

Ingredients:

Aegle marmelos, (Bilva/Bael, Stone Apple): Bael contains laxatives that keep blood sugar levels in control, thereby helping in controlling diabetes. Prevents Constipation, aids in Digestion, Respiratory Problems, asthma. It has ulcer healing, antigenotoxic, diuretic, antifertility and anti-inflammatory properties. It controls lipid profiles and triglycerides, and reduces blood cholesterol levels. It is Tonic for heart and brain. It helps in Depression, Memory loss. Safety: 2-3 masha, (2-3 gm)

Azadirachta indica (Neem beeja/leaves, Indian lilac): The bitter leaf of neem is an effective remedy for treating diabetes as they are loaded with flavonoids, triterpenoid, anti-viral compounds and glycosides, which may help manage blood sugar levels. Anti-diabetic properties of Neem leaves aid insulin to increase the uptake of glucose into fat and muscle cells and, hence, helps in maintaining glucose levels in the body. Almost all parts of the neem tree- leaves, flowers, seeds, fruits, roots and bark have been used traditionally for a variety of treatments; be it inflammation, infections, fever, skin diseases or dental disorders. Safety: 6-12 masha (6-12 gm)

Berberis aristata, (Daruharidra, Indian berberi): Daruharidra has a role in diabetes. Berberine in Daruharidra has blood sugar lowering effect. Berberine is very effective at lowering blood sugar and HbA1c, which are elevated in people with diabetes. It reduces the increase in glucose levels in the blood. It improves insulin sensitivity and promotes the uptake of glucose by the cells and tissues. The plant is useful as anti-pyretic, anti-bacterial, anti-microbial, anti-hepatotoxic, anti-hyperglycaemic, anti-cancer, anti-oxidant and anti-lipidemic agent. B. aristata extracts and its formulations are also useful in the treatment of diarrhoea, haemorrhoids, gynaecological disorders, HIV-AIDS, osteoporosis, diabetes, eye and ear infections, wound healing, jaundice, skin diseases and malarial fever. It improves

the liver function and regenerates the liver cells naturally. It also provides nourishment to the skin and regulates the metabolism of the body. Safety: 3-5 masha (3-5 gm)

Boerrrhavia Diffusa, (Punarnava, Hogweed): Punarnava is known to correct the digestive system, which ensures stable blood sugar levels. Punarnava tends to increase the plasma insulin levels that further helps in managing diabetes well. Punarnava is majorly used for kidney and urinary disorders. It tends to improve the functioning of kidneys damaged by diabetes. Punarnava is known to be effective in the weight loss process. It also helps reduce the chances of water retention, thus help in weight loss. It helps in flushing out toxins from the body without the loss of essential minerals like potassium and electrolytes. Safety:

Cinnamomum tamala (Tejpatra, Indian Cassia): Cinnamomum tamala significantly lowered the blood glucose level, and maintained body weight and lipid-profile parameters towards near normal range. Used in treatment of Diabetes, controls blood sugar levels and cholesterol and Triglycerides Tejpatra acts as a carminative, gastric stimulant, appetizer and mouth refresher, gives soothing aroma – fragrance. It is useful in flatulence (excessive formation of gases in stomach and intestine), dyspepsia (Indigestion), relieves colic (intestinal spasms). It is also useful in rheumatism (joint pains).. Actually when this Magical Tej patra is combined with powerful Cinnamon, then it melts the fat around waist. It maintains body weight. Which means that it neither allows the weight to increase nor decreases too much. At the same time, cinnamon reduces fat by accelerating the metabolism of the body..Because bay leaf tea is a source of vitamin C, it's also great for the immune system. The magical leaves can also lower your stress levels. Safety: 1-4 masha (1-4 gm) per day.

Cinnamomum zeylanicum (Dalchini, Chinese cassia): Cinnamon comes packed with antioxidants that decrease oxidative stress, reducing the risk of developing many health conditions including diabetes. Use of cinnamon as an alternative therapy-alone or combined-in the control of glycemic levels in patients with diabetes. Taking cinnamon could be useful for lowering serum HbA1C in type 2 diabetics. Dalchini is beneficial in deranged kapha, stimulates body's metabolism, helps in cutting belly fat so help you lose weight. It is expectorant, removes hoarseness of voice. It increases appetite, destroys toxins, cardiac tonic, increases semen, imparts strength. Cinnamon is one of the best weight loss herbs because it helps to stabilise blood sugar level, keeps you full for a longer time, decreases hunger pangs and metabolises fats at a faster rate. It is a carminative, antispasmodic, aromatic and stomachic. It is useful in flatulence, dyspepsia, and diarrhea and vomiting. Safety: 2.5-10 ratti (0.3-1.25 gm) per day.

Cyperus rotundus (Nagarmotha, Nut grass): C. rotundus rhizomes significantly lowered blood glucose levels. C. rotundus showed anti-hyperglycemic effects via inhibition of protein glycation. It is useful in treatment of diabetes. It relieves spasms and pain, acting mainly on the digestive system and uterus. They are used internally in the treatment of digestive problems and menstrual complaints. It acts as a carminative, stomachic, demulcent and tonic. Nut grass is recommended for fevers and obesity in Ayurveda. It is soothing tonic, good for Skin care and Hypertension. Safety: 3-6 masha (3-6 gm) per day.

Emblica officinalis (Amla, Indian gooseberry): Stress reliever which helps induce sleep and relieve headaches. It helps to reduce cough, throat infections and flu. It is diuretic, detoxifying, digestive, astringent, improves body's immunity system. Amla is known for its immunity-boosting properties and is known to be a great remedy for diabetes. It is antioxidant, rich source of iron & helps in absorbing calcium which is an essential element for teeth, bones & hair. It helps reduce wrinkles, dark circles and other signs of aging. It also protects the body from radiation. It helps to improve concentration power and memory

skills and reduces Stress. It boosts metabolism which helps reduce body fat. It has, antioxidant, anti-inflammatory properties. Safety: 3-5 grams, (3-5 masha).

Gymnema Sylvestre, (Gurmarbooti, Miracle Plant): Combination of diet and Gymnema leaf support normal blood sugar levels. The key component of Gymnema - gymnemic acid - mimics glucose molecules, numbing receptor sites on your tongue. Supports normal appetite level & normal blood glucose levels and triglycerides. It supports proper function of the pancreas. It helps lower fasting blood sugar and A1C in type 1 (insulin-dependent) diabetes and may reduce cravings for sweets by suppressing the sweet-taste sensation in your mouth. Gymnema sylvestre may reduce sugar absorption in your gut and promote cells' uptake of sugar from your blood. Due to its impact on type 1 diabetes, it's suspected that Gymnema sylvestre may somehow aid insulin-producing cells in your pancreas. Gymnema can reduce sugar cravings and help balance blood sugar. It is thought to block glucose receptors in the gut as well, preventing the absorption of sugar. Safety:

Hibiscus sabdariffa, (Gudhal, China rose): Rich in vitamin C & minerals, Hibiscus is loaded with various antioxidants & obesity fighting agents like chromium, ascorbic acid and hydroxycitric acid (HCA). It can help control blood sugar in types 2 diabetes by reducing insulin resistance.. The health benefits of drinking hibiscus tea also include lowering blood pressure and cholesterol. It can also speed up metabolism, and thus aids in gradual weight loss. Safety: 3-6 masha (3-6 gm)

Inula racemosa (Pushkaramula, Orris Root): It possess anti-tumor, anti-diabetic, anti-inflammatory, anti- ulcer, anti-oxidant properties. Used in the treatment asthma, chronic bronchitis, pulmonary disorders, skin diseases, cardiac disorders, obesity & diabetes. Roots of Inula racemosa possess significant hypoglycaemic and antioxidant

property. It has aromatic, tonic, febrifuge, expectorant, carminative, diuretic, and antiseptic properties. Used in Rheumatism. Safety: 2-4 grams, (2-4 masha)

Momordica Charantia (Karela beeja, Bitter gourd): Bitter Melon - Bitter Melon is a completely natural fruit that supports the body's normal blood glucose levels. Unlike many herbs, Bitter Melon (*Momordica charantia*) is commonly eaten as a dish in India, proof positive of its safety. Bitter Melon, also known as Bitter Gourd, has been traditionally used to regulate blood glucose levels within the normal limits. It contains compounds called charantin and momordicin., a polypeptide that has been shown in experimental studies to achieve its regulating effect by suppressing the neural response to sweet taste stimuli. Bitter Melon is also a natural source of Vitamin C. Helps maintain a normal level of triglycerides and cholesterol in the liver and blood. Helps support a normal immune system function. Safety: 1-2 tola (11.6-23.25 gm)

Nigella Sativa, (Kalonji, Black seed): black cumin seed oil over time reduced HbA1c — the average blood glucose levels — by increasing insulin production, decreasing insulin resistance, stimulating cellular activity, and decreasing intestinal insulin absorption. Black seed oil improves insulin production and blood sugar in diabetes. Kalonji has wide range of uses and one of such is weight loss and controlling obesity. It is a rich source of fiber. Nigella seeds contain nigellone, which helps in controlling obesity. Kalonji is used for the treatment of diabetes, pain, and digestive tract problems. Kalonji is thought to improve blood sugar management by increasing the action of insulin and delaying the absorption of sugar into the blood. Safety: 1-2 masha (1-2 gm)

Picrorhiza kurroa, (Kutki, Yellow gentian): Kutuki helps β -cell regeneration with enhanced insulin production and antihyperglycemic effects. It is carminative, digestive, regulates diabetes, treats arthritis, augments skin health. Kutuki eases respiration &

breathing & helps in reducing allergen-induced bronchial obstructions. It works on preventing asthmatic attacks by inhibiting the release of histamine in the lungs. It promotes Heart Functions, cardio-protective, prevents ulcers. Katuki is a well-known herb for its liver protective action Katuki is known to help in removing the excess fire energy from our body thus acting as a cooling agent. It balances pitta and kapha which cause acidity, digestive problems and fat deposition. It is a natural fever pill. It has potent anti-inflammatory & antioxidant properties which help in wound healing and primary infections. It's several properties help treating severe skin problems like psoriasis and vitiligo. It stimulates gastric function, secrete juices which boost metabolism and the production of digestive fiber which can cut down on unregulated fat in the body thus helps weight loss. Safety: 6-7 masha (6-7 gm)

Plumbago zeylanica, (Chitrakmula, Leadwort): Chitrak root is beneficial in managing diabetes. It lowers blood glucose levels by enhancing insulin secretion due to its anti-diabetic and antioxidant properties. Chitrak also reduces blood cholesterol and triglyceride levels and thereby, helps in weight loss. It also aids in reducing anxiety and calming brain activity as it suppresses the central nervous system due to its relaxant properties. It improves digestion & also helps in atherosclerosis & skin diseases. Safety: 5-7 masha (5-7 gm)

Pterocarpus Marsupium, (Vijaysar, Malabar kino): It helps in weight loss. It increases the metabolism of the body and reduces cholesterol and triglyceride levels, thereby, reducing the body weight. Vijaysar helps manage cholesterol levels due to its antioxidant and anti-inflammatory properties. It helps to manage diabetes. Vijaysar is considered to have anti-diabetic property due to the presence of flavanoids. The excellent anti-glycemic nature of Vijaysar decreases blood sugar level of the body. It helps to reduce the breakdown of starch into glucose which in turn leads to low blood glucose levels. Vijaysar helps to improve digestion. Safety: 2-5 ratti (250-625mg)

Rubia cordifolia, (Manjishta, Indian madder): Rubia cordifolia also known as 'Manjistha', is an important medicinal plant and is used for treatment of various ailments like diabetes, cancer etc.. Anti-hyperglycemic and antioxidant properties of the roots of Rubia cordifolia and aerial parts of the plant also show hypoglycemic effect. It is known to have anti-diabetic, antiseptic and antistress properties. Rubia cordifolia is widely used to cure diabetes mellitus. Manjistha has anti-inflammatory, Anti-dysenteric, Anti-helminthic and antioxidant properties. It treats allergies, acne, eczema, and psoriasis, wound healing, maintains Skin Health, Damaged skin tissues due to injury or illness and can improve your complexion. Manjistha is considered as tonic, antitussive. It Regulates Blood Pressure. It protects your kidney, liver, improves digestion and immune system against toxins, Boosts immunity. It helps to stop bleeding, haematemesis, epistaxis, haemoptysis, blood in the stools & urine. It aids in weight loss. Manjistha can help you deal with stress and improve memory and learning ability. Safety: 3-5 grams (3-5 masha) per day

Swertia Chirayaita, (Chirayata, Bitter Stick): Chirayata helps in weight loss as it increases metabolism and helps in burning more calories. It is also beneficial in managing diabetes by increasing insulin secretion and reduces oxidative stress in diabetic patients due to its high antioxidant and anti-inflammatory properties. It helps prevent damage to pancreatic cells and enhances the release of insulin. This helps lower the level of blood sugar. Chirayata is used for fever, constipation, upset stomach, loss of appetite, intestinal worms, skin diseases, and cancer. Safety: 5-7 masha (5-7 gm)

Syzygium cumini (Jamun beeja, Blackberry): Jambul fruit is regarded in Ayurveda as a specific against Diabetes, because of its effect on pancreas. The fruit as such, the seeds, and fruit juice are all useful in treating diabetes. The seeds contain a glucoside "Jambosin" (alkaloid) which is believed to have the power to check the pathological conversion of starch into sugar in cases of excessive production of Glucose. Charaka recommends eating

Jambul fruit to improve function of the liver and digestion The leaves and bark are used for controlling high blood pressure. Safety: 3-5 masha (3-5 gm)

Terminalia Bellirica (Bahera, Belliric Myrobalan): This herb is known to exhibit antioxidant, antimicrobial immunological properties. It stimulates insulin secretion, enhance insulin action and inhibit both protein glycation and starch digestion. T. bellerica could be used as a successful alternative therapy for the treatment of diabetes. Bahera is antioxidant, anti-spasmodic, Liver protective, cardio-tonic and digestive. Relieves constipation, It has adaptogenic and brain-boosting properties thus enhancing concentration, memory capacity, focus, calmness, alertness of an individual. Used in cough, asthma and sore throat. It has anti-tussive and expectorant and Anti-allergic properties. Used in high blood pressure patients. Used in mouth ulcers, skin rashes, and hair problems. Used in the treatment of insomnia. Also used to reduce weight. Safety: 5-7 grams (5-7 masha)

Terminalia chebula (Harad, Chebulic myrobalan): It has been widely used in Ayurveda for the treatment of diabetes.. It significantly reduced the levels of blood glucose and glycosylated hemoglobin. Determination of plasma insulin levels revealed the insulin stimulating action of the fruit extract. Also, the alterations observed in the activities of carbohydrate and glycogen metabolising enzymes were reverted back to near normal after 30 days of treatment. Used as herbal remedy for chronic coughs and breathlessness, wheezing, Cough fits. It is diuretic, astringent, cardiogenic in action. It is a safe and effective purgative, laxative, and alterative. Improves immunity. Also useful in weight loss. It is good to increase appetite, digestive aid, liver stimulant, stomachic, gastrointestinal prokinetic agent.. It is used in nervous weakness, nervous irritability. Safety: 5-7 masha (5-7 grams) per day.

Tinospora cordifolia, (Guduchi/Giloy), Heart-Leaved Moonseed): Giloy, known for its immunity building properties, can also be extremely beneficial to control blood sugar levels and prevent diabetes. Helps improve digestion, reduce excessive thirst, boost energy and immunity. Giloy also helps in weight management by improving overall metabolism. It also increases platelet count and might help in dengue fever. Used for various skin problems as it helps to remove toxins from the body. Giloy helps to control high cholesterol level in the body by improving the metabolism and eliminating toxins from the body which are responsible for high cholesterol. Giloy helps in the management of pain and inflammation in arthritis. Safety: 5-15 ratti (0.6-2 gm)

Trigonella foenum graecum, (Methi, Fenugreek): Fenugreek/methi is a seed that may help lower blood sugar levels. It contains fibers and chemicals that help slow down the digestion of carbohydrates and sugar because of increased insulin levels. Methi leads to reduced cholesterol levels. Methi has been known to help lose weight efficiently. It supports digestion, which is key in shedding kilos. Galactomannan, which is a water-soluble component, found in methi, helps curb your cravings and keeps you fuller for longer. Moreover, it also helps increase metabolic rate of the body. Safety:

Vachellia nilotica, (Babool, Kikar, Indian gum Arabic tree): Bark Acacia powder, also known as Babool, has abundance of medicinal properties and is a good source of fibre. It reduces body fat and promotes oral health. It aids in weight loss and reduces cholesterol in the body. It is effective in management of blood glucose levels. It stimulates the islets of Langerhans to produce more insulin. The leaves and bark of babool possess potent anti-inflammatory and antibacterial properties which aid in controlling bleeding and infections which speed up the healing of wounds, cuts and injuries. Safety: 5-7 masha (5-7 gm)

Withania coagulans, (Paneer doda, Indian rennet): Paneer doda is AntiDiabetic & Weight Loss Herb. Paneer Phool lowers the blood sugar, improves glucose utilization & carbohydrate metabolism. This flower heals the beta cells of the pancreas for better utilisation of insulin. It repairs the beta cells of pancreas which are the producers of insulin. It is effective for respiratory disorders. improves asthma. It is a natural blood purifier. The antioxidants present in the herb purify the blood. (Paneer doda, can be used to combat a variety of conditions like diabetes, menstrual problems, and low urine output. Safety: 5-7 masha (5-7 gm)

Withania somnifera (Ashwagandha, Winter cherry): Ashwagandha because of anti-diabetic properties helps in treating diabetes. Ashwagandha significantly reduced blood sugar, hemoglobin A1c (HbA1c), insulin, blood lipids, and oxidative stress markers. It helps stimulate cells to take in glucose from your blood stream. Ashwagandha helps in increasing insulin secretion and improves insulin sensitivity in muscle cells, thus being extremely beneficial for diabetics. It helps relieving stress and thus promotes weight loss. This increases your overall energy and helps you during your intense workouts. Ashwagandha is full of antioxidants that are essential for weight loss and overall well-being. It helps in cough and cold symptoms, and chronic pain. Flowers have potent diuretic and aphrodisiac properties which is used for improving fertility and treating kidney problems such as kidney stones. The root has potent aphrodisiac, diuretic, antioxidant, anti-depressant, Safety: 3 to 5 grams (3-5 masha)

Zingiber officinale (Saunth, Ginger root): Ginger has potential blood-sugar controlling mechanism. Basically, ginger tends to inhibit enzymes that affect how carbs are metabolised and insulin sensitivity as a whole, thereby leading to greater glucose absorption in the muscles. Ginger also has the potential to help reduce the risk for diabetes complications due to its lipid-lowering effects. Ginger supplementation significantly reduced the levels of fasting blood sugar, hemoglobin A1c, apolipoprotein B, apolipoprotein

B/apolipoprotein A-I and malondialdehyde Ginger increases the flow of saliva and is a stimulating tonic for the digestive system. It is used in upset stomach, cramping, motion sickness, nausea, vomiting and loss of appetite and aids digestion. Ginger has been shown to reduce hunger, which can help people lose weight. It is used in Sore-throat, laryngitis and cold. It increases the peripheral circulation and detoxifies the body from toxins associated with rheumatism. It has anti-inflammatory effect (reduces pain and swelling). It is also sometimes promoted for arthritis or joint and muscle pain. Can be used topically for inflammatory conditions such as Rheumatoid arthritis, Osteoarthritis, bursitis and muscle sprains. Safety: 1-10 grams (1-10 masha) per day.