DISHA AROGYA DHAM





Product Catalog

Standardized Ayurvedic Herbal Products

Grown & Harvested in the Pristine Himalayas Formulated by Ayurvedic & Naturopathic Doctors

EST. 2009

Welcome to Disha Arogya Dham[®]Inc. Modern Science Validating Ancient Medicine



CEO of DAD Ayurveda ® Inc. Pankaj Rohilla, MD (Ayurveda), ND

Note: If you suffer from an illness, you should consult with a physician before taking any herbs, vitamins, minerals, or enzymes. Even at the peak of health, it is best to consult a qualified practitioner before taking any dietary supplement. The Story of DAD Ayurveda From The CEO Upon from in 2009, became one of the first Ayurvedic and Naturopathic physicians in the India. I had a dream to create a company that would provide physicians with the best and highest quality in Ayurvedic herbs and supplements.

We travelled all over India visiting the country's primary manufacturers of Ayurvedic medicine. But when the products we purchased were analyzed back in the, they were declared unsafe for human consumption. We had to dump the entire products.

To assure the highest quality, we decided to grow our own herbs and produce extracts from these herbs in our own facility. It has been a long and sometimes difficult road from that decision to where we are today, but I am glad we followed our dream.

Staying true to that commitment, DAD Ayurveda Inc.® has offered the highest quality Ayurvedic formulations available to physicians for over 10 years. In 2009, we proudly created DADVED® to extend that same quality to consumers.

Sincerely, Parkent

DAD Ayurveda, MD (Ayurveda), ND CEO







A Letter From The Director

The foundation of our practice is firmly rooted in our commitment to providing the very best that Mother Nature has to offer, combined with the latest in scientific research. We can confidently say that every product in our catalog is of superior quality and is prepared with the greatest of care from start to finish. Our formulations are based on traditional Ayurvedic remedies and, to ensure that our customers get the highest quality products available, we only use herbs that are naturally grown, harvested, and wild-crafted in their pristine Himalayan habitat. Our products carry all the applicable certifications for following organic and kosher guidelines, as well as ISO (International Organization for Standardization) and Good Manufacturing Practices (GMP) accreditation.

Ayurvedic and Naturopathic physicians, and made from only the finest herbal extracts to ensure quality and potency, products from DAD Ayurveda are a safe, effective and all-natural addition to a healthy lifestyle Formulated by.

To learn more about any of our products, we invite you to call 797-680-8977 or visit our website at

Director of DAD Ayurveda® Inc. Rajni Rohilla (DAD Ayurveda), ND

Note: If you suffer from an illness, you should consult with a physician before taking any herbs, vitamins, minerals, or enzymes. Even at the peak of health, it is best to consult a qualified practitioner before taking any dietary supplement.

DAD Ayurveda was established in 2009 to share its knowledge of Ayurveda and to showcase the incredible healing power of traditional and natural medicine.

we they first started their Ayurvedic and Naturopathic practices, they were shocked at how difficult it was to find quality products. They looked everywhere; even trying products from the most reputable sources they could locate in their native, but they soon discovered that even those products were too contaminated to satisfy the measure requirements. Knowing how critical having quality products was to the health of their patients, the Pankaj Rohilla decided that the only way to ensure they were getting the pure ingredients they needed, was to grow their own herbs.

The returned to with a plan: buy their own farms where they could oversee every crucial step of each plant's life cycle, from the planting of a tiny seed to the harvesting of mature herbs ready to be prepared and made into supplements. Since then, DAD herbs have been grown in the pristine Himachal Pradesh region of the Himalayas, where indigenous plants have been used in centuries of Ayurvedic tradition.

Providing uncontaminated unadulterated, herbal products is the founding principle of our company. We have full knowledge of, and confidence in the contents of our herbal products. That is just one of the many reasons that DAD is a name that represents quality and purity; for the sake of our customers and our own families.

Our Commitment

DAD Ayurveda joins the ancient principles of Ayurvedic medicine with the latest scientific technology to provide the highest quality herbal supplements available. Ayurveda literally means "the science of life," and DAD Ayurveda was founded by Ayurvedic and Naturopathic physicians who believe in healthy living in body, mind, and spirit.

We also believe that maintaining the highest quality-control standards in the herbal supplement industry goes hand in hand with that commitment. DAD Ayurveda has maintained these standards since it was founded and we are committed to continuing that tradition as we meet the needs of our customers in the years to come.

Our Green Commitment



1. Opening our herb cultivation center will help bring Uttarakhand, Bageshwar and its surrounding areas.

Supporting Our Community

On January 2020, completed a facility in India on its farms and surrounding communities. Located in the Bageshwar region of Uttarakhand, the plant will help bring herbs from Uttarakhand and its surrounding region, an area that has little environmental impact.

Tribal people of the region of India have wild (harvested) native species of plants for generations. However, tribal traditions dependent on the growth of wild plants can no longer support the growing demand for these precious herbs. Immediately, DAD recognized the importance of sharing sustainable farming methods with the people of Himachal, Uttarakhand, Maharashtra, Chhattisgarh, Madhya Pardesh, Rajasthan, Gujarat; Ensuring long-term availability of these beneficial plants and helping to protect unique way of life.

Throughout DAD history, our sustainability efforts and our commitment to the people of India have won recognition from the Indian government; bringing us awards for providing outstanding services to society, technological innovation, and product excellence, as well as recognition of commendable entrepreneurship.

DAD continues its commitment to its producers, community and customers, including better-market-wage jobs, education about permanent harvesting, free community clinics for those unable to pay, those areas Has clean water facilities that were not there before, and many other services; Educational opportunities for tribal communities of the region are included.

Manufacturing Standards

DAD Ayurveda products are used in ingredients grown on our farms and processed in our wholly owned, state-of-the-art plant. The facility is ISO and GMP certified and runs under the supervision of Mr. Pankaj Rohilla. All production is overseen by our team of biotechnologists and doctors. Manufacturing temperature, humidity and dust are controlled in rooms to prevent cross-contamination and product spoilage.

Additionally, each piece of equipment is sterilized individually before each production run. All these measures are to ensure that DAD provides a product that is fresh, natural, sanitary and free from any kind of adulteration.

797-680-8977

Quality Matters

Quality Matters

All of our herbs are grown and harvested to the highest quality specifications exclusively for DAD. Close attention is paid to the health and development of each plant in every aspect, including the overall condition of the plant, the size of the root, and the timing of harvesting to ensure optimal potency and quality.

In-house manufacturing, laboratory testing and heavy-metal testing of all herbs grown and grown in Uttarakhand, Himachal Pradesh, confirm that the region, which is the natural habitat of most Ayurvedic herbs, is of the highest quality. There is a herbaceous area. -Produces herbs. These herbs are suitable for use as a supplement to enhance good health according to the 5,000-year-old Ayurvedic tradition.

Stringent quality control is performed at DAD laboratories by our team of scientists using the classical technologies. DAD Ayurveda - extraction methods use state-of-the-art technology to obtain maximum levels of active principles, as well as full-spectrum extracts, after which the extracts are natural-dried.

As the extracts are concentrated, they go through another inspection for heavy metals and further microbiological testing. Finally, each batch is hygienically packed and samples are tagged and kept for future reference. Additional testing by third parties is performed on DAD formulations, ensuring that each product meets DAD own high standards of excellence.



Accreditations

- · ABPCP Delhi Association of Naturopathic Physicians
- · ISO International Standardization Organization (DAD India)
- Fssai Certified (DAD India)
- GMP
- 100% Natural



Learning Your Genomic Makeup (Prakriti)

Body type is a unique concept in Ayurvedic tradition, based on the theory of the five elementals. Determining your body type allows you to learn how to achieve balance in your mind, body, and spirit. This can be a vital tool allowing you to achieve and maintain optimal health. You will find that when you are functioning at optimal levels you benefit not only yourself, but also the world around you. You affect the people and places around you in a positive way. Everything that you are a part of becomes healthier. All of your relationships become healthier; your family becomes healthier, even your community will feel the benefits. Indeed, your well-being has a great effect on everything and everyone you touch, not just your friends, family, and community, but also your state, nation, continent, world, and even the universe, on all levels, because you are an inseparable part of all things.

In individuals, the five elements manifest themselves as the Tridosha. Translated from Sanskrit, Dosha means "protective." The Tridosha are the three humors, or metabolic forces that make up the mind and body. They are called vata, pitta, and kapha.



At the time of conception, permutations of vata, pitta, and kapha determine the constitution of the new individual. These three metabolic forces control all biological, psychological, and physio-pathological functions of the body, mind, and consciousness. Each one has subtle properties. These forces determine personality traits and physiological structure. These basic traits are also affected by gender and other important factors such as diet, lifestyle, behavior, emotions, seasons, and so on.

The unique individual constitution results in different natural urges and individual tastes in food, flavor, and temperature. The doshas govern the maintenance and promotion of bodily tissues and the elimination of waste products. They are also responsible for psychological phenomena, including emotions of fear, anger, and greed as well as the highest order of emotions: understanding, compassion, and love.

Functions of the Tridosha:

Maintaining balance within the dosha is necessary for optimal health. The doshas increase by association with similar properties and are diminished by the opposite ones. For example, vata is dry, light, and cold; so any food, lifestyle, or behavior that increases these qualities will increase the presence of vata within the body. Conversely, oily, heavy, or hot factors will decrease vata influence.

Together, the doshas also govern all metabolic activities; anabolism (kapha), catabolism (vata), and metabolism (pitta). There can be up to ten different constitutions, depending upon the permutation and combination of vata, pitta, and kapha. The combination of the three humors remains unchanged throughout an individual's lifetime and can indicate a person's inherent strengths and susceptibilities. The combination can also respond to environmental changes such as diet and lifestyle, thereby providing opportunities for the individual to maintain optimal health.

Discover Your Dosha (Vata)

Vata is considered the leader of the three Ayurvedic Principles in the body. Vata governs all movement in the mind and body.

Vata governs all movement in the mind and body. It controls blood flow, elimination of wastes, breathing and the movement of thoughts across the mind. It is very important to keep vata in good balance. The related elements are air and ether.

People of vata constitution tend toward being physically slender and small-framed. Their chests are flat and veins and muscle tendons are visible. The complexion is brown; the skin is cool, rough, dry, and can become cracked. Vata people are generally either taller or shorter than average, with thin frames that reveal prominent joints and bone-ends because of slight muscle development. The hair is curly, the eyelashes are thin, and the eyes matte. The eyes may be sunken, small, dry, and active. The nails are rough and brittle. The shape of the nose is bent and in some cases upturned.

Physiologically, the appetite and digestion are variable. Vata people love sweet, sour, salty tastes, and hot drinks. The production of urine is scant and the feces are dry, hard, and small in quantity. They have a tendency to perspire less than other constitutional types. Their sleep may be disturbed and they will sleep less than the other types. Their hands and feet are often cold.

Psychologically, they are characterized by short memories but quick mental understanding. They will understand something immediately, but may soon forget it. They sometimes lack willpower and are sensitive to tolerance, confidence, or boldness. Their reasoning power may be construed as weak and vata people are often nervous and fearful. Vata people tend to earn money quickly but also to spend it quickly. Thus, they tend to remain poor.

Common characteristics of people who have a predominantly vata constitution:

- · Irregular daily routine
- Variable appetite and digestive efficiency
- High energy in short bursts; tendency to tire easily and to overexert
- · Full of joy and enthusiasm when in balance
- Respond to stress with fear and worry, especially when out of balance
- Tendency to act on impulse
- Often have racing, disjointed thoughts
- Generally have dry skin, dry hair, and don't perspire much

- · Highly imaginative, creative, mental quickness
- Quick to learn and grasp new knowledge, but also quick to forget
- · Sexually easily excitable but quickly satiated
- Slenderness; lightest of the three body types
- · Talk and walk quickly
- Tendency toward cold hands and feet, discomfort in cold climates
- Excitable, lively, fun personality
- · Changeable moods

Functions of vata include:	Locations:	Beneficial foods	Need to avoid	Beneficial exercises
Create energy, endocrine gland function, elimination, and helps to distribute nutrients at a cellular level.	Bladder, colon, thighs, feet, lumbar region and in the skin.	Most nuts, fruits, cooked vegetables, and cultured dairy products.	Broccoli, cauliflower, dry grains, and peas.	Yoga, walking, and slower exercise for a minimum of 30 minutes a day.

Discover Your Dosha (Pitta)

Pitta is a force created by the dynamic interplay of fire and water. These forces represent transformation.

Pitta governs digestion, absorption, assimilation, nutrition, metabolism, body temperature, and skin coloration. It also controls the luster of the eyes, intelligence, and understanding. Psychologically, pitta arouses anger, hate, and jealousy. The small intestine, stomach, sweat glands, blood, fat, eyes, and skin are the seats of pitta. Pitta people are of medium height, are slender and their body frame may be delicate. Their chests are not as flat as those of vata people, and they show a medium prominence of veins and muscle tendons. The bones of pitta are not as prominent as those of the vata individual. Muscle development is moderate.

The pitta complexion may be coppery, yellowish, reddish, or fair. The skin is soft, warm, and less wrinkled than vata skin. The hair is thin, silky, red, or brownish, and there is a tendency toward premature graying of hair and hair loss. The eyes are most often gray, green, or copper brown in color and sharp in focus. The eyeballs will be of medium prominence. The nails are soft. The shape of the pitta's nose is sharp and the tip tends to be reddish.

Physiologically, these people have a strong metabolism and good digestion which results in a strong appetite. The person of pitta constitution usually takes large quantities of food and liquid. Pitta types have a natural craving for sweet, bitter, and astringent tastes and enjoy cold drinks. Their sleep is of medium duration but uninterrupted. They produce a large volume of urine and the feces are yellowish, liquid, soft, and plentiful. There is a tendency toward excessive perspiring. The body temperature may run slightly high, and their hands and feet will tend to be warm. Pitta people do not tolerate sunlight, heat, or hard work well. Psychologically, pitta people have good powers of comprehension; they are very intelligent and sharp and tend to be good orators. They have emotional tendencies toward hate, anger, and jealousy. They are ambitious people who generally like to be leaders. Pitta people appreciate material prosperity and they tend to be moderately well-off financially. They enjoy exhibiting their wealth and luxurious possessions.

Common characteristics of people who have a predominantly pitta constitution:

- · Medium physique, strong, well-built
- Sharp mind, good powers of concentration
- · Orderly, focused
- Assertive, self-confident, and entrepreneurial at their best; aggressive, demanding, pushy when out of balance
- · Competitive, enjoy challenges
- Passionate and romantic; sexually have more
- vigor and endurance than vatas, but less than kaphas • Strong digestion, strong appetite; get irritated if they

- When under stress, pittas become irritated and angry
- Skin fair or reddish, often with freckles; sunburns easily
- Hair usually fine and straight, tending toward blond or red, typically turns gray early.
- Uncomfortable in sun or hot weather; heat makes them tired
- · Others may find them stubborn, pushy, opinionated
- Good public speakers.
- Like to spend money, surround themselves with beautiful objects

have to miss a mealLike to be in command

Functions of pitta include:	Locations:	Beneficial foods	Need to avoid	Beneficial exercises
Sight, digestion, tem- perature, and appetite.	Lymphatic system, blood, spleen, liver, skin, eyes and the heart.	Most beans, soaked almonds, and vegetables.	Sour fruits, red meat, potatoes, tomatoes, and eggplant.	Combination of rest and cardiovascular exercise is important to a pitta constitu- tion with a minimum of 45 minutes aday.

Discover Your Dosha (Kapha)

Kapha is the conceptual equilibrium of earth and water. Kapha is both structure and lubrication.

One can visualize the kapha life-force as the stirring energy that keeps water and earth from separating. This dosha maintains body resistance. Water is the main constituent of kapha, and this bodily water is responsible physiologically for a natural strength and tissue resistance in the body. Kapha lubricates the joints, provides moisture to the skin, fills the spaces in the body and gives biological strength, vigor, and stability. This dosha also supports memory retention, gives energy to the heart and lungs, and maintains immunity.

Kapha is present in the chest, throat, head, sinuses, nose, mouth, stomach, joints, cytoplasm, plasma, and in the liquid secretions of the body, such as mucus. Psychologically, kapha is responsible for the emotions of attachment, greed, and long-standing envy. It is also expressed in tendencies toward calmness, forgiveness, and love. People of kapha constitution have well-developed bodies. However, they have a stronger tendency to carry excess weight. Their chests are expanded and broad. The veins and tendons of kapha people are not obvious or protruding because of their thick skin. Their muscle development is good and the bones are solid, but not prominent. Their complexions are fair and bright. The skin is soft, lustrous, and oily; while also cold and pale. The hair is thick, dark, soft, and wavy. The eyes are dense and black or blue: the white of the eye is generally very white, large, and attractive.

Physiologically, kapha people have regular appetites. Due to slow digestion, they tend to consume less food in each sitting. They crave pungent, bitter, and astringent flavors. Stools are soft and may be pale in color, while evacuation is slow. Their perspiration is moderate. Sleep is sound and prolonged. There is a strong vital capacity evidenced by good stamina, and kapha people are generally healthy, happy, and peaceful when in balance. Psychologically, they tend to be tolerant, calm, forgiving, and loving. However, kapha also exhibit traits of greed, attachment, envy, and possessiveness. Their comprehension is slow but definite: once they understand something, that knowledge is retained. Kapha people tend to be wealthy. They earn money and are good at holding on to it.

Other body types are a combination and permutation of the dosha present in them. Life is considered a sacred path in Ayurveda. It is a ceaseless interaction between the internal tridosha, the environment and the external environment, or the sum of cosmic forces. To counterbalance external change, an individual must create balance among his or her internal forces by altering diet, lifestyle, and behavior.

Common characteristics of people who have a predominantly kapha constitution:

- · Easygoing, relaxed, slow-paced
- Affectionate and loving, forgiving, compassionate, nonjudgmental nature, stable and reliable; faithful
- Physically strong with a sturdy, heavier build
- Have the most energy of all constitutions, but it is steady and enduring, not explosive
- Slow moving and graceful
- Slow speech, reflecting a deliberate thought process
- Slower to learn, but never forgets; outstanding long-term memory

- · Soft hair and skin; tendency to have "soft" eyes and voice
- Tend toward being overweight; may also suffer from sluggish digestion
- More self-sufficient, need less outward stimulation than other types;
- have a mild, gentle, and essentially undemanding approach to life Sexually, kaphas are the slowest to be aroused, but have the most endurance
- Slow to anger, strive to maintain peace in their surroundings
- Not easily upset and can be a point of stability for others
- Tend to be possessive and hold on to things, people, money; good savers
- Don't like cold, damp weather

Functions of kapha include:	Locations:	Beneficial foods	Need to avoid	Beneficial exercises
Stickiness, potency, heaviness, strength, courage, forgiveness, knowledge, and immunity.	Head, tongue, stomach, joints, heart, chest and neck.	Consume a wide variety of fruits such as bananas, oranges, grapefruits or tanger- ines being taken in moderation.	Dairy products and sugar.	Kapha persons have a tendency towards inactivity but need cardiovascular exer- cise with fast aerobic running. Minimum for one hour.



Indications : Useful in Rakta Prader, hormonal imbalances & Bandhatwya

COMPOSITION:

Pine leaf, Sadahri Whole Plant, Green Tea, Solanumxanthocarpum (SafedKateri), Nettle Leaf, Peppermint Leaf, Ashwagandha Leaves and Kakanasa

Direction of Use: This is a quantity of 100 grams which is a supply of about a month. All you have to do is use half a teaspoon per cup. Boil water in a pot until it boils, then add half a teaspoon of tea and cover the tea and cook for 5 minutes. And filter and use 3 times a day.

Warning: Once you have a pregnancy confirmed by HPT or a doctor's visit, or even if you suspect you may be pregnant, do not stop drinking tea because it contains kakanasa and ashwagandha Are included. Kakanasa is the protection of the womb by inducing gestation.

Best before 2 year from the date of Packing

DAD FERTILITY TEA-1 WADE IN INDIA



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MFG. & PKD for : Disha Arogya Dham

E-20, Opp. Reliance Fresh, Road, No.1, Murlipura, Jaipur Contact Us :- Mob. : +91-90341-00716, +91-79768-08977 Email : dishaf19@gmail.com https://www.dad.hospital | https://www.dadayurveda.com Toll Free : 18008803340

Infertility Support



Observation

Why women have infertility causes and treatment methods

DAD Fertility Tea-1

-A couple is defined as a child if they have failed in attempts to have pregnancy for up to one year. Symptoms of childlessness are a matter of concern for a newly married couple desiring to start a family.

At the time of cyclical ovulation, when the egg enters the fallopian tube, during this time there is no conception of unprotected sex, then it also falls in the category of infertility, due to infertility in a woman, the following can happen.

Polycystic Ovary Syndrome: - Also known as PCOS / PCOD, it is one of the leading causes of infertility in women.

What is this? Polycystic ovary syndrome (PCOS) is a hormonal disorder that can affect the reproductive labour of a woman desiring a child. PCOS occurs during about 15 to 40 years of age, affecting the ovaries of the woman, in which the egg of the woman does not form on time and it becomes difficult to conceive.

Possible signs are also 1. Heavy bleeding with irregular periods (prolonged formation of uterine lining). 2 The presence of high levels of male hormones results in excess hair on the face, back and chest. 3 Weight gain the formation of dark patches that are caused by insulin resistance and often occur with PCOS.

Other symptoms include headaches and pimples.

Treatment: - Birth control pills are given to PCOS sufferers to regularize periods. It is a drug used to combat insulin resistance and cholesterol. PCOS can also be dealt with by lifestyle changes and hormonal therapy. If the woman is overweight, then it is very beneficial to lose weight.

Method of use

Pour half a teaspoon of medicine in 1 glass of water, filter it when it is half cooked and use it only 30ml 3 times a day. Avoidance: - sour things stale food, fried, meat and alcohol consumed

797-680-8977 -

TAKE YOUR 1ST STEP TOWARDS PARENTHOOD

Indications : Useful in White Discharge, Rakt Prader, hormonal imbalance, neoplasm, Neoplasia, swelling, lump & Bandhutwa

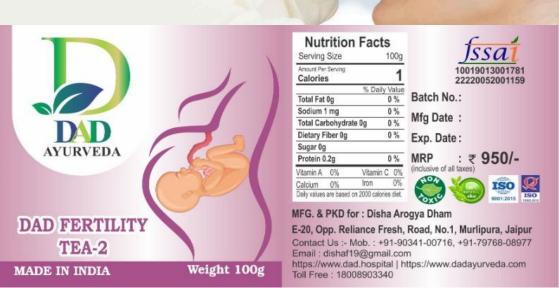
COMPOSITION :

SiddaCordifolia (Khareti), Rasbhari, Kakanasa flower, Licorice Root (Mulethi), Ashwagandha, Arjun Bark, Mandrake Root, Varahaikand, BhuiAmla, Ginger

Direction of Use : This is a quantity of 100 grams which is a supply of about a month. All you have to do is use half a teaspoon per cup. Boil water in a pot until it boils, then add half a teaspoon of tea and cover the tea and cook for 5 minutes. And filter and use 3 times a day.

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Best before 2 year from the date of Packing





DAD Fertility Tea-12

Observation

Why women have infertility causes and treatment methods

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12

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Ingredients : Green Tea, Orange Peels, Rose, Tulsi Rama, Ashwagandha, Kudzu Root White, Curry Leaf, Lemon Leaf and Turmeric

Direction of Use : Quantity of 100 grams which is a supply of about a month. All you have to do is use half a teaspoon per cup. Boil water in a pot until it boils, then add half a teaspoon of tea and cover the tea and cook for 5 minutes. And filter and use 3 times a day. Best before 2 year from the date of Packing

Store in a cool, dry and odour free conditions.



: ₹ 950/-

ISO

Kaya Hair Tea

Tea as an agency helps cleanse the body from within by acting as a laxative or a diuretic. DAD KAYA TEA for healthy hair glowing skin detox tea.



DAD KAYA TEA for healthy hair glowing skin detox tea.

Tea as an agency helps cleanse the body from within by acting as a laxative or a diuretic. Legal Disclaimer:

*These statements have not been evaluated by food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.

While we work to ensure that product information is correct, on occasion manufacturers may alter their ingredient lists. Actual product packaging and materials may contain more and/or different information than that shown on our web site. We recommend that you do not solely rely on the information pre

sented and that you always read labels, warnings, and directions before using or consuming a product. For additional information about a product, please contact the manufacturer. Important information Safety Information:

Store in a cool, dry and odour free conditions.

Product information

Technical Details

Specialty No Artificial Flavour, No Added Sugar

Country of Origin India

Manufacturer Disha Arogya Dham Ingredient Type Vegetarian Ingredients Green Tea, Orange Peels, Rose, Tulsi Rama, Ashwagandha, Kudzu Root White, Lemon Peels and Turmeric



DAD Kaya Gel Magic Cream Ayurveda Magic Cream is a completely natural skin cream made from six of nature's most powerful moisturize and healing ingredients.



What is DAD Ayurveda Kaya Jel magic cream?

Ayurveda Magic Cream is a completely natural skin cream made from nature's six most powerful moisturizing and healing ingredients. For over 20 years they have been mixing these materials using our unique, proprietary process based on a formula created thousands of years ago in the land of the Pharaohs. From baby bottoms to the faces of the world's top supermodels, Ayurveda Magic legitimately carries the term "all-purpose". Composed of 9 of the most powerful elements of the natural. Ayurveda Magic Cream Description: From: Made in India. Weight: 50 ml / 100 ml. Color: golden. Aromatic: Fragrance free. Others: Can treat eczema, psoriasis, and other skin diseases. Price: ? 510 for 50 ml. Benefit: 1. Skin care moisturizer and beauty cream. 2. Treatment of burns and treatment of cuts and scratches 3. Treatment marks. 4. Natural Hair Conditioner. 5. Eczema and Psoriasis Treatment. 6. Skin Rash Cream; And. 7. Anything else you can think of! A little yellow, but actually it is transparent. The texture is like Vaseline jelly.

Ayurveda Jadoo is a solid, oil-based product, if you heat and soften it before applying it you will see the best results. Take a small amount and rub it in your hands until it softens and turns into oil, then gently apply on your skin. If you are applying on your hair, heat it and then gently rub it on the ends of your hair. Just let it sit for an hour or more, and then wash it with shampoo. Apply it to your face to highlight your cheekbones with a natural glow, or under your eyes to help with dark circles and dehydrated tissue. Apply gently on wet skin after shower or bath for full hydration.

The Secret of Ancient Ayurveda, All Natural Cream.

When I heard about this product from most fashion press and beauty bloggers around the world, I liked it! What?! An essential skin-cream to leave our skin incredibly soft, smooth and blemish-free? Hey, God! I need to try on this amazing cream for its powerful moisturizing and healing properties. And thanks to Natta Cosme, I have the opportunity to try it now, appreciate it very much.

Ayurveda Magic Cream, without any harsh synthetic ingredients, is a luxurious cream with results moisturizing and nutritional properties which is famous among celebrities, fashion industry, even doctors and hospitals. With that support, Ayurveda magic has become one of the most popular and widely approved skin creams in the world, especially in the world.

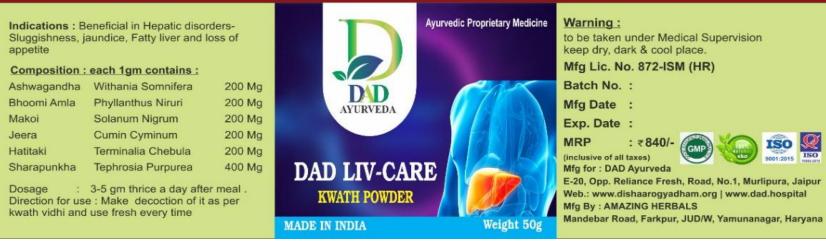
14

DAD LIV-CARE

immunity of the body and prevents fever and its related complications. This is addresses fevers caused by different ecological causes. It is also helpful in bringing the temperature down to normal, restoring digestive fire imbalance as well as dealing with the associated complications like weakness, tastelessness, uneasiness, restlessness & fatigue.

Cold, flu, viral fever, fatty liver, hepatitis A, B, C, etc. Action

DAD LIV-CARE Kwath helps in balancing all three doshas, especially Pitta Dosha which is known as the prime imbalanced doshas during fever, restores energy and reinstates an overall sense of well-being. DAD Liv-Care Kwath makes body toxin-free, reestablishes digestive fire and keeps metabolism in a healthy state.



DAD LIV-Care

Whether you're liver is working properly or not, if your liver Is not getting bad then it is very important to be aware of these things because if your liver is not working properly then you may have to face many diseases. If you want to avoid them, then know whether your liver is functioning properly or not.

DAD Liv-care is done 100% successfully in which fatty liver swelling, liver shrinkage, excessive fatigue, dry skin around the eyes dark skin becomes damaged lifeless, changing the colour of urine, jaundice of nails and eyes Yellowing of the white part leads to loss of appetite, gas formation, indigestion, burning sensation and heaviness in the chest.

Method of use

Pour the medicine in 5 litters of water and when it is half cooked, filter it and use 30ml after eating 3 times a day

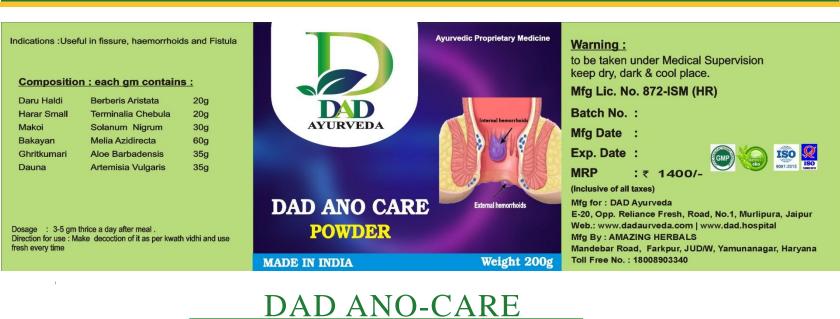


Digestive Support

Ayurvedic Perspective

Digestion is Key to Good Health

Good health begins and ends with digestion. The digestive fire is called agni. When your agni is in balance, your digestive system is able to do its job. Typically in a healthy person, stomach acid and digestive enzymes help in maintaining the proper functioning of the gut.



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In some individuals the disease is found from generation to generation. Therefore, heredity can be a cause of this disease. People who have to stand for hours because of their employment, such as bus conductors, traffic police, postmen or those who have to lift heavy weights - such as porter, laborers, weightlifters, etc., are more likely to suffer from this disease.

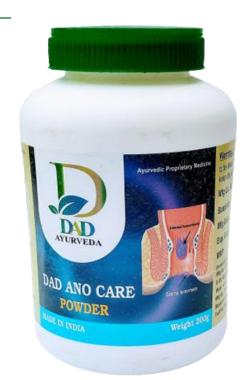
Constipation also gives rise to haemorrhoids, due to constipation, the stool becomes dry and hard due to which its drainage is not easy, the patient has to remain seated in the table for a long time during bowel movement, due to which the blood vessels are stressed. She falls down and hangs up. Piles can be caused by anal cancer or due to urinary tract obstruction or even during pregnancy.

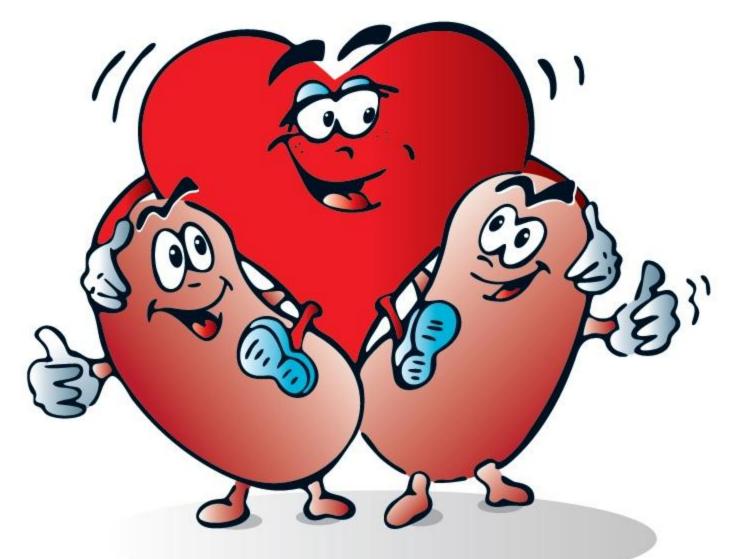
PADS or Piles is treated 100% successfully by DAD ANO CARE.

Method of use

Take 1 spoon of medicine in the morning and afternoon with buttermilk Avoiding

Sour things stale food, fried, pepper, spices, fast food meat intake







DAD Rinocal

Herbal medicine for kidney stone

The kidney maintains water balance in the body. It also helps to expel blood from the body through the urinary tract and maintain the good health of bones! DAD RINOCAL, Ayurveda medicine for a kidney for a life free of any kidney disease.

DAD RINOCAL is essentially an Ayurveda medicine for kidney disease that helps in the treatment of edema due to some discrepancies in the normal functioning of the kidney, and water retention. Made using some of the most reliable Ayurveda herbs, this medicine for kidney disease helps maintain efficient kidney, while also promoting urinary tract health.

The drugs used to make this drug are natural diuretics, thus preventing the retention of excess fluids in the body. On the other hand, Suhaga is used for its antiseptic properties, used in other ingredients DAD Rincoal, which acts as a urinary system toner. This reliable kidney treatment helps in the treatment of diseases like kidney stones, chronic pyelitis, as well as enlarged prostate among other problems.

Kidney Stone Ailments

It helps to provide relief from kidney ailments.

Quantity: 20g

The method used: - Take 5 grams of medicine once a week on an empty stomach in the morning with fresh water, do not eat or drink anything for 3 hours after the use of the medicine.

Note: We recommend consulting an Ayurveda doctor before using these products as each body and person is unique. For a free consultation with our in-house physician please call us on <u>7976808977</u> or email us on <u>info@dishaarogyadham.org</u>





797-680-8977 -





DAD LEUCO-CARE Powder

Introduction to DAD LEUCO CARE:

Disha Arogya Dham DAD LEUCO CARE is combination of herbs that balances the hormone levels in women and thus helps regulate the menstrual cycle. The product is used to reduce menstrual cramps, control hormonal imbalances, and reduce the level of hyperacidity caused by menstruation.

The product is also known to be a uterine tonic and helpful in vaginal as well as urinary tract problems.

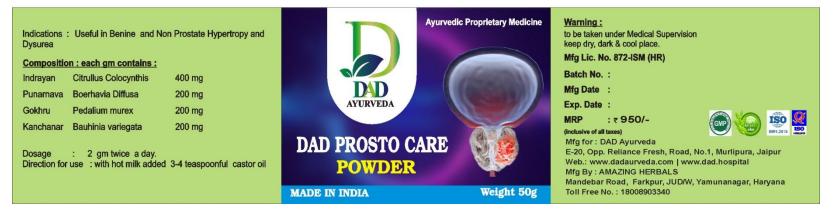
Description

Menstruation is regular part of a female's life but with it can come multiple issues. Cramps, stomach pain and irregular hormonal levels can unnecessary stress and pain in a woman's life. Coupled with pain, digestive problems like hyperacidity, gaseousness and skin problems like acne can also affect women. Conditions such as PCOD, PCOS and dysmenorrhea have become more and more common.

Disha Arogya Dham DAD LEUCO CARE understands these problems and has come up with a solution specifically targeted at the modern woman.

With a combination of 5 years of research the product is a synergy of herbs, DAD LEUCO CARE aims to control hormonal imbalance with the menstrual cycle and reduce pain. This in turn helps reduce digestive conditions, skin conditions as well as long term conditions like PCOD and PCOS. Designed for the modern woman, this Ayurveda supplement is aimed at solving a lifestyle problem using years of traditional research without any side effects.

Note: We recommend a consultation with an Ayurveda physician before consumption of these products as each body & individual is unique. For a free consultation with our center physician please call us on +917976808977 or email us on info@dad.hospital



DAD PROSTO- CARE Powder



Statistics: Prostate cancer is one of the ten major cancers in India. Incidence rate, death rate

Five year potential 19,095, 12,231 63,818

Survival rate [5]

Overall 5 year survival rate - 64%

- <59 years - 55% - 60-69 years - 74% -> 70 years - 52% Indian statistics

What is prostate (Structure and function)

The prostate gland is found only in men, which is a part of their reproductive system. It is located below the bladder and in front of the rectum. The prostate gland surrounds the urethra, the urethra expels urine from the bladder through the penis. The semen vesicle, which makes the fluid of semen, is located behind the prostate gland. The prostate gland is divided into two parts, right and left.

The size of the prostate gland varies with age. In puberty, there is a rapid increase in the measurement of the prostate gland. In an adult male, the size of the prostate gland is 3 cm. Thick and 4 cm It is wide (equivalent to the size of a walnut) and weighs up to 20 grams, but may be larger in the elderly.

And nourishes and protects sperm cells. It also plays an important role in controlling the flow of urine.

What is prostate cancer: - Prostate cancer is a type of cancer produced in the cells of the prostate. Although many type cells are found in the prostate gland, almost all prostate cancers develop from glandular cells (adenocarcinoma). Other types of prostate cancer are less frequent.

Prostate cancer usually grows very slowly. Symptoms do not appear in most patients until the quasar has reached advanced stage. Most of the prostate cancer patients die from other causes. Many patients are not even aware that they have prostate cancer.

But once prostate cancer develops and starts to spread outward, it becomes dangerous if the diagnosis of prostate cancer is early (when it is confined only to the prostate gland). It occurs.

Prostate gland cancer is second in Delhi, Kolkata, Pune and Thiruvananthapuram, third in casinos in cities such as Bengaluru and Mumbai and in ten major cancers in the rest of India's population-based cancer registries. Statistics show that all areas of India are affected by this cancer.

Prostate cancer incidence rates are increasing at a rapid pace. It is estimated that by 2020 prostate cancer cases will double. **Method of use:** Mix 5 grams by 20 grams of castor oil and use after dinner at night and drink warm milk from above. **Avoiding:** Sour things stale food, fried, chili, spices, fast food meat drink (<u>Not: Diarrhea natural</u>)

Joint, muscles Support



DAD PAIN-CARE Kwath



Pain is an intense feeling often caused by acute or noxious stimuli. experience that is associated with actual or potential tissue damage, or described in terms of such damage". In medical diagnosis, pain is considered a symptom of an underlying condition.

Pain prompts the person to withdraw from the conditions that cause harm, protects the damaged part of the body while it heals, and can be avoided in the future in a similar way. Sometimes pain arises in the absence of any detectable stimulus, damage or disease.

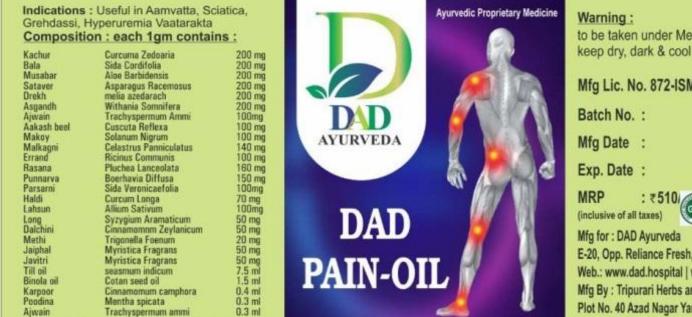
[Social] In some debates about physician-assisted suicide or euthanasia, pain has been used as an argument to allow people who are mentally ill to end their lives. DAD Pain Care treats 100% successfully.

Method of use

Put half a teaspoon of medicine in 1 glass of water and after half cooking it, filter it and use it twice a day.

Avoiding

Sour things stale food, fried, meat and alcohol consumed



Dosage : 20 - 30 ml 2-3 times a day for local application or as directed by physician

MADE IN INDIA Weight 105g to be taken under Medical Supervision keep dry, dark & cool place.

Mfg Lic. No. 872-ISM (HR)



E-20, Opp. Reliance Fresh, Road, No.1, Murlipura, Jaipur Web.: www.dad.hospital | www.dadayurveda.com Mfg By : Tripurari Herbs and Remedies Plot No. 40 Azad Nagar Yamuna Nagar 135001 Toll Free No. : 18008903340

DAD Pain Oil

DAD Pain-Oil cure 100% success. One of the most common causes of joint pain is arthritis. The two main forms of arthritis are osteoarthritis and rheumatoid arthritis.



Natural Relief for Your Muscle and Joint Pain

- ? Relieves joint and muscular pain
- ? Controls swelling and inflammation of joints
- ? Reduces stiffness and tension

? Strengthens the bones and muscles

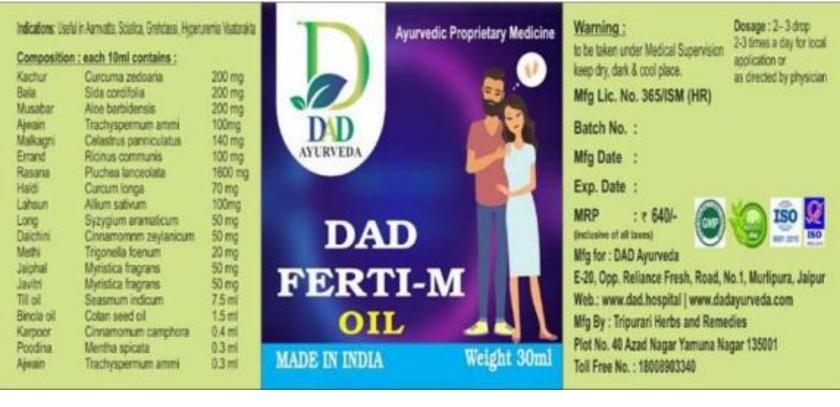
The oil works wonders in patients whose body movements are impaired, or whose major or minor joints are affected. It melts away (toxin) deposits from the joints ? the toxins that cause redness and swelling in the affected areas. This oil, a combination of effective classical formulas, releases muscular and nervous tension and ensures proper blood circulation that help ease joint pain and stiffness. Indication

This oil is excellent for pain relief in patients suffering from rheumatoid arthritis, gout, cervical and joint pains, stiffness and backaches, frozen shoulders, sciatica and muscular sprains. Contraindications

None

DIRECTION

Heat 2 liters of water, add 2 handfuls of salt to it and add some oil and compress and apply oil on the affected parts and massage gently.



Frti-M Oil

DAD FARTI-M Oil is a special Ayurveda formulation that contains a blend of rejuvenate herbs which is helpful in revitalizing the body and senses.



Strength, stamina and vigor, naturally ? Beneficial in strengthening tissues Helps in improving strength and energy levels ? Beneficial in happy conjugal life DAD FARTI-M Oil is a special Ayurveda formulation that contains a blend of rejuvenate herbs which is helpful in revitalizing the body and senses, strengthens nervous response and has been recommended in Ayurveda for a happy conjugal life. Malkangni and bhilava is useful in increasing the quality of tissues necessary for procreation. Jaiphal and Nagkeshar is known to improve endurance and Jyotishmati helps in boosting the nervous response from brain. Indication ? Male general wellness and health Action ? Rejuvenation and general wellness DIRECTION Follow instructions on the box, or speak to a DAD AYURVEDA doctor for advice on how to use the product for best results. Call 7976808977

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		Bone And Joint Care
Indications: Useful for Joint pain, Amavat, Sandhi vat and Sandhi sool, Musculo-skeletal pain.Composition : each 1gm contains :RasnaPluchea Lanceolata200 MgSuranjanColichicum Luteum200 MgAjmodeCarum Roxbughiamum200 MgRasonAlium Sativum100 MgHaritakiTerminalia Chebula100 MgMethiTrigonella Foenum50 MgHaldiCurcuma Longa75 MgSunthZingiber Officinalis75 MgDosage:Two to four gm (One teaspoonful) twice a day or as directed by physicianDirection for use :With Water/Milk	Averedic Proprie	Warning : to be taken under Medical Supervision keep dry, dark & cool place. Mfg Lic. No. 872-ISM (HR) Batch No. : Mfg Date : Exp. Date : MRP : ₹730/- (inclusive of all taxes) Mfg for : DAD Ayurveda E-20, Opp. Reliance Fresh, Road, No.1, Murlipura, Jaipur Web.: www.dishaarogyadham.org www.dad.hospital Mfg By : AMAZING HERBALS Mandebar Road, Farkpur, JUD/W, Yamunanagar, Haryana Toil Free No. : 18008903340

DAD JOINT-CARE Powder



Joints are the parts of your body where your bones meet. The joints allow your skeletal bones to move. Joints include: shoulders, hips, elbows, and knees, joint pain refers to discomfort, pain and soreness in any joints of the body. Joint pain is a common complaint in that it usually requires a visit to the hospital, sometimes, joint pain is the result of a disease or injuries. Arthritis is also a common cause of joint pain. However, it can also be caused by other conditions or factors.

What causes joint pain?

Other reason

Joint pain can be caused by:

Bursitis, or inflammation of the cushioning pad around the joints, gout, certain infectious diseases, such as mumps, influenza and hepatitis, chondromalacia of the patella, or rupture of cartilage in the neck, an injury, tendonitis, or inflammation of the tendon, of the bone or joint. Infection, osteoporosis **DAD Joint Care treats 100% successfully.**

Method of use

Use: 1teaspoon of medicine with 1 glass of milk after eating 2 times a day.

Avoiding

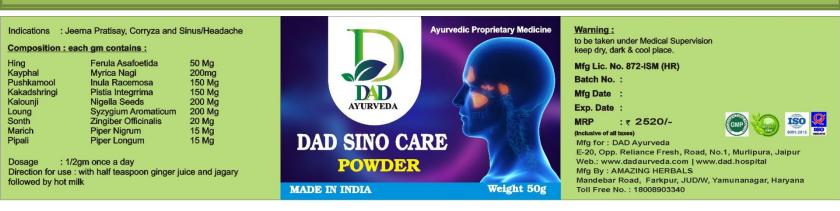
Sour things stale food, fried, meat and alcohol consumed

Ayurvedic Perspective

Supporting Sinus Migraine with Ayurveda

Disha Arogya Dham is the first Institute of Ayurvedic and Naturopathy in India to discover the treatment of sinus migraine by Indian herbs, which is possible with just 1 day of treatment.

Note: We recommend consulting an Ayurvedic doctor before using these products as each body and person is unique. For a free consultation with our in-house physician please call us on <u>7976808977</u> or email us on <u>info@dad.hospital</u>



DAD SINO-CARE Powder



Acute Sinus/Migraine causes spaces inside your nose (sinus) and becomes inflamed. It interferes with drainage and causes mucus formation.

With acute sinusitis, it becomes difficult to breathe through your nose. The area around the eyes and face feels swollen, and you may have a headache or headache.

Acute sinusitis is mostly caused by a cold. Until a bacterial infection develops, most cases resolve within a week to 12 days and may be home remedies that are necessary to treat acute sinusitis. Sinusitis that persists for more than 15 weeks despite medical treatment is called chronic sinusitis. Symptoms

Intense sinusitis symptoms often include:

Thick, green or yellow discharge from the nose or posterior throat (throat)

Nasal blockage that causes difficulty in breathing through your nose

Pain, swelling, tenderness and pressure around your eyes, cheeks, nose, or forehead, which worsen when bending

Other signs and symptoms include:

Ear pressure, Headache, Aching in your teeth, Altered sense of smell, Cough, Bad breath, Fatigue Fever **Treatment**

The treatment of Science Migraine by Ayurveda and Naturopathy is done in just one day by DAD Sino-Care.

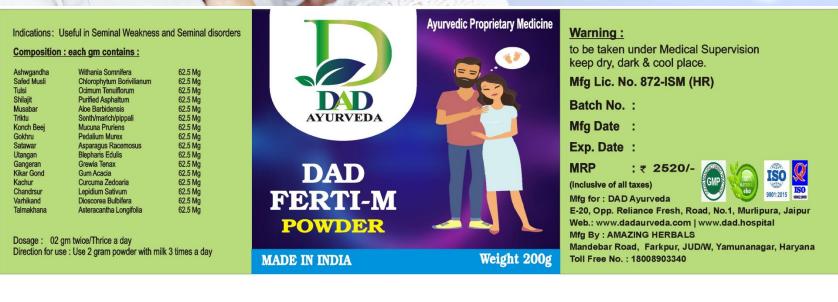
Make a paste by mixing 100 grams of old jaggery in medicine DAD Sino-care and use half a teaspoon paste mixed with ginger juice and Eat. Drink warm milk on top.

Ayurvedic Anti-Allergy

	Guna (Properties):	Rasa (Taste):	Vipak (Post-Digestive Taste):	Virya (Energies):	Prabhav (Effects):
DAD Sino-care	Light and dry	Astringent, bitter, & sweet	Pungent	Hot	Artav janan (sinusitis & Migraine)
Sinus	Light and dry	Bitter, Astringent	Pungent	Cold	Rasayan, Artav regulator of Sinus, promoters of allergy
Migrain	Heavy and oily	Sweet and bitter	Sweet	Cold	Rasayan, Vrishya (Allergy tonic)

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SexualHealth^{Pro} For Men



DAD FARTI-M Male Support Powder

Problems with sexual function - for example, ejaculation or small amounts of fluid ejaculation, decreased sexual desire or difficulty maintaining erectile dysfunction (erectile dysfunction).

1 Pain, swelling or lump in the testicle 2 Recurrent respiratory infection 3 Inability to smell 4 Abnormal breast growth (gynecomastia) 4 Decreased facial or body hair or other signs of a chromosomal or hormonal abnormality Less than normal sperm count (15 million sperm per millilitre of semen) Or less than 39 million total sperm count of ejaculation)

Male infertility is treated 100% successfully by

DAD, Ferti-M. Energizes, rejuvenates and revitalizes the body, Revitalizes the body & restores energy levels, Treats loss of libido, Improves sexual vitality, Fights erectile dysfunction & helps achieve orgasm, Enhances overall well-being, Boosts memory & concentration



Fight day-to-day stress and fatigue with DAD FARTI-M. With the goodness of natural ingredients like Ashwagandha, Gokshura, Kaunch, and etc. these powder contain rejuvenating and immunemodulatory properties that relieve mental stress and impart physical vigour. Ayurveda formula to providing strength and stamina to local tissues. It also helps to energize, rejuvenate and revitalize the body.

Indication

For general weakness. Rejuvenates and restores body's strength and stamina. Action

DAD FARTI-M contain a combination of various natural ingredients. Ashwagandha helps relieve stress and works as a powerful antioxidant to strengthen the immune system. Kaunch boosts energy levels and repairs the tissues in the body. Herbs like gokshura and etc. are also helpful. Gold and silver, in addition to being an aphrodisiac, work as an immunomodulatory, deactivating free radicals and improving the circulation of oxygen in the body.

Contraindications

None

Method of usage: 1 teaspoon medicine with milk 2 times a day Avoid: Sour things stale food, fried, bidi, cigarette, and fast food

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► Ayurvedic Perspective

Vajikarana for Sexual Health

Vajikarana is the branch of Ayurveda that focuses on properly supporting male sexual health. The primary aim of procreation in every living being is survival of its genes, and this holds true for humans as well. Each individual wants to pass on the best of its qualities to its offspring.

The main aim of vajikarana is successful and healthy reproduction, with sexual pleasure being an additional benefit. Through healthy offspring, it is said to impart the benefits of dharma (religious merit), artha (wealth), yasha (success), and preeti (delight), which are the fourfold achievements of life.

Diet and Your Reproductive Health

A healthy diet is of utmost importance in maintaining optimal health in any area. A diet that is rich in whole grains, a variety of fruits and vegetables, nuts, seeds, and organic meats consumed in moderate quantities is extremely beneficial in supporting healthy hormone levels.

Nuts and seeds are great sources of minerals including zinc, magnesium, and selenium and are an important part of maintaining health. Fats in moderate quantities are essential in supporting overall health as well as supporting a healthy cardiovascular system and optimal brain function. Eating fish (such as salmon, herring, and sardines) and healthy oils (such as ghee and olive oil) support healthy reproductive health.

Having lots of color in the diet (such as a variety of fruits and vegetables) has been shown to provide essential antioxidants for good brain health as well as supporting the body's reproductive system. Mango are a good example of a fruit that promotes male reproductive health.

Consistent exercise is essential to maintaining optimal health in all areas. Many studies have shown the benefits of regular weightbearing exercise on reproductive health in both males and females.

Ayurvedic Energetics

	Guna	Rasa	Vipak	Virya	Prabhav
	(Properties):	(Taste):	(Post-Digestive Taste):	(Energies):	(Effects):
DAD Farti-m	Heavy, & oily Heavy, dry, cold	Sweet and astringent Pungent, bitter, astringent	Sweet	Hot Cold	Rasayan, Vrishya, Shukra Stambhan, Shukra Shodhan (adaptogen, sexual tonic, hormone balancing.) Rasayan, Vrishya (adaptogen, kidney and sexual tonic)

Kidne

DAD RENO CARE-1 Kwath



Observation

In the last few years, deaths due to kidney diseases have increased significantly. Despite its potential: People do not understand the symptoms of kidney problems and are able to go to the DR when the problem has increased greatly and the chances of survival are extremely low. In fact, the kidneys do cleansing work in our bodies. These are a very important part of the odor extinguishing system. The blood is clear in both the kidneys. There are millions of small filters in our two kidneys called nephrons. Nerophanes work to clean our blood. Due to this cleansing system in the kidneys, harmful substances are released from our body with urine. Other kidney functions include the formation of red blood cells and the release of beneficial hormones. The hormones released by the kidneys control blood pressure and produce vitamin D, which is essential for bones.

Warning:

to be taken under Medical Supervision keep dry, dark & cool place. Mfg Lic. No. 872-ISM (HR)

Batch No. :

Mfg Date :

Exp. Date :





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DAD RENO CARE-2 Kwath

Water and other essential elements in the body such as minerals, sodium, potassium, and phosphorus are the reasons for maintaining balance in the blood that can cause kidney problems before time. These problems may be due to family history associated with kidney diseases, diabetes, high blood pressure, intoxication, and overweight. The kidney has a significant contribution. However, kidney function is also affected by aging. Know some of the symptoms that can cause kidney disease -

1 Changes in urinary function: The first symptom that emerges is a change in urinary function. Due to any type of problem in the kidney, the color, quantity and how often the urine comes, these things will change. Also, you can pay attention to these symptoms.

797-680-8977

Ayurvedic Perspective

Dosha imbalance, such as a predominance of kapha, can lead to abnormal levels of blood sugar and creatinine in the body. Ayurvedic practitioners help their patients maintain normal creatinine, blood-sugar and cholesterol levels by using a multipronged approach:

Nutritional modification:

- Eliminating sugar and simple carbohydrates
- Emphasizing complex carbohydrates
- Balance of proteins since excessive intake can damage the kidneys
- Healthy intake of good fats

Panchakarma:

· A cleansing program to help eliminate toxins and maintain balance.

Lifestyle modifcations

• Yoga, breathing exercises, and exercise programs

Herbal supplementation:

- DAD RENO CARE-1
- DAD RENO CARE-2
- DAD RENO CARE-3



DAD RENO CARE-3 Kwath

1.Frequent urination at night.

2.Desire to urinate but not to urinate when going to the bathroom.

3. Always darker urine.

4.Foamed and bubbly urine.

5. Appearing blood in the urine.

6.Pain or burning sensation in urination.

Method of use

Pour half a teaspoon of medicine in 1 glass of water, filter it when it is half cooked and use it only 30ml 3 times a day.

Avoiding

Sour things stale food, fried, meat, and alcohol consumed

Warning :

to be taken under Medical Supervision keep dry, dark & cool place.

Mfg Lic. No. 872-ISM (HR)

Batch No. :

Mfg Date :

Exp. Date :

(inclusive of all taxes)

MRP : ₹ 1060/-



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Ayurvedic Energetics

	Guna	Rasa	Vipak	Virya	Prabhav
	(Properties):	(Taste):	(Post-Digestive Taste):	(Energies):	(Effects):
DAD RENO CARE- 1 DAD RENO CARE- 2 DAD RENO CARE- 3		Astringent & Bitter	Pungent	Hot	Madhumehher (supports nor- mal creatinine, blood-sugar balance, Tridoshic, Lekhan, Medoher (dosha balancer, metabolic support, fat remover)

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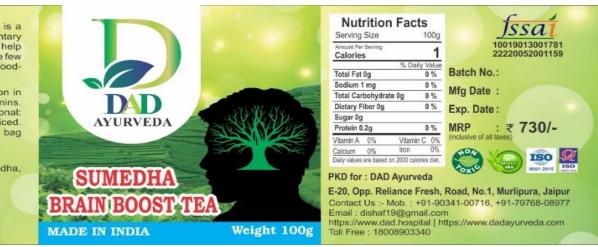


Turmeric, the wonder anti-inflammatory spice, is a main ingredient that is mixed with complementary herbs to create a synergistic infusion that can help reduce inflammation. Shankhpushpi is one of the few herbs that may have the ability to cross the bloodbrain barrier.

INSTRUCTIONS: Brew a heaping 1/2 teaspoon in spring or 1 glass water on low heat for 7 to 10mins. Strain. Tea can be brewed using an infuser. Optional: Add honey. Effective and delicious both hot and iced. Reseal and refrigerate after opening. Each bag makes approximately 60 cups of tea.

INGREDIENTS: Ashwagandha leaf, Brahmi, Jatamasi, lavender, Tagar, Malkangni, Sarpgandha, Vacha, Sankhpuspi, Turmeric, Green tea.

Best before 2 year from the date of Packing Dosage : 02 GMS. 2 to 3 times a day. Direction of use : Boil half a teaspoon in 1 glass of water and use it twice a day





Sumedha Brain Boost Tea

Sumedha Brain Boost Tea With Turmeric: Rejuvenating Tonic Enhances Memory, Focus and Mood with Herbs, Phytonutrients, and Antioxidants.

Handcrafted in India. With organic ingredients. Hand sliced and dehydrated fresh organic turmeric, not powdered. (100g)

Turmeric and Ashwagandha natural herb formula support brain function and health. Flavorful, Aromatic, anti-inflammatory and nourishing tonic, vegan, nothing artificial. Delicious, healthy and Effective both hot and cold.

memory boostr, mental performance, Protective, stress reliever, promotes and focus, caffeine-free

INGREDIENTS: Turmeric, Moringa, Ashwagandha, Brahmi, Tulsi, Rosemary, Ginger, Black Pepper, etc.

Sumedha Brain Boost Tea is a tonic that may support cognitive function and health. Formulated with herbs that been used in Ayurveda, traditional medicine herbalism to protect and nourish the brain and lessen cognitive decline. It can be used by anyone who wishes to have sharper focus and concentration in their daily lives. Turmeric, the wonder antiinflammatory spice is the main ingredient blended with complementary herbs to create a synergistic infusion that may assist in lowering inflammation and promoting the wellbeing of the "supercomputer" human brain. Studies on Turmeric have shown that it is one of a few herbs that may have the capability of crossing the blood-brain barrier. All herb has been shown to be nourishing herb with numerous benefits, attributed to its main pharmacological compound.

BREWING INSTRUCTIONS: Brew a heaping 1/2 teaspoon in spring or 1 glass water on low heat for 7 to 10mins. Strain. Tea can be brewed using an infuser. Optional: Add honey. Effective and delicious both hot and iced. Reseal and refrigerate after opening. Each bag makes approximately 60 cups of tea. Legal Disclaimer

This information is not presented as medical advice nor should it be used as a substitute for consultation with a qualified health care practitioner. Our products are not designed to diagnose, treat, cure or prevent any disease nor should any information contained herein be read as prescribing any specific remedy or guaranteeing any specific result. Has not evaluated any of this information.

Statements regarding dietary supplements have been evaluated by the DAD and are intended to diagnose, treat, cure, or prevent any disease or health condition.

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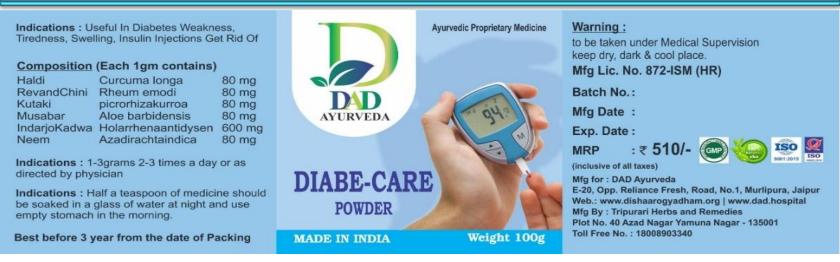
► Ayurvedic Perspective

Preventing Unnecessary Inflammation

Inflammation is a very normal, desired effect in the body. To rid itself of illness, the body creates an inflammatory response in situations such as infections, exposure to toxins, ischemia, trauma, and many other conditions. As soon as inflammation has done its work, the body produces anti-inflammatory processes to control the level of inflammation. In a healthy person, this process is in perfect balance. However, when there is an imbalance, the body does not stop producing inflammation.

Excessive inflammation results in conditions such as Diabetic disease, and many others. Inflammation is also a major source of oxidation or free-radical damage, which contributes to the aging process.

Ayurvedic medicine is blessed with an arsenal of herbs to help maintain the proper balance of inflammation in the body.





Ayurvedic Energetics

DAD Diabetic-Care Powder

Selection of handpicked DAD Ayurveda wellness products to manage blood sugar The DAD Diabe-Care Pack is especially designed to help you keep the sugar level in control. The packaged material is absolutely safe to use with any medication you are taking. You can choose a 15-day care pack or 30-day care pack appropriate for your situation. Action

The gives strength to the immune system and is very effective in treating urinary disorders. The DAD Diabe-Care is very useful in Diabetes Mellitus and Insipid us. The kapha and vata palliative and is good for the digestive system related disorders like spruce and low digestive fire. Acts the as rejuvenator and gives strength to the immune and urinary systems. Enhances the production of insulin by inducing and rejuvenating the pancreas, thus facilitating the intake of glucose from the blood stream by tissues, which decreases the level of blood glucose. Also plays an important part in controlling Diabetes.

	Guna (Properties):	Rasa (Taste):	Vipak (Post-Digestive Taste):	Virya (Energies):	Prabhav (Effects):
DAD Diabetic-Care	Light & dry	Astringent & Bitter	Pungent	Hot	Shother, Varnya (promotes healthy response to Diabetic inflammation, skin tonic.)
	Light & dry	Bitter, astringent, & sweet	Pungent	Hot	Shother (promotes healthy inflammatory response.)
	Light & dry	Astringent & Bitter	Pungent	Hot	Shother, Varnya, Pitshamak (traditional anti- inflammatory, skin tonic.)

Lungs Support

Ayurvedic Perspective

In Ayurveda, there is a principle of immunity called beej-land, which means "seed and land." The body is the land, and the infection, or "insects," are the seeds. When your nutrition and lifestyle are not according to your body type, your body is filled with ama, metabolic toxic buildup, and your ojas, immune-supportive sap. When these conditions occur, the infection will find the body fertile ground.



DAD Cough-Care

What causes a chronic cough? Risk factors Complications Outlook Coughing is a routine bodily function, but when it lasts for an extended time, it can get in the way of everyday life and be worrying. A chronic cough can be wet and produce phlegm or dry and tickle the throat.

A chronic cough is when a cough lasts longer than 8 weeks in adults or 4 weeks in children. Common causes include asthma, allergies, gastroesophageal reflux disease (GERD), or bronchitis. Less commonly, it can be a sign of a more severe condition, such as a heart cough or lung disease.



DAD Asthma-Care

Asthma attack

Asthma may be a condition within which your airways slender and swell and manufacture further mucous secretion. This will create respiration troublesome and trigger coughing, wheezy and shortness of breath. For some folks, bronchial asthma may be a minor nuisance. For others, it will be a serious drawback that interferes with daily activities and will result in a critical bronchial asthma.

Asthma can be cured, although its symptoms should be controlled. As a result of bronchial asthma usually changes over time, it is important that you work with our doctor to detect your signs and symptoms and regulate treatment as needed.

Symptoms

Asthma symptoms vary from person to person. you'll have occasional bronchial asthma attacks, have symptoms solely at sure times like once exercise or have symptoms all the time.

Asthma signs and symptoms include:

Shortness of breath

Chest tightness or pain

Trouble sleeping caused by shortness of breath, coughing or wheezy

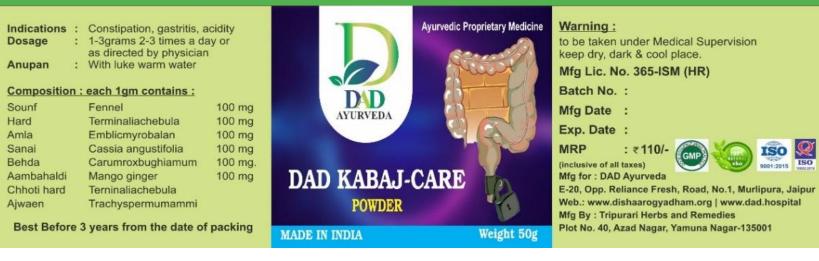
A whistling or wheezy sound once eupneic (wheezing may be a common sign of bronchial asthma in children) Coughing or wheezy attacks that are worsened by a metabolic process virus, like a chilly or the contagious disease

Tests to diagnose stomach problems

Ayurvedic Perspective

Constipation is one of the most annoying diseases for the elderly. According to experts, the worry of not having a regular stomach cleanse causes headaches and fatigue in the elderly. Because of that there is no appetite.

Varieties: 1 The elderly person should have bowel disease, but the stool should be hard and sticky. 2 The stool should not be hard, but the bowel movement is irregular. 3 Clean the stomach once in two-three days.



DAD Constipation -Care

DAD KABAJ CARE CHURNA

Bye-bye gas and indigestion! Natural remedy for digestive disorders such as indigestion, and constipation Brings relief from flatulence and gastric distress Activates secretion of digestive juices, boosts appetite Promotes good bowel movement Useful remedy for nausea and vomiting





DAD KABAJ CARE CHURNA is an excellent natural remedy that keeps your digestive system healthy and strong. Combining the goodness of natural ingredients like anardana, black cardamom, jeera (cumin seeds), nimboo sat (citric acid), and dalchini (cinnamon), the churna helps treat a wide range of problems like diarrhea, flatulence, and constipation. People of all ages (including children) can take DAD KABAJ CARE CHURNA after meals for quick digestion.

Indication

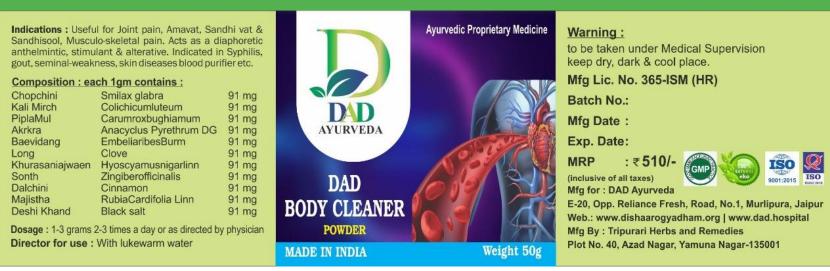
Flatulence, constipation, diarrhea, upset / heavy stomach, indigestion, loss of appetite Action:- DAD KABAJ CARE CHURNA balances vata and pitta in the body and stimulates the digestive fire. It helps relieve gas and reduces bloating and heaviness after a heavy meal. None

Direction:- 1 teaspoon, half an hour after meals Take once a night with warm water

32 -

Blood Purification Support

From transporting oxygen, hormones, sugar, to regulating our immune system and cleansing the body, blood is responsible for several processes taking place within the body. It can be simply deduced that our blood needs to remain clean and free of toxins for the proper functioning of the body. Several other <u>health benefits</u> like glowing and acne-free skin, reduced cholesterol level, easy transport of nutrients etc can be procured if blood is free of toxins and waste.



DAD Blood Purification -Care

Healthwellness-Helpful in Sexually transmitted Diseases, Herpes Genitals, Carbuncles, Abscess, Wounds and Fistula

Body-Cleaner 100% Success Treats Fatty Liver, Bloating, Shrinkage, Fatigue, Dry Skin, Dark Skin Tone, Jaundice, Loss of appetite, Gas, Indigestion, gout, semen.



If you are experiencing the following symptoms, please get your liver checked –

- 1. Feeling tired often 2. Lack of desire to eat 3. Sudden increase or decrease in weight
- 4. Easy Bleeding of Food 5. Swelling of the legs and abdomen 6. Grains of Blood
- 7. Inexplicable itching of the body 8. Yellowing of body and eyes 9. Blood in stool 10. Fever

Whether your liver is working properly or not, if your liver is not deteriorating then it is very important to take care of these things because if your liver is not working properly then you may have to face many types of diseases. Is. . If you want to avoid them, then know whether your liver is working properly or not.

DAD Body-clener 100% Successfully performed which includes Fatty Liver, Inflammation, Liver shrinkage, Extreme Fatigue, Dry skin around eyes, Dark skin tone, Change in color of urine, Jaundice, Yellowing of whites of nails and eyes falls. Loss of appetite, gas formation, indigestion, burning sensation and heaviness in chest.

method of use

Mix half a spoon of medicine, one spoon of native ghee and two spoons of honey, eat it twice a day and drink warm milk.



Hilarity

Hirsutism is unwanted, male-like hair growth in women. Hirsutism results in very dark, thick hairs on areas of the body where hair usually grows like men. - Face, chest and back.

The amount of hair in your body is largely determined by your genetic make-up. There is a wide range of normal hair distribution, thickness and color due to differences in heredity. However, hirsutism is a medical condition that can arise from more male hormones called androgens, mainly testosterone. It may also be due to a family trait.

The combination of self-care and medical therapy provides treatment for many women with hirsutism.

Symptoms

Hirsutism is hard and dark body hair, visible on the body where women typically do not grow hair on the face, chest and back. What is believed may vary depending on ethnicity and culture.

When extremely high androgen levels cause hirsutism, other symptoms can develop over time, a process known as virilization. Symptoms of virility may include:

Treatment

Treatment for hirsutism often involves a combination of treatment for the underlying disorder, if one, methods of self-care, hair removal therapy and medications.

The medicines

Medications taken for hair loss usually take up to six months, the average life cycle of hair follicles, before you notice a significant difference in hair growth. Medications include:

• Oral contraceptives. Contraceptive or other hormonal contraceptives, which contain estrogen and progestin, treat hirsutism caused by androgen production. Among women who do not want to get pregnant, oral contraception is a common treatment for contraceptives.. Possible side effects include dizziness, nausea, headache and stomach upset.

• Anti-androgens. These types of medicine block androgens from attaching to their receptors in your body. They are prescribed on oral contraceptives sometime after six months if oral contraceptives are not effective enough..

• The most commonly used anti-androgen for treating hirsutism is DAD GARBH CARE1 (DAD GARBH CARE2). Because these medicine can cause birth defects, it's important to use contraception while taking them.

• Topical cream. (Face pack) is a prescription cream for excessive facial hair, especially in women. It is directly applied to the affected area of your face and helps to slow the growth of new hair, and completely gets rid of existing hair. It can be used with DAD therapy to increase response.

Facial Hair Removal

Experience this fast, effective and affordable treatment.

Honey is one of natural's purest foods & is for more than just a natural sweetener, raw honey nutrition is impressive, amino acids minerals and enzymes.

Nutritional Information (per 100 mg.)

Energy	320 kca
Total Fat	0g
Cholesterol	0g
Protein	0g
Natural Sugar	80gm
Calcium	13mg
Total Carbohydrate	90gm
(Approximate value)	

100% Raw Honey Store in a Cool and Dry Place.





DAD Natural Raw Honey

DAD brings you pure natural honey sourced from the beautiful valleys of HimalayasBenefits

For Weight LossHoney is especially helpful for individuals who try to maintain their body weight balance to the maximum level. Warm water is taken after cooling, honey reduces excessive fat deposits in the body, thereby reducing weight. Compared to weight loss products that ultimately harm the body, honey is naturally a 100% safer option.

For Energy & PerformanceCompared to sugar which has only 15 calories, an equal amount of honey has 64 calories. This means, when you consume honey, your body gives more energy to maintain its metabolic functions. Therefore honey has been a reliable alternative to energy in the form of food, especially for athletes. Due to its ergogenic properties, honey contributes to boosting performance in the body, regulating optimal blood sugar, insulin levels, and muscle recurrence.

Honey is known as a rich source of vitamins and minerals.Depending on the source from which honey is obtained, honey contains essential vitamins and minerals including vitamins A, C, iron, and calcium. The intake of honey helps in nourishing the body with essential substances for its proper functioning and development.

As A Natural AntisepticHoney overall properties include antiseptic, antifungal and antibacterial properties. Therefore, in traditional medicine, honey is an important component of the treatment of common bacterial and fungal infections.

Forest bee honey is considered to be the best natural sweetener which has tremendous health benefits, regulating blood sugar levels is one of them. Its regular use treats constipation, cough, colds, and fever. Super bee honey aids in the proper functioning of the digestive system and also helps in reducing weight. It provides energy and strengthens immunity. Stay fit, feel young and enhances athletic performance. Our honey is unheated & 100% pure with no additives, no artificial color, and no added sugar which is why it retains its original nutrients. It helps in improving the texture of your skin and hair.



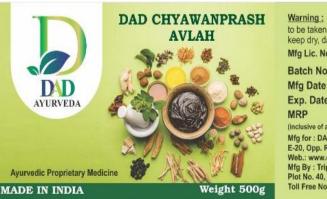


Made using an authentic ancient Indian recipe comprising of natural ingredients & anti-oxidants, chyawanprash has been known for centuries ans a reluveantor.

Composition : each 1gm contains :

Ashvgandha (Withania somnifera) 62.5 mg, Safed musli (Chlorophytum Borivillanum) 62.5 mg, Tulsi (Ocimum tenullorum) 62.5 mg, Shilajii (Purifed asphaltum) 62.5 mg, Musabar (Alce barbidensis) 62.5 mg, Triktu (Sonthimarich/Pippali) 62.5 mg, Konch beej (Mucuna pruriens) 62.5 mg, Gokhru (Pedallum murex) 62.5 mg, Satawar (Asparagus racemosus) 62.5 mg, Utangan (Bleoharis edulis) 62.5 mg, Gangeran (Grewia tenax) 62.5 mg, Kikar gond (Gum Acada) 62.5 mg, Kantur (Curcuma zedoaria) 62.5 mg, Chandrsur (Lepidium sativum) 62.5 mg, Varnikand (Dioscorea bulbfera) 62.5 mg, Jeewak (Mataxis acuminate) 62.5 mg, Hantiki (Temrinalia chebula) 62.5 mg, Jeewak (Mataxis acuminate) 62.5 mg, Hantiki (Temrinalia chebula) 62.5 mg, Jeewak (Mataxis acuminate) 62.5 mg, Hantiki (Temrinalia chebula) 62.5 mg, Jeewak (Mataxis acuminate) 62.5 mg, Hantiki (Temrinalia chebula) 62.5 mg, Jeewak (Mataxis acuminate) 62.5 mg, Hantiki (Temrinalia chebula) 62.5 mg, Jeewak (Mataxis acuminate) 62.5 mg, Hantiki (Temrinalia chebula) 62.5 mg, Jeewak (Mataxis acuming), Rakt punmva) Boerhaavia diffusa), Bala (Sida cardifolia), Mash parni (terarnnus), Musta (cyperus rotundus), Handra (Curcuma tonga), Swet chandan (santalum album), Manduk pami (Centella asiatica), Nag keasr (mesua ferrea), Shankin Puspi (Convolvulus pluricaulis), Sitopia, Triklu, Shyanak, Oroxylim Indicum, Ghee, Sesame oil

Dosage : Two to four gm (One teaspoon ful) twice a day or as directed by physician Direction for Use : With Water/Milk & Honey + Ghee



Warning : to be taken under Medical Supervision keep dry, dark & cool place. Mfg Lic. No. 872-ISM (HR)





DAD Chaywanprash Avlah

Immune Booster Ayurveda Avleh Helps in boosting immunity and energy Quantity: 50 Avleh x 2 (1 Avleh serving is 3.75g) Dosage: 1-2 Avleh per day. DAD Chyawanprash Avleh: Ayurveda Medicine for Immunity Every Indian has eaten the sticky and bitter paste called Chyawanprash while growing up, although generating generation often shies away from this Ayurveda paste. Disha Arogya Dham has found a perfect solution to bring one of Ayurveda's oldest formulation into your pocket. DAD Chyawanprash Avleh is Avleh made with the goodness of Chyawanprash and comprises of as many as 40 herbs. Description

Every Indian has eaten the sticky and bitter paste called Chyawanprash while growing up, although today's generation often shies away from this Ayurveda paste. We have found a perfect solution to bring one of Ayurveda's oldest formulation into your pocket. Comprised of as many as 40 herbs, DAD Chyawanprash Avleh is Avleh made with the goodness of Chyawanprash which doubles up as a health supplement. Suitable for all age groups, this Avleh gives you the nourishment and energy boost traditionally present in Chyawanprash.

Amongst the various benefits of herbs present in DAD Chyawanprash Avleh, Amla, acts as a rich source of Vitamin C while promoting brain functionality and healthier skin and hair. As a detoxifier, whereas provides antiseptic properties. As nervine tonic and aids in memory enhancement, while energises your body and helps in digestion. Put together, this DAD chywanprash Avleh improves your immunity and energy levels, enhances your body's resistance, keeps illnesses at bay, aids in digestion, sound sleep and enhances your appetite along with overall body functions. DAD Chyawanprash Avleh is an immunity booster and is also beneficial for toning muscles and regenerating tissues.

Ingredient

DAD Chyawanprash Avleh is a combination of various herbs synergised into a fun and tasty Avleh.

Amala, Bel ki chhal, arni, aralu, gmbhari, mashprni, pippl, shalprni, pusinprni, gokhru, chhoti kateli, kakdasingi, bhuiavla, munkka, jivnti, pokhrmul, agr, giloy, bdi hard, bla, vrahikand, vidariknd, kachur, nagrmotha, punrnva, stavri, chhoti elaichi, kamal, safed chandn, anduse ki jad, kaknasa, khareti panchang, sudh ghi, etc.

Special Ayurveda Gold, Silver Chyawanprash

Prepared on order. Main component:-1 gooseberry2 pure desi cow ghee3 Pure forest honey Not: - sugar and Hydrogenated vegetable oils are not used.

Natural Sweetener

Ingredients: Sugarcane Juice Processed to jaggery powder The Product is processed from filtered sugarcane juice at a state of the an technological advanced and hygienic stainless steel manufacturing facility

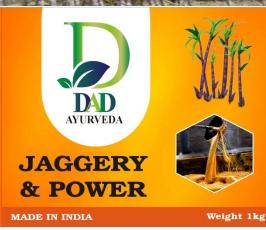
FOOD CATEGORY : GUR OF JAGGERY (11.2)

77.76Kca

Energy	3
Protein	0
Carbohydrates	9
Fat	0
Dietary Fibers	0
Potassium	3
Calcium	9
Phosphorous	4
Sodium	4
Iron	3

Storage Conditions : Store in a cool and dry place away from moisture. Keep the lid tightly closed.

Allergen Declaration : People with allergies, please read the ingredient statement carefully. Do not buy if the seal is broken or the products is puffed.



FSSAI No. : 10019013001781 Batch No. :

Mfg Date :

Exp. Date :

MRP : ₹ 280/-(inclusive of all taxes)



PKD for : DAD Ayurveda E-20, Opp. Reliance Fresh, Road, No.1, Murlipura, Jaipur Contact Us :- Mob. : +91-90341-00716, +91-79768-08977 Email: dishaf19@gmail.com https://www.dad.hospital | https://www.dadayurveda.com Toil Free : 18008803340



DAD-Premium Jaggery & Powder

DAD-enriching lives Jaggery & Powder Premium, 1kg

It is prepared under the guidance of the Indian institute of sugarcane research Processed from pure sugarcane juice Rich in antioxidants Loaded with minerals Source of nutrients Sulpherless

Alternative to sugar

DAD jaggery powder is processed without the use of any chemicals with centuries-old proven manufacturing technique. From the manufacturer

DAD JAGGERY & JAGGERY POWDER

A healthy substitute to your regular refined sugar, DAD Jaggery powder is truly beneficial. It adds sweetness to your dishes and savouries while maintaining your health. Jaggery retains its molasses content, which gives it a higher mineral content and makes it nutritious. HIGHLY NUTRITIOUS

Made from pure sugarcane juice, the jaggery is pure and unrefined sugar. It's a great source of vitamins and minerals and helps to fulfill nutritional gaps in your body that arise due to lack of improper diet.

VERSATILE INGREDIENT

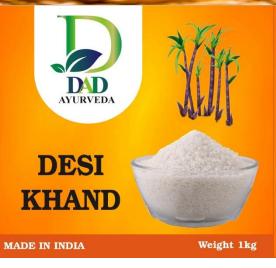
Jaggery, a natural sweetener has been a great go-to ingredient in various recipes. Add it to dishes, mix it to tea or milk or eat it raw; the jaggery tastes delicious with an earthy flavour in every way.

BENEFICIAL DURING WINTERS

Jaggery generates heat in your body and helps you to stay toasty warm during winters from inside. It also helps you in cold and cough and maintains your strong body.

Alternative to sugar-

Jadi Booti | Crude Drugs | Ayurvedic Herbs | Medicinal Herbs | Herbs Power | Herbal Green Tea | Green Coffee | Organic Pulses Spices Dry Fruits | Aromatic Spices | Essential Oils | Puja itmes etc.



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ISO

Improved Digestive Health

In India, it's common for jaggery to be eaten after a meal.

Some people claim it helps with digestion and can stimulate bowel movements, making it a good choice for preventing constipation. Jaggery is a source

No available research confirms this claim. Given the nutrition profile, it seems unlikely that jaggery would help with digestion or prevent constipation. Anemia Prevention

Some studies suggest the iron in non-centrifugal sugars is more easily used by the body than iron from other plant sources.

Jaggery contains around 11 mg of iron per 100 grams, or about 61% of the RDI (2).

This sounds impressive, but it's unlikely that you would eat 100 grams of jaggery in one sitting. A tablespoon or teaspoon represents a more realistic portion.



A tablespoon (20 grams) contains 2.2 mg of iron, or about 12% of the RDI. A teaspoon (7 grams) contains 0.77 mg of iron, or about 4% of the RDI.

For people with low iron intake, jaggery could contribute a small amount of iron — especially when replacing white sugar.

However, you will get much greater amounts of iron from this list of 11 iron-rich foods.

What's more, added sugar is bad for your health. Therefore, it's unreasonable to suggest that you should add jaggery to your diet because it contains iron.

Liver Detoxification

Many foods are claimed to help your liver get rid of toxins. However, your body is capable of removing these toxins on its own.

No current evidence supports the claim that any food or drink can make this "detox" process easier or more efficient.

Improved Immune Function

In India, jaggery is often added to tonics used to treat a variety of ailments.

People believe that the minerals and antioxidants in jaggery can support the immune system and help people recover from illnesses like the common cold and the flu.

Some evidence suggests that oral zinc and vitamin C supplements may reduce the length and severity of a cold, but neither is found in high amounts in jiggery.

Indications: Produces acid to digest food. It is a regular and natural process. The heat energy inside our cells, which produces bile, relieves symptoms like gas, stomach, hyperacidity, heartburn, ulcer which improves digestion.

Composition (Each gm contains)

Haldi	30 mg	root
Revand Chini	140 mg	root
Tulsi	40 mg	leaf
Maruwa	100 mg	leaf
Aloevera	10 mg	Ghan
Mulethi	680 mg	root

Best before 2 year from the date of Packing

Dosage : 02 GMS. 2 to 3 times a day.

Direction of use : Boil half a teaspoon in 1 glass of milk and use it twice a day



Peptic ulcer Tea

ts 100g	Jssai
1	10019013001781
ily Value	Batch No.:
0 %	
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PKD for : DAD Ayurveda

Serving Size

Amount Per Sen

Calories

Total Fat 0g Sodium 1 mg

Protein 0.2g Vitamin A 0% Calcium 0% Daily values are based o

Total Carbohydrat **Dietary Fiber 0g** Sugar Og

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Gastric ulcers are called lesions on the lining of the digestive system. They are caused by a wound in the stomach or intestine due to an excess of acid. Ulcers mostly occur in the duodenum (the first part of the intestine). The second most common part is the stomach (gastric ulcer). There are several reasons for peptic ulcers:

Helicobacter pylori, a type of bacteria, is the cause of many ulcers. Acids and other juices produced by the stomach can contribute to ulcers by burning the lining of the digestive tract. This happens when the body makes too much acid or the lining of the digestive tract is damaged due to some reason. Physical or emotional stress in a person can increase an already present ulcer. Ulcers can also be caused by continued use of certain medications, such as painkillers. **Potential symptoms:**

When you eat or drink, you feel better and then after 1 or 2 hours, the situation becomes worse (duodenal ulcer). When you eat or drink, do not feel good (stomach ulcer). Stomach pain that occurs at night. Abdominal weight gain, bloated, burning sensation or mild pain, feeling of unexpected weight gain. Do not smoke Avoid anti-inflammatory drugs. Avoid caffeine and alcohol unless given by a physician. Avoid spicy foods if they cause irritation. Warning signs:

Vomit blood or eat food eaten hours or days ago, or always have nausea or persistent vomiting. Feeling abnormally weak or dizzy. There is blood in the stool (blood can make your stool black or tar-like.) Suddenly severe pain, pain does not go away even after taking medicine and pain reaches back. Weight is continuously decreasing.

Method of use:

Cook it in 1 glass of milk and drink it 2 times a day. Avoid:

Sour things stale food, fried, chili, spices, fast food meat drink

Massage Oils

Massage Oil

Skin, the body's largest organ, needs constant care. The many delicate layers of skin provide essential protection for inner muscles and organs. The refreshing, hydrating herbs in Replenishing Massage Oil[™] work in the skin to promote overall well-being. The formula soothes joints and muscles through massage. Replenishing Massage Oil[™] has properties that refresh the skin, giving it a youthful glow and vitality. For best results, apply Replenishing Massage Oil[™] directly after showering and gently towel dry.

Ingredients: *Emblica officinalis, Eclipta alba oil, Centella asiatica, Ocimum sanctum, and sandalwood in a base of bitter-almond oil*

Ancient Narayan Massage Oil

Ancient Massage Oil[™] brings together over twenty important Ayurvedic herbs, blended in a sesame oil base, according to a time-tested recipe. This ancient herbal formula produces an extremely nourishing massage oil. Ancient Narayan Massage Oil[™] is especially effective to relieve Vata imbalance, which can cause dry skin, joint pain, and muscle soreness. Used daily, Ancient Narayan Massage Oil[™] helps to soothe tired muscles and joints through massage.

Ingredients: Extracts in a base of sesame oil: Withania somnifera, Sida cordifolia, Aegle marmelos, Solanium nigrum, Solanium indicum, Tribulus terrestris, Vitex nirgundo, Oroxylum indicum, Boerhavia diffusa, Phaseolus mungo, Pluchea lanceolata, Ricinus communis, Cedrus deodara, Sida veronicaefolia, Premma mucronata, Asparagus racemosus, Saussurea lappa, amonum, Santalum album, valerian, Foeniculum vulgare, Desmodium uraria, Teramamus labialis, and Phaseolus trilobus

Breast Massage Oil

The potent herbs in Breast Massage Oil are valuable ingredients which help to cleanse sensitive breast tissue. The breasts are the body's largest lymph glands. To function correctly, lymph glands need regular drainage and detoxification. Breast Massage Oil should be applied regularly to the breasts and gently massaged into the skin in circular motions, moving toward the armpits. For best results, apply the oil every night before bedtime and let it work overnight

to soothe and cleanse.

Ingredients: Vitamin E, Jasmine Oil, Palm Lily Leaf, and Pomegranate Oil in a base of Olive Oil







Baby Massage Oil

Massaging your infant regularly can improve your baby's neurological development, strengthen his or her immune system, and promote healthy sleep. Babies who are massaged show increased sensory awareness and improved circulation. Parents and other caregivers have often found that common discomforts such as teething pain, colic, chest / sinus congestion, and even emotional stress can be soothed and eased away during infant massage.

To use Baby Massage Oil, apply lukewarm oil all over your child's body and gently work it into the skin. Baby Massage Oil may be applied at night and left on the skin while your baby sleeps, then washed off in a morning bath.

Ingredients: Bacopa monnieri, Centella asiatica, Ashwagandha, and Sandalwood Oil in a base of Almond Oil

Vata Massage Oil

ProVata Massage Oil[™] is specially formulated to relax the nervous system through massage, while supplying the skin with hydration. ProVata Massage Oil[™] is best used daily after showering. Apply it liberally over the entire body, massaging it in before gently towel drying.

Ingredients: *Cinnamon oil, ginger oil, almond oil, and cardamom oil in a base of sesame oil.*

Pita Massage Oil

ProPita Massage Oil[™] provides an excellent therapeutic foundation for reestablishing Pitta balance. The oil helps to soothe the mind and body when used with massage and keeps the skin silky and smooth. ProPita Massage Oil[™] is most effective when used daily after showering.

Massage the oil gently into the skin, concentrating on the forehead, scalp and feet. Remove any excess with a towel. ProPita Massage Oil[™] can also be used to promote a sense of well-being through massage. A small amount massaged into the temples or forehead can help to restore feelings of calm and harmony.

Ingredients: Sandalwood oil, neem oil, Eclipta alba oil, and lemongrass oil in a base of coconut and sesame oil

Kapha Massage Oil

ProKapha Massage Oil[™] is designed especially to balance Kapha. Used daily, ProKapha Massage Oil[™] restores vital warmth and energy to the body. Apply ProKapha Massage Oil[™] liberally over the entire body after showering and gently towel-dry.

Ingredients: *Ginger oil, Flaxseed oil, Eucalyptus oil, and Guggal Extract in a base of Sesame oil*









Ayurvedic Teas



Himalayan Green Tea™ Nature's Antioxidant | 50 grams

Green tea is the most frequently consumed beverage in the world. Research continues to reveal the beneficial effects of green tea. Our unique blend is naturally grown in the pristine Himalayan Mountains. We choose our leaves to be mild in flavor and bitterness.

Ingredients: 100% Himalayan Green Tea.

Energy Tea

Fuels & Enlivens | 50 grams

The powerful herbs in this special tea have long been used in Ayurveda to nutritionally support stamina as well as physical and mental strength.

Ingredients: Green Tea, Ginger, Ashwagandha, Bacopa monnieri, Centella asiatica, Cinnamon, and Cardamom.

Vata Tea™

Grounding & Warming | 50 grams

Relax and enjoy this unique blend of Ayurvedic herbs formulated specifically to soothe Vata imbalance. This tea helps to calm, harmonize and improve Vata balance. When Vata is in balance, one feels happy, calm and energetic.

Ingredients: Fennel, Licorice, Ginger, Cinnamon, Black Cardamom, and Ajwain.

Ayurvedic Perspective

Ayurvedic teas can help correct Dosha imbalances

Optimal balance is achieved by proper maintenance of the three doshas Vata, Pitta, Kapha. When out of balance your body will react in fairly specific ways according to your dosha type.

R·U·Ved[®] Ayurvedic teas can help correct imbalances, while enhancing your general well-being, according to Ayurvedic tradition. Each tea can be consumed by any dosha.

Pita Tea™

Relaxing & Cooling | 50 grams

This tea provides a perfect blend of soothing herbs to refresh and balance Pitta metabolism and digestion. When Pitta is in balance, one has a good appetite, a sharper intellect and improved memory.

Ingredients: cardamom, holy basil, sandalwood, licorice, and cinnamon.

Kapha Tea™

Uplifting & Warming | 50grams

This invigorating and delicious Ayurvedic blend helps to restore and bring balance to Kapha influence; strengthening physical body structure and regulating bodily secretions. Kapha balance brings energy, strength, caring and an easygoing attitude.

Ingredients: Cloves, Cardamom, Ginger, Green Tea, and Cinnamon

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