

Aurvedic Remedies

Holistic Head Ache Relief Rinse According to Chinese medicine, pain is your body's signal that there is a blockage of energy. Headaches have complex origins but occasional headaches from being tired, sick, stressed, and tense, etc. can be helped with remedies other than the over-the-counter pain medications. A natural pain-relieving and antispasmodic blend of herbs, this rinse is designed to help relieve mild inflammation and cramping or Chamomile being a mild sedative with relaxing qualities, it can alleviate stress induced headaches. Mint contains antioxidants which help reduce headache pain. Licorice is anti-inflammatory. Ginger helps reduce inflammation of the blood vessels in the head, hence easing the pain. Cinnamon is a miracle spice that is known as one of the effective headache remedies. Tulsi is said to have an analgesic effect, helping stimulate the body's natural processes and relieving pain. Rosemary is known for its positive effect on the mind but has also been found to significantly reduce pain. Clove has been used for centuries to treat various types of pain, including headaches. Valerian Root helps heal the nervous system and is also an excellent remedy for stress and anxiety. Ingredients :- Cinnamomum Verum , Ocimum Tenuiflorum, Syzygium Aromaticum, Mentha Piperita , Matricaria Chamomilla, Zingiber Officinale Roscoe , Rosmarinus officinalis , Valeriana hardwickii, Mentha Spicata , Polyalthia longifolia , Illicium Verum Hook, Crocus Sativus L Main hazards: Non-Flammable. Repeated exposure may cause skin dryness or cracking. Vapors may cause Drowsiness and dizziness. Other hazards: Fine abrasive paste used to remove minor imperfections in surface coatings. Rinse cautiously with water for several minutes. Remove contact lenses if present and continue rinsing. If eye irritation persists, get medical advice/attention. The data was obtained from current and reliable sources, but is supplied without warranty, expressed or implied, regarding its' correctness or accuracy. It is the user's responsibility to determine safe conditions for the use of this product, and to assume liability for loss, injury, damage or expense arising from improper use of this product. The information provided does not constitute a contract to supply to any specification, or for any given application, and buyers should seek to verify their requirements and product use. No foreseeable adverse health effects. This is a feel good wellness natural Aroma product that is safe for consumer and other users under normal and reasonably foreseeable use. No foreseeable hazards which require special first aid measures in case of Adults. When symptoms persist or in all cases of doubt (e.g. allergies etc.) seek medical advice. Rinse immediately with plenty of water for 15 min. Remove contact lenses if present. If symptoms persist, contact a physician. No Hazards which require special first aid measures. If symptoms of discomfort persist, seek exposure to fresh air. Avoid substance contact. Avoid inhalation of dust. Provide of sufficient ventilation. Do not let enter drains, prevent release to the environment. The information provided in this Safety Data Sheet is correct to the best of our knowledge, information and belief at the date of its publication. The information given is designed only as guidance for safe handling, use, processing, storage, transportation, disposal and release and is not to be considered a warranty or quality specification. The information relates only to the specific Material designated and may not be valid for such material used in combination with any other materials or in any process, unless specified in the text. Citrus fruits combined with Tea are a chock-full of nutrients with Health benefits. Vitamin C and anti-oxidants are collagen producers which provide strength and structure to hair. Product build up can lead to a lot of scalp problems and give smelly hair in spite of using aromatic shampoos. The acidic nature of this herbal rinse provide deep cleansing of scalp that has a lot of material build up and eliminate odor causing Bacteria. Continuous usage of this rinse allows hair to live its Natural habitat again and feel. Citrus Aurantium and Citrus Limonum is very effective in controlling oily scalp and can help hair growth due to the Vitamin C and Anti-bacterial contents. Tea Leaves make hair follicles stronger, stimulate hair growth and prevent breakage. Tea leaves can balance the pH levels of the scalp. The antiseptic ingredients in tea remove the dead skin cells and impurities that may block hair follicles, preventing their clogging and allowing hairs to grow again. Psidium Guajava with vitamin C present nourishes

your roots and makes them stronger and this also work as a hair thickening agent. While steeping, you could add any fresh berries of your choice as all the natural ingredients are compatible for your hair. Aloe Barbadensis contains proteolytic enzymes which repairs dead skin cells on the scalp. It also acts as a great conditioner and leaves hair smooth and shiny. It promotes hair growth, prevents

Ingredients :- Citrus Limonum, Citrus Aurantium , Camellia Sinensis , Psidium Guajava, Aloe Barbadensis

Generally: No special measures required.

Inhalation: Remove to fresh air at once. If breathing has stopped give artificial respiration immediately.

Eye: Immediately flush with fresh water for 15 minutes. Seek medical attention if irritation persists.

External: Wash continuously with mild soap and fresh water for 15 minutes.

Internal: Wash mouth out with water. Call a physician, seek medical attention for further treatment, observation & support after first aid.

Personal precaution: Ensure adequate ventilation. Restrict unprotected personnel from area. Sweep up, place in sealed bag or container and dispose.

Precautions for safe handling: Apply good industrial hygiene practices. Observe good personal hygiene, and do not eat, drink or smoke whilst handling. Avoid dust formation.

Conditions for safe storage: Store the product in a well ventilated environment, protect from direct sunlight, in a cool, dry place. Avoid contact with strong oxidizers. It presents no significant reactivity hazards, by itself or in contact with water. Stable under packed form in powder form

Activity of Dye reaction takes place at the time of use after dilution with water.

Shelf life: Indefinite, protect from light, Air and Water. This Material Safety Data Sheet (MSDS) is for guidance and is based upon information and tests believed to be reliable. Shri Raj International makes no guarantee of the accuracy or completeness of the data and shall not be liable for any damages relating thereto. The data is offered solely for your consideration, investigation, and verification. Shri Raj International assumes no legal responsibility for use or reliance upon this data.

Vatta is considered the leader of the three principles of Ayurveda. It symbolizes all movements and control of mind. 75% of the people that observe hair disorders are because of aggravated Vatta Dosh. A balanced Vatta have wavy to curly hair. If the Vatta levels increase above normal, the hair can break due to excessive dryness and look frizzy. It further leads to dandruff, flaking and split-ends. Along with our carefully chosen herbs and moisturizing herbal Rinse, you could try Vatta Hair oil /massage 2-3 times a

Aloe Barbadensis acts as a great conditioner to replenish the lost moisture along with Cocos Nucifera-Vitamin E that moisturizes scalp and hair, preventing breakage and split ends. Terminalia Chebula and Phyllanthus Emblica are added for its Antioxidants that keep hair and follicles healthy by fighting off the damage-causing free radicals. Stevia rebaudiana helps in reducing, eliminating and preventing dandruff, dry scalp, and dry and thin hair problems. Foeniculum Vulgare Miller and Cinnamomum can fight your hair fall. The antioxidants and nutrients present in fennel seeds strengthen the roots of your hair. Trachyspermum Ammi help in halting pre-mature graying of hair. Ocimum Tenuiflorum and Camellia Senesis help to improve the blood circulation and keep your scalp cool reducing itchiness and dandruff and thus promote hair growth. Azadirachta indica can increase the blood circulation in the scalp and help in enhancing the hair growth rate. Glycyrrhiza glabra is another superb herb that helps prevent hair loss by strengthening the hair shaft. Helictes Isora can cure most deep-rooted scalp conditions.

Ingredients :- Terminalia Chebula, Phyllanthus Emblica, Stevia Rebaudiana, Foeniculum Vulgare Miller, Trachyspermum Ammi, Cinnamomum Verum, Ocimum Tenuiflorum, Azadirachta Indica, Cocos Nucifera, Aloe Barbadensis, Glycyrrhiza Glabra, Helictes Isora , Camellia Sinensis

Copper vessel in Scriptures is denoted as "Source of Life" or a symbol of abundance. The wide base of metal pot represents the element Prithvi (Earth), the expanded centre - Ap (water), neck of pot - Agni (fire), the opening of the mouth- Vayu (air).

This Ayurvedic literature is now supported by several scientific studies, drinking or using water from Rose petals: Roses have been used in skin care and body detox in Ayurvedic medicine. Roses have therapeutic benefits that relax the body, reduce stress. chamomile flower helps to cure dandruff problem, promotes hair growth and makes your hair shiny. Shatavari antioxidant and hormone balancing effects reduce hair fall and promote healthy and shiny hair. Hibiscus is rich in amino acids, Vitamin A, Vitamin C and alpha Hydroxyl acids along with other nutrients which are extremely beneficial for your hair. Lavender is deep conditions the hair, keeps it shiny, and helps control dandruff. Ingredients :- Rosa Hybrid , Tagetes Erecta , Matricaria Chamomilla , Asparagus Racemosus , Hibiscus Rosa , Lavandula Angustifolia Subsp , Jasminum Officinale , Carthamus Tinctorius 100% natural bio-active extracts of Amla, Shikakai & Lemon extracts along with protein and Vitamin C. It is free of silicones, parabens, sodium laureth sulfate or any other dangerous chemicals. These ingredients help fighting the causes of hair fall. The natural Zinc content in Emblica Officinalis helps in strengthening the hair follicles and gives the scalp a collagen boost. Apply on wet hair, gently massage hair and scalp and wash with plain water Remove herbs from the packet into a glass beaker/pot and pour 100 ml of hot water over herbs Cover the beaker with a lid and set a 15 minute stop watch/hour glass, steep for 15 minutes. Add 300 ml of cool water in copper pot. After 15 minutes, strain herbs from the beaker and combine it in the copper pot. Mix the steeped water well and use a few ml of water to rinse the herbs from the strainer into the copper pot. The rinse should be luke warm to cool temperature before using—Never pour hot water in your hair Slowly pour this Ayurvedic water over your head so as to cover all the scalp area, massage the infusion into your hair and scalp Collect the water in a large bowl under the head to re-use the liquid and repeat the steps 5-6 times For extra conditioning benefits, leave it in and towel dry your hair. The translation of Kapha explains that the body is principally formed from the two elements- Earth and Water. Kapha cements the elements in the body, providing the material for physical structure. Kapha lubricate the joints; provides moisture to the skin; helps to heal wounds; fills the space in the body; gives biological strength, vigor and stability. Traits of Healthy Kapha hair are Wavy, Lustrous; full, strong, thick and coarse hair. Absence of this element, also called as, "Kapha Dosh" in hair leads to Oiliness of scalp and heaviness in hair which could make the hair look dull and give rise to unhealthy scalp conditions. Ocimum Tenuiflorum and Azadirachta indica are world's best natural anti-bacterial, anti - septic, anti-viral, anti-flu, and anti-biotic, anti - inflammatory herbs. Elettaria Cardamomum Maton is tridoshic (good for balancing all three doshas). Phyllanthus embillica, Lemon and Orange peels with their zesty fragrance are a powerhouse of Anti-oxidants. Sapindus mukorossi and Acacia concinna help in removal of excess oiliness in hair. Continuous use of this infusion will help calm down your Kapha dosh and lead to healthy Kapha type hair. Ingredients :- Phyllanthus Emblica , Ocimum Tenuiflorum , Azadirachta Indica , Citrus Limonum, Citrus Aurantium , Elettaria Cardamomum Maton , Cymbopogon Citrates , Hemidesmus Indicus , Sapindus Mukorossi , Acacia Concinna Ayurveda is considered by many scholars to be the oldest healing science. Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of All Healing." It encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle and the use of herbs. Since there are no single words in English that convey these concepts, we use the original Sanskrit words Vatta, Pitta and Kapha Our Herbs are a holistic approach to combat the deficiencies of every hair by completing their Ayurvedic The royal queens & princesses in ancient India were bathed in milk and hair was seated in herbs to moisture skin and remove 'Dosha' (deep reason of imbalance). These herbs enriched rinses improved sleep, appetite, sexual

vigour, life span and enthusiasm. Not just in India but Greek and various cultures use hair rinse as healing activity. While body relaxes in a hot tub, head & face must be rinsed with room temperature water to not disturb the nature release of heat from the crown, as it could cause weakening of hair roots, encourage emotional irritability & hot headedness One of these recipes can help you overcome your "Dosha" or imbalances you are feeling with time. Remember that your progress toward balance and health is proportional to how well you stick to the guidelines of diet and lifestyle.