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ARYA HERBAL

Natural Indian Treasures for your Health

ayurvedic herbal beverages

Amruthotharam Kashayam

It is known to reduce the uncomfortable symptoms of indigestion, acts as a mild laxative. Also used for treatment of chronic fever.

Ingredients

text: chikitsamanjari

Tinospora cordifolia • Terminalia chebula •
Zingiber officinalis

To prepare a medicinal herbal beverage, pour boiling water over the powdered KASHAYACHOORNAM and allow steeping for about 15 minutes. The decoctions are usually prepared so that 25 ml of decoction is prepared using 5 - 15 g of KASHAYA-CHOORNAM. The medicinal properties of the water soluble herbal substances are then fully preserved. The decoction can be diluted with boiled lukewarm water, strained, and served warm, at will after adding honey. The usual dosage is 12 ml of decoction to be taken twice daily.

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