



# ARYA HERBAL

Natural Indian Treasures for your Health

herbal beverages

## Maharasnadi Kashayam

Helps to alleviate pain and to reduce swellings; used to relieve symptoms in patients with autoimmune disorders.

### Ingredients

Ref: sahasrayogam

Vanda roxburghii • Tragia involucrata • Sida rhombifolia • Ricinus communis • Curcuma zedoaria • Acorus calamus • Adathoda vasica • Zingiber officinale • Piper retrofractum • Terminalia chebula • Cyperus rotundus • Boerhavia diffusa • Tinospora cordifolia • Tribulus terrestris • Withania somnifera • Aconitium heterophyllum • Anethum sowa

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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 KASHAYACHOORNAM. 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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