

NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Detoxification, Immunity, Vitality & Total Wellness

APAMARGA (*Achyranthes aspera*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Apamarga is a revered herb in Ayurveda known as "Kshara" (The Purifier & Detoxifier) for its powerful ability to cleanse the body, remove toxins, support digestion, boost immunity and promote overall well-being. It helps in detoxification, metabolism balance and restoring vitality.

KEY BENEFITS



SUPPORTS DETOXIFICATION

Helps remove toxins and waste from the body, supports liver and kidney health.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



AIDS DIGESTION

Helps improve appetite, reduces bloating, gas and supports healthy digestion.



BLOOD PURIFIER

Purifies blood, helps in skin disorders and promotes clear, healthy skin.



SUPPORTS METABOLISM

Helps in weight management and supports healthy metabolism.



SUPPORTS URINARY HEALTH

Natural diuretic, supports urinary tract health and kidney function.



ANTI-INFLAMMATORY

Reduces inflammation, pain and supports joint health.



REJUVENATES THE BODY

Promotes vitality, energy and overall rejuvenation.

TRADITIONAL USES OF APAMARGA



Detoxifier



Liver Support



Digestive Support



Immunity Booster



Skin Health



Kidney Support



Anti-Inflammatory



Apamarga Tea
Boil 2-3 g in water & drink



Apamarga Powder
Add to warm water or milk



Apamarga Capsules
Take as per guidance



Apamarga Decoction
Boil with other herbs



Apamarga Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Apamarga Whole Plant)



ENERGY
308 kcal



PROTEIN
8.6 g



FAT
2.6 g



CARBOHYDRATE
65.2 g



FIBER
18.1 g



Ca
215 mg



Fe
5.9 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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+91 9405225604

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NATURAL

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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Joints, Strength, Immunity & Total Wellness

AGNIMANTHA (*Premna integrifolia*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS JOINT HEALTH

Helps reduce joint pain, stiffness, swelling and supports mobility.



ANTI-INFLAMMATORY

Reduces inflammation and soothes pain associated with arthritis and musculoskeletal discomfort.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



RELIEVES FEVER

Traditionally used to manage fever and inflammatory conditions.



SUPPORTS DIGESTION

Improves appetite, aids digestion and relieves bloating.



BUILDS STRENGTH & STAMINA

Enhances physical strength, endurance and energy levels.



REJUVENATES THE BODY

Promotes tissue healing, vitality and overall well-being.

Agnimantha is a revered herb in Ayurveda known for its powerful anti-inflammatory, analgesic and rejuvenating properties.

It helps strengthen joints, reduce pain and swelling, support immunity and promote overall vitality and well-being.



TRADITIONAL USES OF AGNIMANTHA



Joint Pain Relief



Arthritis Support



Anti-Inflammatory



Immunity Booster



Fever Relief



Strength & Stamina



General Wellness



Agnimantha Tea
Boil 3-5 g in water & drink



Agnimantha Powder
Add to warm water or milk



Agnimantha Capsules
Take as per guidance



Agnimantha Decoction
Boil with other herbs



Agnimantha Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Agnimantha)



ENERGY
315 kcal



PROTEIN
6.8 g



FAT
2.2 g



CARBOHYDRATES
63.4 g



FIBER
18.1 g



Ca
152 mg



Fe
6.5 mg



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Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Digestion, Immunity, Detox &
Overall Wellbeing

AJWAIN

(*Trachyspermum ammi*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

*Ajwain is a
revered Ayurvedic
herb known as
"Yavani".
A powerful seed
celebrated for its
strong warming,
carminative and
antimicrobial
properties.
It supports digestion,
relieves gas, balances
Kapha, detoxifies
the body and
promotes overall
wellbeing.*



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive fire, relieves indigestion, gas, bloating and constipation.



BOOSTS IMMUNITY

Rich in thymol and antioxidants that help strengthen the immune system.



RELIEVES GAS & BLOATING

Carminative properties help expel gas and reduce abdominal discomfort.



DETOXIFIES THE BODY

Helps remove toxins, supports liver function and improves metabolism.



NATURAL ANTIMICROBIAL

Possesses antibacterial, antifungal and antiviral properties.



SUPPORTS RESPIRATORY HEALTH

Helpful in cough, cold, asthma and other respiratory issues.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and supports heart function.



BALANCES ALL THREE DOSHAS

Pacifies Vata and Kapha, supports Pitta and restores natural balance.

TRADITIONAL USES OF AJWAIN



Digestive
Support



Gas &
Bloating
Relief



Appetite
Stimulation



Detox &
Cleansing



Respiratory
Support



Immunity
Booster



Pain
Relief



Oral
Hygiene

WAYS TO ENJOY AJWAIN



Ajwain Tea
Boil 1 tsp seeds
in water & drink



Ajwain Water
Soak seeds
overnight & drink



Ajwain Powder
Add to curries,
soups & salads



Roasted Ajwain
Chew after meals
for digestion



Ajwain & Honey
Mix with honey
for cough relief

NUTRITIONAL PROFILE (Per 100g Ajwain Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBRE	Ca	Fe	ANTIOXIDANTS
400 kcal	16.0 g	20.0 g	42.0 g	25.0 g	931 mg	16.0 mg	High

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Ajwain is a
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"Yavani".

A powerful seed
celebrated for its
strong warming,
carminative and
antimicrobial
properties.

It supports digestion,
relieves gas, balances
Kapha, detoxifies
the body and
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Pacifies Vata and Kapha, supports Pitta and restores natural balance.

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TRADITIONAL USES OF AJWAIN



Digestive
Support



Gas &
Bloating
Relief



Appetite
Stimulation



Detox &
Cleansing



Respiratory
Support



Immunity
Booster



Pain
Relief



Oral
Hygiene

WAYS TO ENJOY AJWAIN



Ajwain Tea
Boil 1 tsp seeds
in water & drink



Ajwain Water
Soak seeds
overnight & drink



Ajwain Powder
Add to curries,
soups & salads



Roasted Ajwain
Chew after meals
for digestion



Ajwain & Honey
Mix with honey
for cough relief

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Om Ayurveda

The Soothing Herb of
Healing, Hydration & Rejuvenation

ALOE VERA

SOOTHES • HEALS • REJUVENATES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

NATURAL

HOLISTIC

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Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Aloe Vera is nature's miracle healer. It soothes, hydrates, detoxifies and rejuvenates and body, mind and skin. A gift of nature for complete well-being.



KEY BENEFITS

- Moisturizes & Hydrates**
Deeply hydrates skin and body, keeps skin soft, supple & radiant
- Soothes & Heals**
Soothes sunburn, rashes, cuts, wounds and skin irritations
- Detoxifies the Body**
Supports natural detoxification, cleanses the liver and improves metabolism
- Supports Digestion**
Soothes the digestive tract, relieves acidity and supports gut health
- Boosts Immunity**
Enhances the immune system and helps fight infections naturally
- Anti-Inflammatory**
Reduces inflammation, joint pain and muscle soreness
- Promotes Healthy Skin**
Helps reduce acne, pigmentation and promotes clear glowing skin
- Supports Hair Health**
Nourishes scalp, reduces dandruff and promotes strong hair growth

TRADITIONAL USES OF ALOE VERA

- | | | | | | |
|---|---|--|---|---|---|
| SKIN CARE
Soothes, heals & rejuvenates skin naturally | HAIR CARE
Nourishes scalp, reduces dandruff & hair fall | DIGESTIVE HEALTH
Soothes acidity, improves digestion & relieves constipation | DETOX & CLEANSE
Detoxifies liver & purifies blood | IMMUNITY BOOSTER
Strengthens immunity & fights infections | WOUND HEALING
Helps heal wounds, burns & cuts |
|---|---|--|---|---|---|

WAYS TO USE ALOE VERA

- | | | | | |
|-----------------------------|--------------------------------|----------------------|-----------|---------------|
| Fresh Aloe Gel (Direct Use) | Aloe Vera Juice (Health Drink) | Face Gel & Skin Mask | Hair Pack | Aloe Capsules |
|-----------------------------|--------------------------------|----------------------|-----------|---------------|

SOOTHE NATURALLY. HEAL DEEPLY. LIVE PURELY.



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Skin Healing, Hydration, Digestion,
Immunity & Overall Wellbeing

ALOE VERA

(*Aloe barbadensis miller*)
(THE HEALER OF NATURE)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



SOOTHES & HEALS SKIN
Helps heal sunburn, cuts, acne, irritations and promotes healthy, glowing skin.



NATURAL MOISTURIZER
Deeply hydrates skin and hair, leaving them soft and nourished.



SUPPORTS DIGESTION
Aids digestion, relieves acidity, constipation and promotes gut health.



BOOSTS IMMUNITY
Rich in vitamins, minerals and antioxidants that strengthen immunity.



DETOXIFIES THE BODY
Supports liver function and helps remove toxins from the body.



BALANCES BODY HEAT
Cooling in nature, helps reduce inflammation and body heat.



STRENGTHENS HAIR
Nourishes the scalp, reduces dandruff and promotes hair growth.



OVERALL WELLBEING
Supports weight management, energy levels and overall body rejuvenation.

Aloe Vera is a revered Ayurvedic herb known as "The Healer of Nature".

A powerful herb celebrated for its cooling, healing and rejuvenating properties.

It nourishes the skin, soothes the body, supports digestion and promotes natural detoxification and overall vitality.



100%
PURE &
NATURAL

TRADITIONAL USES OF ALOE VERA



Skin
Healing



Hair
Nourishment



Digestive
Health



Detoxification



Immunity
Booster



Hydration



Oral
Health



Eye
Soothe

WAYS TO ENJOY ALOE VERA



Aloe Vera Juice
Boil 1 tsp in water & drink.



Aloe Vera Smoothie
Add to juices or smoothies.



Aloe Vera Gel
Apply on skin or hair.



Aloe Vera Drink
With lemon or honey.



Aloe Vera Capsules
As directed by health expert.

NUTRITIONAL PROFILE (Per 100g Aloe Vera Gel)

	ENERGY	SUGAR	CARBOHYDRATE	FIBRE	PROTEIN	SALT	VITAMIN C	IRON	ANTIOXIDANTS
	16 kcal	95.4 g	3.6 g	0.7 g	0.2 g	0.1 g	2.4 mg	0.3 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY



Om Ayurveda

The Sacred Herb of
Skin Healing & Inner Cooling

ALOE VERA

NATURAL HEALING • SOOTHES • REJUVENATES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

NATURAL

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Blessed by
HIMALAYAS



*Aloe barbadensis
Miller*

*Aloe Vera is
nature's gift
for healing,
hydration and
protection.
It soothes, heals
and rejuvenates
from within,
supporting overall
well-being and
inner cooling.*

KEY BENEFITS



SOOTHES SKIN

Helps heal burns, cuts, wounds
and skin irritations.



HYDRATES & NOURISHES

Deeply hydrates skin and supports
natural glow.



DIGESTIVE SUPPORT

Helps soothe acidity, bloating and
supports healthy digestion.



IMMUNITY BOOSTER

Rich in antioxidants that strengthen
the immune system.



DETOXIFIES BODY

Supports liver function and helps
remove toxins.



ANTI-INFLAMMATORY

Reduces inflammation and supports
joint and muscle health.



SUPPORTS ORAL HEALTH

Helps reduce plaque, gum inflammation
and promotes healthy gums.



NATURAL COOLING AGENT

Helps reduce heat in the body and
supports healthy skin from within.



SUPPORTS HAIR HEALTH

Nourishes scalp, reduces dandruff
and promotes strong, healthy hair.

TRADITIONAL USES OF ALOE VERA



BURNS
Soothes burns
and accelerates
healing



SKIN CARE
Treats acne,
dry skin and
sunburn



DIGESTION
Relieves acidity,
constipation and
IBS



IMMUNITY
Boosts natural
immunity



HAIR CARE
Promotes hair
growth and
reduces dandruff

WAYS TO USE



Aloe Vera
Juice



Aloe Vera
Gel



Herbal
Tea



Face
Mask



Capsules

LIVE NATURALLY. HEAL COMPLETELY. STAY YOUNG FOREVER.



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Detoxification, Digestive Health,
Healthy Skin & Overall Wellbeing

AMALTAS (Cassia fistula)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Amaltas is a revered herb in Ayurveda known as "Aragvadh" (King of Purgatives) for its gentle yet effective ability to cleanse the body naturally, support digestion, purify blood, and promote healthy skin. A natural detoxifier that brings lightness, balance and vitality.



KEY BENEFITS



NATURAL DETOXIFIER
Acts as a gentle laxative that helps cleanse the colon and remove toxins.



SUPPORTS DIGESTIVE HEALTH
Relieves constipation, bloating and improves digestion.



PURIFIES BLOOD
Helps in blood purification and supports clear, healthy skin.



PROMOTES HEALTHY SKIN
Useful in acne, eczema and other skin conditions.



SUPPORTS LIVER FUNCTION
Aids liver detoxification and promotes overall liver health.



BOOSTS IMMUNITY
Strengthens the body's natural defense mechanisms.



ANTI-INFLAMMATORY
Helps reduce inflammation and soothes the body.

TRADITIONAL USES OF AMALTAS



Constipation Relief



Digestive Support



Blood Purification



Skin Health



Liver Detox



Immunity Support



Overall Wellbeing

WAYS TO ENJOY AMALTAS



Amaltas Tea
Boil 1-2 tsp in water & drink



Amaltas Powder
Add to warm water at night



Amaltas Capsules
Take as per guidance



Amaltas Decoction
Boil with other herbs



Amaltas Bark
Add to kashayam or asipin

NUTRITIONAL PROFILE (Per 100g Dried Pods)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	CALCIUM	IRON	ANTIOXIDANTS
247 kcal	5.2 g	0.4 g	62.1 g	15.6 g	174 mg	2.9 mg	High

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- No Additives
- Traditionally Processed
- Safe for Long Term Use



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Om Ayurveda

The Rejuvenating Herb of

AMLA

PURE • POWERFUL • TIMELESS

Ancient Wisdom. Natural Immunity.
Radiant You.

NATURAL
HOLISTIC
SAFE
TIMELESS

Inspired by
GANGA MAA
Blessed by
HIMALAYAS



*Amla is nature's
wonder fruit,
nourishing every
cell and bringing
balance to body,
mind and soul.*



*Emblica
officinalis*

NUTRITION POWERHOUSE



VITAMIN C
20X of
Oranges



ANTIOXIDANTS
Protects cells
from damage



IRON
Supports healthy
blood



CALCIUM
Strengthens bones
& teeth



FIBER
Aids digestion &
weight management

KEY BENEFITS



Boosts Immunity
Rich in Vitamin C and antioxidants
for strong natural defense



Promotes Radiant Skin
Detoxifies the body and enhances
natural glow



Supports Digestion
Improves metabolism and
supports healthy gut



Supports Heart Health
Helps maintain healthy cholesterol
and strengthens the heart



Enhances Memory & Focus
Nourishes the brain and improves
cognitive function



Strengthens Hair Naturally
Prevents hair fall and promotes
thicker, stronger hair



Natural Rejuvenator
Detoxifies, rejuvenates and slows
down ageing naturally



Balances All Doshas
Brings balance to Vata, Pitta & Kapha
for overall well-being

TRUSTED IN AYURVEDA FOR THOUSANDS OF YEARS

WAYS TO ENJOY AMLA



Amla Juice
Daily detox
& immunity



Amla Powder
With warm water
or honey



Amla Pickle
Tasty & healthy
addition



Amla Capsules
Convenient daily
wellness



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Nature's Gentle Herb for
Respiratory Health, Vitality, Immunity & Total Wellness

ANANTAMUL (*Hemidesmus indicus*)

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Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS



100%
PURE &
NATURAL

KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH

Soothes cough, cold, asthma and bronchitis. Helps in easy breathing.



BLOOD PURIFIER

Purifies blood, removes toxins and promotes clear, healthy skin.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



ANTI-INFLAMMATORY

Reduces inflammation and soothes irritation in the body.



COOLING & DETOXIFYING

Natural coolant that detoxifies the body, supports liver function and hydration.



PROMOTES VITALITY

Rejuvenates tissues, enhances stamina and supports overall well-being.



ADAPTOGENIC & REJUVENATING

Helps the body adapt to stress and promotes long term vitality.

TRADITIONAL USES OF ANANTAMUL



Respiratory
Support



Blood
Purifier



Skin
Health



Detox &
Cooling



Immunity
Booster



Vitality &
Stamina



General
Wellness

WAYS TO ENJOY ANANTAMUL



Anantamul Tea
Boil 2-3 g in
water & drink



Anantamul Powder
Add to warm
water or milk



Anantamul Capsules
Take as per
guidance



Anantamul Decoction
Boil with other
herbs



Anantamul Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Anantamul Root)



ENERGY
299 kcal



PROTEIN
5.2 g



FAT
1.3 g



CARBOHYDRATES
67.8 g



FIBER
10.5 g



CALCIUM
162 mg



IRON
5.1 mg



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Nature's Powerful Herb for
Heart Health, Strength, Stamina,
Immunity & Overall Wellbeing

ARJUNA

(*Terminalia arjuna*)
(THE HEART PROTECTOR)

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Complete Wellness.

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GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS HEART HEALTH

Strengthens the heart muscles, improves cardiac function and maintains healthy blood circulation.



REGULATES BLOOD PRESSURE

Helps maintain healthy blood pressure levels and supports smooth blood flow.



ANTIOXIDANT & PROTECTIVE

Protects heart cells from oxidative stress and supports overall heart protection.



BUILDS STAMINA & STRENGTH

Enhances physical endurance, reduces fatigue and promotes vitality.



REDUCES STRESS & ANXIETY

Calm the mind, supports emotional balance and promotes restful sleep.



SUPPORTS RESPIRATORY HEALTH

Helps relieve breathlessness and supports healthy lungs and respiratory function.



SUPPORTS LIVER HEALTH

Aids liver function and helps in detoxification of the body.



REJUVENATING & TONIC

Promotes overall wellness, longevity and supports the body's natural healing.

Arjuna is a revered Ayurvedic herb known as "The Heart Protector". A powerful herb celebrated for its ability to strengthen the heart, improve circulation, support cardiovascular health and promote overall vitality.

It nourishes the heart, builds stamina, supports recovery and brings balance to the body and mind.



100%
PURE &
NATURAL

TRADITIONAL USES OF ARJUNA



Heart Tonic



Improves Circulation



Builds Stamina



Boosts Immunity



Reduces Stress



Supports Lungs



Detoxifies Liver



Supports Recovery

WAYS TO ENJOY ARJUNA



Arjuna Tea
Boil 1 cup in water & drink



Arjuna Decoction
Boil in water & drink



Arjuna Powder
Add to warm water or smoothies



Arjuna Capsules
As directed by health expert



Arjuna Extract
Use as per Ayurvedic guidelines

NUTRITIONAL PROFILE (Per 100g Dried Arjuna Bark)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	Ca	Fe	ANTIOXIDANTS
241 kcal	2.9 g	0.6 g	49.6 g	17.8 g	224 mg	5.1 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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+91 9405225604

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HEALING NATURALLY, LIVING FULLY

WEBSITE
www.omayurveda.org

NATURAL

HOLISTIC



SAFE



TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Women's Wellness, Hormonal Balance,
Emotional Wellbeing & Overall Vitality

ASHOKA (Saraca indica)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

*Ashoka is a
revered herb in
Ayurveda known as
a "Stri Roga Nashini"
(Destroyer of
Women's Disorders)
for its exceptional
ability to support
women's reproductive
health, promote
emotional balance,
and bring harmony
to body and mind
naturally.*



KEY BENEFITS



SUPPORTS WOMEN'S HEALTH

Helps in regulating menstrual cycles,
reduces painful periods and supports
uterine health.



TONES & STRENGTHENS UTERUS

Helps strengthen uterine muscles and
supports reproductive wellness.



CONTROLS EXCESS BLEEDING

Useful in menorrhagia (heavy bleeding)
and supports healthy menstrual flow.



HORMONAL BALANCE

Helps in balancing female hormones
naturally and supports overall vitality.



CALMS MIND & EMOTIONS

Supports emotional well-being, reduces
stress, anxiety and mood swings.



ANTI-INFLAMMATORY & HEALING

Natural anti-inflammatory properties
soothe tissues and support recovery.



DETOXIFIES & REJUVENATES

Helps in detoxification, nourishes the body
and promotes overall well-being.

TRADITIONAL USES OF ASHOKA



Menstrual
Health



Heavy
Bleeding



Hormonal
Balance



Reproductive
Wellness



Emotional
Wellbeing



Digestive
Support



General
Vitality

WAYS TO ENJOY ASHOKA



Ashoka Tea
Boil 1-2 g in
water & drink



Ashoka Powder
Add to warm
water or milk



Ashoka Capsules
Take as per
guidance



Ashoka Decoction
Boil with other
herbs



Ashoka Bark
Add to kadhyam
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Ashoka Bark)

ENERGY	FIBRE	SAT	CARBOHYDRATE	PROTEIN	Ca	Fe	ANTIOXIDANTS
192 kcal	4.2 g	0.9 g	42.3 g	2.8 g	173 mg	4.8 mg	High



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Om Ayurveda

The Power Herb of ASHWAGANDHA

STRENGTH • STAMINA • BALANCE

Ancient Wisdom. Modern Wellness.

NATURAL

HOLISTIC

SAFE

TIMELESS

Inspired by
GANGA MAA
Blessed by
HIMALAYAS



Withania somnifera
The King of Adaptogens

ANCIENT HERB. POWERFUL HEALER.

Ashwagandha is a revered Rasayana in Ayurveda, known for rejuvenating the body, calming the mind and promoting longevity. A true gift of nature for complete well-being.



PURE & NATURAL



NO CHEMICALS



100% AYURVEDIC



HOLISTIC WELLNESS

KEY BENEFITS



Reduces Stress & Anxiety
Promotes calm mind and relaxation



Builds Strength & Stamina
Supports energy, endurance & vitality



Enhances Memory & Focus
Improves cognitive function naturally



Boosts Immunity
Strengthens body's natural defense



Improves Sleep Quality
Helps in deep, restful sleep



Balances Hormones
Supports overall hormonal health



Supports Joint & Muscle Health
Reduces inflammation & pain



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Nature's Gentle Herb for
Strength, Immunity, Vitality & Total Wellness

ATIBALA

(*Abutilon indicum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS



100%
PURE &
NATURAL

KEY BENEFITS



BUILDS STRENGTH & STAMINA
Nourishes muscles, improves endurance and supports physical strength.



BOOSTS IMMUNITY
Strengthens the immune system and helps the body fight infections.



SUPPORTS RESPIRATORY HEALTH
Helps in respiratory disorders, cough, asthma and bronchitis.



PROMOTES VITALITY
Rejuvenates the body, reduces fatigue and enhances overall energy.



SUPPORTS NERVOUS SYSTEM
Calms the mind, reduces stress and supports healthy nerve function.



AIDS DIGESTION
Improves appetite, enhances digestion and relieves bloating.



NATURAL REJUVENATOR
Acts as a rasayana, promotes longevity and overall well-being.

Atibala is a revered herb in Ayurveda known as "Balyakarini" (Giver of Strength) for its powerful ability to nourish, strengthen the body, boost immunity, enhance vitality and support rejuvenation.

It helps in improving stamina, supporting respiratory health and promoting overall well-being.



TRADITIONAL USES OF ATIBALA



Strength
Booster



Immunity
Support



Respiratory
Support



Vitality
Enhancer



Nervous
System



Rejuvenation
& Wellness



Digestive
Support

WAYS TO ENJOY ATIBALA



Atibala Tea
Boil 2-3 g in water & drink



Atibala Powder
Add to warm water or milk



Atibala Capsules
Take as per guidance



Atibala Decoction
Boil with other herbs



Atibala Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Atibala Root)



ENERGY
298 kcal



PROTEIN
6.3 g



MF
2.1 g



CARBOHYDRATES
64.8 g



FIBER
17.6 g



Ca
189 mg



Fe
5.2 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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Rediscover
The Divine Wisdom of
AYURVEDA

Ancient Science. Natural Healing. Timeless Life.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

AYURVEDA IS NOT JUST MEDICINE,
IT IS A WAY OF LIFE.



NATURAL
HEALING

Pure herbs.
Pure care.



MIND & BODY
BALANCE

Holistic care for
complete well-being.



DETOX &
REJUVENATION

Cleanse, heal &
rejuvenate naturally.



ROOTED IN
TRADITION

Thousands of years
of trusted wisdom.



SUSTAINABLE
WELLNESS

For you. For your
family. For life.

From the lap of nature, guided by tradition,
we bring wellness to your life.



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Nature's Powerful Herb for
Digestive Health, Immunity,
Detox & Overall Wellbeing

BAEL (Aegle marmelos)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

*Bael is a sacred
Ayurvedic herb
revered in Ayurveda
as a "Mahaphala"
(Great Fruit).
It is known for its
exceptional ability
to support digestive
health, balance
the body, detoxify
naturally and
promote overall
well-being.*



KEY BENEFITS



SUPPORTS DIGESTIVE HEALTH
Relieves indigestion, bloating, gas,
constipation and improves appetite.



TREATS DIARRHEA & DYSENTERY
Unripe Bael is excellent for loose motions
and helps restore gut balance.



BOOSTS IMMUNITY
Rich in antioxidants and strengthens
the body's natural defense.



NATURAL DETOXIFIER
Purifies the blood, removes toxins and
supports liver function.



SUPPORTS HEART HEALTH
Helps in maintaining healthy cholesterol
levels and promotes heart wellness.



CALMS MIND & REDUCES STRESS
Helps in reducing anxiety, stress and
promotes mental well-being.



BALANCES ALL THREE DOSHAS
Pacifies Vata, Pitta and Kapha,
restoring overall balance.

TRADITIONAL USES OF BAEI



Digestive
Support



Diarrhea
Relief



Detox &
Cleansing



Immunity
Booster



Heart
Health



Anti-
Inflammatory



General
Wellbeing

WAYS TO ENJOY BAEI



Bael Tea
Boil dried Bael
slices in water
& drink



Bael Powder
Add to warm
water or buttermilk
or smoothies



Bael Capsules
Take as per
guidance



Bael Juice
Mix pulp with
water & honey



Bael Slices
Boil & drink as
herbal decoction

NUTRITIONAL PROFILE (Per 100g Dried Bael Fruit)



ENERGY
284 kcal



PROTEIN
3.5 g



FAT
1.2 g



CARBOHYDRATES
67.5 g



FIBER
17.0 g



Ca
205 mg



Fe
2.8 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
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- Safe for Long Term Use



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TRADITIONAL USES OF BAEI



Digestive
Support



Diarrhea
Relief



Detox &
Cleansing



Immunity
Booster



Heart
Health



Anti-
Inflammatory



General
Wellbeing

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& drink



Bael Powder
Add to warm
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Bael Capsules
Take as per
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Bael Juice
Mix pulp with
water & honey



Bael Slices
Boil & drink as
herbal decoction

NUTRITIONAL PROFILE (Per 100g Dried Bael Fruit)

ENERGY
284 kcal

PROTEIN
3.5 g

FAT
1.2 g

CARBOHYDRATES
67.5 g

FIBER
17.0 g

Ca
205 mg

Fe
2.8 mg

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HEALING NATURALLY, LIVING FULLY

Nature's Nourishing Herb for
Strength, Immunity, Vitality & Total Wellness

BALA

(*Sida cordifolia*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAE
Blessed by
HIMALAYAS

Bala is a revered herb in Ayurveda known as "Balya" (Nourisher of Strength) for its powerful ability to build strength, nourish the body, support immunity and promote overall vitality. It helps in rejuvenation, improving stamina and supporting healthy growth & development.

KEY BENEFITS



BUILDS STRENGTH & STAMINA
Nourishes muscles, improves endurance and supports physical strength.



BOOSTS IMMUNITY
Strengthens the immune system and helps the body fight infections.



PROMOTES VITALITY
Rejuvenates the body, reduces fatigue and enhances energy levels.



SUPPORTS GROWTH & DEVELOPMENT
Beneficial for children, supports healthy growth and proper development.



SUPPORTS RESPIRATORY HEALTH
Helps in respiratory conditions like cough, cold, bronchitis and asthma.



AIDS DIGESTION
Improves appetite, enhances digestion and relieves bloating.



NATURAL REJUVENATOR
Acts as a rasayana, nourishes tissues and promotes overall wellness and longevity.

100%
PURE &
NATURAL

TRADITIONAL USES OF BALA



Strength
Booster



Immunity
Support



Respiratory
Support



Growth &
Development



Vitality
Enhancer



Nervous
System Support



General
Wellness

WAYS TO ENJOY BALA



Bala Tea
Boil 2-3g in
water & drink



Bala Powder
Add to warm
water or milk



Bala Capsules
Take as per
guidance



Bala Decoction
Boil with other
herbs



Bala Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Bala Root)



ENERGY
511 kcal



PROTEIN
7.0 g



FAT
2.4 g



CARBOHYDRATES
67.5 g



FIBER
15.4 g



Ca
214 mg



Fe
5.6 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
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Om Ayurveda

HEALING NATURALLY, LIVING FULLY

The Green Elixir for
Detox, Energy, Immunity & Total Wellness

BARLEY GRASS

(*Hordeum vulgare*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



NATURAL DETOXIFIER

Rich in chlorophyll that helps cleanse the blood and remove toxins.



BOOSTS ENERGY & STAMINA

Provides natural nutrients that enhance energy and reduce fatigue.



STRENGTHENS IMMUNITY

Packed with vitamins, minerals and antioxidants that support immunity.



SUPPORTS DIGESTION

Helps improve digestion, reduces acidity and supports gut health.



SUPPORTS WEIGHT MANAGEMENT

Low in calories, high in fiber; helps promote healthy metabolism.



HELPS SKIN & HAIR HEALTH

Detoxifies the body, resulting in clear, glowing skin and healthy hair.



RICH IN NUTRIENTS

Good source of iron, calcium, magnesium, vitamins A, C, E, K and B-complex.

Barley Grass is nature's richest source of chlorophyll, vitamins, minerals, enzymes and antioxidants. It helps detoxify the body, boost energy, strengthen immunity and promote overall health and vitality.



NUTRITIONAL POWERHOUSE

(Per 100g Barley Grass Powder)



VITAMIN A
11,000 IU



VITAMIN C
200 mg



IRON
70 mg



CALCIUM
70 mg



PROTEIN
20-25 g



CHLOROPHYLL
High

WAYS TO ENJOY BARLEY GRASS



With Water
Mix 1 tsp in a glass of water



In Smoothies
Add to your favorite smoothie



With Juice
Mix with fresh fruit/vegetable juice



Powder
Add to soups, yogurt or salads



Capsules
Take as per your health expert

IDEAL FOR



Detox



Energy



Immunity



Digestion



Skin & Hair



Weight Management



Overall Wellness

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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— HEALING NATURALLY, LIVING FULLY —

Nature's Gift for
Immunity, Purity & Total Wellness

BASIL

(Ocimum sanctum)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS IMMUNE SYSTEM

Rich in antioxidants and adaptogenic compounds that help strengthen immunity and fight infections.



SUPPORTS RESPIRATORY HEALTH

Helps relieve cough, cold, congestion and supports clear breathing naturally.



AIDS DIGESTION

Improves appetite, reduces bloating, gas and supports healthy digestion.



REDUCES STRESS & ANXIETY

Adaptogenic properties help the body adapt to stress and promotes mental calm.



ANTI-INFLAMMATORY

Helps reduce inflammation, pain and supports overall joint and muscle health.



SUPPORTS HEART HEALTH

Helps regulate blood pressure, supports healthy cholesterol and heart function.



DETOXIFIES & PURIFIES

Natural detoxifier that helps purify blood, eliminate toxins and promote glowing health.

Basil (Tulsi) is revered as the "Queen of Herbs" in Ayurveda. A sacred herb known for its powerful healing, purifying and rejuvenating properties.

It nurtures the body, calms the mind and uplifts the spirit naturally.



100%
PURE &
NATURAL

TRADITIONAL USES OF BASIL (TULSI)



Immunity
Booster



Respiratory
Support



Digestive
Support



Stress
Relief



Detox &
Purification



Antibacterial
Protection

WAYS TO ENJOY BASIL



Tulsi Tea
Boil 7-10 leaves
in water & drink



In Smoothies
Add to your
favorite smoothies



Tulsi Kadha
Traditional herbal
decoction



Dried Leaves
Add to soups,
stews or sauces



Capsules
Take as per your
health expert.

NUTRITIONAL PROFILE (Per 100g Dried Basil Leaves)



ENERGY
233 kcal



PROTEIN
14.4 g



FAT
3.9 g



CARBOHYDRATES
60.3 g



FIBER
37.6 g



CALCIUM
1770 mg



IRON
17.3 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Respiratory Health, Detoxification & Total Wellness

BHARANGI

(*Clerodendrum serratum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

Bharangi is a revered herb in Ayurveda known as "Shwasahara" (relieves breathing difficulties) for its powerful respiratory, expectorant, anti-inflammatory and detoxifying properties. It helps clear toxins, ease cough & asthma, support lung health and promotes overall vitality and well-being.

KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH

Helps relieve cough, cold, asthma, bronchitis and breathing difficulties.



NATURAL EXPECTORANT

Loosens mucus and clears airways, providing relief from congestion.



ANTI-INFLAMMATORY

Reduces inflammation and soothes irritation in the respiratory tract.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



SUPPORTS LIVER DETOX

Aids in detoxification and supports healthy liver function.



RELIEVES PAIN

Helpful in joint pain, arthritis and muscle discomfort.



ADAPTOGENIC & REJUVENATING

Helps the body adapt to stress and promotes energy and vitality.

TRADITIONAL USES OF BHARANGI



Respiratory Support



Cough & Cold Relief



Asthma & Bronchitis



Anti-inflammatory



Immunity Booster



Detox & Liver Support



General Wellness

WAYS TO ENJOY BHARANGI



Bharangi Tea
Boil 3-5 g in water & drink



Bharangi Powder
Add to warm water or milk



Bharangi Capsules
Take as per guidance



Bharangi Decoction
Boil with other herbs



Bharangi Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Bharangi Root)



ENERGY
317 kcal



PROTEIN
4.8 g



FAT
2.1 g



CARBOHYDRATES
68.3 g



FIBER
11.2 g



Ca
180 mg



Fe
5.6 mg



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SUPPORTS LIVER DETOX

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RELIEVES PAIN

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ADAPTOGENIC & REJUVENATING

Helps the body adapt to stress and promotes energy and vitality.

TRADITIONAL USES OF BHARANGI



Respiratory Support



Cough & Cold Relief



Asthma & Bronchitis



Anti-inflammatory



Immunity Booster



Detox & Liver Support



General Wellness

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Bharangi Powder
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Bharangi Capsules
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Bharangi Decoction
Boil with other herbs



Bharangi Churna
Add to food or recipes

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ENERGY
317 kcal



PROTEIN
4.8 g



FAT
2.1 g



CARBOHYDRATES
68.3 g



FIBER
11.2 g



Ca
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Fe
5.6 mg



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The Sacred Herb of
Liver Health, Vitality & Renewal

BHOOMI AMLA

(Phyllanthus niruri)

DETOXIFIES • PROTECTS • REJUVENATES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS



KEY BENEFITS



SUPPORTS LIVER HEALTH

Helps detoxify the liver, protects liver cells and supports regeneration.



NATURAL DETOXIFIER

Eliminates toxins from the body and promotes natural cleansing.



SUPPORTS KIDNEY HEALTH

Aids in kidney function and helps maintain urinary tract health.



AIDS DIGESTION

Improves appetite, relieves bloating and supports healthy digestion.



BOOSTS IMMUNITY

Strengthens the immune system and helps fight infections naturally.



BALANCES BLOOD SUGAR

Helps regulate blood sugar levels and supports metabolic health.



ANTI-INFLAMMATORY

Helps reduce inflammation and relieves pain and swelling.



GENERAL WELLNESS

Supports overall vitality, energy and natural healing.

Bhoomi Amla, also known as Stonebreaker, is nature's gift for detoxification and rejuvenation. It supports liver health, kidney function, digestion and overall well-being. A true protector of the body and restorer of balance.

Phyllanthus
niruri

TRADITIONAL USES OF BHOOMI AMLA



LIVER DETOX
Supports liver detoxification and function.



KIDNEY CARE
Supports kidney health and urinary health.



DIGESTIVE AID
Improves digestion and relieves indigestion.



GUT HEALTH
Helps relieve constipation and gas discomfort.



IMMUNITY
Strengthens immune system naturally.



DETOX TEA
Used in herbal teas for natural detoxification.

WAYS TO USE BHOOMI AMLA



Bhoomi Amla
Tea



Bhoomi Amla
Powder



Bhoomi Amla
Juice



Herbal
Blends



Bhoomi Amla
Capsules

— PURE HERB. PURE HEALING. PURE YOU. —



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+91 9405225604



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PURE • AUTHENTIC • EFFECTIVE
HEALING NATURALLY. LIVING FULLY.



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Healthy Hair, Liver Detox,
Immunity & Overall Wellbeing

BHRINGRAJ

(*Eclipta alba*)
(THE KING OF HAIR)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

*Bhringraj is a
revered Ayurvedic
herb known as
"The King of Hair".
A powerful herb
celebrated for its
ability to nourish
hair, support liver
health, detoxify
the body and
promote overall
vitality.*

*It nourishes the scalp,
promotes hair growth,
prevents premature
greying and brings
balance to the body
and mind.*

KEY BENEFITS



PROMOTES HAIR GROWTH

Nourishes hair follicles, strengthens roots and supports thick, healthy hair.



PREVENTS PREMATURE GREYING

Helps maintain natural hair pigment and delays greying.



SUPPORTS LIVER HEALTH

Aids liver detoxification and helps maintain optimal liver function.



BOOSTS IMMUNITY

Strengthens the body's defense system and helps fight infections.



DETOXIFIES THE BLOOD

Purifies the blood, removes toxins and promotes clear, healthy skin.



REDUCES STRESS & ANXIETY

Calm the mind, improves sleep and promotes mental well-being.



NOURISHES SCALP & HAIR

Improves scalp health, reduces dandruff and adds natural shine.



REJUVENATING & ADAPTOGEN

Enhances stamina, reduces fatigue and promotes overall vitality.



100%
PURE &
NATURAL

TRADITIONAL USES OF BHRINGRAJ



Hair
Growth



Liver
Support



Blood
Purifies



Boosts
Immunity



Detoxifies
Body



Reduces
Stress



Dandruff
Care



Strengthens
Roots

WAYS TO ENJOY BHRINGRAJ



Bhringraj Tea
Boil 1 tsp in
water & drink



Bhringraj Juice
Boil in water
or drink juice



Bhringraj Powder
Add to warm water
or smoothies



Bhringraj Capsules
As directed by
health expert



Bhringraj Oil
Use for scalp
massage

NUTRITIONAL PROFILE (Per 100g Dried Bhringraj)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	Ca	Fe	ANTIOXIDANTS
298 kcal	17.3 g	3.7 g	45.6 g	30.1 g	340 mg	8.2 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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The Purifying Herb
of Balance & Renewal

BIBHITAKI

CLEANSES • REJUVENATES • RESTORES

Ancient Herb. Timeless Wisdom.
Complete Wellness.

NATURAL

HOLISTIC

SAFE

TIMELESS

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Bibhitaki

supports natural
detoxification,
balances all doshas,
improves digestion,
nourishes tissues
and promotes
longevity.

*Terminalia
bellirica*

KEY BENEFITS



Natural Detoxifier
Helps cleanse the body and
eliminate toxins gently



Supports Digestion
Improves appetite, relieves
constipation and bloating



Balances All Doshas
Tridosha balancing herb –
Vata, Pitta & Kapha



Rejuvenates Body Tissues
Nourishes dhatus (tissues)
and promotes vitality



Enhances Respiratory Health
Helps clear throat, supports
lungs and relieves cough



Supports Healthy Skin & Hair
Purifies blood and promotes
natural glow and strength



Promotes Longevity
Rasayana herb that supports
healthy aging and immunity

NATURE'S GIFT FOR A HEALTHY LIFE



100% PURE
& NATURAL
No additives



TRADITIONAL
AYURVEDA
Time-tested herb



SUSTAINABLY
SOURCED
From trusted sources



CHEMICAL
FREE
Safe & effective



HOLISTIC
WELLNESS
For body, mind & soul

WAYS TO USE



Powder
with warm
water



With Honey
or Ghee



Herbal
Decoction
(Kashayam)



Capsules
for daily
wellness

A CLEANSSED BODY, A CALM MIND, A RENEWED LIFE.



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Nature's Powerful Herb for
Detoxification, Digestion, Respiratory Health,
Hair Care & Overall Wellbeing

BIBHITAKI

(Terminalia bellirica)
(THE GENTLE CLEANSER)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



NATURAL DETOXIFIER

Helps remove toxins, purifies blood and supports liver health.



SUPPORTS DIGESTION

Improves appetite, relieves constipation and promotes healthy digestion.



PROMOTES RESPIRATORY HEALTH

Helps clear throat, supports lung function and relieves cough & cold.



STRENGTHENS HAIR

Nourishes hair roots, reduces hair fall and promotes healthy, shiny hair.



RICH IN ANTIOXIDANTS

Protects cells from oxidative stress and supports anti-aging.



SUPPORTS GUT HEALTH

Balances gut flora and supports overall intestinal wellness.



AIDS WEIGHT MANAGEMENT

Helps in healthy metabolism and weight balance.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and supports cardiovascular wellbeing.

Bibhitaki is a revered Ayurvedic herb known as "The Gentle Cleanser". A powerful herb celebrated for its ability to detoxify the body, support digestion, promote respiratory health and rejuvenate hair naturally.



TRADITIONAL USES OF BIBHITAKI



Detoxification



Digestive Health



Respiratory Support



Healthy Hair



Eye Health



Oral Health



Immunity Booster



Bibhitaki Tea
Boil 1 tsp in water & drink



Bibhitaki Juice
Mix with warm water or honey



Bibhitaki Powder
Add to warm water, smoothies or soups



Bibhitaki Capsules
As directed by health expert



Bibhitaki Fruits
Chew or soak in water

NUTRITIONAL PROFILE (Per 100g Dried Bibhitaki)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBRE	CALCIUM	IRON	VITAMIN C	ANTIOXIDANTS
243 kcal	3.1 g	1.2 g	53.2 g	28.2 g	478 mg	4.3 mg	8.5 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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TIMELESS



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HEALING NATURALLY, LIVING FULLY

Nature's Sacred Herb for
Digestive Health, Immunity & Total Wellness

BILVA

(*Aegle marmelos*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

Bilva is a revered herb in Ayurveda known for its deep healing action on the digestive system. It helps balance Vata and Kapha, relieves acidity, supports bowel health, boosts immunity and promotes overall vitality and well-being.



KEY BENEFITS



SUPPORTS DIGESTIVE HEALTH

Enhances digestion, stimulates appetite and relieves indigestion and bloating.



RELIEVES DIARRHEA & DYSENTERY

Helps control loose motions and supports healthy bowel movements.



DETOXIFIES THE BODY

Helps remove toxins and supports natural cleansing of the body.



BOOSTS IMMUNITY

Strengthens the immune system and helps fight infections.



ANTI-INFLAMMATORY

Reduces inflammation and soothes the digestive tract.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and supports heart function.



BALANCES DOSHAS

Helps balance Vata and Kapha doshas and supports overall well-being.

TRADITIONAL USES OF BILVA



Digestive Support



Diarrhea Relief



Detox & Cleansing



Immunity Booster



Vata-Kapha Balance



General Wellness

WAYS TO ENJOY BILVA



Bilva Tea
Boil 3-5 g in water & drink



Bilva Powder
Add to warm water or milk



Bilva Capsules
Take as per guidance



Bilva Decoction
Boil with other herbs



Bilva Charma
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Bilva)



ENERGY
302 kcal



PROTEIN
5.2 g



FAT
2.1 g



CARBOHYDRATES
68.3 g



FIBER
18.7 g



Ca
100 mg



Fe
4.2 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

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- ✓ No Preservatives
- ✓ No Additives
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- ✓ Safe for Long-Term Use



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HOLISTIC



SAFE



TIMELESS



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Digestion, Immunity, Detox &
Overall Wellbeing

BLACK PEPPER

(*Piper nigrum*)
(KALI MIRCH)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, improves appetite and relieves bloating and gas.



BOOSTS IMMUNITY

Rich in antioxidants and bioactive compounds that strengthen the immune system.



ENHANCES NUTRIENT ABSORPTION

Piperine in black pepper enhances the absorption of essential nutrients.



DETOXIFIES THE BODY

Supports natural detoxification and helps eliminate toxins from the body.



SUPPORTS WEIGHT MANAGEMENT

Boosts metabolism and helps in healthy weight management.



SUPPORTS HEART HEALTH

Helps improve blood circulation and supports healthy cholesterol levels.



IMPROVES BRAIN FUNCTION

Enhances memory, focus and cognitive performance.



NATURAL ANTIBACTERIAL

Helps fight harmful bacteria, supports oral health and reduces infections.

Black Pepper is a revered Ayurvedic herb known as "Kali Mirch". A powerful spice celebrated for its pungent aroma, deepana (appetite stimulating), detoxifying and rejuvenating properties. It supports digestion, enhances nutrient absorption, improves immunity and promotes overall vitality.



100%
PURE &
NATURAL

TRADITIONAL USES OF BLACK PEPPER



Digestive
Support



Relieves
Bleeding



Detox &
Cleansing



Respiratory
Support



Immunity
Booster



Pain
Relief



Oral
Care

WAYS TO ENJOY BLACK PEPPER



Pepper Tea
Boil 3-4 pepper
corns in water
& drink



Pepper Milk
Boil in milk
with nutmeg
before bed



Add to Curries,
Soups &
Sauces



Crushed Pepper
Sprinkle on
salads & meats



Pepper Powder
Add to dips,
rice & veggies



Whole Pepper
Chew 1-2
peppercorns
after meals

NUTRITIONAL PROFILE (Per 100g Black Pepper)

	Energy	Protein	Fat	Carbohydrates	Fiber	Calcium	Iron	Antioxidants
	251 kcal	10.4 g	3.3 g	64.8 g	25.3 g	437 mg	9.7 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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The Memory Herb of BRAHMI

CLARITY • MEMORY • BALANCE

Ancient Wisdom. Natural Intelligence.
Timeless Healing.

NATURAL

HOLISTIC

SAFE

TIMELESS

Inspired by
GANGA MA
Blessed by
HIMALAYAS

*Brahmi nourishes
the mind, strengthens
memory and brings
intellect to life.*

*Bacopa
monnieri*

KEY BENEFITS



Enhances Memory & Learning
Improves recall, concentration
and cognitive function



Calms the Mind
Reduces anxiety, stress and
mental fatigue



Improves Focus & Clarity
Promotes mental sharpness
and alertness



Supports Nervous System
Nourishes brain cells and
supports neuron health



Promotes Better Sleep
Helps in restful sleep and
relaxes the mind



Adaptogenic & Rejuvenating
Helps the body adapt to stress and
promotes overall well-being

TIME-TESTED AYURVEDIC EXCELLENCE



HERBAL TONIC
Daily support
for brain & body



MENTAL BALANCE
Supports emotional
well-being



STUDY & WORK
SUPPORT
Ideal for students
& professionals



ROOTED IN
TRADITION
Used in Ayurveda
for thousands
of years

WAYS TO USE -



Powder
with warm
water or milk



Brahmi
Herbal Tea



Brahmi
Oil



Capsules
for daily
wellness



NOURISH YOUR MIND. ELEVATE YOUR LIFE.



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Respiratory Health, Strength & Total Wellness

BRIHATI

(*Solanum indicum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH

Helps relieve cough, asthma, bronchitis and other respiratory conditions.



CLEARs CONGESTION

Acts as an expectorant, helps clear mucus and supports easy breathing.



BUILDS STRENGTH & STAMINA

Enhances physical strength, endurance and reduces fatigue.



ANTI-INFLAMMATORY

Helps reduce inflammation and soothes irritation in the respiratory tract.



DETOXIFIES THE BODY

Supports liver function, aids detoxification and promotes internal cleansing.



SUPPORTS JOINT HEALTH

Helps reduce pain and inflammation in joints and muscles.



ADAPTOGENIC HERB

Helps the body adapt to stress and promotes overall balance.

Brihati is a revered herb in Ayurveda known for its ability to support respiratory health, reduce inflammation and enhance strength. It is widely used in the treatment of cough, asthma, bronchitis and other respiratory disorders. It also helps improve digestion, vitality and overall well-being.



TRADITIONAL USES OF BRIHATI



Respiratory Support



Relieves Cough & Asthma



Immunity Booster



Digestive Support



Joint & Muscle Support



General Wellness

WAYS TO ENJOY BRIHATI



Brihati Tea
Boil 3-5 g in water & drink



Brihati Powder
Add to warm water or milk



Brihati Capsules
Take as per guidance



Brihati Decoction
Boil with other herbs



Brihati Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Brihati)



ENERGY
318 kcal



PROTEIN
16.4 g



FAT
1.3 g



CARBOHYDRATES
59.2 g



FIBER
18.5 g



Ca
158 mg



Fe
6.3 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long-Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Pure & Powerful
Elixir for Purification, Healing & Wellness

CAMPHOR

(*Cinnamomum camphora*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS

- PURIFIES & CLEANSSES**
Naturally purifies the air and surroundings, removes negative energy and odors.
- SUPPORTS RESPIRATORY HEALTH**
Relieves cough, congestion and breathing difficulties.
- CALMS THE MIND**
Soothes stress, anxiety and promotes mental clarity and relaxation.
- COOLS & REFRESHES**
Provides a cooling effect, relieves headache and tiredness.
- RELIEVES PAIN**
Helps reduce muscle pain, joint pain and inflammation.
- SUPPORTS SKIN HEALTH**
Anti-fungal and anti-bacterial properties help in skin infections and itching.
- BOOSTS IMMUNITY**
Natural antimicrobial properties help strengthen the immune system.

Camphor is a sacred substance revered in Ayurveda for its purifying, healing and therapeutic properties. It clears the air, soothes the mind, relieves pain, supports respiratory health and promotes overall well-being.



TRADITIONAL USES OF CAMPHOR

- Aromatherapy & Air Purification
- Respiratory Support
- Stress Relief & Mental Clarity
- Muscle & Joint Pain Relief
- Meditation & Spiritual Practices
- Skin & Hair Care

WAYS TO ENJOY CAMPHOR

- Burn in a Camphor Burner to purify air
- Add to steam inhalation for breathing relief
- Use Camphor Oil for massage (diluted)
- Add in herbal balms & oils for pain relief
- Keep in wardrobes to repel insects

NUTRITIONAL / COMPOSITION PROFILE (Per 100g Natural Camphor)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBER	CALCIUM	IRON	ANTIOXIDANTS
204 kcal	0 g	0 g	100 g	0 g	0 mg	0 mg	High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Digestion, Immunity, Detox &
Overall Wellbeing

CARDAMOM

(*Elettaria cardamomum*)
(ELAICHI)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Cardamom is a
revered Ayurvedic
herb known as
"Elaichi".
A powerful spice
celebrated for its
sweet aroma,
digestive, carminative,
detoxifying and
rejuvenating
properties.
It supports digestion,
respiratory health,
freshens breath and
brings natural energy
and vitality.



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



BOOSTS IMMUNITY

Rich in antioxidants and essential compounds that strengthen the immune system.



DETOXIFIES THE BODY

Helps flush out toxins, supports liver function and purifies the body.



SUPPORTS RESPIRATORY HEALTH

Clears airways, relieves cough and cold, and supports easy breathing.



FRESHENS BREATH

Naturally freshens breath and maintains oral hygiene.



SUPPORTS HEART HEALTH

Helps improve circulation and supports healthy cholesterol levels.



CALMS MIND & REDUCES STRESS

Soothing aroma relieves stress, uplift mood and promotes mental clarity.



NATURAL ENERGY BOOSTER

Fights fatigue and enhances energy and vitality naturally.

100%
PURE &
NATURAL

TRADITIONAL USES OF CARDAMOM



Digestive
Support



Relieves
Bloating



Detox &
Cleansing



Respiratory
Health



Freshens
Breath



Stress
Relief



Heart
Health



Energy
Boost



Cardamom Tea
Boil 2-3 pods
in water & drink



Cardamom Milk
Boil pods in milk
with honey



Add to Curries,
Soups &
Sweets



Cardamom Powder
Add to desserts,
tea & coffee



Chew Pods
After meals for
fresh breath

NUTRITIONAL PROFILE (Per 100g Cardamom Pods)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBRE	Ca	Fe	ANTIOXIDANTS
311 kcal	10.8 g	6.7 g	68.5 g	28.0 g	383 mg	15.9 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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(*Elettaria cardamomum*)
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Complete Wellness.

Inspired by
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Blessed by
HIMALAYAS

Cardamom is a
revered Ayurvedic
herb known as
"Elaichi".
A powerful spice
celebrated for its
sweet aroma,
digestive, carminative,
detoxifying and
rejuvenating
properties.
It supports digestion,
respiratory health,
freshens breath and
brings natural energy
and vitality.



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



BOOSTS IMMUNITY

Rich in antioxidants and essential compounds that strengthen the immune system.



DETOXIFIES THE BODY

Helps flush out toxins, supports liver function and purifies the body.



SUPPORTS RESPIRATORY HEALTH

Clears airways, relieves cough and cold, and supports easy breathing.



FRESHENS BREATH

Naturally freshens breath and maintains oral hygiene.



SUPPORTS HEART HEALTH

Helps improve circulation and supports healthy cholesterol levels.



CALMS MIND & REDUCES STRESS

Soothing aroma relieves stress, uplift mood and promotes mental clarity.



NATURAL ENERGY BOOSTER

Fights fatigue and enhances energy and vitality naturally.

100%
PURE &
NATURAL

TRADITIONAL USES OF CARDAMOM



Digestive
Support



Relieves
Bloating



Detox &
Cleansing



Respiratory
Health



Freshens
Breath



Stress
Relief



Heart
Health



Energy
Boost



Cardamom Tea
Boil 2-3 pods
in water & drink



Cardamom Milk
Boil pods in milk
with honey



Add to Curries,
Soups &
Sweets



Cardamom Powder
Add to desserts,
tea & coffee



Chew Pods
After meals for
fresh breath

NUTRITIONAL PROFILE (Per 100g Cardamom Pods)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBRE	Ca	Fe	ANTIOXIDANTS
311 kcal	10.8 g	6.7 g	68.5 g	28.0 g	383 mg	15.9 mg	High

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HEALING NATURALLY, LIVING FULLY

Nature's Embrace for
Calm, Comfort & Complete Wellness

CHAMOMILE

(*Matricaria chamomilla*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



PROMOTES RELAXATION & SLEEP

Calms the nervous system, reduces stress and supports deep, restful sleep.



SUPPORTS DIGESTIVE HEALTH

Soothes indigestion, reduces bloating, gas and abdominal discomfort.



BOOSTS IMMUNITY

Rich in antioxidants that strengthen immunity and protect cells.



ANTI-INFLAMMATORY

Helps reduce inflammation, muscle tension and joint discomfort.



SUPPORTS SKIN HEALTH

Soothes irritated skin, redness and promotes a healthy, glowing complexion.



CALMING & MOOD BALANCING

Helps reduce anxiety, uplifts mood and promotes emotional balance.

Chamomile is a gentle, soothing herb cherished for centuries in Ayurveda and herbal traditions. It calms the mind, soothes the body, supports digestion and promotes restful sleep. Rich in antioxidants and bioactive compounds, it nourishes overall well-being naturally.



100%
PURE &
NATURAL

TRADITIONAL USES OF CHAMOMILE



Better Sleep



Stress & Anxiety Relief



Digestive Support



Anti-Inflammatory



Skin Soothing



Calming & Relaxation

WAYS TO ENJOY CHAMOMILE



Chamomile Tea
Boil 1-2 tsp in water & drink



In Smoothies
Add to your favorite smoothie



With Honey
Mix with honey for soothing tea



Dried Flowers
Add to soups, herbal blends



Capsules
Take as per your health expert

NUTRITIONAL PROFILE (Per 100g Dried Chamomile Flowers)



ENERGY
301 kcal



PROTEIN
11.0 g



FAT
4.2 g



CARBOHYDRATES
64.0 g



FIBER
24.0 g



CALCIUM
548 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



CONTACT NUMBERS
+91 7904218828
+91 9405225604



EMAIL ID
info@omayurveda.org



WEBSITE
www.omayurveda.org

PURE • AUTHENTIC • EFFECTIVE

HEALING NATURALLY, LIVING FULLY

NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Bitter Tonic for
Detoxification, Liver Health & Total Wellness

CHIRAYATA (Swertia chirata)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

Chirayata is a revered herb in Ayurveda known as "Kirati Tikta" (The King of Bitters) for its powerful ability to detoxify, purify and rejuvenate. It helps support liver health, improves digestion, boosts immunity and promotes overall vitality and well-being.

KEY BENEFITS



SUPPORTS LIVER HEALTH

Protects the liver, enhances liver function and helps in detoxification.



IMPROVES DIGESTION

Stimulates appetite, improves digestion and relieves bloating.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



BLOOD PURIFIER

Purifies blood, helps in skin disorders and promotes clear, glowing skin.



ANTI-INFLAMMATORY

Reduces inflammation, relieves fever and supports overall wellness.



NATURAL DETOXIFIER

Helps remove toxins from the body and supports healthy metabolism.



PROMOTES VITALITY

Reduces fatigue, improves energy levels and enhances overall well-being.

TRADITIONAL USES OF CHIRAYATA



Liver Support



Digestive Health



Blood Purifier



Immunity Booster



Detox & Cleansing



Skin Wellness



General Wellness

WAYS TO ENJOY CHIRAYATA



Chirayata Tea
Boil 2-3 g in water & drink



Chirayata Powder
Add to warm water or milk



Chirayata Capsules
Take as per guidance



Chirayata Decoction
Boil with other herbs



Chirayata Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Chirayata)



ENERGY

278 kcal



PROTEIN

8.6 g



FAT

2.4 g



CARBOHYDRATE

55.7 g



FIBER

14.8 g



Ca

230 mg



Fe

8.1 mg



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Nature's Powerful Herb for
Metabolism, Digestion & Total Wellness

CHITRAK

(*Plumbago zeylanica*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS



100%
PURE &
NATURAL

KEY BENEFITS



IMPROVES DIGESTION

Stimulates appetite, enhances digestive fire (Agni) and aids in proper digestion.



DETOXIFIES THE BODY

Helps remove Ama (toxins) and supports natural detoxification.



ANTI-INFLAMMATORY

Reduces inflammation, swelling and pain associated with conditions.



ANTI-PARASITIC

Helps destroy intestinal worms and parasites naturally.



BOOSTS METABOLISM

Supports weight management by increasing metabolism and fat burning.



SUPPORTS LIVER HEALTH

Protects liver, supports detoxification and improves liver function.



RESTORES BALANCE

Balances Vata and Kapha doshas and promotes overall wellness.

Chitrak is a revered herb in Ayurveda known for its deepana, pachana, krimighna, shothahara, anti-inflammatory and detoxifying properties. It helps stimulate digestion, boost metabolism, remove toxins and restore balance for overall vitality and well-being.



TRADITIONAL USES OF CHITRAK



Deepana
(Appetite
Stimulant)



Pachana
(Digestive
Support)



Ama
Nashak
(Detoxifier)



Krimighna
(Anti-parasitic)



Shothahara
(Reduces
Inflammation)



Vata-Kapha
Shamak



General
Wellness

WAYS TO ENJOY CHITRAK



Chitrak Tea
Boil 2-3 g in
water & drink



Chitrak Powder
Add to warm
water or milk



Chitrak Capsules
Take as per
guidance



Chitrak Decoction
Boil with other
herbs



Chitrak Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Chitrak Root)



ENERGY
525 kcal



PROTEIN
6.2 g



FAT
2.3 g



CARBOHYDRATES
66.3 g



FIBER
12.8 g



Ca
142 mg



Fe
7.6 mg



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Nature's Powerful Herb for
Digestion, Immunity, Detox &
Overall Wellbeing

CINNAMON

(*Cinnamomum verum*)
(DALCHINI)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS



100%
PURE &
NATURAL

*Cinnamon is a
revered Ayurvedic
herb known as
"Dalchini".*

*A powerful spice
celebrated for its
warm aroma,
digestive, metabolic,
detoxifying and
rejuvenating
properties.*

*It supports digestion,
blood sugar balance,
circulation and
brings natural
warmth and
vitality.*



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, reduces bloating, gas and indigestion.



BALANCES BLOOD SUGAR

Helps improve insulin sensitivity and maintains healthy blood sugar levels.



BOOSTS IMMUNITY

Rich in antioxidants and essential compounds that strengthen the immune system.



DETOXIFIES THE BODY

Helps flush out toxins and supports liver function.



IMPROVES CIRCULATION

Supports healthy blood flow and helps maintain cardiovascular health.



SUPPORTS HEART HEALTH

Helps reduce bad cholesterol and supports heart health.



ENHANCES BRAIN FUNCTION

Improves focus, memory and cognitive performance.



NATURAL ANTIBACTERIAL

Helps fight harmful bacteria, fungi and supports oral health.

TRADITIONAL USES OF CINNAMON



Digestive
Support



Relieves
Bloating



Detox &
Cleansing



Blood Sugar
Balance



Respiratory
Support



Warmth &
Energy



Oral
Care

WAYS TO ENJOY CINNAMON



Cinnamon Tea
Boil 1 stick
in water & drink



Cinnamon Milk
Boil in milk
with honey



Cinnamon Powder
Add to curries,
soups & events



Add to Oats
Yogurt, Smoothies
& Desserts



Cinnamon Sticks
Chew a small piece
after meals

NUTRITIONAL PROFILE (Per 100g Cinnamon)



ENERGY
247 kcal



PROTEIN
4.0 g



FAT
1.2 g



CARBOHYDRATE
80.6 g



FIBER
53.1 g



Ca
1002 mg



Fe
8.3 mg



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Nature's Powerful Herb for
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Overall Wellbeing

CLOVE

(*Syzygium aromaticum*)
(LAVANGA)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

*Clove is a
revered Ayurvedic
herb known as
"Lavanga".
A powerful spice
celebrated for its
warming aroma,
healing properties
and ability to
support digestion,
immunity and
overall vitality.*



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



BOOSTS IMMUNITY

Rich in antioxidants and antiseptic compounds that strengthen the immune system.



NATURAL ANTISEPTIC

Helps fight harmful bacteria, viruses and supports oral health.



RELIEVES PAIN

Natural analgesic properties help relieve toothache, headache, muscle and joint pain.



DETOXIFIES THE BODY

Supports liver function and helps eliminate toxins from the body.



SUPPORTS HEART HEALTH

Helps improve blood circulation and maintains healthy cholesterol levels.



IMPROVES RESPIRATORY HEALTH

Helps relieve cough, cold, throat irritation and improves breathing.



PROMOTES HEALTHY SKIN

Antibacterial properties help in treating acne and maintaining clear, healthy skin.

100%
PURE &
NATURAL

TRADITIONAL USES OF CLOVE



Digestive
Support



Toothache
Relief



Sore Throat
Relief



Detox &
Cleansing



Immunity
Booster



Pain
Relief



Oral
Health



Skin
Care

WAYS TO ENJOY CLOVE



Clove Tea
Boil 2-3 cloves
in water & drink



Clove Water
Soak clove
overnight & drink



Clove Powder
Add to curries,
soups & dals



Whole Cloves
Chew 1-2 cloves
after meals



Clove Oil
Use diluted for
toothache relief

NUTRITIONAL PROFILE (Per 100g Cloves)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBRE	Ca	Fe	ANTIOXIDANTS
274 kcal	6.0 g	13.0 g	65.5 g	33.9 g	632 mg	11.8 mg	High

100% PURE & NATURAL

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- No Preservatives
- No Additives
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Overall Wellbeing

CORIANDER

(*Coriandrum sativum*)
(DHANIYA)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Coriander is a
revered Ayurvedic
herb known as
"Dhanyaka".
A powerful seed
celebrated for its
cooling, digestive,
detoxifying and
balancing
properties.

It supports digestion,
reduces acidity,
detoxifies the body,
balances Pitta and
promotes overall
vitality.



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



BOOSTS IMMUNITY

Rich in antioxidants and essential nutrients that strengthen the immune system.



DETOXIFIES THE BODY

Helps flush out toxins, supports liver function and purifies the blood.



RELIEVES ACIDITY

Naturally cools the body, balances Pitta and reduces acidity & heartburn.



SUPPORTS WEIGHT MANAGEMENT

Aids metabolism and helps in healthy weight balance.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol and supports cardiovascular health.



SUPPORTS EYE HEALTH

Rich in vitamin A and antioxidants that nourish eyes and improve vision.



BALANCES HORMONES

Helps regulate menstrual cycles and supports hormonal balance.



CALMS MIND & REDUCES STRESS

Promotes relaxation, soothes the mind and supports better sleep.

100%
PURE &
NATURAL

TRADITIONAL USES OF CORIANDER



Digestive
Support



Acidity
Relief



Detox &
Cleansing



Appetite
Stimulant



Cooling
Effect



Skin
Care



Stress
Relief



Liver
Support

WAYS TO ENJOY CORIANDER



Coriander Tea
Boil 1 tsp seeds
in water & drink



Coriander Water
Soak seeds
overnight & drink



Coriander Powder
Add to curries,
soups & salads



Roasted Seeds
Chew after meals
for digestion



Coriander & Honey
Mix with honey
for throat & cold

NUTRITIONAL PROFILE (Per 100g Coriander Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBER	Ca	Fe	ANTIOXIDANTS
298 kcal	12.4 g	17.8 g	54.9 g	41.9 g	709 mg	16.3 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
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Digestion, Immunity, Detox &
Overall Wellbeing

CUMIN

(*Cuminum cyminum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

*Cumin is a
revered Ayurvedic
herb known as
"Jeeraka".
A powerful seed
celebrated for its
warming, carminative
and digestive
properties.
It kindles digestive
fire, detoxifies the body,
enhances metabolism
and promotes
overall wellness.*



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



BOOSTS IMMUNITY

Rich in antioxidants and essential nutrients that strengthen the immune system.



DETOXIFIES THE BODY

Helps eliminate toxins, supports liver function and purifies the blood.



ENHANCES METABOLISM

Improves metabolism and aids in healthy weight management.



SUPPORTS RESPIRATORY HEALTH

Relieves cough, cold, nasal congestion and other respiratory issues.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and supports cardiovascular health.



BALANCES ALL THREE DOSHAS

Pacifies Vata and Kapha, balances Pitta.



PROMOTES HEALTHY SKIN

Helps reduce acne, blemishes and promotes a natural glow.

100%
PURE &
NATURAL

TRADITIONAL USES OF CUMIN



Digestive
Support



Bloating &
Gas Relief



Appetite
Stimulant



Detox &
Cleansing



Metabolism
Booster



Liver, Immunity
Support, Booster

WAYS TO ENJOY CUMIN



Cumin Tea
Boil 1 tsp seeds
in water & drink



Cumin Powder
Add to curries,
soups & dals



Roasted Cumin
Roast & sprinkle on
salads & buttermilk



Cumin Water
Boil seeds & drink
warm in morning



Cumin Seeds
Chew after meals
for digestion

NUTRITIONAL PROFILE (Per 100g Cumin Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBRE	Ca	A	ANTIOXIDANTS
375 kcal	17.8 g	22.3 g	44.2 g	10.5 g	931 mg	66.4 mg	High

100% PURE & NATURAL

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- No Preservatives
- No Additives
- Traditionally Processed
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NATURAL

TRADITIONAL USES OF CUMIN



Digestive
Support



Bloating &
Gas Relief



Appetite
Stimulant



Detox &
Cleansing



Metabolism
Booster



Liver, Immunity
Support, Booster

WAYS TO ENJOY CUMIN



Cumin Tea
Boil 1 tsp seeds
in water & drink



Cumin Powder
Add to curries,
soups & dals



Roasted Cumin
Roast & sprinkle on
salads & buttermilk



Cumin Water
Boil seeds & drink
warm in morning



Cumin Seeds
Chew after meals
for digestion

NUTRITIONAL PROFILE (Per 100g Cumin Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBRE	Ca	A	ANTIOXIDANTS
375 kcal	17.8 g	22.3 g	44.2 g	10.5 g	931 mg	66.4 mg	High

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Nature's Daily Nourisher for
Immunity, Digestion & Total Wellness

CURRY LEAVES (Murraya koenigii)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS IMMUNE SYSTEM

Rich in antioxidants, vitamin C and essential nutrients that help strengthen immunity and fight infections.



AIDS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



DETOXIFIES THE BODY

Helps cleanse the liver, removes toxins and supports overall detoxification.



SUPPORTS HEART HEALTH

Helps reduce cholesterol levels and supports healthy blood circulation.



PROMOTES HAIR GROWTH

Nourishes hair roots, reduces hair fall and prevents premature greying.



RICH IN NUTRIENTS

Packed with iron, calcium, antioxidants and essential vitamins for daily wellness.



ANTI-INFLAMMATORY

Helps reduce inflammation, pain and supports joint and muscle health.

Curry leaves are revered in Ayurveda as a powerful healing herb. Known for their aromatic flavor and therapeutic benefits, they support digestion, immunity, hair health, heart health and overall vitality. A small leaf with extraordinary healing power.



100%
PURE &
NATURAL

TRADITIONAL USES OF CURRY LEAVES



Immunity
Booster



Digestive
Support



Detox &
Liver Support



Heart
Health



Hair
Nourishment



Joint & Bone
Support

WAYS TO ENJOY CURRY LEAVES



Curry Leaves Tea
Boil 8-10 leaves
in water & drink



Curry Leaves
Chutney Powder
Add to rice,
dill, dosa



Add to Curries
& Stir Fries
Enhances flavor
& nutrition



Dried Leaves
Powder
Add to soups,
stews or sauces



Curry Leaves
Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Curry Leaves)



ENERGY
332 kcal



PROTEIN
6.7 g



FAT
1.0 g



CARBOHYDRATES
63.2 g



FIBER
6.4 g



Ca
830 mg



Fe
17.5 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

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HEALING NATURALLY, LIVING FULLY

Nature's Ally for
Liver Detox, Digestion & Total Wellness

DANDELION

(*Taraxacum officinale*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



LIVER DETOX & SUPPORT

Helps detoxify the liver, improves bile flow and supports healthy liver function.



AIDS DIGESTION

Stimulates appetite, supports digestion and relieves bloating & gas.



NATURAL DIURETIC

Helps flush out excess water and toxins from the body.



RICH IN ANTIOXIDANTS

Protects cells from oxidative stress and supports immune health.



SUPPORTS SKIN HEALTH

Helps purify blood and promotes clear, healthy skin.



BOOSTS IMMUNITY

Strengthens the immune system and helps fight infections naturally.

Dandelion is a powerful herb celebrated in Ayurveda for its detoxifying, anti-inflammatory and rejuvenating properties. Rich in vitamins, minerals, antioxidants and inulin, it supports liver health, digestion, immunity and overall vitality.



100%
PURE &
NATURAL

TRADITIONAL USES OF DANDELION



Liver
Detox



Digestive
Support



Kidney
Support



Blood
Purifier



Skin
Health



Immunity
Booster



Energy &
Vitality

WAYS TO ENJOY DANDELION



Dandelion Tea
Boil 1-2 tsp root or leaves in water & drink



In Smoothies
Add to your favorite smoothie



With Juice
Mix with fresh fruit/vegetable juice



Dried Leaves
Add to soups, stews or salads



Capsules
Take as per your health expert

NUTRITIONAL PROFILE (Per 100g Dandelion Leaves)



ENERGY
45 kcal



PROTEIN
2.7 g



FIBER
3.5 g



CALCIUM
187 mg



IRON
3.3 mg



VITAMIN A
112% DV



VITAMIN C
35 mg



POTASSIUM
397 mg

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Nature's Sacred Herb for

Skin Health, Liver Detox & Total Wellness

DARUHARIDRA

(*Berberis aristata*)

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Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

*Daruharidra is a
revered herb in
Ayurveda known
as "Tvak"
(The Divine Skin
Healer)*

*for its powerful
ability to purify
blood, support
liver function,
promote clear,
healthy skin
and aid in overall
detoxification
and wellness.*



KEY BENEFITS



SUPPORTS LIVER HEALTH

Protects the liver, improves liver function and aids in detoxification.



BLOOD PURIFIER

Purifies blood, removes toxins and promotes clear, glowing skin.



SKIN HEALTH

Helps in treating acne, eczema, psoriasis and other skin disorders.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



ANTI-INFLAMMATORY

Reduces inflammation, swelling and soothes irritated tissues.



IMPROVES DIGESTION

Stimulates appetite, improves digestion and relieves bloating.



DETOXIFIES THE BODY

Natural detoxifier that helps eliminate harmful toxins from the body.

TRADITIONAL USES OF DARUHARIDRA



Liver Support



Skin Care



Blood Purifier



Immunity Booster



Detox & Cleansing



Digestive Health



General Wellness

WAYS TO ENJOY DARUHARIDRA



Daruharidra Tea
Boil 2-3 g in water & drink



Daruharidra Powder
Add to warm water or milk



Daruharidra Capsules
Take as per guidance



Daruharidra Decoction
Boil with other herbs



Daruharidra Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Daruharidra)



ENERGY
308 kcal



PROTEIN
6.2 g



FAT
2.6 g



CARBOHYDRATES
64.9 g



FIBER
13.2 g



Ca
192 mg



Fe
5.1 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

The Powerful Ayurvedic Formula for
Pain Relief, Strength, Immunity & Wellness

DASHAMOOLA

(The Power of Ten Roots)

• RELIEVES PAIN • REDUCES INFLAMMATION • DETOXIFIES •

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



RELIEVES PAIN & INFLAMMATION
Effective in arthritis, back pain, joint pain, muscle pain and stiffness.



SUPPORTS JOINT & BONE HEALTH
Strengthens bones, cartilage and supports mobility.



SUPPORTS RESPIRATORY HEALTH
Relieves cough, bronchitis, asthma and respiratory congestion.



NATURAL DETOXIFIER
Helps remove toxins (Ama), supports liver and kidney function.



BOOSTS IMMUNITY
Strengthens the body's natural defense and improves overall resilience.



AIDS DIGESTION
Improves appetite, relieves bloating and supports healthy digestion.



BALANCES VATA DOSHA
Calms the nervous system, promotes relaxation and overall well-being.

Power of
10 Roots
for Total
Wellness

THE 10 POWERFUL ROOTS IN DASHAMOOLA



Brihati
(Solanum
indicum)



Kantakari
(Solanum
xanthocarpum)



Shalaparni
(Desmodium
gangeticum)



Prishniparni
(Urtica
picta)



Gokshura
(Tribulus
terrestris)



Bilva
(Aegle
marmelos)



Agnimantha
(Premna
integrifolia)



Shyosaka
(Crossylum
indicum)



Patala
(Stereospermum
saccolens)



Gambhari
(Gmelina
arborea)



WAYS TO USE DASHAMOOLA



Dashamoola
Kashayam
(Decoction)



Dashamoola
Herbal Tea



Dashamoola
Powder



Dashamoola
Capsules

Best taken warm for maximum benefits

TRADITIONAL USES



Arthritis
& Joint Pain



Lower Back
Pain



Respiratory
Disorders



General
Weakness



Stress &
Fatigue

100% PURE & NATURAL

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HEALING NATURALLY, LIVING FULLY

Nature's Sacred Herb for
Respiratory Health, Pain Relief & Total Wellness

DEV DARU

(*Cedrus deodara*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

Devdaru is a revered herb in Ayurveda known for its powerful anti-inflammatory, pain relieving, respiratory supportive and detoxifying properties. It helps balance Vata and Kapha, relieves pain, clears channels and promotes overall vitality and well-being.

KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH
Helps relieve cough, cold, bronchitis, asthma and clears respiratory congestion.



ANTI-INFLAMMATORY
Reduces inflammation, swelling and pain associated with arthritis and muscle aches.



RELIEVES JOINT & MUSCLE PAIN
Effective in conditions like arthritis, spondylitis, back pain and sciatica.



DETOXIFIES THE BODY
Helps purify the body, removes toxins and supports healthy metabolism.



BOOSTS IMMUNITY
Strengthens the immune system and helps the body fight infections.



CALMS MIND & NERVES
Acts as a natural relaxant, reduces stress and promotes mental well-being.



CLEARs SINUSES
Helps decongest sinuses and improves breathing naturally.

100%
PURE &
NATURAL

TRADITIONAL USES OF DEV DARU



Respiratory
Support



Joints & Muscle
Pain Relief



Anti-
Inflammatory



Detox &
Purification



Immunity
Booster



Immune &
Relaxation



General
Wellness

WAYS TO ENJOY DEV DARU



Devdaru Tea
Boil 3-5 g in
water & drink



Devdaru Powder
Add to warm
water or milk



Devdaru Capsules
Take as per
guidance



Devdaru Decoction
Boil with other
herbs



Devdaru Charu
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Devdaru)



ENERGY
350 kcal



PROTEIN
6.2 g



FAT
5.0 g



CARBOHYDRATES
64.5 g



FIBER
18.6 g



Ca
145 mg



Fe
6.3 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- ✓ No Chemicals
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- ✓ No Additives
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- ✓ Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Defender for
Immunity, Vitality & Total Wellness

ECHINACEA

(*Echinacea purpurea*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Echinacea is a powerful medicinal herb known for its immunity boosting, anti-inflammatory, antioxidant and antiviral properties. It supports the body's natural defenses and helps promote overall health & resilience.



KEY BENEFITS



SUPPORTS IMMUNE SYSTEM
Strengthens the body's natural defenses and helps fight infections.



FIGHTS COLDS & FLU
Reduces severity and duration of colds, sore throat and flu symptoms.



POWERFUL ANTIOXIDANT
Protects cells from oxidative stress and supports overall wellness.



ANTI-INFLAMMATORY
Helps reduce inflammation and supports joint & skin health.



SUPPORTS SKIN HEALTH
Promotes healthy skin and helps in wound healing.



GENERAL WELLNESS
Enhances vitality, energy and helps maintain well-being.

TRADITIONAL USES OF ECHINACEA



Immunity
Booster



Cold & Flu
Relief



Sore Throat
Relief



Anti-
Inflammatory



Detox &
Cleansing



Overall
Wellness

WAYS TO ENJOY ECHINACEA



Echinacea Tea
Boil 1-2 tsp in
water & drink



In Smoothies
Add to your
favorite smoothie



Tincture
Take as per your
health expert's
advice



Dried Herb
Add to soups,
teas or herbal
blends



Capsules
Take as per your
health expert's
advice

NUTRITIONAL PROFILE (Per 100g Dried Echinacea Herb)



ENERGY
252 kcal



PROTEIN
11.0 g



FAT
3.3 g



CARBOHYDRATES
45.0 g



IRON
8.2 mg



ANTIOXIDANTS
Very High

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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Purification, Digestion, Strength & Total Wellness

ERANDA (*Ricinus communis*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Eranda is a revered herb in Ayurveda known as "Virechana (Natural Laxative & Detoxifier)" for its powerful ability to cleanse the body, improve digestion, balance Vata dosha and promote strength, vitality and overall wellness. It helps in detoxification, nourishes tissues and supports complete healing.



KEY BENEFITS



NATURAL LAXATIVE

Helps in gentle and effective bowel cleansing, relieves constipation.



DETOXIFIES THE BODY

Eliminates toxins (Ama) from the body, purifies blood and improves organ function.



IMPROVES DIGESTION

Stimulates digestive fire (Agni), relieves bloating, gas and indigestion.



REDUCES PAIN & INFLAMMATION

Helps in arthritis, joint pain, muscle pain and swelling.



BOOSTS IMMUNITY

Strengthens the immune system and increases body resistance.



SUPPORTS WOMEN'S HEALTH

Helpful in menstrual discomfort and detoxifies the reproductive system.



NOURISHES & REJUVENATES

Promotes strength, vitality, and overall well-being.

TRADITIONAL USES OF ERANDA



Natural Laxative



Detoxifier



Digestive Aid



Joint & Muscle Pain



Immunity Booster



Vata Balance



Skin Health

WAYS TO ENJOY ERANDA



Eranda Tea
Boil 1-2 g in water & drink



Eranda Powder
Add to warm water or milk



Eranda Capsules
Take as per guidance



Eranda Oil
Use as directed by physician



Eranda Seeds
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Eranda Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBER	Ca	Fe	ANTIOXIDANTS
525 kcal	18.7 g	42.1 g	21.6 g	10.3 g	210 mg	7.6 mg	High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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Nature's Powerful Herb for
Digestion, Immunity, Detox &
Overall Wellbeing

FENNEL

(*Foeniculum vulgare*)
(SAUNF)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

*Fennel is a
revered Ayurvedic
herb known as
"Saunf".
A cooling seed
celebrated for its
sweet aroma, digestive
support and refreshing
properties.
It soothes the stomach,
reduces acidity,
freshens breath and
nourishes the body,
mind and senses.*



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, reduces bloating, gas, indigestion and acidity.



BOOSTS IMMUNITY

Rich in antioxidants and phytonutrients that strengthen the immune system.



DETOXIFIES THE BODY

Helps cleanse toxins, supports liver function and promotes natural detoxification.



RELIEVES ACIDITY & HEARTBURN

Naturally cools the body and soothes acidity, heartburn and inflammation.



FRESHENS BREATH

Natural mouth freshener that eliminates bad breath and supports oral health.



SUPPORTS EYE HEALTH

Rich in vitamin A and antioxidants that nourish eyes and improve vision.



BALANCES HORMONES

Helps ease menstrual discomfort and supports women's hormonal balance.



CALMS MIND & REDUCES STRESS

Promotes relaxation, reduces anxiety and supports better sleep.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol and blood pressure levels.



AIDS WEIGHT MANAGEMENT

Supports metabolism and helps reduce water retention and cravings.

100%
PURE &
NATURAL

TRADITIONAL USES OF FENNEL



Digestive
Support



Acidity
Relief



Breath
Freshener



Detox &
Cleansing



Eye
Health



Hormonal
Balance



Stress
Relief

WAYS TO ENJOY FENNEL



Fennel Tea
Boil 1 tsp seeds
in water & drink



Fennel Water
Soak seeds
overnight & drink



Chew Seeds
After meals for
digestion & fresh breath



Fennel Powder
Add to curries,
soups & salads



Fennel & Honey
Mix with honey
for throat relief

NUTRITIONAL PROFILE (Per 100g Fennel Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	Ca	Fe	ANTIOXIDANTS
345 kcal	15.8 g	14.9 g	52.3 g	39.8 g	1191 mg	18.7 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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"Saunf".
A cooling seed
celebrated for its
sweet aroma, digestive
support and refreshing
properties.
It soothes the stomach,
reduces acidity,
freshens breath and
nourishes the body,
mind and senses.*



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, reduces bloating, gas, indigestion and acidity.



BOOSTS IMMUNITY

Rich in antioxidants and phytonutrients that strengthen the immune system.



DETOXIFIES THE BODY

Helps cleanse toxins, supports liver function and promotes natural detoxification.



RELIEVES ACIDITY & HEARTBURN

Naturally cools the body and soothes acidity, heartburn and inflammation.



FRESHENS BREATH

Natural mouth freshener that eliminates bad breath and supports oral health.



SUPPORTS EYE HEALTH

Rich in vitamin A and antioxidants that nourish eyes and improve vision.



BALANCES HORMONES

Helps ease menstrual discomfort and supports women's hormonal balance.



CALMS MIND & REDUCES STRESS

Promotes relaxation, reduces anxiety and supports better sleep.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol and blood pressure levels.



AIDS WEIGHT MANAGEMENT

Supports metabolism and helps reduce water retention and cravings.

100%
PURE &
NATURAL

TRADITIONAL USES OF FENNEL



Digestive
Support



Acidity
Relief



Breath
Freshener



Detox &
Cleansing



Eye
Health



Hormonal
Balance



Stress
Relief

WAYS TO ENJOY FENNEL



Fennel Tea
Boil 1 tsp seeds
in water & drink



Fennel Water
Soak seeds
overnight & drink



Chew Seeds
After meals for
digestion & fresh breath



Fennel Powder
Add to curries,
soups & salads



Fennel & Honey
Mix with honey
for throat relief

NUTRITIONAL PROFILE (Per 100g Fennel Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	Ca	Fe	ANTIOXIDANTS
345 kcal	15.8 g	14.9 g	52.3 g	39.8 g	1191 mg	18.7 mg	High

100% PURE & NATURAL

- No Chemicals
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- No Additives
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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Digestion, Immunity, Detox &
Overall Wellbeing

FENUGREEK

(*Trigonella foenum-graecum*)
(METHI)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Fenugreek is a
revered Ayurvedic
herb known as
"Methika".
A powerful seed
celebrated for its
digestive, metabolic,
detoxifying and
rejuvenating
properties.

It supports digestion,
balances blood sugar,
nourishes the body,
promotes lactation
and enhances
overall vitality.



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



BALANCES BLOOD SUGAR

Helps improve insulin sensitivity and supports healthy blood sugar levels.



BOOSTS IMMUNITY

Rich in antioxidants and nutrients that strengthen the immune system.



DETOXIFIES THE BODY

Supports liver function, helps remove toxins and purifies the blood.



SUPPORTS WEIGHT MANAGEMENT

Helps reduce appetite, supports metabolism and promotes healthy weight.



SUPPORTS HEART HEALTH

Helps reduce cholesterol, supports healthy blood circulation and heart function.



SUPPORTS LACTATION

Traditionally used to support milk production in breastfeeding mothers.



NOURISHES SKIN & HAIR

Rich in vitamins and proteins that promote healthy skin, hair and reduce inflammation.

100%
PURE &
NATURAL

TRADITIONAL USES OF FENUGREEK



Digestive
Support



Acidity
Relief



Detox &
Cleansing



Blood Sugar
Balance



Lactation
Support



Metabolism
Booster



Skin & Hair
Care

WAYS TO ENJOY FENUGREEK



Fenugreek Tea
Boil 1 tsp seeds
in water & drink



Soaked Seeds
Soak overnight
& eat in morning



Fenugreek Powder
Add to curries,
soups & salads



Fenugreek Water
Soak seeds &
drink on empty
stomach



Sprouts
Sprout seeds &
add to salads
& stir-fries

NUTRITIONAL PROFILE (Per 100g Fenugreek Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	Ca	Fe	ANTIOXIDANTS
323 kcal	23.0 g	6.4 g	58.4 g	24.6 g	176 mg	55.5 mg	High

100% PURE & NATURAL

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- No Additives
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Fenugreek is a
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A powerful seed
celebrated for its
digestive, metabolic,
detoxifying and
rejuvenating
properties.

It supports digestion,
balances blood sugar,
nourishes the body,
promotes lactation
and enhances
overall vitality.



KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



BALANCES BLOOD SUGAR

Helps improve insulin sensitivity and supports healthy blood sugar levels.



BOOSTS IMMUNITY

Rich in antioxidants and nutrients that strengthen the immune system.



DETOXIFIES THE BODY

Supports liver function, helps remove toxins and purifies the blood.



SUPPORTS WEIGHT MANAGEMENT

Helps reduce appetite, supports metabolism and promotes healthy weight.



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Helps reduce cholesterol, supports healthy blood circulation and heart function.



SUPPORTS LACTATION

Traditionally used to support milk production in breastfeeding mothers.



NOURISHES SKIN & HAIR

Rich in vitamins and proteins that promote healthy skin, hair and reduce inflammation.

100%
PURE &
NATURAL

TRADITIONAL USES OF FENUGREEK



Digestive
Support



Acidity
Relief



Detox &
Cleansing



Blood Sugar
Balance



Lactation
Support



Metabolism
Booster



Skin & Hair
Care

WAYS TO ENJOY FENUGREEK



Fenugreek Tea
Boil 1 tsp seeds
in water & drink



Soaked Seeds
Soak overnight
& eat in morning



Fenugreek Powder
Add to curries,
soups & salads



Fenugreek Water
Soak seeds &
drink on empty
stomach



Sprouts
Sprout seeds &
add to salads
& stir-fries

NUTRITIONAL PROFILE (Per 100g Fenugreek Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	Ca	Fe	ANTIOXIDANTS
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Immunity, Respiratory Health & Total Wellness

GAMBHARI

(*Gmelina arborea*)

PURE • NATURAL • POWERFUL

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Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections naturally.



SUPPORTS RESPIRATORY HEALTH

Helps relieve cough, cold, bronchitis, asthma and other respiratory issues.



BUILDS STRENGTH & STAMINA

Improves physical strength, endurance and reduces fatigue.



IMPROVES DIGESTION

Aids digestion, relieves bloating and supports gut health.



DETOXIFIES THE BODY

Helps purify the blood and eliminates toxins from the body.



SUPPORTS JOINT & BONE HEALTH

Helps reduce inflammation and supports joint mobility and bone strength.



REJUVENATES & VITALIZES

Nourishes tissues, promotes vitality and supports overall well-being.

Gambhari is a revered herb in Ayurveda known for its rejuvenating, strengthening and healing properties. It helps build immunity, support respiratory health, improve digestion and promote overall vitality and well-being.



100%
PURE &
NATURAL

TRADITIONAL USES OF GAMBHARI



Immunity
Booster



Respiratory
Support



Digestive
Support



Detox &
Purification



Strength &
Stamina



Joint & Bone
Support



General
Wellness

WAYS TO ENJOY GAMBHARI



Gambhari Tea
Boil 3-5 g in
water & drink



Gambhari Powder
Add to warm
water or milk



Gambhari Capsules
Take as per
guidance



Gambhari Decoction
Boil with other
herbs



Gambhari Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Gambhari)



ENERGY
320 kcal



PROTEIN
6.8 g



FAT
1.2 g



CARBOHYDRATES
67.5 g



FIBER
18.7 g



Ca
124 mg



Fe
5.0 mg



ANTIOXIDANTS
High

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SUPPORTS RESPIRATORY HEALTH

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BUILDS STRENGTH & STAMINA

Improves physical strength, endurance and reduces fatigue.



IMPROVES DIGESTION

Supports healthy digestion, reduces bloating and relieves indigestion.



DETOXIFIES THE BODY

Helps purify the blood and eliminates toxins from the body.



SUPPORTS JOINT & BONE HEALTH

Helps reduce inflammation and supports joint mobility and bone strength.



REJUVENATES & VITALIZES

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100%
PURE &
NATURAL

TRADITIONAL USES OF GAMBHARI



Immunity
Booster



Respiratory
Support



Digestive
Support



Detox &
Purification



Vitality &
Stamina



Joint & Bone
Support

WAYS TO ENJOY GAMBHARI



Gambhari Tea
Boil 3-5 g in
water & drink



Gambhari Powder
Add to warm
water or milk



Gambhari Capsules
Take as per
guidance



Gambhari Decoction
Boil with other
herbs



Gambhari Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Gambhari)



ENERGY
320 kcal



PROTEIN
10.5 g



FAT
1.4 g



CARBOHYDRATES
62.5 g



FIBER
17.8 g



Ca
134 mg



Fe
5.8 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



CONTACT NUMBERS
+91 7904218828
+91 9405225604



EMAIL ID
info@omayurveda.org
PURE • AUTHENTIC • EFFECTIVE
- HEALING NATURALLY, LIVING FULLY -



WEBSITE
www.omayurveda.org

NATURAL

HOLISTIC



SAFE



TIMELESS



Om Ayurveda

The Divine Herb of
Immunity & Detoxification

GILOY

STRENGTHENS • DETOXIFIES • REJUVENATES

Ancient Wisdom. Timeless Healing.
Complete Wellness.



*Giloy is known as
Amrita (The Nectar of Life)
in Ayurveda. It detoxifies
the body, strengthens
immunity, balances all
doshas and promotes
overall vitality.*

Tinospora cordifolia

108 HERBS
108 BLESSINGS

KEY BENEFITS



BOOSTS IMMUNITY
Strengthens the body's natural
defense system.



POWERFUL DETOXIFIER
Cleanses blood and removes toxins,
supporting liver health.



BALANCES ALL DOSHAS
Helps balance Vata, Pitta & Kapha
and restores harmony.



SUPPORTS DIGESTION
Improves appetite, reduces acidity
and promotes gut health.



FIGHTS FEVER & INFECTIONS
Traditionally used in fever, viral
infections and seasonal illnesses.



REDUCES STRESS & FATIGUE
Rejuvenates the body and mind,
increases stamina & energy.



RICH IN ANTIOXIDANTS
Protects cells, slows aging
and promotes longevity.

TRADITIONAL USES OF GILOY



DETOX TEA
Boil giloy stem
in water and
drink warm.



**IMMUNITY
BOOSTER**
Regular use
helps build
strong immunity.



**FEVER
RELIEF**
Helps reduce
fever and
improves recovery.



DAILY TONIC
Supports overall
wellness and
daily vitality.



SKIN HEALTH
Detoxifies blood
and promotes
clear, healthy skin.

WAYS TO USE



Giloy Juice



Giloy
Powder



Herbal
Decoction



Giloy
Capsules

DETOXIFY NATURALLY. STAY STRONG. LIVE LONG.



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Digestion, Immunity, Circulation,
Inflammation & Overall Wellbeing

GINGER

(*Zingiber officinale*)
(THE UNIVERSAL HEALER)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Ginger is a
revered Ayurvedic
herb known as
"Vishwabheshaja"
- The Universal
Healer. A
powerful herb
celebrated for its
ability to kindle
digestive fire,
reduce inflammation,
boost immunity and
promote overall
vitality.



KEY BENEFITS



IMPROVES DIGESTION

Stimulates digestive fire, relieves bloating,
gas and indigestion.



BOOSTS IMMUNITY

Strengthens the body's defense system
and helps fight infections.



ANTI-INFLAMMATORY

Reduces inflammation and helps
relieve pain naturally.



RELIEVES NAUSEA

Helps reduce nausea, motion sickness
and morning sickness.



SUPPORTS HEART HEALTH

Helps improve circulation and supports
healthy cholesterol levels.



DETOXIFIES THE BODY

Aids in natural detoxification and
supports liver function.



RESPIRATORY SUPPORT

Soothes throat, relieves congestion
and supports healthy breathing.



ENHANCES ENERGY

Improves blood circulation, reduces fatigue
and enhances overall stamina.

100%
PURE &
NATURAL

TRADITIONAL USES OF GINGER



Improves
Digestion



Boosts
Immunity



Reduces
Inflammation



Relieves
Nausea



Detoxifies
Body



Respiratory
Support



Supports
Heart



Enhances
Energy

WAYS TO ENJOY GINGER



Ginger Tea
Boil 1 up in
water & drink



Ginger Lemon
Tea
Add lemon
for extra health



Ginger Honey
Drink
Mix with honey
in warm water



Ginger in
Meals
Add to curries,
soups & stir-fries



Ginger Powder
Add to warm
water or
smoothies



Ginger Candies
Natural relief
anytime,
anywhere

NUTRITIONAL PROFILE (Per 100g Fresh Ginger)

	ENERGY	CARBOHYDRATES	FIBRE	FAT	SUGAR	VITAMIN C	POTASSIUM	MAGNESIUM	ANTIOXIDANTS
	80 kcal	17.8 g	1.8 g	0.8 g	2.0 g	5 mg	415 mg	43 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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TIMELESS



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— HEALING NATURALLY, LIVING FULLY —

The Divine Root of
Digestion, Energy & Healing

GINGER

WARMS • HEALS • REVITALIZES

Ancient Wisdom. Timeless Healing.
Complete Wellness.



Zingiber
officinale

Ginger is a powerful Ayurvedic herb that ignites digestive fire (Agni), detoxifies the body, relieves pain, boosts immunity and promotes overall vitality and well-being.

KEY BENEFITS

-  **IMPROVES DIGESTION**
Stimulates appetite, increases digestive fire and relieves bloating.
-  **RELIEVES NAUSEA**
Effectively reduces nausea, morning sickness and motion sickness.
-  **ANTI-INFLAMMATORY**
Reduces inflammation and pain in joints and muscles.
-  **BOOSTS IMMUNITY**
Strengthens the immune system and helps fight infections.
-  **DETOXIFIES THE BODY**
Supports natural detoxification and removes toxins.
-  **SUPPORTS RESPIRATORY HEALTH**
Relieves cough, cold, congestion and soothes the throat.
-  **IMPROVES CIRCULATION**
Enhances blood circulation and keeps the body warm.
-  **NATURAL ENERGY BOOSTER**
Reduces fatigue and improves stamina and vitality.

TRADITIONAL USES OF GINGER

- | | | | | |
|---|--|---|--|---|
| 
DIGESTIVE TONIC
Helps indigestion, gas, bloating & acidity | 
COLD & COUGH REMEDY
Relieves sore throat, cough, congestion & allergies | 
IMMUNITY BOOSTER
Builds resistance against infections & seasonal illness | 
DETOX & CLEANSE
Supports liver health and natural detox | 
ENERGY & VITALITY
Improves stamina, reduces fatigue & stress |
|---|--|---|--|---|

WAYS TO USE GINGER

- | | | | | |
|---|---|---|---|--|
| 
Ginger Tea
With honey or lemon | 
Ginger Powder
Add to warm water or food | 
Ginger Kashayam
Herbal decoction for healing | 
Ginger Pickle
Enhances taste & digestion | 
Ginger Capsules
Easy daily wellness |
|---|---|---|---|--|

A WARM ROOT FOR A STRONG BODY, A CLEAR MIND & A HEALTHY LIFE.

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NATURAL

HOLISTIC

SAFE

TIMELESS



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HEALING NATURALLY, LIVING FULLY

The Ancient Root of Strength,
Vitality & Longevity

GINSENG

(Panax ginseng)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

KEY BENEFITS



BOOSTS ENERGY & STAMINA
Enhances physical performance,
reduces fatigue and increases vitality.



SUPPORTS IMMUNITY
Strengthens immune system
and helps fight infections.



IMPROVES MENTAL CLARITY
Enhances memory, focus and
cognitive function.



REDUCES STRESS & ANXIETY
Adaptogenic properties help the body
adapt to stress and promote calmness.



SUPPORTS HEART HEALTH
Promotes healthy circulation
and cardiovascular function.



ANTI-AGING & REJUVENATING
Rich in antioxidants that help
combat aging and enhance longevity.



**SUPPORTS LIBIDO & HORMONAL
BALANCE**
Traditionally used to improve libido
and support hormonal health.

Ginseng is a
precious adaptogenic
herb known for
enhancing energy,
stamina, immunity,
mental clarity and
overall vitality.
It helps the body
adapt to stress,
improves endurance
and supports
long-term health
& longevity.



100%
PURE &
NATURAL

TRADITIONAL USES OF GINSENG



Energy &
Stamina



Immunity
Booster



Memory &
Concentration



Stress
Relief



Overall
Wellness



Vitality &
Rejuvenation

WAYS TO USE GINSENG



Ginseng Tea
Boil 1-2 g in
water, strain &
drink



Ginseng Milk
Boil 1 g powder
in warm milk
& drink



In Smoothies
Add 1 g powder
to your favorite
smoothie



Ginseng Powder
1/2 to 1 g powder
with warm water
or honey



Ginseng Capsules
Take as per your
health expert's
advice

NUTRITIONAL PROFILE (Per 100g Ginseng Powder)



ENERGY
347 kcal



PROTEIN
15.9 g



CARBOHYDRATES
64.0 g



CALCIUM
78 mg



IRON
9.2 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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HOLISTIC



SAFE



TIMELESS



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Kidney Health, Vitality, Strength,
Immunity & Overall Wellbeing

GOKSHURA

(*Tribulus terrestris*)
(THE HERB OF VITALITY)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS KIDNEY & URINARY HEALTH

Helps flush out toxins, supports kidney function and maintains healthy urinary tract.



ENHANCES STAMINA & VITALITY

Traditionally used to improve physical performance, strength and endurance.



BOOSTS IMMUNITY

Strengthens the body's natural defence mechanism and supports overall health.



HORMONE BALANCER

Helps balance hormones and supports reproductive health in both men & women.



SUPPORTS MUSCLE & JOINT HEALTH

Promotes muscle growth, reduces inflammation and relieves weakness.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and supports cardiovascular wellness.



NATURAL DETOXIFIER

Helps remove toxins and supports liver and overall detoxification.



STRESS RELIEVER & ADAPTOGEN

Helps reduce stress, anxiety and promotes mental well-being.

Gokshura is a revered Ayurvedic herb known as "The Herb of Vitality".

A powerful herb celebrated for its ability to support urinary health, boost strength, enhance stamina, balance hormones and promote overall vitality.

It nourishes body, mind and soul.



100%
PURE &
NATURAL

TRADITIONAL USES OF GOKSHURA



Kidney Support



Urinary Health



Enhances Stamina



Boosts Immunity



Hormonal Balance



Strengthens Muscles



Reduces Stress



Detoxifies Body

WAYS TO ENJOY GOKSHURA



Gokshura Tea
Boil 1 cup in water & drink



Gokshura Milk
Boil in milk with honey



Gokshura Powder
Add to warm water or smoothies



Gokshura Capsules
As directed by health expert



Gokshura Extract
Use as per Ayurvedic guidance

NUTRITIONAL PROFILE (Per 100g Dried Gokshura)



ENERGY

298 kcal



PROTEIN

15.4 g



FAT

5.2 g



CARBOHYDRATE

43.1 g



FIBRE

14.9 g



Ca

217 mg



Fe

9.1 mg



ANTIOXIDANTS

High

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- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Miracle Herb for
Blood Sugar Balance, Metabolism & Total Wellness

GUDMAR (*Gymnema sylvestre*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Gudmar is a revered herb in Ayurveda known as "Madhunasbini" (Destroyer of Sugar) for its powerful ability to support healthy blood sugar levels, boost metabolism, reduce sugar cravings and promote overall wellness. It helps in managing diabetes, weight, cholesterol and supports vitality & longevity.

KEY BENEFITS



SUPPORTS HEALTHY BLOOD SUGAR
Helps regulate blood glucose levels and improves insulin sensitivity.



REDUCES SUGAR CRAVINGS
Temporarily blocks the sweet taste receptors, reducing desire for sugar.



BOOSTS METABOLISM
Enhances metabolism and supports healthy weight management.



SUPPORTS PANCREAS HEALTH
Nourishes the pancreas and supports natural insulin production.



HELPS MANAGE CHOLESTEROL
Supports healthy cholesterol and triglyceride levels.



DETOXIFIES THE BODY
Helps in detoxification and promotes liver health.



ENHANCES VITALITY
Improves energy, stamina and overall well-being.

TRADITIONAL USES OF GUDMAR



Blood Sugar
Balance



Metabolism
Booster



Digestive
Support



Liver
Support



Immunity
Booster



Detox &
Cleansing



General
Wellness

WAYS TO ENJOY GUDMAR



Gudmar Tea
Boil 2-3 g in
water & drink



Gudmar Powder
Add to warm
water or milk



Gudmar Capsules
Take as per
guidance



Gudmar Decoction
Boil with other
herbs



Gudmar Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Gudmar Leaves)



ENERGY
291 kcal



PROTEIN
8.2 g



FAT
2.6 g



CARBOHYDRATES
56.7 g



FIBER
17.8 g



Ca
200 mg



Fe
4.8 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

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- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY



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NATURAL

HOLISTIC



SAFE



TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Powerful Support for
Detox, Balance & Total Wellness

GUGGUL

(Commiphora wightii)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

KEY BENEFITS



DETOXIFIES THE BODY

Helps eliminate toxins from the body, supports liver function and promotes natural cleansing.



SUPPORTS WEIGHT MANAGEMENT

Helps balance lipid metabolism and supports healthy weight management.



SUPPORTS JOINT HEALTH

Reduces inflammation, relieves pain and supports flexibility and mobility.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and promotes cardiovascular wellness.



CALMS THE MIND

Helps reduce stress, anxiety and promotes mental clarity and balance.



BOOSTS IMMUNITY

Supports the immune system and helps the body fight infections.

Guggul is a precious resin obtained from the Commiphora wightii tree, revered in Ayurveda for centuries. It is known for its detoxifying, healing and balancing properties. It supports healthy metabolism, joint comfort, heart health and overall well-being.



TRADITIONAL USES OF GUGGUL



Liver
Detox



Metabolism
Support



Joint & Bone
Care



Cardiovascular
Health



Stress Relief
& Balance



Immunity
Booster

WAYS TO ENJOY GUGGUL



Guggul Tea
with Warm Water



Guggul Powder
Add to Honey
or Warm Water



Guggul Capsules
Take as per
guidance



Guggul Resin
Use in Herbal
Preparations



Guggul Diya
For Aromatic
Cleansing

NUTRITIONAL PROFILE (Per 100g Guggul Resin)



ENERGY
254 kcal



PROTEIN
0 g



FAT
0.2 g



CARBOHYDRATES
86.0 g



FIBER
0 g



Ca
60 mg



Fe
2.4 mg



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High

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HOLISTIC



SAFE



TIMELESS



Om Ayurveda

— HEALING NATURALLY, LIVING FULLY —

The Powerful Herb for
Strong Bones, Flexible Joints
& Active Life

HADJOD

(Cissus quadrangularis)

STRENGTHENS • HEALS • REJUVENATES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS



Hadjod,
also known as
Veldt Grape,
is Nature's
wonder herb for
bones and joints.
It helps heal
fractures, reduces
inflammation,
relieves pain,
strengthens bones,
and improves
flexibility.
A true gift of
nature for an
active, pain-free
life.



KEY BENEFITS



STRENGTHENS BONES

Promotes bone density and helps prevent osteoporosis.



HEALS FRACTURES

Traditionally used to heal fractures faster and strengthen bones.



RELIEVES JOINT PAIN

Reduces pain, stiffness and inflammation in joints.



IMPROVES FLEXIBILITY

Enhances mobility and supports healthy joint function.



ANTI-INFLAMMATORY

Natural anti-inflammatory properties reduce swelling and discomfort.



RICH IN ANTIOXIDANTS

Protects cells from damage and supports overall wellness.



SUPPORTS RECOVERY

Helps in faster recovery from injuries and physical strain.



OVERALL WELLNESS

Supports an active lifestyle and enhances quality of life.

Cissus
quadrangularis

TRADITIONAL USES OF HADJOD



BONE HEALTH

Strengthens bones and teeth.



JOINT CARE

Relieves arthritis, pain and stiffness.



FRACTURE HEALING

Helps in quick healing of fractures.



ANTI-INFLAMMATORY

Reduces swelling and inflammation naturally.



MUSCLE SUPPORT

Helps in muscle strength and recovery.



IMMUNITY BOOSTER

Supports immune health and vitality.

WAYS TO USE HADJOD



Hadjod Juice



Hadjod Powder



Hadjod Kashayam



Hadjod Capsules



Hadjod Herbal Oil

NATURE'S STRENGTH. ANCIENT WISDOM. NATURAL HEALING.



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Om Ayurveda

The King of Herbs

HARITAKI

PURIFIES • REJUVENATES • PROTECTS

Ancient Wisdom. Timeless Healing.
Complete Wellness.

NATURAL

HOLISTIC

SAFE

TIMELESS

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Haritaki

*detoxifies the body,
balances all doshas,
supports digestion,
promotes longevity
and nourishes
the body & mind.*



*Terminalia
chebula*

KEY BENEFITS



Supports Digestion
Improves digestion and relieves constipation naturally



Detoxifies the Body
Cleanses the system and removes toxins (ama)



Balances All Doshas
Tridosha balancing herb
– Vata, Pitta & Kapha



Boosts Immunity
Strengthens immunity and protects against illnesses



Enhances Memory & Focus
Nourishes the brain and improves mental clarity



Promotes Longevity
Rejuvenates cells and supports healthy aging

PART OF TRIPHALA



Haritaki
Detoxifies & balances Vata



Bibhitaki
Supports Pitta



Amalaki
Nourishes Kapha

TRADITIONAL USES



Daily Detox



Gut Health



Weight Management



Skin Health



Respiratory Support



Oral Health

WAYS TO USE



Powder with warm water



With Honey or Ghee



Triphala Churna



Capsules for daily wellness

A DAILY DOSE OF HARITAKI, A LIFELONG DOSE OF HEALTH.



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Om Ayurveda

The Balanced Herb of

HARITAKI

THE KING OF DIGESTION & DETOX

Ancient Purity. Natural Healing.
Complete Body Cleanser.

NATURAL
HOLISTIC
SAFE
TIMELESS



*Terminalia
chebula*

“Haritaki
cleanses gently,
heals deeply,
and keeps you
balanced
naturally.”



KEY BENEFITS



Improves Digestion
Regulates bowel movements
and relieves constipation.



Detoxifies the Body
Cleanses toxins from the colon,
liver and blood.



Boosts Immunity
Strengthens natural defenses
and overall vitality.



Supports Mental Clarity
Enhances memory, focus
and mental sharpness.



Promotes Longevity
Slows down ageing and
nourishes tissues.



Balances All Doshas
Known as “Yogavahi” – works
in harmony with the body.

HOW HARITAKI HELPS EVERY DAY



Daily Detox
Natural
internal
cleanser



Gut Health
Supports
healthy
digestion



Skin Glow
Purifies
blood for
clear skin



**Weight
Management**
Boosts
metabolism
naturally



**Better
Sleep**
Calm mind
and promotes
restful sleep



**Energy
Booster**
Revitalizes
body and
reduces fatigue

WAYS TO USE HARITAKI



**Haritaki
Powder**
1/2 tsp with
warm water
at night



**Haritaki
Tea**
Boil and sip
for gentle
detox



**Haritaki
Capsules**
Convenient
daily
wellness



**Haritaki
& Honey**
For throat
soothing &
gut health

ROOTED IN TRADITION. BACKED BY NATURE. PERFECTED BY AYURVEDA.



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NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Gift for
Hair, Skin & Total Wellness

HENNA

(*Lawsonia inermis*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



NOURISHES & STRENGTHENS HAIR

Strengthens hair from root to tip,
reduces hair fall and prevents dandruff.



PROMOTES HAIR GROWTH

Improves scalp health and stimulates
natural hair growth.



COOLS & SOOTHES SCALP

Provides natural cooling effect and
relieves scalp irritation.



NATURAL HAIR CONDITIONER

Conditions hair, adds shine and
makes it soft and manageable.



GOOD FOR SKIN

Helps in reducing acne, blemishes
and skin inflammation.



RICH IN ANTIOXIDANTS

Protects hair and skin from damage
caused by pollution and stress.



CHEMICAL FREE CARE

A safe and natural alternative to
synthetic hair dyes and products.

*Henna is a
sacred herb in
Ayurveda known
for its cooling,
cleansing and
nourishing
properties. It
promotes healthy
hair growth,
conditions hair
naturally, soothes
the scalp and
enhances skin
health and glow.*



TRADITIONAL USES OF HENNA



Hair Growth
Booster



Natural Hair
Dye



Dandruff
Control



Scalp Cooling
Treatment



Skin
Detoxifier



Wound Healing
& Protection

WAYS TO ENJOY HENNA



Henna Hair Pack
Mix with water,
yogurt or herbs



Henna & Indigo
For natural
hair coloring



Herbal Henna
Mix with amla,
fenugreek, hibiscus



Henna Powder
Add to hair or
skin masks



Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Henna Leaves)



ENERGY
325 kcal



PROTEIN
10.3 g



FAT
2.3 g



CARBOHYDRATES
56.8 g



FIBER
37.0 g



Ca
980 mg



Fe
22.1 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Calm Mind, Sound Sleep, Immunity
& Overall Wellbeing

JATAMANSI

(*Nardostachys jatamansi*)
(SPIKENARD)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS



100%
PURE &
NATURAL

KEY BENEFITS



CALMS THE MIND & REDUCES STRESS
Helps soothe anxiety, calm the nervous system and promote relaxation.



PROMOTES SOUND SLEEP
Traditionally used to improve sleep quality, treat insomnia and support deep rest.



BOOSTS IMMUNITY
Strengthens the body's natural defense and supports overall health.



ENHANCES BRAIN FUNCTION
Improves memory, concentration and cognitive performance.



SUPPORTS DIGESTION
Helps improve appetite, reduces bloating and supports healthy digestion.



DETOXIFIES THE BODY
Supports liver function and helps remove toxins.



SUPPORTS RESPIRATORY HEALTH
Helpful in relieving cough, cold and respiratory congestion.



SUPPORTS HEART HEALTH
Helps maintain healthy blood pressure and supports heart wellness.

Jatamansi is a revered Ayurvedic herb known as "Spikenard". A powerful herb celebrated for its calming aroma, mind-soothing, sleep-supporting, stress-relieving and rejuvenating properties. It supports mental clarity, emotional balance, deep sleep, digestion and overall vitality.



TRADITIONAL USES OF JATAMANSI



Calm Mind



Reduces Stress



Improves Sleep



Enhances Memory



Relieves Anxiety



Supports Digestion



Respiratory Support



Immunity Booster

WAYS TO ENJOY JATAMANSI



Jatamansi Tea
Boil 1/2 tsp in water & drink



Jatamansi Milk
Boil in milk with honey



Jatamansi Powder
Add to warm milk, tea or smoothies



Add to Ghee or Honey



Aromatherapy
Use essential oil for relaxation

NUTRITIONAL PROFILE (Per 100g Dried Jatamansi Root)

⚡	🍃	🔥	🌿	🍷	Ca	Fe	🍷
ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBER	CALCIUM	IRON	ANTIOXIDANTS
290 kcal	6.8 g	2.3 g	62.1 g	21.4 g	152 mg	6.8 mg	High

100% PURE & NATURAL

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- No Additives
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Nature's Powerful Herb for
Liver Detox, Immunity, Digestion &
Overall Wellbeing

KALMEGH

(*Andrographis paniculata*)
(KING OF BITTERS)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS LIVER HEALTH

Protects liver cells, promotes bile production and helps detoxify the liver.



BOOSTS IMMUNITY

Strengthens the body's defense system and helps fight infections.



IMPROVES DIGESTION

Stimulates digestive enzymes, improves appetite and relieves indigestion.



DETOXIFIES THE BODY

Helps remove toxins, purifies blood and supports healthy skin.



SUPPORTS RESPIRATORY HEALTH

Helpful in relieving cough, cold and respiratory infections.



NATURAL ANTIBACTERIAL & ANTIVIRAL

Possesses strong antimicrobial and antiviral properties.



SUPPORTS OVERALL WELLBEING

Reduces inflammation, relieves fever and promotes overall vitality.

Kalmegh is a revered Ayurvedic herb known as "King of Bitters". A powerful herb celebrated for its bitter taste, liver-protective, detoxifying, immunity-boosting and rejuvenating properties. It supports liver health, enhances digestion, fights infections and promotes overall vitality.

TRADITIONAL USES OF KALMEGH



Liver
Detox



Improves
Digestion



Boosts
Immunity



Detoxifies
Blood



Fights
Infections



Relieves
Fever



Skin
Health

WAYS TO ENJOY KALMEGH



Kalmegh Tea
Boil 1 tsp dried
kalmegh in water
& drink



Kalmegh Juice
Fresh leaves juice
with honey



Kalmegh Powder
Add to warm water
or smoothies



Kalmegh Tablets
As directed by
health expert



Kalmegh Extract
Use as per
recommendation

NUTRITIONAL PROFILE (Per 100g Dried Kalmegh)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBRE	Ca	Fe	ANTIOXIDANTS
298 kcal	23.7 g	2.7 g	60.2 g	26.0 g	174 mg	9.6 mg	High

100% PURE & NATURAL

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The Powerful Seed of
Immunity, Vitality & Balance

KALONJI

PROTECTS • HEALS • BALANCES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



BOOSTS IMMUNITY

Strengthens the immune system and fights infections.



POWERFUL ANTIOXIDANT

Protects cells from damage and supports natural detoxification.



SUPPORTS RESPIRATORY HEALTH

Relieves asthma, bronchitis and supports lung function.



IMPROVES DIGESTION

Reduces bloating, gas, acidity and supports healthy gut.



REGULATES BLOOD SUGAR

Helps maintain healthy blood sugar levels.



SUPPORTS BRAIN HEALTH

Enhances memory, focus and mental clarity.



HEALTHY SKIN & HAIR

Helps reduce acne, hair fall and promotes natural glow.



SUPPORTS JOINT HEALTH

Reduces inflammation and eases joint pain naturally.



Kalonji (*Nigella sativa*) is a tiny black seed with immense healing power.

It boosts immunity, detoxifies the body, supports digestion and promotes overall vitality and balance.



Nigella sativa

TRADITIONAL USES OF KALONJI



IMMUNITY BOOSTER



DETOX & CLEANSE



DIGESTIVE SUPPORT



SKIN & BEAUTY



HAIR CARE NATURAL



OVERALL WELLNESS

WAYS TO USE KALONJI



Kalonji Seeds



Kalonji Oil



Kalonji Tea



Kalonji Powder



Kalonji Capsules

"Small Seed. Big Benefits. Nature's Gift for a Healthy Life."



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KALONJI

PURIFIES • PROTECTS • STRENGTHENS

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Complete Wellness.

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GANGA MA
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HIMALAYAS

KEY BENEFITS



BOOSTS IMMUNITY

Strengthens the immune system and protects against infections.



POWERFUL ANTIOXIDANT

Fights free radicals and helps protect cells from damage.



SUPPORTS RESPIRATORY HEALTH

Helps relieve asthma, cough, cold and congestion.



GOOD FOR DIGESTION

Improves digestion, reduces bloating, gas and supports gut health.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and supports heart function.



BALANCES BLOOD SUGAR

Helps regulate blood sugar levels and supports diabetic care.



HEALTHY SKIN & HAIR

Nourishes skin, reduces acne and promotes healthy hair growth.



DETOXIFIES THE BODY

Helps remove toxins and supports liver and kidney function.

Kalonji, also known as Black Seed, is nature's protector. It purifies the body, strengthens immunity, supports respiratory health and promotes overall well-being. A true gift of nature for a healthy life.



Nigella sativa

TRADITIONAL USES OF KALONJI



IMMUNITY
Daily support for a strong immune system.



RESPIRATORY
Relieves cough, cold, asthma and allergies.



DIGESTION
Improves appetite, reduces bloating and indigestion.



SKIN CARE
Helps with acne, eczema and other skin problems.



HAIR CARE
Strengthens hair roots and reduces hair fall.



DETOX
Cleanses the body and supports liver and kidney.

WAYS TO USE KALONJI



Kalonji Seeds



Kalonji Oil



Kalonji Tea



Kalonji Powder



Kalonji Capsules



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Nature's Powerful Herb for
Respiratory Health, Detoxification & Total Wellness

KANTAKARI

(*Solanum xanthocarpum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS



KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH

Helps relieve cough, cold, asthma, bronchitis, chest congestion and breathing difficulties.



NATURAL EXPECTORANT

Helps loosen mucus and phlegm, clears airways and eases breathing.



ANTI-INFLAMMATORY

Reduces inflammation in respiratory tract and soothes irritated tissues.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



DETOXIFIES THE BODY

Supports liver function and helps remove toxins from the body.



RELIEVES PAIN

Helpful in joint pain, arthritis, muscle pain and body stiffness.



ADAPTOGENIC & REJUVENATING

Helps the body adapt to stress and promotes energy and vitality.

Kantakari is a revered herb in Ayurveda known as "Shwasahara" (relieves breathing difficulties) for its powerful respiratory, expectorant, anti-inflammatory and detoxifying properties. It helps clear cough, asthma, bronchitis, chest congestion and supports overall vitality and well-being.



TRADITIONAL USES OF KANTAKARI

Cough & Cold Relief	Asthma & Bronchitis	Respiratory Support	Immunity Booster	Liver Support	Detox & Cleansing	General Wellness

WAYS TO ENJOY KANTAKARI

Kantakari Tea Boil 2-3 g in water & drink	Kantakari Powder Add to warm water or milk	Kantakari Capsules Take as per guidance	Kantakari Decoction Boil with other herbs	Kantakari Churna Add to food or sweets

NUTRITIONAL PROFILE (Per 100g Dried Kantakari)

ENERGY	PROTEIN	DI	CARBOHYDRATES	FIBER	Ca	Fe	ANTIOXIDANTS	
298 kcal	6.1 g	2.7 g	60.9 g	11.6 g	162 mg	5.4 mg	High	

100% PURE & NATURAL

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- ✓ No Preservatives
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Respiratory Health, Pain Relief & Total Wellness

KANTAKARI (*Solanum xanthocarpum*)

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HIMALAYAS

Kantakari is a revered herb in Ayurveda known as "Shwasahara" (relieves breathing difficulties) for its powerful respiratory, expectoration, anti-inflammatory and pain relieving properties. It helps ease cough, asthma, bronchitis, chest congestion and supports overall vitality and well-being.

KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH
Helps relieve cough, asthma, bronchitis, cold, congestion and breathing difficulties.



NATURAL EXPECTORANT
Helps loosen and expel phlegm, clears airways and eases chest tightness.



ANTI-INFLAMMATORY
Reduces inflammation, pain and swelling in the body.



RELIEVES PAIN
Helpful in arthritis, muscle pain, back pain and joint discomfort.



SUPPORTS LIVER HEALTH
Acts as a hepatoprotective herb and supports detoxification.



BOOSTS IMMUNITY
Strengthens the immune system and helps the body fight infections.



ADAPTOGENIC & REJUVENATING
Helps the body adapt to stress and promotes energy and vitality.

TRADITIONAL USES OF KANTAKARI



Respiratory Support



Cough & Cold Relief



Asthma & Bronchitis



Anti-inflammatory



Joint & Muscle Pain Relief



Digestive Support



General Wellness

WAYS TO ENJOY KANTAKARI



Kantakari Tea
Boil 3-5 g in water & drink



Kantakari Powder
Add to warm water or milk



Kantakari Capsules
Take as per guidance



Kantakari Decoction
Boil with other herbs



Kantakari Chutney
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Kantakari)



ENERGY
318 kcal



PROTEIN
6.2 g



FAT
2.6 g



CARBOHYDRATE
68.9 g



FIBER
11.2 g



Ca
190 mg



Fe
5.4 mg



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ADAPTOGENIC & REJUVENATING
Helps the body adapt to stress and promotes energy and vitality.

TRADITIONAL USES OF KANTAKARI



Respiratory Support



Cough & Cold Relief



Asthma & Bronchitis



Anti-inflammatory



Joint & Muscle Pain Relief



Digestive Support



General Wellness

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Kantakari Powder
Add to warm water or milk



Kantakari Capsules
Take as per guidance



Kantakari Decoction
Boil with other herbs



Kantakari Chutney
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Kantakari)

⚡	♥	💧	🌿	🌿	Ca	Fe	🌿
ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	CALCIUM	IRON	ANTIOXIDANTS
318 kcal	6.2 g	2.6 g	68.9 g	11.2 g	190 mg	5.4 mg	High

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Nature's Powerful Herb for
Vitality, Strength, Stamina, Reproductive Health
& Total Wellness

KAPIKACCHU (Mucuna pruriens)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Kapikacchu is a revered herb in Ayurveda known as "Vrishya" (Aphrodisiac & Rejuvenator) for its powerful ability to enhance vitality, strength, stamina, fertility, and overall rejuvenation. It nourishes the nervous system, supports hormone balance and promotes physical & mental wellness.



KEY BENEFITS



ENHANCES VITALITY & STAMINA
Boosts physical strength, endurance and reduces fatigue naturally.



SUPPORTS MALE & FEMALE REPRODUCTIVE HEALTH
Improves libido, fertility and overall sexual wellness.



NOURISHES NERVOUS SYSTEM
Mucuna is rich in L-DOPA which supports brain health and dopamine balance.



BALANCES HORMONES
Helps in natural hormone regulation and supports endocrine function.



IMPROVES MOOD & REDUCES STRESS
Supports mental well-being, reduces anxiety and promotes positive mood.



SUPPORTS MUSCLE GROWTH & RECOVERY
Aids in muscle building, tissue repair and post-exercise recovery.



NATURAL REJUVENATOR
Acts as a rasayana, promoting longevity, strength and overall well-being.

TRADITIONAL USES OF KAPIKACCHU



Aphrodisiac (Vrishya)



Stamina & Endurance



Fertility Support



Nervous System Support



Stress & Anxiety Relief



Muscle Strength & Recovery



Rejuvenation (Rasayana)



Kapikacchu Tea
Boil 1-2 g in water & drink



Kapikacchu Powder
Add to warm water or milk



Kapikacchu Capsules
Take as per guideline



Kapikacchu Decoction
Boil with other herbs



Kapikacchu Seeds
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Seeds)



ENERGY
339 kcal



PROTEIN
25.0 g



FAT
5.6 g



CARBOHYDRATES
58.3 g



FIBRE
5.4 g



Ca
154 mg



Fe
6.8 mg



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Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Cooling & Calming
Elixir for Detox, Skin & Total Wellness

KHUS

(*Vetiveria zizanioides*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

KEY BENEFITS



DETOXIFIES THE BODY

Helps eliminate toxins, purifies blood and supports liver and kidney health.



COOLS THE BODY

Natural coolant that helps reduce body heat, acidity and inflammation.



CALMS THE MIND

Soothes nervous system, reduces stress, anxiety and promotes relaxation.



PROMOTES HEALTHY SKIN

Helps in acne, rashes and other skin irritations, leaving skin fresh & glowing.



SUPPORTS DIGESTION

Aids digestion, reduces bloating, acidity and improves gut health.



NATURAL DEODORISER

Purifies air and body, leaving a pleasant and earthy fragrance.



SUPPORTS IMMUNITY

Rich in antioxidants that help strengthen immunity and fight free radicals.

Khus (Vetiver) is a revered herb in Ayurveda celebrated for its cooling, calming and detoxifying properties. It refreshes the body, soothes the mind, purifies the blood, and promotes healthy skin and deep relaxation.



100%
PURE &
NATURAL

TRADITIONAL USES OF KHUS



Body
Coolant



Detox &
Purification



Stress
Relief



Skin
Care



Digestive
Support



Aromatherapy
& Relaxation

WAYS TO ENJOY KHUS



Khus Tea
Boil 2-3 roots
in water & drink



Khus Water
Soak roots
overnight & drink



Khus Sharbat
Mix with lemon,
jaggery & serve cold



Khus Powder
Add to face packs,
soups & hair packs



Khus Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Khus Roots)



ENERGY
297 kcal



PROTEIN
3.6 g



FAT
0.5 g



CARBOHYDRATES
68.1 g



FIBER
38.0 g



Ca
146 mg



Fe
10.2 mg



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Nature's Powerful Herb for
Liver Detox, Digestion, Immunity &
Overall Wellbeing

KUTKI

(*Picrorhiza kurroa*)
(THE LIVER HEALER)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Kutki is a
revered Ayurvedic
herb known as
"The Liver Healer".
A powerful herb
celebrated for its
bitter taste and
extraordinary
liver-protective,
detoxifying,
immunity-boosting
and rejuvenating
properties.
It supports liver
detox, improves
digestion, enhances
immunity and
promotes overall
vitality.

KEY BENEFITS



SUPPORTS LIVER HEALTH

Protects liver cells, promotes detoxification and supports healthy liver function.



NATURAL LIVER DETOXIFIER

Helps remove toxins, supports bile flow and maintains liver balance.



IMPROVES DIGESTION

Stimulates digestive enzymes, relieves indigestion, bloating & loss of appetite.



BOOSTS IMMUNITY

Strengthens the body's defense system and helps fight infections.



ANTI-INFLAMMATORY

Helps reduce inflammation and supports healthy inflammatory response.



SUPPORTS RESPIRATORY HEALTH

Helpful in relieving cough, cold and respiratory congestion.



ANTIOXIDANT & REJUVENATING

Fights free radicals, supports cellular health and promotes overall vitality.

TRADITIONAL USES OF KUTKI



Liver
Detox



Improves
Digestion



Relieves
Bloating



Boosts
Immunity



Fights
Infections



Supports
Skin Health



Reduces
Fever



Promotes
Vitality

WAYS TO ENJOY KUTKI



Kutki Tea
Boil 1/2 tsp
in water & drink



Kutki Juice
Mix with water
or aloe vera juice



Kutki Powder
Add to warm water
or smoothies



Kutki Tablets
As directed by
health expert



Kutki Extract
Use as per
recommendations

NUTRITIONAL PROFILE (Per 100g Dried Kutki Root)



ENERGY

291 kcal



PROTEIN

7.5 g



FAT

1.2 g



CARBOHYDRATES

60.5 g



FIBER

16.9 g



Ca

142 mg



Fe

8.4 mg



ANTIOXIDANTS

High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



CONTACT NUMBERS
+91 7904218828
+91 9405225604

EMAIL ID
info@omayurveda.org

HEALING NATURALLY, LIVING FULLY

WEBSITE
www.omayurveda.org

NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

— HEALING NATURALLY, LIVING FULLY —

Nature's Calm for
Relaxation, Balance & Total Wellness

LAVENDER

(*Lavandula angustifolia*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



CALMS MIND & REDUCES STRESS

Promotes relaxation, relieves anxiety, and supports emotional well-being.



SUPPORTS RESTFUL SLEEP

Helps improve sleep quality and combats insomnia naturally.



AIDS DIGESTION

Soothes digestive discomfort, reduces bloating and gas.



BOOSTS IMMUNITY

Rich in antioxidants and antimicrobial compounds that strengthen immunity.



ANTI-INFLAMMATORY

Helps reduce inflammation, muscle tension and joint discomfort.



SKIN HEALTH SUPPORT

Soothes irritated skin, promotes healing and gives a natural glow.



MOOD BALANCING

Uplifts mood, reduces fatigue and promotes inner peace.

Lavender is a versatile herb treasured for centuries in Ayurveda and herbal traditions. Known for its calming aroma, healing touch, and balancing properties, it nourishes the body, mind and soul.



100%
PURE &
NATURAL

TRADITIONAL USES OF LAVENDER



Stress Relief



Better Sleep



Headache Relief



Digestive Support



Skin Care



Respiratory Support

WAYS TO ENJOY LAVENDER



Lavender Tea
Boil 1-2 tsp in water & drink



In Smoothies
Add to your favorite smoothie



Aromatherapy
Use essential oil in diffuser



Dried Flowers
Add to soups, teas or herbal blends



Capsules
Take as per your health expert

NUTRITIONAL PROFILE (Per 100g Dried Lavender Flowers)



ENERGY
265 kcal



PROTEIN
4.3 g



FAT
1.2 g



CARBOHYDRATES
40.7 g



FIBER
36.7 g



CALCIUM
1260 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

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TIMELESS



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HEALING NATURALLY, LIVING FULLY

Nature's Refreshing Elixir for
Immunity, Detox & Total Wellness

LEMONGRASS

(*Cymbopogon citratus*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS IMMUNE SYSTEM

Rich in antioxidants and vitamin C that help strengthen immunity and fight infections.



AIDS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



DETOXIFIES THE BODY

Natural detoxifier that helps eliminate toxins, supports liver and kidney health.



REDUCES STRESS & ANXIETY

Calming aroma helps reduce stress, anxiety and promotes relaxation.



ANTI-INFLAMMATORY

Helps reduce inflammation, pain and supports joint and muscle health.



SUPPORTS HEART HEALTH

May help lower cholesterol levels and promote healthy blood circulation.



ANTIMICROBIAL & ANTIFUNGAL

Helps fight harmful bacteria, fungi and supports overall hygiene.

Lemongrass is a powerful medicinal herb widely used in Ayurveda and traditional medicine.

Known for its refreshing aroma, detoxifying and anti-inflammatory properties, it supports immunity, digestion, relaxation and overall well-being.



100%
PURE &
NATURAL

TRADITIONAL USES OF LEMONGRASS



Immunity
Booster



Digestive
Support



Detox &
Purification



Stress
Relief



Respiratory
Support



Relaxation &
Calming

WAYS TO ENJOY LEMONGRASS



Lemongrass Tea
Boil 2-3 stalks in
water & drink



In Smoothies
Add to your
favorite smoothie



Lemongrass Oil
Use in diffuser
or for massage



Dried Leaves
Add to soups,
stews or sauces



Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Lemongrass)



ENERGY
288 kcal



PROTEIN
4.8 g



FAT
1.6 g



CARBOHYDRATES
66.3 g



FIBER
35.0 g



Ca
440 mg



Fe
17.1 mg



ANTIOXIDANTS
Very High

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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Women's Wellness, Skin Health,
Hormonal Balance & Overall Wellbeing

LODHRA (*Symplocos racemosa*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Lodhra is a revered herb in Ayurveda known as a "Stri Roga Nashini" (Women's Wellness Herb) for its extraordinary ability to support women's health, promote clear, glowing skin, and maintain hormonal balance naturally.



KEY BENEFITS



SUPPORTS WOMEN'S HEALTH
Helps in leucorrhoea, irregular periods, PCOS and other gynecological issues.



TONES & TIGHTENS TISSUES
Natural astringent that helps tone uterine and vaginal tissues.



ENHANCES SKIN HEALTH
Reduces acne, pigmentation and blemishes; promotes clear, glowing skin.



CONTROLS EXCESS BLEEDING
Useful in menorrhagia and excessive bleeding conditions.



ANTI-INFLAMMATORY
Soothes inflammation and helps in wound healing.



DETOXIFIES & PURIFIES
Helps in detoxification and maintains overall body balance.

TRADITIONAL USES OF LODHRA



Women's Wellness



White Discharge (Leucorrhoea)



Irregular Periods



Skin Care



Wound Healing



Dysentery & Diarrhoea



Lodhra Tea
Boil 1-2 g in water & drink



Lodhra Powder
Add to warm water or milk



Lodhra Capsules
Take as per guidance



Lodhra Decoction
Boil with other herbs



Lodhra Face Pack
Mix with rose water or aloe vera

NUTRITIONAL PROFILE (Per 100g Dried Lodhra Bark)

ENERGY	PROTEIN	DIETARY FIBRE	CARBOHYDRATE	FIBRE	Ca	Fe	ANTIOXIDANTS
100 kcal	4.7 g	1.2 g	46.8 g	28.6 g	285 mg	6.5 mg	High

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NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

The Peruvian Superfood for
Energy, Balance, Stamina & Vitality

MACA

(*Lepidium meyenii*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



BOOSTS ENERGY & STAMINA

Enhances physical performance, reduces fatigue & increases endurance.



SUPPORTS HORMONAL BALANCE

Helps balance hormones naturally in men & women.



IMPROVES MOOD & STRESS RELIEF

Supports mental clarity, reduces stress & promotes emotional well-being.



SUPPORTS LIBIDO & FERTILITY

Traditionally used to improve libido & support reproductive health.



ADAPTOGENIC & BALANCING

Helps the body adapt to stress & maintain overall balance.



NOURISHES THE BODY

Rich in vitamins, minerals, amino acids & essential nutrients.

Maca is a powerful adaptogenic root from the Andes Mountains of Peru, traditionally used to enhance energy, endurance, hormonal balance, mood and fertility. It nourishes the body, balances the mind and supports overall vitality & well-being.



100%
PURE &
NATURAL

TRADITIONAL USES OF MACA



Energy & Stamina



Immunity Booster



Hormonal Balance



Stress Relief



Vitality & Wellness



Libido & Fertility

WAYS TO ENJOY MACA



Maca Latte
Add 1 tsp maca powder to warm milk



In Smoothies
Add to your favorite smoothie



In Shakes
Mix with plant based milk



In Foods
Add to oatmeal, yogurt, or salads



Maca Capsules
Take as per your health expert's advice

NUTRITIONAL PROFILE (Per 100g Maca Powder)



ENERGY
325 kcal



PROTEIN
14 g



CARBOHYDRATES
65 g



CALCIUM
250 mg



IRON
15 mg



AMINO ACIDS
18 (Essential)

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Pure Blood, Glowing Skin, Detox &
Overall Wellbeing

MANJISTHA

(*Rubia cordifolia*)
(THE BLOOD PURIFIER)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

*Manjistha is a
revered Ayurvedic
herb known as
"The Blood Purifier".
A powerful herb
celebrated for its
ability to cleanse the
blood, detoxify the
body and enhance
natural beauty.*

*It nourishes the skin,
supports liver health
and promotes overall
vitality and wellness.*

KEY BENEFITS



PROMOTES HEALTHY & GLOWING SKIN

Helps clear acne, blemishes and improves skin tone for natural radiance.



PURIFIES BLOOD

Cleanse toxins, supports healthy circulation and maintains blood purity.



SUPPORTS LIVER HEALTH

Aids in natural detoxification and improves liver function.



BOOSTS IMMUNITY

Strengthens the body's natural defense system against infections.



IMPROVES DIGESTION

Helps in detoxification and promotes better metabolic function.



ANTI-INFLAMMATORY

Reduces inflammation, supports joint health and relieves skin disorders.



WOMEN'S WELLNESS

Helps maintain hormonal balance and supports reproductive health.



DETOX & REJUVENATE

Eliminates Ama (toxins), refreshes the body and promotes overall wellbeing.

TRADITIONAL USES OF MANJISTHA



Blood
Purifier



Healthy
Skin



Liver
Support



Digestive
Health



Detoxifies
Body



Joint
Health



Enhances
Vitality

WAYS TO ENJOY MANJISTHA



Manjistha Tea
Boil 1 tsp in
water & drink



Manjistha Decoction
Boil in water
for deeper detox



Manjistha Powder
Add to warm water
or smoothies



Manjistha Capsules
As directed by
health expert



Manjistha Essence
Use as per
Ayurvedic
guidance

NUTRITIONAL PROFILE (Per 100g Dried Manjistha)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	Ca	Fe	ANTIOXIDANTS
298 kcal	4.2 g	1.6 g	67.8 g	18.5 g	105 mg	6.2 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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Reduces inflammation, supports joint health and relieves skin disorders.



WOMEN'S WELLNESS

Helps maintain hormonal balance and supports reproductive health.



DETOX & REJUVENATE

Eliminates Ama (toxins), refreshes the body and promotes overall wellbeing.

TRADITIONAL USES OF MANJISTHA



Blood
Purifier



Healthy
Skin



Liver
Support



Digestive
Health



Detoxifies
Body



Joint
Health



Enhances
Vitality

WAYS TO ENJOY MANJISTHA



Manjistha Tea
Boil 1 tsp in
water & drink



Manjistha Decoction
Boil in water
for deeper detox



Manjistha Powder
Add to warm water
or smoothies



Manjistha Capsules
As directed by
health expert



Manjistha Elixir
Use as per
Ayurvedic
guidance

NUTRITIONAL PROFILE (Per 100g Dried Manjistha)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBER	Ca	Fe	ANTIOXIDANTS
298 kcal	4.2 g	1.6 g	67.8 g	18.5 g	105 mg	6.2 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Shield for
Liver Detox, Protection & Total Wellness

MILK THISTLE

(*Silybum marianum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



LIVER DETOX & PROTECTION

Helps detoxify the liver, protects against toxins and supports liver cell regeneration.



SUPPORTS LIVER HEALTH

Enhances liver function and helps maintain healthy liver enzymes.



POWERFUL ANTIOXIDANT

Rich in Silymarin that fights free radicals and reduces oxidative stress.



AIDS DIGESTION

Supports healthy digestion and helps relieve bloating and indigestion.



SUPPORTS IMMUNITY

Strengthens immune system and helps the body fight infections.



SKIN HEALTH SUPPORT

Helps improve skin conditions caused by poor liver function and toxins.

Milk Thistle is a powerful herb renowned for its liver-protective and detoxifying properties. Rich in Silymarin, it helps protect liver cells, supports regeneration, and promotes optimal liver function.



100%
PURE &
NATURAL

TRADITIONAL USES OF MILK THISTLE



Liver
Detox



Liver Cell
Regeneration



Jaundice
Support



Digestive
Health



Antioxidant
Support



Overall
Wellness

WAYS TO ENJOY MILK THISTLE



Milk Thistle Tea
Boil 1 tsp seeds
in water & drink



In Smoothies
Add to your
favorite smoothie



With Juice
Mix with fresh
fruit/vegetable juice



Powder
Add to soups,
yogurt or salads



Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Milk Thistle Seeds)



ENERGY
358 kcal



PROTEIN
20 g



FAT
25 g



CARBOHYDRATES
27 g



FIBER
20 g



SILYMARIN
1.5 - 3.5%

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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The Divine Herb of
Life, Energy & Total Wellness

MORINGA

NOURISHES • PROTECTS • REVITALIZES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



RICH IN NUTRITION

A powerhouse of vitamins, minerals, amino acids and plant protein.



BOOSTS IMMUNITY

Strengthens the immune system and helps fight infections.



NATURAL DETOXIFIER

Detoxifies the body, supports liver function and removes toxins.



SUPPORTS ENERGY & STAMINA

Enhances energy levels, reduces fatigue and improves physical performance.



BALANCES BLOOD SUGAR

Helps regulate blood sugar levels and supports metabolic health.



SUPPORTS DIGESTION

Improves digestion, relieves constipation and supports gut health.



HEALTHY SKIN & HAIR

Promotes radiant skin, strong hair and slows signs of aging.



ANTI-INFLAMMATORY

Reduces inflammation and supports joint and muscle health.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and supports heart function.



PROMOTES OVERALL WELLNESS

Nourishes the body, mind and soul for complete well-being.



Moringa is nature's miracle tree. Packed with essential nutrients, antioxidants and bioactive compounds. It nourishes the body, strengthens immunity, detoxifies naturally and promotes vitality, balance and longevity.

Moringa
oleifera

TRADITIONAL USES OF MORINGA



NUTRITION

Leaves are used as a nutritious superfood.



IMMUNITY

Helps build strength and natural defense.



DETOX

Purifies blood and supports liver health.



DIGESTION

Relieves bloating, constipation and improves digestion.



ENERGY

Enhances stamina, vitality and reduces fatigue.



SKIN & HAIR

Nourishes skin, strengthens hair and adds glow.

ONE TREE. ENDLESS BENEFITS. A LIFETIME OF WELLNESS.

WAYS TO USE MORINGA



Moringa
Tea



Moringa
Powder



Moringa
Juice



Moringa
Capsules



Moringa
Leaves in
Cooking



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Digestion, Detoxification & Total Wellness

MUSTA (*Cyperus rotundus*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS DIGESTION

Improves appetite, enhances digestion and relieves indigestion and bloating.



DETOXIFIES THE BODY

Helps remove toxins, purifies blood and supports detoxification.



ANTI-INFLAMMATORY

Reduces inflammation, pain and swelling associated with various conditions.



MANAGES FEVER

Traditionally used to reduce fever and support recovery.



SUPPORTS GUT HEALTH

Helps in diarrhea, dysentery and other digestive disorders.



CALMS MIND & NERVES

Promotes mental clarity, relieves stress and supports sound sleep.



BALANCES DOSHAS

Balances Pitta and Kapha doshas, promotes internal harmony.

Musta is a revered herb in Ayurveda known for its deepana, pachana, grahi, anti-inflammatory and detoxifying properties. It helps balance Pitta and Kapha, supports digestion, relieves fever, and promotes overall vitality and well-being.



TRADITIONAL USES OF MUSTA



Digestive Support



Anti-Inflammatory



Detox & Purification



Immunity Booster



Fever Relief



Mental Wellness



General Wellness

WAYS TO ENJOY MUSTA



Musta Tea
Boil 3-5 g in water & drink



Musta Powder
Add to warm water or milk



Musta Capsules
Take as per guidance



Musta Decoction
Boil with other herbs



Musta Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Musta)



ENERGY
331 kcal



PROTEIN
6.7 g



FAT
1.4 g



CARBOHYDRATES
68.7 g



FIBER
15.4 g



Ca
128 mg



Fe
7.2 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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Nature's Powerful Herb for
Digestion, Immunity, Detox &
Overall Wellbeing

MUSTARD

(*Brassica juncea*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Mustard is a
revered Ayurvedic
herb known as
"Sarshapa".
A powerful seed
celebrated for its
warming, cleansing
and stimulating
properties.
It supports digestion,
detoxifies the body,
enhances immunity
and promotes
overall vitality.

KEY BENEFITS



IMPROVES DIGESTION

Stimulates digestive fire, relieves indigestion,
gas, bloating and constipation.



BOOSTS IMMUNITY

Rich in antioxidants and antibacterial
properties that strengthen immunity.



DETOXIFIES THE BODY

Promotes sweating and helps remove
toxins through natural cleansing.



RELIEVES PAIN & INFLAMMATION

Helps reduce body aches, joint pain
and inflammation.



SUPPORTS RESPIRATORY HEALTH

Helpful in congestion, cough, cold
and sinus-related issues.



SUPPORTS HEART HEALTH

Helps improve circulation and maintain
healthy cholesterol levels.



NOURISHES HAIR & SKIN

Mustard oil nourishes scalp, strengthens hair
and promotes glowing skin.



100%
PURE &
NATURAL

TRADITIONAL USES OF MUSTARD



Digestive
Support



Pain
Relief



Respiratory
Support



Detox &
Cleansing



Immunity
Booster



Skin & Hair
Care

WAYS TO ENJOY MUSTARD



Mustard Oil
For cooking,
massage &
therapeutic use



Mustard Seeds
Add to tempering,
pickles, curries
& chutneys



Mustard Powder
Add to dishes,
marinades
or spice blends



Mustard Tea
Boil seeds in
water for a
warming drink



Mustard Paste
Make a paste
for poultice
& pain relief

NUTRITIONAL PROFILE (Per 100g Mustard Seeds)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBER	Ca	Fe	ANTIOXIDANTS
508 kcal	26.1 g	36.2 g	28.1 g	12.0 g	266 mg	9.2 mg	High

100% PURE & NATURAL

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- No Additives
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Om Ayurveda

The Sacred Herb of
Purity & Protection

NEEM

PURIFIES • PROTECTS • HEALS

Ancient Wisdom. Timeless Purity.
Complete Wellness.

NATURAL

HOLISTIC

SAFE

TIMELESS

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

*Neem is nature's
powerful healer.
It purifies the body,
protects against
infections, balances
all doshas and
promotes clear,
healthy skin,
body & mind.*

KEY BENEFITS

- Purifies the Blood**
Helps detoxify blood and remove toxins from the body
- Boosts Immunity**
Strengthens the body's natural defense system
- Promotes Healthy Skin**
Helps treat acne, pimples, eczema and other skin problems
- Fights Infections**
Antibacterial, antifungal and antiviral properties
- Supports Digestion**
Improves appetite and helps relieve bloating
- Oral Health**
Maintains healthy gums and prevents dental problems
- Balances All Doshas**
Especially beneficial for Pitta & Kapha dosha
- Strengthens Hair**
Nourishes scalp, reduces dandruff and promotes hair growth

*Azadirachta
indica*

TRADITIONAL USES OF NEEM

- | | | | | | |
|---|--|--|--|--|--|
|
NEEM LEAVES
Detox tea, skin problems, liver |
NEEM OIL
Skin infections, acne, dandruff |
NEEM TWIG
Natural toothbrush for oral care |
NEEM POWDER
Face pack, wound healing |
NEEM BATH
Purifies skin & relaxes body |
NEEM SMOKE
Purifies air & repels insects |
|---|--|--|--|--|--|

WAYS TO USE

- | | | | | |
|--------------|----------------|--------------|-----------------|-------------------|
|
Neem Tea |
Neem Juice |
Neem Oil |
Neem Powder |
Neem Capsules |
|--------------|----------------|--------------|-----------------|-------------------|

PURE BY NATURE. POWERFUL BY TRADITION. PROTECT YOUR HEALTH WITH NEEM.



CONTACT NUMBER
+917904218828



EMAIL ID
info@omayurveda.org



WEBSITE
www.omayurveda.org

PURE • AUTHENTIC • EFFECTIVE
HEALING NATURALLY. LIVING FULLY.

NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Gift for
Purification, Vitality & Total Wellness

NETTLE

(*Urtica dioica*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



NATURAL BLOOD PURIFIER

Helps cleanse the blood, remove toxins and support clear, healthy skin.



SUPPORTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



ANTI-INFLAMMATORY

Helps reduce inflammation, joint pain and muscle soreness.



SUPPORTS KIDNEY HEALTH

Acts as a natural diuretic and supports healthy kidney function.



HORMONAL BALANCE

Supports women's health, helps ease PMS and supports hormonal balance.



BOOSTS ENERGY & STAMINA

Rich in iron and nutrients that help reduce fatigue and boost vitality.



DIGESTIVE SUPPORT

Helps improve digestion, relieves bloating and supports gut health.



PROMOTES HAIR HEALTH

Nourishes hair roots, reduces hair fall and supports healthy hair growth.

Nettle is a powerful medicinal herb used for centuries in Ayurveda and traditional medicine. Rich in vitamins, minerals, chlorophyll and antioxidants, it helps detoxify the body, support vitality, reduce inflammation and promote overall health & balance.



100%
PURE &
NATURAL

TRADITIONAL USES OF NETTLE



Blood
Purifier



Joint & Muscle
Support



Detox &
Cleansing



Kidney
Support



Skin Health



Energy &
Stamina

WAYS TO ENJOY NETTLE



Nettle Tea
Boil 1-2 tsp in
water & drink



In Smoothies
Add to your
favorite smoothie



With Juice
Mix with fresh
fruit/vegetable juice



Powder
Add to soups,
yogurt or salads



Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Nettle Leaves)



ENERGY
298 kcal



PROTEIN
31 g



IRON
7.7 mg



CALCIUM
481 mg



VITAMIN A
10,100 IU



VITAMIN C
333 mg



CHLOROPHYLL
Very High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Pain Relief, Inflammation, Immunity & Total Wellness

NIRGUNDI (*Vitex negundo*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS



KEY BENEFITS



NATURAL PAIN RELIEVER

Relieves joint pain, backache, arthritis, muscle pain and stiffness.



ANTI-INFLAMMATORY

Reduces inflammation, swelling and redness in joints and tissues.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



SUPPORTS RESPIRATORY HEALTH

Helps in cough, cold, asthma, bronchitis and other respiratory disorders.



IMPROVES CIRCULATION

Promotes healthy blood circulation and reduces vata-related discomfort.



RELAXES BODY & MIND

Calms the nerves, reduces stress and promotes overall well-being.



DETOXIFIES THE BODY

Helps in detoxification and supports healthy liver and kidney function.

Nirgundi is a revered herb in Ayurveda known as "Vatabara" (Reliever of Vata) for its powerful ability to reduce pain, inflammation, swelling and stiffness. It supports joints, muscles, respiratory health and immunity, bringing balance, relief and vitality to the body and mind.



TRADITIONAL USES OF NIRGUNDI



Joint & Muscle Pain



Arthritis & Rheumatism



Cough, Cold & Asthma



Digestive Disorders



Skin Disorders



Detox & Wellness

WAYS TO ENJOY NIRGUNDI



Nirgundi Tea
Boil 2-3 g in water & drink



Nirgundi Powder
Add to warm water or milk



Nirgundi Capsules
Take as per guidance



Nirgundi Decoction
Boil with other herbs



Nirgundi Leaves
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Nirgundi Leaves)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBRE	Ca	Fe	ANTIOXIDANTS
236 kcal	6.0 g	2.5 g	60.8 g	17.3 g	196 mg	6.2 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Most Precious Herb for
Digestive Health, Calm Mind,
Radiant Skin & Overall Wellbeing

NUTMEG

(*Myristica fragrans*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Nutmeg is a
revered Ayurvedic
herb known as
"Jaiphal".
A powerful yet
gentle spice
celebrated for its
exceptional ability
to calm the mind,
aid digestion,
enhance vitality and
promote deep,
restorative sleep
naturally.



KEY BENEFITS



SUPPORTS DIGESTIVE HEALTH
Stimulates digestive juices, relieves bloating,
gas, indigestion and improves appetite.



CALMS MIND & REDUCES STRESS
Natural nervine that helps reduce anxiety,
stress and promotes mental relaxation.



IMPROVES SLEEP QUALITY
Promotes deep, restful sleep and helps
manage insomnia naturally.



RELIEVES PAIN & INFLAMMATION
Possesses anti-inflammatory properties
that help relieve pain and discomfort.



DETOXIFIES & PURIFIES
Helps detoxify the body, supports liver
function and removes toxins.



ENHANCES SKIN HEALTH
Antioxidant properties help reduce acne,
brightens and promote healthy, glowing skin.



BOOSTS VITALITY & STAMINA
Traditionally used to enhance energy,
stamina and overall vitality.



BALANCES ALL THREE DOSHAS
Pacifies Vata and Kapha, supports Pitta,
restoring natural balance in the body.

100%
PURE &
NATURAL

TRADITIONAL USES OF NUTMEG



Digestive
Support



Sleep
Aid



Stress
Relief



Pain
Relief



Respiratory
Support



Skin
Care



Acting
Vitality booster



Detox &
Purification

WAYS TO ENJOY NUTMEG



Nutmeg Tea
Boil a pinch in
water & drink



Golden Milk
Add a pinch to
warm milk



Nutmeg Powder
Add to curries,
soups & sweets



Grated Nutmeg
Use fresh grated
nutmeg



Nutmeg & Honey
Mix with honey
before sleep

NUTRITIONAL PROFILE (Per 100g Nutmeg)

⚡	🍴	👤	🌿	🌾	Ca	Ⓜ	🌟
ENERGY	PROTEIN	fat	CARBOHYDRATES	FIBRE	CALCIUM	IRON	ANTIOXIDANTS
525 kcal	5.8 g	36.5 g	49.7 g	10.8 g	184 mg	3.0 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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A powerful yet
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celebrated for its
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to calm the mind,
aid digestion,
enhance vitality and
promote deep,
restorative sleep
naturally.



KEY BENEFITS



SUPPORTS DIGESTIVE HEALTH
Stimulates digestive juices, relieves bloating,
gas, indigestion and improves appetite.



CALMS MIND & REDUCES STRESS
Natural nervine that helps reduce anxiety,
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IMPROVES SLEEP QUALITY
Promotes deep, restful sleep and helps
manage insomnia naturally.



RELIEVES PAIN & INFLAMMATION
Possesses anti-inflammatory properties
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DETOXIFIES & PURIFIES
Helps detoxify the body, supports liver
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ENHANCES SKIN HEALTH
Antioxidant properties help reduce acne,
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BOOSTS VITALITY & STAMINA
Traditionally used to enhance energy,
stamina and overall vitality.



BALANCES ALL THREE DOSHAS
Pacifies Vata and Kapha, supports Pitta,
restoring natural balance in the body.

100%
PURE &
NATURAL

TRADITIONAL USES OF NUTMEG



Digestive
Support



Sleep
Aid



Stress
Relief



Pain
Relief



Respiratory
Support



Skin
Care



Adrenal
Vitality Booster



Detox &
Purification

WAYS TO ENJOY NUTMEG



Nutmeg Tea
Boil a pinch in
water & drink



Golden Milk
Add a pinch to
warm milk



Nutmeg Powder
Add to curries,
soups & sweets



Grated Nutmeg
Use fresh grated
nutmeg



Nutmeg & Honey
Mix with honey
before sleep

NUTRITIONAL PROFILE (Per 100g Nutmeg)

⚡	🍴	👤	🌿	🌾	Ca	Ⓔ	🍄
ENERGY	PROTEIN	fat	CARBOHYDRATES	FIBRE	CALCIUM	IRON	ANTIOXIDANTS
525 kcal	5.8 g	36.5 g	49.7 g	10.8 g	184 mg	3.0 mg	High

100% PURE & NATURAL

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- No Additives
- Traditionally Processed
- Safe for Long Term Use



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Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Shield for
Immunity, Purification & Total Wellness

OREGANO

(*Origanum vulgare*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS

Oregano is a powerful medicinal herb used for centuries in Ayurveda and traditional medicine. Known for its antimicrobial, anti-inflammatory and antioxidant properties, it supports immunity, respiratory health, digestion and overall vitality.



KEY BENEFITS



SUPPORTS IMMUNE SYSTEM

Rich in antioxidants and antimicrobial compounds that help strengthen immunity and fight infections.



POWERFUL ANTIMICROBIAL

Helps fight bacteria, viruses and fungi naturally and supports overall health.



SUPPORTS RESPIRATORY HEALTH

Helps clear airways, soothes cough, relieves congestion and supports healthy breathing.



AIDS DIGESTION

Stimulates digestive enzymes, reduces bloating, gas and promotes gut comfort.



ANTI-INFLAMMATORY

Helps reduce inflammation, pain and supports joint and muscle health.



DETOX & ANTIOXIDANT RICH

Helps detoxify the body, protects cells from oxidative stress and promotes overall wellness.

TRADITIONAL USES OF OREGANO



Immunity
Booster



Respiratory
Support



Digestive
Support



Antimicrobial
Protection



Joint & Muscle
Support



Detox &
Purification

WAYS TO ENJOY OREGANO



Oregano Tea
Boil 1-2 tsp in
water & drink



In Smoothies
Add to your
favorite smoothie



Oregano Oil
Use a few drops
(diluted) as
directed



Dried Leaves
Add to soups,
stews or sauces



Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Oregano Leaves)



ENERGY
265 kcal



PROTEIN
9.0 g



FAT
4.3 g



CARBOHYDRATES
68.9 g



FIBER
42.5 g



CALCIUM
1590 mg



IRON
36.8 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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— HEALING NATURALLY, LIVING FULLY —

Nature's Cleanser for
Immunity, Detox & Total Wellness

PARSLEY

(*Petroselinum crispum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS IMMUNE SYSTEM
Rich in antioxidants and vitamin C that help strengthen immunity and fight infections.



SUPPORTS RESPIRATORY HEALTH
Helps clear congestion, soothes cough and promotes healthy breathing.



NATURAL DIURETIC & DETOXIFIER
Supports kidney function, flushes out toxins and reduces water retention.



AIDS DIGESTION
Stimulates digestive enzymes, reduces bloating, gas and indigestion.



ANTI-INFLAMMATORY
Helps reduce inflammation, joint pain and supports overall wellness.



SUPPORTS HEART HEALTH
Helps regulate blood pressure and supports healthy cholesterol levels.



RICH IN NUTRIENTS
High in vitamins A, C, K, folate, iron and antioxidants for complete wellness.

Parsley is a powerful medicinal herb used for thousands of years in Ayurveda and traditional medicine. Known for its detoxifying, anti-inflammatory and antioxidant properties, it supports immunity, digestion, kidney health and overall vitality.



100%
PURE &
NATURAL

TRADITIONAL USES OF PARSLEY



Immunity
Booster



Digestive
Support



Detox &
Kidney Health



Respiratory
Support



Anti-
inflammatory



Fresh
Breath

WAYS TO ENJOY PARSLEY



Parsley Tea
Boil 1-2 tsp in water & drink



In Smoothies
Add to your favorite smoothie



Fresh Juice
Blend with cucumber, lemon & drink



Dried Leaves
Add to soups, stews or sauces



Capsules
Take as per your health expert

NUTRITIONAL PROFILE (For 100g Dried Parsley)



ENERGY
271 kcal



PROTEIN
23.0 g



FAT
5.1 g



CARBOHYDRATES
53.3 g



FIBER
39.8 g



Ca
1380 mg



Fe
28.7 mg



C
133 mg

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Gentle Herb for
Detox, Liver Health & Total Wellness

PATALA

(*Stereospermum suaveolens*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



DETOXIFIES THE BODY

Helps remove toxins and purify the blood, supporting natural cleansing.



SUPPORTS LIVER HEALTH

Protects liver cells, improves liver function and promotes regeneration.



PURIFIES THE BLOOD

Helps improve blood quality and supports healthy skin.



ANTI-INFLAMMATORY

Reduces inflammation and soothes pain in the body.



SUPPORTS FEVER RELIEF

Traditionally used to help manage fever and chronic infections.



AIDS DIGESTION

Supports digestion and relieves bloating and indigestion.



REJUVENATES & BALANCES

Helps restore strength, vitality and promotes overall well-being.

Patala is a revered herb in Ayurveda known for its detoxifying, hepatoprotective and rejuvenating properties. It helps purify the blood, support liver function, relieve fever, reduce inflammation and promote overall balance and well-being.



TRADITIONAL USES OF PATALA



Detox & Blood Purifier



Liver Support



Fever & Infection Support



Anti-Inflammation



Digestive Support



General Wellness

WAYS TO ENJOY PATALA



Patala Tea
Boil 3-5 g in water & drink



Patala Powder
Add to warm water or milk



Patala Capsules
Take as per guidance



Patala Decoction
Boil with other herbs



Patala Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Patala)



ENERGY
308 kcal



PROTEIN
10.2 g



FAT
1.5 g



CARBOHYDRATES
65.1 g



FIBER
18.6 g



Ca
142 mg



Fe
6.1 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Liver Detox, Blood Purification & Total Wellness

PATHA

(*Cissampelos pareira*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS

*Patha is a
revered herb in
Ayurveda known
as "Hepato
Protective"*

*for its powerful
ability to purify
the blood, support
liver health and
detoxify the body.*

*It helps in
managing skin
disorders, fever,
jaundice and
promotes overall
vitality and
well-being.*

KEY BENEFITS



SUPPORTS LIVER HEALTH

Protects liver cells, enhances liver function and helps in detoxification.



BLOOD PURIFIER

Purifies blood, removes toxins and promotes clear, healthy skin.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



ANTI-INFLAMMATORY

Reduces inflammation and soothes fever, skin rashes and irritation.



IMPROVES DIGESTION

Stimulates appetite, improves digestion and relieves indigestion.



DETOXIFIES THE BODY

Natural detoxifier that helps eliminate harmful toxins and supports organs.

TRADITIONAL USES OF PATHA



Liver Support



Blood Purifier



Skin Care



Immunity Booster



Detox & Cleansing



Digestive Health



General Wellness

WAYS TO ENJOY PATHA



Patha Tea
Boil 2-3 g in water & drink



Patha Powder
Add to warm water or milk



Patha Capsules
Take as per guidance



Patha Decoction
Boil with other herbs



Patha Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Patha Root)



ENERGY
294 kcal



PROTEIN
4.1 g



FAT
1.2 g



CARBOHYDRATES
65.6 g



FIBER
10.4 g



Ca
120 mg



Fe
6.3 mg



ANTIOXIDANTS
High

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Nature's Gentle Herb for

Liver, Skin, Blood Purification & Total Wellness

PATOLA

(*Trichosanthes dioica*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS LIVER HEALTH

Protects liver cells, supports liver detox and improves liver function.



PURIFIES THE BLOOD

Helps purify the blood, removes toxins and supports healthy circulation.



DETOXIFIES THE BODY

Natural detoxifier that helps eliminate harmful wastes and toxins.



SUPPORTS SKIN HEALTH

Helps in managing skin disorders, acne, rashes and promotes clear skin.



AIDS DIGESTION

Improves appetite, supports digestion and relieves bloating.



ANTI-INFLAMMATORY

Reduces inflammation and soothes the body naturally.



BOOSTS IMMUNITY

Strengthens the immune system and helps fight infections.

Patola is a revered herb in Ayurveda known for its powerful detoxifying, liver protective, blood purifying and skin nourishing properties. It helps cleanse the body, support liver function and promote overall vitality and well-being.



100%
PURE &
NATURAL

TRADITIONAL USES OF PATOLA



Liver
Detox



Blood
Purifier



Skin
Care



Digestive
Support



Detox &
Clearing



Immunity
Booster



General
Wellness

WAYS TO ENJOY PATOLA



Patola Tea
Boil 3-5 g in
water & drink



Patola Powder
Add to warm
water or milk



Patola Capsules
Take as per
guidance



Patola Decoction
Boil with other
herbs



Patola Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Patola)



ENERGY
287 kcal



PROTEIN
9.7 g



FAT
2.1 g



CARBOHYDRATES
55.8 g



FIBER
18.2 g



CALCIUM
136 mg



IRON
6.4 mg



ANTIOXIDANTS
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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Digestion, Immunity, Detox &
Overall Wellbeing

PIPPALI

(*Piper longum*)
(LONG PEPPER)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS DIGESTION

Stimulates digestive fire, improves appetite, relieves bloating and gas.



BOOSTS IMMUNITY

Rich in bioactive compounds that strengthen the immune system.



DETOXIFIES THE BODY

Helps remove toxins (ama) and supports natural detoxification.



SUPPORTS RESPIRATORY HEALTH

Relieves cough, cold, asthma and improves lung function.



ENHANCES NUTRIENT ABSORPTION

Piperine in Pippali enhances absorption of nutrients and medicines.



IMPROVES METABOLISM

Helps in weight management and supports healthy metabolism.



SUPPORTS HEART HEALTH

Helps maintain healthy blood circulation and cardiovascular function.



IMPROVES BRAIN FUNCTION

Enhances memory, concentration and cognitive performance.

Pippali is a revered Ayurvedic herb known as "Long Pepper".

A powerful spice celebrated for its deepana (appetite stimulating), pachana (digestive), detoxifying and rejuvenating properties.

It supports digestion, respiratory health, immunity and enhances overall vitality.



100%
PURE &
NATURAL

TRADITIONAL USES OF PIPPALI



Digestive
Support



Relieves
Bloating



Detox &
Cleansing



Respiratory
Support



Immunity
Booster



Pain
Relief



Oral
Care

WAYS TO ENJOY PIPPALI



Pippali Tea
Boil 1-2 pieces
in water & drink



Pippali Milk
Boil in milk
with honey



Pippali Powder
Add to curries,
soups & dals



Pippali with Honey
Take 1 pinch
with honey



Pippali Charas
With warm water
after meals

NUTRITIONAL PROFILE (Per 100g Pippali)

ENERGY	PROTEIN	NA	CARBOHYDRATE	FIBRE	Ca	Fe	ANTIOXIDANTS
351 kcal	10.4 g	5.4 g	64.2 g	25.3 g	148 mg	9.4 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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NATURAL

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TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Vital Herb for
Strength, Immunity & Total Wellness

PRISHNIPARNI (*Uraria picta*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS

- STRONG IMMUNE SUPPORT**
Enhances immunity and helps the body fight infections naturally.
- SUPPORTS RESPIRATORY HEALTH**
Helps relieve cough, asthma, bronchitis and other respiratory issues.
- BUILDS STRENGTH & STAMINA**
Known as a Rasayana, it helps improve vitality, endurance and physical strength.
- NOURISHES THE BODY**
Acts as a natural tonic that nourishes tissues and promotes overall health.
- DETOXIFIES & REJUVENATES**
Helps in detoxification, supports liver function and rejuvenates body systems.
- SUPPORTS JOINT HEALTH**
Reduces inflammation, relieves pain and supports healthy joint function.
- ADAPTOGENIC HERB**
Helps the body adapt to stress and maintains balance of doshas.

Prishniparni is a revered herb in Ayurveda known for its nourishing, rejuvenating and strength promoting properties. It helps in building vitality, improving immunity, supporting respiratory health and promoting overall balance and well-being.



TRADITIONAL USES OF PRISHNIPARNI

- Immunity Booster
- Respiratory Support
- Strength & Stamina
- Vitality & Energy
- Detox & Rejuvenation
- Joint & Bone Health
- General Wellness

WAYS TO ENJOY PRISHNIPARNI

- Herbal Tea**
Boil 3-5 g in water & drink
- Powder**
Add to warm water or milk
- Capsules**
Take as per guidance
- Decoction**
Boil with other herbs
- Churna**
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Prishniparni)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBER	CALCIUM	IRON	ANTIOXIDANTS
298 kcal	20.4 g	1.9 g	55.1 g	18.2 g	168 mg	9.6 mg	High

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- No Preservatives
- No Additives
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- Safe for Long Term Use



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Nature's Powerful Herb for
Kidney Health, Water Retention,
Detoxification, Immunity &
Overall Wellbeing

PUNARNAVA

(*Boerhaavia diffusa*)
(THE RENEWER HERB)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

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GANGA MA
Blessed by
HIMALAYAS

Punarnava is a revered Ayurvedic herb known as "The Renewer Herb". A powerful herb celebrated for its ability to reduce water retention, support kidney function, detoxify the body and rejuvenate tissues. It nourishes the body, restores balance and promotes overall vitality.

KEY BENEFITS



SUPPORTS KIDNEY HEALTH
Helps flush out toxins, supports kidney function and maintains healthy kidneys.



REDUCES WATER RETENTION
Natural diuretic that helps reduce swelling, bloating and fluid retention.



DETOXIFIES THE BODY
Supports liver function, removes toxins and purifies the blood.



BOOSTS IMMUNITY
Strengthens the body's defense system and helps fight infections.



SUPPORTS LIVER HEALTH
Protects liver cells and promotes healthy liver function.



IMPROVES DIGESTION
Enhances appetite, relieves indigestion and supports gut health.



SUPPORTS HEART HEALTH
Helps maintain healthy blood pressure and improves cardiovascular health.



REJUVENATING & BALANCING
Restores strength, energy and promotes overall rejuvenation and vitality.

100%
PURE &
NATURAL

TRADITIONAL USES OF PUNARNAVA



Kidney Support



Reduces Swelling



Liver Detox



Boosts Immunity



Improves Digestion



Supports Heart



Rejuvenates Body



Restores Balance



Punarnava Tea
Boil 1 tsp in water & drink



Punarnava Juice
Boil in water or drink juice



Punarnava Powder
Add to warm water or smoothies



Punarnava Capsules
As directed by health expert



Punarnava Extract
Use as per Ayurvedic guidance

NUTRITIONAL PROFILE (Per 100g Dried Punarnava)

ENERGY	PROTEIN	FAT	CARBOHYDRATE	FIBRE	Ca	Fe	ANTIOXIDANTS
298 kcal	10.2 g	2.1 g	60.4 g	14.5 g	173 mg	6.5 mg	High

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Nature's Powerful Herb for
Respiratory Health, Digestion & Total Wellness

PUSHKARMOOL

(*Inula racemosa*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Pushkarmool is a revered herb in Ayurveda known as "Shwasahara" (relieves breathlessness) for its powerful respiratory, digestive, anti-inflammatory and rejuvenating properties. It helps balance Kapha and Vata, promotes lung health and supports overall vitality and well-being.



KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH
Helps relieve cough, cold, asthma, bronchitis and breathing difficulties.



IMPROVES DIGESTION
Enhances appetite, reduces bloating, gas and supports healthy digestion.



ANTI-INFLAMMATORY
Reduces inflammation, pain and swelling associated with various conditions.



BOOSTS IMMUNITY
Strengthens the immune system and helps the body fight infections.



DETOXIFIES & PURIFIES
Helps detoxify the body and supports liver health.



RELIEVES STRESS & FATIGUE
Calms the mind, relieves stress and promotes energy and vitality.



ADAPTOGENIC & REJUVENATING
Helps the body adapt to stress and promotes overall rejuvenation.

TRADITIONAL USES OF PUSHKARMOOL



Respiratory Support



Digestive Support



Anti-inflammatory



Immunity Booster



Stress Relief



Liver Support



General Wellness

WAYS TO ENJOY PUSHKARMOOL



Pushkarmool Tea
Boil 3-5 g in water & drink



Pushkarmool Powder
Add to warm water or milk



Pushkarmool Capsules
Take as per guidance



Pushkarmool Decoction
Boil with other herbs



Pushkarmool Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Pushkarmool)



ENERGY
315 kcal



PROTEIN
7.2 g



FAT
2.3 g



CARBOHYDRATES
63.1 g



FIBER
11.4 g



Ca
210 mg



Fe
5.2 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

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- No Preservatives
- No Additives
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- Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Joint Pain Relief, Strength, Immunity & Total Wellness

RASNA

(*Pluchea lanceolata*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

Rasna is a
revered herb in
Ayurveda known
as "Sankha"
(Destroyer of Pain)
for its powerful
ability to relieve
pain, reduce
inflammation,
strengthen joints,
nourish tissues
and promote
overall vitality.
It helps in
detoxification,
improving mobility
and restoring
natural balance
of the body.

KEY BENEFITS



POWERFUL PAIN RELIEVER
Relieves joint pain, arthritis, backache
and muscle pain naturally.



ANTI-INFLAMMATORY
Reduces inflammation, swelling and
stiffness in joints and muscles.



STRENGTHENS JOINTS & BONES
Nourishes joints, bones and connective
tissues; improves flexibility.



SUPPORTS DIGESTION
Improves digestion, relieves bloating
and supports gut health.



BOOSTS IMMUNITY
Strengthens the immune system and
helps the body fight infections.



DETOXIFIES THE BODY
Helps in removing toxins (Ama) and
promotes overall detoxification.



PROMOTES OVERALL WELLNESS
Restores natural balance (Dosha),
increases vitality and reduces fatigue.

TRADITIONAL USES OF RASNA



Joint Pain
Relief



Arthritis
Relief



Backache
Relief



Muscle Pain
Relief



Vata
Balance



Detox &
Cleansing



Strength &
Stamina

WAYS TO ENJOY RASNA



Rasna Tea
Boil 1-2 g in
water & drink



Rasna Powder
Add to warm
water or milk



Rasna Capsules
Take as per
guidance



Rasna Decoction
Boil with other
herbs



Rasna Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Rasna Root)



ENERGY

312 kcal



PROTEIN

6.5 g



FAT

2.5 g



CARBOHYDRATES

66.2 g



FIBER

15.8 g



Ca

189 mg



Fe

5.4 mg



ANTIOXIDANTS

High

100% PURE & NATURAL

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- No Preservatives
- No Additives
- Traditionally Proven
- Safe for Long Term Use



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Nature's Elixir for
Immunity, Vitality & Total Wellness

ROSEMARY

(*Rosmarinus officinalis*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS IMMUNE SYSTEM

Rich in antioxidants and antimicrobial compounds that help strengthen immunity and fight infections.



SUPPORTS RESPIRATORY HEALTH

Helps relieve cough, congestion and supports clear breathing naturally.



ENHANCES MEMORY & FOCUS

Traditionally used to improve memory, concentration and mental clarity.



AIDS DIGESTION

Stimulates digestive enzymes, reduces bloating, gas and indigestion.



IMPROVES CIRCULATION

Supports healthy blood circulation and vitality throughout the body.



ANTI-INFLAMMATORY

Helps reduce inflammation, pain and supports joint and muscle health.



SUPPORTS HEART HEALTH

Helps maintain healthy cholesterol levels and supports cardiovascular wellness.



RICH IN ANTIOXIDANTS

Protects cells from oxidative stress and promotes overall healing and longevity.

Rosemary is a powerful medicinal herb cherished in Ayurveda and traditional medicine for centuries. Known for its invigorating aroma and healing properties, it supports memory, digestion, immunity, circulation and overall well-being.



100%
PURE &
NATURAL

TRADITIONAL USES OF ROSEMARY



Memory
Booster



Digestive
Support



Respiratory
Support



Circulation
Booster



Stress
Relief



Detox &
Purification

WAYS TO ENJOY ROSEMARY



Rosemary Tea
Boil 1-2 tsp in
water & drink



In Smoothies
Add to your
favorite smoothie



Rosemary Essential Oil
Use (diluted)
for massage or
aromatherapy



Dried Leaves
Add to soups,
stews or sauces



Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Rosemary)



ENERGY
331 kcal



PROTEIN
4.9 g



FAT
15.2 g



CARBOHYDRATES
65.9 g



FIBER
42.6 g



CALCIUM
1280 mg



IRON
28.1 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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HEALING NATURALLY. LIVING FULLY

Nature's Powerful Herb for
Strength, Endurance, Vitality & Reproductive Wellness

SAFED MUSLI

(*Chlorophytum borivilianum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Safed Musli is a revered herb in Ayurveda known as "Kshirakanda" (that which grows in milk-like essence). It is celebrated for its ability to nourish the body, strengthen tissues, enhance vitality, and support overall reproductive health. It helps in boosting strength, stamina, immunity, and natural rejuvenation for a balanced, healthy life.

KEY BENEFITS



STRENGTH & STAMINA
Enhances physical strength and endurance. Supports vitality and daily energy.



REPRODUCTIVE HEALTH
Enhances reproductive health in men & women. Supports healthy libido and hormonal balance.



IMMUNITY SUPPORT
Strengthens the body's natural defense and helps fight fatigue and weakness.



ENERGY & VITALITY
Helps combat stress and exhaustion. Promotes overall vitality and well-being.



MUSCLE GROWTH & RECOVERY
Supports muscle strength and physical recovery after exertion.



STRESS & BODY BALANCE
Helps reduce stress and supports overall physical and mental balance.



NATURAL REJUVENATION
Nourishes body tissues and promotes natural rejuvenation.

100%
PURE &
NATURAL

TRADITIONAL USES OF SAFED MUSLI



Boosts Strength



Enhances Stamina



Supports Reproductive Health



Improves Vitality



Supports Immunity



Promotes Recovery



Rejuvenates Body

WAYS TO ENJOY SAFED MUSLI



Safed Musli Powder in Milk or Water



Safed Musli Powder with Warm Milk



Safed Musli Capsules as per Guidance



Safed Musli Tonic or Herbal Blend



Add to Shoden or Ayurvedic Preparations

NUTRITIONAL PROFILE (Per 100g Dried Safed Musli)



ENERGY

372 kcal



PROTEIN

9.5 g



FAT

0.8 g



CARBOHYDRATES

85.0 g



FIBER

2.1 g



Ca

120 mg



Fe

2.6 mg



ANTIOXIDANTS

High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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Nature's Most Precious Herb for

Radiant Health, Inner Balance,

Mental Clarity & Overall Wellbeing

SAFFRON

(*Crocus sativus*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA

Blessed by
HIMALAYAS



Saffron is a
divine Ayurvedic herb
revered as "Kumkuma
(elixir of life).

Known for its
extraordinary ability
to uplift mood,
enhance vitality,
purify the blood,
promote glowing skin
and support overall
health naturally.



KEY BENEFITS



ENHANCES MOOD & MENTAL WELLBEING

Helps reduce stress, anxiety and depression.
Promotes happiness and emotional balance.



IMPROVES MEMORY & FOCUS

Supports brain function, sharpens memory
and enhances concentration.



BOOSTS IMMUNITY

Rich in antioxidants that strengthen the
immune system and fight infections.



PURIFIES BLOOD

Helps detoxify the blood and promotes
healthy circulation.



PROMOTES RADIANT SKIN

Improves complexion, reduces acne
and gives a natural glow.



SUPPORTS HEART HEALTH

Helps maintain healthy blood pressure
and supports cardiac function.



BALANCES ALL THREE DOSHAS

Pacifies Vata, Pitta and Kapha,
restoring natural balance.



NATURAL APHRODISIAC & REJUVENATOR

Enhances vitality, stamina and overall
reproductive health.

TRADITIONAL USES OF SAFFRON



Mental
Wellness



Immunity
Booster



Blood
Purification



Skin
Radiance



Digestive
Support



Heart
Care

WAYS TO ENJOY SAFFRON



Saffron Tea
Boil in water
or milk



Saffron Milk
Add to warm
milk



Saffron Powder
Add to food,
kheer or sweets



Saffron Threads
Use in biryani,
pulao & curries



Saffron Honey
Mix with honey
for daily health

NUTRITIONAL PROFILE (Per 1g Saffron)



ENERGY
3.1 kcal



PROTEIN
0.1 g



FAT
0.0 g



CARBOHYDRATE
0.6 g



FIBER
0.3 g



Ca
1.1 mg



Fe
1.3 mg



ANTIOXIDANTS
High

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Nature's Wisdom for
Immunity, Clarity & Total Wellness

SAGE

(*Salvia officinalis*)

• PURE • NATURAL • POWERFUL •

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS IMMUNE FUNCTION

Rich in antioxidants and bioactive compounds that help strengthen immunity and fight infections.



ENHANCES MEMORY & CLARITY

Supports brain health, improves focus, and helps reduce mental fatigue.



AIDS DIGESTION

Stimulates digestive enzymes, relieves bloating, gas and indigestion.



HORMONAL BALANCE

Helps balance hormones, eases menstrual discomfort and supports women's wellness.



ANTI-INFLAMMATORY

Helps reduce inflammation, sore throat, joint pain and supports oral health.



SUPPORTS HEART HEALTH

Helps regulate cholesterol levels and promotes overall cardiovascular health.

Sage is a revered herb in Ayurveda and traditional medicine, known for its purifying, healing and rejuvenating properties.

It supports mental clarity, digestion, immunity and hormonal balance naturally.



100%
PURE &
NATURAL

TRADITIONAL USES OF SAGE



Immunity
Booster



Memory
Enhancer



Digestive
Support



Hormonal
Balance



Sore Throat
Relief



Detox &
Purification

WAYS TO ENJOY SAGE



Sage Tea
Boil 1-2 tsp in
water & drink



In Smoothies
Add to your
favorite smoothies



Sage Essential Oil
Use for aroma
or diluted
topical use



Dried Leaves
Add to soups,
stews or sauces



Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Sage Leaves)



ENERGY
315 kcal



PROTEIN
10.6 g



FAT
12.8 g



CARBOHYDRATES
60.7 g



FIBER
45.0 g



CALCIUM
1650 mg



IRON
28.4 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

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- No Additives
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— HEALING NATURALLY, LIVING FULLY —

The Rare Berry of
Radiance, Immunity & Vitality

SEA BUCKTHORN

NOURISHES • PROTECTS • REJUVENATES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



RICH IN NUTRITION

Loaded with Vitamin C, E, A, K,
omega 3, 6, 7 & essential minerals.



BOOSTS IMMUNITY

Strengthens the immune system
and fights infections naturally.



POWERFUL ANTIOXIDANT

Protects cells from damage,
slows aging and supports detox.



HEART HEALTH

Supports healthy cholesterol levels,
improves circulation and heart function.



DIGESTIVE SUPPORT

Soothes the stomach lining, relieves
acidity and improves gut health.



RADIANT SKIN

Promotes collagen production,
hydrates skin and reduces dryness
and blemishes.



EYE & VISION SUPPORT

Nourishes eyes, reduces dryness
and supports clear vision.



JOINT & BONE HEALTH

Reduces inflammation, relieves pain
and supports joint flexibility.



BRAIN & NERVE SUPPORT

Enhances memory, reduces stress
and supports mental well-being.



ENERGY & VITALITY

Improves stamina, reduces fatigue
and enhances overall vitality.



*Sea Buckthorn
is a powerful
superberry
packed with
vitamins,
omega fatty acids,
antioxidants and
bioactive compounds.
It nourishes every
cell, supports natural
healing and brings
glow, strength and
vitality.*



*Hippophae
rhamnoides*

TRADITIONAL USES OF SEA BUCKTHORN



IMMUNITY

Strengthens
natural
defense



SKIN CARE

Heals skin,
acne, eczema &
sun damage



DIGESTION

Relieves acidity,
ulcers &
indigestion



HEART TONIC

Supports heart
health & healthy
circulation



LIVER CARE

Detoxifies
liver & supports
regeneration



STRESS RELIEF

Calm the mind,
reduces stress
& anxiety

WAYS TO USE SEA BUCKTHORN



Sea Buckthorn
Juice



Sea Buckthorn
Tea



Sea Buckthorn
Powder



Sea Buckthorn
Oil



Sea Buckthorn
Capsules

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— HEALING NATURALLY, LIVING FULLY —

The Gentle Herb for
Natural Cleansing & Well-Being

SENNA

CLEANSES • DETOXIFIES • SUPPORTS DIGESTION

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS



Senna
alexandrina



Senna is a powerful natural laxative and detoxifying herb. It gently cleanses the colon, relieves constipation and supports healthy digestion. It helps the body eliminate toxins and promotes lightness, balance and vitality.



KEY BENEFITS



NATURAL BOWEL CLEANSER
Gently relieves constipation and promotes regular bowel movements.



DETOXIFIES THE BODY
Helps flush out toxins and supports a clean and healthy colon.



SUPPORTS DIGESTION
Relieves bloating, indigestion and promotes digestive comfort.



LIVER SUPPORT
Supports liver function and aids in natural detoxification.



WEIGHT MANAGEMENT
Helps reduce water retention and supports healthy weight balance.



SKIN HEALTH
A cleaner system promotes clearer, brighter and healthier skin.



SAFE & EFFECTIVE
A time-tested herb when used in the right dosage.



PLANT BASED & PURE
100% natural, gentle and free from harmful chemicals.

TRADITIONAL USES OF SENNA



CONSTIPATION
Relieves occasional constipation naturally.



DETOX
Helps cleanse the colon and remove toxins.



DIGESTIVE SUPPORT
Improves digestion and reduces bloating.



LIVER CARE
Supports liver health and detox function.



HEALTHY SKIN
Promotes clear, glowing and healthy skin.



LIGHTNESS & BALANCE
Brings lightness, freshness and overall balance.

WAYS TO USE SENNA



Senna
Tea



Senna
Decoction



Senna
Powder



Herbal
Blends



Senna
Capsules

Suggested Use: Take in small amounts at night before bed.

Caution: Do not use during pregnancy, lactation or long-term use. Consult your Ayurvedic practitioner for proper dosage.



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HEALING NATURALLY, LIVING FULLY

Nature's Nourishing Herb for
Strength, Immunity & Total Wellness

SHALAPARNI

(*Desmodium gangeticum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections naturally.



SUPPORTS RESPIRATORY HEALTH

Relieves cough, bronchitis, asthma and other respiratory conditions.



BUILDS STRENGTH & STAMINA

Enhances physical strength, endurance and helps reduce fatigue.



NOURISHES & REJUVENATES

Promotes tissue repair, nourishes the body and supports overall rejuvenation.



DETOXIFIES THE BODY

Helps in detoxification, supports liver function and purifies the blood.



SUPPORTS JOINT HEALTH

Reduces inflammation, relieves pain and supports joint flexibility.



ADAPTOGENIC & BALANCING

Helps the body adapt to stress and maintains balance of doshas.

Shalaparni is a revered herb in Ayurveda known for its strengthening, rejuvenating and nourishing properties. It supports immunity, improves vitality, promotes tissue repair and helps restore overall balance and well-being.



TRADITIONAL USES OF SHALAPARNI



Immunity
Booster



Respiratory
Support



Strength &
Stamina



Tissue Repair
& Healing



Vitality &
Energy



Detox &
Purification



General
Wellness

WAYS TO ENJOY SHALAPARNI



Herbal Tea
Boil 3-5 g in
water & drink



Powder
Add to warm
water or milk



Capsules
Take as per
guidance



Decoction
Boil with other
herbs



Churna
Add to food
or recipes

NUTRITIONAL PROFILE (Per 100g Dried Shalaparni)



ENERGY
325 kcal



PROTEIN
18.2 g



FAT
1.7 g



CARBOHYDRATES
55.8 g



FIBER
17.4 g



CALCIUM
142 mg



IRON
6.2 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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+91 9405225604



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PURE • AUTHENTIC • EFFECTIVE
+ HEALING NATURALLY, LIVING FULLY +



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Om Ayurveda

The Medhya Herb of SHANKHPUSHPI

THE BRAIN TONIC • THE MEMORY ENHANCER

Ancient Knowledge. Modern Wellness.
Pure • Natural • Timeless

NATURAL
HOLISTIC
SAFE
TIMELESS

Inspired by
GANGA MA
Blessed by
HIMALAYAS

*Shankhpushpi
nourishes
the mind,
sharpens intellect
and brings
inner peace.*

*Convolvulus
pluricaulis*

KEY BENEFITS



Enhances Memory & Learning
Improves recall, concentration
and cognitive performance



Calms the Mind
Reduces stress, anxiety and
promotes mental peace



Improves Focus & Clarity
Supports alertness, attention
and logical thinking



Supports Nervous System
Nourishes brain cells and
strengthens nerve function



Promotes Better Sleep
Helps in insomnia and
promotes deep, restful sleep



Adaptogenic & Rejuvenating
Helps body adapt to stress
and supports overall vitality

A GIFT OF NATURE FOR A BRILLIANT MIND AND A PEACEFUL HEART.

A TIME-HONORED MEDHYA (BRAIN TONIC)



AYURVEDIC
WISDOM
Revered in Ayurvedic
texts for centuries



PURE &
NATURAL
100% pure herb
without additives



TRADITIONAL
PROCESS
Carefully sourced
& processed



HOLISTIC
WELLNESS
Supports mind, body
& soul in harmony



TRUSTED
QUALITY
Quality you can trust,
care you can feel

WAYS TO USE



Herbal Tea
for daily
wellness



Powder with
warm water
or milk



Herbal Oil
for head
massage



Capsules
for convenient
use



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NATURAL

HOLISTIC

SAFE

TIMELESS



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Women's Health, Hormonal Balance,
Rejuvenation, Immunity &
Overall Wellbeing

SHATAVARI

(*Asparagus racemosus*)
(THE QUEEN OF HERBS)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

*Shatavari is a
revered Ayurvedic
herb known as
"Queen of Herbs".
A powerful herb
celebrated for its
nourishing,
rejuvenating,
hormone-balancing
and vitality
promoting
properties.*

*It supports women's
health, strengthens
immunity, improves
digestion and
promotes overall
wellbeing.*

KEY BENEFITS



SUPPORTS WOMEN'S HEALTH

Helps regulate hormones, relieves menstrual discomfort and supports overall reproductive health.



NATURAL HORMONE BALANCER

Helps in balancing estrogen levels and supports hormonal harmony.



NOURISHING & REJUVENATING

Acts as a Rasayana – promotes vitality, strength and overall body nourishment.



BOOSTS IMMUNITY

Strengthens the body's natural defense system and enhances immunity.



SUPPORTS DIGESTION

Soothes the digestive tract, reduces acidity and supports healthy digestion.



SUPPORTS LACTATION

Traditionally used to promote breast milk production in lactating mothers.



IMPROVES SKIN HEALTH

Nourishes skin, promotes glow and helps maintain youthful appearance.



ANTI-STRESS & CALMING

Helps reduce stress, promotes calmness and supports mental well-being.

100%
PURE &
NATURAL

TRADITIONAL USES OF SHATAVARI



Women's
Health



Hormonal
Balance



Lactation
Support



Improves
Digestion



Boosts
Immunity



Nourishes
Body



Rejuvenates
Mind & Body



Promotes
Vitality

WAYS TO ENJOY SHATAVARI



Shatavari Tea
Boil 1 tsp in
water & drink



Shatavari Milk
Boil in milk
with honey



Shatavari Powder
Add to warm milk,
smoothies or food



With Honey
Mix 1/2 tsp
with honey



As Herbs
Use as per
Ayurvedic
guidance

NUTRITIONAL PROFILE (Per 100g Dried Shatavari Root)

ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBER	Ca	Fe	ANTIOXIDANTS
531 kcal	5.6 g	0.4 g	78.6 g	8.6 g	241 mg	10.2 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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NATURAL

HOLISTIC

SAFE

TIMELESS



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Strength, Immunity & Total Wellness

SHYONAKA

(*Oroxylum indicum*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH

Helps relieve cough, bronchitis, asthma and other respiratory problems.



ANTI-INFLAMMATORY

Reduces inflammation and soothes swelling & pain.



DIGESTIVE SUPPORT

Stimulates appetite, improves digestion and relieves bloating.



BUILDS STRENGTH & STAMINA

Enhances physical strength, endurance and energy levels.



BOOSTS IMMUNITY

Strengthens the immune system and helps fight infections.



DETOXIFIES THE BODY

Helps cleanse the body by eliminating toxins and supporting liver function.



PROMOTES OVERALL WELLNESS

Rejuvenates tissues, supports longevity and maintains overall balance.

Shyonaka is a revered herb in Ayurveda known for its strengthening, rejuvenating and healing properties. It is widely used to support respiratory health, reduce inflammation, improve digestion and promote overall vitality and well-being.



TRADITIONAL USES OF SHYONAKA



Respiratory Health



Cough & Cold Relief



Anti-Inflammatory



Digestive Support



Strength & Stamina



General Wellness

WAYS TO ENJOY SHYONAKA



Shyonaka Tea
Boil 3-5 g in water & drink



Shyonaka Powder
Add to warm water or milk



Shyonaka Capsules
Take as per guidance



Shyonaka Decoction
Boil with other herbs



Shyonaka Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Shyonaka)



ENERGY
315 kcal



PROTEIN
8.2 g



FAT
1.6 g



CARBOHYDRATES
65.4 g



FIBER
17.2 g



Ca
149 mg



Fe
6.3 mg



ANTIOXIDANTS
High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

The Soothing Herb for
Respiratory Health, Immunity & Wellness

SITOPALADI

(Classical Ayurvedic Churna)

SOOTHES • STRENGTHENS • PROTECTS

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH

Relieves cough, cold, congestion and soothes irritated throat.



BOOSTS IMMUNITY

Strengthens the body's natural defenses and helps prevent infections.



SOOTHES THROAT & VOICE

Soothes throat irritation and is beneficial for voice clarity and comfort.



AIDS DIGESTION

Stimulates appetite and supports healthy digestion.



ANTIOXIDANT & REJUVENATING

Nourishes tissues, reduces fatigue and promotes vitality.



SAFE & NATURAL

Gentle, effective and safe for children and adults when taken as advised.

Sitopaladi is a time-honored Ayurvedic herbal formulation known for its soothing, expectorant, and rejuvenating properties. It helps relieve cough, improves respiration, boosts immunity and promotes overall wellness.



A Classical
Ayurvedic
Formulation



Sita
(Sugar Candy)



Pippali
(Long Pepper)



Vanshlochan
(Bamboo Manna)



Ela
(Cardamom)

TRADITIONAL USES OF SITOPALADI



Dry Cough
Relief



Sore Throat
& Hoarseness



Cold &
Congestion



Immunity
Support



Digestive
Support



General
Wellness

WAYS TO USE SITOPALADI



With Honey
1/2 tsp with honey
2-3 times a day



With Warm Milk
1/2 tsp with warm
milk at bedtime



With Herbal Tea
Add to herbal tea
for extra relief



For Children
1/4 tsp with honey
(above 2 years)

POWERFUL INGREDIENTS



SITA (SUGAR CANDY)
Soothes throat, cools
body and provides
instant relief.



PIPPALI (LONG PEPPER)
Powerful expectorant,
improves respiratory
function.



**VANSHLOCHAN
(BAMBOO MANNA)**
Demulcent, nourishes
lungs and reduces
inflammation.



ELA (CARDAMOM)
Aromatic, relieves
congestion and
supports digestion.

100% NATURAL

CLASSICAL AYURVEDIC FORMULA

NO SIDE EFFECTS

SAFE FOR LONG TERM USE



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NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

The Complete Superfood for
Detox, Energy, Immunity & Total Wellness

SPIRULINA

(Nature's Perfect Protein)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA

Blessed by
HIMALAYAS

KEY BENEFITS



POWERFUL DETOXIFIER

Rich in chlorophyll that helps cleanse the blood and remove toxins.



BOOSTS ENERGY & STAMINA

Natural source of nutrients that enhance vitality and reduce fatigue.



STRENGTHENS IMMUNITY

Packed with vitamins, minerals, antioxidants and phycoerythrin that support immunity.



SUPPORTS DIGESTION

Helps improve gut health, balances intestinal flora and relieves constipation.



SUPPORTS WEIGHT MANAGEMENT

High protein, low calorie and reduces cravings, supports healthy weight.



PROMOTES SKIN & HAIR HEALTH

Detoxifies the body, fights free radicals and nourishes skin & hair.



RICH IN NUTRIENTS

Excellent source of protein, iron, calcium, magnesium, B-vitamins, omega fatty acids, amino acids & antioxidants.

Spirulina is one of the most nutrient-dense superfoods on Earth.

Rich in protein, chlorophyll, vitamins, minerals, antioxidants and essential fatty acids.

It helps detoxify the body, boost energy, strengthen immunity and supports overall health & vitality.



100%
PURE &
NATURAL

TRADITIONAL USES OF SPIRULINA



Immunity
Booster



Energy &
Stamina



Detox &
Cleansing



Digestive
Health



Skin & Hair
Care



Weight
Management

WAYS TO ENJOY SPIRULINA



With Water
Mix 1 tsp in
a glass of water



In Smoothies
Add to your
favorite smoothie



With Juice
Mix with fresh
fruit/vegetable juice



In Foods
Add to soups,
salads & recipes



Spirulina
Tablets
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Spirulina Powder)



PROTEIN
60-70 g



VITAMIN B12
High



IRON
28.5 mg



CALCIUM
120 mg



MAGNESIUM
195 mg



CHLOROPHYLL
Very High



PHYCOERYTHRIN
High

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



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NATURAL

HOLISTIC

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TIMELESS



Om Ayurveda

— HEALING NATURALLY, LIVING FULLY —

The Natural Sweet Leaf of
Balance, Health & Harmony

STEVIA

NATURAL SWEETENER • HEALTHY • ZERO CALORIE

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



NATURAL SWEETENER

A healthy alternative to sugar.
Zero calories and low glycemic index.



HELPS MANAGE BLOOD SUGAR

Does not spike blood glucose levels.
Safe for diabetics.



SUPPORTS WEIGHT MANAGEMENT

Satisfies sweet cravings without
adding calories.



RICH IN ANTIOXIDANTS

Helps fight free radicals and
supports overall wellness.



SUPPORTS HEART HEALTH

May help regulate blood pressure
and improve heart function.



AIDS DIGESTION

Helps soothe the stomach and
supports healthy digestion.



DENTAL HEALTH FRIENDLY

Does not promote cavities and
supports oral health.



SAFE FOR DAILY USE

Natural, plant-based and safe
for the whole family.



Stevia is a
natural, zero
calorie sweetener
derived from the
leaves of the
Stevia plant.

It is many times
sweeter than sugar
yet safe for daily use.
It supports healthy
living and is ideal
for all age groups.



Stevia
rebaudiana

TRADITIONAL USES OF STEVIA



DIABETES CARE

Helps manage
blood sugar
naturally.



WEIGHT CONTROL

Aids in weight
management
journey.



DIGESTIVE SUPPORT

Relieves acidity
and supports
digestive health.



HEART WELLNESS

Supports healthy
heart and blood
pressure.



SKIN HEALTH

Antioxidants
promote clear
and glowing skin.



ENERGY BOOSTER

Provides natural
energy without
calories.

WAYS TO USE STEVIA



Stevia
Tea



Smoothies
& Juices



Baking &
Cooking



Herbal
Drinks



Desserts &
Yogurt



Stevia
Drops

SWEETEN LIFE THE NATURAL WAY. CHOOSE STEVIA. CHOOSE HEALTH.



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NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Relaxation, Sleep, Immunity &
Overall Wellbeing

TAGAR

(*Valeriana wallichii*)
(INDIAN VALERIAN)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

*Tagar is a
revered Ayurvedic
herb known as
"Indian Valerian".
A powerful herb
celebrated for its
calming aroma,
mind-soothing,
sleep-supporting,
stress-relieving and
rejuvenating
properties.
It supports deep
relaxation, peaceful
sleep, mental clarity,
digestion and
overall vitality.*



KEY BENEFITS



PROMOTES RELAXATION & SLEEP

Calms the mind, reduces stress and supports deep, restful sleep.



REDUCES STRESS & ANXIETY

Helps calm the nervous system and promotes emotional balance.



BOOSTS IMMUNITY

Strengthens the body's natural defense mechanism.



SUPPORTS DIGESTION

Relieves indigestion, gas and bloating, promotes healthy appetite.



DETOXIFIES THE BODY

Helps in detoxification and supports liver & kidney health.



SUPPORTS RESPIRATORY HEALTH

Relieves cough, cold, and respiratory congestion.



SUPPORTS HEART HEALTH

Helps maintain healthy blood pressure and supports heart wellness.



ENHANCES MENTAL CLARITY

Improves focus, concentration and cognitive performance.

100%
PURE &
NATURAL

TRADITIONAL USES OF TAGAR



Better
Sleep



Stress
Relief



Anxiety
Relief



Calms
Nerves



Digestive
Support



Respiratory
Support



Mental
Clarity

WAYS TO ENJOY TAGAR



Tagar Tea
Boil 1-2 pieces
in water & drink



Tagar Milk
Boil in milk with
a pinch of sugar.



Tagar Powder
Add to warm milk,
tea or smoothies



Tagar with Honey
Mix with honey
before sleep



Tagar Root Pieces
Chew 1 piece after
meals (small qty)

NUTRITIONAL PROFILE (Per 100g Dried Tagar Root)

⚡	🍃	💧	🌿	🌾	Ca	Fe	🛡️
ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBRE	Calcium	Iron	Antioxidants
309 kcal	6.3 g	1.1 g	64.7 g	24.2 g	154 mg	6.9 mg	High

100% PURE & NATURAL

- ❌ No Chemicals
- ❌ No Preservatives
- ❌ No Additives
- ✅ Traditionally Processed
- ✅ Safe for Long Term Use



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The Science of Life AYURVEDA

Ancient Wisdom. Timeless Healing.

NATURAL

HOLISTIC

SAFE

TIMELESS

Balance Your Body
Calm Your Mind
Elevate Your Life



HERBAL
HEALING

Nature's
finest herbs



MIND & BODY
BALANCE

Holistic care for
complete well-being



DETOX &
REJUVENATION

Cleanse, heal &
rejuvenate naturally



AYURVEDIC
THERAPIES

Ancient therapies
for lasting health

Inspired by
GANGA MA

Blessed by
HIMALAYAS

Rooted in Tradition
Committed to Your Wellness



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NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

Nature's Defense for
Immunity, Vitality & Total Wellness

THYME

(*Thymus vulgaris*)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS IMMUNE SYSTEM

Rich in antioxidants and essential compounds that help strengthen immunity and fight infections.



SUPPORTS RESPIRATORY HEALTH

Helps clear airways, relieves cough, soothes sore throat and supports healthy breathing.



AIDS DIGESTION

Stimulates digestive enzymes, reduces bloating, gas and indigestion.



POWERFUL ANTIBACTERIAL

Natural antimicrobial and antifungal properties help protect the body from harmful pathogens.



ANTI-INFLAMMATORY

Helps reduce inflammation, pain and supports joint and muscle health.



SUPPORTS HEART HEALTH

May help regulate blood pressure and promote cardiovascular wellness.

Thyme is a powerful medicinal herb used for thousands of years in Ayurveda and traditional medicine. Known for its antiseptic, antioxidant and anti-inflammatory properties, it supports immunity, respiratory health, digestion and overall vitality.



100%
PURE &
NATURAL

TRADITIONAL USES OF THYME



Immunity
Booster



Respiratory
Support



Digestive
Support



Sore Throat
Relief



Antimicrobial
Protection



Detox &
Purification

WAYS TO ENJOY THYME



Thyme Tea
Boil 1-2 tsp in
water & drink



In Smoothies
Add to your
favorite smoothie



Thyme Essential Oil
Use (diluted)
typically or in
diffuser



Dried Thyme
Add to soups,
stews or sauces



Capsules
Take as per your
health expert

NUTRITIONAL PROFILE (Per 100g Dried Thyme)



ENERGY
276 kcal



PROTEIN
9.1 g



FAT
7.4 g



CARBOHYDRATES
63.9 g



FIBER
37.0 g



CALCIUM
1890 mg



IRON
17.5 mg



ANTIOXIDANTS
Very High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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NATURAL

HOLISTIC

SAFE

TIMELESS



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HEALING NATURALLY, LIVING FULLY

The Time-Honored Ayurvedic Formula for
Agni (Digestive Fire), Metabolism & Total Wellness

TRIKATU

(The Three Pungent Wonders)

IGNITES DIGESTION • ENHANCES ABSORPTION • DETOXIFIES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Maricha
(Black Pepper)
Piper nigrum

Pippali
(Long Pepper)
Piper longum

Shunthi
(Dry Ginger)
Zingiber officinale

Trikatu is a classical Ayurvedic blend of three potent herbs known for their deepana (appetite stimulating), pachana (digestive) and kapha-vata balancing properties. It kindles the digestive fire, clears ama (toxins), supports respiration and promotes overall health and vitality.



KEY BENEFITS



IGNITES DIGESTIVE FIRE (AGNI)
Stimulates appetite and improves digestion naturally.



ENHANCES NUTRIENT ABSORPTION
Improves bioavailability of nutrients and medicines.



DETOXIFIES THE BODY
Helps remove ama (toxins) and supports internal cleansing.



SUPPORTS RESPIRATORY HEALTH
Helps clear mucus and supports healthy breathing.



BOOSTS IMMUNITY
Strengthens the immune system and helps fight infections.



SUPPORTS WEIGHT MANAGEMENT
Enhances metabolism and helps manage healthy weight.



IMPROVES ENERGY & VITALITY
Reduces lethargy, improves stamina and promotes overall well-being.

TRADITIONAL USES OF TRIKATU



Indigestion
& Bloating



Sluggish
Metabolism



Excess Mucus
& Congestion



Loss of
Appetite



Ama
(Toxins)

WAYS TO USE TRIKATU



Trikatu
Churna
1/2 to 1 tsp with
warm water



Trikatu
Herbal Tea
Add 1/2 tsp to hot
water & sip



With Honey
Mix 1/2 tsp with
honey



With Ghee
Take 1/2 tsp with
warm ghee



Trikatu
Capsules
As directed by
your physician

Best taken on an empty stomach or before meals for maximum benefits.

THE POWER OF THREE



MARICHA (BLACK PEPPER)

- Improves digestion
- Relieves gas & bloating
- Enhances metabolism



PIPPALI (LONG PEPPER)

- Enhances absorption
- Supports respiratory health
- Rejuvenates & strengthens



SHUNTHI (DRY GINGER)

- Relieves nausea
- Reduces inflammation
- Improves circulation

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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NATURAL

HOLISTIC

SAFE

TIMELESS



Om Ayurveda

HEALING NATURALLY, LIVING FULLY

The Timeless Ayurvedic Formula for
Detox, Digestion & Total Wellness

TRIPHALA

(The Three Fruits of Life)

DETOXIFIES • REJUVENATES • BALANCES

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

HARITAKI
(Terminalia chebula)
Vata Balance
Detoxifies &
cleanses the colon

AMALAKI
(Embilica officinalis)
Pitta Balance
Rich in Vitamin C
& antioxidants

BIBHITAKI
(Terminalia bellirica)
Kapha Balance
Supports respiratory
health & metabolism

Triphala is a
sacred combination
of Amalaki, Haritaki
and Bibhitaki.
This powerful blend
supports digestion,
eliminates toxins,
nourishes tissues,
promotes regularity
and rejuvenates
the body, mind
and spirit.



KEY BENEFITS

- NATURAL DETOXIFIER**
Cleanses the colon, flushes out toxins and supports liver function.
- SUPPORTS DIGESTION**
Improves appetite, relieves bloating, constipation & indigestion.
- PROMOTES BOWEL REGULARITY**
Supports healthy elimination and colon cleansing.
- BOOSTS IMMUNITY**
Rich in antioxidants & Vitamin C, strengthens the immune system.
- SUPPORTS WEIGHT MANAGEMENT**
Helps improve metabolism and maintain healthy weight.
- IMPROVES SKIN HEALTH**
Detoxifies the blood, promotes clear, glowing skin.
- REJUVENATES BODY & MIND**
Nourishes tissues, reduces stress and supports overall well-being.

TRADITIONAL USES OF TRIPHALA

- Digestive Support
- Detox & Cleansing
- Immunity Booster
- Healthy Skin
- Rejuvenation & Vitality
- Weight Management

WAYS TO USE TRIPHALA

- Triphala Powder**
1/2 to 1 tsp with warm water
- Triphala Tea**
Boil 1 tsp in water, strain & drink
- Triphala Infusion**
Soak 1 tsp overnight in water & drink
- Triphala Capsules**
1-2 capsules after meals

100% PURE INGREDIENTS



AMALAKI
(Embilica officinalis)
Supports immunity,
digestion &
rejuvenation.



HARITAKI
(Terminalia chebula)
Detoxifies, balances Vata,
supports colon health
& longevity.

BIBHITAKI
(Terminalia bellirica)
Supports lungs, balances Kapha,
aids metabolism &
natural cleansing.

100% PURE & NATURAL

- ✓ No Chemicals
- ✓ No Preservatives
- ✓ No Additives
- ✓ Traditionally Processed
- ✓ Safe for Long Term Use



CONTACT NUMBERS
+91 7904218828
+91 9405225604



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WEBSITE
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PURE • AUTHENTIC • EFFECTIVE
HEALING NATURALLY, LIVING FULLY.



Om Ayurveda

The Sacred Herb of TULSI

• THE QUEEN OF HERBS •

Purifies Body. Elevates Mind. Nourishes Soul.

NATURAL

HOLISTIC

SAFE

TIMELESS

Inspired by
GANGA MAA

Blessed by
HIMALAYAS



KEY BENEFITS



Boosts Immunity
Strengthens body's natural
defense system



Supports Respiratory Health
Helps relieve cough, cold & congestion



Reduces Stress & Anxiety
Promotes mental clarity
and emotional balance



Aids Digestion
Improves appetite and
soothes the digestive system



Detoxifies Body
Cleanses toxins and purifies
blood naturally



Promotes Heart Health
Supports healthy blood circulation
and heart function



Healthy Skin
Fights acne, infections and promotes
a natural glow

A DAILY LEAF FOR A BETTER LIFE



Tulsi is
mentioned in
Ayurveda as a
Divine Elixir for
body, mind &
spirit.

Ocimum tenuiflorum

Tulsi is a powerful adaptogen,
revered in Ayurveda for centuries
for its healing, cleansing and
rejuvenating properties.



100% NATURAL



PURE & SAFE



AYURVEDIC



HOLISTIC WELLNESS

Rooted in Tradition. Backed by Nature.
Committed to Your Wellness.



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HOLY BASIL – THE QUEEN OF HERBS

Purifies Body, Calms Mind.
Elevates Soul.

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TIMELESS

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GANGA MA
Blessed by
HIMALAYAS

*Tulsi is not just
a plant, it is
a way of life.*



KEY BENEFITS



Boosts Immunity
Strengthens body's natural
defenses



Reduces Stress & Anxiety
Promotes mental peace
and relaxation



Supports Respiratory Health
Relieves cough, cold &
congestion



Detoxifies Body
Purifies blood and supports
liver function



Supports Heart Health
Helps maintain healthy blood
pressure and cholesterol



Enhances Skin Health
Fights acne, infection and
promotes glow



Improves Focus & Memory
Enhances concentration and
cognitive function



Adaptogenic & Balancing
Balances all doshas and
promotes overall well-being

NATURE'S HEALING TOUCH



HERBAL TEA
Daily detox &
immunity



TULSI OIL
Relieves stress &
headache



FRESH LEAVES
Chew for oral &
throat health



TULSI SMOKE
Purifies air &
environment



TULSI POWDER
Boosts vitality &
daily wellness



REVERED IN AYURVEDA. RESPECTED IN TRADITION. TRUSTED FOR MILLENNIA.



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— HEALING NATURALLY, LIVING FULLY —

The Golden Herb of
Purity, Healing & Vitality

TURMERIC

PURIFIES • PROTECTS • HEALS

Ancient Wisdom. Timeless Healing.
Complete Wellness.



Curcuma
longa

*Turmeric is
revered in Ayurveda
as Haridra –
the purifier.
It detoxifies the body,
boosts immunity,
supports digestion,
enhances skin health
and promotes
overall well-being.*

KEY BENEFITS



POWERFUL ANTIOXIDANT
Protects cells from damage and
slows down aging.



BOOSTS IMMUNITY
Strengthens the body's natural
defense system.



NATURAL DETOXIFIER
Cleanses blood, liver and removes
toxins from the body.



SUPPORTS DIGESTION
Improves appetite, relieves bloating
and promotes gut health.



ANTI-INFLAMMATORY
Helps reduce inflammation, pain
and supports joint health.



HEALTHY SKIN GLOW
Fights acne, blemishes and gives
a natural radiant glow.



SUPPORTS BRAIN HEALTH
Enhances memory, focus and
mental clarity.



SUPPORTS HEART HEALTH
Helps maintain healthy cholesterol
levels and heart function.

TRADITIONAL USES OF TURMERIC



**WOUND
HEALING**
Speeds up healing
of cuts & wounds



SKIN CARE
Treats acne,
pigmentation
& blemishes



**IMMUNITY
BUILDER**
Daily use builds
strong immunity



**LIVER
SUPPORT**
Protects liver
and improves
detox function



**JOINT
COMFORT**
Relieves stiffness
and supports
flexibility

WAYS TO USE



Turmeric
Milk
(Golden Milk)



Turmeric
Powder
(Daily Use)



Turmeric
Tea
(Herbal Tea)



Face
Mask
(Skin Glow)



Turmeric
Capsules
(Daily Wellness)

LET NATURE HEAL YOU. LET TURMERIC PROTECT YOU.



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TIMELESS



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Brain, Digestion, Immunity &
Overall Wellbeing

VACHA

(*Acorus calamus*)
(SWEET FLAG)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

Vacha is a
revered Ayurvedic
herb known as
"Sweet Flag".
A powerful herb
celebrated for its
aromatic nature,
brain-supporting,
digestive, detoxifying
and rejuvenating
properties.
It supports mental
clarity, strengthens
memory, improves
digestion and
promotes overall
vitality.



KEY BENEFITS



ENHANCES BRAIN FUNCTION
Improves memory, concentration, learning
and cognitive function.



PROMOTES MENTAL CLARITY
Helps calm the mind, reduces mental
fatigue and anxiety.



SUPPORTS DIGESTION
Stimulates digestive fire, relieves bloating,
gas and indigestion.



DETOXIFIES THE BODY
Helps remove toxins and supports liver
and kidney health.



BOOSTS IMMUNITY
Strengthens the body's natural defense
and overall resistance.



SUPPORTS RESPIRATORY HEALTH
Helpful in relieving cough, cold and
respiratory congestion.



IMPROVES SPEECH & VOICE
Traditionally used to support clear speech
and throat health.

TRADITIONAL USES OF VACHA



Improves
Memory



Calm
Mind



Aids
Digestion



Supports
Breathing



Immunity
Booster



Supports
Speech



Oral
Care

WAYS TO ENJOY VACHA



Vacha Tea
Boil 1/4 tsp
in water & drink



Vacha Milk
Boil in milk
with honey



Vacha Powder
Add to warm milk,
tea or smoothies



With Honey
Mix 1 pinch
with honey



Essential Oil
Aromatherapy
for focus & calm

NUTRITIONAL PROFILE (Per 100g Dried Vacha Root)

⚡	🍃	🔥	🌿	📏	Ca	☹️	🐦
ENERGY	PROTEIN	FAT	CARBOHYDRATES	FIBER	CALCIUM	IRON	ANTIOXIDANTS
310 kcal	5.6 g	1.3 g	65.4 g	18.6 g	248 mg	8.1 mg	High

100% PURE & NATURAL

- No Chemicals
- No Preservatives
- No Additives
- Traditionally Processed
- Safe for Long Term Use



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HEALING NATURALLY, LIVING FULLY

Nature's Powerful Herb for
Gut Health, Detox, Immunity &
Overall Wellbeing

VIDANGA

(*Embelia ribes*)
(THE ANTI-PARASITIC HERB)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

*Vidanga is a
revered Ayurvedic
herb known as
"Krimighna"
(Destroyer of Worms).
A powerful herb
celebrated for its
anti-parasitic,
detoxifying,
digestive-stimulating
and rejuvenating
properties.
It supports gut health,
eliminates toxins,
enhances digestion
and promotes overall
vitality.*



KEY BENEFITS



ELIMINATES INTESTINAL WORMS
Powerful Krimighna – helps expel and prevent intestinal parasites.



SUPPORTS DIGESTIVE HEALTH
Stimulates appetite, improves digestion and reduces bloating and gas.



DETOXIFIES THE BODY
Helps remove Ama (toxins) and purifies the digestive tract.



BOOSTS IMMUNITY
Strengthens the body's natural defenses and helps fight infections.



SUPPORTS LIVER HEALTH
Promotes liver detoxification and supports healthy liver function.



SUPPORTS RESPIRATORY HEALTH
May help in respiratory infections and relieves cough.



ANTI-INFLAMMATORY
Helps reduce inflammation and supports overall wellness.



REJUVENATING & BALANCING
Promotes overall vitality, restores balance and supports holistic health.

100%
PURE &
NATURAL

TRADITIONAL USES OF VIDANGA



Removes
Intestinal
Worms



Improves
Digestion



Relieves
Bloating
& Gas



Boosts
Immunity



Detoxifies
Body



Supports
Liver



Enhances
Appetite



Promotes
Gut
Health

WAYS TO ENJOY VIDANGA



Vidanga Tea
Boil 1/2 tsp in
water & drink



Vidanga Milk
Boil in milk
with honey



Vidanga Powder
Add to warm water
or smoothies



With Honey
Mix 1/4 tsp
with honey



As per
Ayurvedic
guidance

NUTRITIONAL PROFILE (Per 100g Dried Vidanga)

Energy	Protein	Fat	Carbohydrates	Fiber	Ca	Fe	Antioxidants
297 kcal	14.0 g	2.8 g	60.0 g	18.7 g	147 mg	7.6 mg	High

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HEALING NATURALLY, LIVING FULLY

The Green Miracle for
Detox, Energy, Immunity & Total Wellness

WHEATGRASS

(Triticum aestivum)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MAA
Blessed by
HIMALAYAS

KEY BENEFITS



POWERFUL DETOXIFIER

Rich in chlorophyll that helps cleanse the blood and remove toxins.



BOOSTS ENERGY & STAMINA

Natural source of nutrients that enhance vitality and reduce fatigue.



STRENGTHENS IMMUNITY

Loaded with vitamins, minerals and antioxidants to support immunity.



SUPPORTS DIGESTION

Helps improve digestion, reduces acidity and supports gut health.



SUPPORTS WEIGHT MANAGEMENT

Low in calories, high in fiber; supports healthy metabolism.



PROMOTES SKIN & HAIR HEALTH

Detoxifies the body and nourishes skin, hair and cells.



RICH IN NUTRIENTS

Excellent source of vitamins A, C, E, K, B-complex, iron, calcium, magnesium and amino acids.

Wheatgrass is nature's finest gift packed with chlorophyll, vitamins, minerals, enzymes and amino acids. It helps detoxify the body, boost energy, strengthen immunity and promote overall health and vitality.



100%
PURE &
NATURAL

NUTRITIONAL POWERHOUSE

(Per 100g Wheatgrass Powder)



VITAMIN A
14,000 IU



VITAMIN C
270 mg



IRON
70 mg



CALCIUM
70 mg



CHLOROPHYLL
Very High



AMINO ACIDS
Complete Profile

WAYS TO ENJOY WHEATGRASS



With Water
Mix 1 tsp in a glass of water



In Smoothies
Add to your favorite smoothie



With Juice
Mix with fresh fruit/vegetable juice



Powder
Add to soups, yogurt or salads



Capsules
Take as per your health expert

IDEAL FOR



Detox



Energy



Immunity



Digestion



Skin & Hair



Weight Management



Overall Wellness

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Nature's Gentle Herb for
Respiratory Health, Immunity, Digestion & Total Wellness

YASHTIMADHU (Glycyrrhiza glabra)

PURE • NATURAL • POWERFUL

Ancient Wisdom. Timeless Healing.
Complete Wellness.

Inspired by
GANGA MA
Blessed by
HIMALAYAS

KEY BENEFITS



SUPPORTS RESPIRATORY HEALTH

Soothes throat, relieves cough, clears mucus and supports lung health.



BOOSTS IMMUNITY

Strengthens the immune system and helps the body fight infections.



IMPROVES DIGESTION

Enhances appetite, reduces acidity, and supports healthy digestion.



ANTI-INFLAMMATORY

Helps reduce inflammation, swelling and soothes irritated tissues.



SUPPORTS LIVER HEALTH

Protects liver cells and supports natural detoxification.



SOOTHES & HEALS

Supports healing of ulcers, sore throat, and promotes skin health.



ADAPTOGENIC & REJUVENATING

Helps the body adapt to stress and promotes energy and vitality.

Yashtimadhu is a revered herb in Ayurveda known as "Madhura Dravya" for its natural sweetness, soothing, rejuvenating, anti-inflammatory and adaptogenic properties. It helps nourish tissues, support respiratory health, immunity, digestion and promotes overall vitality and well-being.



**100%
PURE &
NATURAL**

TRADITIONAL USES OF YASHTIMADHU



Cough & Cold Relief



Throat Soother



Digestive Support



Ulcer Healing



Immunity Booster



Stress Relief



Skin Wellness

WAYS TO ENJOY YASHTIMADHU



Yashtimadhu Tea
Boil 2-3 g in water & drink



Licorice Powder
Add to warm water or milk



Licorice Capsules
Take as per guidance



Licorice Decoction
Boil with other herbs



Licorice Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Yashtimadhu Root)



ENERGY
320 kcal



PROTEIN
6.0 g



FIBER
1.0 g



GAROSINIC ACID
75.0 g



TRITERPENOIDS
6.0 g



Ca
340 mg



Fe
5.6 mg



ANTIOXIDANTS
11g%

100% PURE & NATURAL

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NATURAL**

TRADITIONAL USES OF YASHTIMADHU



Cough & Cold Relief



Throat Soother



Digestive Support



Ulcer Healing



Immunity Booster



Stress Relief



Skin Wellness

WAYS TO ENJOY YASHTIMADHU



Yashtimadhu Tea
Boil 2-3 g in water & drink



Licorice Powder
Add to warm water or milk



Licorice Capsules
Take as per guidance



Licorice Decoction
Boil with other herbs



Licorice Churna
Add to food or recipes

NUTRITIONAL PROFILE (Per 100g Dried Yashtimadhu Root)



ENERGY
320 kcal



PROTEIN
6.0 g



FIBER
1.0 g



CARBOHYDRATE
75.0 g



THIAMINE
6.0 g



Ca
340 mg



Fe
5.6 mg



ANTIOXIDANTS
11g

100% PURE & NATURAL

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