



ARYA HERBAL

Natural Indian Treasures for your Health

herbal beverages

Rasnadi Kashayam

Alleviates pain, reduces joint swellings, and gives relief in rheumatoid arthritis.

Ingredients

text: sahasrayogam
Alpinia galanga • Cedrus deodara • Aloe vera • Picorrhizia kurroa • Vateria indica • Withania somnifera • Saussurea lappa • Acorus calamus • roter ochre Gairika • Clerodendrum interme • Curcuma longa • Zingiber officinale • Piper nigrum • Piper longum • Cyperus rotundus • Glycyrrhizia glabra • Sida cordifolia • Vetiveria zizanoides • Aquillaria agallocha • Tamarindus indicus • Sepia officinalis • Coleus vettiveroides • Adhatoda vasica • Santalum album

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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