

AROGYA DARSHIKA[®]

Based on Indian Almanac — Shri. D. K. Soman

SANDU PHARMACEUTICALS LTD

Sandu Nagar, D. K. Sandu Road, Chembur, Mumbai 400 071
Phone : 022-2528 4402, E-mail: customercare@sandu.in

125 YEARS OF TRUST

TRUSTED IN AYURVEDA SINCE 1899

1

MARGASHIRSH-PAUSH
SHAK 1945

JANUARY 2024

SAMVAT 2080

Happy New Year

SUN	<div></div> <div>#SayYesToAyurveda</div>	<div>K 11</div> <div>Ashishvagh P 25</div> <div>Safala Ekadashi</div> <div>7</div> <div>M 24</div> <div>7.15</div> <div>18.15</div> <div>16.00</div> <div>Vrishchik</div>	<div>S 3/4</div> <div>Bahman P 2</div> <div>Vinayak Chaturthi Bhogi</div> <div>14</div> <div>M 2</div> <div>7.16</div> <div>18.19</div> <div>Kumbha</div>	<div>S 11</div> <div>Adar P 9</div> <div>Putrada Ekadashi</div> <div>Vaikunth Ekadashi (T.N.)</div> <div>Rivan Feast (Goa)</div> <div>21</div> <div>M 9</div> <div>7.16</div> <div>18.24</div> <div>Vrishabh</div>	<div>K 3</div> <div>Mehar P 16</div> <div>Lala Lajpat Rai Birth Anniversary</div> <div>Pilar Feast (Goa)</div> <div>28</div> <div>M 16</div> <div>7.15</div> <div>18.28</div> <div>Simha</div>
MON	<div>Margashirsh K 5</div> <div>Fravardin P19</div> <div>Khristabda 2024 begins</div> <div>1</div> <div>M 18</div> <div>7.13</div> <div>18.11</div> <div>Simha</div>	<div>K 12</div> <div>Ashtad P 26</div> <div>8</div> <div>M 25</div> <div>7.15</div> <div>18.15</div> <div>Vrishchik</div>	<div>S 5</div> <div>Ardibehest P 3</div> <div>Makar Sankranti Pongal (S. India)</div> <div>15</div> <div>M 3</div> <div>7.16</div> <div>18.20</div> <div>24.37</div> <div>Meen</div>	<div>S 12</div> <div>Avan P 10</div> <div>22</div> <div>M 10</div> <div>7.16</div> <div>18.24</div> <div>16.22</div> <div>Mithun</div>	<div>K 4</div> <div>Srosh P 17</div> <div>Ganesh Sankashta Chaturthi</div> <div>29</div> <div>M 17</div> <div>7.15</div> <div>18.29</div> <div>25.43</div> <div>Kanya</div>
TUE	<div>K 6</div> <div>Behram P 20</div> <div>2</div> <div>M 19</div> <div>7.13</div> <div>18.12</div> <div>18.27</div> <div>Kanya</div>	<div>K 13</div> <div>Asman P 27</div> <div>Bhoom Pradosh Shivaratri</div> <div>9</div> <div>M 26</div> <div>7.15</div> <div>18.16</div> <div>21.10</div> <div>Dhanu</div>	<div>S 6</div> <div>Shehrevar P 4</div> <div>Mattu Pongal (S. India)</div> <div>Bangar Shashti, Karidin</div> <div>Kinkrant</div> <div>Anurupa Shashti (Bengal)</div> <div>16</div> <div>M 4</div> <div>7.16</div> <div>18.21</div> <div>Meen</div>	<div>S 13</div> <div>Khorshed P 11</div> <div>Bhoom Pradosh</div> <div>Netaji Subhashchandra Bose Birth Anniversary</div> <div>23</div> <div>M 11</div> <div>7.16</div> <div>18.25</div> <div>Mithun</div>	<div>K 4</div> <div>Rashne P 18</div> <div>Hutatatma Din</div> <div>Mahatma Gandhi Commemoration Day</div> <div>30</div> <div>M 18</div> <div>7.15</div> <div>18.29</div> <div>Kanya</div>
WED	<div>K 7</div> <div>Ram P 21</div> <div>Savitribai Phule Birth Anniversary</div> <div>3</div> <div>M 20</div> <div>7.13</div> <div>18.12</div> <div>Kanya</div>	<div>K 14</div> <div>Zamyad P 28</div> <div>10</div> <div>M 27</div> <div>7.15</div> <div>18.17</div> <div>Dhanu</div>	<div>S 7</div> <div>Asfandarmad P 5</div> <div>Guru Govind Singh Birth Anniversary</div> <div>17</div> <div>M 5</div> <div>7.16</div> <div>18.21</div> <div>27.33</div> <div>Mesh</div>	<div>S 14</div> <div>Mohor P 12</div> <div>24</div> <div>M 12</div> <div>7.16</div> <div>18.26</div> <div>25.46</div> <div>Karka</div>	<div>Paush K 5</div> <div>Fravardin P 19</div> <div>31</div> <div>Rajab M 19</div> <div>7.14</div> <div>18.30</div> <div>Kanya</div>
THU	<div>K 8</div> <div>Govad P 22</div> <div>Kalashtami</div> <div>4</div> <div>M 21</div> <div>7.14</div> <div>18.13</div> <div>30.45</div> <div>Tula</div>	<div>K 30</div> <div>Marespand P 29</div> <div>Margashirsh Amavasya</div> <div>Darsha Vela Amavasya</div> <div>Vakula Amavasya (Odisha)</div> <div>11</div> <div>M 28</div> <div>7.15</div> <div>18.17</div> <div>23.05</div> <div>Makar</div>	<div>S 8</div> <div>Khordad P 6</div> <div>Durgashtami</div> <div>18</div> <div>M 6</div> <div>7.16</div> <div>18.22</div> <div>Mesh</div>	<div>S 15</div> <div>Tir P 13</div> <div>Shakambhari Purnima</div> <div>Shakambhari Navaratri ends</div> <div>Full Moon, Gurupusyamrut</div> <div>Tu Bishvel (Jew)</div> <div>Hajrat Ali Birth Anniversary</div> <div>25</div> <div>M 13</div> <div>7.16</div> <div>18.26</div> <div>Karka</div>	<div>MAHASUDARSHAN KADHA NO.1 (MSK PLUS)</div> <div>Trusted Immunomodulator</div>
FRI	<div>K 9</div> <div>Dae-Pa-Din P 23</div> <div>5</div> <div>M 22</div> <div>7.14</div> <div>18.14</div> <div>Tula</div>	<div>Paush S1</div> <div>Aneran P 30</div> <div>Paush Begins</div> <div>Swami Vivekanand Birth Anniversary</div> <div>New Moon</div> <div>National Youth Day</div> <div>12</div> <div>M 29</div> <div>7.16</div> <div>18.18</div> <div>Makar</div>	<div>S 9</div> <div>Amardad P 7</div> <div>19</div> <div>M 7</div> <div>7.16</div> <div>18.22</div> <div>Mesh</div>	<div>Paush K 1</div> <div>Gosh P 14</div> <div>Republic Day</div> <div>Flouting Festival (S. India)</div> <div>26</div> <div>M 14</div> <div>7.15</div> <div>18.27</div> <div>Karka</div>	<div>MAHASUDARSHAN KADHA NO.1</div> <div>Trusted Immunomodulator</div>
SAT	<div>K 10</div> <div>Din P 24</div> <div>Parshwanath Jayanti (Jain)</div> <div>Chandor,Casavlin, Reismagos, Candolin Feast (Goa)</div> <div>6</div> <div>M 23</div> <div>7.14</div> <div>18.14</div> <div>Tula</div>	<div>S 2</div> <div>Shehrewar Hormazd P 1</div> <div>Lohri (Kashmir)</div> <div>Shehrewar Parasi Month begins</div> <div>Rajab : Muslim Month begins</div> <div>Rajab M 1</div> <div>7.16</div> <div>18.19</div> <div>23.35</div> <div>Kumbha</div>	<div>S 10</div> <div>Dae-Pa-Adar P 8</div> <div>Shamb Dashmi (Odisha)</div> <div>Surya Puja (Odisha)</div> <div>20</div> <div>M 8</div> <div>7.16</div> <div>18.23</div> <div>08.52</div> <div>Vrishabh</div>	<div>K 2</div> <div>Dae-Pa- Meher P 15</div> <div>27</div> <div>M 15</div> <div>7.15</div> <div>18.27</div> <div>13.00</div> <div>Simha</div>	<div>MAHASUDARSHAN KADHA NO.1</div> <div>Trusted Immunomodulator</div>

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Revitalising Tonic

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Immunity
Booster
for
Children



AROGYA DARSHIKA

JANUARY 2024



PREMIUM
IMMUNITY
BOOSTER



HELLO, DR.SANDU



SANDU PHARMACEUTICALS IN A NUTSHELL



A SWEET DEAL

Ayush: Namaste Didi, Happy Makar Sankranti ! Tilgul ghya Godgod bola !

Didi : Happy Makar Sankranti to you too ! (Smiling) I already had a couple; here take this laddoo back so you can have two Tilgul laddoos and be extra sweet instead, ok ? You see, I have taken my diet seriously and I have learnt moderation is key.

Ayush : Dee, what dieting, it's Makar Sankranti ! It's time to loosen the belt and settle in for delicious sweets to send us into a food coma.

Didi : It does sound like a sweet deal but I have already made up my mind. The talk I had with Dr. Sandu yesterday about sugar, savory treats, their quantity and its effect on our bodies has left quite an impression on me. It reminded me of the saying 'What is sweet in the mouth is not always good in the stomach'.

Dr. Sandu Says

- Simple carbohydrates like sugar, honey, jam, refined foods, pastries etc are broken down easily, induce weight gain so increases blood glucose level fast.
- Keeping this in mind, always try to have whole grains, cereals, less processed food and vegetables.
- Compared to glucose, fructose metabolism is gradual thus blood sugar levels increase slowly.
- All fruits are welcome for a healthy individual but fruits like watermelon, Apple, Guava etc are especially favourable for a diabetic.
- Remember to have the fruit in its whole form to introduce more fibre & not in juice form.
- Honey is a good antioxidant rich alternative that is essentially pure

- sugar, with no fat and trace amounts of protein along with fibre.
- Jaggery is another natural form of sugar that has more natural nutrients and other bioactive components required for human health.
- It is a health-supportive superfood that can be used alone or in combination with other beneficial products and enhance its nutritious value.
- Another surprising alternative are dates, its paste may be used as substitute to make healthier nutrient rich sweet dishes.
- And always remember 'Everything in Moderation including Moderation'



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

MESHASHRINGI

Latin name : *Gymnema sylvestre R.Br.*
Family : Asclepiadaceae
Common name : Gudmaar, Medhaashingi
Part used : Leaf, Root
Sanskrit meaning : Fruits/ Pods resembling "Ram's horn"

Paste of Leaves mixed with castor oil is applied to swollen joints to relieve joint complaints

Helps in relieving inflammatory conditions

Aids as liver tonic & maintains cholesterol levels

Antimicrobial action

Helps to improve urine output

Interferes with the ability of taste buds on the tongue to differentiate between sweet and bitter

TIME CAPSULE

It may be said that the knowledge of Ayurveda was already scattered among all the Veda. Scholars believe that Ayurveda is part of **Atharva Veda**. But the very first practitioners of Ayurveda somewhere around 2000 BC explain in their classical texts which are still used as the fundamental source material for learning Ayurveda that:

‘ब्रम्हा स्मृत्वा आयुषो वेदं’
Meaning that, Ayurveda was first taught to others by **Lord Brahma**. It implies that Ayurveda existed even before and was not discovered or founded in technical ideology. Which makes it ‘शाश्वत’ or Eternal and ‘अनादी’ i.e without beginning or end.

India has gifted ‘Lifestyle ideals’ and treatment methods to the world in the form of ‘**Ayurveda**’. Today's fast paced world & 5G generation has recognized the importance of Yoga. Like Yoga, India has given the master-key of health in the form of Ayurveda to the world.

Through the past 124 years **Sandu Pharmaceuticals** has been contributing to the progress of Ayurveda by providing authentic Ayurvedic medicines. To achieve standard quality of medicine and desired therapeutic efficacy it is important to select best quality authentic herbs along with scientific production. For the same, to do regular appropriate testing **Sandu Pharmaceuticals** has established the first R&D Lab in Ayurveda. In today's corporate competition also **Sandu Pharmaceuticals** has maintained high quality medicine as its utmost priority. As a result of this, classical product range like Asava Arishta, Kadha etc. are recognized the best medicines & vouched by eminent Ayurveda consultants. Now the 4th generation of **Sandu Pharmaceuticals** is working to maintain this trust and legacy. Considering the need of this era, after intense scientific research **Sandu Pharmaceuticals** has made availability of new medicine for different illnesses like **Bilagyl** for IBS, **Kumarvin** for immunity of children, **Stresan** to reduce stress etc.

Many allopathic doctors have expressed that **Sandu Pharma products** like Mahasudarshan kadha, Whoopin cough syrup, Ashwagandharishta, Amritarishta etc have helped them protect themselves

from Covid 19.

With **Sandu Pharmaceuticals** you can see the nice combination of the classical Ayurvedic principles with modern research technology

Sandu Pharmaceuticals has established state of art production units at Goa and Nerul, Navi Mumbai. **Sandu Pharmaceuticals** has one of the best manufacturing units of Ayurved medicine. Many doctors, students and teachers of Ayurved visit our factory often.

With the help of a network of 500+ sales team & more than 2000 distributors Pan India, **Sandu Pharmaceuticals** has ensured availability of products across the country regularly. The last few decades have seen a rise in export of our products to different countries like America, Singapore, Philippines, Africa, Europe, Nepal etc.

With the blessings of Lord Dhanvantari, **Sandu Pharmaceuticals** hopes to continue providing health care services to society through Ayurveda & wishes all the readers of **Sandu Arogya Darshika** a very happy new year 2024. Every page of **Sandu Arogya Darshika** has important information on Ayurved and Health & we would love to hear your feedback about the same. Also share your views on social media pages of **Sandu Pharmaceuticals**, like Facebook, Instagram, Youtube, Twitter etc. Our Products are now available online on **Sandu Pharmaceuticals** website at www.sandu.in, Amazon, Flipkart, 1mg.

Thank you so much.

***Consult your Registered Medical Practitioner before use**
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Sl. No.	Batch No.	Exp. Date	Product Name	Strength	Quantity	Price (Rs.)	MRP (Rs.)	Net Weight (g)	Net Volume (ml)	Remarks
1	101	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
2	102	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
3	103	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
4	104	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
5	105	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
6	106	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
7	107	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
8	108	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
9	109	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
10	110	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
11	111	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
12	112	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
13	113	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
14	114	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
15	115	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
16	116	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
17	117	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
18	118	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
19	119	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
20	120	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
21	121	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
22	122	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
23	123	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
24	124	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
25	125	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
26	126	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
27	127	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
28	128	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
29	129	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
30	130	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
31	131	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
32	132	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
33	133	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
34	134	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
35	135	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
36	136	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
37	137	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
38	138	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
39	139	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
40	140	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
41	141	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
42	142	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
43	143	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
44	144	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
45	145	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
46	146	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
47	147	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
48	148	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
49	149	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	
50	150	10/2024	MAKARPRASH	1000mg	100g	1000	1000	100	100	

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with Silver
& Pearl

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TRUST

2

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FEBRUARY 2024

SAMVAT 2080

SANDU PHARMACEUTICALS LTD
AROGYA DARSHIKA हर दिन,
हर घर...
आयुर्वेद !

SUN



#SayYesToAyurveda

K 9 Dae-Pa-Din P 23
Margo (Grace Church)
Feast (Goa)

4

M 23
7.13 18.32 Vrishchik

S 2 Aneran P 30
New Moon
Dharmanath Bij

11

Rajab M 30
7.10 18.36 Kumbha

S 9 Amardad P 7
Madhva
Navami

18

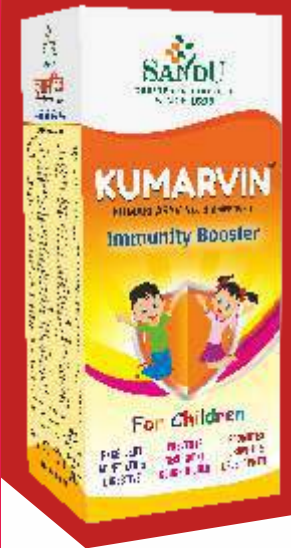
M 7
7.07 18.39 21.53 Mithun

K 1 Gosh P 14
Guru Pratipada
Gangapur Yatra

25

M 14
7.02 18.41 Simha

MON



K 10 Din P 24

5

M 24
7.13 18.33 Vrishchik

S 3 Hormazd P 1
Til Kund Chaturthi
Meher Parasi Month
begins

12

Shaban:
Muslim
Month begins
Shaban M 1
7.10 18.36 09.35 Meen

S 10 Dae-Pa-Adar P 8
Chhatrapati Shivaji Maharaj
Birth Anniversary
(As per date)
Bhakta Pundalik Utsav

19

M 8
7.06 18.39 Mithun

K 2 Dae-Pa- Meher P 15
Veer Savarkar
Commemoration Day

26

Shab-E-Barat M 15
7.02 18.42 08.10 Kanya

TUE

KUMARVIN[®]
Ayurvedic
Immunity Booster
for Children

K 11 Ashishvagh P 25
Shatatila Ekadashi

6

M 25
7.13 18.33 07.34 Dhanu

S 4 Bahman P 2
Vinayak Chaturthi
(Angarak yoga)
Shri Ganesh Jayanti
Varad Chaturthi

13

M 2
7.09 18.37 Meen

S 11 Adar P 9
Jaya Ekadashi

20

M 9
7.06 18.40 Mithun

K 3 Mehar P 16

27

M 16
7.01 18.42 Kanya

WED

K 12 Ashtad P 26
Pradosh
Cuncoli, Raia Feast (Goa)

7

M 26
7.12 18.34 Dhanu

S 5 Ardibehest P 3
Vasant Panchami
Shree Panchami

14

M 3
7.09 18.37 10.42 Mesh

S 12 Avan P 10
Bhishma Dwadashi
Pradosh
Santan Dwadashi
International Mother
Language
Day

21

M 10
7.05 18.40 07.43 Karka

K 4 Srosh P 17
Ganesh Sankashta
Chaturthi
National Science Day

28

M 17
7.00 18.43 20.59 Tula

THU

Paush K 6 Behram P 20

1

Rajab M 20
7.14 18.30 14.30 Tula

K 13 Asman P 27
Meru Trayodashi (Jain)
Shivratri

8

Shab-E-Miraj M 27
7.12 18.34 10.03 Makar

S 6 Shehrevat P 4
Surya Shashthi
Kumar Shashthi
Sitala Shashthi (Bengal)

15

M 4
7.08 18.37 Mesh

S 13 Khorshed P 11
Gurupushyarnut
Shri Vishvakarma Jayanti

22

M 11
7.04 18.40 Karka

Magh K 5 Rashne P 18
Avdumbar Panchami

29

Shaban M 18
7.00 18.43 Tula

FRI

K 7 Ram P 21
Kalashtami
Swami Vivekanand
Birth Anniversary (Tithi Puja)

2

M 21
7.14 18.31 Tula

K 14/30 Zamyad P 28
Paush Amavasya
Darsh-Mouni Amavasya
Triveni Amavasya (Odisha)
Thai Amavasya (T.N.)

9

M 28
7.11 18.35 Makar

S 7 Asfandarmad P 5
Rath Saptami
Bhishmashtami
Chandrabhaga Saptami
(Odisha)

16

M 5
7.08 18.38 14.42 Vrishabh

S 14 Mohor P 12

23

M 12
7.04 18.41 19.24 Simha

TEJRAS[®]
Excellent
Memory Booster



SAT

K 8 Govad P 22
Magh begins

3

M 22
7.14 18.31 25.03 Vrishchik

Magh S 1 Marespand P 29

10

M 29
7.11 18.35 10.02 Kumbha

S 8 Khordad P 6
Durgashtami

17

M 6
7.07 18.38 Vrishabh

S 15 Tir P 13
Magha Purnima
Full Moon
Guru Ravidas Jayanti
Madha Snan End

24

M 13
7.03 18.41 Simha

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for flu

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treatment of
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flu



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AROGYA DARSHIKA हर दिन,
हर घर... आयुर्वेद !

SUN	Falgun K 6 Shri Ekanath Shashthi Easter Sunday Ramzan M 20 6.34 18.51 21.56 Dhanu	Fravardin P19 Bhanu Saptami Kalashtami M 21 6.57 18.44 Vrishchik	Ram P 21 3 6.52 18.46 20.40 Meen	K 30 Darsha Amavasya M 28 6.52 18.46 20.40 Meen	Zamyad P 28 S 8 Durgashtami M 6 6.46 18.48 Mithun	Asfandarmad P 5 S 14 Hutashani Purnima Holi Purim (Jew) M 13 6.40 18.50 14.19 Kanya	Mohor P 12 24	
	BHRINGAJEEVANI® Excellent Hair Tonic	K 8 Janki Janma National Safety Day M 22 6.57 18.44 16.20 Dhanu	Govad P 22 4 6.51 18.46 Meen	Falgun S 1 Falgun Begins New Moon Shaban M 29 6.51 18.46 Meen	Marespand P 29 S 9 18 6.45 18.48 Mithun	Khordad P 6 S 15 Dhulivandan Full Moon Shushan Purim (Jew) Chaitanya Jayanti M 14 6.39 18.50 Kanya	Tir P 13 25	
TUE	KESHITA® Beneficial for Healthy Growth of Hair 	K 9/10 Ramdas Navami Swami Dayanand Saraswati Jayanti M 23 6.56 18.45 Dhanu	Dae-Pa-Din P 23 5 6.50 18.47 20.29 Mesh	S 2/3 Shri Ramkrishna Paramhansa Jayanti Ramzan Muslim Month begins Ramzan M 1 6.50 18.47 Mesh	Aneran P 30 S 10 Fagu Dashami (Odisha) M 8 6.45 18.48 13.36 Karka	Amardad P 7 S 11 Fagu Dashami (Odisha) M 8 6.45 18.48 13.36 Karka	Falgun K 1 Gosh P 14 Vasantotsav begins Abhyanga Snana M 15 6.38 18.50 26.55 Tula	26
	WED		K 11 Vijaya Smart Ekadashi M 24 6.56 18.45 20.27 Makar	Din P 24 6 6.50 18.47 Mesh	S 4 Vinayak Chaturthi Santchaturthi (Odisha) Avan : Parsi Month begins M 2 6.50 18.47 Mesh	Hormazd P 1 S 11 Amalaki Ekadashi Vishuva Din M 9 6.44 18.49 Karka	Dae-Pa-Adar P 8 K 2 Tukaram Beej M 16 6.38 18.50 Tula	Dae-Pa- Meher P 15 27
K 12 Vijaya Bhagawat Ekadashi Shravanopwas M 25 6.55 18.45 Makar			Ashishvangh P 25 7 6.49 18.47 22.39 Vrishabh	S 5 Bahman P 2 M 3 6.49 18.47 22.39 Vrishabh	Adar P 9 S 12 Govind Dwadashi Jamshedi Navroj M 10 6.43 18.49 25.26 Simha	Adar P 9 K 3 Ganesh Sankashtha Chaturthi Chhatrapati Shivaji Maharaj Birth Anniversary (As per tithi) M 17 6.37 18.51 Tula	Meher P 16 28	
FRI	Magh K 6 Shaban M 19 6.59 18.43 Tula	Fravardin P19 Pradosh Mahashivaratri Shiv puja International Women's Day M 26 6.54 18.45 21.20 Kumbha	Ashtad P 26 8 6.48 18.47 Vrishabh	S 6 Ardibehest P 3 International Consumer Day M 4 6.48 18.47 Vrishabh	Avan P 10 S 13 Pradosh M 11 6.42 18.49 Simha	Avan P 10 K 4 Good Friday M 18 6.36 18.51 14.08 Vrishchik	Srosh P 17 29	
	K 6 Behram P 20 M 20 6.58 18.44 08.16 Vrishchik	K 14 Asman P 27 M 27 6.53 18.45 Kumbha	S 7 Shehrevrar P 4 M 5 6.47 18.48 28.20 Mithun	S 7 Shehrevrar P 4 M 5 6.47 18.48 28.20 Mithun	S 13 Khorshed P 11 Shaheed Din World Meteorological Organisation Day M 12 6.41 18.49 Simha	K 5 Ranga Panchami M 19 6.35 18.51 Vrishchik	Rashne P 18 30	
SAT								

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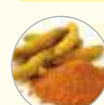
Karanjsal
Clears pimples



Gulvel
Improves blood circulation &
provides nourishment to skin



Daruhalad
Enhances the glow &
complexion of skin



Halad
Purifies the blood, cures boils,
blemishes and rashes



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Dr. S. A. Patil, Hubli



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MARCH 2024



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SANDU HEALTH & HAPPINESS RANGE

CONFLICT RESOLUTION

Animation: An internal conversation between reproductive organs of Smriti

Brain: Hey! Guys this month I am a little short on estrogen. Can you lend me some more time?

Ovaries : You said that the last time as well. Do you know what I had to go through? It hurts a lot for me, you know.

Uterus: All your conflict has resulted in me putting on weight. She can no longer get into her pants and we got them a month back.

Brain: It's not entirely my fault. Ovaries, you too, keep secreting excess of something that's not needed, adding further confusion.

Ovaries : Why is it my fault every time? Who's job is it to send the hormone guys here to fix things but didn't?

Uterus: That's it. I have had enough of your argument. There is no other option but to ask Dr. Sandu.

Animation ends with Smriti saying "Dr. Sandu Please Help!"

Dr. Sandu Addresses the Audience

- Paricharya (Routine) are lifestyle habits designed for different phases in a woman's life & maintain health.
- Ayurvedic texts mentions Rajaswala paricharya a routine followed during menstrual cycle.
- It aims to prevent vitiation of vata, kapha, aama and restore energy.
- Garbhini Paricharya (Conception to Delivery) outlines 3 areas i.e., Monthly dietary regimen, activities & substance which are harmful to fetus ,etc.
- Followed by Sutika Paricharya (Post delivery) containing 3 components: Psychological Reassurance, diet & daily activities and therapeutic procedures.
- Avoid suppression of Natural urges of elimination to prevent aggravation vata, one of major causes of menstrual disorders.
- Proper sleep is must, as improper sleep vitiates the vata & pitta dosha reducing the sleep quality & causing hormonal imbalance .
- Excessive exertion, undernutrition & sedentary lifestyle leads to Medoroga (obesity) or dhatu kshaya (destruction of tissues) both responsible for vata vitiation affecting the reproductive health.
- Avoid crash dieting or any form of food restriction unless advised by your physician.
- Simple lifestyle changes like balanced diet, regular exercises, Yoga, hygiene, sleeping on time, hydration etc can definitely help improve & maintain health.



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

SHATAVARI

Latin name : *Asparagus racemosus Willd.*
Family : Liliaceae
Common name : Shatavar, Shatamuli
Part used : Roots & sapling
Sanskrit meaning : Plant having hundred roots

Shatavari is an important herb in Ayurveda for dealing with problems related to women's health

It has immuno-modulatory & rejuvenative properties

Shatavari improves brain & nerve function

Improves digestion, gut health & nourishes all vital tissues

A rich source of vit. A,B1,B2, C, E, Calcium, Magnesium & Folic acid



Rich in antioxidants it prevents cell damage & stress

Shatavari is widely used as post- delivery tonic for increasing lactation

TIME CAPSULE

In Mahabharata, it is said that Gandhari's pregnancy lasted the longest i.e. for 375 days. Further, the lump she gave birth to was divided into a hundred pieces, which were put in jars to which ghee (clarified butter) was added & incubated. Finally, 101 children were born, one by one. Here, it could be said that initially it may have been a pseudo-pregnancy, while later conduct may be compared to an IVF-like process which resulted in multiple viable fetuses. There are other such examples which may be considered from the epic Ramayana as well.



BILAGYL

- Sandu Bilagyl** is a Proprietary Ayurvedic Tonic for Gut health.
- Bilva is an excellent herb having vata-kapha pacifying & pungent properties.
- It is an unique herb working as grahi so it helps in proper formation of stools.

- Helps regulate the gastrointestinal tract and manages problems related to it.

- Bilagyl** is beneficial in chronic diarrhea, dysentery and IBS .



BILAGYL

SANDU KUTAJARISHTA

- Sandu Kutajarishta** strengthens the gastro-intestinal system.
- It possesses anti-oxidants and anti-microbial properties that help fight the germs causing infection.
- It helps to reduce intestinal motility that relieves stomach pain in cases of abdominal distress.

- It acts as a digestive tonic, keeps body hydrated and provides strength.

- Sandu Kutajarishta** is even beneficial in cases of abdominal distress, Irritable Bowel Syndrome and ulcerative colitis.



SANDU KUTAJARISHTA

SANDU DRAKSHASAVA

- Sandu Drakshasav** is an effective Ayurvedic tonic for indigestion, loss of appetite (anorexia) and related disorders.
- Stimulates appetite, digestive juices, improves digestion, relieves bloating and constipation.
- It is an excellent tonic rich in

- antioxidants, enhances strength and immunity.

- It helps alleviates pitta and aids in complaints related to acidity.

- Sandu Drakshasav** is beneficial in relieving respiratory disorders & imparts strength.



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DRAKSHASAV

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Immunomodulator



SHISHUVIN

Excellent
Tonic for
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March 2024											
Maha Sudarshan Kadha No.1 (MSK PLUS)											
Sl. No.	Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
1	1	2	3	4	5	6	7	8	9	10	11
2	12	13	14	15	16	17	18	19	20	21	22
3	23	24	25	26	27	28	29	30	31		
4	1	2	3	4	5	6	7	8	9	10	11
5	12	13	14	15	16	17	18	19	20	21	22
6	23	24	25	26	27	28	29	30	31		
7	1	2	3	4	5	6	7	8	9	10	11
8	12	13	14	15	16	17	18	19	20	21	22
9	23	24	25	26	27	28	29	30	31		
10	1	2	3	4	5	6	7	8	9	10	11
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15	23	24	25	26	27	28	29	30	31		
16	1	2	3	4	5	6	7	8	9	10	11
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19	1	2	3	4	5	6	7	8	9	10	11
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27	23	24	25	26	27	28	29	30	31		
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30	23	24	25	26	27	28	29	30	31		
31	1	2	3	4	5	6	7	8	9	10	11

KUMARVINTM

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for Children



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आयुर्वेद !

SUN		K 13/14 Shivaratri Madhukrishna Trayodashi International Health Day 7 M 27 6.29 18.53 07.39 Meen	S 6 Ardibehest P 3 Bharat Ratna Dr. Babasaheb Ambedkar Birth Anniversary Ashok Shashthi (Bengal) Mesh Sankranti (Odisha) Meshadi (T.N.- Bengal) Vaishakhadi (Bengal) 14 M 4 6.23 18.55 Mithun	S 13 Pradosh Anang Trayodashi, Anang Vrat Shri Mahaveer Jayanti Aghashi Feast (Goa) 21 M11 6.18 18.57 Kanya	K 4 Srosh P 17 Aldona, Majorda Feast (Goa) 28 M18 6.14 18.59 Dhanu
	Falgun K 7 Behram P 20 Shahadat-e-Hazrat Ali 1 Ramzan M21 6.33 18.52 Dhanu	K 30 Asman P 27 Darsha-Somavati Amavasya Solar Eclipse (Not Visible from India) 8 M 28 6.28 18.53 Meen	S 7 Shehrevat P 4 Ayambil Oli begins (Jain) Vasanti Durgapujarambha (Bengal) Himachal Day 15 M 5 6.23 18.55 20.37 Karka	S 14 Khorshed P 11 Damanak Chaturdashi Hanuman Janmotsav Vrat 22 M12 6.18 18.57 Kanya	K 5 Rashne P 18 29 M19 6.13 18.59 Dhanu
	K 8 Ram P 21 Kalashtami Varshitapa begins (Jain) 2 M 22 6.33 18.52 28.36 Makar	Chaitra S 1 Zamyad P 28 Chaitra Begins Gudhi Padawa Shaliwahan Shak 1946 Krodhinam Samvatsar Chaitri Navratri begins Abhyang Snana 9 M 29 6.27 18.53 07.31 Mesh	S 8 Asfandarmad P 5 Durgashtami Bhavani Pragat Annapurna Puja (Bangal) 16 M 6 6.22 18.55 Karka	S 15 Mohor P 12 Chaitra Purnima Vaishakh Snan Begins Full Moon, Hanuman Janmotsav Shirvaji Maharaj Commemoration Day Ayambil Oli ends (Jain) Babu Keyursingh Day (Bihar) 23 M13 6.17 18.57 09.18 Tula	Chaitra K 6/7 Fravardin P 19 30 Shawwal M20 6.12 18.59 10.36 Makar
	K 9 Govad P 22 3 M 23 6.32 18.52 Makar	S 2 Marespand P 29 New Moon Chetichand (Sindhi) 10 M 30 6.26 18.54 Mesh	S 9 Khordad P 6 Shree Ram Navami Chaitri Navaratri ends Swami Narayan Jayanti 17 M 7 6.21 18.56 Karka	K 1 Tir P 13 24 M14 6.16 18.58 Tula	<div>SANDU GULKAND PRAVALYUKTA (with Coral) In all Phases of Life EAT EVERYDAY Tasty Controls Body Heat </div>
K 10 Dae-Pa-Din P 23 4 M 24 6.32 18.52 Makar	S 3 Aneran P 30 Mahatma Jyotiba Phule Birth Anniversary Gauri Tritiya, Andolan Tritiya Sarhul (Bihar) Gangaur (Rajasthan) Ramzan Eid Shawwal Muslim Shawwal month begins 11 M 1 6.26 18.54 08.39 Vrishabh	S 10 Amardad P 7 Dharmaraj Dashami Shalivahan Jayanti Yom Hashoah (Jew) 18 M 8 6.20 18.56 07.56 Simha	K 1 Gosh P 14 Yom Hazikaran (Jew) 25 M15 6.16 18.58 20.00 Vrishchik		
K 11 Din P 24 Papmochani Ekadashi 5 M 25 6.33 18.52 07.12 Kumbha	S 4 Hormazd P 1 Vinayak Chaturthi Adar Parsi month begins 12 M 2 6.25 18.54 Vrishabh	S 11 Dae-Pa-Adar P 8 Kamada Ekadashi Trichur Pooram (Kerala) 19 M 9 6.20 18.56 Simha	K 2 Dae-Pa-Meher P 15 26 M16 6.15 18.58 Vrishchik		
K 12 Ashishvangh P 25 Shani Pradosh 6 M 26 6.31 18.52 Kumbha	S 5 Bahman P 2 Shri Panchami Laxmi Panchami Baishakhi (Punjab) Vishu (Kerala) 13 M 3 6.24 18.54 12.43 Mithun	S 12 Adar P 9 Waman Dwadashi Madan Dwadashi 20 M 10 6.19 18.57 20.49 Kanya	K 3 Mehar P 16 Ganesh Sankashtha Chaturthi 27 M17 6.14 18.58 28.27 Dhanu		

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(PATHAJEEVANI)[®]

Counteracts
Excessive
Body Heat



Burning
sensation

Thirst

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due to various
conditions



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APRIL 2024



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HELLO, DR.SANDU

SANDU HEALTH & HAPPINESS RANGE

MIND OVER MATTER

After all auspicious prayers were performed a well decorated Gudi was hung & finally the whole family had gathered to enjoy a hearty lunch with delicious shrikhand-puri- the main attraction of the event when a voice called out through the open door. "Happy Gudi Padwa !". It was none other than Dr. Sandu.

Aaji: Namaste, Dr. Sandu. A very Happy New Year to you as well. You have come at exactly the right time. Won't you come and join us for a delicious lunch.

Dr. Sandu: Yes, sure I'll have some ! But I was especially looking for Meera? Doesn't she have her NEET soon. I wanted to wish her "All the best".

Aaji : You really have come at the right moment. Only you can guide her the best on all these exams. We have observed that she is getting extremely stressed out and exhibiting erratic behavior. Meera, come, look, Dr. Sandu is here to see you.

Meera: Ohh, Dr. Uncle it's so good to see you. I am so stressed these days that I find I can hardly concentrate or relax. There is so much to do that I find I have lost interest in eating and my sleep schedule has taken a hit. You must help me.

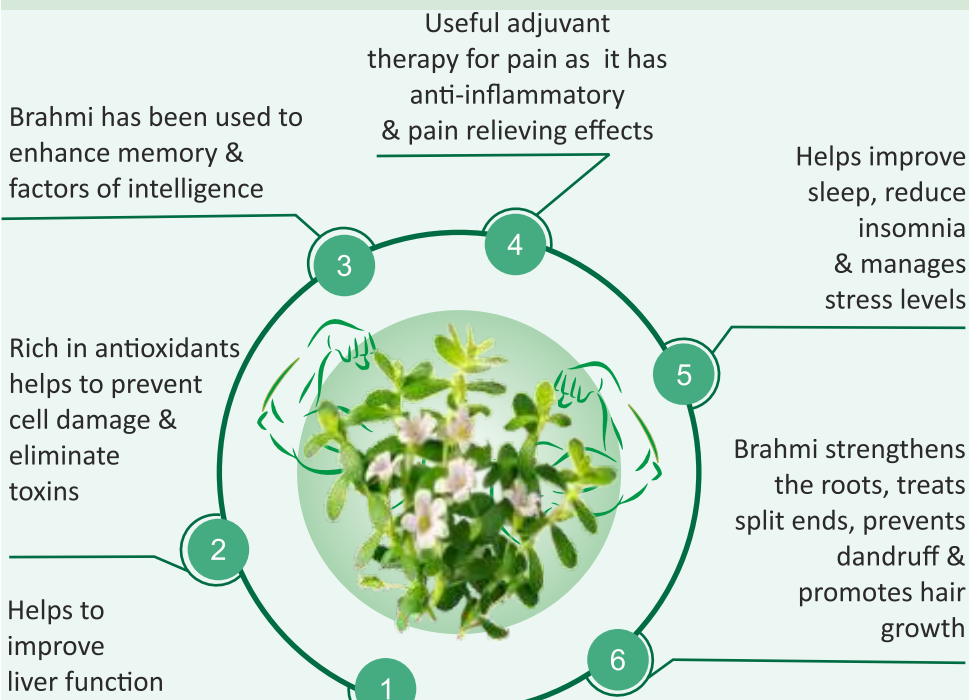
Dr. Sandu Explains

- Stress is the wear & tear our mind & body experiences as we attempt to cope with our continually changing environment.
- Adequate sleep, healthy diet and relaxing activities are the main recommendations for coping with stress and anxiety.
- Sleep helps maintain mental balance & we must consider the time of sleep, not just the duration.
- Staying awake late at night hampers the entire digestive process & impair the digestive fire.
- Implement Relaxation techniques: Breath control, Chanting 'Om', simple Yoga asanas.
- Regulate your thought process, analyze your thoughts with logical reasoning.
- Be enthusiastic to the cause but try not be too anxious about the result.
- Develop specific and realistic goals that can be easily measured.
- Develop a reasonable plan for reaching these goals and prevent stress.
- Make small changes gradually rather than large changes.
- Realize your strengths, have a positive outlook & use positive feedback mechanisms even when facing unfavorable events.
- Indulging in favorite hobbies like sports, music, etc may help cope with stress.

HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

BRAHMI

Latin name : *Bacopa monnieri* Linn.
Family : Scrophulariaceae
Common name : Manduka Parni, Jalnam, Birami
Part used : Whole plant
Sanskrit meaning : Bringing knowledge of the supreme reality



TIME CAPSULE

Satvavajay Chikitsa (Psychotherapy) has been practiced in Ayurveda classics & Indian literature. In this method, the approach is to replace a negative emotion with a positive emotion. For eg, although Rama is the main protagonist, other characters also function as his "counsellors" & significant other characters like Hanuman, based on the situation, irrespective of the character's societal status in the text. Bhagavad Gita describes various aspects of psychotherapeutic techniques through 18 chapters. In Mahabharat, Lord Krishna was the first counsellor who delivered the message of Gita to Arjuna throughout the saga.



KUMARVIN (KUMARI ASAV NO. 3)

- Kumarvin is useful in managing recurrent cough, cold, nasal congestion (blocked nose) etc in children.
- It contains Draksha, Kiratatikta, Haldi, Vacha etc acting as a bronchodilator, liquefying mucus, anti-inflammatory, builds immunity & proves effective against respiratory disorders due to various allergens.
- Kumarvin has kaphaghna, demulcent

action & provides relief in all types of cough as well as strengthen the respiratory system in children.



KUMARVIN
(KUMARI ASAV NO.3)

SHISHUVIN

- Shishuvin is a unique Ayurvedic sanjivani for the development of brain function and immunity against lungs and stomach infections in babies.
- It contains neuroprotective herbs such as Brahmi, Vacha, Jatamansi, Yashtimadhu; immunomodulators such Guduchi, Amalaki, Haritaki and gastro-protective herbs such as Vidang, Kutki, Kutaj etc.
- This makes Shishuvin the perfect tonic for growing babies to prevent infections, improve immunity, metabolism, promote apt growth & development.

- Shishuvin is nothing but ancient Ayurvedic Balguti that provides the right protective shield to growing babies.



SHISHUVIN

TEJRAS

- Tejras is a proprietary remedy to enhance learning abilities in children.
- It increases concentration, recollection power, relieves mental stress, rejuvenates, calms mind, stabilizes mood & improves sleep.
- It contains Medhya herbs such as

Shankhapushpi, Brahmi, Jatamansi, Jyotishmati, etc which have neuroprotective, antioxidant, anxiety relief and more.

- Tejras is a clinically proven formula to improve Acquisition, Cognition & Recollection Power in children.



TEJRAS

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ACIVIN®

A Potent
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Controls Chronic
Diarrhoea &
Dysentery



Sl. No.	Age	Sex	Height (cm)	Weight (kg)	Duration (days)	Onset (days)	Relief (days)	Response
1	10	M	150	45	10	10	10	10
2	10	M	150	45	10	10	10	10
3	10	M	150	45	10	10	10	10
4	10	M	150	45	10	10	10	10
5	10	M	150	45	10	10	10	10
6	10	M	150	45	10	10	10	10
7	10	M	150	45	10	10	10	10
8	10	M	150	45	10	10	10	10
9	10	M	150	45	10	10	10	10
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67	10	M	150	45	10	10	10	10
68	10	M	150	45	10	10	10	10
69	10	M	150	45	10	10	10	10
70	10	M	150	45	10	10	10	10
71	10	M	150	45	10	10	10	10
72	10	M	150	45	10	10	10	10
73	10	M	150	45	10	10	10	10
74	10	M	150	45	10	10	10	10
75	10	M	150	45	10	10	10	10
76	10	M	150	45	10	10	10	10
77	10	M	150	45	10	10	10	10
78	10	M	150	45	10	10	10	10
79	10	M	150	45	10	10	10	10
80	10	M	150	45	10	10	10	10
81	10	M	150	45	10	10	10	10
82	10	M	150	45	10	10	10	10
83	10	M	150	45	10	10	10	10
84	10	M	150	45	10	10	10	10
85	10	M	150	45	10	10	10	10
86	10	M	150	45	10	10	10	10
87	10	M	150	45	10	10	10	10
88	10	M	150	45	10	10	10	10
89	10	M	150	45	10	10	10	10
90	10	M	150	45	10	10	10	10
91	10	M	150	45	10	10	10	10
92	10	M	150	45	10	10	10	10
93	10	M	150	45	10	10	10	10
94	10	M	150	45	10	10	10	10
95	10	M	150	45	10	10	10	10
96	10	M	150	45	10	10	10	10
97	10	M	150	45	10	10	10	10
98	10	M	150	45	10	10	10	10
99	10	M	150	45	10	10	10	10
100	10	M	150	45	10	10	10	10

GULKAND

PRAVALYUKTA (with Coral)

In all Phases of Life Eat Everyday



Rose
(Gulab)



Lump sugar
(Khadishakkar)



125
YEARS OF
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Tasty

Nutritious

Reduces
Pitta

Controls
Body Heat

5

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SHAK 1946

MAY 2024

SAMVAT 2080

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आयुर्वेद !

SUN



#SayYesToAyurveda

K 12 Din P 24
Pradosh
Saligaon, Moira Santacruz
Feast (Goa)
5
M 25
06.10 19.01 Meen

S 5 Hormazd P 1
Adya Shri Shankaracharya
Jayanti
Mother's Day
Ramajunacharya Jayanti
Daye Parsi
month begins
12
M 3
06.07 19.04 29.04 Karka

S 11 Dae-Pa-Adar P 8
Mohini Ekadashi
Kepen Feast (Goa)
Trichur Pooram (Kerala)
Laxmi narayan Ekadashi
(Orisa)
19
M 10
06.04 19.06 Kanya

K 3 Dae-Pa-Meher P 15
Ganesh Sankashtha
Chaturthi
Sanguen Feast (Goa)
26
M 17
06.03 19.09 Dhanu

MON

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Beneficial for
Physical &
Mental Debility

K 13 Ashishvangh P 25
Shivaratri
6
M 26
06.09 19.02 17.43 Mesh

S 6 Bahman P 2
Chandan Chhath (Bengal)
13
M 4
06.06 19.04 Karka

S 12 Adar P 9
Som Pradosh
20
M 11
06.04 19.07 16.33 Tula

K 4 Mehar P 16
27
M 18
06.02 19.10 16.04 Makar

TUE

K 14 Ashtad P 26
Darsha Amavasya
7
M 27
06.09 19.02 Mesh

S 7 Ardibehest P 3
Ganga Saptami
Ganga puja
14
M 5
06.06 19.04 Karka

S 13 Avan P 10
Shri Narsimha Jayanti
Meenakshi Kalayanam
21
M 12
06.04 19.07 Tula

K 5 Srosh P 17
Swatantrya Veer Savarkar
Birth Anniversary
28
M 19
06.02 19.10 Makar

WED

Chaitra K 8 Behram P 20
Kalashtami
Maharashtra Day
International Workers Day
May Day
1
Shawwal
M 21
06.12 19.00 Makar

K 30 Asman P 27
Chaitra Amavasya
Ravindranath Tagor Birth
Anniversary
International
Red-Cross Day
8
M 28
06.08 19.02 19.06 Vrishabh

S 8 Shehrevrar P 4
Durgashtami
Budhashtami
15
M 6
06.05 19.05 15.24 Simha

S 14 Khorshed P 11
Shri Shankaracharya Kailas
Gamanam
Zarhost No Desso
22
M 13
06.03 19.08 26.55 Vrishchik

K 6 Rashne P 18
29
M 20
06.02 19.11 20.05 Kumbha

THU

K 9 Ram P 21
2
M 22
06.11 19.00 14.32 Kumbha

Vaishakh S 1/2 Zamyad P 28
Vaishakh Begins
New Moon
Maharana Pratap Birth
Anniversary
(As per Date)
9
M 29
06.08 19.03 Vrishabh

S 9 Asfandarmad P 5
Sita Navami
16
M 7
06.05 19.05 Simha

S 15 Mohor P 12
Buddha Purnima
Full Moon
Vaishakh Snana ends
Kurma Jayanti, Pushtipati
Vinayak
Jayanti Puja
(Bengal)
23
M 14
06.03 19.08 Vrishchik

K 7 Fravardin P 19
Kalashtami
30
M 21
06.02 19.11 Kumbha

FRI

K 10 Govad P 22
Cavelasson Feast (Goa)
3
M 23
06.11 19.00 Kumbha

S 3 Marespand P 29
Akshaya Tritiya
Shri Basaweshwar Jayanti
10
Jilkad Muslim
Month begins
M 1
06.07 19.03 22.25 Mithun

S 9 Khordad P 6
17
M 8
06.05 19.06 28.04 Kanya

Vaishakh K 1 Tir P 13
Narad Jayanti
24
M 15
06.03 19.08 Vrishchik

Vaishakh K 8 Behram P 20
Triloknathashtami (Bengal)
31
Jilkad
M 22
06.02 19.11 23.09 Meen

SAT

K 11 Dae-Pa-Din P 23
Varuthini Ekadashi
Shri Vallabhacharya Jayanti
4
M 24
06.10 19.01 16.38 Meen

S 4 Aneran P 30
Vinayak Chaturthi
Shri Ramanujacharya Jayanti
11
M 2
06.07 19.03 Mithun

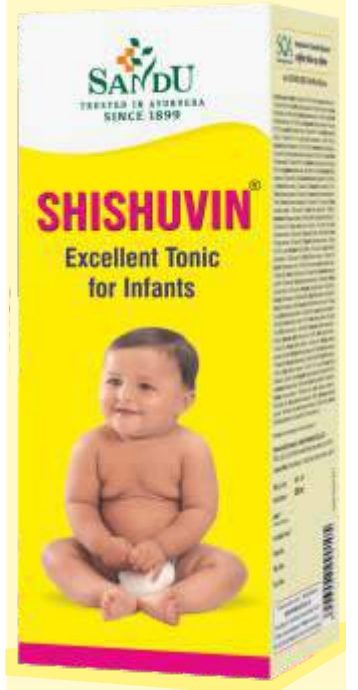
S 10 Amardad P 7
18
M 9
06.04 19.06 Kanya

K 2 Gosh P 14
25
M 16
06.03 19.09 10.35 Dhanu

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Children



AROGYA DARSHIKA

MAY 2024



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HELLO, DR.SANDU

SUMMER 101

Summer was here. All the kids from the household had left to go on a safari, with their favourite uncle, none other than Dr. Sandu. Every one was enjoying the natural beauty and quietness of the sanctuary. They were paying close attention to what the tour guide detailing the different flora and fauna. In the midst of the safari, Kimaya spotted some baby elephants playing in a muddy trench. She drew everyone's attention to this scene & exclaimed **Kimaya:** Look, what fun this baby elephant is having rolling around in the mud ! Imagine, what would happen if we did the same? Unlike the TV ad. our mom's would never say, "Daag Acche Hain". (Laughing) Hearing this all the kids started laughing along.

Dr. Sandu: That was very funny, Kimaya. But, you should know, all the baby elephant is doing is following its 'Grishma Ritucharya'. All the kids looked over at Dr. Sandu, with surprise on their faces, and as if planned, together asked the question: What was Ritucharya? What exactly do you mean by 'Grishma Ritucharya'?

Dr. Sandu: Well, it's nothing new! The eternal science of Ayurveda has enumerated all sorts of routines. One of which is 'Grishma Ritucharya' meaning daily routine to be followed during summer.



Dr. Sandu Explains

- During the summer period, the Sun is nearer to the Earth, the rays are short & sharp giving off more heat.
- This causes more loss of sweat, energy & power, making people tire easily even after short work.
- It is advised that whole grains like wheat, jowar, aged rice & pulses should be included in the diet.
- The digestive fire is low thus sweet, cooling, light food should be consumed
- Seasonal fruits like Watermelon, Grapes, Pomegranate etc, vegetables like Methi, Cucumber, Karela etc are good for health.
- Cool hydrating drinks prepared from fruit juices (Panhe & Panake), Sugarcane juice, water kept in earthen ware with addition of Vala (Ushira) may be taken.
- After baths apply the paste of Chandan, Agar, Ushira (vala) etc. as cooling local application.
- Thin, loose & soft cotton clothes with scented flower garlands, pearls & jewelry may be worn.
- Exertion must be kept to minimum as body is already at its low body strength.
- It is the only season where daytime napping is advised.

HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

NIMBA

Latin name : *Azadirachta indica A. Juss*
Family : Meliaceae
Common name : Kadunimb, Neem
Part used : Leaves, Fruits, Bark, Roots
Sanskrit meaning : Which imparts health

Neem leaves have been used since ancient times in various ways to keep skin healthy

Neem promotes wound healing & helps eliminate worms

Helps prevent growth of viruses, bacteria, and pathogenic fungi

It helps to reduce plaque and bacteria in the oral cavity

Neem stimulates and activates the immune response

Extremely beneficial for dry cough and in respiratory infections

Acts as an appetite enhancer, relieves nausea & vomiting



TIME CAPSULE

The Mahabharata describes that Samba, the son of Krishna, got cured of leprosy by worshipping the Sun God. About the flow of energy in the global ecosystem the Yajur Veda says, "The whole Universe is full of energy in which the Sun is at the centre & the ultimate source of energy for all living organisms on earth. The Atharva Veda explains that, herbs & plants merge with Sun rays providing a compatible

atmosphere for life to survive. Today, we know about our solar system, how Sun rays can kill germs, are a source of V i t . D , photosynthesis & so much more. More facts are b e i n g discovered as S c i e n c e advances.



VIMFIX

- Vimfix is a proprietary Ayurvedic solution for enhancing Vim (energy), Vigor and Vitality.
- It is a complete Men's health tonic derived from divine knowledge of Ayurveda, which improves stamina and boosts strength.
- Shudha Shilajit increases vigor & enthusiasm.
- Kaunch beej, Safed Mushali, Ashwagandha & 15 other Ayurvedic herbs in this tonic together work as rejuvenator

by reducing oxidative stress.

- It improves psychological health by relieving stress, anxiety & promotes activeness.
- Vimfix is a natural and ideal solution for Men's overall wellness.



VIMFIX

SANDU ASHWAGANDHARISHTA

- Sandu Ashwagandharishta is an unique combination for rejuvenation of all body tissues.
- It contains Ashwagandha, Yashtimadhu, Vacha, Arjun which have anti-stress & anti-anxiety properties.
- It is an excellent nervine tonic, beneficial in boosting immunity, increases muscular strength and revitalizes the

entire system of body.

- Sandu Ashwagandharishta helps in general weakness, lack of sleep, mental fatigue, stress and associated conditions.



SANDU ASHWAGANDHARISHTA

VANARI

- Sandu Vanari is an Ayurvedic Tonic for Revitalizing & promoting health.
- Kapikachhu improves strength, stamina and promotes positive health
- It is one of the best Rasayan mentioned in the classics.

- Sandu Vanari is excellent for nourishing Sapta dhatus (vital tissues) of the body.



VANARI

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APTILIFTTM

(Madiphal Rasayanam)

Right Appetite for Right Food



May 2024											
Vaidic Shilajit, Shilajit, Shilajit, Shilajit, Shilajit, Shilajit, Shilajit, Shilajit, Shilajit, Shilajit, Shilajit, Shilajit											
Body	Weight	Height	Age	Gender	Marital Status	Occupation	Education	Religion	Family Type	Family Size	Family Income
1	60	165	35	Male	Married	Software Engineer	B.Tech	Hindu	Nuclear	3	120000
2	55	160	30	Male	Single	Marketing Executive	B.Com	Muslim	Joint	2	80000
3	65	170	40	Male	Married	Business Owner	B.A	Hindu	Joint	4	150000
4	50	155	25	Female	Single	Teacher	B.Ed	Buddhist	Nuclear	1	60000
5	70	175	45	Male	Married	Retired	B.Sc	Hindu	Joint	3	90000
6	58	162	32	Male	Single	Freelance Writer	M.A	Hindu	Nuclear	1	70000
7	62	168	38	Male	Married	IT Consultant	M.Tech	Hindu	Joint	2	110000
8	52	158	28	Female	Single	Research Assistant	B.Sc	Muslim	Nuclear	1	50000
9	68	172	42	Male	Married	Entrepreneur	B.A	Hindu	Joint	3	130000
10	56	160	30	Male	Single	Software Developer	B.Tech	Hindu	Nuclear	1	90000
11	64	166	36	Male	Married	Marketing Manager	B.A	Hindu	Joint	2	100000
12	54	156	26	Female	Single	Project Manager	B.Tech	Hindu	Nuclear	1	80000
13	66	170	40	Male	Married	Business Analyst	B.A	Hindu	Joint	3	110000
14	51	154	24	Female	Single	HR Manager	B.A	Hindu	Nuclear	1	70000
15	69	174	44	Male	Married	Entrepreneur	B.A	Hindu	Joint	3	140000
16	53	157	27	Female	Single	Software Engineer	B.Tech	Hindu	Nuclear	1	60000
17	67	171	39	Male	Married	Marketing Executive	B.A	Hindu	Joint	2	100000
18	57	161	31	Male	Single	Business Owner	B.A	Hindu	Nuclear	1	90000
19	63	167	37	Male	Married	IT Consultant	M.Tech	Hindu	Joint	2	110000
20	59	163	29	Male	Single	Marketing Manager	B.A	Hindu	Nuclear	1	80000
21	61	165	33	Male	Married	Business Analyst	B.A	Hindu	Joint	2	90000
22	56	159	26	Female	Single	Software Developer	B.Tech	Hindu	Nuclear	1	70000
23	64	167	36	Male	Married	Marketing Executive	B.A	Hindu	Joint	2	100000
24	54	156	26	Female	Single	Business Owner	B.A	Hindu	Nuclear	1	80000
25	66	170	40	Male	Married	IT Consultant	M.Tech	Hindu	Joint	2	110000
26	52	155	25	Female	Single	Marketing Manager	B.A	Hindu	Nuclear	1	60000
27	68	172	42	Male	Married	Business Analyst	B.A	Hindu	Joint	3	120000
28	58	162	32	Male	Single	Software Engineer	B.Tech	Hindu	Nuclear	1	90000
29	62	168	38	Male	Married	Marketing Executive	B.A	Hindu	Joint	2	100000
30	55	160	30	Male	Single	Business Owner	B.A	Hindu	Nuclear	1	80000

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125
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6

VAISHAKH-
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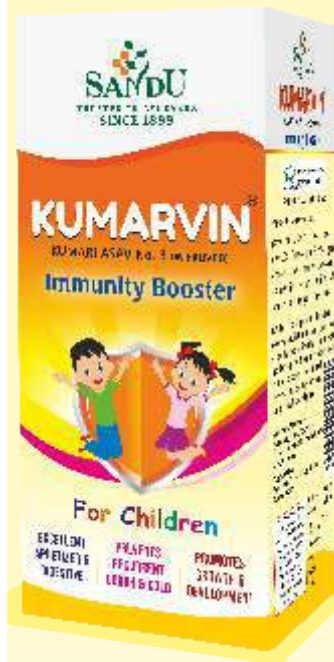
SAMVAT 2080

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AROGYA DARSHIKA हर घर...
आयुर्वेद !

SUN	Jyeshtha K 9 Behram P 20 30 Jilhej M 23 06.06 19.19 07.33 Mesh	K 11 Govad P 22 2 Apara Smart Ekadashi Bhadrakali Ekadashi (Punjab) Jalkrida Ekadashi (Odisha) M 24 06.02 19.12 25.39 Mesh	S 3 Marespand P 29 9 Maharana Pratap Birth Anniversary (As per tithi) Margao (Holy Spirit Church) Feast (Goa) M 2 06.02 19.14 14.06 Karka	S 10 Khordad P 6 16 Ganga Dashahara End M 9 06.03 19.16 24.34 Tula	K 2 Tir P 13 23 M 16 06.04 19.18 22.47 Makar
MON	DIGIFORTE [®] Digestive Tonic	K 12 Dae-Pa-Din P 23 3 Apara Bhagwat Ekadashi M 25 06.02 19.12 Mesh	S 4 Aneran P 30 10 Vinayak Chaturthi Guru Arjundev Shahid Din International Eye Donation Day M 3 06.02 19.15 Karka	S 11 Amardad P 7 17 Bakari Eid M 10 06.03 19.17 Tula	K 3 Gosh P 14 24 St.Joao Feast (Goa) M 17 06.04 19.18 Makar
TUE	Digestive Tonic	K 13 Din P 24 4 Bhaum Pradosh Shivaratri Savitrvratarambha M 26 06.02 19.12 28.13 Vrishabh	S 5 Hormazd P 1 11 Behman:Parsi Month begins Shavuot 1st Day Jew M 4 06.02 19.15 23.37 Simha	S 11 Dae-Pa-Adar P 8 18 Nirjala Ekadashi Rukmini Vivah (Odisha) M 11 06.03 19.17 Tula	K 4 Dae-Pa- Meher P 15 25 Angarak Ganesh Sankashtha Chaturthi M 18 06.04 19.18 25.49 Kumbha
WED	VASA [®] Ayurvedic COUGH SYRUP	K 14 Ashishvangh P 25 5 Savitri Chaturdashi (Bengal) Phalaharini Kalika Puja (W.B) International Environment Day M 27 06.02 19.13 Vrishabh	S 6 Bahman P 2 12 Aranya Shashthi Vindhyavasini puja Shavuot (Jew) M 5 06.02 19.15 Simha	S 12 Adar P 9 19 Pradosh Champak Dwadashi (Bengal) M 12 06.03 19.17 11.04 Vrishchik	K 5 Meher P 16 26 Rajashri Shahu Maharaj Birth Anniversary Nag Panchami (Bengal) M 19 06.05 19.18 Kumbha
THU	VASA [®] Ayurvedic COUGH SYRUP	K 30 Ashtad P 26 6 Shivaragyabhishek Sohala Darsha Bhauka Amavasya Shaneschhar Jayanti M 28 06.02 19.13 Vrishabh	S 7 Ardibehest P 3 13 Shiv Shak 351 Begins Dakshinayan begins M 6 06.02 19.15 Simha	S 13 Avan P 10 20 Shiv Shak 351 Begins Dakshinayan begins M 13 06.03 19.17 Vrishchik	K 6 Srosh P 17 27 M 20 06.05 19.18 28.31 Meen
FRI	QR Code #SayYesToAyurveda	Jyeshtha S 1 Asman P 27 7 Jyeshtha Begins Ganga Dashahara Begins Karidin Dattatraya K. Sandu Punyatithi M 29 06.02 19.14 07.55 Mithun	S 8 Shehrevrar P 4 14 Durgashtami Mela Kshirbhavani (Kashmir) M 7 06.02 19.16 11.53 Kanya	S 14 Khorshed P 11 21 Vata Purnima Ayan Karidin International Yoga Day M 14 06.04 19.17 18.18 Dhanu	K 7 Rashne P 18 28 Kalashtami M 21 06.05 19.19 Meen
SAT	Vaishakh K 9/10 Ram P 21 1 Jilkad M23 06.02 19.12 Meen	S 2 Zamyad P 28 8 Rambhavrat Jilhej Muslim Month Begins Jilhej M 1 06.02 19.14 Mithun	S 9 Asfandarmad P 5 15 Mahesh Navami Kumari Pujan M 8 06.02 19.16 Kanya	S 15 Mohor P 12 22 Jyeshtha Purnima Dev Snan Purnima (Bengal) (Odisha), Full Moon Guru Hargovind Singh Birth Anniversary (Kashmir) M 15 06.04 19.18 Dhanu	K 8 Fravardin P 19 29 M 22 06.06 19.19 Meen

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Prevents
Recurrent
Cough & Cold

Promotes
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AROGYA DARSHIKA

JUNE 2024



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HELLO, DR.SANDU

THE POT OF WIT

To begin the new school year, the school authorities had planned a unique ceremony for the students. The school had invited Dr. Sandu to guide the young minds. He started the address with a fun & interesting story:

Once, King Akbar got so mad at Birbal that he told Birbal to leave the kingdom. A heartbroken Birbal left, took refuge at a farmer's house in a nearby village & worked there. As time passed, King Akbar started missing his favourite courtier & sent across his royal guards to find Birbal. But, their efforts were in vain. To find Birbal, Akbar declared that whoever got him a pot full of wit would be given a pot filled with diamonds. This news spread all over & to Birbal as well. Birbal offered the villagers a solution & asked to be given a month's time. He placed a small watermelon in a pot leaving its vines intact. In a month it grew up to the size of the pot & then it was sent to the King. He was told that the wit should only be removed without breaking the pot, which was how Akbar knew that this could be no one else but Birbal & brought him back.

Dr. Sandu: So this story tells us that with calm & steady mind anything is possible.

Dr. Sandu Explains :- Trataka Meditation

- 'Trataka' means to gaze steadily at a distant point until tears are shed as explained by the Acharyas.
- It is effective in improving & enhancing the mental steadiness to produce a calm state of mind that is as good as meditation.
- Studies support the words of Hatha Yoga Pradipika II:32-33, that Tratak prevents laziness, improves awareness, relieves eye related issues & strain on eye muscles.

How to perform Trataka Meditation

- Tratak consists of 2 stages and involves 20-30 mins of practice
- First stage involves a 10 min warmup with eye exercises
- In a well-lit room, keeping your eyes open move the eyeballs in horizontal, vertical, diagonal & circular directions
- Follow with 10 min of quiet sitting with eyes closed
- Second stage involves practice of gazing at the candle flame in a dark room kept at eye level at a distance of 2 m.
- Fix yours gaze on the candle flame for about 2 to 3 min without blinking your eyes.
- Then try to visualize the candle flame between the eyebrows with closed eyes.
- Repeat for three rounds & conclude in silence with a prayer.
- This stage may last for a total duration of 10 min.



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

VACHA

Latin name : *Acorus calamus* Linn.
Family : Araceae
Common name : Vekhand, Vach
Part used : Rhizome
Sanskrit meaning : Improves clarity & quality of speech

Vacha helps improve learning & enhances memory

A promising immunomodulatory, neuroprotective & calming herb

Vacha is useful in various respiratory disorders as it relaxes the airways



The oil and other components in Vacha possess carminative properties

Helps relieve gut complaints

It has antibacterial & antifungal activities

TIME CAPSULE

In Hindu mythology most Mantras start with **Aum (Om)** & it is considered the originator of all sounds. The Sanskrit word '**OM**' is pronounced as '**AUM**' and represents the division of time (waking state, dreaming state & deep sleep). It also represents God or Universal Consciousness,



sound of creation, cultivates energy that flows upward through the chakras and then outward through the crown. Chanting of any mantra like **OM**, Gayatri mantra etc improves cognitive benefits such as increased mindfulness and decreased mind wandering.

HEMOCLEEN

- Hemocleen** is an excellent blood purifier with goodness of Manjistha, Rakta-Chandan, Haldi, Neem etc to improve skin texture, tone and lustre from within the body.
- It is the best and effective Ayurvedic polyherbal tonic for acne and pimples, prevents skin discoloration, pigmentation and black spots caused due to excessive sun exposure.
- It is a combination of 21 detoxifying

herbs that aid in nourishing the skin & protecting it from various infections.

- Haldi, Guduchi, Neem etc blend of herbs makes **Hemocleen** a strong antibacterial, blood purifier for a pimple free and glowing skin.



HEMOCLEEN

BHRINGAJEEVANI

- Sandu Bhringajeevani** is a Rejuvenating tonic for Hair.
- Helps in preventing loss of hair caused by various factors & premature graying of hair.
- Supports growth & nourishment of hair as well as all other vital tissues.
- Helps relieve stress and has a calming effect.

- Sandu Bhringajeevani** contains powerful herbs such as Bhringaraj, Haritaki, Pippali & more that provide protective support to hair, scalp and prevent damage.



BHRINGAJEEVANI

ASHOKA COMPOUND

- Sandu Ashoka Compound** is an ideal tonic for Gynecological problems.
- Contains unique combination of herbs such as Ashoka, Lodhra, Manjistha etc takes complete care of Female reproductive system

- It helps reduce pain & difficulty experienced by women in their cycles.
- Sandu Ashoka Compound** is a non-hormonal solution that provides relief from pain and discomfort experienced by women.



ASHOKA COMPOUND

*Consult your Registered Medical Practitioner before use
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HEMOCLEEN®

Excellent Blood Purifier

Improves
Complexion &
Skin Tone



HEMOCLEEN® Excellent Blood Purifier									
Sl. No.	Particulars	Quantity	Price	Sl. No.	Particulars	Quantity	Price	Sl. No.	Particulars
1	Manjistha	100g	1200	11	Neem	100g	1200	21	Manjistha
2	Rakta-Chandan	100g	1200	12	Haldi	100g	1200	22	Rakta-Chandan
3	Haldi	100g	1200	13	Guduchi	100g	1200	23	Haldi
4	Neem	100g	1200	14	Manjistha	100g	1200	24	Neem
5	Manjistha	100g	1200	15	Rakta-Chandan	100g	1200	25	Manjistha
6	Rakta-Chandan	100g	1200	16	Haldi	100g	1200	26	Rakta-Chandan
7	Haldi	100g	1200	17	Guduchi	100g	1200	27	Haldi
8	Neem	100g	1200	18	Manjistha	100g	1200	28	Neem
9	Manjistha	100g	1200	19	Rakta-Chandan	100g	1200	29	Manjistha
10	Rakta-Chandan	100g	1200	20	Haldi	100g	1200	30	Rakta-Chandan
31	Manjistha	100g	1200	31	Rakta-Chandan	100g	1200	31	Manjistha
32	Rakta-Chandan	100g	1200	32	Haldi	100g	1200	32	Rakta-Chandan
33	Haldi	100g	1200	33	Guduchi	100g	1200	33	Haldi
34	Neem	100g	1200	34	Manjistha	100g	1200	34	Neem
35	Manjistha	100g	1200	35	Rakta-Chandan	100g	1200	35	Manjistha
36	Rakta-Chandan	100g	1200	36	Haldi	100g	1200	36	Rakta-Chandan
37	Haldi	100g	1200	37	Guduchi	100g	1200	37	Haldi
38	Neem	100g	1200	38	Manjistha	100g	1200	38	Neem
39	Manjistha	100g	1200	39	Rakta-Chandan	100g	1200	39	Manjistha
40	Rakta-Chandan	100g	1200	40	Haldi	100g	1200	40	Rakta-Chandan
41	Haldi	100g	1200	41	Guduchi	100g	1200	41	Haldi
42	Neem	100g	1200	42	Manjistha	100g	1200	42	Neem
43	Manjistha	100g	1200	43	Rakta-Chandan	100g	1200	43	Manjistha
44	Rakta-Chandan	100g	1200	44	Haldi	100g	1200	44	Rakta-Chandan
45	Haldi	100g	1200	45	Guduchi	100g	1200	45	Haldi
46	Neem	100g	1200	46	Manjistha	100g	1200	46	Neem
47	Manjistha	100g	1200	47	Rakta-Chandan	100g	1200	47	Manjistha
48	Rakta-Chandan	100g	1200	48	Haldi	100g	1200	48	Rakta-Chandan
49	Haldi	100g	1200	49	Guduchi	100g	1200	49	Haldi
50	Neem	100g	1200	50	Manjistha	100g	1200	50	Neem

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SUN	 #SayYesToAyurveda	S 2 New Moon Rath Yatra 7 M 30 06.08 19.19 Karka	S 8 Durgashtami Parshuram Ashtami (Odisha) Kharasi Puja (Tripura) 14 M 7 06.11 19.18 08.42 Tula	S 15 Ashadha Purnima Guru Purnima Vyas Pujan Calangute Feast (Goa) Full Moon 21 M 14 06.13 19.17 07.26 Makar	K 8 Kalashtami Banavalin Feast (Goa) 28 M 21 06.16 19.15 Mesh
	Jyeshtha K 10 Ram P 21	S 3 Hijari San 1446 Begins Moharram Muslim Month Begins 1 Muharram M 1 06.08 19.19 Karka	S 9 Mela Sharif Bhagavati (Kashmir) 8 M 8 06.11 19.18 Tula	Ashadha K 1 Mohor P 12 Ashunya Shayan Vrat 15 M 15 06.13 19.17 Makar	K 9 Fravardin P 19 22 M 22 06.16 19.14 16.44 Vrishabh
MON	K 11 Yogini Ekadashi	S 4 Vinayak Chaturthi (Angarak yog) 2 M 25 06.06 19.19 11.13 Vrishabh	S 10 Punaryatra 9 M 2 06.09 19.19 07.51 Simha	K 2 Lokmanya Tilak Birth Anniversary 16 M 9 06.11 19.18 19.50 Vrishchik	K 10 Behram P 20 23 M 16 06.14 19.16 09.20 Kumbha
	K 12/13 Pradosh	S 4 Aneran P 30 10 M 3 06.09 19.19 Simha	S 11 Devshayani Ashadhi Ekadashi Pandharpur Yatra, Karidin Chaturmasya Begins Muharram (Tajiya) M 10 06.12 19.18 Vrishchik	K 3/4 Gosh P 14 Ashadha K 11 Ram P 21 Kamika Ekadashi Muharram M 24 06.17 19.13 22.15 Mithun	
TUE	K 14 Shivratri	S 5 Skand Panchami Kumar Shashthi Universal Census day Asfandarmad : Parsi Month Begins 4 M 27 06.07 19.19 15.57 Mithun	S 12 Waman Pujan 11 M 4 06.10 19.19 19.48 Kanya	K 5 Dae-Pa- Meher P 15 Nag Panchami (Bengal) 18 M 11 06.12 19.18 27.24 Dhanu	
	K 30 Jyeshtha Amavasya Darsha Amavasya	S 6 Kasumba Shashthi 5 M 28 06.07 19.19 Mithun	S 13 Pradosh 12 M 5 06.10 19.19 Kanya	K 6 Mehar P 16 19 M 12 06.12 19.17 Dhanu	
WED	Ashadha S 1 Ashtad P 26 Ashadha Begins Halavi Samvat 2081 Begins Mahakavi Kalidas Din	S 7 Vivaswat Saptami Matyar Day (Kashmir) 6 M 6 06.10 19.19 Kanya	S 14 Mela Jwalamukhi (Kashmir) Shiv Shayan Chaturdashi (Odisha) 13 M 13 06.13 19.17 Dhanu	K 7 Sheetala Saptami (Odisha) 20 M 19 06.15 19.15 12.59 Mesh	
THU					
FRI					
SAT					

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SANDU HEALTH & HAPPINESS RANGE

RAINBOWS & SUNSHINE

Geeta had finally come home late yesterday, enjoying a day out with her friends & had fallen asleep as soon as she hit the bed. They enjoyed seeing the waterfalls near Lonavala, got wet in the rain, had a lot of street food & nice hot masala tea.

Next Morning:

Mummy: Geeta, it's time to get up or you will be late for college again.

Geeta: I don't think I can go today. I don't feel well

Mummy: What's this? (Touching her daughter's forehead) You have a fever! You kids never listen. I had warned you not to go out in the rain. What did you eat yesterday?

Geeta who was still drowsy, imagines the roadside tea, samosa & other snacks laughing at her.

Mummy: Come on, wake up. Let's go to Dr. Sandu, he will talk some sense into you.

At the Clinic

Dr. Sandu : Sure, the rainy season is meant to be enjoyed, but keeping our health intact. Such problems are common these days as the water sources are unsafe.

Dr. Sandu Explains :

- Intake of medicated or boiled water is advised.
- Purify water using Utpala (Blue Lotus), Nagakesara, Champaka & Patala (Padhal).
- Store this purified water in Copper or Bronze vessels overnight & consumed the next morning.
- Water kept in copper vessels has minute amount of copper dissolved it & prevents the growth of microbes, bacteria and fungi.
- It reduces the negative effects of pollutants, hormones, other contaminants & restores the chemical and physical balance.
- Other purification method listed are keeping the water in sunlight, boiling the water, immersing a hot iron ball in the water, etc.

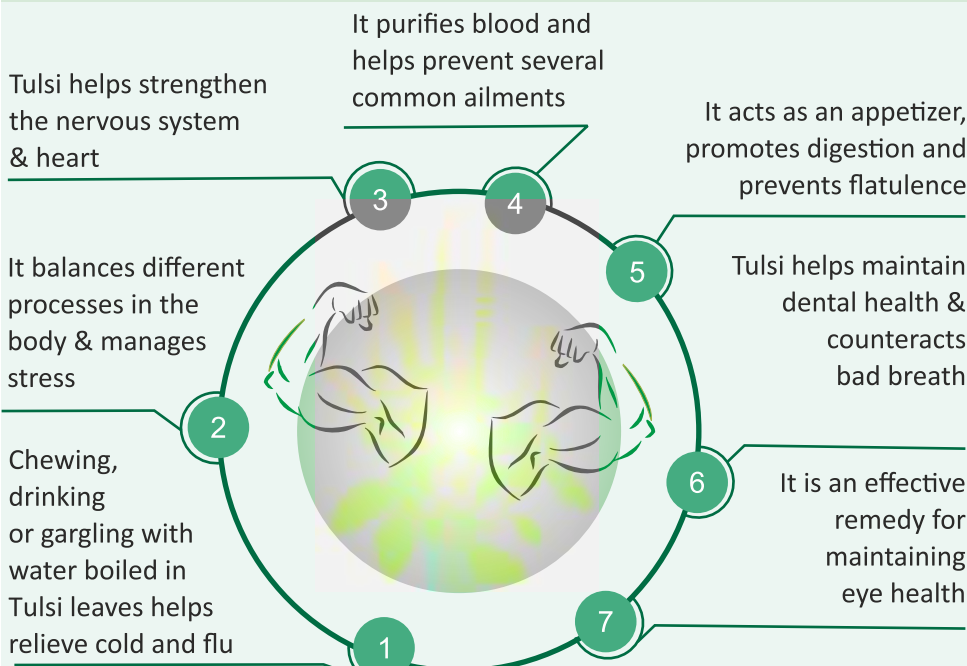
- In contrast, during cloudy weather, water should be taken with Honey, Tulsi or Ginger.
- It is advised that water should not be consumed with the help of palms as it can get contaminated.
- Use of loban for fumigation & disinfection along with dry Neem leaves for drying cloths as well as killing insects/ bacteria are suggested.
- Classical texts have noted that drinking unsafe and impure water may lead to diseases like indigestion (Ajirna), skin diseases (Twak Vikara), cough (Kasa), abdominal pain (Udar Shoola), fever (Jwara), conjunctivitis (Netra Abhisyanada), etc.



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

TULASI

Latin name : *Ocimum sanctum* Linn.
Family : Lamiaceae
Common name : Tulasi, Gouri
Part used : Whole plant
Sanskrit meaning : Having incomparable qualities



TIME CAPSULE

Among the Vedas, the Rigveda, Atharva Veda, Yajur Veda & the Puranas specifically explain the concepts of evaporation, cloud formation, water movement, infiltration, river flow & repetition of the water cycle. It has been explained in the R a m a y a n a & Mahabharata as well. The

Mahabharata also explains the monsoon season and the water uptake process by plants. Ayurveda classical texts also explain the different water sources and which sources are best for drinking & their individual qualities.



SHATARI

- **Sandu Shatari** is a beneficial tonic that supports Lactation.
- Shatavari with the combined action of Yashtimadhu enhances the quality and quantity of breastmilk.
- It helps Mother's recover from post-delivery weakness, reduces stress & mental fatigue.
- It readily dissolves in milk to make a delicious drink.



SHATARI

- **Sandu Shatari** supports Breastfeeding Mother's in providing adequate nourishment to their vital tissues.

PREG-UTERO

- **Sandu Preg-Utero** is a unique Ayurvedic supplement for Expecting Mother's.
- It contains powerful herbs such as Shatavari, Ashwagandha, Brahmi, Gokshur, etc which act as immuno-modulators.
- It is helpful in relieving symptoms associated with Pregnancy like nausea, vomiting, swelling, anxiety and more.

- It helps ensure the availability of micro-nutrients to both Mother and child.
- **Sandu Preg-Utero** offers natural nutritional support to expecting Mother's and babies at every stage of pregnancy.



PREG-UTERO

SANDU BALANT KADHA (No. 1,2,3)

- **Sandu Balant Kadha (No.1, No.2, No.3)** is an essential tonic for women post delivery.
- The pack of 3 different tonics is to be taken over divided period of 60 days.
- It provides strength to **BALANT KADHA NO.1** reproductive organs and pacifies the Vata dosha.



BALANT KADHA NO.2



BALANT KADHA NO.3

- It helps the new Mother cope from physical as well as mental stress of delivery.
- **Sandu Balant Kadha (No.1, No.2, No.3)** are a set of revitalizing tonics that help reduce discomfort associated with childbirth like weakness, fatigue, various types of pain, discharges, etc.

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SANDU BALANT KADHA (No. 1, 2, 3)											
Sl. No.	Age	Sex	Weight (kg)	Height (cm)	Temp (°C)	Pulse (b/min)	B.P. (mm Hg)	S.R.	Remarks	Sl. No.	Age
1	15	M	65	175	37.5	90	120/80	1	Normal	16	15
2	14	F	55	165	37.2	85	110/70	2	Normal	17	14
3	13	M	45	155	37.0	80	100/60	3	Normal	18	13
4	12	F	35	145	36.8	75	90/50	4	Normal	19	12
5	11	M	25	135	36.5	70	80/40	5	Normal	20	11
6	10	F	20	125	36.2	65	70/30	6	Normal	21	10
7	9	M	15	115	36.0	60	60/20	7	Normal	22	9
8	8	F	12	105	35.8	55	50/15	8	Normal	23	8
9	7	M	10	95	35.5	50	40/10	9	Normal	24	7
10	6	F	8	85	35.2	45	30/8	10	Normal	25	6
11	5	M	6	75	35.0	40	20/6	11	Normal	26	5
12	4	F	4	65	34.8	35	15/4	12	Normal	27	4
13	3	M	3	55	34.5	30	10/3	13	Normal	28	3
14	2	F	2	45	34.2	25	8/2	14	Normal	29	2
15	1	M	1	35	34.0	20	6/1	15	Normal	30	1
16	15	M	65	175	37.5	90	120/80	16	Normal	31	15
17	14	F	55	165	37.2	85	110/70	17	Normal	32	14
18	13	M	45	155	37.0	80	100/60	18	Normal	33	13
19	12	F	35	145	36.8	75	90/50	19	Normal	34	12
20	11	M	25	135	36.5	70	80/40	20	Normal	35	11
21	10	F	20	125	36.2	65	70/30	21	Normal	36	10
22	9	M	15	115	36.0	60	60/20	22	Normal	37	9
23	8	F	12	105	35.8	55	50/15	23	Normal	38	8
24	7	M	10	95	35.5	50	40/10	24	Normal	39	7
25	6	F	8	85	35.2	45	30/8	25	Normal	40	6
26	5	M	6	75	35.0	40	20/6	26	Normal	41	5
27	4	F	4	65	34.8	35	15/4	27	Normal	42	4
28	3	M	3	55	34.5	30	10/3	28	Normal	43	3
29	2	F	2	45	34.2	25	8/2	29	Normal	44	2
30	1	M	1	35	34.0	20	6/1	30	Normal	45	1

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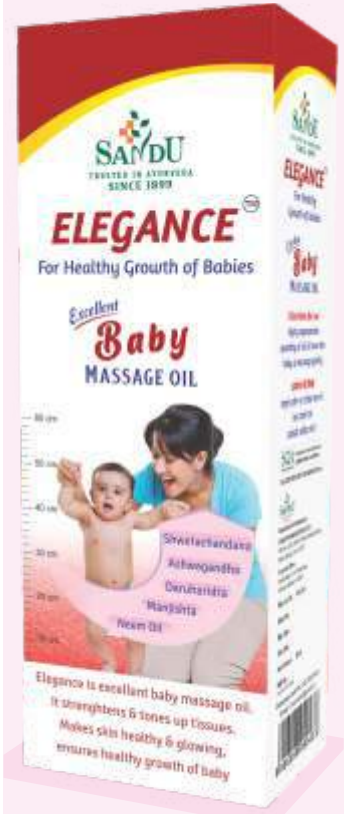
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SUN	 #SayYesToAyurveda	K30 Ashishvangh P 25 Ashadha Amavasya Adi Amavasya Darsha Amavasya Deep Puja Chitalami Amavasya (Odisha)	S 7 Gatha II Shitala Saptami Bhanu Saptami	S 14 Shehrevat P 4 Chorao Feast (Goa)	K 7 Khorshed P 11 Bhanu Saptami Betali Bati Carmona Feast (Goa)
MON	APTILIFT ™ (Madiphal Rasayanam) Right Appetite for Right Food 	Shravan S 1 Ashtad P 26 Shravan Begins New Moon Raia Feast (Goa)	S 7 Gatha III Shitala Saptami Bhanu Saptami	S 15 Asfandarmad P 5 Shravan Purnima Full Moon Nariyal Purnima Coconut day Raksha Bandhan Amarnath Yatra Jhulan Yatra ends	K 8 Mohor P 12 Kalashtami Shri Krishna Jayanti Shree Krishna Janmotsav Jayanti Yog
TUE		S 2 Asman P 27 Safar : Muslim month Begins	S 8 Gatha IV Durgashtami, Durvashtami Candolin Velsao Feast (Goa) Tisha B'Aav (Jew)	K 1 Shrawan Khordad P 6 Narayan Guru Jayanti (Kerala) Khordad Sal	K 9 Tir P 13 Gopalkala
WED		S 3 Zamyad P 28 Madhusrava Tritiya Adipuram (T.N)	S 9 Gatha V Pateti	K 2 Amardad P 7 Taligao Feast (Goa)	K 10 Gosh P 14
THU		Ashadha K 12 Govad P 22 Pradosh Lokmanya Tilak Commemoration Day	S 4 Marespand P 29 Vinayak Chaturthi Nag Chaturthi Vrat Durva Ganapati Vrat	K 3 Dae-Pa-Adar P 8 Ganesh Sankashtha Chaturthi Bahula Chaturthi (M.P.)	K 11 Dae-Pa- Meher P 15 Aja Ekadashi
FRI		K 13 Dae-Pa-Din P 23 Shivaratri	S 5 Aneran P 30 Nag Panchami	S 11 Bahman P 2 Putrada Ekadashi Varad Laxmi Vrat	K 4 Adar P 9 Raksha Panchami (Odisha) National Space Day
SAT		K 14 Din P 24 Kerpuja (Tripura) Adi Amavasya (T.N.)	S 6 Gatha I Supodan Varna Shriyal Shashthi Kalki Jayanti	S 12/13 Ardibehest P 3 Shani Pradosh	K 5/6 Avan P 10 Randhan Chhath

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SANDU HEALTH & HAPPINESS RANGE

Venue: Patil Residence



All the ladies were gathered to celebrate the last day of Shravan with songs and games. After a fun round of 'Fugadi', Mansi was out of breath & took a seat. Seeing this, Mrs. Patil, an older mother figure, asked Mansi with concern.

Mrs. Patil: You seem tired Mansi. Here, have this refreshing drink. It will give you some instant energy boost.

Mansi: Thank you Kaki. But, I'd rather not as I am on a special Shravan diet. I am trying to lose weight.

Mrs. Patil: What? Dieting or fasting like this alone will never guarantee weight loss. Instead there will be worse side effects. This will not do. You must come with me to visit Dr. Sandu regarding this.

Venue: Dr. Sandu's Clinic

Mansi: Namaste Doctor. Please tell me how I can maintain my health as well as my weight.



DEVOTION DEVIATION

Dr. Sandu Explains

- 10 types of Langhana therapy are listed in Ayurveda & Upavasa (treatment that helps lighten the body) is one of them.
- It is a state of abstinence from food but also from krodha (anger), shokha (grief), lobha (greed), moha (fascination), etc.
- Current Fasting fad is to eat more heavy to digest food like sabudana (sago/tapioca), fruits, potatoes etc.
- The process of fasting helps balance the doshas, provides rest to the gut, improves digestion & digestive fire.
- This results in expulsion of blockages from the channels & relieving the impact of certain disorders.
- This process is now known as 'Autophagy' (self- destruction) & increases when the cells are starved.
- The cells recycle unwanted products by

degradation & maintain all body functions.

- Ayurveda also considers 'अहो रात्रिभोजना अभावः' i.e., the state of overnight deprivation of food as a form of fasting or Upavasa.
- Even in this instance the body cleanses, rejuvenates itself & eliminates the metabolic wastes the next day.

- Fasting Myths**
- 1. **Weight loss:** Losing weight is only one part of the picture & not the expected primary outcome.
- 2. **Starvation:** Prolonged and extreme calorie restriction leads to Starvation & Malnourishment which are not advocated in fasting



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BILVA

Latin name : *Aegle marmelos* Carr.
Family : Rutaceae
Common name : Bael
Part used : Fruits, Leaves, Roots
Sanskrit meaning : Helps calms aggravated Vata-Kapha

Bael acts as a 'Sink' for chemical or poisonous gaseous matter & neutralizes it

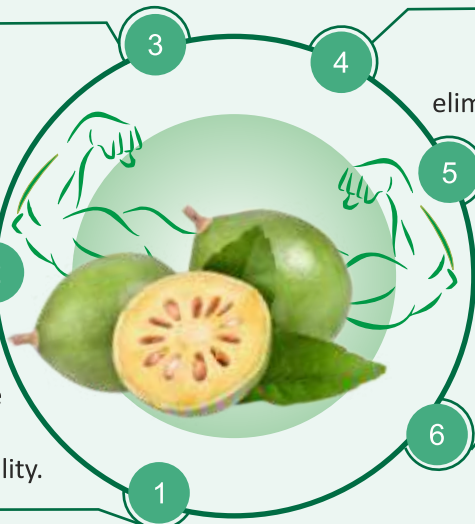
It is part of 'Climate Purifiers' plant group that emit high levels of Oxygen in Sunlight

Effective against bacterias causing various Gut problems & has a protective effect

Bael antioxidants help eliminate variety of toxins

It helps stimulate appetite, digestive fire & regulates the intestinal motility.

Belongs to 'Fragrant' species groups, whose flowers & volatile vapours neutralize odour & reduce bacterial load



TIME CAPSULE

Rigveda says, 'Be gracious to forests enriched with medicinal plants'. Even Atharva Veda asserts the necessity of forest protection & preservation.

Agni Purana a dedicated text on Agricultural science (**Vriksha Ayurveda**) describes plant biology, stresses on the conservation of plants & plantation etc. It notes, seeds may be

preserved by mixing them with ashes or expose to medicated smoke (an antimicrobial agent). It expresses that they too have life as well as senses. It differentiates between humans & trees as, 'The tree has its head rooted deep in the earth, and the branches spread in the air on the other hand; man keeps his head high up and walks on his branches, his legs'.



SARAK CHURNA

- Sandu Sarak churna** is the best solution for constipation and related problems.
- Its main ingredient Sonamukhi is an excellent laxative & increases intestinal motility.
- Other potent herbs such as Saunf,

Vidang, Ajavayan etc, further assist in proper evacuation of bowels.

- Sandu Sarak churna** is an excellent digestive, appetizer, softens stools, relieves abdominal colic & flatulence.



SARAK CHURNA

SANDU MAHARASNADI KADHA

- Sandu Maharasnadi Kadha** is the best Ayurvedic polyherbal formulation to alleviate acute & chronic pain, stiffness and swelling of joints which is caused by Vata dosha.
- Rasna has analgesic, anti-inflammatory and immuno-modulatory properties which are beneficial in conditions such as arthritis, osteoarthritis etc.
- Guggul has active principles which may

relieve pain & inflammation.

- It prevents further degeneration of joints due to old age.
- Sandu Maharasnadi Kadha** improves the mobility of joints and overall musculoskeletal health.



SANDU MAHARASNADI KADHA

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- Sandu Osteon D** is a natural calcium supplement with multi-factorial functions.
- It is the best natural source of calcium for excellent nourishment of bones in all age groups & satisfies additional calcium requirement during pregnancy, in breast feeding mothers and children.
- Sandu Osteon D** is free from side-effects like renal stones as it is easily absorbed & assimilated in the body.
- It helps in the faster healing of fractures,

strengthening of teeth and hair loss as it contains the powerful combination of Dashmula which enhances calcium absorption.

- It is beneficial in preventing osteoporosis during the menopause period and old age.
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SANDU ASHWAGANDHARISHTA									
Sl. No.	Age	Sex	Height (cm)	Weight (kg)	Temp (°C)	Pulse (b/min)	BP (mmHg)	Hb (%)	Remarks
1	25	M	175	75	37.5	72	120/80	14	Normal
2	35	F	160	60	37.2	68	110/70	12	Normal
3	45	M	180	85	37.8	78	130/90	16	Normal
4	55	F	155	55	37.0	65	105/65	11	Normal
5	65	M	170	70	37.3	70	115/75	13	Normal
6	75	F	150	50	36.8	60	100/60	10	Normal
7	85	M	165	65	37.1	65	110/70	12	Normal
8	95	F	145	45	36.5	55	95/55	9	Normal
9	105	M	175	75	37.4	75	125/85	15	Normal
10	115	F	160	60	37.1	70	115/75	13	Normal
11	125	M	180	85	37.6	80	135/95	17	Normal
12	135	F	155	55	36.9	60	105/65	11	Normal
13	145	M	170	70	37.2	70	115/75	13	Normal
14	155	F	150	50	36.7	55	100/60	10	Normal
15	165	M	165	65	37.0	65	110/70	12	Normal
16	175	F	145	45	36.6	50	95/55	9	Normal
17	185	M	175	75	37.3	75	125/85	15	Normal
18	195	F	160	60	37.0	70	115/75	13	Normal
19	205	M	180	85	37.5	80	135/95	17	Normal
20	215	F	155	55	36.8	60	105/65	11	Normal
21	225	M	170	70	37.1	70	115/75	13	Normal
22	235	F	150	50	36.7	55	100/60	10	Normal
23	245	M	165	65	37.0	65	110/70	12	Normal
24	255	F	145	45	36.6	50	95/55	9	Normal
25	265	M	175	75	37.3	75	125/85	15	Normal
26	275	F	160	60	37.0	70	115/75	13	Normal
27	285	M	180	85	37.5	80	135/95	17	Normal
28	295	F	155	55	36.8	60	105/65	11	Normal
29	305	M	170	70	37.1	70	115/75	13	Normal
30	315	F	150	50	36.7	55	100/60	10	Normal

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आयुर्वेद !

SUN	Shravan 14 Rashne P 18 S 5 Ashishvangh P 25 S 12 Bahman P 2 K 5 Adar P 9 K 12 Meher P 16 Shivratri Paryushan Parva begins (Panchami Paksha)- Jain Aghora Chaturdashi 1 Safar M 27 06.25 18.52 21.47 Simha Raksha Panchami (Bengal) Rishi Panchami Jain Samvatsari (Panchami Paksha) Melapat (Kashmir) ChinChinin Feast (Goa) 8 M 4 06.26 18.46 Tula Pradosh Waman Jayanti Onam-Thirunam (Kerala) 15 M 11 06.27 18.40 29.43 Kumbha Vishuv Din 22 M 18 06.29 18.34 Vrishabh Bhadrapad K 13 Srosh P 17 Som Pradosh Shivaratri 29 M 25 06.30 18.27 Simha
	K30 Fravardin P 19 S 6 Ashtad P 26 S 13 Ardibehest P 3 K 6 Avan P 10 Shravan Amavasya Darsh Somvati Pithori Amavasya Somavati Amavasya Pola Matru Din 2 M 28 06.25 18.51 Simha Surya Shashti Balaram Jayanti Melapat (Kashmir) 9 M 5 06.26 18.45 11.27 Vrishchik Eid-E-Milad 16 M 12 06.28 18.39 Kumbha Chandan Shashti 23 M 19 06.29 18.33 Vrishabh Rubilwal M 26 06.30 18.27 Simha 30
MON	Shravan K/30 Behram P 20 S 7 Asman P 27 S 14 Shehrevat P 4 K 7 Khorshed P 11 Amavasya Shravan End 3 M 29 06.25 18.50 Simha Jyeshtha Gauri Awahan upto 8.02 pm Melapat (Kashmir) 10 M 6 06.27 18.44 Vrishchik Anant Chaturdashi Proshthapadi Purnima Vishwakarma Puja 17 M 13 06.28 18.38 29.43 Meen Kalashtami 24 M 20 06.29 18.32 09.54 Mithun
TUE	Bhadrapada S 1 Ram P 21 S 8 Zamyad P 28 S 15/ K 1 Asfandarmad P 5 K 8 Mohor P 12 Bhadrapad Begins New Moon 4 M 30 06.25 18.49 09.54 Kanya Jyeshtha Gauri Pujan Durgashtami 11 M 7 06.27 18.43 21.20 Dhanu Bhadrapada Purnima Full Moon Mahalaya Begins Bhagwat Saptah End 18 M 14 06.28 18.37 Meen Avidhava Nawami 25 M 21 06.29 18.31 Mithun
WED	S 2 Govad P 22 S 9 Marespand P 29 K 2 Khordad P 6 K 9 Tir P 13 Shankar Deo Tithi (Asam) Teacher's Day 5 Rabilawal: Muslim month begins Rabilwal M1 06.26 18.49 Kanya Adukh Navami Jyeshtha Gauri Visarjan Bhagwat Saptah begins Avani Mulam (T.N.) 12 M 8 06.26 18.42 Dhanu Khordad Purnima Full Moon Mahalaya Begins Bhagwat Saptah End 19 M 15 06.28 18.36 29.14 Mesh Tir Purnima 26 M 22 06.29 18.30 27.11 Karka
THU	S 3 Dae-Pa-Din P 23 S 10 Aneran P 30 K 3 Amardad P 7 K 10 Gosh P 14 Haritalika Tiritiya Varah Jayanti Swarna Gauri Vrat 6 M 2 06.26 18.48 22.59 Tula Hormazd P 1 K 4 Dae-Pa-Adar P 8 K 11 Dae-Pa- Meher P 15 Shri Ganesh Chaturthi Jain Samvatsar Chaturthi Paksha 7 M 3 06.26 18.47 Tula Parivartini Ekadashi Ardibehasta: Parasi month begins 14 M 10 06.26 18.41 Makar Ganesh Sankashtha Chaturthi Narayan Guru Jayanti (Kerala) 21 M 17 06.29 18.34 30.08 Vrishabh Indira Ekadashi 28 M 24 06.30 18.28 27.37 Simha
FRI	S 4 Din P 24 S 11 Hormazd P 1 K 4 Dae-Pa-Adar P 8 K 11 Dae-Pa- Meher P 15 Shri Ganesh Chaturthi Jain Samvatsar Chaturthi Paksha 7 M 3 06.26 18.47 Tula Parivartini Ekadashi Ardibehasta: Parasi month begins 14 M 10 06.26 18.41 Makar Ganesh Sankashtha Chaturthi Narayan Guru Jayanti (Kerala) 21 M 17 06.29 18.34 30.08 Vrishabh Indira Ekadashi 28 M 24 06.30 18.28 27.37 Simha
SAT	S 4 Din P 24 S 11 Hormazd P 1 K 4 Dae-Pa-Adar P 8 K 11 Dae-Pa- Meher P 15 Shri Ganesh Chaturthi Jain Samvatsar Chaturthi Paksha 7 M 3 06.26 18.47 Tula Parivartini Ekadashi Ardibehasta: Parasi month begins 14 M 10 06.26 18.41 Makar Ganesh Sankashtha Chaturthi Narayan Guru Jayanti (Kerala) 21 M 17 06.29 18.34 30.08 Vrishabh Indira Ekadashi 28 M 24 06.30 18.28 27.37 Simha

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GULKAND
PRAVALYUKTA (with Coral)



ACIVIN

A Potent
Natural Antacid



BILAGYL

Controls Chronic
Diarrhoea &
Dysentery



In all
Phases of Life
**EAT
EVERYDAY**

Tasty

Control
Body Heat

Nutritious

Reduces
Pitta



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AROGYA DARSHIKA

SEPTEMBER 2024



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HELLO, DR.SANDU

SANDU HEALTH & HAPPINESS RANGE

CATCH 21

The Ganesh Festival had arrived. At home little Keshav and his siblings had just finished the aarti with loud echoes of Jay Dev-Jay Dev & eagerly awaiting their favorite moment when they could eat modak. The moment the plate of modak was offered all the kids had rushed forward & grabbed as many as possible in a moment of total chaos. Guests had brought their own Modak varieties like steamed, made of coconut or cashew etc . All of these had made their way into Keshav's tummy until it was ready to burst. Feeling drowsy he decided to take a nap. But after some time his mother heard him crying in pain with his knees to his stomach. Concluding that his eating had given him indigestion Keshav's mother called Dr. Sandu who took note of the situation.



Dr. Sandu Explains: Overeating & its Prevention

- As per a module, there are 7 overeating causes : Food Fretting, Task Snacking, Emotional Eating, Fast Foodism, Solo Dining, Unappetizing Atmosphere & Sensory Disregard.
- Research shows highly palatable foods impact the brain in similar ways to addictive drugs like heroin and cocaine.
- They trigger 'feel-good' brain chemicals such as Dopamine.
- Once people experience this increased transmission in the brain's reward pathway from eating certain foods, they quickly feel the need to binge eat.
- Symptoms include eating a lot of food in a short amount of time, eating rapidly, eating when you are already full or not hungry, feeling that your eating is out of control, eating alone or in secret, and feeling depressed, disgusted, ashamed, guilty or upset about eating.
- The rush of sugar into the bloodstream

stimulates the brain's pleasure centre leading to more sugar craving.

- At these times eating sweets and high-glycemic carbohydrates enhances the craving for these foods.
- If this habit is not corrected it can also result in diminished dopamine function so the same amount of food is not enough to satisfy the senses anymore.
- Fatty & salty foods also activate the same "reward circuits" of the brain that are linked to addictive drugs and gambling behaviours.
- Distracted & rapid eating fails to trigger satiety leading to overeating.
- Focused & mindful eating practices cause lesser energy loss & trigger satiety on time preventing overeating.



HERB BULLETIN

हर दिन, हर घर... आयुर्वेद!

HARIDRA

Latin name : *Curcuma longa* Linn.
Family : Zingiberaceae
Common name : Haldi, Halad
Part used : Rhizome
Sanskrit meaning : As it attains yellow color

Haridra helps improve complexion, skin & gut health

It stimulates the digestive fire, appetite, relieves flatulence and other gut disorders

It eliminates toxins from the body as it is an antioxidant

Haridra helps ease breathing difficulty, reduces coughing & cold symptoms

Haridra aids in wound healing by improving wound healing factors

It enhances the availability & absorption of nutrients in the body

TIME CAPSULE

Ravana's younger brother **Kumbhakarna**, has been analysed by experts to have sleep apnea, hypothalamic obesity or Klein-Levin syndrome correlating the scientific & mythological facts. Hypothalamic obesity is caused by injury to the Hypothalamus (part of Brain) leading to excess weight gain. Klein-Levin syndrome is a rare disorder of adolescents, marked by periodic episodes of strong

sleep, insatiable hunger, behavioural & cognitive difficulties. The episodic nature of sleep lasts from 2 to 80 days & coincides with **Kumbhakarna's** sleeping fits. Abnormal speech is reported in 2/3rd of cases of this syndrome & this too fits the mythology around **Kumbhakarna** who misspoke 'Indrasan' as 'Nidrasan' while praying to Lord Brahma.



SANDU CHYAVANPRASH

- Sandu Chyavanprash** is a time tested remedy that provides complete protection against various infections & boosts immunity.
- It is a combination of more than 50 powerful herbs including Ashtavarga, Dashmool, Amalaki etc.
- It contains Amalaki, Ashwagandha etc. excellent Rasayana herbs having anti-aging, immunity building, adaptogenic and rejuvenating properties.
- Ashtavarga from **Sandu Chyavanprash** has anti-oxidant, rejuvenating,

hepatoprotective effect and nourishes all the dhatus in the body. Along with this it has a blend of other essential herbs like Dashmool, Nilotpal, Shatavari etc. which balance the tridosha (Vata, Pitta and Kapha).

- Sandu Chyavanprash** is an anti-oxidant rich, rejuvenating tonic for all age groups that improves the body's immunity against various diseases and reduces the chances of recurrent illnesses.



SANDU CHYAVANPRASH

SANDU AMRITARISHTA

- Sandu Amritarishta** is a versatile immunity enhancer.
- Giloy the prime herb of **Amritarishta**, has an immunomodulatory, revitalizing, hepatoprotective & antioxidant properties.
- Sandu Amritarishta** is beneficial in chronic and relapsing infectious conditions arising due to various causative factors.

- It reduces burning sensation, body ache, restlessness and excessive thirst.

- Sandu Amritarishta** is mentioned in Ayurvedic granthas for jwar, jirna jwar, vatrakta and prameha like conditions. It improves immunity, reduces recurrent illnesses & time taken for recovery post-infections.



SANDU AMRITARISHTA

SANDU DASHMULARISHTA

- Sandu Dashmularishta** contains vata pacifying herbs such as Dashmul, Guduchi, Amalaki etc.
- It is beneficial in relieving joint pain & stiffness of various joints by improving absorption and deposition of calcium in bones.
- It is beneficial for women of all ages, especially the adolescents where it

helps by strengthening their reproductive system.

- Sandu Dashmularishta** aids in relieving pain during menstruation.
- In the post-delivery phase, it strengthens the reproductive system, relieves weakness, improves stamina, immunity and brings it back to normal.



SANDU DASHMULARISHTA

SANDU

GULKAND

PRAVALYUKTA (with Coral)

In all
Phases of Life
EAT
EVERYDAY

Tasty
Controls
Body Heat



September 2024											
Bharatpur, India - 12.5°N 76.6°E (approx. 12.5°N 76.6°E)											
Week	Day	Time	Temp	Humidity	Wind	Pressure	Cloud	UV	Vis	Wind	Temp
September	2024	00:00	06:00	12:00	18:00	00:00	06:00	12:00	18:00	00:00	06:00
1	Mon	12	28.5	75%	15 km/h	1012	10%	8	10	15 km/h	28.5
2	Tue	13	29.0	76%	16 km/h	1011	11%	9	11	16 km/h	29.0
3	Wed	14	29.5	77%	17 km/h	1010	12%	10	12	17 km/h	29.5
4	Thu	15	30.0	78%	18 km/h	1009	13%	11	13	18 km/h	30.0
5	Fri	16	30.5	79%	19 km/h	1008	14%	12	14	19 km/h	30.5
6	Sat	17	31.0	80%	20 km/h	1007	15%	13	15	20 km/h	31.0
7	Sun	18	31.5	81%	21 km/h	1006	16%	14	16	21 km/h	31.5
8	Mon	19	32.0	82%	22 km/h	1005	17%	15	17	22 km/h	32.0
9	Tue	20	32.5	83%	23 km/h	1004	18%	16	18	23 km/h	32.5
10	Wed	21	33.0	84%	24 km/h	1003	19%	17	19	24 km/h	33.0
11	Thu	22	33.5	85%	25 km/h	1002	20%	18	20	25 km/h	33.5
12	Fri	23	34.0	86%	26 km/h	1001	21%	19	21	26 km/h	34.0
13	Sat	24	34.5	87%	27 km/h	1000	22%	20	22	27 km/h	34.5
14	Sun	25	35.0	88%	28 km/h	999	23%	21	23	28 km/h	35.0
15	Mon	26	35.5	89%	29 km/h	998	24%	22	24	29 km/h	35.5
16	Tue	27	36.0	90%	30 km/h	997	25%	23	25	30 km/h	36.0
17	Wed	28	36.5	91%	31 km/h	996	26%	24	26	31 km/h	36.5
18	Thu	29	37.0	92%	32 km/h	995	27%	25	27	32 km/h	37.0
19	Fri	30	37.5	93%	33 km/h	994	28%	26	28	33 km/h	37.5
20	Sat	1	38.0	94%	34 km/h	993	29%	27	29	34 km/h	38.0
21	Sun	2	38.5	95%	35 km/h	992	30%	28	30	35 km/h	38.5
22	Mon	3	39.0	96%	36 km/h	991	31%	29	31	36 km/h	39.0
23	Tue	4	39.5	97%	37 km/h	990	32%	30	32	37 km/h	39.5
24	Wed	5	40.0	98%	38 km/h	989	33%	31	33	38 km/h	40.0
25	Thu	6	40.5	99%	39 km/h	988	34%	32	34	39 km/h	40.5
26	Fri	7	41.0	100%	40 km/h	987	35%	33	35	40 km/h	41.0
27	Sat	8	41.5	100%	41 km/h	986	36%	34	36	41 km/h	41.5
28	Sun	9	42.0	100%	42 km/h	985	37%	35	37	42 km/h	42.0
29	Mon	10	42.5	100%	43 km/h	984	38%	36	38	43 km/h	42.5
30	Tue	11	43.0	100%	44 km/h	983	39%	37	39	44 km/h	43.0

GULKAND

PRAVALYUKTA (with Coral)

In all Phases of Life Eat Everyday



Rose
(Gulab)



Lump sugar
(Khadishakkar)



125
YEARS OF
TRUST

Tasty

Nutritious

Reduces
Pitta

Controls
Body Heat

10

BHADRAPAD -
ASHWIN
SHAK 1946

OCTOBER 2024

SAMVAT 2080

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हर घर... आयुर्वेद !

SUN	 #SayYesToAyurveda	S 3 Dae-Pa-Din P 23 Vinayak Chaturthi Majorda, Banavalin Feast (Goa) 6	S 10 Aneran P 30 Pashankusha Smart Ekadashi Shri Madhvacharya Jayanti 13	K 3/4 Amardad P 7 Ganesh Sankashta Chaturthi Karak Chaturthi Karwa Chouth Dasharathi Chaturthi 20	K 11 Gosh P 14 27
MON	SHISHUVIN Excellent Tonic for Infants	S 4 Din P 24 Lalita Panchami 7	S 11/12 Hormazd P 1 Pashankusha Bhagwat Ekadashi Khordad : Parsi Month Begins 14	K 5 Dae-Pa-Adar P 8 21	K 11 Dae-Pa- Meher P 15 Rama Ekadashi Govatsa Dwadashi Vasubaras 28
TUE	Bhadrapad K 14 Rashne P 18 1	S 5 Ashishvangh P 25 8	S 13 Bahman P 2 Bhoum Pradosh Fateha Yazdaham International Blind Day 15	K 6 Adar P 9 22	K 12 Meher P 16 Bhoum Pradosh, Guru Dwadashi Dhantrayodashi Dhanvantari Puja National Ayurved Day Yamadeepdan 29
WED	K 30 Fravardin P19 Bhadrapad Amavasya Sarvapitri Amavasya Mahatma Gandhi Birth Anniversary Lal Bahadur Shastri Birth Anniversary 2	S 6 Ashtad P 26 Saraswati Avahan Tap Shashthi (Odisha) Ayambil Oli begins (Jain) 9	S 14 Ardibehest P 3 Kojagari Purnima Laxmi Indra Puja (Odisha) Sharad Purnima Kojagari Laxmi Puja (W.B.) 16	K 7 Avan P 10 Margao (Grace Church) Feast (Goa) 23	K 13 Srosh P 17 Shivratri Tivin Feast (Goa) 30
THU	Ashwin S 1 Behram P 20 Ashwin Begins Ghatshtapana Navaratrambha Shardiya Navaratra Begins Rosh Hashanah (Jew) 3	S 7 Asman P 27 Mahalaxmi Pujan Saraswati Pujan Shardiya Durga Pujarambha Mahasaptami Durga Puja Begins (Bengal) 10	S 15 Shehrevat P 4 Ashwin Purnima Navanna Purnima Ayambil Oli ends (Jain) Kartik Snana begins Sukkot (Jew) Valmiki Jayanti 17	K 8 Khorshed P 11 Kalashtami, Karashtami Gurupushyamrut (Day & Night) 24	Ashwin K 14 Rashne P 18 Narak Chaturdashi Abhyang Snana Sardar Patel Birth Anniversary 31
FRI	S 2 New Moon 4	S 8 Zamyad P 28 Durgashtami Saraswati Balidan Mahashtami Vrat Mahanavami Vrat Aayudh Pujan Pujarambha Mahashtami 11	Ashwin K 1 Asfandarmad P 5 18	K 9 Mohor P 12 Simhat Torah (Jew) 25	MAHASUDARSHAN KADHA NO.1 (MSK PLUS) Trusted Immunomodulator
SAT	S 3 Govad P 22 Rabilakhar Muslim Month Begins 5	S 9 Marespand P 29 Dassera, Vijaya Dashami Saraswati Visarjan Yom Kippur (Jew) Shardiya Durga Pujarambha Mahanavami Shirdi Utsav 12	K 2 Khordad P 6 19	K 10 Tir P 13 26	

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ACE OF SPADES

The burning of Dashanan Ravana on Vijayadashmi has always been interpreted as the triumph of Good over Evil. So, how can the Modern Man defeat various disorders that are not unlike the ten headed Ravana?

Dr. Sandu Explains : 10 General Health Tips for Men

- In general all Rasayanas promote nutrition relevant to the natural damage occurring during the different phases of life span.
- There are certain organ and tissue specific Rasayanas viz, Medhya Rasayana (Brain), Hridya Rasayana (Heart), Caksusya Rasayana (Eyes) etc.
- Adaptogens such as Ashwagandha, Brahmi in the form of herbal supplements like Chyawanprash, Musli pak, Ashwagandhadi leha provide nutrients to make up for any dietary insufficiency.
- Adaptogens have neuroprotective, anti-fatigue, antidepressant, anxiolytic, nootropic activity and more.
- Dietary factors are also major contributors to optimum Gut & Kidney function.
- High fat diet, inadequate nutrition, excess of food that contains oxalate crystals, high protein diet etc can cause kidney related complaints.
- An overabundance of calories, highly

refined foods & poor eating practices may lead to increased inflammation and damage immunity (Ojas).

- Additionally Insomnia & Lethargy can further reduce in quality of life.
- So calorie restriction or following mindful practices when it comes to food is encouraged instead of resorting to medicine.
- To maintain optimum oral health your daily routine may include Dant Dhavan (Brushing), Jivha Nirlekhana (Tongue scraping) and Gandoosha (gargling or oil pulling).



HERB BULLETIN

हर दिन, हर घर... आयुर्वेद!

ASHWAGANDHA

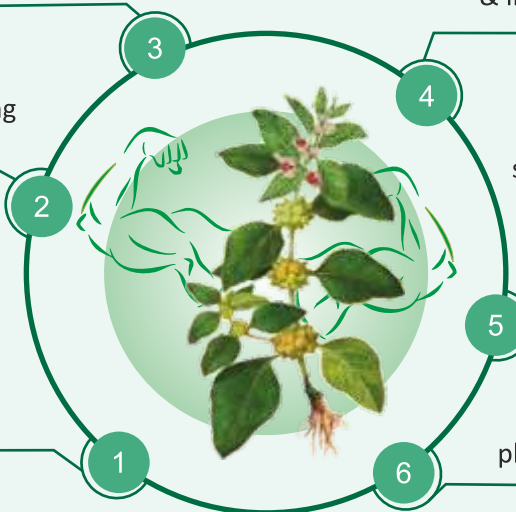
Latin name : *Withania somnifera Dunal.*
Family : Solanaceae
Common name : Asagandha, Asandha
Part used : Roots, Leaves
Sanskrit meaning : As it has a pungent aroma similar to that of Horse

It acts as a mood stabilizer, anxiety reliever & has a positive effect on mental health

Ashwagandha is an adaptogenic herb that promotes "youthful vigor," & improve overall health

Ashwagandha has antioxidant and rejuvenating properties

Helps relieve chronic fatigue, weakness, nervous exhaustion & delay aging



Promotes body strength by improving muscle strength, energy levels, reduces muscle damage & more

Helps provide proper nourishment & maintain physiological processes

TIME CAPSULE

Animal health became a priority as we have mutually benefited from co-dependence. Agni Purana has described ways to attend to the needs & comforts of animals. Medicine for animals (Pashu Ayurved) branched into Medicine for Horse (Ashva Ayurveda), Medicine for Elephant (Gaj Ayurveda) etc. Rigveda mentions how the twins Ashwini Kumar treated 'Dhenu' Cow. Palkapya Rishi mentioned in Charak Samhita, authored a

book on the treatment of Elephants. Multiple references are found of Acharya Shalihotra & his text on ailments of Horses in the Mahabharat. Even during the reign of King Ashoka, two kinds of hospitals were established; hospitals for men & hospitals for animals.



SANDU PARIPATHADI KADHA (PATHAJEEVANI)

- Sandu Paripathadi Kadha (Pathajeevani) is best for disorders with skin eruptions.
- It is exclusively made with herbs that are beneficial for various skin disorders such as Paripatha, Raktachandan, Khadir, Haridra among others.
- It has an anti-inflammatory and cooling effect in the body.



SANDU PARIPATHADI KADHA

- Sandu Chandanasav has an antimicrobial effect, provides relief from infection & improves urinary tract health.



SANDU CHANDANASAV

SANDU CHANDANASAV

- Sandu Chandanasav is a time tested solution for managing urinary tract disorders.
- Made with cooling and diuretic herbs such as Chandan, Musta, Rakta chandan, Nyagrodha and more.
- Aids in relieving burning and painful urination while having a soothing effect.

SANDU GOKSHUR KADHA (Sandu Gokharu Kadha)

- Sandu Gokshur Kadha (Sandu Gokharu Kadha) is best for various Urinary Problems.
- Gokshur is a potent immunity enhancer for the Urinary system.
- It disintegrates and expels out urinary stones, relieves pain and difficulty in urination.



SANDU GOKSHUR KADHA

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Beneficial for
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SANDU HEALTH & HAPPINESS RANGE									
Sl. No.	Product Name	Net Weight	Net Volume	Price	MRP	Discount	Final Price	Availability	Expiry Date
1	Sandu Paripathadi Kadha (Pathajeevani)	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
2	Sandu Chandanasav	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
3	Sandu Gokshur Kadha (Sandu Gokharu Kadha)	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
4	Sandu Ashwagandha	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
5	Sandu Brahmi	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
6	Sandu Haridra	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
7	Sandu Khadir	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
8	Sandu Raktachandan	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
9	Sandu Nyagrodha	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
10	Sandu Musta	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
11	Sandu Ashwagandha	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
12	Sandu Brahmi	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
13	Sandu Haridra	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
14	Sandu Khadir	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
15	Sandu Raktachandan	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
16	Sandu Nyagrodha	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
17	Sandu Musta	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
18	Sandu Ashwagandha	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
19	Sandu Brahmi	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
20	Sandu Haridra	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
21	Sandu Khadir	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
22	Sandu Raktachandan	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
23	Sandu Nyagrodha	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
24	Sandu Musta	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
25	Sandu Ashwagandha	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
26	Sandu Brahmi	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
27	Sandu Haridra	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
28	Sandu Khadir	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
29	Sandu Raktachandan	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
30	Sandu Nyagrodha	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024
31	Sandu Musta	100 ml	100 ml	1200	1500	20%	1200	In Stock	12/2024

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with Silver
& Pearl



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11

ASHWIN-
KARTIK
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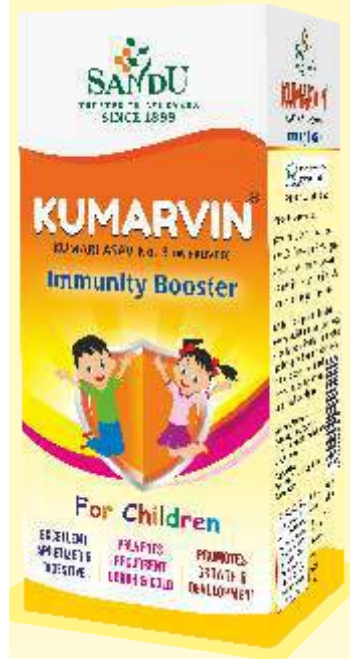
NOVEMBER 2024

SAMVAT 2080/81

SANDU PHARMACEUTICALS LTD
AROGYA DARSHIKA हर दिन,
हर घर...
आयुर्वेद !

SUN	 #SayYesToAyurveda	S 2 Ram P 21 Yamdwitiya Bhaubeej New Moon Nuven Feast (Goa) 3 M 30 06.41 18.03 Vrishchik	S 9 Zamyad P 28 Kushmand Navami Ranganath Jayanti 10 M 7 06.44 18.00 Kumbha	K 2 Asfandarmad P 5 Lala Lajpat Rai Commemoration Day 17 M 14 06.48 17.59 28.30 Mithun	K 9 Mohor P 12 Guru Tegbahadur Shaheed Din 24 M 21 06.52 17.58 29.01 Kanya
MON	In Stress & Fatigue STRESAN[®] Herbal Tranquiliser	S 3 Govad P 22 Jamadilawal Muslim Month begins 4 M 1 06.42 18.03 Vrishchik	S 10 Marespand P 29 Jamadilawal M 8 06.45 18.00 26.21 Meen	K 3 Khordad P 6 Ganesh Sankashtha Chaturshi 18 M 15 06.49 17.59 Mithun	K 10 Tir P 13 Guru Tegbahadur Shaheed Din 25 M 22 06.53 17.58 Kanya
TUE	 In Stress & Fatigue STRESAN[®] Herbal Tranquiliser	S 4 Dae-Pa-Din P 23 Vinayak Chaturthi (Angarak yoga) 5 M 2 06.42 18.02 09.44 Dhanu	S 11 Aneran P 30 Prabodhini Ekadashi Pandharpur yatra 12 M 9 06.46 18.00 Meen	K 4 Amardad P 7 Utpatti Ekadashi Alandi Yatra 19 M 16 06.49 17.59 Mithun	K 11 Gosh P 14 Utpatti Ekadashi Alandi Yatra 26 M 23 06.54 17.58 Kanya
WED	ELEGANCE[®] For Healthy Growth of Babies Excellent Baby MASSAGE OIL	S 5 Din P 24 Pandav Panchami Dnyan Panchami (Jain) 6 M 3 06.42 18.02 Dhanu	S 12 Hormazd P 1 Pradosh Chaturmas End Tir:Parasi month begins 13 M 10 06.46 18.00 27.10 Mesh	K 5 Dae-Pa-Adar P 8 Navelin Feast (Goa) 20 M 17 06.50 17.58 08.46 Karka	K 12 Dae-Pa- Meher P 15 Mahatma Jyotiba Phule Commemoration Day Pradosh 27 M 24 06.54 17.58 18.06 Tula
THU		S 6 Ashishvangh P 25 Suryashashthi (Bihar) 7 M 4 06.43 18.01 17.53 Makar	S 13/14 Bahman P 2 Vaikuntha Chaturdashi Vrat Vaikuntha Chaturdashi Pandit Nehru Birth Anniversary Children's Day Bada Osa (Bihar) 14 M 11 06.47 17.59 Mesh	K 6 Adar P 9 Gurupushyamrut 21 M 18 06.51 17.58 Karka	K 13 Meher P 16 Mahatma Jyotiba Phule Commemoration Day Pradosh 28 M 25 06.55 17.58 Tula
FRI	K30 Fravardin P19 Ashwin Amavasya Darsh Amavasya Deepavali Laxmi Kuber Pujan Mahavir Nirwan (Jain) Kedar Gauri Vrat (T.N.) Rabilakhar M 28 06.40 18.04 Tula	S 7 Ashtad P 26 Jalaram Jayanti 8 M 5 06.43 18.01 Makar	S 15 Ardibehest P 3 Kartik Purnima Tripurari Purnima Tulsi Vivah ends Mahalaya ends, Kartik Snana ends Full Moon Guru Nanak Birth Anniversary M 12 06.47 17.59 27.16 Vrishabh	K 7 Avan P 10 Shivaratri 22 M 19 06.51 17.58 17.08 Simha	K 13 Srosh P 17 Shivaratri 29 M 26 06.56 17.58 30.02 Vrishchik
SAT	Kartik S 1 Behram P 20 Kartik Begins, Balipratipada Deepavali Padwa Vikram Samvat 2081 Analam Samvatsar begins Mahavir Jain Samvat 2551 Begins Govardhan Puja Industrial Safety Day M 29 06.41 18.04 23.22 Vrishchik	S 8 Asman P 27 Durgashtami Gopashtami 9 M 6 06.44 18.01 23.27 Kumbha	Kartik K 1 Shehrevrar P 4 Kartik Purnima Tripurari Purnima Tulsi Vivah ends Mahalaya ends, Kartik Snana ends Full Moon Guru Nanak Birth Anniversary M 12 06.47 17.59 27.16 Vrishabh	K 8 Khorshed P 11 Kalashtami Kalbhairav Jayanti 23 M 20 06.52 17.58 Simha	Kartik K 14 Rashne P 18 Darsha Amavasya Vasco Feast (Goa) 30 M 27 06.56 17.58 Vrishchik

KUMARVIN[®]
Ayurvedic
Immunity
Booster
for
Children



Excellent
Appetizer &
Digestive

Prevents
Recurrent
Cough & Cold

Promotes
Growth &
Development



DOCTOR'S FEEDBACK
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Dr. Anita Halgatti, Hubli



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AROGYA DARSHIKA

NOVEMBER 2024



PREMIUM
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HELLO, DR.SANDU



UNWRITTEN

Diwali, a time filled with sweets, loud firecrackers, colorful rangolis & for some of us, homework. This Diwali the kids were asked to meet & interview any Ayurveda Physician from their locality on the occasion of Children's Day & National Ayurveda Day. So, it was for this reason that Yash & Meghana found themselves chatting fervently with Dr. Sandu at his clinic.

Yash & Meghana : Namaste Dr. Sandu ! Happy Diwali ! As you know this month we are celebrating Children's Day and National Ayurveda Day. So can you please tell us how Ayurveda can help us little kids?

Dr. Sandu: Happy Diwali to you two as well ! And Yes, I will definitely help you understand how it can help you. First, tell me what your Mother does when you catch a cold ?

Meghana: She gives us milk with Haldi or gives us a Kadha made with Tulsi, Ginger and Gud.

Dr. Sandu: That's right. Also, she ensures you get your **Swarnaprashana** dose on time to build your immunity. This is all part of Ayurveda as it aims to help sick people recover & ensure that healthy people stay healthy.



Dr. Sandu Explains: Ayurveda for Kids

- Incorporating proper physical, mental, emotional nutrient & Ayurvedic principles in daily as well schooling days can have an over all positive effect.
- Swarnaprashana, a combination of purified Swarna (Gold), Ghrita (Ghee), Madhu (Honey) & other Medhya Dravyas stimulates apt growth, development & improves their immunity.
- In addition to this including Milk, Ghee, Navnita etc. in daily diet prevents any potential disorders.
- Medhya Rasayana like Mandukaparni, Yasthimadhu, Guduchi etc. helps manage learning disabilities, improves memory, intellect & mental health as it in turn affects physical health.
- Proper food etiquettes, light walking (Chankramana) or similar activities (Laghu Vyayama) are advised as it improves the Agni & reduces the Meda.
- Physical activities play a large role in Calcium and Vitamin D levels of the body.
- Daily body or feet massage with oil or application of Anjana is extremely beneficial for the eyes, maintains vision and prevents refractive errors.
- Karna purana (instilling oil in the ears) nourishes & maintains auditory system & prevents disorders.
- Daily routine is necessary to bring positive changes in the body & mind.
- It regularizes a person's clock, digestion, absorption, assimilation, generates self-esteem, discipline, peace and happiness.
- Research backs Ayurveda that proper bedtime allowing full hours of sleep according to the age is needed.



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

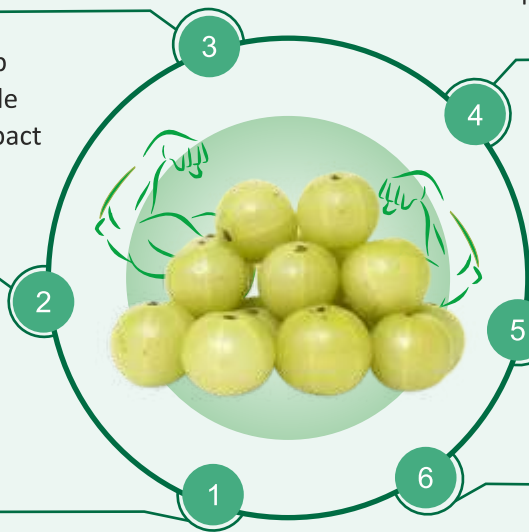
AMALAKI

Latin name : *Embllica officinalis Gaertn.*
Family : Euphorbiaceae
Common name : Amla, Avala
Part used : Fruits
Sanskrit meaning : Embodies all the qualities of Rasayana

Popular throughout the world as an 'Immunity booster'

Powerful herb Amla, has wide medicinal impact on many systems of the body

Amla is an important ingredient in Ayurvedic formulations



Amla enhances absorption, assimilation, particularly that of iron for healthy blood

Helps rejuvenate all body tissues in the and builds Ojas (root of immunity)

Aids in natural internal cleansing & maintains good vision

TIME CAPSULE

Takshashila was the World's 1st University during the 700 BC besides Nalanda University & others. They were the centres for educational & cultural exchange. They attracted many scholars from all corners of the world, produced Scholars such as Acharya Nagarjuna, Acharya Charak, Chandra Gupta Maurya, Chanakya & others who made history. By 400 AD, Ayurveda texts were translated into Chinese & by 700 AD, Chinese scholars

were visiting the University. During the 800 AD the texts were translated into Arabic. In 1600 AD Paracelsus, German Physician, practiced & preached a system of medicine that borrowed from Ayurveda albeit indirectly through other sources. More such references have been recorded.



MAKARPRASH

- Makarprash** is a special Proprietary revitalising health tonic.
- It is a unique combination of more than 47 eminent herbs & fortified with Laxmivilas Rasa (processed with gold) & Makardhwaj (processed with gold).
- Makarprash** is anti-oxidant rich & potent immunomodulator that enhances immunity and provides protection from recurrent infections, especially of respiratory system.



MAKARPRASH

- It rejuvenates the body, prevents ageing, relieves cold, cough, stress and problems due to aggravated vata.
- Ojovardhak & Rejuvenating **Makarprash** helps to tackle today's hectic lifestyle and maintain positive health of all age groups.

SANDU MAHASUDARSHAN KADHA NO.1

- Sandu Mahasudarshan Kadha** is a proprietary remedy against common illnesses.
- Contains herbs such as Kiratatikta, Yashtimadhu, Guduchi, Ashwagandha and others.
- They provide multiple benefits such as broncho-dilator, antipyretic, antioxidant effect among some.



SANDU MAHASUDARSHAN KADHA NO.1

- It offers a cooling effect, soothes your throat and gives relief from pain caused by excessive coughing.
- Vasa cough syrup** is an excellent Ayurvedic cough syrup providing relief from various types of cough, cold and sore throat without causing drowsiness.

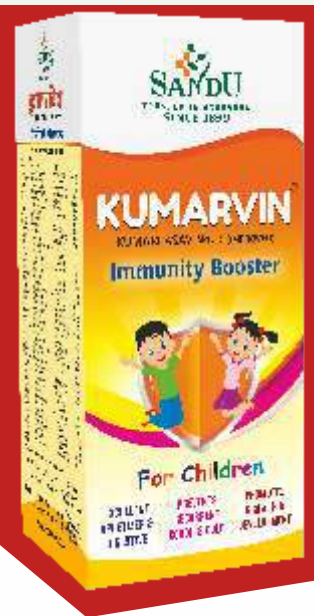


VASA COUGH SYRUP

VASA COUGH SYRUP

- Vasa cough syrup** is an Ayurvedic formula that offers quick relief in various types of cough, cold and sore throat.
- It reduces congestion, inflammation in the respiratory tract, eases difficulty in breathing during cough and cold.
- Synergistic action of Vasa, Tulsi etc herbs is beneficial for wet & dry troublesome cough, hoarseness of voice, chest congestion etc.

*Consult your Registered Medical Practitioner before use
Email: customer@sandu.in, Phone: 022- 2528 4402



KUMARVIN

Ayurvedic Immunity Booster for Children

Board 1234									
Kumar Vinod, Subhash (1984-08-05), Sonam (1985-03-10)									
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AROGYA DARSHIKA हर घर...
आयुर्वेद !

SUN	<div>K30 Fravardin P19</div> <div>Kartik Amavasya</div> <div>1</div> <div>Jamadilawal M 28</div> <div>06.57 17.59 Vrishchik</div>	<div>S 7 Ashtad P 26</div> <div>Bhanu Saptami Margao (Holy Spirit) Panji Moira Feast (Goa) Calangut Feast begins (Goa)</div> <div>8</div> <div>M 6</div> <div>07.01 18.00 Kumbha</div>	<div>S15 Ardibehest P 3</div> <div>Margashirsha Purnima Full Moon</div> <div>15</div> <div>M 13</div> <div>07.05 18.03 15.04 Mithun</div>	<div>K 7 Avan P 10</div> <div>Bhanu Saptami Kalashtami Ayan Karidin</div> <div>22</div> <div>M 20</div> <div>07.09 18.06 12.54 Kanya</div>	<div>K 14 Srosh P 17</div> <div>Shivratri</div> <div>29</div> <div>M 27</div> <div>07.12 18.10 23.21 Dhanu</div>
MON	<div>Margashirsh S 1 Behram P 20</div> <div>Dev Deepavali Margashirsha begins Martand Bhairav Utsav Begins New Moon</div> <div>2</div> <div>M 29</div> <div>06.57 17.59 15.45 Dhanu</div>	<div>S 8/9 Asman P 27</div> <div>Durgashtami Bhim Jayanti</div> <div>9</div> <div>M 7</div> <div>07.02 18.00 09.14 Meen</div>	<div>Margashirsha K 1 Shehrevar P 4</div> <div>Dhanurmas Begins</div> <div>16</div> <div>M 14</div> <div>07.06 18.03 Mithun</div>	<div>K 8 Khorshed P 11</div> <div>23</div> <div>M 21</div> <div>07.09 18.06 Kanya</div>	<div>K30 Rashne P 18</div> <div>Margashirsh Amavasya Darsha Somavati Vela Amavasya</div> <div>30</div> <div>M 28</div> <div>07.12 18.10 Dhanu</div>
TUE	<div>S 2 Ram P 21</div> <div>International Handicap Day Old Goa Feast</div> <div>3</div> <div>Jamadilakhar Muslim Month Begins Jamadilakhar M 1</div> <div>06.58 17.59 Dhanu</div>	<div>S 10 Zamyad P 28</div> <div>Calangut Feast Ends (Goa)</div> <div>10</div> <div>M 8</div> <div>07.02 18.01 Meen</div>	<div>K 2 Asfandarmad P 5</div> <div>17</div> <div>M 15</div> <div>07.06 18.03 18.47 Karka</div>	<div>K 9 Mohor P 12</div> <div>24</div> <div>M 22</div> <div>07.10 18.07 25.49 Tula</div>	<div>Paush S1 Fravardin P 19</div> <div>Paush Begins</div> <div>31</div> <div>Jamadilakhar M 29</div> <div>07.13 18.11 30.00 Makar</div>
WED	<div>S 3 Govad P 22</div> <div>Vinayak Chaturthi</div> <div>4</div> <div>M 2</div> <div>06.59 17.59 23.19 Makar</div>	<div>S 11 Marespand P 29</div> <div>Mokshada Ekadashi Mouni Ekadashi (Jain) Geeta Jayanti</div> <div>11</div> <div>M 9</div> <div>07.03 18.01 11.47 Mesh</div>	<div>K 3 Khordad P 6</div> <div>Ganesh Sankashta Chaturthi Curtorin Feast (Goa)</div> <div>18</div> <div>M 16</div> <div>07.07 18.04 Karka</div>	<div>K 10 Tir P 13</div> <div>Christmas Natal Parshwanath Jayanti (Jain)</div> <div>25</div> <div>M 23</div> <div>07.10 18.07 Tula</div>	<div>MAKARPRASH[®]</div> <div>Premium Immunity Booster</div>
THU	<div>S 4 Dae-Pa-Din P 23</div> <div>5</div> <div>M 3</div> <div>06.59 17.59 Makar</div>	<div>S 12 Aneran P 30</div> <div>Akhand Dwadashi Bharani Deepam (T.N.)</div> <div>12</div> <div>M 10</div> <div>07.03 18.01 Mesh</div>	<div>K 4 Amardad P 7</div> <div>19</div> <div>M 17</div> <div>07.07 18.04 25.59 Simha</div>	<div>K 11 Gosh P 14</div> <div>Safala Ekadashi Jormela (Punjab) Hanukkah (Jew)</div> <div>26</div> <div>M 24</div> <div>07.11 18.08 Tula</div>	<div>MAKARPRASH[®]</div> <div>Pure Coconut Oil and</div>
FRI	<div>S 5 Din P 24</div> <div>Bharat Ratna Dr. Ambedkar Commemoration Day</div> <div>6</div> <div>M 4</div> <div>07.00 18.00 29.06 Kumbha</div>	<div>S 13 Hormazd P 1</div> <div>Kritika Deepam (T.N.) Pradosh Amardad : Parsi Month begins</div> <div>13</div> <div>M 11</div> <div>07.04 18.02 13.19 Vrishabh</div>	<div>K 5 Dae-Pa-Adar P 8</div> <div>20</div> <div>M 18</div> <div>07.08 18.05 Simha</div>	<div>K 12 Dae-Pa- Meher P 15</div> <div>Jormela (Punjab)</div> <div>27</div> <div>M 25</div> <div>07.11 18.09 13.56 Vrishchik</div>	<div>MAKARPRASH[®]</div> <div>Pure Coconut Oil and</div>
SAT	<div>S 6 Ashishvangh P 25</div> <div>Champa Shashthi Skandh Shashthi Martand Bhairav Sthapan</div> <div>7</div> <div>M 5</div> <div>07.00 18.00 Kumbha</div>	<div>S 14 Bahman P 2</div> <div>Shri Datta Jayanti</div> <div>14</div> <div>M 12</div> <div>07.05 18.02 Vrishabh</div>	<div>K 6 Adar P 9</div> <div>Uttarayan begins</div> <div>21</div> <div>M 19</div> <div>07.08 18.05 Simha</div>	<div>K 13 Mehar P 16</div> <div>Shani Pradosh Jormela (Punjab)</div> <div>28</div> <div>M 26</div> <div>07.12 18.09 Vrishchik</div>	<div>#SayYesToAyurveda</div>

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Beneficial
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Healthy
Growth of
HAIR



Pure Coconut Oil
and

20

enriched with
herbs beneficial for
Hair Growth



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Makarprash Premium Immunity Booster500, 1000 gm		Sandu Kumari Asav Useful in Liver Problems, Constipation & Scanty Menstruation200, 450 ml		Sandu Rohitakarishtha Unique Formula for Spleen and Liver Disorders200 ml		Sandu Mahasudarshan Kadha Precise Medicine for Various Fevers200, 450 ml	
Acivin (Sandu Audumbaravleha) Foremost Natural Antacid100, 200 ml		Sandu Vasakasav Effective Remedy for Cough and Cold200, 450 ml		Sandu Draksharishta Empowers Lungs & Boosts Digestion200, 450 ml		Sandu Maha Manjishthadi Kadha First Choice in Skin Diseases200, 450 ml	
Hemocleen Excellent Blood Purifier to Improve Complexion200, 450 ml		Sandu Punarnavasav Best Effective Liver Protective200, 450 ml		Sandu Kutajarishtha Prime Medicine in Diarrhoea and Dysentery200, 450 ml		Sandu Gokshur Kadha (Gokharu Kadha) For Urinary Stone and Reduced Urine Output200, 450 ml	
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Aptilift (Madiphal Rasayanam) Right Appetite for Right Food100, 200 ml		Sandu Patrangasav Maintains Female Health200 ml		Sandu Vidangarishta Traditional Anthelmintic200, 450 ml		Sandu Rasnasaptak Kadha Best Pain-killer in Musculoskeletal Disorders450 ml	
Shishuvin Sanjivani for Infants100, 200 ml		Sandu Chandanasav A Tonic for Urinary Infection with Cooling Effect200, 450 ml		Sandu Abhayarishta Best Medicine for Piles-Fistula-Fissure-Constipation200, 450 ml		Sandu Dashmul Kadha Best Vata Alleviating Formula200, 450 ml	
Tejras Enhances Cognitive Abilities200 ml		Sandu Lodhrasav Best Haemostatic and Anti-leucorrhoea Formula200, 450 ml		Sandu Arjunarishta Excellent Heart Tonic200, 450 ml		Sandu Triphaladi Kadha (Triphala Kadha) Potent Formula for Hepatitis200, 450 ml	
Somajeevani (Somasav) Eases Breathing200, 450 ml		Sandu Sarivadyasav Best Coolant Formula for Burning Sensation and Diabetic Carbuncles200, 450 ml		Sandu Saraswatarishtha Memory Enhancer and Nootropic Tonic200, 450 ml		Sandu Maharasnadi Kadha Prime Medicine for Chronic Vata Disorders200, 450 ml	
Vasajeevani (Vasavaleha) Exceptionally Effective in Chronic Cough & Asthma100, 200 ml		Sandu Ushirasav Remedy for Bleeding Disorders200, 450 ml		Sandu Dashmularishtha Effective in Post-natal Care & Menstrual Problems200, 450 ml		Sandu Pathyadi Kadha Dynamic Medicine for Headache200, 450 ml	
Bhringajeevani (Sandu Bhringarajasav) Rejuvenating Tonic for Hair & Eyes200, 450 ml		Sandu Kanakasav Effective Expectorant and Bronchodilator200, 450 ml		Sandu Ashwagandharishtha Relieves Physical & Mental Stress200, 450 ml		Sandu Punarnavadi Kadha For Oedema related to Kidney Function200, 450 ml	
Keshita (Mahabhringaraj Taila) Beneficial for Healthy Growth of Hair100 ml		Sandu Lohasav Remedy for Anemia200, 450 ml		Sandu Amritarishta Best Rejuvenator in Chronic Fever and Convalescence200, 450 ml		Sandu Krimivikar Kadha (Wormigon) Deworming Formulation200, 450 ml	
Brahmihita (Sandu Original Brahmi Taila) For Stress and Hair Loss100 ml		Sandu Pippalyadyasav Effective in Respiratory Disorders200 ml		Sandu Khadirarishta For Chronic Skin Disorders200, 450 ml		Sandu Balant Kadha No. 1 Excellent in Post-delivery Uterine Shrinkage200 ml	
Sandu Dadimavaleha Anti-Emetic and Haematinic100, 200 ml		Sandu Arvindasav Classical Pediatric Tonic200, 450 ml		PROPRIETARY TABLETS		Sandu Balant Kadha No. 2 Excellent Postpartum Vata shamak and Digestive200 ml	
Vasa Syrup Herbal Cough Syrup with Adulsa & Tulsi100, 200 ml		Kumarvin (Kumari Asav No.3) Useful in Digestive and Respiratory Disorders in Children100, 200, 450 ml		Debix Control Glycemia and Prevent Complications30 Tab		Sandu Balant Kadha No. 3 Improves Lactogenesis and Postpartum Strength200ml	
Sandu Gulkand (with Praval) Cooling Nourishing Tonic200, 400, 1000 gm		SANDU AVALEHA & GRANULES		Corysan Relieves Nasal Congestion30 Tab		<div>SHISHUVIN®</div> <div>Excellent Tonic for Infants</div>	
Sandu Balm Relieves Headache, Bodyache, Blocked Nose10 gm		Sandu Chyavanprash Builds Immunity and Health500, 1000 gm		Osteon - D Calcium with Difference30 Tab			
Vimfix Tab For Vim, Vigour and Vitality60 Tab		Bilagyl Ideal Intestinal Motility Modulator250 gm		Ephenin Ensures Congestion Free Breathing50 Tab			
Paripathadi Kadha (Pathajeevani) Best in Fever with Skin Eruptions100, 200, 450 ml		Vanari Energy, Excitement, Endurance200 gm		Haemol Forte The Complete Iron Supplement30 Tab			
Sandu Sitopalasav Effective Expectorant & Energizer200, 450 ml		Shatari Lactation to Satisfaction200 gm		Jaundex Proven Hepatoprotective30 Tab			

*Consult your Registered Medical Practitioner before use Email: customercare@sandu.in, Phone: 022- 2528 4402

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SANDU MEDICINE PRICE LIST - 2024											
Incorporating the new Sandu medicines (MSK PLUS) from December 2024											
Sl. No.	Medicine Name	Strength	Unit	Price	Sl. No.	Medicine Name	Strength	Unit	Price	Sl. No.	Medicine Name
1	MAHASUDARSHAN KADHA NO.1 (MSK PLUS)	200 ml	Bottle	1200	11	SHISHUVIN	100 ml	Bottle	1200	21	SHISHUVIN
2	MAHASUDARSHAN KADHA NO.2	200 ml	Bottle	1200	12	SHISHUVIN	200 ml	Bottle	1200	22	SHISHUVIN
3	MAHASUDARSHAN KADHA NO.3	200 ml	Bottle	1200	13	SHISHUVIN	300 ml	Bottle	1200	23	SHISHUVIN
4	MAHASUDARSHAN KADHA NO.4	200 ml	Bottle	1200	14	SHISHUVIN	400 ml	Bottle	1200	24	SHISHUVIN
5	MAHASUDARSHAN KADHA NO.5	200 ml	Bottle	1200	15	SHISHUVIN	500 ml	Bottle	1200	25	SHISHUVIN
6	MAHASUDARSHAN KADHA NO.6	200 ml	Bottle	1200	16	SHISHUVIN	600 ml	Bottle	1200	26	SHISHUVIN
7	MAHASUDARSHAN KADHA NO.7	200 ml	Bottle	1200	17	SHISHUVIN	700 ml	Bottle	1200	27	SHISHUVIN
8	MAHASUDARSHAN KADHA NO.8	200 ml	Bottle	1200	18	SHISHUVIN	800 ml	Bottle	1200	28	SHISHUVIN
9	MAHASUDARSHAN KADHA NO.9	200 ml	Bottle	1200	19	SHISHUVIN	900 ml	Bottle	1200	29	SHISHUVIN
10	MAHASUDARSHAN KADHA NO.10	200 ml	Bottle	1200	20	SHISHUVIN	1000 ml	Bottle	1200	30	SHISHUVIN