

Ingredients

Details of 24 Herbs Used :

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: 3-6 masha (3-6 gm) per day.

Cinnamomum tamala (Tejpatra, Indian Cassia): 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). Used in treatment of Diabetes, controls blood sugar levels and cholesterol and Triglycerides. Safety: 1-4 masha (1-4 gm) per day.

Cinnamomum zeylanicum (Dalchini, Chinese cassia): 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.

Commiphora mukul, (Guggul, Mukul myrrh): Guggul has anti-inflammatory properties. It promotes weight loss by stimulating the body's metabolism because of plant sterol known as guggulsterone. This herb aids in healthy weight management & energy. It is also best for liver health and helps in the process of detoxification. Guggul also promotes healthy cholesterol & triglyceride levels in the body. It can also be taken to keep the body healthy and in optimum weight. Safety: 1-1.5 masha (1-1.5 gm) per day.

Cyperus rotundus (Nagarmotha, Nut grass): 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.

Elettaria cardamomum (Elaichi chhoti, Cardamom): Cardamom is an effective digestive stimulant and diuretic, cardamom boosts metabolism and helps the body burn fat more efficiently. It has strong aromatic (soothing fragrance), carminative and stomachic, digestive, borborygmus, bloating and flatulence, appetizer. beneficial for nausea, vomiting, morning sickness, burping and acidity, diarrhea, biliousness, belching and stomach aches. It boosts expectoration, improves cough with mucus and asthma with wheezing. Good for sore throat, cold and bronchitis and freshens the breath. It improves mind weakness. It is also reported to possess anti-inflammatory, analgesic and cardio-tonic properties. Safety: 5-15 ratti (0.6-1.8gm) 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) per day.

Foeniculum vulgare (Saunf, Indian sweet fennel): It is used in Digestive discomfort; flatulence, borborygmus, cramps, nausea. It is an aromatic, carminative, stomachic. gastro-intestinal relaxant, soothing spasms in the smooth muscles of intestinal tract known to treat hyperacidity. Useful in cough. clears phlegm. It induces perspiration and urination and is useful in difficult urination, burning and dark yellow urine, cloudy urine. Its diuretic properties clear pitta from mutravahasrotas. It tonifies the brain and nervous system & useful in gout. & obesity. Safety: 4 ratti to 2 masha (0.5-2 gm) per day.

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) per day.

Inula racemosa (Pushkaramula, Orris Root): Used in the treatment asthma, chronic bronchitis, pulmonary disorders, skin diseases, cardiac disorders, obesity & diabetes. It has Anti-inflammatory, analgesic, antifungal, antibacterial, hepatoprotective, anti-allergic, antioxidant, anti-asthmatic, adaptogenic, adrenal beta blocking, hypoglycemic and cardioprotective activity. It is an aromatic tonic, febrifuge, and expectorant. carminative, diuretic, and has antiseptic properties. Used in Rheumatism. Safety: 2-4 grams, (2-4 masha) per day.

Nigella Sativa, (Kalonji, Black seed): 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) per day.

Picrorhiza kurroa, (Kutki, Yellow gentian): 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. Kutuki is a well-known herb for its liver protective action Kutuki 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. It is carminative,

digestive, regulates diabetes, treats arthritis, augments skin health. Safety: 6-7 masha (6-7 gm) per day.

Piper longum (Pippali/Pipli, Pipplamula, Dried Catkins): This helps to improve body's metabolism and thus promotes weight loss by eliminating toxins from the body. It Aids in weight loss. It promotes expectoration thus used for coughs, colds, bronchitis, asthma, wet and 'mucousy' conditions of the lungs. It is a rejuvenative for the lungs. It is carminative helps in digestion, relieves nausea and painful abdomen & flatulence. It has a protective effect on liver. It is useful in joint pains, stiff joints, rheumatic pains, sciatica, gout, epilepsy, and paralysis. The herb is also believed to improve vitality. Long Pepper is also thought to increase one's lifespan. Safety: 2-4 ratti (.25-.05 gm) per day.

Piper nigrum (Kali Mirich, Black pepper): It acts as an aromatic, stimulant, stomachic, analgesic, carminative, and expectorant. It helps to increase enzymatic secretions in gut. Useful in anorexia, low appetite to stimulate hunger and interest in food, improves sluggish digestion, borborygmus, removes colonic toxins, helps in diarrhea relieves abdominal colic pain and nausea. useful part of many diabetes treatments. Specific for cold, wet, damp, kapha conditions with white, sticky mucus and a productive cough; asthma, bronchitis, pneumonia and sore throats. Safety: 2-4 ratti (.25-.05 gm) per day.

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) per day.

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 (250-6250mg) per day.

Rubia cordifolia, (Manjishta, Indian madder): 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

Terminalia Bellarica (Bahera, Belliric Myrobalan): 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) per day.

Terminalia chebula (Harad, Chebulic myrobalan): The harad fruit 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, boosts 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) per day.

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: 3-5 masha (3-5 gm) per day.

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) per day.

Withania somnifera (Ashwagandha, Winter cherry): Ashwagandha helps in 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, anti-diabetic properties and are hence used for treating neural problems, diabetes, constipation, infertility, skin disorders, etc. Safety: 3 to 5 grams (3-5 masha) per day.

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.