

# Product's Overview Document

Puneet Mittal

# Mittal Ayurved



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## **Pure Herbs-Powders [Size 100gms]**

### **1. TRIPHALA**

- 1) Rich in Vitamins & Minerals.
- 2) Antioxidant, Anti viral & Anti bacterial, Anti inflammatory properties.
- 3) Nourishes the nervous system.
- 4) Detoxifies the liver, stimulate bile flow.
- 5) Triphala corrects constipation, cleanses and toning the gastro intestinal tract, improves digestion.
- 6) Reduce high blood pressure, hypertension & improves blood circulation.

### **2. YASHTIMADHU (Glycirrhiza Glabra)**

- 1) Useful in inflammation, Headache, Cough, Fever & Hypoglycemic.
- 2) Increase physical strength by strengthening muscles and bones. Useful in arthritis problem.
- 3) Gives relief from abdominal colic.
- 4) Used to treat gastric ulceration.
- 5) Powerful anti-cough.
- 6) Act as memory enhancer, Nourish eyes, hair, voice box & nervous system.

### **3. NEEM (Azadirachta Indica)**

- 1) It purifies blood and has immuno-enhancing properties.
- 2) Act as an Antiseptic, Antiviral, Antifungal & Anti inflammatory.
- 3) It acts as an Astringent and tones the skin.
- 4) For dandruff treatment mix the neem powder with water to make a paste. Gently apply in between hairs & scalp & massage gently. Leave it in for 30 minutes & rinse off with water.

#### **4. SHIGRU (Moringa Oleifera)**

- (1) Helps to maintain healthy cardiac functions.
- (2) Support healthy digestion.
- (3) Highly nutritious.
- (4) Relief from Painful and inflamed joints through anti inflammatory & anti arthritic properties.

#### **5. KARELA (Momordica Charantia)**

- 1) Lower down Blood sugar level & maintain Insulin level.
- 2) Stimulates Pancreas.
- 3) Removes toxins from Blood.
- 4) Cleanses liver, natural detoxifier.
- 5) Treat psoriasis, Fungal infections & nourishes skin.

#### **6. SHATAVARI(Asparagus Racemosus)**

- 1) Helps maintain hormonal balance.
- 2) Helps to improve immune & digestive system.
- 3) Improves reproductive health & nourishes the female reproductive organs.

#### **7. GUDUCHI (Tinospora Cordifolia)**

- 1) Acts as healthy immunity & Health rejuvenator.
- 2) It has antioxidant properties.
- 3) It has antiseptic & analgesic properties.
- 4) It has Hypoglycemic & Hypolipidemic properties.
- 5) Useful in mal absorption syndrome, Diarrhoea.

## **8. TULSI (Ocimum Sanctum)**

- 1) Relieves cough, cold & supports healthy respiratory system.
- 2) Has anti viral, anti bacterial & anti fungal properties.
- 3) Relieves in anti inflammatory, arthritis & pain.
- 4) Antioxidant, Boost stamina & immune system.

## **9. BRAHMI (Bacopa Monnieri)**

- 1) Brahmi considered a rejuvenating herb for the nerve and brain cells.
- 2) Promotes short term and long term memory.
- 3) Enhancing learning capacity & memory.
- 4) It relieves constipation & digestive problems.
- 5) Blood cleanser.
- 6) It relieves stress, anxiety, depression, & improve concentration in life.
- 7) It stimulates the growth of skin, hair & nails.

## **10. MESHASHRINGI (Gymnema Sylvestre)**

- 1) It helps decrease the craving for sugar.
- 2) The herbs active ingredient Gymnemic acid helps to lower & balance blood sugar levels.
- 3) It stimulates or affects the production and activity of insulin.
- 4) Lowers cholesterol by balancing triglycerides.
- 5) Treat high LDL cholesterol naturally.

## **11. ASHVAGANDHA (Withania Somnifera)**

- 1) It improves depression, anxiety, stress, endurance, physical exhaustion & concentration.
- 2) It improves Arthritis or joint pain.
- 3) It improves weakness due to Diabetes & Diabetic neuropathy.
- 4) It supports healthy reproductive system in both males and females.
- 5) It improves erectile dysfunction & premature ejaculation.
- 6) Supports calm nervous system.

## **12. ARJUNA(Terminalia Arjuna)**

- 1) Herbal supplement known to be rich in coenzyme Q-10, Tannins, Flavonoids, as well as minerals such as Magnesium, Zinc, Copper & Calcium.
- 2) Supports healthy cholesterol level, act as a Heart tonic.
- 3) Maintain blood pressure.
- 4) Effective in Asthma.
- 5) Powerful Antioxidant and good for the skin. It's astringent property prevent Acne.
- 6) Protect the DNA from any possible damage from the toxin. 7) Flush out small stones from Kidney.

## **13. LASUNA/GARLIC(Allium Sativum)**

- 1) Good source of vitamin C, B6, Selenium & Manganese.
- 2) Lowers risk of most cancers.
- 3) Anti bacterial & anti viral.
- 4) Helpful in treating congestive heart diseases.
- 5) Reduces cholesterol, lower blood pressure.
- 6) Blood purifier.

## **14. AMALAKI/AMLA(Emblica Officinalis)**

- 1) Rejuvenate the Liver.
- 2) Supports a healthy reproductive system.
- 3) Promotes stable and healthy energy levels.
- 4) Protector & tonic for the heart by supporting healthy cholesterol levels.
- 5) Cleanses & nourishes the blood.
- 6) Improve digestion.
- 7) Promotes healthy hair.
- 8) Protect & tonifies the eyes.

### **15. VRIKSHAMLA(Garcinia Cambogia)**

- 1) It also supports to raise Serotonin level in the brain, thus helping to suppress appetite & manage healthy weight.
- 2) It is known for its high concentration of hydroxy citric acid ( HCA ) for effective weight loss treatment.
- 3) Inhibits the synthesis of lipids & fatty acids.
- 4) Improves the functioning of Kidney & Urinary system.
- 5) Helpful in the digestion process & assimilation of food.

### **16. GOKSHURA(Tribulus Terrestris)**

- 1) It helps to boost low sex drive.
- 2) Cleansing agent in the urinary system to dissolve the kidney stones & clear the urinary bladder.
- 3) It helps in increasing the sperm production and is a boon for childless couples.
- 4) It is also effective for removing hypertension, relaxes the mind & body.
- 5) Athletes and body builders used to enhance & tone their bodies. It supports the normal levels of testosterone for young men.

### **17. PUNARNAVA(Boerhaavia Diffusa)**

- 1) It subside all the three doshas i.e vata, pitta, kapha. It nourishes & rejuvenate the liver & kidney.
- 2) Act as a natural diuretic.
- 3) It is widely used to rejuvenate liver & kidney and detoxify it.
- 4) It provides relief from joint pains & inflammation.
- 5) It works as a blood purifier, gives immunity to the body.
- 6) It is an excellent anti inflammatory, anti bacterial, mild laxative & is a heart tonic.
- 7) It helps to decrease the urinary tract infection ( UTI ) in women.

### **18. STEVIA REBAUDIAIA-Sweetleaf**

Reduces Obesity

Maintains Blood Pressure

Balance Blood Sugar Levels

## **19. SUNTHI/GINGER(Ginger Officinale)**

- 1) It provides relief from nausea, associated with motion sickness, indigestion, migraine, headache & post surgery.
- 2) It is widely used in rheumatism, vertigo, hyperemesis gravidarum.
- 3) It is widely used for respiratory health problems such as colds, sore throats, bronchitis, congestion, headache & pain.
- 4) It is used for numerous ailments including menstrual symptoms, inflammation, arthritis, high cholesterol, liver health problems, gastrointestinal health problems & motion sickness.

## **WELNESS TEAS[Size 50gms]**

### **1. GREEN TEA**

Improves memory, Boosts immunity, Benefits the heart, Hydrates the body, Reduces cancer risk, Facilitates weight loss, Improves artery function, Regulates glucose levels, Reduces the risk of hypertension, Increase HDL ( Good ) cholesterol, High in antioxidants and fights free radicals, Blocks the oxidation of LDL ( bad ) cholesterol.

### **2. MORINGA TEA**

Dried Moringa leaves possess ½ times the Vitamin C of oranges,10 times the Vitamin A of Carrots,17 times the Calcium of Milk,15 times the Potassium of Bananas, 25 times the Iron of spinach, 9 times the Protein of yoghurt. Rich in 23 Essential Nutrients, supports digestion & immune system, promote weight management, power source of all 9 Essential Amino Acids, Rich in Antioxidants.

### **3. LEMONGRASS TEA**

Clean the liver, kidney, pancreas, digestive tract & bladder, relieving common flu, cough & cold, maintaining normal cholesterol level & blood pressure, Relief from nausea & several menstrual cramps. Antibacterial and antifungal in nature. Improve digestion & lose weight.

### **4. TULSI TEA**

- (1) Relieves cough & cold
- (2) Prevent dengue & malaria
- (3) Anti inflammatory, arthritis & pain
- (4) Antiviral & Antifungal
- (5) Reduces the negative physical & psychological effects of stress and anxiety
- (6) Boost immunity
- (7) Promotes heart health by lowering cholesterol as well as high blood pressure
- (8) Promotes healthy liver function & respiratory health
- (9) Reduces cell and tissue damage from sun rays, radiation therapy and other radiation sources.



## **5. GARCINIA TEA**

- (1) Suppresses of our appetite
- (2) Lose excess fat & weight
- (3) Block fat from being formed
- (4) Maintain cholesterol level
- (5) Reduce belly fat.

## **6. TULSI GREEN TEA**

- (1) Enriched with antioxidant
- (2) Healing power
- (3) Protect the immune system
- (4) Antiviral and antifungal
- (5) Relieves cough and cold
- (6) Relieves from anxiety and stress.