Sri Amutha Surabhi Federation (SHG)
Kanyakumari

Herbal cosmetics & First Aid Catalogue

Technical Support
Vivekananda Kendra - nardep Trust
Kanyakumari - 629 702
1. Vata Varma Thylam

Therapeutic uses

Joint and traumatic pains, swelling and paralysis (can be used as massage oil)

Ingredients

Nux vomica seeds, Shorea robusta, Neem bark, Dhatura leaf, Borneo camphor, Sesamum oil, Coconut oil

Application:

Affected parts with the oil twice a day and give hot water fermentation after a gap of half an hour.

Quantity - 100 ml    Price  Rs. 80/-

HC-001

2. Pain balm (Herbal)

Therapeutic uses

Headache, common cold, joint pain, traumatic swelling, sprain (External use)

Ingredients

Crude Vaseline gel, Yukaliptus oil, Clove oil, Menthol, Thymol, Camphor, Borneo camphor, Wax

Application:

Use sufficient quantity on affected parts

Quantity - 50 gm.    Price - Rs.100 /-
3. Makizh  
(Herbal tooth powder)

**Therapeutic uses**
- Strengthens gums and teeth.
- Cure for gum bleeding.
- Against Bad smell
- Teeth dis-colouration

**Ingredients:**
- Acacia arabica, Clove, Quercus infectorius, Borneo camphor, Black pepper, Carum copticum, Rock salt, Borax, Red ochre, Pimpinella anisum, Triphala, crude menthol, Ficus bengalensis bark, Eugenia jambolana bark, Areca catechuchu

**Application:**
Use sufficient quantity with hand or brush

**Quantity** - 50 gm  
**Price** - Rs. 65/-

4. Pothigai  
(Herbal bath powder)

**Therapeutic uses**
- Preserves skin health, 
- cools the body and
- Imparts pleasant aroma

**Ingredients:**
- Sandal wood, Cyperus roduntus, Green gram, Psoralea corylifolia, Vettiver, Curcuma aromatica, Kaempferia galanga, Black cumin seeds, coleus ambonicus

**Application:**
External Use.  
Take sufficient quantity and use during bath

**Quantity** - 100 gm  
**Price** - Rs. 80/-
5. Triphala Churnam

Therapeutic uses
Remedy for constipation, piles, stomach ulcer, diabetes and also as a tonic

Ingredients:
Purified T.Chebula, T.Belerica, P.Emblica

Application/Dossage
1 to 2 tea-spoon with honey or warm water, twice a day

HC -005
Quantity - 100 gm Price - Rs. 60/-

6. Madumega churnum
(Herbal diabetic powder)

Therapeutic uses
Remedy for diabetes, white discharge, tiredness, burning sensation of the body and body resistance.

Ingredients:
Triphala, Curry leaf, Turmeric, Jambu seeds, Phyllanthus amarus, Tinospora cordifolia

Application:
3 to 6 grams 3 times with warm water or milk - half an hour after food

HC -006
Quantity - 100 gm Price - Rs. 65/-
7. Sugabethy churnam

**Therapeutic uses**
Cure for chronic constipation, piles and removes gas trouble, regulates the bowels

**Ingredients:**
Terminalia Chebula, Cassia senna, Trachyspermum ammi, Pimpinella anisum

**Application/Dosage**
½ to 2 tea-spoon at bed time or early morning with warm water

**Quantity - 100 gm**  **Price - Rs. 65/-**

8. AshtaChurnam

**Therapeutic uses**
Cure for loss of appetite, flatulence, indigestion and abdominal disorders

**Ingredients:**
Dried ginger, Black pepper, Long pepper, Asafoedita, Black cumin seeds, Cumin seeds, Rock salt, Carum copticum

**Application/Dosage**
2 to 5 grams 3 times with warm water /with food

**Quantity - 50 gm**  **Price - Rs. 65/-**
9. Herbal hair oil

**Therapeutic uses**
Cure for dandruff,
hair fall, grey hair, head itching,
burning sensation of eyes and body heat.
It promotes the hair growth. (External use)

**Ingredients:**
Henna, Hibiscus, Fenugreek, Curry leaf,
Jatamanshi, Amla, Eclipta alba,
Kaempferia galanga, Coconut oil

**Application**
External Use. After bath and drying the hair

**Quantity:** 100 ml   **Price:** Rs. 90 /-

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10. Hair promoter oil

**Therapeutic uses**
Good for Hair growth
(Dark and thick)

**Ingredients:**
20 kinds of herbs along with
Ghee and Castor oil

**Application**
Required quantity -
half an hour before or after bath

** HC -010**
**Quantity:** 100 ml   **Price:** Rs. 85 /-
11. Darisanam

Therapeutic uses

- Helps in improving the eye sight
- Reduces burning sensation of eyes and body
  (External use only)

Ingredients:

- Drumstick leaves juice,
- Cumin seeds, Crude camphor,
- Benzoin (crude), Gingelly oil

Application/Dossage

External Use.
Apply it half an hour before bath
On the crown of the head

<table>
<thead>
<tr>
<th>HC -011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quantity - 100 ml</td>
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</table>

12. Tejas (Herbal face cream)

Therapeutic uses

- Pimples, black spots and discolouration of face
  (can be used as an after shave lotion)

Ingredients:

- Gingelly oil, Borneo camphor,
- Rubia cordifolia, Hemidismus indicus,
- Shorea robusta, Vettiver, Curcuma aromatica,
- Kaempferia galanga, Rose petals,
- Ventilago madras patna, Honey bee wax,
- Sandol oil, Black cumin seeds.

<table>
<thead>
<tr>
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<td>Quantity - 50 gm</td>
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</table>
13. Ointment for Healing Wounds

**Therapeutic uses**
Used in cases of chronic wounds and ulcers, scabies, traumatic wounds

**Ingredients:**
Coconut oil, Datura leaf juice, Crude copper sulphate, Honey bee wax

**Application/Dosage**
External Use.

**Quantity** - 15 gms. **Price** - Rs.50/-

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14. Vajram (Crack ointment)

**Therapeutic uses**
Used for cracks in palm, sole and anus fissure

**Ingredients:**
Castor oil, Coconut oil, Honey bee wax, Shore robusta, Crude lead sulphidum

**Application/Dosage**
External Use.

**Quantity** - 15 gms. **Price** - Rs.50/-
15. **Aluppu Churnam**  
*(cough & cold)*

**Therapeutic uses**
- Remedy for Cold (flu) cough, Body pain, Tiredness, Throat pain, Expectoration, Tonsillitis, Sinusitis

**Ingredients:**
- Triphala, trikadugu, pepper, dried ginger, flacourtia catabhrata, antrograbhis paniculata, tulsi, turmeric, carum copticum, long pepper fruit, glycirrhiza glabra,

**Dossage**
- 2 to 4 grams and 3 times (morning, afternoon and night) per day
- **Quantity - 50 gms.** **Price - Rs. 60 /-**

16. **Nilavembu Kashayam**

**Therapeutic uses**
- For any type of Fevers, Body ache, Tiredness, Fatigue, Nose-block, Phlegm, Cough, Dengue, Chikungunya.
- This is a good preventive medicine.
- Improves the body strength.

**Ingredients:**
- Nilavembu, Black pepper, Tulasi leaves

**Dossage**
- 2 – 4 gram – boil well in ¾ tumbler or 150 ml water, filter and drink
- For children 30 – 60 ml. once or twice. Five to eight days, drink half an hour before meals.
- To improve immunity, this can be taken continuously for once in three or four days.
- **HC -016**
- **Quantity - 50 gms.** **Price - Rs. 100 /-**
17. Sanjeevi Choornam

**Therapeutic uses**

It is a Kalpa medicine that gives disease resistance power to the body and mind.

Useful in cases of Vomiting, Stomach ailments, Liver complaints, Eye Problems, Inner heat and Gonorrhea

**Ingredients:**

Thetram seed, Vakula flower, Sathakuppai, Atimadhuram, Malli, Jeera and other ingredients have been used.

**Dosage**

3 – 5 grams in water or honey or diluted warm milk

One time - Night or morning. Either half an hour before meal or half an hour after meal.

Can be taken continuously for long period - minimum 3 mandalas (three to four months)

**Quantity - 100 gms.**  **Price - Rs.100/-**

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18. Shakti Choornam (Varma Choornam)

**Therapeutic uses**

A good medicine against contagious diseases.

Cough, Breathlessness, Breathing problems, Giddiness, Body ache, Varma catch, Vayu, Throat problems.

Improves the body resistance.

**Ingredients:**

Amukkara, Tippili, Sirutekku, Kungileum

**Dosage**

Once or twice with 1 ¼ or 2 ½ gram ghee or with warm water, half an hour before meals or half an hour after meals.

During period of infection – 5 to 48 days - 2 times

500 mg – 1 gram, this can be taken continuously for 3 – 4 months.

**Quantity - 50 gms.**  **Price - Rs. 100/-**
<table>
<thead>
<tr>
<th>S.N</th>
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<th>Code No</th>
<th>Quantity</th>
<th>Rate Rs.</th>
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<tbody>
<tr>
<td>1</td>
<td>Vata Varma Thylam</td>
<td>HC-001</td>
<td>100 ml</td>
<td>80 /-</td>
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<td>2</td>
<td>Pain balm (Herbal)</td>
<td>HC-002</td>
<td>50 gm.</td>
<td>100 /-</td>
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<td>3</td>
<td>Makizh (Herbal tooth powder)</td>
<td>HC-003</td>
<td>50 gm.</td>
<td>65 /-</td>
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<td>4</td>
<td>Pothigai (Herbal bath powder)</td>
<td>HC-004</td>
<td>100 gm.</td>
<td>80 /-</td>
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<tr>
<td>5</td>
<td>Triphala Churnam</td>
<td>HC-005</td>
<td>100 gm.</td>
<td>60 /-</td>
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<td>Madumega churnum (Herbal diabetic powder)</td>
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<td>7</td>
<td>Sugabathy churnam</td>
<td>HC-007</td>
<td>100 gm.</td>
<td>65 /-</td>
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<td>8</td>
<td>Ashta Churnam</td>
<td>HC-008</td>
<td>50 gm.</td>
<td>65 /-</td>
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<td>9</td>
<td>Herbal hair oil</td>
<td>HC-009</td>
<td>100 ml</td>
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<td>10</td>
<td>Hair promoter oil</td>
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<td>100 ml</td>
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<td>Tejas (Herbal face cream)</td>
<td>HC-012</td>
<td>50 gm.</td>
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<td>Ointment for Healing Wounds</td>
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<td>15</td>
<td>Aluppu Churnam (cough &amp; cold)</td>
<td>HC-015</td>
<td>50 gm.</td>
<td>60 /-</td>
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<td>16</td>
<td>Nilavembu Kashayam</td>
<td>HC-016</td>
<td>50 gm.</td>
<td>100 /-</td>
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<td>17</td>
<td>Sanjeevi Choornam</td>
<td>HC-017</td>
<td>100 gm.</td>
<td>100 /-</td>
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<td>18</td>
<td>Shakti Choornam (Varma Choornam)</td>
<td>HC-018</td>
<td>50 gm.</td>
<td>100 /-</td>
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</table>
Note:

1. Packing and forwarding charges extra at actuals
2. Delivery within a week after the receipt of full payment in advance.
3. Details of our bank account are as follows:
   a. Name of bank: State Bank of India
   b. Account name: Sri Amudha Surabhi Trust
   c. Account Number: 30215745142
   d. Bank place: Vivekanandapuram.
   e. IFSC code: SBIN0003780

For more details.....

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E-Mail: sriastrust@gmail.com

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