, arthritis, osteoarthritis and rheumatoid arthritis.

Shallaki rejuvenates cells, helps eliminate external wounds and bruises. Shallaki is also used to treat internal wounds such as bleeding.

Shallaki's strong anti-inflammatory effect makes it an ideal solution for combating inflammatory diseases of the digestive tract.

Shallaki strengthens women's health. Herbal powder soothes menstrual pain, clears uterine congestion, and helps solve female reproductive problems.

Shallaki prevents the onset of respiratory problems such as asthma and bronchitis. In addition, it helps to reduce cough and chest congestion.

Shallaki is good for your skin as it rejuvenates and purifies the blood. Boswellia reduces damage and destruction of connective tissue. This keeps the skin healthy and prevents the appearance of wrinkles. Shallaki helps fight acne and pimples.

26. VASAKA (VASA)

Vasaka is useful for respiratory ailments such as bronchitis, asthma, wet coughs, and colds. Vasaka is a unique plant that helps maintain the functions of the bronchi, has bronchodilator properties (causes expansion of the lumen and elimination of bronchial spasm by relaxing their muscles), mucolytic (liquefies phlegm and facilitates its separation) and expectorant properties. It normalizes lung function and supports the immune system. The presence of vazicin and albatadonic acid allows you to suppress the reproduction and growth of streptococcus, staphylococcus, diphtheria and tubercle bacilli.

27. SHANKHPUSHPI

Shankapushpi is used as a brain tonic. It reduces the breakdown of brain cells. Shankapushpi is used to combat hysteria and treat insomnia. Shankapushpi helps reduce adrenaline and cortisol levels in the body, which are the main causes of stress. It is also called an antiepileptic drug. It prevents the onset of seizures. Shankapushpi works as a memory amplifier. It prevents the breakdown of brain cells and helps them regenerate, thereby improving memory. Shankapushpi has the ability to neutralize free radicals in the body.

28. TRIPHALA

Triphala

A unique Ayurveda formula that combines the healing properties of Triphala and acts on healing and additional stimulation of the digestive system. Perfectly cleanses the body of toxins, removes toxins, improves blood circulation. It activates metabolism, promotes complete digestion of food at each stage of this process, which relieves the digestive system of incomplete digestion products. Cleans the liver, stimulates the tone of the bile ducts and gallbladder, relieves the symptoms of "bile stagnation", improves the secretory functions of the liver, and stimulates digestion. Antioxidant, immunomodulator, activates the body's defenses.

29. TRIPHALA GUGGUL

Triphala Guggul is the oldest composition of five plants included in the Golden Series of Ayurveda. Unlike the classic Triphala, it is especially useful for relieving edema associated with inflammation, increased gas production, and intestinal spasms. An excellent remedy that improves metabolism, anti-inflammatory, antiseptic, tonic, anti-aging, has the properties of a natural antibiotic. It helps well with ailments associated with the musculoskeletal system, joint problems (arthritis and arthrosis, polyarthritis, rheumatoid arthritis, osteochondrosis, gout, etc.), well restores the body after operations on bones and joints.

30. KAISHOR GUGGUL

Kayshor guggul is an ancient herbal combination that affects the body's metabolism. It corrects the functions of the stomach and intestines, which helps to improve digestion and eliminate toxins from the body. Kayshore Guggul is used for health problems such as rheumatoid arthritis, gout, high blood uric acid, indigestion, abdominal cramps, inflammatory conditions, constipation, sciatica, muscle pain, sprains, fever, dysmenorrhea, and stiffness.

31. TAGARA

Tagara is a natural and effective sleep aid. The drug consists entirely of the plant Tagara - Indian valerian. Indian valerian is indicated as a remedy for hysteria, hypochondria, nervous anxiety, emotional stress, stress, sleep disorders.

32. MORINGA

Moringa has been used in Ayurveda for over 4000 years! Moringa is often referred to as the "miracle tree" because of its exceptional health benefits. This plant contains over 90 nutrients, 46 antioxidants and common minerals. Moringa is a natural source of plant protein, antioxidants, vitamins and minerals. It is effective for normalizing weight, strengthening immunity, in an alkaline diet and general cleaning of the body (detoxification). In the leaves of Moringa:

4 times more protein than eggs, 17 times more calcium than milk, 7 times more vitamin C than oranges, 4-10 times more vitamin A than carrots, 15 times more potassium than bananas, 25 times more iron than spinach, 36 times more magnesium than eggs.

Moringa leaves contain numerous powerful anti-cancer compounds.

33. MEDOHAR GUGGUL

Medohar Guggul helps to cope with obesity and reduce weight. It is also useful in the treatment of obesity-related disorders.

34. GARCINIA

Garcinia cambogia (Latin *Garcinia cambogia*) - a fruit that resembles a small pumpkin, was first discovered in Indonesia. This fruit can be green, yellow, or red. The fruit turns black, with a dry body, from drying in the sun for several days. The garcinia fruit tree thrives well in humid forests and is cultivated alongside peppers, spices, or coffee in areas such as Southeast Asia, India, and West Africa.

Garcinia cambogia has recently gained popularity for its ability to induce weight loss in humans. Hydroxyl citric acid (GLA) in the composition of the fruit has the property of affecting obesity. Two to three times more weight loss is observed in those who take garcinia, and do not use a weight loss diet and exercise. Its medicinal benefits are well known to people who live in areas where this plant grows. Garcinia cambogia has many other uses besides its main use as a weight loss plant.

35. MANJISTHA

In Ayurveda, Manjistha is considered the best blood-purifying herb. It cools and cleanses the blood, dissolves obstructions in the bloodstream, removes stagnant blood, and stops bleeding. Manjistha helps with inflammation of the blood and the female reproductive system. It has a beneficial effect on the functioning of the liver, kidneys and spleen. Gently destroys kidney stones and promotes painless removal.

36. NEEM

Eliminates the very cause of skin problems, cleanses the blood, liver, regulates metabolism in the body, destroys infections. Cleans pores, nourishes the skin, fights furunculosis, rashes and acne, especially internal, subcutaneous, which are difficult to get rid of with the help of cosmetics. In addition to skin diseases, Neem increases immunity, activates the body's protective functions, and improves metabolism.

37. MEDOHAR VATI

Many people are now obese. Food and lifestyle have changed our lives to a great extent. Every fourth person is faced with the problem of obesity, and, consequently, with other concomitant diseases. But Ayurveda solves almost all problems. Ayurveda has the ability to cure almost all diseases. Excess fat can also be reduced through the natural power of herbs.

Medohar Vati is a weight loss drug. Its main purpose is to eliminate disturbances in the digestive system and to digest fat in the stomach, converting it into energy. But that's not all, this drug also provides many other additional benefits. It also helps in treating diabetes, hypertension or high blood pressure, strengthens bone marrow, improves sperm, increases energy levels, treats thyroid disorders, and treats rheumatism and joint pain.

38. KANCHNAR GUGGUL

Kanchanar Guggul combines Kanchanar (*Bauhinia variegata*) and a mixture of other herbs with Guggul resin, which helps to more efficiently transport nutrients and healing properties of plants throughout the body. Kanchanar Guggul powder is useful for removing deep-seated Kapha accumulations throughout the body and tissues. It is a natural body cleanser and may also be helpful in supporting the thyroid and lymphatic system.

39. SHIVA GUTIKA

Shiva Gutika is a famous Ayurvedic herbal blend. It has many medicinal properties. In India, it is used for various diseases such as liver and spleen disorders, epilepsy, ascites, hiccups, rhinitis, bronchitis, cough, anemia, heart disease, vomiting, skin diseases, gout, arthritis and others.

40. ANANTMOOL

Ananthamul is widely used to support the body as a whole, improves overall health, gives strength, promotes health and vigor, helps with exhaustion of the body, loss of appetite, and also helps with many nervous disorders, anxiety and irritability. Ananthamul removes toxins from the liver, increases the outflow of bile from the gallbladder, cleanses the blood, which makes it an excellent means for detoxifying the entire body.

41. ASHOK CHHAL

42. BAKUTCHI

A natural plant-based soap infused with pure stimulating herbs and extracts such as Bakuchi, Tulsi, Neem, Sandalwood and Amla, known for their healing and cosmetic properties that are effective in treating skin conditions.

The herbal soap helps to remove acne, fine wrinkles, pigmentation and prevents skin infections. Ideal face and body soap for dull, lifeless skin. This is a natural skin smoothing recipe.

Regular cleansing with a good scrubbing soap helps the skin to get rid of all impurities and dead skin cells. Exfoliating your skin also unclogs clogged pores and removes blackheads, leaving it fresh and healthy.

43. BALA

It has antioxidant, tonic, hemostatic, nourishing, rejuvenating, diuretic, decongestant, anthelmintic, anti-asthmatic, soothing, antipyretic, asthmatic, analgesic, healing, emollient, cooling properties, contains ephedrine in its composition, and therefore is used as an anti-cardiac stimulant. Aphrodisiac.

Bala is traditionally used in Ayurveda for a wide range of diseases such as facial paralysis, colic, heart disease, arrhythmia, genital and seminal weakness, menorrhagia, sciatica, headache, migraine, hematuria, cystitis, leucorrhoea, neuralgia, rigidity occipital muscles, asthma, allergies, weight loss, exhaustion, general weakness, diabetes, diarrhea, muscular dystrophy and muscle weakness, cough, fever, nasal congestion, diseases accompanied by chills, as well as lack of sweating, pain in joints and bones, shortness of breath , urinary tract infections.

Bala also purifies the blood, lowers blood pressure, lowers blood sugar, increases energy, vitality, strengthens the muscular system, gives endurance and inner strength, is useful for calming and strengthening the nervous system, increases body weight, improves the quality and quantity of reproductive fluids for the conception of healthy offspring, balances the amount of testosterone, increases sexual desire, improves digestion, normalizes stool consistency, eliminates flatulence, enhances general immunity, is a good tonic for the lungs, is useful for cystitis.

When applied externally in the form of a mask, Bala improves complexion, the external condition of the skin, it can also be used locally for eye diseases and for dressing wounds, accelerates wound healing in chronic infectious diseases, relieves pain, relieves swelling.

44. BAEL PATRA

One of the names for baile in Sanskrit is bilva. This plant is one of the most beneficial medicinal herbs in India. The healing properties of bilva were described in the ancient medical treatise Charaka Samhita in Sanskrit, it is included in the group of ten roots of Dashamula. All parts of this tree, including the trunk, bark, roots, flowers, leaves and fruits at all stages of maturity, have various medicinal properties and have been used in the medical field for many centuries. In addition, this tree is considered sacred in Hinduism and is used to worship Shiva. It is seen as a symbol of wealth and fertility.

Traditionally in Ayurveda Bael (Bilva) Patra is used in the treatment of diabetes mellitus, cholera, hepatitis, intestinal worms, amebiasis, diarrhea, dyspepsia, dysentery, bleeding gums, peptic ulcer, respiratory infections, digestive disorders, constipation, colitis, hypertension and other diseases ...

It also helps in getting rid of problems such as acidity, jaundice, epilepsy, typhoid fever, malaria, indigestion, leprosy, myalgia, hemorrhoids and other bleeding disorders, helps in regulating the secretion of thyroid hormone, thus regulating the metabolism. preventing hyperthyroidism.

This stimulates the heart, reduces intestinal cramps caused by irritable bowel syndrome and Crohn's disease, resolves kidney and liver problems, fights infections, reduces excess urination, lowers high blood pressure and provides relief from menstrual problems, and helps in relieving cough, colds, sinusitis, fever, asthma, bronchitis, flu and other similar respiratory diseases.

When used topically, paste provides relief from joint pain, swelling, headache, food allergy symptoms, and itchy skin. In the form of a poultice, it is used for eye disorders, ulcers, inflammation.

45. BAEL PHAL

Traditionally, in Ayurveda Bael (Bilva), the fruit is used for diarrhea, acidity, dysentery, dyspepsia, abdominal pain, anemia, nausea, vomiting, morning sickness of pregnant women. Outwardly in the form of applications - on swollen and sore joints. It is useful for digestive disorders, intestinal cramps, improves appetite, relieves peptic ulcer, headache, hypertension, diabetes, cholera, colitis, hepatitis and many other diseases, cleanses the blood, cools the body, acts as a mild laxative and as an absorbent.

46. BRAHMI

Brahmi is one of the most important anti-aging agents in Ayurveda. It is the main remedy for stimulating and strengthening nerve and brain cells. Brahmi improves memory, prolongs life, slows down aging and gives strength in old age. Strengthens the immune system by cleansing and nourishing it, and also strengthens the adrenal glands. Improves brain function, enhances memory, increases mental ability, concentration, intelligence, mental endurance.

47. MILK THISTLE

Intensive training and large amounts of nutrients put a significant strain on the main chemical laboratory - the liver. The accumulation of toxins provokes a dysfunction of the liver, leading to a general deterioration in health and a decrease in the performance of the whole organism. But if you use Sangam's new Milk Thistle Advantage in your diet, you can restore your liver to peak performance by removing all toxins and waste products from your body!

Milk thistle has been used since ancient times as an effective hepatoprotector - a restorer and protector of liver function. Providing an immuno-modulating and antioxidant effect on liver cells, milk thistle contributes to the early recovery of the liver after damage caused to its tissues by toxins and toxins.

Silymarin, which is part of milk thistle, plays a special role in the stabilization of liver function. It repairs damaged cell membranes, helping damaged cells to normalize their functions,

and also promotes the growth of new liver cells. Therefore, when using milk thistle, it is possible to restore liver function even after serious and long-term negative effects on it with the help of alcohol, drugs and improper nutrition.

The presence of medicinal dandelion in the complex has a diuretic effect, helping the body to remove accumulated toxins and toxins. Accumulating in the kidneys and bile, toxic substances have the ability to accumulate over time, more and more poisoning the body with their increasing concentration. And only the activation of the urinary system is able to completely remove all toxins from the body, cleansing the body of their presence!

Curly parsley extract is successfully used in medicine as a therapeutic and prophylactic agent in the fight against gastritis and other chronic and acute disorders of the digestive tract. This will help stabilize the function of the digestive system, making the assimilation of incoming food better and relieving a person from the discomfort associated with the consumption of large amounts of food required when performing muscle-type trainings.

The use of radish in the Milk Thistle complex enhances the absorption of food in the stomach, improves appetite and successfully fights various diseases of the gastrointestinal tract. And, in addition, radish effectively removes cholesterol from the body, which accumulates on the walls of blood vessels and makes it difficult for blood to pass through them. Therefore, taking Milk Thistle Advantage not only improves the function of the liver and digestive tract, but also has a preventive effect on the cardiovascular system!

48. VIDANG

The main property of Vidanga is the destruction of various worms, pathogenic bacteria, parasites, fungi in the human body. This is the best Ayurvedic herb for deworming, with a rather mild effect, safe for all age groups. Helps to get rid of roundworms, various tapeworms, roundworms, helminths, bovine tapeworm and others.

49. VIJAYSAR

Vijayasar is made from the Pterocarpus Marsupium plant, the main feature of which is the control of diabetes mellitus and the manifestation of its symptoms. It normalizes blood glucose levels and effectively resists complications of this ailment, including symptoms such as frequent urination, pathological thirst, constant hunger, muscle weakness.

50. GILOY

In Ayurveda, Giloy (Guduchi) is used for acute infections, as a digestive aid, aphrodisiac and diuretic. It is useful for high uric acid, gout, cancer of all types, general weakness, various urinary tract infections, dyspepsia, diarrhea, rheumatism, constipation, tuberculosis, jaundice, typhoid fever, viral hepatitis, malaria, tuberculosis. It is also successfully used for vomiting, flatulence, anemia, anorexia, gastritis, hemorrhoids, intense thirst, heart failure, liver diseases (such as hepatitis), spleen disorders, asthma, rheumatoid arthritis, indigestion and eye diseases.

It is a natural blood purifier, very useful for skin problems such as acne, psoriasis, leprosy, eczema, lichen planus, erysipelas, itchy rashes and others.

It also cleanses the brain of toxins that interfere with normal mental activity, rejuvenates and enhances the body's immunity, is good for the prevention and treatment of psycho-emotional stress, relieves anxiety and depression.

The herb gives longevity, strengthens memory, improves health, gives youth, improves complexion, voice, skin radiance, relieves burning sensation, normalizes temperature, increases energy and appetite, improves spermatogenesis, cleanses breast milk.

51. GOKHRU

Gokhru or Gokshuradi is a wonderful Ayurvedic herb that helps with many diseases mainly in the lower body: urolithiasis, inflammatory processes of the urinary and genitourinary system, weak erection, male and female infertility, etc. an aphrodisiac.

52. GUDMAR

Goodmar Patra is made from the tropical plant *Gymnema sylvestre*. This herb is used in weight management programs as it is good at relieving addiction to sweets and limiting the desire to "eat on the nerves." Recommended for people with an increased risk of diabetes and already diabetic patients who are undergoing dietary treatment.

In addition to relieving the desire to eat sweets, it destroys the accumulated sugar in the body, helps to restore the beta cells of the pancreas, which are responsible for the production of insulin, and also stimulates its production. It has an anti-inflammatory effect, improves digestion and liver function.

53. DASHMOOL

Ayurvedic remedy DASHAMULA translates as "ten roots". This is an effective Ayurvedic preparation, in which the roots of ten plants show their specific healing properties: each root normalizes the functions of a certain endocrine organ. Together, these ten roots normalize the state of the entire neuroendocrine system.

Dashamula is used for general malaise, liver and kidney diseases (with edema, dark circles under the eyes), the genitourinary system, for rheumatism and diseases of the musculoskeletal system, for colds and fevers, having a beneficial effect on the lungs and bronchi. Dashamula, being a

cleansing and rejuvenating agent for the body, perfectly removes toxins and toxins, strengthens the immune system.

Dashamula cleanses the entire respiratory system. Increased intake of Dashamula for colds for 2 days will prevent respiratory complications from developing.

Dashamula will help cleanse the blood, restore the work of the vascular system.

Dashamula is one of the few natural remedies that restores the functioning of the pancreas.

The reception of Dashamula is shown to nursing mothers: after the birth of a child, the body needs to be cleansed (the quality of breast milk will also improve), and lactation will increase.

"Ten Roots" will effectively help you get rid of bad habits (smoking, alcoholism, drugs), cleanse the body of long-term use of antibiotics - Dashamula will gently and quickly remove toxins from the body.

54. JATAMANSI

Jatamansi helps to clarify consciousness, increases self-confidence, relieves anxiety and the effects of stress, and normalizes sleep. It balances the emotional state, has a positive effect on hysterical neuroses, mania and psychosis. It normalizes blood circulation in the cerebral vessels, eliminates their spasms, relieves mental stress and headache. Useful for strokes, cognitive impairment. Strengthens memory and increases the productivity of the thinking process.

55. GINGER

The Latin name for ginger is *Zingiber officinale*. It is believed to be derived from the Greek *zingiberi* or Latin *zingiber*, derived from the Sanskrit phrase "horn-shaped."

India is considered the homeland of ginger, and up to 50% of its total world volume is still grown in this country. The spice is also cultivated in China, Vietnam, Australia, Indonesia, Sri Lanka, West Africa, Argentina, Brazil, Jamaica and Barbados. Ginger can be grown as a garden and houseplant in pots or boxes. But in the wild, it does not grow anywhere. Plant height reaches 1.5 meters.

Ginger has an erect, rounded stem. Its flowers can be of different shades from brown to orange, collected in spike-shaped inflorescences.

The beneficial properties of ginger lie mainly in its chemical composition. It contains a huge amount of useful nutrients and minerals and vitamins.

Ginger is a popular oriental spice that has been known since ancient times not only as a culinary seasoning, but also as a medicine useful in the treatment of a large number of ailments. This herb can be used in a variety of forms, such as fresh, pickled, candied or dried. This article will focus on dried ginger.

Dried ginger, in comparison with other types of this wonderful spice, is much sharper in taste and carries a high concentration of components that determine its beneficial properties. Therefore, it is a good idea to soak it first before using dried ginger. But as for the

taste and aroma, here ground ginger is inferior to fresh. But despite this, in some recipes, dried ginger can replace fresh ginger (a teaspoon of ground ginger replaces a tablespoon of fresh ginger).

The benefits of dried ginger are undeniable as it is a source of vital minerals and vitamins. It contains many micro and macro elements that are necessary for a full existence. Dried ginger, as practice shows, is extremely effective in combating excess weight. Tea with the addition of this spice is the fastest and safest way to return to its previous shape after the holidays. It fights calories without requiring grueling diets or questionable drugs.

In addition, ginger powder is able to boost immunity, relieve colds or flu. It can help lower cholesterol levels, stimulate blood circulation and prevent blood clots.

It can also help with bruises and muscle fatigue. To do this, you can make a ginger bath or a compress.

The harm from using ginger can only be in case of an overdose. Therefore, if you do not abuse the aromatic spice, it will only benefit. Also, it should not be consumed at high temperatures, because everyone knows its warming properties.

How to dry ginger? Cut fresh ginger root into thin slices (like chips), spread on paper, dry at room temperature until tender, turning regularly. You need to store dried ginger in a glass jar, in a cool, dark place, its beneficial properties last up to 4 months.

Dried Ginger Applications:

As a rule, dried ginger in food preparation is taken in the amount of one gram per kilogram of meat or dough. This amount is entirely sufficient to give a culinary creation a peculiar aroma and delicate taste that this spice can give. There is no need to increase the amount of seasoning added - as a result, you may be unhappy with the taste of the dish.

Dried ginger should be added to a variety of dishes at specific times. So, for example, this spice is added to meat dishes at least 20 minutes before the end of cooking, to the dough - during kneading or at the very end of kneading, to sauces - after they are completely ready.

Dried ginger can be a great substitute for fresh ginger. It is readily used in cooking and medicine. This plant is also not ignored by cosmetologists. Ground ginger, if diluted with water, can be a fairly effective pain reliever and warmer. In cosmetology, using dried ginger, various cosmetics for skin and hair care (for example, masks) are prepared.

Dried Ginger for Weight Loss

For weight loss and recovery of the whole body, not only various drinks are used, but also therapeutic baths and wraps. For this, dry ginger is used in powder form. Nutritionists recommend the use of a dried plant, due to the fact that the active substances are better absorbed by the cells.

Baths with ginger powder

For weight loss, it is useful to take hot baths with the addition of ginger powder. During this procedure, metabolic processes in the body are activated. The substances in ginger act on tissue cells, burning excess fat. This releases a large amount of energy.

10-15 minutes after the start of the bath, you can feel a surge of warmth. At this time, it is recommended to massage the problem areas of the body to enhance the anti-cellulite effect. This will help remove body fat. The time for taking a bath together with a massage should be no more than 30 minutes.

After you finish the procedure, it is best to wrap yourself well in a warm robe or towel so that the heat effect does not disappear. This is necessary to exclude a sharp change in temperature on the body surface.

To make a ginger bath, use dried ginger powder, about a tablespoon, and some sea salt. Take a hot bath and add salt and ginger powder to the water. Wait for the products to dissolve and take a bath.

56. ISABGOL

Isabgol is a mild, natural, Ayurvedic remedy for the regulation of the intestines and digestive tract. This product is a ground husk of ovate plantain seeds. It removes toxins and toxins, normalizes bowel function. Being highly hydrophilic, Isabgol absorbs liquid. Once in the intestine, it forms into a gel and turns into a kind of molecular sponge. Passing through the entire intestinal tract, Isabgol homogenizes and normalizes the internal environment of the intestine, absorbing toxins and toxins.

57. CURCUMA

Turmeric is the queen of spices, spice and medicine, natural antibiotic. Turmeric is a folk remedy for diseases of the liver, kidneys, cholelithiasis, stomach ulcers, decreased appetite, irregular menstruation, to improve digestion, increase gastric secretion, increase antitoxic liver function, regulate blood cholesterol levels. Turmeric is very common in India and China. Here it is used both as a spice, as a food coloring, and as a medicine. This spice is considered traditional in England, where it is added to all egg and meat dishes and to sauces. In addition to its color, turmeric gives the product freshness and increases shelf life. Turmeric has a number of medicinal properties: it improves metabolism, is an antibacterial, wound-healing agent, improves digestion, blood circulation.

The yellow dye curcumin helps empty the gallbladder. The essential oil increases the production of bile in the liver. Based on this, turmeric should be used for those diseases of the gastrointestinal tract, which are caused by decreased bile secretion. Curcumin is used to treat gallbladder diseases and has choleric properties, as well as enhances the antioxidant function of the liver, has stimulating properties. In Indian folk medicine, turmeric is used to eliminate itching, dermatitis, and allergic rashes.

Turmeric is an excellent natural antibiotic that simultaneously improves digestion and helps normalize intestinal flora. Thanks to this, it serves as a good antibacterial agent for debilitated and chronic patients. This medicinal plant plays an important preventive role in the countries of tropical Asia, preventing the spread of numerous intestinal infections. Turmeric not only cleanses and improves blood circulation, but also stimulates the formation of red blood cells. Long turmeric regulates metabolism, correcting both excess and deficiency of metabolic processes and promotes protein absorption.

Turmeric is listed in the British Herbal Pharmacopoeia.

Turmeric Powder is a mild spice with a pungent taste. Turmeric is used as a food coloring, used to increase the shelf life of products.

Healing properties:

- normalizes metabolism;
- improves digestion;
- normalizes the liver and gallbladder;
- improves the condition of the gastrointestinal tract;
- has an antibacterial effect;
- improves the absorption of heavy foods;
- has a tonic effect;
- stimulates the immune system.

It is used as a wound healing agent.

Application in medicine

Turmeric is used in Indian medicine to treat dermatitis. Turmeric eliminates allergies, itching, inflammation. The spice is used to make skin care products. Turmeric masks cleanse and tighten pores, eliminate redness and inflammation.

Turmeric eliminates intestinal infections, normalizes liver function. The spice is used to cleanse the blood, it enhances the formation of red blood cells.

Culinary

uses The rhizomes of the plant are used as a spice. Turmeric is poured over with boiling water and dried in the sun. The shredded root portion is used as a seasoning for seafood, salads and sauces.

The spice is added to cereals, mushrooms, fresh and stewed vegetables, hot soups.

Turmeric goes well with rice, eggs, savory cereals, milk and honey.

In Indian cuisine, turmeric is used in almost every dish.

58. MULETHI

Yashtimadhu is the name of licorice in Sanskrit, it is one of the most commonly used Ayurvedic herbs, it grows mainly in the Himalayas, is one of the most popular medicinal plants in India and also abroad. Licorice has a sweet taste due to its glycyrrhizin content, which is about 50 times sweeter than sucrose. This herb is striking in its multifaceted use, it can be used both for prophylactic and health-improving purposes.

Traditionally in Ayurveda, Yashtimadhu (Mulethi) purifies the blood, removes toxins, helps digestion, has a mild laxative effect, when used in small quantities relieves vomiting, excessive thirst, helps with poisoning and relieves acidity, gastric colic, abdominal pain, soothes peptic ulcer, protects and stimulates the liver, nourishes the nervous system, protects the heart, helps with rheumatism, arthritis. This is the best Ayurvedic herb that fights low body weight and rickets, relieves muscle cramps, headaches, painful urination, normalizes cholesterol levels, and has a positive effect on hormones.

59. NAGARMOTHA

Ayurvedic herbal powder Nagarmotha - has anti-inflammatory and antiseptic properties, helps to get rid of skin diseases, tightens and heals wounds. Used to cleanse and soothe skin and hair. Regulates the sebaceous glands, removing excess oiliness of the scalp, soothes itching, fights dandruff. This aromatic plant is well known in the Ayurvedic tradition for imparting a woody, spicy scent to hair. Face masks from Nagarmotha - tone, soothe and cleanse. An indispensable product for acne-prone skin.

The aroma of Nagarmotha is spicy, resinous, reminiscent of incense, "the smell of Indian shops."

60. PIPPALI

Many people confuse pippali with other types of pepper. It is often mistaken for black pepper. The taste is really similar for both, but Pippali is hotter and more aromatic than black pepper. Long peppers are very powerful and have a quick and almost immediate effect after consumption.

The plant and especially its fruits are widely used in traditional Indian medicine. Modern scientific research has also shown that they have a number of useful properties that are useful for the treatment and prevention of colds, cough, laryngitis, bronchitis, bronchial asthma, as well as a number of diseases of the gastrointestinal tract and circulatory system, as well as in conditions such as immunodeficiency.

Pepper is most commonly used to treat respiratory problems. Pippali pepper also has anti-inflammatory properties and is also very beneficial for muscle cramps, allergies, and parasites. It can relieve even acute toothache. To do this, add a little salt and a few drops of water to the pippali powder and spread the mixture on the painful area.

61. PUNARNAVA

It is used in the restoration of the kidneys, removes toxins and excess fluid from the kidneys, and normalizes their work.

Spreading berhavia (Punarnava) is a plant that is used to restore the kidneys, removes toxins and excess fluid from the kidneys, and normalizes their work. Perfectly cleanses blood, relieves pain in joints, normalizes heart function, supports the proper functioning of the urinary system, the musculoskeletal system in general, and the circulatory system. Also useful for anemia, inflammation, acute abdominal pain, tumors in the abdominal cavity and joints, arthritis, gout, edema, including allergic, rheumatism.

62. SARPAGANDHA GHAN VATI

Sarpagandha has vasodilating properties and causes a decrease in blood pressure. Its main indication is mild to moderate arterial hypertension. "Serpenol" is used for hypertension and heart disease.

Another important therapeutic use of Serpenol is in psychotic disorders such as delusions, hallucinations, schizophrenia, paranoia or thought disorder. Sarpagandha has a sedative and pronounced sedative effect. It is used to relieve various central nervous system disorders, anxiety, agitation, manic behavior associated with psychosis, insanity, insomnia, seizures and epilepsy.

63. TRIKATU

Trikatu has a positive effect on the digestive system, liver, spleen, pancreas. The drug activates the production of digestive enzymes, helps to improve appetite and digestibility of food. Trikatu protects the liver from destruction, infections and viruses, and maintains the correct functioning of the organ. Trikatu helps to cleanse toxins and toxins, balances Kapha dosha, which helps to naturally lose excess weight and lower blood cholesterol levels. Powder Trikatu also has expectorant properties, useful for colds caused by the accumulation of mucus in the nasopharynx, throat infections, runny nose, allergic rhinitis.

64. TULSI PATRA

Sacred basil is considered a kind of elixir of life and promotes longevity, reduces stress, increases endurance, relieves inflammation and pain, lowers cholesterol, detoxifies, protects from radiation, prevents stomach ulcers, reduces fever, improves digestion and provides a rich supply of antioxidants and other nutrients. Tulsi Patra / Tulsi Patra is especially effective in supporting the heart, blood vessels, liver and lungs, and also regulates blood pressure and blood sugar levels, is useful for respiratory tract infections, allergies, decreased immunity, viral hepatitis, inflammation of various types, general weakness of the body, constipation, bloating, jaundice, acidity, rheumatism, arthritis and a number of other body imbalances.

65. HARITAKI

Haritaki is a legendary Indian plant. It is believed that it destroys all diseases, removes all toxins from the body and contributes to its recovery, increases life expectancy and rejuvenation.

Haritaki is a real rasayana that has a beneficial effect on the entire body as a whole, it helps to increase the level of energy. The main active ingredients in Haritaki are hebulic acid and powerful antioxidants. Hebulic acid stimulates the synthesis of enzymes important for detoxification and has a neuroprotective effect on the cells of the brain and spinal cord, facilitates associative connections between various structures of the central nervous system, strengthens memory, and improves learning.

66. SHIKAKAI

Boswellia Serrata (Shallaki), also known by the term Indian incense, prevents the formation of leukotriene (molecules that cause inflammation) in the human body. This property of Shallaki is widely used in the treatment of asthma, arthritis, osteoarthritis and rheumatoid arthritis.

Shallaki rejuvenates cells, helps eliminate external wounds and bruises. Shallaki is also used to treat internal wounds such as bleeding.

Shallaki's strong anti-inflammatory effect makes it an ideal solution for combating inflammatory diseases of the digestive tract.

Shallaki strengthens women's health. Herbal powder soothes menstrual pain, clears uterine congestion, and helps solve female reproductive problems.

Shallaki prevents the onset of respiratory problems such as asthma and bronchitis. In addition, it helps to reduce cough and chest congestion.

Shallaki is good for your skin as it rejuvenates and purifies the blood. Boswellia reduces damage and destruction of connective tissue. This keeps the skin healthy and prevents the appearance of wrinkles. Shallaki helps fight acne and pimples.

67. YOGRAJ GUGGUL

Yogaraj Guggul is traditionally used in India for the healing of joints, for problems of the musculoskeletal system and disorders of the nervous system. The composition of the product is quite complex and includes about 30 ingredients of plant and mineral origin, which act as antioxidants on the musculoskeletal system. Such a drug is useful both for maintaining the health of joints, muscle tissues and the nervous system, and as a general tonic.

68. MAHASUDARSHAN

Mahasudarshan helps to improve vision. Its literal translation means "wonderful composition for good eyesight." This is because it contains mostly bitter herbs that help cool and clear the eyes.

It is useful for ailments caused by excessive consumption of sugary or fatty foods. Reduces the increased acidity of the stomach, which is useful for peptic ulcer disease, relieves pain and burning sensation. Quickly removes the effects of alcohol and food poisoning.

69. AMLA

Amla (*Emblica officinalis*, Indian gooseberry) is one of the most powerful anti-aging plants in Ayurveda, the famous elixir of youth, rasayana. The main advantage of Amla is its ability to slow down the aging process. It also has strong anti-inflammatory, antiviral, astringent, antiseptic and regenerating properties. The list of useful and medicinal properties of Amla is huge.

70. ANANTMOOL

Ananthamul is widely used to support the body as a whole, improves overall health, gives strength, promotes health and vigor, helps with exhaustion of the body, loss of appetite, and also helps with many nervous disorders, anxiety and irritability. Ananthamul removes toxins from the liver, increases the outflow of bile from the gallbladder, cleanses the blood, which makes it an excellent means for detoxifying the entire body.

71. ARJUN CHHAL

Arjuna has been used in Ayurveda for centuries as a very effective remedy for heart disease. It has a cardioprotective effect, is used for ischemic heart disease and hypertension. Also, Arjuna has a tonic effect on the liver (especially in the case of liver cirrhosis), normalizes the heart rate and blood pressure. Reduces the amount of lipids in the blood, lowers the level of cholesterol, triglycerides, increases the synthesis of LDL substance.

72. ASHWAGANDHA

Ashwagandha (*Withania somnifera*) is a natural tonic, rasayana. It is famous for its anti-aging, body-toning properties, it is the root of life extension. Ashwagandha is called "Indian ginseng". It increases libido in men and women, helps to cope with impotence, increases potency, eliminates excessive excitement, and regulates libido. Powerful natural energy drink. Useful for everyone who spends a lot of energy, as well as for the elderly and exhausted people.

73. BAEL PHAL

Traditionally, in Ayurveda Bael (*Bilva*), the fruit is used for diarrhea, acidity, dysentery, dyspepsia, abdominal pain, anemia, nausea, vomiting, morning sickness of pregnant women. Outwardly in the form of applications - on swollen and sore joints. It is useful for digestive disorders, intestinal cramps, improves appetite, relieves peptic ulcer, headache, hypertension, diabetes, cholera, colitis, hepatitis and many other diseases, cleanses the blood, cools the body, acts as a mild laxative and as an absorbent.

74. BRAHMI

Brahmi is one of the most important anti-aging agents in Ayurveda. It is the main remedy for stimulating and strengthening nerve and brain cells. Brahmi improves memory, prolongs life, slows down aging and gives strength in old age. Strengthens the immune system by cleansing and nourishing it, and also strengthens the adrenal glands. Improves brain function, enhances memory, increases mental ability, concentration, intelligence, mental endurance.

75. BHRINGRAJ

Bringraj stops hair loss and graying, promotes hair growth. It is an herb for treating baldness, dry scalp, itching, dandruff, and more. Bhringraj has healing properties that help to naturally cleanse the blood and remove impurities from the skin, giving it a radiant complexion. Bhringraj is a powerful liver tonic. It is used to treat liver damage and inflammation. Regular consumption of Bhringraj helps with jaundice and fatty liver. Bhringraj tablets promote the regeneration of liver cells. For urinary tract infections, it helps kill bacteria in the bladder and restore normal bladder function. Bhringraj has many other health benefits as well.

76. VASAKA

Vasaka is useful for respiratory ailments such as bronchitis, asthma, wet coughs, and colds. Vasaka is a unique plant that helps maintain the functions of the bronchi, has bronchodilator properties (causes expansion of the lumen and elimination of bronchial spasm by relaxing their

muscles), mucolytic (liquefies phlegm and facilitates its separation) and expectorant properties. It normalizes lung function and supports the immune system. The presence of vazicin and albatadonic acid allows you to suppress the reproduction and growth of streptococcus, staphylococcus, diphtheria and tubercle bacilli.

77. VIDANG

The main property of Vidanga is the destruction of various worms, pathogenic bacteria, parasites, fungi in the human body. This is the best Ayurvedic herb for deworming, with a rather mild effect, safe for all age groups. Helps to get rid of roundworms, various tapeworms, roundworms, helminths, bovine tapeworm and others.

78. VIJAYSAR

Vijayasar is made from the Pterocarpus Marsupium plant, the main feature of which is the control of diabetes mellitus and the manifestation of its symptoms. It normalizes blood glucose levels and effectively resists complications of this ailment, including symptoms such as frequent urination, pathological thirst, constant hunger, muscle weakness.

79. GOKHRU

Gokhru or Gokshuradi is a wonderful Ayurvedic herb that helps with many diseases mainly in the lower body: urolithiasis, inflammatory processes of the urinary and genitourinary system, weak erection, male and female infertility, etc. an aphrodisiac.

80. DASHMOOL

Ayurvedic remedy DASHAMULA translates as “ten roots”. This is an effective Ayurvedic preparation, in which the roots of ten plants show their specific healing properties: each root normalizes the functions of a certain endocrine organ. Together, these ten roots normalize the state of the entire neuroendocrine system.

Dashamula is used for general malaise, liver and kidney diseases (with edema, dark circles under the eyes), the genitourinary system, for rheumatism and diseases of the musculoskeletal system, for colds and fevers, having a beneficial effect on the lungs and bronchi. Dashamula, being a cleansing and rejuvenating agent for the body, perfectly removes toxins and toxins, strengthens the immune system.

Dashamula cleanses the entire respiratory system. Increased intake of Dashamula for colds for 2 days will prevent respiratory complications from developing.

Dashamula will help cleanse the blood, restore the work of the vascular system.

Dashamula is one of the few natural remedies that restores the functioning of the pancreas.

The reception of Dashamula is shown to nursing mothers: after the birth of a child, the body needs to be cleansed (the quality of breast milk will also improve), and lactation will increase.

"Ten Roots" will effectively help you get rid of bad habits (smoking, alcoholism, drugs), cleanse the body of long-term use of antibiotics - Dashamula will gently and quickly remove toxins from the body.

81. JATAMANSI

Jatamansi helps to clarify consciousness, increases self-confidence, relieves anxiety and the effects of stress, and normalizes sleep. It balances the emotional state, has a positive effect on hysterical neuroses, mania and psychosis. It normalizes blood circulation in the cerebral vessels, eliminates their spasms, relieves mental stress and headache. Useful for strokes, cognitive impairment. Strengthens memory and increases the productivity of the thinking process.

82. ISABGOL

Isabgol is a mild, natural, Ayurvedic remedy for the regulation of the intestines and digestive tract. This product is a ground husk of ovate plantain seeds. It removes toxins and toxins, normalizes bowel function. Being highly hydrophilic, Isabgol absorbs liquid. Once in the intestine, it forms into a gel and turns into a kind of molecular sponge. Passing through the entire intestinal tract, Isabgol homogenizes and normalizes the internal environment of the intestine, absorbing toxins and toxins.

83. KAPIKATCHU

Mucuna Pruriens is the Latin name for a creeping vine that grows throughout India, especially in the tropics, and is also found in the tropical regions of Africa and the Caribbean. Even in different languages, many of the names for Mucuna Pruriens refer to the velvety coating of hairs that cover its seminal follicles and which, if touched, can cause severe itching and irritation of the skin. Mucuna Pruriens is well known by its Sanskrit name: Kapikacchu, which means "a man begins to itch like a monkey."

Kapikachu has been used in Ayurvedic medicine for over two thousand years. There are traditional uses for the root and trichomes (irritating the hairs themselves), but it is Kapikachu seeds that are most commonly used therapeutically.

The healing properties of Kapikachu

Supports a Healthy Central and Peripheral Nervous System

Supports the body's ability to deal with stress

Is a natural source of levodopa

Supports physical balance and posture
Promotes Healthy Motor Skills and Motor Coordination
Improves energy and stamina
Supports intelligence
Strengthens libido
Restores both male and female reproductive systems
Promotes an increase in muscle mass and body weight.

84. KARELA

Karela is an Ayurvedic herb used to lower blood glucose levels in diabetes mellitus. It also has a number of medicinal properties that are beneficial for other diseases as well. For example, antitumor activity, due to which it is often used in malignant and benign neoplasms.

Karela is valued for its ability to maintain normal blood pressure, regulate cholesterol levels, strengthen the body's defenses, prevent tumors and suppress the proliferation of existing cancer cells. It suppresses the vital activity of pathogenic microorganisms, viruses, especially those that live in the genitourinary system.

Karela is one of the remarkable blood-purifying agents, has a beneficial effect on the function of the pancreas and liver, stimulates the digestion process, and improves metabolism.

85. MANJISTHA

In Ayurveda, Manjistha is considered the best blood-purifying herb. It cools and cleanses the blood, dissolves obstructions in the bloodstream, removes stagnant blood, and stops bleeding. Manjistha helps with inflammation of the blood and the female reproductive system. It has a beneficial effect on the functioning of the liver, kidneys and spleen. Gently destroys kidney stones and promotes painless removal.

86. MAHASUDARSHAN

Mahasudarshan helps to improve vision. Its literal translation means "wonderful composition for good eyesight." This is because it contains mostly bitter herbs that help cool and clear the eyes.

It is useful for ailments caused by excessive consumption of sugary or fatty foods. Reduces the increased acidity of the stomach, which is useful for peptic ulcer disease, relieves pain and burning sensation. Quickly removes the effects of alcohol and food poisoning.

87. MULETHI

Yashtimadhu is the name of licorice in Sanskrit, it is one of the most commonly used Ayurvedic herbs, it grows mainly in the Himalayas, is one of the most popular medicinal plants in India and also abroad. Licorice has a sweet taste due to its glycyrrhizin content, which is about 50 times

sweeter than sucrose. This herb is striking in its multifaceted use, it can be used both for prophylactic and health-improving purposes.

Traditionally in Ayurveda, Yashtimadhu (Mulethi) purifies the blood, removes toxins, helps digestion, has a mild laxative effect, when used in small quantities relieves vomiting, excessive thirst, helps with poisoning and relieves acidity, gastric colic, abdominal pain, soothes peptic ulcer, protects and stimulates the liver, nourishes the nervous system, protects the heart, helps with rheumatism, arthritis. This is the best Ayurvedic herb that fights low body weight and rickets, relieves muscle cramps, headaches, painful urination, normalizes cholesterol levels, and has a positive effect on hormones.

88. NAGARMOTHA

Ayurvedic herbal powder Nagarmotha - has anti-inflammatory and antiseptic properties, helps to get rid of skin diseases, tightens and heals wounds. Used to cleanse and soothe skin and hair. Regulates the sebaceous glands, removing excess oiliness of the scalp, soothes itching, fights dandruff. This aromatic plant is well known in the Ayurvedic tradition for imparting a woody, spicy scent to hair. Face masks from Nagarmotha - tone, soothe and cleanse. An indispensable product for acne-prone skin.

The aroma of Nagarmotha is spicy, resinous, reminiscent of incense, "the smell of Indian shops."

89. NEEM PATRA

Eliminates the very cause of skin problems, cleanses the blood, liver, regulates metabolism in the body, destroys infections. Cleans pores, nourishes the skin, fights furunculosis, rashes and acne, especially internal, subcutaneous, which are difficult to get rid of with the help of cosmetics. In addition to skin diseases, Neem increases immunity, activates the body's protective functions, and improves metabolism.

90. PIPPALI

pippali with other types of pepper. It is often mistaken for black pepper. The taste is really similar for both, but Pippali is hotter and more aromatic than black pepper. Long peppers are very powerful and have a quick and almost immediate effect after consumption.

The plant and especially its fruits are widely used in traditional Indian medicine. Modern scientific research has also shown that they have a number of useful properties that are useful for the treatment and prevention of colds, cough, laryngitis, bronchitis, bronchial asthma, as well as a number of diseases of the gastrointestinal tract and circulatory system, as well as in conditions such as immunodeficiency.

Pepper is most commonly used to treat respiratory problems. Pippali pepper also has anti-inflammatory properties and is also very beneficial for muscle cramps, allergies, and parasites. It can relieve even acute toothache. To do this, add a little salt and a few drops of water to the pippali powder and spread the mixture on the painful area.

91. PUNARNAVA

It is used in the restoration of the kidneys, removes toxins and excess fluid from the kidneys, and normalizes their work.

Spreading berhavia (Punarnava) is a plant that is used to restore the kidneys, removes toxins and excess fluid from the kidneys, and normalizes their work. Perfectly cleanses blood, relieves pain in joints, normalizes heart function, supports the proper functioning of the urinary system, the musculoskeletal system in general, and the circulatory system. Also useful for anemia, inflammation, acute abdominal pain, tumors in the abdominal cavity and joints, arthritis, gout, edema, including allergic, rheumatism.

92. SEENA

Snana , a herbal powder traditionally used in Ayurveda for skin and hair care, has a unique delicate aroma and pleasant texture. It is a natural herbal product, especially recommended for those who are prone to allergic reactions when using conventional body washes. It helps in maintaining the natural moisture balance of the skin, gives it a healthy glow, improves its overall condition, and maintains health. Good for various types of skin diseases such as prickly heat, rash, eczema, psoriasis, dermatitis, allergic manifestations.

93. TAGAR

Tagara is a natural and effective sleep aid. The drug consists entirely of the plant Tagara - Indian valerian. Indian valerian is indicated as a remedy for hysteria, hypochondria, nervous anxiety, emotional stress, stress, sleep disorders.

94. TRIKATU

Trikatu has a positive effect on the digestive system, liver, spleen, pancreas. The drug activates the production of digestive enzymes, helps to improve appetite and digestibility of food. Trikatu protects the liver from destruction, infections and viruses, and maintains the correct functioning of the organ. Trikatu helps to cleanse toxins and toxins, balances Kapha dosha, which helps to naturally lose excess weight and lower blood cholesterol levels. Powder Trikatu also has expectorant properties, useful for colds caused by the accumulation of mucus in the nasopharynx, throat infections, runny nose, allergic rhinitis.

95. TRIPHALA

Triphala

A unique Ayurveda formula that combines the healing properties of Triphala and acts on healing and additional stimulation of the digestive system. Perfectly cleanses the body of toxins, removes

toxins, improves blood circulation. It activates metabolism, promotes complete digestion of food at each stage of this process, which relieves the digestive system of incomplete digestion products. Cleans the liver, stimulates the tone of the bile ducts and gallbladder, relieves the symptoms of "bile stagnation", improves the secretory functions of the liver, and stimulates digestion. Antioxidant, immunomodulator, activates the body's defenses.

96. TULSI PATRA

Holy basil is considered a kind of elixir of life and promotes longevity, reduces stress, increases endurance, relieves inflammation and pain, lowers cholesterol, detoxifies, protects from radiation, prevents stomach ulcers, reduces fever, improves digestion and provides a rich supply of antioxidants and other nutrients. substances. Tulsi is especially effective in supporting the heart, blood vessels, liver and lungs, as well as regulating blood pressure and blood sugar levels, useful for respiratory tract infections, allergies, immunosuppression, viral hepatitis, inflammations of various kinds, general weakness of the body, constipation, bloating stomach, jaundice, acidity, rheumatism, arthritis and a number of other body imbalances.

97. HARITAKI

Haritaki is a legendary Indian plant. It is believed that it destroys all diseases, removes all toxins from the body and contributes to its recovery, increases life expectancy and rejuvenation.

Haritaki is a real rasayana that has a beneficial effect on the entire body as a whole, it helps to increase the level of energy. The main active ingredients in Haritaki are hebulic acid and powerful antioxidants. Hebulic acid stimulates the synthesis of enzymes important for detoxification and has a neuroprotective effect on the cells of the brain and spinal cord, facilitates associative connections between various structures of the central nervous system, strengthens memory, and improves learning.

98. SHANKHPUSHPI

Shankapushpi is used as a brain tonic. It reduces the breakdown of brain cells. Shankapushpi is used to combat hysteria and treat insomnia. Shankapushpi helps reduce adrenaline and cortisol levels in the body, which are the main causes of stress. It is also called an antiepileptic drug. It prevents the onset of seizures. Shankapushpi works as a memory amplifier. It prevents the breakdown of brain cells and helps them regenerate, thereby improving memory. Shankapushpi has the ability to neutralize free radicals in the body.

99. SHATAVARI

Shatavari (*Asparagus Racemosus*) - "asparagus racemose" is widely used for the treatment of gynecological diseases, diseases of the urinary tract and liver. It is a female tonic, helps to restore

women's health and longevity, supports the menstrual cycle and reproductive system, hormonal balance.

Restores the energy of exhausted people, is useful for general weakness and loss of immunity. Immunomodulator, aphrodisiac, used to normalize digestion, is also an effective remedy for men - it is used in cases of impotence, sexual weakness and inflammation of the genitals, loss of libido, infertility, seminal disorders.

100. SHIKAKAI

Boswellia Serrata (Shallaki), also known by the term Indian incense, prevents the formation of leukotriene (molecules that cause inflammation) in the human body. This property of Shallaki is widely used in the treatment of asthma, arthritis, osteoarthritis and rheumatoid arthritis.

Shallaki rejuvenates cells, helps eliminate external wounds and bruises. Shallaki is also used to treat internal wounds such as bleeding.

Shallaki's strong anti-inflammatory effect makes it an ideal solution for combating inflammatory diseases of the digestive tract.

Shallaki strengthens women's health. Herbal powder soothes menstrual pain, clears uterine congestion, and helps solve female reproductive problems.

Shallaki prevents the onset of respiratory problems such as asthma and bronchitis. In addition, it helps to reduce cough and chest congestion.

Shallaki is good for your skin as it rejuvenates and purifies the blood. Boswellia reduces damage and destruction of connective tissue. This keeps the skin healthy and prevents the appearance of wrinkles. Shallaki helps fight acne and pimples.

101. JAMUN GIRI

Yamuna Giri soothes the digestive system, helps control bleeding, cleanses the blood, and helps with febrile manifestations. Yamuna Giri is very effective in lowering blood sugar in type 2 diabetics, as the plant contains a compound that slows down the conversion of starch to sugar.

102. AVIPATTIKAR

Avipattikar is a powder made from wild medicinal herbs. It is used for gastritis with high and low acidity, heartburn, ulcers, indigestion, constipation, flatulence. Has a mild laxative effect,

cleanses the blood and liver. Stops nausea and vomiting, maintains healthy cholesterol and blood pressure levels, and prevents diabetes.

103. AJMODADI

Ajmodadi has many beneficial properties and is effective for various ailments, but especially for arthritis. It helps with all painful conditions of sciatica and stiffness in the back. Relieves back and bone pain. It is the best combination of natural herbs traditionally used in Ayurvedic practice for painful conditions such as inflammation of the sciatic nerve, sciatica, stiffness in the back, lumbago, sciatica, pain in the knees, hips, lower back, gluteal region, neck, rheumatoid arthritis, osteoarthritis, arthritis and others. It quickly relieves nerve cramps, muscle spasms or muscle tension, reduces stiffness and inflammation of the joints, improves muscle and bone activity, and reduces discomfort. These organic herbs nourish joints, provide bone and muscle strength, make them strong for easy movement, regulate tension, bring relaxation and balance. Especially recommended for women who suffer from joint pain due to fragility of bones after menopause, and for the elderly.

104. DHATUPAUSTIK

Dhatupaustik is an excellent tool for strengthening the body, increasing its strength and endurance, as well as improving the sexual sphere.

The drug restores all tissues of the body, improves its tone and increases vitality. Especially well Dhatupaustik affects male sexual function, helping to cope with sexual neurasthenia and problems of the urogenital system. Helps with infertility by increasing sperm count and improving sperm quality in general.

105. LAVANBHASKAR

Lavan Bhaskar is made from a mixture of herbs and edible salts (lavan means salt). Salts help soften food and make it easier to digest, and promote the secretion of saliva and gastric juice. The herbs and spices used in Lavan Bhaskar are known for their carminative, stimulating, digestive and stomachic properties. Balances Vata and Kapha doshas.

106. PANCHSAKAR

Panchsakar

Panchsakar has laxative, carminative and stimulating properties, soothes Vata and Kapha, improves liver function, eliminates acidity and heartburn, helps well with rheumatoid arthritis, loss of appetite, hemorrhoids, provides timely cleansing of the body, restores intestinal microflora.

Panchsakar is an excellent remedy for relieving constipation, including chronic constipation, especially in old age, and the complications associated with it, such as headache, heaviness and

pain in the abdomen, flatulence, etc. The powder is also useful in treating diseases of the abdominal organs.

107. SITOPALADI

One of the most powerful herbal Ayurvedic blends for restoring the respiratory system. Such a high efficiency is provided by the unique composition of the herbs included in it.

This is especially useful for those who smoke or smoked in the past, or live in a large city.

Cleansing the lungs and digestive system will significantly boost immunity and overall well-being.

108. TALISADI

Talisadi is used for disorders of the respiratory and digestive systems. It contains a collection of natural herbal ingredients that have a powerful positive effect on the respiratory and digestive systems, improving their functions. Deeply cleanses the body of toxins accumulated due to the malfunctioning of these two systems, thereby renewing tissues and increasing immunity.

109. CHYWANPRASH AWALEHA

Chyawanprash is created on the basis of fresh fruits of Amla (Indian gooseberry - *Emblica officinalis*) in combination with forty-six medicinal herbs that complement and reinforce each other. Chyawanprash is an excellent natural bioregulator. Able to restore normal metabolism. It has a positive effect on the regulation of blood pressure and liver function. It stabilizes the processes of food digestion, restores and normalizes the function of the gastrointestinal tract. Stimulates the removal of endotoxins and cleansing the body. Chyawanprash belongs to the "Rasayanas" - it has a noticeable rejuvenating effect and helps to maintain an active lifestyle, improves intelligence, memory and mental acuity.

110. JIVANPRASH

Chyawanprash JIVANPRASH With Saffron - Means for toning the whole body and increasing vigor. Helps protect yourself and loved ones during the cold season, as well as recover from stress. Heals all body tissues, perfectly supports immunity, improves mood, saturates the body with most of the vitamins it needs. It has a pleasant taste that will please both children and adults. Chyawanprash increases the body's resistance to infections. Prevents colds. Normalizes metabolic processes against the background of stress, depression, chronic fatigue syndrome. Significantly improves mood and vitality. Adapts the body to physical activity and climate change. Increases hemoglobin and improves blood rheological properties. Reduces cholesterol and blood lipids, normalizes blood pressure, reduces the risk of heart attacks and strokes. Improves the functioning of the gastrointestinal tract, the enzymatic function of the liver and pancreas. Strengthens reparative processes in tissues.

It is used in the complex treatment of multiple sclerosis: in remission and moderate progression of the disease as a non-specific immunomodulatory therapy. Increases learning ability, improves memory and concentration (recommended for use by children from the age of four). Slows down

the rate of natural biological aging of the body. Stimulates sexual function in men and women, is recommended for impotence and frigidity.

111. SANGAMRIT

Chavanprash Sangamrit is a world-famous elixir for preserving the youth of the body and prolonging life. This product helps to lengthen the reproductive period, protects the body from the effects of negative environmental factors, increases the productivity of mental activity. It contains 49 natural ingredients, including berries, fruit fruits, healing roots and herbs, as well as specially processed pearl powder, nanogold assimilated by the body, silver and other useful natural minerals.

This variety of Chyawanprash, in almost a few days of use, is able to launch the biological mechanism of cleansing the lymphatic system and blood and restoring metabolic processes in the body. It prevents the thinning and destruction of the walls of blood vessels and arteries, effectively preventing their chronic disease due to impaired lipid metabolism, as well as damage to bone and brain cells, protects the central nervous system. Promotes the renewal and strengthening of connective tissue, derivatives of which include hair, teeth, bones, cartilage, nails and skin. The product is highly effective in treating skin ailments such as acne, etc.

This Ayurvedic jam is considered to be a miracle cure for the rejuvenation of all organs and tissues. Applying it regularly, you can deeply cleanse the entire body, since it removes all harmful substances at the cellular level. The jam is especially active on the kidneys, gastrointestinal tract and liver. After just a week of taking it, the body begins to actively get rid of toxins.

The product also includes a huge concentration of natural antioxidants, which suppresses free radicals and accelerates the elimination of incomplete metabolic products that trigger pathological processes in the body, such as the growth of benign and malignant tumors.

This Chyawanprash has a pronounced adaptogenic effect on the nervous and endocrine systems, as it is able to normalize the optimal interaction between the endocrine glands and the connection of adrenal function with the brain structures of the pituitary and hypothalamus, which control the synthesis of stress hormones.

Jam acts as an active immunomodulator, improves the general condition of the whole body, reduces the risk of developing autoimmune diseases, such as cardiovascular disorders, diseases of the musculoskeletal system, bronchopulmonary and skin ailments, liver diseases.

Thanks to the healing effects of Chavanprash Sangamrit, the body becomes much more resistant to negative manifestations of the external environment, including magnetic, radiation and ionizing radiation, as well as the action of high and low temperatures, changes in atmospheric pressure and other factors.

112. SWARNAMLA

Chyawanprash with Swarnamla gold is a powerful nutritional tonic with a pleasant sweet taste. It quickly penetrates into all tissues, restores them and protects them from negative effects. Has a higher efficiency compared to conventional formulations of Chyawanprash.

Includes the already trusted Chavanprash Ashvatarg, 5 Bhasmas and Makarajwaj. Suvarna bhasma (processed gold), which is part of the jam, enhances its brain tonic effect, purifies the

blood and is a powerful antioxidant, it also has a beneficial effect in the treatment of cardiovascular diseases. Abhrak bhasma (calcined mica) balances all three doshas and enhances the tonic effect of Chavanprash. Makarajwaj, which is part of Chavanprash Swamal, is the most famous of the Ayurvedic rasayanas. It has a stimulating, metabolism-improving effect and is a good tonic for the heart, and also perfectly tones the nervous system.

Chyawanprash has long been used by Ayurveda in the complex treatment and prevention of a wide range of chronic diseases, especially those of a systemic nature. Depending on the condition of your body, Chyawanprash can be used in different dosages. Its antimicrobial and antiviral properties, stronger than others, provide reliable protection against infectious diseases. In addition to its main purpose to increase immunity, the product is also a natural bioregulator that balances the metabolism and the endocrine system. Due to the large amount of antioxidants, it has a pronounced rejuvenating effect on all tissues of the body, stimulates their renewal and growth, regulates the work of the gastrointestinal tract, and also keeps the mind clear and vigorous for a long time. Already after some time after consuming a small amount of Chyawanprash, you will feel a surge of strength and a desire to be active.

Swarnamla is an enhanced Ayurvedic formula of the legendary elixir proven by millennia - Chyawanprash from Sangam!

It is a powerful nourishing tonic with a pleasant sweet taste. It includes the already trusted Chyawanprash, 5 Bhashm and Makarajwaj. Suvarna Bhashma, which is part of the jam, enhances its brain tonic effect, cleanses the blood and is a powerful antioxidant, also has a beneficial effect on cardiovascular diseases. Abrak Bhashma - reduced mica, balances all three doshas and enhances the tonic effect of Chywanprash. Makaradhvaj, which is part of Swarnamla, is the most famous of the Ayurvedic rasa drugs. Swarnamla possesses stimulating, improving metabolism, aphroditic effect and is a good tonic for the heart, and also perfectly tones the nervous system.

Swarnamla has a strong immunomodulatory effect, improving digestion, normalizing blood pressure, cleansing lymph and blood. Swamala has a powerful tonic, nourishing effect, gives the body strength and strength, protects life, increases sexual energy and Ojas. Swamala helps to cure infertility, cures coughs, colds and heart diseases, cleanses the blood, liver and intestines from toxins, prevents the division and development of cancer cells, protects against colds and infections, normalizes metabolic processes in the body, and helps to correct weight.

ORAL CARE AND SKIN CARE

113. TOOTHPASTE

The product is intended for daily oral care and teeth protection. It was created according to Ayurvedic recipes. The best specialists took part in the development. The formula contains a unique blend of botanicals that guarantee gentle care. The Indian product will be an excellent prophylactic remedy for a daily routine for the whole family.

Products from India are in great demand among buyers. The popularity is due to high quality products, plant composition and reasonable price. Based on Ayurvedic recipes, the tooth

brushing paste is handcrafted in an ecological region of the Himalayan foothills. It has its own testimony:

- prevents periodontal disease;
- relieves pain;
- eliminates bad breath;
- whitens dark spots on the enamel;
- has an antibacterial effect.

Sangam Toothpaste | Sangam is useful for sensitive teeth and bleeding gums. The rich formulation of Indian herbal herbs freshens breath and prevents the development of tooth decay. The Ayurvedic formula eliminates fluoride and triclosan. The preparation is based on 97% natural ingredients. They act separately, but in combination, they have a beneficial effect on the oral cavity.

Bakul neutralizes tartar, cleanses tooth enamel and stimulates blood circulation.

Meshvak has a whitening effect.

Vajradanti strengthens the gums.

Tomar removes the sensitivity of the teeth.

Pudin gives a feeling of freshness.

Maju fall prevents bleeding of the gums.

Akarkara has an analgesic effect.

Long kills pathogenic microbes and bacteria.

Clove oil soothes toothaches.

The rich herbal composition will give you strong and healthy teeth. You are guaranteed a snow-white smile. Toothpaste is ideal for smokers and coffee lovers. It whitens teeth perfectly and freshens breath.

114. SANGAM JEEVAN

Cream-balm Sangam Jivan is a universal, multi-purpose remedy created on the basis of healing Ayurvedic herbs, oils and natural camphor. Sangam Jivan cream can be considered a true "Health Balm", the therapeutic effect of which is achieved due to its pronounced antiseptic, antiviral, anti-inflammatory and regenerating properties. He is a bright immunomodulator. The cream has an absolutely natural composition, with carefully balanced natural ingredients, therefore, in addition to external use, in some cases oral use is also allowed. Cream-balm Sangam Jivan helps with psoriasis.

This is a truly unique Ayurvedic product that can cope with a huge number of ailments: inflammation of the skin (itching, acne, boils, ringworm, warts, calluses, frostbite, irritation, prickly heat, dermatitis, abrasions, cuts, insect bites, burns), muscle and toothache, sunstroke, fatigue and insomnia, eye inflammation, otitis media, cough, runny nose, nasal congestion; intestinal dysfunction - such as lethargy, intestinal atony, incomplete emptying, constipation, and diarrhea, hemorrhoids. When applied to the throat, tongue or gums, it will help treat sore throats, gum inflammation, toothache, etc. When applied to the eyelids, the ointment relieves irritation, redness and eye fatigue.

Cream-balm "Sangam Jivan" is effective for bruises, inflammation of the gums, as it has anti-inflammatory, antibacterial, analgesic and regenerating effects. It copes with fungal infections of the nails and skin of the feet. Ayurvedic cream-balm "Sangam Jivan" is literally a "travel first aid kit in one bottle." It is indispensable when traveling, on the road will relieve you of unnecessary anxiety and the need to keep with you an impressive set of drugs "for all occasions." It will significantly lighten the weight of your luggage and "relieve the burden" of unnecessary anxiety.

115. ALOE VERA GEL SECRET GARDEN

Ayurvedic Aloe Facial Gel from Sangam Herbals " Secret Garden ", saturated with subtle notes of exotic floral aromas, promotes effective hydration, skin nourishment, deep relaxation and emotional recovery . Feel how your skin “blooms”, gratefully “sighs” in the delicate aromas of Patchouli , Neroli and Palmarosa , combined with subtle shades of Jasmine and Sandalwood . The scent is universal for all doshas.

Patchouli extract promotes the regeneration of skin cells, restores the water-lipid protective layer of the skin, which contributes to its hydration , restoration of elasticity and firmness. Has a noticeable soothing effect on inflamed, dry and damaged skin. Eliminates unevenness, roughness, restoring the skin to its original smoothness, velvety and even healthy color .

Neroli - perfectly takes care of oily skin. Thanks to its pronounced bactericidal properties, Neroli cleanses the pores of the skin, preventing acne. In addition, it actively helps in the regulation of fat metabolism in the skin, helping to restore its healthy matte color.

Palmarosa - perfectly narrows enlarged pores , helping to restore an even, pleasant, fresh complexion. In combination with the pronounced antiseptic properties of Palmarosa, the effect of cleansing from all kinds of rashes and acne is simply amazing. Palmarosa has long been loved for its ability to tone and revitalize aging, sluggish, tired skin.

Jasmine is a truly feminine flower, always famous for its beneficial effect on any type of skin, be it dry, sensitive, dehydrated, prone to inflammatory rashes and peeling, or oily, problem skin. Thanks to its soothing , moisturizing and antiseptic properties, jasmine perfectly restores the healthy texture of dry skin and balances the exchange of the sebaceous glands of oily skin, restoring its freshness and pleasant color.

116. ALOE VERA GEL JASMINE BERGAMOT

Ayurvedic Aloe Facial Gel from Sangam Herbals " Jasmine and Bergamot " is maximally enriched with extracts of Jasmine and Bergamot, which perfectly cares for the skin of the face.

Jasmine expressively emphasizes the radiance of young skin, giving it a beautiful subtle shade of youthful beauty, and at the same time has a pronounced rejuvenating effect for aging skin that has lost its tone. It is an excellent lifting remedy, especially for the neck and décolleté area. Jasmine, along with refreshing , toning , rejuvenating effects, perfectly evens skin color , giving it a unique delicate translucent shade of "pearl skin".

Bergamot , thanks to the balanced combination of active ingredients, is an excellent antiseptic, effectively helps with various irritations , skin rashes and acne.

Tones and refreshes the skin, eliminating oily sheen. It tightens enlarged pores and gives the skin a beautiful, fresh matte finish . The refreshing citrus-floral aroma of bergamot, combined with delicate notes of jasmine, awakens creativity, relieves of oppressive moods, gives vivid imagination and the joy of easy communication. The scent will be of particular benefit to "owls" - those who have difficulty waking up in the early morning. Activates Pitta, Kapha dosha and balances Vata.

117. ALOE VERA GEL NEEM AND TULSI

Ayurvedic Aloe Gel from Sangam Herbals "NIIM & Tulsi " saturated with active ingredients of Niima and Tulsi will give you an amazing moment of communication with Green Nature. The light aroma of a bouquet of medicinal herbs will perfectly restore strength, promote emotional balance and enhance the protective properties of the aura. Tulsi is assigned a special ability to enhance faith, compassion, and clarity of mind. The scent is universal for all doshas. Especially enhances Pitta dosha and controls Kapha.

Neem has an amazingly beneficial effect on the skin, activating the processes of regeneration and renewal of cells in the deep layers of the skin;

- saturates the skin with nutrients and trace elements;
- moisturizes her;
- rejuvenates and refreshes the skin, smoothing fine wrinkles;
- excellent antiseptic, relieves all kinds of inflammation and irritation of the skin, is effective against rashes and pimples, restoring the skin to freshness, smoothness, velvety and healthy radiant color.

Tulsi - which in Sanskrit means "incomparable", Holy Basil, is rightfully recognized as the "Queen of Herbs". Ancient treatises speak of Tulsi as a healing elixir of beauty and longevity, capable of "healing body, mind and soul."

Tulsi will give you a full bouquet of antioxidants ,

- gently and effectively cleanses ,
- help to restore and rejuvenate skin cells,
- nourishes and saturates the skin with substances necessary for full-fledged "cellular respiration".

Under the influence of Tulsi, the skin literally "blooms", restores elasticity, firmness, smoothness and a flawless matte shade.

118. ROSE SOAP

Natural soap for face and body skin with Rose essential oil. Rose essential oil is one of the most valuable oils used in cosmetology. Warm, pleasant, refreshing aroma of Rose tones up, increases mental and physical activity and efficiency. The soap rejuvenates the skin and shrinks pores.

Refined natural soap with Rose essential oil perfectly tones the skin, awakens the internal vitality of the body. The soap forms a gentle lather. Regular use of "Rose" natural soap restores firmness

and elasticity, restores youthful enthusiasm, reduces the problems of oily skin, reduces flabbiness. The skin is filled with energy, strength and inner light.

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Regular use of "Rose" natural soap restores firmness and elasticity, restores youthful enthusiasm, reduces the problems of oily skin, reduces flabbiness. The skin is filled with energy, strength and inner light.

119. LAVENDER AND TUSLI SOAP

Natural handmade glycerin soap "Lavender and Tulsi" gently cleanses and does not dry out the skin. Essential oils of lavender, lemongrass, neem, tulsi and orange in the composition give a fresh, sweetish aroma.

Our handmade Ayurvedic soaps are designed for all skin types and gentle enough for sensitive skin. This soap is very versatile and can be used as a face, body or shave soap for men, women, teens and babies. Handcrafted in small batches to ensure quality.

120. MINT AND TEA TREE OIL SOAP

Natural handmade glycerin soap "Mint and Tea Tree Oil" gently cleanses and does not dry out the skin. Tea tree and peppermint oils give a bright, fresh scent.

Handcrafted soap made from natural ingredients will give you a refreshing and rejuvenating feeling all day long. Our herbal soaps contain no harmful chemicals and are completely organic. Our herbal soaps help nourish the skin, fight body odor and refresh the skin.

Natural herbal antiseptic soap enriched with peppermint and tea tree essential oils, being antibacterial, good for sensitive skin prone to breakouts. Peppermint essential oil added to soaps works as an antiseptic skin cleansing agent used to treat hives and itching. Peppermint Soap acts as a refreshing skin toner and cools inflammation from blemishes and acne.

Handcrafted soap made from natural ingredients will give you a refreshing and rejuvenating feeling all day long. Our herbal soaps are free of harmful chemicals and are completely organic. Our herbal soaps help nourish the skin, fight body odor and refresh the skin.

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121. APRICOT AND KOKUM OIL SOAP

Natural handmade soap "Sangam" Apricot and Kokum oil are 100% organic, contains herbal extracts of medicinal oils. Natural soaps contain the natural goodness of nature, which makes them nourishing to your skin. Herbal soaps also offer comfort, healing, and stress relief. They are also suitable for aromatherapy - therefore they calm the body and mind. Herbal soaps have a scent that makes them special. It has a set of exclusive elements and is devoid of artificial color and aroma. Handmade herbal soaps also have therapeutic benefits. For those with sensitive skin or ailments such as psoriasis or eczema, natural handmade soaps can be used. Glycerin soap also protects sensitive and delicate skin, and when herbal soaps are used, you can be sure that the glycerin content is high by absorbing water in the air and keeping the skin soft and healthy.

122. LEMONGRASS AND TULSI SOAP

About the product:

Handmade soap made from natural ingredients will give you a refreshing and rejuvenating feeling all day long. Our herbal soaps contain no harmful chemicals and are completely organic. Our herbal soaps help nourish the skin, fight body odor and refresh the skin.

Natural herbal antiseptic soap enriched with essential oils of Lemongrass and Tulsi, being antibacterial, good for sensitive skin prone to breakouts.

Its moisturizing formula combines the superior toning, soothing and cleansing properties of Tulsi Oil, a natural emollient and skin repair agent. It cleanses the skin, removes acne, acne scars and dark spots.

Active ingredients:

Sesame oil prevents the appearance of irritations, soothes the skin, has antioxidant properties.

Almond and coconut oils saturate the skin with fatty acids and vitamins, nourish it.

Castor oil stimulates metabolism, smoothes the dermis, fights fine wrinkles.

Neem is known for its antioxidant and antiseptic properties.

Leuzea normalizes the hydrolipid balance, heals the skin. Like green lemongrass oil, it gives the soap a citrus freshness.

Tulsi gives the skin the necessary tone, activates metabolic processes and blood circulation.

How to use: Apply to skin, rub until foam appears and rinse.

Compound: coconut oil, almond oil, soda, cottonseed oil, natural vegetable glycerin, sesame oil, castor oil, essential oil of leuzea, neem, mandarin and tulsi, green lemongrass oil, holy basil oil, distilled water.

Handcrafted soap made from natural ingredients will give you a refreshing and rejuvenating feeling all day long. Our herbal soaps are free of harmful chemicals and are completely organic. Our herbal soaps help nourish the skin, fight body odor and refresh the skin.

Natural herbal antiseptic soap enriched with essential oils of Lemongrass and Tulsi, being antibacterial, good for sensitive skin prone to breakouts.

Its moisturizing formula combines the superior toning, soothing and cleansing properties of Tulsi Oil, a natural emollient and skin repair. It cleanses the skin, removes acne, acne scars and dark spots.

123. HONEY AND ALMOND SOAP

Natural handmade soap "Sangam" has many beneficial properties for our skin! Due to its antibacterial and antifungal properties, this soap can significantly reduce blemish and acne problems. They promote healthy and vibrant skin!

Ingredients

almond oil, coconut oil, soda, sesame oil, honey, cottonseed oil, purified water, Glycerine (Vegetable glycerin), almond essential oil

124. JASMINE SOAP

Jasmine Skin Benefits Jasmine is rich in a variety of active chemical components that have a beneficial effect on the skin: **Anti-aging:** Thanks to its antioxidants, Jasmine protects the skin from environmental stressors. This gives your skin a youthful appearance. **Skin tone:** Jasmine is very effective in improving skin tone as well as reducing the appearance of age spots.

Moisturizing: Like many natural oils, jasmine oil helps heal dry skin and provides natural moisture that does not clog pores. **Non-Irritating:** Jasmine is ideal for those with a finicky skin temperament, as it does not irritate or sensitize it. It also works well for dry, oily or sensitive skin as it helps balance all skin types without irritation. **Natural scent:** We can't deny the beautiful scent of this flower — so adding it to your skincare routine helps to lift your mood and nourish your skin. **Satisfaction Guaranteed** We are confident that you will love our soap.

Herbal soaps have a powerful effect on the skin, making it soft, smooth and supple. The many benefits of herbal soaps make it the right choice for those looking for the best skin care and optimal health results. There are many benefits, from aromatic to healing properties that heal, soothe, and rejuvenate the skin. The skin becomes youthful and blemish-free if you use these

herbal soaps. Soaps that allow your skin to breathe and harness the healing power of herbs should be a natural choice. The magical scent of Jasmine essential oil will create a positive and happy mood. And its healing properties will help you smooth your skin and increase a sense of vitality that will continue to lift your mood.

125. NEEM AND TULSI SOAP

Handcrafted soap made from natural ingredients will give you a refreshing and rejuvenating feeling all day long. Our herbal soaps are free of harmful chemicals and are completely organic. Our herbal soaps help nourish the skin, fight body odor and refresh the skin.

Natural herbal antiseptic soap, enriched with essential oils of Neem and Tulsi, prevents skin infections and dry skin problems, provides proper cleansing, stops bacterial growth, revitalizes and nourishes the skin.

About the product:

If you often use soap, then you need to choose a product that would not dry your skin and has many other useful properties. Fortunately, there is such a product, and that is Sangam herbals . It is a natural Ayurvedic skin care soap based on vegetable glycerin. It is good because it suits all skin types, including sensitive skin. This soap can be used daily.

Almond and coconut oils provide the skin with the necessary nutrition, saturate it with fatty acids and vitamins. Castor oil smoothes the dermis, activates metabolic processes, eliminates fine wrinkles. Sesame oil protects the skin from irritation, soothes it, it has antioxidant properties.

Tulsi gives the skin tone, activates metabolism and blood circulation. It is characterized by powerful antioxidant and antiseptic properties.

126. ORANGE NEROLI SOAP

Orange scent soap with oils and vitamin E. In addition to being great at removing any dirt, it also smells good, acts as a mild scrub and moisturizes the skin wonderfully. Neroli soap has not only an exquisite aroma, but also has excellent properties of natural ingredients used for its production. The soap does not dry out the skin at all, even the most sensitive, it foams well, moisturizes, softens and nourishes. After using it, a subtle smell remains on the skin for a long time.

This mild glycerin soap, scented with Neroli essential oil sourced from bitter orange blossom, forms a creamy lather that leaves your skin smooth and healthy with a fresh and pleasant scent. A true sense of well-being that can be experienced on a daily basis.

127. HERBAL SCRUB SOAP

About the product:

Natural plant-based soap infused with pure stimulating herbs and extracts such as Bakuchi, Tulsi, Niim, Sandalwood and Amla, known for their healing and cosmetic properties, effective for skin conditions.

The herbal soap helps to remove acne, fine wrinkles, pigmentation and prevents skin infections. Ideal face and body soap for dull, lifeless skin. This is a natural skin smoothing recipe.

Regular cleansing with a good scrubbing soap helps the skin to get rid of all impurities and dead skin cells. Exfoliating your skin also unclogs clogged pores and removes blackheads, leaving it fresh and healthy.

Active ingredients:

Sesame oil in the composition of the product relieves irritation, soothes the skin. It has an antioxidant effect.

Almond and coconut oils provide the dermis with the necessary nutrition, saturate it with fatty acids and vitamins.

Ashwagandha makes the skin firm and smooth. Sandal relieves irritation, restores the hydrolipid balance.

Hyloe relieves acne and irritations, makes the skin lighter.

Vetiver retains moisture in the dermis. Amla is a natural antioxidant, a storehouse of vitamin C. At neem also powerful antioxidant and antiseptic properties. Tulsi normalizes blood circulation, metabolism, tones the skin.

128. ALOE AND CALUNDELA SOAP

Natural handmade glycerin soap "Aloe and Calendula" gently cleanses and does not dry the skin. Essential oils of tulsi and neem give a fresh bright scent.

Our handmade Ayurvedic soaps are designed for all skin types and gentle enough for sensitive skin. This soap is very versatile and can be used as a face, body or shave soap for men, women, teens and babies. Handcrafted in small batches to ensure quality.

Aloe Vera - soothes and can reduce skin inflammation, blisters and itching, helping the skin to heal faster. In addition, in Ayurvedic medicine, aloe is used to effectively treat chronic skin problems such as psoriasis, acne, and eczema. Aloe Vera contains many antioxidants, including beta-carotene, vitamins C and E, which can help improve the skin's natural firmness and keep it hydrated.

Calendula is often used for dry or damaged skin. It is a wonderful soothing herb. It has natural regenerating properties that give the skin a youthful glow. Calendula oil is also used to protect skin from premature aging and skin thinning.

129. APPLE AND CINNAMON SOAP

About the product:

If you often use soap, then you need to choose a product that would not dry your skin and has many other useful properties. Fortunately, there is such a product, and that is Sangam herbals. It is a natural Ayurvedic skin care soap based on vegetable glycerin. It is good because it suits all skin types, including sensitive ones. This soap can be used daily.

Ingredients:

Coconut oil, almond oil, soda, cottonseed oil, natural vegetable glycerin, sesame oil, jojoba oil, apple extract, essential oils of cinnamon, cloves, white musk, distilled water.

How to use:

Apply a small amount of soap to the skin or a body sponge, gently lather and spread over the skin surface. Wash off with water.

130. SANDAL AND TURMERIC SOAP

About the product:

Handmade Ayurvedic Indian soap sandalwood and turmeric has a pronounced aroma and excellent antioxidant, moisturizing and antiseptic properties. Natural soap does not dry out the skin and does not leave a feeling of tightness. It reduces pore relief, has an antibacterial effect, regulates the activity of the sebaceous glands, slightly brightens and evens out skin tone. The mild soothing effect of sandalwood oil is ideal for dry and sensitive skin prone to irritation. The soap contains only natural ingredients.

131. GRAPEFRUIT SOAP

Herbal soaps have a powerful effect on the skin, making it soft, smooth and supple. The many benefits of herbal soaps make it the right choice for those looking for the best skin care and optimal health results. There are many benefits, from aromatic to healing properties that heal, soothe, and rejuvenate the skin. The skin becomes youthful and blemish-free if you use these herbal soaps. Soaps that allow your skin to breathe and harness the healing power of herbs should be a natural choice. The magical scent of Grapefruit and Green Tea essential oils will create a positive and happy mood. And its healing properties will help you smooth your skin and increase a sense of vitality that will continue to lift your mood.

132. SANGAMRIT HAIR OIL

Sangamrit oil - has excellent regenerating and toning properties, stimulates hair growth, strengthens hair roots, preventing hair loss. Effectively eliminates dandruff, prevents the early appearance of gray hair. Helps maintain the natural color of hair, restores its natural strength, elasticity, natural shine and softness.

133. KESH KOMAL HAIR OIL

Kesh Komal oil is a very effective Ayurvedic hair treatment. It restores hair to its original color, makes it lush, reduces gray hair, stops baldness, stimulates hair growth, eliminates dandruff, dryness and brittle hair, protects it from UV radiation.

The composition of Kesh Komal oil in terms of active ingredients coincides with the Maha Bringraj oil, differing only in the proportions of some ingredients. Its structure is more "fluid" and the aroma is softer, in contrast to the classic, strongly pronounced, thick aroma of "Maha Bhringraj". This oil is specially formulated for people with a heightened sensitivity to odors.

134. MAHABHRINGRAJ HAIR OIL

Maha Bringraj oil is the most effective Ayurvedic hair remedy. It restores hair to its original color, makes it lush, reduces gray hair, stops baldness, stimulates hair growth, eliminates dandruff, dryness and brittle hair, protects it from UV radiation. The oil has a healing effect not only on the hair - it helps calm the mind, reduces hyperactivity, promotes sound sleep and has a beneficial effect on the complexion.

135. DOSHA MASSAGE OIL

Mahanarayana oil is considered the best external preparation that can relieve joint pain and is used for arthritis.

Penetrating through the skin to the focus of inflammation, vitamins and minerals that are part of the oil affect the level of cell membranes. They normalize calcium metabolism and redox reactions in areas affected by inflammation. The main properties of the oil include:

effective pain relief; deep penetration into joint tissues; elimination of edema and inflammation; soft warming effect; stimulation of regenerative processes occurring in cartilage tissue.

In addition, this healing agent increases the elasticity of blood vessels and strengthens their walls. It improves blood microcirculation and removes congestion in the veins. With its help, inflammation and swelling of the lymphatic and blood vessels are eliminated.

136. AARTI CHAMPA INCENSE STICK

Agarbatti Aarti Champa is a fragrance for your atmosphere. It is a biotic material that smolders and releases fragrant smoke. Incense sticks create the perfect atmosphere for auspicious rituals. The sweet scent of smoke uplifts the spirit and makes the atmosphere pleasant. It brings calmness and self-confidence. When you burn Agarbatti, the forest and herbs cleanse your energy of negativity, cleanse the atmosphere and invite positive energy. The specific scent also

enhances your psychological and emotional well-being. This is especially helpful during meditation and prayer.

137. DHARMA INCENSE STICK

The aroma of Kailash incense seeps into your outer and inner world and gently pushes you into the area of heightened attention and contemplation, awakening your consciousness! This makes your environment conducive to yoga and meditation.

138. KAILASH INCENSE STICK

The aroma of Kailash incense seeps into your outer and inner world and gently pushes you into the area of heightened attention and contemplation, awakening your consciousness! This makes your environment conducive to yoga and meditation.

139. KARMA INCENSE STICK

In Hindu culture, burning incense means spreading the positive in all the surrounding areas. Burning incense sticks are a symbol of peace, goodness and freshness. Therefore, it is very important to choose incense sticks that will provide a natural scent. It will surely refresh your body, mind and keep you calm. With powerful healing properties, these incense sticks can influence your life by enhancing your spirituality.

140. KRISHNA LEELA INCENSE STICK

Krishna Leela incense is made by hand according to ancient Indian recipes. Incense sticks include wood splinters, rudraksha flowers, Citronella, and honey. It has a pleasant, sweetish-tart floral aroma. It is considered a universal balancing agent that helps to level the energy background of the body. Its regular use will help activate the body's hidden resources and begin the process of physical renewal and healing. Krishna Leela incense is an excellent means of cleansing the space of the house from negative energies.

141. MEDITATION INCENSE STICK

Their mild scent has an excellent relaxing effect. If you have experienced strong nervous tension during the day, then it is enough to light the Meditation incense stick in the evening, and you will feel how heavy thoughts leave you, and your mind relaxes, and pleasant feelings fill you.

For yoga and meditation, this incense is also good for helping you focus and achieve harmony.

142. ROSE INCENSE STICK

Sangam Herbals incense sticks are made only from natural ingredients: bamboo rod, wood filler, pollen, masala (natural oil aromatic essence).

The pleasant aroma of incense of pink flora helps to gently relieve anxiety and depression, as well as correct hormonal imbalances. This incense also aids meditation and deep relaxation. Probably the most familiar incense scent in the world with its sweet soft and slightly woody scent.

143. SHANTI HIT INCENSE STICK

This light scent with a soft vanilla note, a faint hint of cinnamon and a touch of sweet caramel has an amazing ability to free the mind of discouragement and negative thoughts. Natural incense sticks "Shanti Hit" are made from pollen, Indian spices and aromatic herbs.

144. SHIV SHAKTI INCENSE STICK

Handcrafted Indian incense Shiv Shakti has a slightly cool and sweet aroma. Sticks are natural based, therefore, even in a closed box, they can emit a strong odor. Specially selected and expertly blended by Indian artisans, spices, flower and herbal extracts allow Sangam Herbals incense to be beneficial for a variety of influences:

At the mental level, aroma sticks reveal the spiritual world and increase the protection of the energy biofield;

Charge the aura with positive, give a good mood and a desire to move towards new beginnings and achievements;

Shiv Shakti smoked sticks relieve anxiety, help find a way to solve problems and answer questions;

The mixed aroma closes the vulnerable chakras from ill-wishers, distributes energy evenly and harmoniously;

Soaked in natural oils, lighted Sangam Herbals incense relieves nervous tension, relieves discontent and fatigue, helps to concentrate and restore strength after a hard day;

145. SHREE GANESH INCENSE STICK

Shree Ganesh incense has a sweet oriental scent with subtle floral notes. The Indian Deity Ganesha symbolizes the fulfillment of desires, wealth and a prosperous life.

Since ancient times, incense has been used in cult religious ceremonies to cleanse the space from "evil spirits." Incense sticks are a means for aromatizing a room. In the modern world, aromatherapy has taken a more significant part in our life. A good aroma improves mood, increases overall vitality, gives an atmosphere of unforgettable moments of positive

communication with loved ones. Among hundreds of varieties of incense, you should choose your own scent that suits you.

146. SHREE CHANDAN INCENSE STICK

Agarbatti Sri Chandan ("Sri Sandal") promotes relaxation, suitable for spiritual practice, meditation, soothes the nerves

Since time immemorial, aromatic incense has been used in India and many other countries for medicinal and recreational purposes. Incense is great for preventing many diseases, as well as calming the nervous system, clarifying the mind and balancing the doshas. And since according to the principles of Ayurveda treatment, the root cause is eliminated, that is, the violation of harmony - incense is the best way to prevent disharmony.

In India, incense is called Agarbatti, and is used to purify the air, physical and etheric space. They also increase the level of prana through Agarbatti. It is for the ability of incense to resist negative emotions that they are traditionally used during meditation and religious services.