

Ayurvedic product information

Sl no	Name of the Product	Therapeutic uses	Dosage
1	Aswagandha lehyam	Tonic, aphrodisiac, haematinic and blood purifier. Useful in wasting diseases, anaemia, Impotency and blood impurities.	6 to 12 gms. Twice or thrice a day with warm milk
2	Chavanaprasa lehyam	Mild expectorant. Used in phthisis, debility, coughs, bronchitis and In asthma it gives good relief.	12 to 24 gms. twice daily with hot milk.
3	Pinda thailam	Healing, anti-inflammatory and antimicrobial. Used in arthritis, inflammatory swellings, burns and wounds. Applied to fissured soles.	For external application only
4	Live 2000 tablet/capsule/syrup	It corrects liver and also protects liver	1 to 2 tablets/capsule/syrup twice a day or as directed by the physician
5	Agastya Rasayanam	Astringent and laxative. Useful in chronic bronchitis, asthma, colds and hiccup	½ to 1 teaspoon, twice or thrice daily with milk or hot water
6	Rajnayadi choomam	Digestive, controls diarrhoea fever, cough and alleviates weakness	½ to 2 gms with ghee or honey
7	Rasnadi choomam	Anti-inflammatory and anticatarrhal. Used in migraine and headache. Used in fevers accompanied with cold and catarrhal symptoms.	Only for external application.
8	Thalesadi choomam	Digestive, carminative and expectorant. Useful in coughs, bronchitis and dyspepsia with honey. Useful also in mild fevers.	1 to 3 gms twice or thrice a day with honey, ghee and water.
9	Dadimastaka choomam	Astringent, digestive and carminative. Useful in diarrhoea and dysentery.	1 to 3 gms with honey or butter milk.

10	Sukuma Rasayanam	Diuretic, stimulant of the urinogenital system and mildly laxative. Indicated in colic, abdominal tumors, constipation and diseases of the urinogenital system. If taken during late pregnancy, it aids normal easy delivery.	6 to 12 gms with milk twice a day.
11	Pushyanuga choomam	Uterine tonic. Regularizes menstrual flow. Used in leucorrhoea, metrorrhagia, dysmenorrhoea and other uterine disorders	1 to 3 gms with rice washed water or honey
12	Sowbagya Sunti	Digestive, carminative, astringent and lactagogue. Uterine tonic and hence used in the treatment of uterine disorders especially after delivery.	12 gms. With milk given twice daily.
13	Asta choomam	Digestive, carminative, astringent and antacid. Used with hot water or butter milk. In gastric and peptic ulcer or as antacid it is given with ghee. Useful in indigestion and diarrhoea.	1 to 3 gms
14	Hingu Triguna Thailam	Ascitis, cures abdominal pain, relieves constipation and also indicated in ear ache	6 gms
15	Bhaskara lavanam choomam	Indigestion, Sprue, Ascitis etc.,	1 to 3 gms two to three times per day