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ARYA HERBAL

Natural Indian Treasures for your Health

herbal beverages

Sapthasaram Kashayam

For digestive tract and spleen disorders, cramps, indigestion, constipation.

Ingredients

text: ashtangahridayam

Boerhavia diffusa • Aegle marmelos • Macrotyloma uniflorum • Ricinus communis • Strobilanthus heyneanus • Premna mucronata • Zingiber officinale

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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