

## HEALTH TIPS



## Herbs for "Soul healing"

- A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants **kindness** gathers love.
- **Each moment** of the life has its own beauty a picture which was never before and shall never be seen again

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## Nature's gift to human being:

Ashwagandha (Winter Cherry)	Shatavari (Asparagus)	Brahmi (Bacopa)
<ul style="list-style-type: none"> <li>• It suppress <b>pains of any sort</b> as it eradicates vata that initiates pain; therefore good results in vata dominant disorders like <b>rheumatoid arthritis</b> (ama-vata), <b>Osteoarthritis</b> (sandhi-gata-vata), <b>gout</b> (vata-rakta), <b>sciatica</b> (backache) etc;</li> <li>• Being <b>anti-inflammatory</b> reduces swelling and restores blood supply;</li> <li>• It also heals <b>wounds and injuries</b>;</li> <li>• It helps in <b>nurturing nervous system</b>;</li> <li>• It relieves <b>stress</b>, promotes <b>calmness</b> and <b>mental satisfaction</b>;</li> <li>• Nourishes brain and improves <b>mental concentration</b>;</li> <li>• Increases muscular endurance and helps in building up of <b>stamina</b>;</li> <li>• Prevents early aging and <b>rejuvenates</b> whole body to provide youth;</li> <li>• Powerful <b>immune booster</b> that helps in fighting any foreign invasion in the body ;</li> <li>• It also has <b>antioxidant</b> properties that avoid symptoms of early aging;</li> <li>• It also helps in increasing <b>sperm count</b> and also the <b>quality</b> of sperms;</li> <li>• Its properties also <b>suppress kapha</b>;</li> <li>• It relieves <b>tension</b>;</li> <li>• Provide strength to <b>heart muscles</b> and keeps heart working normal;</li> <li>• Helpful in treating <b>urinary tract infections</b> (UTI);</li> <li>• Wonderfully increases <b>physical endurance</b> after a long illness like tuberculosis;</li> </ul>	<ul style="list-style-type: none"> <li>• It helps in balancing the female hormonal system and normalizes <b>hormonal secretion</b>;</li> <li>• It cleanses the blood.</li> <li>• It <b>nourishes the womb and ovum</b> and prepares the female organs for pregnancy;</li> <li>• It prevents threatened <b>miscarriage</b>;</li> <li>• It treats PMS symptoms just by <b>relieving pain</b> and controlling blood loss;</li> <li>• It aids in proper <b>lactation</b> for nursing mothers;</li> <li>• It relieves the menopausal symptoms such as hot flashes by producing <b>estrogens</b>, it makes up for <b>low estrogen levels</b> in women who are in menopausal or have had <b>hysterectomies</b> (removal of uterus) or <b>oophorectomies</b> (removal of ovaries);</li> <li>• It increases the <b>white blood count</b>;</li> <li>• It contains essentials of <b>vitamin-B, calcium and zinc</b>;</li> <li>• Highly beneficial in <b>amenorrhea, dysmenorrheal, leucorrhoea</b> and <b>other pelvic disorders</b>;</li> </ul>	<ul style="list-style-type: none"> <li>• A classic brain and nerve tonic that improves <b>intelligence</b> level, <b>alertness</b>, mental <b>performance</b>, maintains <b>mental calmness</b>, increases learning capacity, <b>consciousness</b>, mental <b>clarity</b> and mental <b>concentration</b> level; sharpens short-term and long-term <b>memory</b>, relieves stress;</li> <li>• Effective in Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD);</li> <li>• <b>Rejuvenating</b> nerve and <b>brain cells</b>;</li> <li>• It increases <b>protein</b> synthesis and activity in brain cells;</li> <li>• It calms restlessness in children and <b>cures several mental disorders</b>;</li> <li>• Good effects on <b>insomnia</b> cases;</li> <li>• Decreases <b>anxiety</b> and <b>mental fatigue</b> and <b>promotes freshness</b> in mind;</li> <li>• Very effective in <b>depression</b> related problems;</li> <li>• It helps in lowering <b>blood pressure</b>.</li> <li>• Maintains normal <b>body temperature</b> thus relieving body from hyperthermia and fevers;</li> <li>• Also effective in treating <b>menstrual disorders</b> and painful menses;</li> <li>• It works as an <b>antioxidant</b> and retards aging thus keep the person young and youthful;</li> <li>• It is anticancer;</li> <li>• It also help in treating <b>all types of epilepsy, bronchitis, chronic cough, asthma, hoarseness, arthritis, rheumatism, backache, fluid retention, blood, fevers, cleanser, constipation, hair loss, digestive problems, chronic skin conditions like eczema, psoriasis, abscess and ulceration</b>.</li> <li>• Its actual literal meaning "<b>Godlike</b>" in the honor of "<b>Brahma</b>" the "<b>Creator</b>"</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Caution:</b> Ashwagandha is not <b>recommended</b> for persons suffering from <b>high BP</b> even though it is good stress reliever.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Caution:</b> Even when herbs do not cause side effects, it is very much important to know how our body will respond to any such elements.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Caution:</b> To date, no side effects have been reported however women who are pregnant or nursing are advised to consult with a physician</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Effect on Tridoshas-</b>Ashwagandha balances Vata and Kapha doshas.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Effect on Tridoshas-</b> Shatavari balances Pita dosha.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Effect on Tridoshas-</b> Brahmi balances all the tridoshas i.e. Kapha, Vata and Pita but mainly Kapha and Vata.</li> </ul>



Ashwagandha (Winter Cherry)



Shatavari (Asparagus)



Brahmi (Bacopa)

**Disclaimer:**

The above information have been taken from the reliable sources, still the author is not liable for any loss or damage that may be caused directly or indirectly by the above information. A physician is always recommended for any remedy.