



AROGYA DARSHIKA™

Based on Indian Almanac

SANDU PHARMACEUTICALS LTD

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

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**PAUSH -
MAGH
SHAK 1947**

JANUARY 2026

SAMVAT 2082

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

SUN	MSK PLUS (MAHASUDARSHAN KADHA NO.1) Trusted Immunomodulator 	K 1 Dae-Pa-Din P 23 4 M 14 07.15 18.12 Mithun 09.42	K 8 Aneran P 30 11 M 21 07.16 18.17 Tula	K 30 Amardad P 7 Darsha Amavasya Mauni Amavasya (Jain) Thai Amavasya (T. N.) Triveni Amavasya (Odisha) Rivan Feast (Goa) 18 M 28 07.17 18.21 Dhanu 16.40	S 7 Gosh P 14 Ratha Saptami Bhanu Saptami Pilar Feast (Goa) 25 M 5 07.16 18.26 Meen 13.35
	MON	SHISHUVIN Excellent Tonic for Infants 	K 2 Din P 24 5 M 15 07.15 18.13 Karka	K 9 Hormazd P 1 Swami Vivekanand Birth Anniversary National Youth Day Shehrevr:Parsi Month begins 12 M 22 07.16 18.17 Tula	Magha S 1 Dae-Pa-Adar P 8 Magha begins 19 M 29 07.17 18.22 Makar
TUE		SHISHUVIN The Real BALKADU (Jamma Ghunti) Excellent Tonic for Infants	K 3 / 4 Ashishvangh P 25 Anarak Ganesh Sankashta Chaturthi Chandor, Casavlin, Reismagos, Candolin Feast (Goa) 6 M 16 07.15 18.14 Karka 12.17	K 10 Bahman P 2 Bhogi Dhanurmas ends Lohri (Kashmir) 13 M 23 07.17 18.18 Tula 17.20	S 2 Adar P 9 New Moon 20 M 30 07.17 18.23 Makar 25.34
	K 5 Ashtad P 26 7 M 17 07.16 18.14 Simha		K 11 Ardibehest P 3 Shatatala Ekadashi Makar Sankranti 14 M 24 07.17 18.19 Vishchik	S 3 Avan P 10 Shaban : Muslim Month begins 21 Shaban M 1 07.17 18.23 Kumbha	S 10 Srosh P 17 Lala Lajpat Rai Birth Anniversary 28 M 8 07.16 18.27 Vishabh
THU	1 Rajab M 11 07.14 18.11 Vishabh	K 6 Asman P 27 8 M 18 07.16 18.15 Simha 18.38	K 12 Shehrevr P 4 Sankrant Karidin 15 M 25 07.17 18.19 Vishchik 29.47	S 4 Khorshed P 11 Shree Ganesh Jayanti Vinayak Chaturthi Varad Chaturthi Tilkunda Chaturthi 22 M 2 07.17 18.24 Kumbha	S 11 Rashne P 18 Jaya Ekadashi Bhishma Dwadashi 29 M 9 07.16 18.28 Vishabh 18.31
		S 14 Behram P 20 Pradosh Khristabda 2026 begins 1	K 7 Zamyad P 28 Swami Vivekanand Birth Anniversary (Tithi Puja) 9 M 19 07.16 18.16 Kanya	K 13 Asfandarmad P 5 Pradosh Shivaratri Meru Trayodashi (Jain) 16 M 26 07.17 18.20 Dhanu	S 5 Mohor P 12 Shree Panchami Vasant Panchami Netaji Subhashchandra Bose Birth Anniversary 23 M 3 07.17 18.24 Kumbha 08.33
FRI	2 M 12 07.14 18.11 Vishabh 09.25	K 7 Marespand P 29 Kalashtami 9 M 19 07.16 18.16 Kanya	K 14 Khordad P 6 Shab-E-Miraj 17 M 27 07.17 18.21 Dhanu	S 6 Tir P 13 Sitala Shashthi (Bengal) 24 M 4 07.16 18.25 Meen	S 13 / 14 Behram P 20 Shri Vishwakarma Jayanti 31 M 11 07.15 18.29 Mithun 20.01
		S 15 Govad P 22 Shakambhari Purnima Shakambhari Navratri ends Magha Snana begins Savitribai Phule Birth Anniversary Hazarat Ali Birth Anniversary Full Moon 3 M 13 07.14 18.12 Mithun	K 7 Marespand P 29 Kalashtami 9 M 19 07.16 18.16 Kanya	K 14 Khordad P 6 Shab-E-Miraj 17 M 27 07.17 18.21 Dhanu	S 6 Tir P 13 Sitala Shashthi (Bengal) 24 M 4 07.16 18.25 Meen
SAT	3 M 13 07.14 18.12 Mithun	K 7 Marespand P 29 Kalashtami 9 M 19 07.16 18.16 Kanya	K 14 Khordad P 6 Shab-E-Miraj 17 M 27 07.17 18.21 Dhanu	S 6 Tir P 13 Sitala Shashthi (Bengal) 24 M 4 07.16 18.25 Meen	S 13 / 14 Behram P 20 Shri Vishwakarma Jayanti 31 M 11 07.15 18.29 Mithun 20.01
		S 15 Govad P 22 Shakambhari Purnima Shakambhari Navratri ends Magha Snana begins Savitribai Phule Birth Anniversary Hazarat Ali Birth Anniversary Full Moon 3 M 13 07.14 18.12 Mithun	K 7 Marespand P 29 Kalashtami 9 M 19 07.16 18.16 Kanya	K 14 Khordad P 6 Shab-E-Miraj 17 M 27 07.17 18.21 Dhanu	S 6 Tir P 13 Sitala Shashthi (Bengal) 24 M 4 07.16 18.25 Meen



**Premium
Immunity
Booster**

**Improves
Strength &
Stamina**

**Supports
Brain &
Cardiac
Health**

**Revitalising
Tonic**

**Your Family's
Health Protector**

TEJRAS® Excellent Memory Booster



HEALTH RELATED INFORMATION
SCAN QR CODE





IMMUNITY BOOSTER FOR CHILDREN



AROGYA DARSHIKA

JANUARY 2026



PREMIUM IMMUNITY BOOSTER

HEALTHY SELF= HEAL THY SELF

The beginning of new year is always a time of excitement and expectations. Everyone looks forward to it with anticipation. Unfortunately, pandemic and viral out break has brought a lot of anxiety, anguish and uncertainty in the world, maintaining positive and healthy lifestyle has become an need of the hour for protection from all.

Obviously, health and nothing but health has become the top priority of mankind all over the world.

As defined by WHO "Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity. This is exactly the concept of our most ancient health science 'Ayurveda'. Ayurveda emphasises on the holistic nature of health; health of body, mind and spirit.

And to achieve Holistic Health, Acharya Charak in Charak Samhita, gives a shloka to describe the means of achieving complete health.

नरो हिताहारविहारसेवी,
समीक्ष्यकारी विषयेष्वसक्तः।
दाता समः सत्यपरः क्षमावान्
आप्तोपसेवी च भवत्यरोगः।

(Ch. Sh.2/46)

As we, the human beings, are made up of combination of Sharir (Body), Mana (Mind) and Atma (Soul or Spirit), we must resolve to be healthy physically, mentally and spiritually (Socially). So our Resolve for this year must be, to achieve Holistic Health.



VEDIC CORNER

हर दिन, हर घर... आयुर्वेद!

HYDRATING LOTION

Harsh and cold weather often leaves our skin in some desperate need for attention. No, we are not asking you to spend on some miracle product. Rather we are suggesting that you try out this simple homemade lotion and give your skin some much needed care. **What you will need:**

Chandanbala Lakshadi oil: 5-6 tsp

Vitamin - E 1 capsule

Aloe vera gel 2 tbsp

Rose / Lavender oil (optional) : 2 drops

Glycerin 1 tsp

For More Information Scan

LET YOUR SOUL SPEAK

दाता समः सत्यपरः
क्षमावानाप्तोपसेवी च भवत्यरोगः!
For attaining spiritual health, one should

always be doing charity, stay calm and composed especially in difficult situations, have a forgiving nature and above all, be respectful towards elderly persons.

SANDU PHARMACEUTICALS IN A NUTSHELL

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 126 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 processes. 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 are recognized as the best medicines & are 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 **MSK PLUS**, **Whoopin** syrup, **Ashwagandharishta**, **Amritarishta** etc have helped them protect 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 & 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 2026**. Every page of Sandu Arogya Darshika has important information on Ayurveda and Health & we would love to hear your feedback about the same. Also you can share your views on our 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 and on E- Portals like Amazon, Flipkart, 1mg and many more Thank you so much.

*Consult your Registered Medical Practitioner before use
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HEMOCLEEN®

Excellent Blood Purifier



Improves
Complexion &
Skin Tone

JANUARY-2026						PAUSH-MAGH			
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date
1 TH	S13	22.23	Rohini	22.48	Shubh	17.12	Kaulav	12.06	11
2 FR	S14	18.54	Mrugshirsh	20.04	Shukla	13.07	Garaj	08.37	12
3 SA	S15	15.33	Ardra	17.28	Brahma Aindra	09.04 29.15	Balav	25.58	13
4 SU	K1	12.30	Punarvasu	15.11	Vaidhruti	25.47	Taitil	23.09	14
5 MO	K2	09.56	Pushya	13.24	Vishkambha	22.46	Vanij	20.54	15
6 TU	K3 K4	08.01 30.52	Ashlesha	12.17	Preeti	20.20	Bava	19.20	16
7 WE	K5	30.33	Magha	11.55	Ayushman	18.32	Kaulav	18.36	17
8 TH	K6	31.05	Purva	12.23	Saubhagya	17.24	Garaj	18.42	18
9 FR	K7	-	Uttara	13.39	Shobhan	16.54	Vishiti	19.38	19
10 SA	K7	08.23	Hast	15.38	Atigand	16.57	Balav	21.17	20
11 SU	K8	10.19	Chitra	18.10	Sukarma	17.25	Taitil	23.28	21
12 MO	K9	12.42	Swati	21.04	Dhruvi	18.11	Vanij	25.59	22
13 TU	K10	15.17	Vishakha	24.05	Shool	19.03	Bava	28.35	23
14 WE	K11	17.52	Anuradha	27.03	Gand	19.54	Kaulav	31.06	24
15 TH	K12	20.16	Jyeshtha	29.47	Vridhhi	20.37	Garaj	-	25
16 FR	K13	22.21	Mool	-	Dhruv	21.05	Garaj	09.21	26
17 SA	K14	24.03	Mool	08.11	Vyaghat	21.17	Vishiti	11.15	27
18 SU	K30	25.21	P.Shadha	10.13	Harshan	21.10	Chalushpad	12.45	28
19 MO	S1	26.14	U.Shadha	11.51	Vajra	20.44	Kinstughna	13.50	29
20 TU	S2	26.42	Shravan	13.06	Siddhi	20.00	Balav	14.31	30
21 WE	S3	26.47	Dhanishtha	13.57	Vyatlpat	18.57	Taitil	14.47	Magh
22 TH	S4	26.28	Shatataraka	14.26	Variyan	17.37	Vanij	14.40	2
23 FR	S5	25.45	P.Bhadrapada	14.32	Parigh	15.58	Bava	14.10	3
24 SA	S6	24.39	U.Bhadrapada	14.15	Shiv	14.01	Kaulav	13.15	4
25 SU	S7	23.10	Revati	13.35	Siddha	11.45	Garaj	11.57	5
26 MO	S8	21.18	Ashwini	12.32	Sadhya Shubha	09.11 30.19	Vishiti	10.16	6
27 TU	S9	19.05	Bharani	11.08	Shukla	27.12	Balav	08.14 29.52	7
28 WE	S10	16.36	Krutika	09.26	Brahma	23.53	Vanij	27.16	8
29 TH	S11	13.55	Rohini Mrugshirsh	07.31 29.29	Aindra	20.27	Bava	24.32	9
30 FR	S12	11.09	Ardra	27.27	Vaidhruti	16.58	Kaulav	21.47	10
31 SA	S13 S14	08.25 29.52	Punarvasu	25.34	Vishkambh	13.33	Garaj	19.07	11



#SayYesToAyurveda®

MSK PLUS®

(MAHASUDARSHAN KADHA No. 1)

Trusted Immunomodulator

Beneficial for Treatment of
Headache & Cold Associated with Flu



2

MAGH - FALGUN
SHAK 1947

FEBRUARY 2026

SAMVAT 2082

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

S U N	Magha S 15 Ram P 21 Magha Snana ends Guru Ravidas Jayanti Full Moon Margao (Grace Church) Feast (Goa) 1 Shaban M 12 07.15 18.30 Karka	K 7 Zamyad P 28 Bhanu Saptami 8 M 19 07.12 18.33 Tula	K 13 Asfandarmad P 5 Mahashivaratri Shivpujan 15 M 26 07.09 18.37 Makar	S 5 Mohor P 12 22 M 4 07.05 18.40 Mesh
	K 1 Govad P 22 Guru Pratipada 2 M 13 07.15 18.30 Karka 22.47	K 8 Marespand P 29 Kalashtami 9 M 20 07.12 18.34 Tula 25.10	K 14 Khordad P 6 Somavati Amavasya 16 M 27 07.08 18.37 Makar	S 6 / 7 Tir P 13 23 M 5 07.04 18.40 Mesh 22.12
	K 2 Dae-Pa-Din P 23 3 M 14 07.14 18.31 Simha	K 8 Aneran P 30 10 M 21 07.11 18.34 Vrishchik	K 30 Amardad P 7 Darsha Amavasya 17 M 28 07.08 18.38 Makar 09.05	S 8 Gosh P 14 Durgashtami 24 M 6 07.04 18.40 Vrishabh
	K 3 Din P 24 Shab-E-Barat Cuncoli, Raia Feast (Goa) 4 M 15 07.14 18.31 Simha 28.19	K 9 Hormazd P 1 Shri Ramdas Navami Meher: Parsi Month begins 11 M 22 07.11 18.35 Vrishchik	Falgun S 1 Dae-Pa-Adar P 8 Falgun begins New Moon 18 M 29 07.07 18.38 Kumbha	S 9 Dae-Pa-Meher P 15 25 M 7 07.03 18.41 Vrishabh 24.54
	K 4 Ashishvangh P 25 Ganesh Sankashta Chaturthi 5 M 16 07.14 18.32 Kanya	K 10 Bahman P 2 Swami Dayanand Saraswati Jayanti 12 M 23 07.11 18.35 Vrishchik 13.41	S 2 Adar P 9 Chhatrapati Shivaji Maharaj Birth Anniversary (As per date) Shri Ramkrishna Jayanti Ramzan : Muslim Month begins 19 Ramzan M 1 07.07 18.38 Kumbha 14.59	S 10 Meher P 16 Veer Savarkar Commemoration Day 26 M 8 07.02 18.41 Mithun
	K 5 Ashtad P 26 6 M 17 07.13 18.32 Kanya	K 11 Ardibehest P 3 Vijaya Ekadashi 13 M 24 07.10 18.36 Dhanu	S 3 Avan P 10 20 M 2 07.06 18.39 Meen	S 11 Srosch P 17 Amalaki Ekadashi 27 M 9 07.02 18.41 Mithun 27.52
	K 6 Asman P 27 7 M 18 07.13 18.33 Kanya 13.20	K 12 Shehrevar P 4 Shani Pradosh 14 M 25 07.10 18.36 Dhanu 24.41	S 4 Khorshed P 11 Vinayak Chaturthi International Mother Language Day Santchaturthi (Odisha) 21 M 3 07.06 18.39 Meen 19.06	S 12 Rashne P 18 National Science Day 28 M 10 07.01 18.42 Karka



Premium
Immunity
Booster

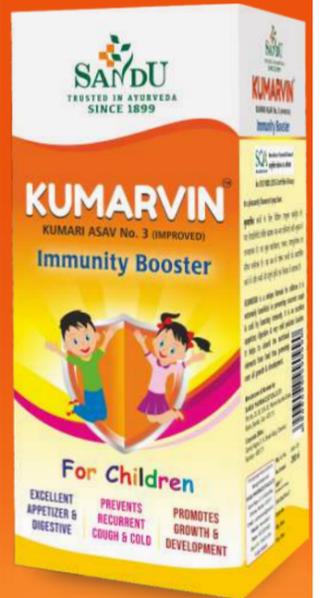
Improves
Strength &
Stamina

Supports
Brain &
Cardiac
Health

Revitalising
Tonic

Your
Family's
Health
Protector

Immunity
Booster
for
Children



Excellent
Appetizer &
Digestive

Prevents
Recurrent
Cough & Cold

Promotes
Growth &
Development



SHISHUVIN® The Real BALKADU
Excellent Tonic for Infants (Janma Ghunti)

HEALTH
RELATED
INFORMATION
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IMMUNITY BOOSTER FOR CHILDREN



AROGYA DARSHIKA

FEBRUARY 2026



PREMIUM IMMUNITY BOOSTER

HEALTHY SELF= HEAL THY SELF

SANDU HEALTH & HAPPINESS RANGE

KNOW YOUR PRAKRITI

Between two Close friends

Hema : Wahh!!!...I envy you, Priti. You have such pretty Hair!!But, I don't!! No matter what I do, they just stay the same. It's so unfair!!!

Dr. Priti : Thanks.. but you know, it's all about your prakriti or body constitution.

Hema : Can you tell me what exactly Prakriti is?

Dr. Priti : Once you know what your body constitution is then you will be able to understand better about yourself and accept yourself.

Hema : Tell me more....

Dr. Priti : Prakriti is nothing but our body constitution. Primarily there are 3 functional elements in our body which along with other factors influence your health or if imbalanced cause diseases. Every individual has 3 doshas but we inherit them in different proportions. It is this proportion that constitutes our prakriti.

Hema : So, what does it have to do with my hair?

Dr. Priti : These 3 factors are responsible for bestowing certain characteristics and personality traits depending on their predominance in that person.

Hema : Ohh! Really...Can you tell me what are these traits and how to identify what my Prakriti is?

Dr. Priti : Yes....Answer these questions honestly without judging yourself and evaluate the score. **Dosha with the maximum score is your constitution's main dosha while the score coming next will be your secondary.**

Hema : Yes, sure. I will definitely do that. But, what will be the benefit of knowing my constitution?

Dr. Priti : Analyzing your own Prakriti helps you know about your body. It will help to maintain a good and balanced personal and social life. It helps to plan your lifestyle, diet etc according to your body requirements. So, take a look at the questionnaire.

A= VATA, B = PITTA, C= KAPHA

Body:

- A Lean & tall body
- B Average weight & medium built
- C Plump, delicate & well built

Skin:

- A Rough & may have dark tone
- B Clear, smooth with excessive freckles, black moles etc
- C Bright, smooth & attractive

Nails :

- A Rough, dry, irregular, cracked
- B Glossy & red
- C Long, thick, smooth & appear white

Lips:

- A Dry & thin having a dark tone
- B Glossy & reddish
- C Glossy, smooth & thick

Hair:

- A Rough, dry & break easily
- B Early greying
- C Plenty, thick & glossy

Walk:

- A Quick & light gait
- B Normal gait
- C Slow & steady gait

Appetite:

- A Poor eater & irregular appetite
- B Voracious eater & strong appetite
- C Slow eater & poor appetite

Bowel Conditions:

- A Irregular or constipated
- B Semisolid but normal
- C Regular

Speech:

- A Very fast
- B Sharp
- C Slow & resonant

Moods:

- A Highly irritable
- B Quick to temper & recovery
- C Slow temper

Stress Tolerance:

- A Poor stress tolerance
- B Low stress tolerance
- C Calm, low irritability & patient

Grasping Power & Memory:

- A Very fast but irregular, short term - excellent
- B Quick & powerful
- C Slow & long term-good

Sleep:

- A Interrupted
- B Normal
- C Excessive

APTILIFT

- **Aptilift** is a complete digestive stimulant for the whole family.
- It stimulates salivary and gastric juices so it is very useful in tackling digestive complaints.
- **Aptilift** contains Mahalunga [Bijora Nimbu] a powerful digestive stimulant along with Saindhav, Sauvarchal lavan

& Trikatu which stimulates salivation and triggers appetite.

- It enhances the assimilation of nutrients, reduces incidences of constipation & flatulence.
- **Aptilift** is a comprehensive solution to protect & correct the digestive fire.



APTILIFT

DIGIFORTE

- **Digiforte** is an excellent remedy to correct all digestive troubles caused by faulty eating habits.
- It is enriched with Panchkol, Draksha & Yashtimadhu which are excellent digestive and appetite enhancer.
- **Digiforte** ensures the proper secretion of digestive juices, helps in the complete

digestion and assimilation of food.

- **Digiforte** is useful in managing loss of appetite, tastelessness, stomachache, flatulence, constipation and many other complaints due to improper digestion



DIGIFORTE

ACIVIN

- **Acivin** is a proprietary Ayurvedic remedy extremely beneficial in hyper acidity and its related symptoms.
- It is a herbal antacid that reduces the burning sensation associated with various conditions as well as gives a coolant effect to the gastrointestinal tract and body.
- It is beneficial in the treatment of ulcers as it not only reduces the acid secretion but also strengthens the stomach lining.

- Audumbar in **Acivin** is cool in nature, pitta pacifying, wound healing, promotes digestion, appetite and mild laxative.
- Anti-oxidant rich ingredients show protective activity on the gastric and liver health.



ACIVIN

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

VEDIC CORNER

हर दिन, हर घर आयुर्वेद!

Arjuna Ksheerapaka

Of the many Ayurvedic tonics one such is 'Arjuna Ksheerapaka'. 'Ksheera' which means 'milk' & 'paka' which means 'to boil'. Arjuna (Terminalia arjuna) is a known cardioprotective herb that may assist in strengthening our circulatory system. For a heart that feels every little emotional stir Arjuna Ksheerapaka is like a

What you will need:

Arjuna bark : 1 part (2gm)

Cow's milk: 15 parts (30 ml)



Arjuna Ksheerapaka

Water: 15 parts (30 ml)

For More Information Scan



LET YOUR SOUL SPEAK

There is a concept wherein it has been stated that without co-ordination between mana & atma there is no understanding of the object of the senses. As I've already explained, the understanding of one's own Psycho-somatic constitution plays a major role in preventing diseases and maintaining an healthy state of mind and body. These are not to be considered as de-

merits for oneself but as an opportunity to improve and attain better understanding of self and everyone else around. When there is perfect understanding of mind & body and co-ordination between these two entities only then can we make progress on the spiritual front. Thus finding a way to work together as a society for the betterment of all.



SANDU GOKSHUR KADHA
(Gokharu Kadha)
Best for Urinary Disorders

FEBRUARY-2026						MAGH-FALGUN			
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriva Date
1 SU	S15	27.38	Pushva	23.58	Preeti	10.18	Vishti	16.43	12
2 MO	K1	25.52	Ashlesha	22.47	Ayushman Saubhagya	07.20 28.45	Balav	14.41	13
3 TU	K2	24.40	Magha	22.10	Shobhan	26.38	Taitil	13.11	14
4 WE	K3	24.09	Purva	22.12	Atigand	25.03	Vanij	12.19	15
5 TH	K4	24.21	Uttara	22.56	Sukarma	24.03	Bava	12.10	16
6 FR	K5	25.18	Hast	24.23	Dhruvi	23.36	Kaulav	12.44	17
7 SA	K6	26.53	Chitra	26.27	Shool	23.39	Garaj	14.01	18
8 SU	K7	29.01	Swati	29.02	Gand	24.07	Vishti	15.53	19
9 MO	K8	-	Vishakha	-	Vrudhhi	24.50	Balav	18.11	20
10 TU	K8	07.26	Vishakha	07.54	Dhruv	25.41	Taitil	20.42	21
11 WE	K9	09.58	Anuradha	10.51	Vyaghat	26.28	Vanij	23.11	22
12 TH	K10	12.21	Jyeshtha	13.41	Harshan	27.04	Bava	25.26	23
13 FR	K11	14.25	Mool	16.11	Vajra	27.22	Kaulav	27.17	24
14 SA	K12	16.01	P.Shadha	18.15	Siddhi	27.17	Garaj	28.37	25
15 SU	K13	17.04	U.Shadha	19.47	Vyatipat	26.46	Vishti	29.23	26
16 MO	K14	17.33	Shravan	20.47	Variyan	25.49	Chatuspad	29.36	27
17 TU	K30	17.30	Dhanishtha	21.15	Parigh	24.28	Kinstughna	29.17	28
18 WE	S1	16.57	Shatataraka	21.15	Shiv	22.44	Balav	28.31	29
19 TH	S2	15.58	P.Bhadrapada	20.51	Siddha	20.42	Taitil	27.21	30
20 FR	S3	14.38	U.Bhadrapada	20.07	Sadhya	18.23	Vanij	25.51	Falgun
21 SA	S4	13.01	Revati	19.06	Shubh	15.50	Bava	24.07	2
22 SU	S5	11.10	Ashwini	17.54	Shukla	13.08	Kaulav	22.10	3
23 MO	S6 S7	09.09 31.02	Bharani	16.33	Brahma	10.18	Garaj	20.06	4
24 TU	S8	28.51	Krutika	15.07	Aindra Vaidhruti	07.23 28.25	Vishti	17.57	5
25 WE	S9	26.41	Rohini	13.38	Vishkambh	25.28	Balav	15.46	6
26 TH	S10	24.33	Mrugshirsh	12.11	Preeti	22.33	Taitil	13.36	7
27 FR	S11	22.33	Ardra	10.48	Ayushman	19.43	Vanij	11.32	8
28 MO	S12	20.43	Punarvasu	09.34	Saubhagya	17.02	Bava	09.36	9



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3

FALGUN - CHAITRA
SHAK 1947/48

MARCH 2026

SAMVAT 2082

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

SUN	Falgun S 13 Pradosh Fravardin P 19 1 M 11 07.00 18.42 Karka	K 5 Ranga Panchami International Women's Day 8 M 18 06.55 18.44 Tula	K 11 Papmochani Ekadashi International Consumer Day 15 M 25 06.49 18.46 Makar	S 4 Vinayak Chaturthi Avan P 10 22 M 2 06.43 18.48 Mesh 28.13	S 11 Kamada Ekadashi Srosh P 17 29 M 9 06.38 18.50 Karka 14.37
	S 14 Hutashani Purnima Holi 2 M 12 06.59 18.42 Karka 07.51	K 6 Shree Ekanath Shashthi Asman P 27 9 M 19 06.54 18.45 Tula 09.29	K 12 Som Pradosh Shehrevat P 4 16 M 26 06.48 18.46 Makar 18.13	S 5 Shri Panchami Shri Laxmi Panchami Shaheed Din World Meteorological Organisation Day 23 M 3 06.43 18.48 Vrishabh	S 12 Som Pradosh Anang Trayodashi Anang Vrat 30 M 10 06.37 18.50 Simha
TUE	S 15 Chaitanya Jayanti Dhulivandan Purim (Jew) Karidin Total Lunar Eclipse Full Moon World Hearing Day 3 M 13 06.59 18.43 Simha	K 7 Zamyad P 28 10 M 20 06.53 18.45 Vrishchik	K 13 Shivaratri Madhukrishna Trayodashi Asfandarmad P 5 17 M 27 06.48 18.47 Kumbha	S 6 Ashokshashthi (Bengal) World Tuberculosis Day Mohor P 12 24 M 4 06.42 18.48 Vrishabh 30.16	S 13 Damnak Chaturdashi Bhagwan Mahavir Janma Kalyanak Fravardin P 19 31 M 11 06.36 18.50 Simha 21.32
WED	K 1 Vasantsotsav begins Abhyanga Snana Grahan Karidin National Safety Day 4 M 14 06.58 18.43 Simha 13.45	K 8 Kalashtami Varshitapa begins (Jain) Shahadat-e-Hazrat Ali Marespand P 29 11 M 21 06.52 18.45 Vrishchik 21.59	K 14 Darsha Amavasya Shahaji Raje Bhosale Birth Anniversary (As per date) Khordad P 6 18 M 28 06.47 18.47 Kumbha 23.35	S 7 Ayambil Oli begins (Jain) Vasanti Durgapujarambha (Bengal) Tir P 13 25 M 5 06.41 18.49 Mithun	Cooling Nourishing Tonic
THU	K 2 Tukaram Beej Dae-Pa-Din P 23 5 M 15 06.57 18.43 Kanya	K 9 Aneran P 30 12 M 22 06.52 18.45 Dhanu	K 30 / Chaitra S 1 Amardad P 7 Shri Shalivahan Shake 1948 Parabhav Samvatsar begins Gudhi Padwa Chaitra begins Chaitri Navratri begins Abhyang Snana 19 M 29 06.46 18.47 Meen	S 8 Shri Ram Navami Durgashtami Annapurna Puja (Bengal) Gosh P 14 26 M 6 06.40 18.49 Mithun	
FRI	K 3 Ganesh Sankashta Chaturthi Chhatrapati Shivaji Maharaj Birth Anniversary (As per tithi) Din P 24 6 M 16 06.56 18.44 Kanya 22.18	K 10 Avan : Parsi Month begins Hormazd P 1 13 M 23 06.51 18.46 Dhanu	S 2 New Moon Chetichand Dae-Pa-Adar P 8 20 M 30 06.45 18.48 Meen 26.27	S 9 Chaitri Navaratri ends Shri Swami Narayan Jayanti Dae-Pa-Meher P 15 27 M 7 06.39 18.49 Mithun 09.35	Tasty Controls Body Heat Nutritious Reduces Pitta
SAT	K 4 Ashishvangh P 25 7 M 17 06.56 18.44 Tula	K 10 Bahman P 2 14 M 24 06.50 18.46 Dhanu 09.32	S 3 Gauri Tritiya (Teej) Vishuv Din Matsya Jayanti Andolan Tritiya Ramzan Id Jamshedi Navroj Shawwal : Muslim Month begins Gangaur (Rajasthan) Adar P 9 21 M 1 06.44 18.48 Mesh	S 10 Meher P 16 28 M 8 06.38 18.49 Karka	

**PARIPATHADI
KADHA**
(PATHAJEEVANI)
Counteracts
Excessive
Body Heat



Useful in
Burning
sensation

Excess Thirst

Loss of appetite
due to various
conditions



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AROGYA DARSHIKA

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HEALTHY SELF= HEAL THY SELF

Hema : Hi!! Priti, I took the prakriti questionnaire you explained to me about and I have now identified my constitution. I am sure I have a combination of Vata- Pitta prakriti.

Dr. Priti : See, it's easier to understand why you, are you. Now you don't have to feel unnecessarily stressed about certain things.

Hema : So, you said previously that knowing Prakriti can help manage dietary requirements too. Please tell me more about this concept.

Dr. Priti : So, it is also stated in Ayurvedic classics that our diet also influences the state of doshas and may cause an imbalance when not considering our everyday diet.

Hema : Hmm..Interesting...

Dr. Priti : It has been stated that, if Kukshi (Stomach) is divided into three parts, one part should be filled with solid food, second part with liquid and third part left empty for movement of dosha.

Hema : Is this applicable for all irrespective of their Prakriti?

Dr. Priti : Yes, definitely! As we have seen prakriti represents the ideal state of balanced proportion of doshas in our body. We must always try to achieve that balance through diet, lifestyle etc. Vata dosha is the main dosha in the body. It is responsible for functions requiring communication, transport & movement. To balance this Vata we have to include Madhura (sweet), Amla (sour), Lavana (salty) rasa in our daily diet. This doesn't mean that the other rasas like katu (pungent), tikta (Bitter) & kashaya (astringent) must be avoided. Now, let's see the diet for them:

1. **No. of meals-** 3 or 4 at regular times

with a gap of at least 2 hours

- Breakfast should be heavy with whole grains, 1-2 servings of high proteins and plenty of water.
- Cereals/ Grains-** basmati rice, brown rice, wheat, oats
- Pulses-** black gram, horse gram, split mung, red lentils
- Vegetables-** radish, sweet potato, onion, pumpkin, spinach
- Fruits-** berries, coconut, grapes, melon, papaya, dates, apple, pineapple, pomegranate, raisins, watermelon
- Spices-** asafoetida, clove, cardamom, cinnamon, pepper, cumin, garlic, coriander
- Meat-** goat, eggs, chicken, fresh and saltwater fish, shrimp
- Dairy-** milk, ghee, curd, buttermilk, butter
- Oils-** sesame oil, mustard oil, coconut oil
- Nuts & seeds-** almonds, cashews, hazelnut, pistachio, walnuts, sunflower seeds

Hema : What are the things to avoid particularly for Vata prakriti people.

Dr. Priti: They Must Avoid:-

- Grains-** barley, corn, millet
- Pulses-** Bengal gram, Black eyed peas, kidney beans
- Vegetables-** Leafy vegetables, snake gourd, cabbage, brinjal, bitter gourd, cucumber
- Fruit-** pear
- Spices-** turmeric
- Oil-** corn Oil
- Fermented food items like idli, dosa etc.

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- 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.



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- 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 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 alleviate Pitta and relieves complaints related to acidity.

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



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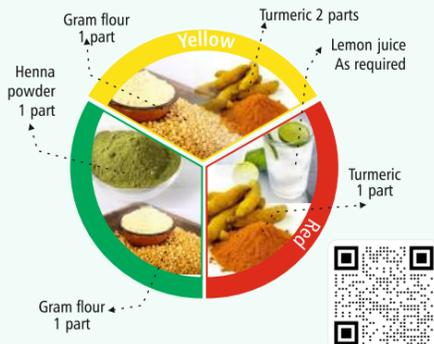
VEDIC CORNER

Colors are the smiles of nature
- Leigh hunt.

'Holi' brings everyone together for fun, excitement & play filled with colors until you cannot recognize the person in front of you. But in the aftermath of the chaos some may find themselves facing skin issues. Synthetic colors have the potential to damage health & could worsen certain conditions. This 'Holi' season lets enjoy the festival of colors as it was originally started.

हर दिन, हर घर आयुर्वेद!

What you will need to make some basic colors:



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LET YOUR SOUL SPEAK

According to Ayurveda, the soul would always remain free from any disturbances, provided the mind and body are in healthy balance physique. Every human being is unique with respect to his/her prakriti, agni, etc. Therefore, considerations on Ahara (diet) should be done with specificity to the individual.

MARCH-2022					FALGUN-CHAITRA				
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date
1 SU	S13	19.09	Pushya	08.34	Shobhan	14.32	Kaulav Garaj	07.54 30.29	10
2 MO	S14	17.55	Ashlesha	07.51	Atigand	12.18	Vishiti	29.28	11
3 TU	S15	17.07	Magha	07.31	Sukarma	10.24	Balav	28.54	12
4 WE	K1	16.48	Purva	07.38	Dhruti	08.52	Taitil	28.51	13
5 TH	K2	17.03	Uttara	08.17	Shool	07.45	Vanij	29.24	14
6 FR	K3	17.53	Hast	09.29	Gand Vridhi	07.05 30.51	Bava	30.31	15
7 SA	K4	19.16	Chitra	11.14	Dhruv	-	Kaulav	-	16
8 SU	K5	21.10	Swati	13.30	Dhruv	07.03	Kaulav	08.10	17
9 MO	K6	23.26	Vishakha	16.10	Vyaghat	07.35	Garaj	10.16	18
10 TU	K7	25.53	Anuradha	19.04	Harshan	08.20	Vishiti	12.39	19
11 WE	K8	28.19	Jyeshtha	21.59	Vajra	09.11	Balav	15.07	20
12 TH	K9	30.28	Mool	24.42	Siddhi	09.57	Taitil	17.26	21
13 FR	K10	-	P.Shadha	27.02	Vyatiptat	10.30	Vanij	19.23	22
14 SA	K10	08.10	U.Shadha	28.48	Variyan	10.41	Bava	20.48	23
15 SU	K11	09.16	Shravan	29.55	Parigh	10.24	Kaulav	21.33	24
16 MO	K12	09.40	Dhanishtha	30.21	Shiva	09.36	Garaj	21.36	25
17 TU	K13	09.22	Shatataraka	30.08	Siddha Sadhya	08.14 30.21	Vishiti	20.58	26
18 WE	K14	08.25	P.Bhadrapada	29.20	Shubha	28.00	Chalushpad	19.43	27
19 TH	K30 S1	06.53 28.52	U.Bhadrapada	28.04	Shukla	25.16	Kinstughna	17.56	28
20 FR	S2	26.31	Revati	26.27	Brahma	22.14	Balav	15.44	29
21 SA	S3	23.56	Ashwini	24.37	Aindra	19.01	Taitil	13.15	30
22 SU	S4	21.17	Bharani	22.42	Vaidhruti	15.41	Vanij	10.37	Chaitra
23 MO	S5	18.38	Kruttika	20.49	Vishkambh	12.21	Bava Kaulav	07.57 29.21	2
24 TU	S6	16.08	Rohini	19.04	Preeti Ayushman	09.07 30.01	Garaj	26.57	3
25 WE	S7	13.50	Mrugshirsh	17.33	Saubhagya	27.09	Vishiti	24.47	4
26 TH	S8	11.48	Ardra	16.18	Shobhan	24.31	Balav	22.55	5
27 FR	S9	10.06	Punarvasu	15.23	Atigand	22.09	Taitil	21.23	6
28 SA	S10	08.45	Pushya	14.49	Sukarma	20.05	Vanij	20.13	7
29 SU	S11	07.46	Ashlesha	14.37	Dhruti	18.19	Bava	19.25	8
30 MO	S12	07.09	Magha	14.47	Shool	16.50	Kaulav	18.59	9
31 TU	S13	06.55	Purva	15.20	Gand	15.41	Garaj	18.58	10



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APRIL 2026

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S U N		K 3 Din P 24 Ganesh Sankashta Chaturthi Easter Sunday 5 M 16 06.32 18.51 Tula 17.27	K 10 Hormazd P 1 Adar : Parsi Month begins 12 M 23 06.26 18.53 Makar 27.44	S 2 Dae-Pa-Adar P 8 Akshaya Tithiya Shri Parshuram Jayanti Shri Pasaveswar Jayanti (K.N.) Jilkad : Muslim month begins Badrikedar Yatra Aghashi Feast (Goa) 19 Jilkad M 1 06.21 18.55 Mesh 12.31	S 10 Dae-Pa-Meher P 15 Trichur Pooram (Kerala) Aldona, Majorda Feast (Goa) 26 M 8 06.16 18.57 Simha
		M 4 Ashishvangh P 25 6 M 17 06.31 18.52 Vrishchik	K 11 Bahman P 2 Varuthini Ekadashi Shri Vallabhacharya Jayanti 13 M 24 06.25 18.53 Kumbha	S 3/4 Adar P 9 Vinayak Chaturthi Varshitapa ends (Jain) 20 M 2 06.20 18.55 Vrishabh	S 11 Meher P 16 Mohini Ekadashi 27 M 9 06.15 18.57 Simha 27.35
		K 5 Ashtad P 26 International Health Day World Health Day 7 M 18 06.30 18.52 Vrishchik 29.53	K 12 Ardibehest P 3 Bharat Ratna Dr. Babasaheb Ambedkar Birth Anniversary Baisakhi (Punjab) Mesh Sankranti (Odisha) Vishu (Kerala) Meshadi (T. N. - Bengal) World Chagas Disease Day 14 M 25 06.25 18.54 Kumbha	S 5 Avan P 10 Shri Adi Shankaracharya Jayanti 21 M 3 06.19 18.56 Vrishabh 13.00	S 12 Srosh P 17 Meenakshi Kalayanam 28 M 10 06.15 18.58 Kanya
		Chaitra S 14 Behram P 20 Hanuman Janmotsav Vrat 1 Shawwal M 12 06.35 18.50 Kanya	K 6 Asman P 27 8 M 19 06.29 18.52 Dhanu	K 13 Shehrevat P 4 Pradosh Shivaratri Vaishakhadi (Bengal) Himachal Day 15 M 26 06.24 18.54 Kumbha 09.37	S 6 Khorshed P 11 Shri Ramanujacharya Jayanti Chandan Chhath (Bengal) 22 M 4 06.19 18.56 Mithun
		S 15 Ram P 21 Hanuman Janmotsav Vaishakh Snana begins Chhatrapati Shivaji Maharaj Commemoration Day (As per tithi) Ayambil Oli ends (Jain) Pesach (Jew) Full Moon 2 M 13 06.34 18.51 Kanya 30.28	K 7 Zamyad P 28 9 M 20 06.28 18.52 Dhanu	K 14 Asfandarmad P 5 16 M 27 06.23 18.54 Meen	S 7 Mohor P 12 Ganga Saptami Ganga Pujan World Book Day Babu Keyursingh Day (Bihar) 23 M 5 06.18 18.56 Mithun 15.12
		K 1 Govad P 22 Chhatrapati Shivaji Maharaj Commemoration Day (As per date) Good Friday 3 M 14 06.33 18.51 Tula	K 8 Marespand P 29 Kalashtami 10 M 21 06.28 18.53 Dhanu 18.02	K 30 Khordad P 6 Darsha Amavasya 17 M 28 06.22 18.54 Meen 12.02	S 8 Tir P 13 Durgashtami 24 M 6 06.17 18.57 Karka
		K 2 Dae-Pa-Din P 23 4 M 15 06.33 18.51 Tula	K 9 Aneran P 30 Mahatma Jotiba Phule Birth Anniversary 11 M 22 06.27 18.53 Makar	Vaishakh S1 Amardad P 7 Vaishakh begins New Moon 18 M 29 06.22 18.55 Mesh	S 9 Gosh P 14 Sita Navami World Malaria Day 25 M 7 06.17 18.57 Karka 20.04



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AROGYA DARSHIKA

APRIL 2026



HEALTHY SELF= HEAL THY SELF

Hema : It was interesting to know about Vata dosha and diet for Vata dominant individuals. Now I'm curious to know about the next dosha.

Dr. Priti : Sure!! Pitta dosha in our body plays the role of transformation, digestion & metabolism. Pitta dosha is more prominent in Pitta prakriti persons. Thus, Pitta Prakriti diet should be rich in Pitta pacifying rasas like Madhura (sweet), Tikta (bitter) & Kashaya (astringent) to achieve the appropriate balance necessary for this prakriti. Some features of Pitta dosha are strong agni & digestion, understanding and processing of information, etc. This is where knowing your prakriti comes in handy, because Pitta dosha prominence in Pitta prakriti persons makes them voracious eaters with strong appetite. A rough dietary plan for Pitta dominant prakriti:

- It is recommended that people with this constitution avoid skipping meals as that may in turn aggravate the Pitta. They must know to refrain themselves from over-indulgence and practice mindful eating habits.
- 1. **No. of meals-** 3 meals at regular times with a gap of at least 4 hours.
- 2. Breakfast should be light and an early lunch, 4-5 servings of whole grains, 1+1/2 servings of high quality proteins, 3-4 servings of fresh vegetables, 1-1+1/2 servings fresh fruit
- 3. **Cereals/ grains-** barley, white basmati rice, wheat
- 4. **Pulses-** any beans except red lentils
- 5. **Vegetables-** bell pepper, black olives, cauliflower, corn, coriander, cabbage, cucumber, green beans, lettuce,

- mushroom, lady's finger, peas, sweet potato, etc
- 5. **Fruit-** gooseberry, ripened grapes, banana, dates, apple, avocado, pomegranate
- 6. **Spices-** mint, coriander, cumin, saffron, turmeric, curry leaves
- 7. **Meat-** chicken, turkey, egg whites, fresh water fish
- 8. **Dairy-** cow milk, goat milk, ghee, curd, buttermilk, butter
- 9. **Oils-** sesame oil, coconut oil, olive oil, sunflower oil
- 10. **Nuts & seeds-** pumpkin seeds, walnuts, sunflower seeds

Hema : What are the things to avoid particularly for Pitta prakriti ?

Dr. Priti : They must avoid intake of excess of Lavana (salty), Amla (sour), Katu (bitter), along with this, they must avoid:-

- Corn
- Red lentils, Black gram
- Sour buttermilk and curd
- Radish, raw onions
- Citrus fruits, peach, pineapple, grapefruit
- Vinegar, garlic, pepper, clove, cardamom, cinnamon, asafoetida, chillies
- Almond oil, corn oil, mustard oil
- Salt water fish
- Stimulants like coffee, nicotine, alcohol



SANDU HEALTH & HAPPINESS RANGE

KUMARVIN (KUMARI ASAV NO. 3)

- Kumarvin is useful in managing recurrent cough, cold, 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



KUMARVIN
(KUMARI ASAV NO.3)

SHISHUVIN

- Shishuvin is a unique Ayurvedic sanjivani for the development in babies. It helps improve immunity against lungs and stomach infections in babies.
- It contains neuroprotective herbs such as Brahmi, Vacha, Jatamansi, Yashtimadhu; immunomodulators such as 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

TEJRAS

- Tejras is a proprietary remedy to enhance learning abilities in children.
- It helps improve 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 are neuroprotective,

Jyotishmati, etc which are neuroprotective, antioxidant, anxiety relief and more.

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VEDIC CORNER

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Smooth like Butter- Diaper Rash Stick

Baby's skin is precious and needs to be given special care and attention. Chemical free shampoo, lotions and other such products are quite popular with parents these days. But if you want to be sure you are using a chemical free alternative then you can try making simple things for your baby yourself. The recipe we are talking about today is beneficial in relieving rashes that could be bothering your baby.

What You'll Need

- 1 → 3 Tbsp grated Beeswax
- 2 → 1 Tbsp Shea butter
- 3 → 2 Tbsp Elegance Oil / coconut oil
- 4 → 1 Tbsp Black seed oil
- 5 → Essential oils



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(MAHASUDARSHAN KADHA NO.1)

Trusted Immunomodulator



APRIL-2026					CHAITRA-VAISHAKH				
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date
1 WE	S14	07.06	Uttara	16.17	Vridhhi	14.50	Vishiti	19.20	11
2 TH	S15	07.41	Hast	17.38	Dhruv	14.19	Balav	20.08	12
3 FR	K1	08.42	Chitra	19.24	Vyaghat	14.07	Taitil	21.22	13
4 SA	K2	10.08	Swati	21.34	Harshan	14.16	Vanij	23.01	14
5 SU	K3	11.59	Vishakha	24.07	Vajra	14.43	Bava	25.02	15
6 MO	K4	14.10	Anuradha	26.56	Siddhi	15.24	Kaulav	27.21	16
7 TU	K5	16.33	Jyeshtha	29.53	Vyatipat	16.15	Garaj	29.48	17
8 WE	K6	19.00	Mool	-	Variyan	17.09	Vishiti	-	18
9 TH	K7	21.18	Mool	08.47	Parigh	17.56	Vishiti	08.12	19
10 FR	K8	23.14	P.Shadha	11.27	Shiva	18.29	Balav	10.20	20
11 SA	K9	24.37	U.Shadha	13.38	Siddha	18.37	Taitil	12.00	21
12 SU	K10	25.16	Shravan	15.13	Sadhya	18.14	Vanij	13.02	22
13 MO	K11	25.08	Dhanishtha	16.02	Shubh	17.15	Bava	13.18	23
14 TU	K12	24.12	Shatataraka	16.05	Shukla	15.38	Kaulav	12.46	24
15 WE	K13	22.31	P.Bhadrapada	15.22	Brahma	13.24	Garaj	11.27	25
16 TH	K14	20.11	U.Bhadrapada	13.58	Aindra	10.37	Vishiti	09.25	26
17 FR	K30	17.22	Revati	12.02	Vaidhruti Vishkambh	07.21 27.45	Chatushpad Kinstughna	06.49 27.48	27
18 SA	S1	14.11	Ashwini	09.42	Preeti	23.56	Balav	24.31	28
19 SU	S2	10.49	Bharani Krutika	07.09 28.35	Avushman	20.02	Taitil	21.08	29
20 MO	S3 S4	07.27 28.15	Rohini	26.08	Saubhagya	16.11	Vanij	17.50	30
21 TU	S5	25.20	Mrugshirsh	23.58	Shobhan	12.31	Bava	14.45	Vaishakh
22 WE	S6	22.49	Ardra	22.13	Atigand Sukarma	09.08 30.07	Kaulav	12.01	2
23 TH	S7	20.49	Punarvasu	20.57	Dhruvi	27.32	Garaj	09.45	3
24 FR	S8	19.21	Pushya	20.13	Shool	25.23	Vishiti	08.01	4
25 SA	S9	18.27	Ashlesha	20.04	Gand	23.42	Balav Taitil	06.50 30.13	5
26 SU	S10	18.06	Magha	20.26	Vridhhi	22.27	Vanij	30.07	6
27 MO	S11	18.15	Purva	21.18	Dhruv	21.35	Bava	-	7
28 TU	S12	18.15	Uttara	22.35	Vyaghat	21.03	Bava	06.30	8
29 WE	S13	19.51	Hast	24.15	Harshan	20.50	Kaulav	07.18	9
30 TH	S14	21.12	Chitra	26.16	Vajra	20.54	Garaj	08.29	10

LET YOUR SOUL SPEAK

'The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison' -Ann Wigmore.

Our Body, mind and spirit are intricately linked. To care for one is to care for the other. So, we need to bring awareness of what we do day-to-day.

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5

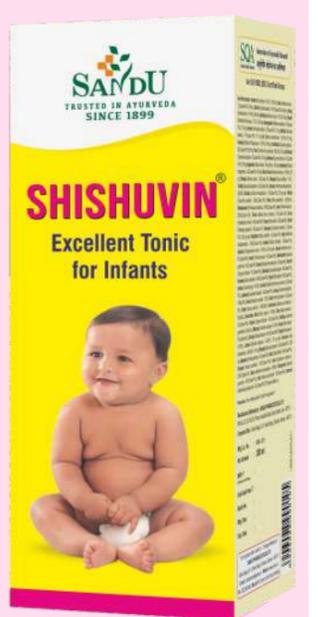
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MAY 2026

SAMVAT 2082

SANDU PHARMACEUTICALS LTD हर दिन,
AROGYA DARSHIKA हर घर...
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S U N	S 15 Full Moon World No Tobacco Day 31 M 14 06.03 19.10 Vrishchik	K 2 Cavelasson Feast (Goa) Saligao, Moira Santacruz Feast (Goa) 3 M 15 06.12 18.59 Vrishchik	K 8 Triloknathashtami (Bengal) 10 M 22 06.08 19.02 Makar 12.12	Adhik Jyeshtha S 1 Purushottam / Adhik Jyeshtha Months begins Ganga Dashahara begins Karidin New Moon Kepen Feast (Goa) 17 M 29 06.06 19.05 Vrishabh	S 9 Sanguen Feast (Goa) 24 M 7 06.04 19.07 Simha	Tir P 13	
	M O N	MSK PLUS (MAHASUDARSHAN KADHA NO.1) Trusted Immunomodulator 	K 3 Dae-Pa-Din P 23 4 M 16 06.11 19.00 Vrishchik	K 9 Aneran P 30 11 M 23 06.08 19.02 Kumbha	S 2 Jilhej : Muslim Month begins 18 Jilhej M 1 06.05 19.05 Vrishabh 22.05	S 10 Ganga Dashahara ends 25 M 8 06.04 19.08 Simha 09.06	
		T U E		K 4 Angarak Ganesh Sankashta Chaturthi World Hand Hygiene Day 5 M 17 06.11 19.00 Vrishchik 12.54	K 10 Hormazd P 1 Daye : Parsi Month begins 12 M 24 06.08 19.03 Kumbha 19.24	S 3 Dae-Pa-Adar P 8 Vinayak Chaturthi (Angarak Yog) 19 M 2 06.05 19.05 Mithun	S 11 Dae-Pa-Meher P 15 26 M 9 06.03 19.08 Kanya
	W E D		 BILAGYL Controls Chronic Diarrhoea & Dysentery	K 4 Ashishvangh P 25 6 M 18 06.10 19.00 Dhanu	K 11 Bahman P 2 Apara Ekadashi Bhadrakali Ekadashi (Punjab) Jalkrida Ekadashi (Odisha) 13 M 25 06.07 19.03 Meen	S 4 Adar P 9 20 M 3 06.05 19.06 Mithun 22.38	S 11 Meher P 16 Kamala Ekadashi Bakrid 27 M 10 06.03 19.08 Kanya 18.59
		T H U		Controls Chronic Diarrhoea & Dysentery	K 5 Ashtad P 26 7 M 19 06.10 19.01 Dhanu 25.25	K 12 Pradosh Ardibehest P 3 14 M 26 06.07 19.03 Meen 22.33	S 5 Avan P 10 21 M 4 06.05 19.06 Karka
	F R I		Vaishakh S 15 Pushpitati Vinayak Jayanti Buddha Purnima Kurma Jayanti Vaishakh Snana ends Maharashtra Day May Day Full Moon International Worker's Day Gandheshwari Puja (Bengal) 1 Jilkad M 13 06.13 18.59 Tula	K 6 Asman P 27 Ravindranath Tagore Birth Anniversary International Red-Cross Day 8 M 20 06.09 19.01 Makar	K 13 / 14 Shehrevar P 4 Shivaratri Savitri Chaturdashi (W.B.) 15 M 27 06.06 19.04 Mesh	S 6 / 7 Khorshed P 11 Zarhost No Desso Shavuot (Jew) 22 M 5 06.04 19.07 Karka 26.07	S 13 Rashne P 18 29 M 12 06.03 19.09 Tula
		S A T	K 1 Narad Jayanti 2 M 14 06.12 18.59 Tula 24.29	K 7 Zamyad P 28 Kalashtami Maharana Pratap Birth Anniversary (As per date) 9 M 21 06.09 19.02 Makar	K 30 Asfandarmad P 5 Darsha Amavasya Bhawuka Amavasya Shanechhar Jayanti Phalaharini Kalika Puja (W.B.) 16 M 28 06.06 19.04 Mesh 22.47	S 8 Mohor P 12 Durgashtami 23 M 6 06.04 19.07 Simha	S 14 Fravardin P 19 30 M 13 06.03 19.10 Tula 06.38



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AROGYA DARSHIKA

MAY 2026



PREMIUM IMMUNITY BOOSTER

HEALTHY SELF= HEAL THY SELF

Hema: Up until now we have talked about diet for Vata & Pitta. The facts were so interesting that I'm curious to know about diet for Kapha Prakriti.

Dr. Priti: Before I start talking about diet for Kapha prakriti, let me tell you how the doshas are constituted from 5 basic elements. Vata dosha is made of Akash & Vayu, Pitta from Agni & Jala whereas Kapha from Jala & Prithvi. From this, we know, that Kapha dosha is responsible for giving stability & form. It is something that 'holds or binds things together'. Kapha dosha is responsible for hydration of all cells & systems, moisturizing, maintaining immunity and protecting tissues. This is also reflected in their personalities as we have seen in Prakriti traits described earlier.

- Since they have a weak digestive fire and appetite, they must have 2 meals with a gap of 5-6 hours.
- They are the only ones who can skip breakfast. Even so, their breakfast must be really light, e.g. juices or simple green tea.
- Although their diet should contain all 6 tastes, specifically they must try to incorporate Katu (Pungent), Tikta (Bitter) & Kashaya (Astringent) rasa in their diet as much as possible.
- The meal should be rich in fiber, low in fat & low salt
- They must avoid sleeping and sitting immediately after meals. A light walk is recommended after meals.

1. 3-4 servings of whole grains, 2 servings of high quality low fat and protein rich foods, 4-5 servings of fresh vegetables, 1 serving of fresh fruit
2. **Cereals/grains** : buckwheat (Shingada/kuttu), corn, millet, barley, basmati rice (in moderation)
3. **Pulses:** black beans, black eye peas, red lentil, split peas, white peas.
4. **Vegetables:** beets, bell pepper, broccoli, carrot, cabbage, corn,

cauliflower, green beans, leafy greens, lettuce, mushroom, lady's finger, onion, peas

5. **Spices** : black pepper, chilli, coriander leaves, garlic, ginger, mustard, mint leaves
6. **Fruits** : apples, apricots, berries, cherries, cranberries, dry figs, mangoes, pear, peaches, pomegranate, black raisins, raisin, strawberries
7. **Dairy products:** ghee & yogurt (in moderation), goat milk, lassi
8. **Nuts & Seeds** : walnuts, pistachios, almonds, pumpkin seeds, sunflower seeds,
9. **Oils:** sunflower oil, mustard oil, corn oil
10. Meat of chicken, turkey and their soups

Hema: What are the things to avoid particularly for Kapha prakriti people ?

Dr. Priti: They must avoid excess of oily, heavy, sweet, sour & salty foods. Along with

- Wheat, oats
- Black gram
- Ambadi (sorrel leaves), chuka leaves, tomatoes, sweet potato
- Avocado, pineapple, banana, grapes, watermelon, orange
- Butter, high fat milk & cultured dairy products
- Coconut oil, olive oil, sesame oil
- Coconut, peanuts, pine nuts, sesame seeds
- Tamarind
- Sweet teas, soda/ aerated drinks, iced drinks, refined sugars

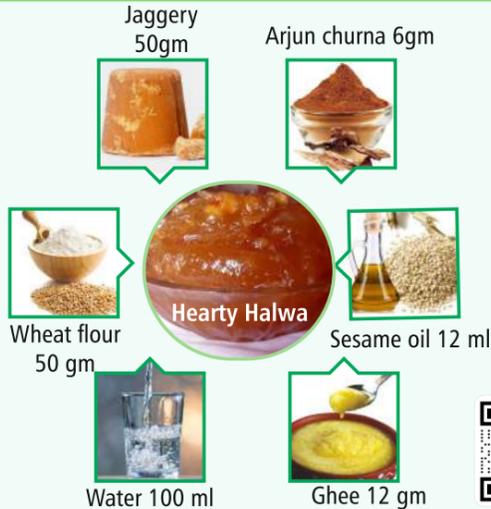


VEDIC CORNER

हर दिन, हर घर...आयुर्वेद!

Hearty Halwa

Everyone loves to indulge in special treats. For all the sweet tooth's this following recipe has the benefit of being a delicacy as well as a tonic for strengthening the cardio-metabolic system in one. It is hassle free and doesn't require any additional effort on your part.



What you will need

For More Information Scan

LET YOUR SOUL SPEAK

“अन्नं ब्रह्मा रसो विष्णुः पक्ता देवो महेश्वरः। एवं ज्ञात्वा तु यो भुङ्क्ते अन्नदोषो न लिप्यते ॥”
From the shloka we understand that, food is Brahma, liquids that we intake is Vishnu, while Shiva is responsible for digestion. With this knowledge you will never let

impurities in the food you eat become a part of you. For us body is the residence of the soul to enjoy Life. Since we are the culmination of all thoughts, diet, lifestyle i.e. our day to day activities, a sincere thought and effort needs to be made to attain Contentment & Happiness.

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- Shudha Shilajit increases vigor & enthusiasm.
- Kaunch beej, Safed Mushali, Ashwagandha & 15 other Ayurvedic herbs together work as rejuvenator, possibly by reducing cell

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



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- **Sandu Ashwagandharishta** is a 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.



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- Kapikachhu is one of the best 'Rasayan' mentioned in the classics.
- **Vanari** is excellent for nourishing vital tissues of the body.



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MAY - 2026		VAISHAKH/JYESHTHA							
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date
1 FR	S15	22.52	Swati	28.34	Siddhi	21.12	Vishiti	10.00	11
2 SA	K1	24.49	Vishakha	-	Vyati	21.44	Balav	11.49	12
3 SU	K2	27.01	Vishakha	07.09	Variyan	22.27	Taitil	13.53	13
4 MO	K3	29.24	Anuradha	09.57	Parigh	23.19	Vanij	16.11	14
5 TU	K4	-	Jyeshtha	12.54	Shiv	24.15	Bava	18.37	15
6 WE	K4	07.51	Mool	15.52	Siddha	25.11	Kaulav	21.03	16
7 TH	K5	10.13	P.Shadha	18.44	Sadhya	25.58	Garaj	23.19	17
8 FR	K6	12.21	U.Shadha	21.19	Shubh	26.29	Vishiti	25.15	18
9 SA	K7	14.02	Shravan	23.23	Shukla	26.34	Balav	26.39	19
10 SU	K8	15.05	Dhanishtha	24.49	Brahma	26.08	Taitil	27.21	20
11 MO	K9	15.23	Shatataraka	25.27	Aindra	25.03	Vanij	27.14	21
12 TU	K10	14.52	P.Bhadrapada	25.16	Vaidhruti	23.18	Bava	26.17	22
13 WE	K11	13.29	U.Bhadrapada	24.17	Vishkambh	20.54	Kaulav	24.30	23
14 TH	K12	11.20	Revati	22.23	Preeti	17.53	Garaj	22.00	24
15 FR	K13 K14	08.31 29.11	Ashwini	20.15	Ayushman	14.21	Vishiti	18.55	25
16 SA	K30	25.31	Bharani	17.30	Saubhagya	10.25	Chatuspad	15.23	26
17 SU	S1	21.41	Kruttika	14.32	Shobhan Atigand	06.13 25.59	Kinsughna	11.36	27
18 MO	S2	17.54	Rohini	11.32	Sukarma	21.48	Balav Taitil	07.46 28.03	28
19 TU	S3	14.19	Mrugshirsh	08.41	Dhruvi	17.49	Vanij	24.39	29
20 WE	S4	11.07	Andra Punarvasu	06.11 28.11	Shool	14.10	Bava	21.42	30
21 TH	S5	08.26	Pushya	26.49	Gand	10.58	Kaulav	19.20	31
22 FR	S6 S7	06.24 29.04	Ashlesha	26.07	Vridhhi	08.18 28.42	Garaj	17.38	Jyeshtha
23 SA	S8	28.26	Magha	26.08	Dhruv Vyaghat	06.13 28.42	Vishiti	16.40	2
24 SU	S9	28.30	Purva	26.50	Harshan	27.44	Balav	16.23	3
25 MO	S10	29.10	Uttara	28.08	Vajra	27.14	Taitil	16.46	4
26 TU	S11	-	Hast	29.56	Siddhi	27.09	Vanij	17.42	5
27 WE	S11	06.21	Chitra	-	Vyati	27.24	Bava	19.06	6
28 TH	S12	07.56	Chitra	08.08	Variyan	27.54	Kaulav	20.51	7
29 FR	S13	09.50	Swati	10.37	Parigh	28.35	Garaj	22.52	8
30 SA	S14	11.57	Vishakha	13.19	Shiv	29.24	Vishiti	25.05	9
31 SU	S15	14.14	Anuradha	16.11	Siddha	-	Balav	27.25	10



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6

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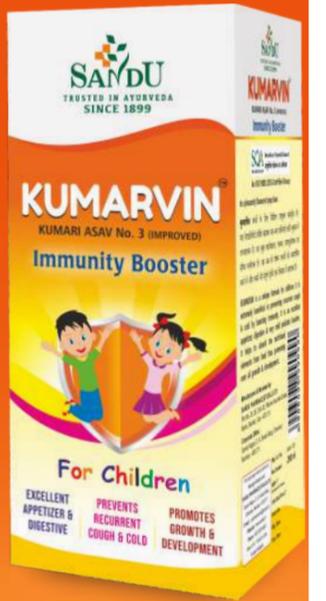
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SUN	<p>SANDU AMRITARISHTA</p> <p>A Versatile Immunity Enhancer</p> 	<p>K 7 Asman P 27</p> <p>Bhanu Saptami World Food Safety Day</p> <p>Dattatraya K. Sandu Punyathithi</p>  <p>M 21</p> <p>06.03 19.13 Kumbha</p>	<p>K 14 Shehrevar P 4</p> <p>Darsha Amavasya Margao (Holy Spirit Church) Feast (Goa) World Blood Donor Day</p> <p>M 28</p> <p>06.03 19.15 Krishabh</p>	<p>S 7 Khorshed P 11</p> <p>Bhanu Saptami Dakshinayana begins International Yoga Day</p> <p>M 5</p> <p>06.04 19.17 Simha 15.39</p>	<p>S 14 Rashne P 18</p> <p>M 12</p> <p>06.06 19.18 Vrishchik 25.08</p>
	<p>Adhik Jyeshtha K 1 Ram P 21</p> <p>Jilhej M 15</p> <p>06.03 19.10 Vrishchik 19.07</p>	<p>K 8 Zamyad P 28</p> <p>Kalashthami</p> <p>M 22</p> <p>06.03 19.13 Kumbha 27.35</p>	<p>K 15 / Nij Jyeshtha S 1</p> <p>Asfandarmad P 5</p> <p>Purushottam / Adhik Jyeshtha Months ends Nij Jyeshtha begins Somavati Amavasya</p> <p>M 29</p> <p>06.03 19.15 Vrishabh 08.40</p>	<p>S 8 Mohor P 12</p> <p>Durgashatmi Ayan Karidin Mela Kshirbhavani (Kashmir)</p> <p>M 6</p> <p>06.05 19.17 Kanya</p>	<p>S 15 Fravardin P 19</p> <p>Vat Purnima Kabir Jayanti Full Moon Devsnan Purnima (Bengal)</p> <p>M 13</p> <p>06.06 19.18 Dhanu</p>
MON	<p>K 2 Govad P 22</p> <p>M 16</p> <p>06.03 19.11 Dhanu</p>	<p>K 9 Marespand P 29</p> <p>M 23</p> <p>06.03 19.13 Meen</p>	<p>S 2 New Moon</p> <p>M 30</p> <p>06.03 19.15 Mithun</p>	<p>S 9 Tir P 13</p> <p>M 7</p> <p>06.05 19.17 Kanya 24.52</p>	<p>K 1 Behram P 20</p> <p>Guru Hargovind Singh Birth Anniversary</p> <p>M 14</p> <p>06.07 19.18 Dhanu</p>
TUE	<p>K 3 Dae-Pa-Din P 23</p> <p>Ganesh Sankashta Chaturthi</p> <p>M 17</p> <p>06.03 19.11 Dhanu</p>	<p>K 10 Aneran P 30</p> <p>International Eye Donation Day</p> <p>M 24</p> <p>06.03 19.14 Meen</p>	<p>S 3 Amardad P 7</p> <p>Rambha Vrat Maharana Pratap Birth Anniversary (As per tithi) Muharram : Muslim Month begins Hijari San : 1448 begins</p> <p>Muharram M 1</p> <p>06.04 19.16 Mithun 08.13</p>	<p>S 10 Gosh P 14</p> <p>St. Joao Feast (Goa)</p> <p>M 8</p> <p>06.05 19.17 Tula</p>	<p>K 1 Behram P 20</p> <p>Guru Hargovind Singh Birth Anniversary</p> <p>M 14</p> <p>06.07 19.18 Dhanu</p>
WED	<p>K 4 Din P 24</p> <p>M 18</p> <p>06.03 19.11 Dhanu 07.41</p>	<p>K 11 Hormazd P 1</p> <p>Kamala Ekadashi Bahman : Parsi Month begins</p> <p>M 25</p> <p>06.03 19.14 Meen 08.16</p>	<p>S 4 Dae-Pa-Adar P 8</p> <p>Vinayak Chaturthi Guru Arjundev Shaheed Din</p> <p>M 2</p> <p>06.04 19.16 Karka</p>	<p>S 11 Dae-Pa-Meher P 15</p> <p>Nirjala Ekadashi Rukmani Vivah (Odisha)</p> <p>M 9</p> <p>06.05 19.17 Tula</p>	<p>K 1 Behram P 20</p> <p>Guru Hargovind Singh Birth Anniversary</p> <p>M 14</p> <p>06.07 19.18 Dhanu</p>
THU	<p>K 5 Ashishvagh P 25</p> <p>International Environment Day</p> <p>M 19</p> <p>06.03 19.12 Makar</p>	<p>K 12 Bahman P 2</p> <p>Pradosh</p> <p>M 26</p> <p>06.03 19.14 Mesh</p>	<p>S 5 Adar P 9</p> <p>M 3</p> <p>06.04 19.16 Karka 10.06</p>	<p>S 12 Meher P 16</p> <p>Muharram (Tajiya)</p> <p>M 10</p> <p>06.05 19.18 Tula 12.32</p>	<p>K 1 Behram P 20</p> <p>Guru Hargovind Singh Birth Anniversary</p> <p>M 14</p> <p>06.07 19.18 Dhanu</p>
FRI	<p>K 6 Ashtad P 26</p> <p>M 20</p> <p>06.03 19.12 Makar 19.02</p>	<p>K 13 Ardibehest P 3</p> <p>Shivaratri</p> <p>M 27</p> <p>06.03 19.15 Mesh 09.25</p>	<p>S 6 Avan P 10</p> <p>Aranya Shashthi Vindhyavasini Puja</p> <p>M 4</p> <p>06.04 19.16 Simha</p>	<p>S 13 Srosh P 17</p> <p>Shani Pradosh Shivaji Shak 353 begins Shivarajyabhishek Din</p> <p>M 11</p> <p>06.06 19.18 Vrishchik</p>	<p>K 1 Behram P 20</p> <p>Guru Hargovind Singh Birth Anniversary</p> <p>M 14</p> <p>06.07 19.18 Dhanu</p>
SAT	<p>K 6 Ashtad P 26</p> <p>M 20</p> <p>06.03 19.12 Makar 19.02</p>	<p>K 13 Ardibehest P 3</p> <p>Shivaratri</p> <p>M 27</p> <p>06.03 19.15 Mesh 09.25</p>	<p>S 6 Avan P 10</p> <p>Aranya Shashthi Vindhyavasini Puja</p> <p>M 4</p> <p>06.04 19.16 Simha</p>	<p>S 13 Srosh P 17</p> <p>Shani Pradosh Shivaji Shak 353 begins Shivarajyabhishek Din</p> <p>M 11</p> <p>06.06 19.18 Vrishchik</p>	<p>K 1 Behram P 20</p> <p>Guru Hargovind Singh Birth Anniversary</p> <p>M 14</p> <p>06.07 19.18 Dhanu</p>

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AROGYA DARSHIKA

JUNE 2026



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HEALTHY SELF= HEAL THY SELF

Hema : Hey Priti..we are celebrating International Yoga Day on the 21st of this month.

Dr. Priti: Yes...indeed Yoga is a valuable gift that has come through Ayurveda to us & its integration as an International Day is a big boost for Ayurveda.

Hema : You mentioned that Yoga will help us get to know ourselves better. Please tell me how?

Dr. Priti: Unlike Freud who only concentrated on the unconscious mind & Maslow who elaborated what makes a healthy man, Yoga compels us to work, not only on the body but also the conscious & unconscious mind.

Hema : Working on body through Yoga I got that, but the conscious & unconscious mind too?

Dr. Priti: I meant, an effort on the spiritual front. As body gets nutrition in the form of diet, Yoga and meditation provides nutrition not only to body but also to mind and spirit.

Hema : But Yoga today is seen only as a form of exercise or workout.

Dr. Priti: Yoga & exercise are two different things. Yoga was given to us by Acharya Patanjali, thousands of years ago, known as Ashtang Yoga i.e; 8 limbs of Yoga.

Hema : Will you go through these 8 branches roughly for me?

Dr. Priti: These 8 limbs are grouped into 2, viz; Bahiranga & Antanranga yoga. Bahiranga includes:

1. **Yama (Social code of conduct)**
2. **Niyam (Personal code of conduct)**
3. **Asana** is 'स्थिरं सुखं' It includes practice of various postures to attain stability and happiness.
4. **Pranayam** ie Pran + Ayam means to (pran) Breathe or respire while (Ayama) lengthening or expanding, to have control over breath. It results in full & free utility of alveoli (air sacs). Pranayama along with meditation calms the mind & reduces emotional stress. This manipulation of breath forms

a bridge between the body & mind.
5. **Pratyahara** is the practice of self-control over mind & body.

Hema : Why is Bahiranga yoga important?

Dr. Priti : Bahiranga Yoga is instrumental in enhancing & maintaining the health of body and mind. It is the foundation for the Antaranga Yoga i.e. Dharana, Dhyana & Samadhi, essential for Spiritual upliftment.

Hema : What are the benefits of practicing Asana, pranayam etc?

Dr. Priti : Yoga, is primarily a form of mind exercise, where asanas help to maintain wellness and alleviate a range of health problems & ailments. It is a form of anaerobic exercise, which is gentle, involves stretching as well as balancing movements. It aids in relieving stress, physical stress and perceived stress through Antaranga Yoga.

Hema : Sorry to interrupt, but what is perceived stress?

Dr. Priti: Perceived stress has more to do with your feelings about the lack of control and unpredictability of external and internal environmental factors of self & not actually stress. Yoga strengthens muscles, improves metabolism, respiratory functions, nerve conduction and more. All asanas are done with conscious control on breathing allowing you to focus on the present. The practice of yoga generates balanced energy which is vital to the function of the immune system & allows the body to heal itself. In the words of **Mr. B.K.S. Iyengar Sir-** "Your body exists in the past, your mind in the future. In Yoga, they come together in the Present"

Hema : What is that one Asana anyone can practise & it's benefits?

Dr. Priti: Suryanamaskar is the ideal way for anyone to start. It is a mild form of exercise which incorporates 12 asanas into 1 cycle to be performed repeatedly. Regularly practicing it maintains & improves cardiorespiratory fitness & promote weight management

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.
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- 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.



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- Supports growth & nourishment of hair as well as all other vital tissues.
- Helps relieve stress and has a calming effect.

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



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- **Ashoka Compound** is a non-hormonal solution that provides

Strength and is helpful as a general tonic for women



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JUNE - 2026					JYESHTHA/ASHADH				
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date
1 MO	K1	16.36	Jyeshtha	19.07	Siddh	06.18	Taitil	29.49	11
2 TU	K2	19.00	Mool	22.05	Sadhya	07.15	Vanij	-	12
3 WE	K3	21.20	P.Shadha	24.59	Shubha	08.11	Vanij	08.11	13
4 TH	K4	23.30	U.Shadha	27.41	Shukla	09.02	Bava	10.27	14
5 FR	K5	25.19	Shravan		Brahma	09.41	Kaulav	12.27	15
6 SA	K6	26.40	Shravan	06.03	Aindra	10.03	Garaj	14.04	16
7 SU	K7	27.24	Dhanishtha	07.55	Vaidhruti	10.01	Vishiti	15.07	17
8 MO	K8	27.23	Shatataraka	09.09	Vishkambh	09.27	Balav	15.29	18
9 TU	K9	26.34	P.Bhadrapada	09.38	Preeti	08.17	Taitil	15.04	19
10 WE	K10	24.57	U.Bhadrapada	09.21	Avushman Saubhagya	06.29 28.02	Vanij	13.51	20
11 TH	K11	22.36	Revati	08.16	Shobhan	24.59	Bava	11.52	21
12 FR	K13	19.37	Ashwini	06.28 28.05	Atigand	21.26	Kaulav Garaj	09.10 29.55	22
13 SA	K13	16.08	Krutika	25.17	Sukarma	17.28	Vishiti	26.15	23
14 SU	K14	12.20	Rohini	22.14	Dhruvi	13.15	Chalushpad	22.23	24
15 MO	K30 S1	08.24 28.31	Mrugshirsh	19.09	Shool Gand	08.55 28.38	Kinstughna	18.27	25
16 TU	S2	24.53	Ardra	16.12	Vridhhi	24.35	Balav	14.40	26
17 WE	S3	21.39	Punarvasu	13.37	Dhruv	20.51	Taitil	11.12	27
18 TH	S4	18.59	Pushya	11.32	Vyaghat	17.35	Vanij Bava	08.14 29.53	28
19 FR	S5	16.59	Ashlesha	10.06	Harshan	14.52	Kaulav	28.17	29
20 SA	S6	15.46	Magha	09.25	Vajra	12.47	Garaj	27.27	30
21 SU	S7	15.20	Purva	09.30	Siddhi	11.20	Vishiti	27.24	31
22 MO	S8	15.39	Uttara	10.21	Vyatiapat	10.30	Balav	28.04	Ashadh
23 TU	S9	16.39	Hast	11.53	Variyan	10.12	Taitil	29.22	2
24 WE	S10	18.11	Chitra	13.58	Parigh	10.22	Vanij	-	3
25 TH	S11	20.08	Swati	16.28	Shiv	10.53	Vanij	07.08	4
26 FR	S12	22.21	Vishakha	19.15	Siddha	11.38	Bava	09.14	5
27 SA	S13	24.43	Anuradha	22.10	Sadhya	12.31	Kaulav	11.31	6
28 SU	S14	27.06	Jyeshtha	25.08	Shubha	13.28	Garaj	13.54	7
29 MO	S15	29.26	Mool	28.03	Shukla	14.25	Vishiti	16.16	8
30 TU	K1	-	P.Shadha	-	Brahma	15.18	Balav	18.33	9

VEDIC CORNER

हर दिन, हर घर...आयुर्वेद!

DIY DHOOP STICK

'You are only here for a short visit. Don't worry, Don't, hurry & be sure to smell the flowers along the way'- Walter Hagen
Your sense of smell may not be as good as that of a dog but it sure is powerful enough to influence emotions & invoke memories. Dhoopan is considered as having a disinfectant and purifying effect. It can also help us relax and instill pleasant emotions. So try this easy dhoop stick recipe at home!

What you will need:

- Dried Flowers
- Nagarmotha Powder
- Khus Powder
- Kachora Powder
- Dried Cow dung cake powder
- Essential oil of your choice
- Water
- Cow Ghee
- Piping Nozzle tip (Mould)

For More Information Scan

LET YOUR SOUL SPEAK

As rightly said by Mr. B.K.S. Iyengar sir, Ashtang yoga is a mirror to look at ourselves from within. It is a light which once lit, will

never dim. The better you practice the brighter the flame. So follow this path of yoga for enlightenment of your soul.

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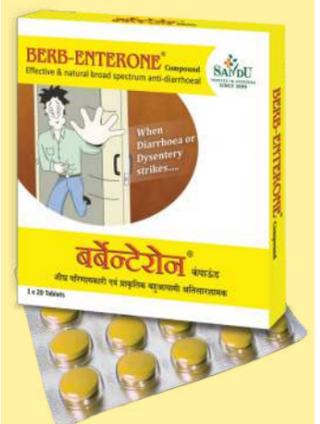
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S M T W T F S	 <p>HEMOCLEEN Excellent Blood Purifier</p> <p>Improves Complexion & Skin Tone</p>	<p>K 5 Ashishvagh P 25 Nagpanchami (Bengal)</p> <p>5</p> <p>M 19 06.08 19.18 Kumbha</p>	<p>K 13 Bahman P 2 Pradosh Shivaratri</p> <p>12</p> <p>M 26 06.11 19.18 Vrishabh 19.06</p>	<p>S 6 Adar P 9 Calangute Feast (Goa) Kumar Shashthi</p> <p>19</p> <p>M 4 06.13 19.17 Kanya</p>	<p>S 12 Meher P 16 Pradosh Vaman Pujan Banavalin Feast (Goa)</p> <p>26</p> <p>M 11 06.16 19.15 Vrishchik 07.34</p>
		<p>K 6 Ashtad P 26 Somavati Amavasya Matyar Day (Kashmir)</p> <p>6</p> <p>M 20 06.09 19.18 Kumbha 09.56</p>	<p>K 14 Ardibehest P 3 Somavati Amavasya Matyar Day (Kashmir)</p> <p>13</p> <p>M 27 06.11 19.18 Mithun</p>	<p>S 7 Avan P 10 Vivasvat Saptami</p> <p>20</p> <p>M 5 06.13 19.16 Kanya</p>	<p>S 13 Srosh P 17 Vivasvat Saptami</p> <p>27</p> <p>M 12 06.16 19.14 Dhanu</p>
		<p>K 7 Kalashtami</p> <p>7</p> <p>M 21 06.09 19.18 Meen</p>	<p>K 30 Shehrevat P 4 Darsha Amavasya</p> <p>14</p> <p>M 28 06.11 19.18 Mithun 14.49</p>	<p>S 8 Khorshed P 11 Durgashatmi Kharasi Puja (Tripura)</p> <p>21</p> <p>M 6 06.14 19.16 Kanya 07.53</p>	<p>S 14 Rashne P 18 Mela Jwalamukhi (Kashmir) World Hepatitis Day</p> <p>28</p> <p>M 13 06.16 19.14 Dhanu 19.48</p>
		<p>Nij Jyeshtha K 1 Ram P 21 Muharram M 15</p> <p>1</p> <p>M 15 06.07 19.18 Dhanu 13.31</p>	<p>K 8 Zamyad P 28 Ashadha S 1 Asfandarmad P 5 Ashadha begins New Moon Mahakavi Kalidas Din Manorath Dwitiya Vrat (W.B.)</p> <p>8</p> <p>M 22 06.09 19.18 Meen 15.59</p>	<p>S 9 Mohor P 12 Mela Sharif Bhagvati (Kashmir)</p> <p>15</p> <p>M 7 06.14 19.16 Tula</p>	<p>S 15 Fravardin P 19 Guru Purnima Vyas Puja Full Moon Shivshayanotsav (Odisha)</p> <p>22</p> <p>M 14 06.17 19.14 Makar</p>
		<p>K 2 Govad P 22 M 16</p> <p>2</p> <p>M 16 06.07 19.18 Makar</p>	<p>K 9 Marespand P 29 Ratha Yatra Safar : Muslim Month begins</p> <p>9</p> <p>M 23 06.10 19.18 Mesh</p>	<p>S 2 Khordad P 6 Ratha Yatra Safar : Muslim Month begins</p> <p>16</p> <p>M 1 06.12 19.17 Karka 19.52</p>	<p>S 9 Tir P 13 Lokmanya Tilak Birth Anniversary Tisha B'Av (Jew)</p> <p>23</p> <p>M 8 06.15 19.16 Tula 19.00</p>
		<p>K 3 Dae-Pa-Din P 23 Ganesh Sankashta Chaturthi</p> <p>3</p> <p>M 17 06.08 19.18 Makar 24.47</p>	<p>K 10 / 11 Aneran P 30 Yogini Smarth Ekadashi</p> <p>10</p> <p>M 24 06.10 19.18 Mesh 18.44</p>	<p>S 3 / 4 Amardad P 7 Vinayak Chaturthi Karidin</p> <p>17</p> <p>M 2 06.12 19.17 Simha</p>	<p>S 10 Gosh P 14 Punaryatra</p> <p>24</p> <p>M 9 06.15 19.15 Vrishchik</p>
		<p>K 4 Din P 24 M 18</p> <p>4</p> <p>M 18 06.08 19.18 Kumbha</p>	<p>K 12 Hormazd P 1 Bhagwat Ekadashi Asfandarmad : Parsi Month begins Universal Census Day</p> <p>11</p> <p>M 25 06.10 19.18 Vrishabh</p>	<p>S 5 Dae-Pa-Adar P 8 M 3</p> <p>18</p> <p>M 3 06.13 19.17 Simha 23.58</p>	<p>S 11 Dae-Pa-Meher P 15 Devshayani Ashadhi Ekadashi Pandharpur Yatra Chaturmas begins</p> <p>25</p> <p>M 10 06.15 19.15 Vrishchik</p>



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AROGYA DARSHIKA

JULY 2026



PREMIUM IMMUNITY BOOSTER

HEALTHY SELF= HEAL THY SELF

Dr. Priti : Hi Hema... You are looking different today.

Hema : Yes...I am feeling different. I have been practicing Yoga tips you shared with me and look it is working wonderfully.

Dr. Priti : I am pleased to know this, & no wonder,...It really reflects & shows.

Hema : But, I'm still confused between Exercise & Yoga, as my friends insist on doing intense workout sessions. I wonder is there any different concept of exercise in Ayurveda too?

Dr. Priti : Yes, Exercise or Vyayama being one of the major pillars for maintenance of health is different than Yoga. Ayurveda has clearly mentioned Vyayama is for well being of body, whereas Yoga is mind & soul exercise. Basically, Physical exercise is of 2 types : Aerobic & Anaerobic. Yoga is a form of anaerobic exercise while Vyayama is purely aerobic. Each has its own merits.

Maharshi Charak quotes-
शरीरचेष्टा या चेष्टा स्थैर्यार्था बलवर्धिनी।
देहव्यायामसङ्ख्याता मात्रया तां समाचरेत्

Ch. Su. 7/31

I.e Vyayam is that physical activity which brings stability (in body) & increase in strength. Vyayam in appropriate quantity & time will keep the doshas in balance, maintain weight, enhance stamina, digestive fire, produce lightness & more. This is in concurrence with modern science. Regular exercise boosts up the immune system, strengthens cardiovascular system & prevents lifestyle disorders.

Hema : Can exercise help me in reversal of diseases or boosts my immunity to fight against diseases?

Dr. Priti : Yes definitely now research also says that daily exercise helps to combat diseases by boosting our immune system & preventing lifestyle disorders like obesity, diabetes, hypertension & serious heart conditions that make us more susceptible to infections diseases

Hema : Its interesting , So what are the types of Vyayam that I can do?

Dr. Priti : Ayurveda recommends activities like running (dhavana), jumping, leaping (plavana), walking about (parisarana), swimming, rotating weight, pulling rope, wrestling, etc. You know surprisingly, modern science too recommends these moderate intensity workouts. We can opt for anyone of these daily.

Hema : But, how much exercise do we need

to prolong our life?

Dr. Priti : Acharya Sushrut has given us a measure for adequate exercising .i.e Balardha (half of one's capacity). Exercise should be stopped just before one reaches the stage of complete exhaustion & this will differ from person to person. The Center of Disease Control (CDC) & American College of Sports Medicine (ACSM), to stay FITT suggests the schedule of
F (Frequency - 5 days in a week),
I (Intensity - low to moderate intensity),
T (Time - 30 minutes),
T (Type – Cardio, Streching, Balancing etc.)
So that we can achieve a weekly energy expenditure of 1400- 2000 calories.

Hema : How do I assess whether I am executing enough exercise or excess ?

Dr. Priti : Our texts mention signs of adequate exercise as- appearance of perspiration, increased respiration, lightness of organs, feeling of obstruction in cardiac region. Rome wasn't built in a day, similarly we need to gradually build our body strength & stamina. They also warn us that we never over-do Vyayam, even if we are habituated to it. As excess Vyayam leads to tiredness, exhaustion, depletion of body tissues, bleeding from different parts of the body till death etc & such serious complications. These claims are supported by modern studies which state, excessive exercising may cause possible injury to the heart muscles, increasing the risk of Cardiac event. It makes the body believe that its under stress thus altering & suppressing the immune system as well as causing trauma to various body tissues.

Hema : Ahhhh!!!! That's why, we have been hearing a lot about celebrities who are physically fit & athletic, their losing lives due to heart attacks and other conditions. Then are there any Don'ts that need to be followed.

Dr. Priti : Yes definitely, Exercise is contra-indicated in those who are emaciated, afflicted by anger, grief, fear, exertion, children, elderly & those who are prone to Vata imbalance. During the Dakshinayan i.e., in winter season exercise is recommended as the body has energy to expend, whereas in Uttarayan it is contra-indicated, specially in summer or Grishma ritu as overheating of sun absorbs all body energy.

VEDIC CORNER

हर दिन, हर घर...आयुर्वेद!

Milk and Honey Foot Cream

Pregnancy may be the happiest & precious moment of a woman's life but it also has its downside. For eg. the constant bathroom breaks or not being able to see your feet for most of the pregnancy period. This doesn't mean that you stop taking care of yourself ! So, go ahead, put your feet up & get a foot massage. You can also use your own home-made cream for your feet.

What you will need:



Milk 2 tsp

Juice of half an orange

Honey A 1 cup

For More Information Scan

LET YOUR SOUL SPEAK

Everything is temporary, emotions, thoughts, people & scenery. Do not become attached, just flow with it.-Gautam Buddha

The trick to hear your soul speak is first learning to listen then listening to learn.

With physical activity and yoga you can achieve a sense of quiet i.e. peace, to seek the light in your heart. To find this path of Zen, Ayurveda definitely provides you all the necessary tools in the form of healthy body needed to reach out.

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



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- 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, stress and more.

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



PREG-UTERO

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- Sandu Balant Kadha (No.1, No.2, No.3) is an essential tonic set for women post delivery.
- The pack of 3 different tonics is to be taken over divided period of 60 days.
- It provides strength to reproductive organs and pacifies the Vata dosha.
- 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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JULY-2026					NIJ JYESHTHA-ASHADH				
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date
1 WE	K1	07.37	P.Shadha	06.50	Aindra	16.03	Taitil	20.39	10
2 TH	K2	09.37	U. Shadha	09.26	Vaidhruti	16.38	Vanij	22.31	11
3 FR	K3	11.19	Shravan	11.46	Vishkambha	16.59	Bava	24.02	12
4 SA	K4	12.39	Dhanishta	13.43	Preeti	17.00	Kaulav	25.08	13
5 SU	K5	13.30	Shatataraka	15.11	Ayushman	16.39	Garaj	25.43	14
6 MO	K6	13.46	P.Bhadrapada	16.06	Saubhagya	15.50	Vishiti	25.40	15
7 TU	K7	13.24	U.Bhadrapada	16.23	Shobhan	14.30	Balav	24.58	16
8 WE	K8	12.21	Revati	15.59	Atigand	12.37	Taitil	23.34	17
9 TH	K9	10.37	Ashwini	14.55	Sukarma	10.11	Vanij	21.31	18
10 FR	K10	08.16	Bharani	13.15	Dhruvi	07.14	Bava	18.53	19
	K11	29.22			Shool	27.50			
11 SA	K12	26.04	Krutika	11.03	Gand	24.05	Kaulav	15.46	20
12 SU	K13	22.30	Rohini	08.28	Vridhhi	20.06	Garaj	12.18	21
	K14	18.50	Mrgshirsh	29.41					
13 MO	K14	18.50	Ardra	26.51	Dhruv	16.00	Vishiti	08.40	22
							Chatuspad	29.00	
14 TU	K30	15.13	Punarvasu	24.09	Vyaghat	11.57	Kingstughna	25.30	23
15 WE	S1	11.51	Pushya	21.46	Harshan	08.04	Balav	22.18	24
					Vajra	28.29			
16 TH	S2	08.52	Ashlesha	19.52	Siddhi	25.22	Taitil	19.36	25
17 FR	S3	06.27	Magha	18.34	Vyathpat	22.45	Vanij	17.29	26
	S4	28.42							
18 SA	S5	27.42	Purva	17.59	Variyan	20.44	Bava	16.06	27
19 SU	S6	27.29	Uttara	18.11	Parigh	19.22	Kaulav	15.29	28
20 MO	S7	28.02	Hast	19.08	Shiv	18.36	Garaj	15.40	29
21 TU	S8	29.16	Chitra	20.48	Siddha	18.24	Vishiti	16.34	30
22 WE	S9	-	Swati	23.02	Sadhya	18.41	Balav	18.05	31
23 TH	S9	07.03	Vishakha	25.41	Shubh	19.19	Taitil	20.05	Shravan
24 FR	S10	09.12	Anuradha	28.36	Shukla	20.10	Vanij	22.22	2
25 SA	S11	11.33	Jyeshtha	-	Brahma	21.07	Bava	24.45	3
26 SU	S12	13.57	Jyeshtha	07.34	Aindra	22.04	Kaulav	27.07	4
27 MO	S13	16.14	Mool	10.27	Vaidhruti	22.54	Garaj	29.18	5
28 TU	S14	18.18	Purvashadha	13.10	Vishkambh	23.32	Vishiti	-	6
29 WE	S15	20.04	Uttarashadha	15.36	Preeti	23.57	Vishiti	07.14	7
30 TH	K1	21.29	Shravan	17.42	Ayushman	24.04	Balav	08.50	8
31 FR	K2	22.31	Dhanishta	19.26	Saubhagya	23.53	Taitil	10.03	9

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S U N	K 2 Meher P 16 Betal Bati Carmona Feast (Goa) 30 M 16 06.25 18.53 Meen	K 4 Dae-Pa-Din P 23 Ganesh Sankashta Chaturthi 2 M 18 06.18 19.12 Kumbha 15.26	K 11 Aneran P 30 Kamika Ekadashi 9 M 25 06.20 19.08 Mithun	S 4 Bahman P 2 Vinayak Chaturthi Nag Chaturthi Vrat Durva Ganpati Vrat Chorao Feast (Goa) 16 M 2 06.22 19.04 Kanya	S 11 Adar P 9 Putrada Ekadashi National Space Day Jhulan Yatra begins 23 M 9 06.24 18.59 Dhanu
	K 3 Srosh P 17 Ganesh Sankashta Chaturthi Bahula Chaturthi (M. P.) 31 M 17 06.26 18.52 Meen 27.23	K 5 Din P 24 3 M 19 06.18 19.11 Meen	K 12 / 13 Gatha I Som Pradosh 10 M 26 06.20 19.07 Mithun 28.42	S 5 Ardibehest P 3 Nag Panchami 17 M 3 06.22 19.03 Kanya 16.18	S 12 Avan P 10 24 M 10 06.24 18.58 Dhanu 27.05
	ACIVIN A Potent Natural Antacid	K 6 Ashishvangh P 25 4 M 20 06.19 19.11 Meen 21.53	K 14 Gatha II Shivaratri 11 M 27 06.21 19.07 Karka	S 6 Shehrevar P 4 Supodanvarna Shashthi Shriyal Shashthi Kalki Jayanti 18 M 4 06.23 19.02 Tula	S 13 Khorshed P 11 Bhauma Pradosh 25 M 11 06.24 18.57 Makar
		K 7 Ashtad P 26 Kalashtami Raia Feast (Goa) 5 M 21 06.19 19.10 Mesh	K 30 Gatha III Darsha Amavasya Deep Pujan Karkat Puja (Kerala) Adi Amavasya (T.N.) 12 M 28 06.21 19.06 Karka 30.06	S 7 Asfandarmad P 5 Shitala Saptami 19 M 5 06.23 19.02 Tula 26.29	S 13 Id-E-Milad Onam-Thirunam (Kerala) 26 M 12 06.25 18.56 Makar
		K 8 Asman P 27 6 M 22 06.19 19.10 Mesh 25.52	Shravan S 1 Gatha IV Shravan begins Candolin, Velsao Feast (Goa) 13 M 29 06.21 19.06 Simha	S 8 Khordad P 6 Durgashtami Durvashstami Khordad Sal 20 M 6 06.23 19.01 Vrishchik	S 14 Tir P 13 Coconut Day Balbhadra Puja (Odisha) 27 M 13 06.25 18.56 Makar 13.34
		K 9 Zamyad P 28 7 M 23 06.20 19.09 Vrishabh	S 2 Gatha V New Moon Pateti Adipuram (T.N.) 14 M 30 06.22 19.05 Simha	S 9 Amardad P 7 Taligao Feast (Goa) 21 M 7 06.23 19.00 Vrishchik	S 15 Gosh P 14 Raksha Bandhan Full Moon Amarnath Yatra Jhulan Yatra ends 28 M 14 06.25 18.55 Kumbha
	Ashadha K 3 Govad P 22 Lokmanya Tilak Commemoration Day World Breast feeding Week 1 to 7 Days 1 Safar M 17 06.18 19.12 Kumbha	K 10 Marespand P 29 8 M 24 06.20 19.09 Vrishabh 27.48	S 3 Hormazd P 1 Madhusrava Tritiya Independence Day Parsi New Year 1396 begins Farvardin : Parsi Month begins Rabilawal : Muslim Month begins Panaji, Quelossin Feast (Goa) 15 Rabilawal M 1 06.22 19.04 Simha 09.34	S 10 Dae-Pa-Adar P 8 22 M 8 06.24 18.59 Vrishchik 14.48	K 1 Dae-Pa-Meher P 15 Divar Feast (Goa) 29 M 15 06.25 18.54 Kumbha 21.37



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AROGYA DARSHIKA

AUGUST 2026



PREMIUM IMMUNITY BOOSTER

HEALTHY SELF= HEAL THY SELF

SANDU HEALTH & HAPPINESS RANGE

In the midst of Chaos, there is also opportunity- Sun Tzu.

Post Pandemic the real chaos is to remain fit and healthy. Today we are facing different health issues in the form of increased lifestyle disorders with comorbidities and opportunistic diseases. Ayurveda has already given us the solution in the form of 'Dinacharya'. At the beginning of this year, we took a resolution to achieve holistic health. Dinacharya is a way of living towards this goal. When you breakdown the word we understand, 'Dina' i.e. day & 'Charya' which means practice of a certain routine, daily. All activities that occur from sunrise to sunset are included in it. It balances the Tridosha in our body, which helps to regulate a person's biological clock & synchronize us to nature's biological rhythms. Improved lifestyle will ensure prevention from lifestyle disorders. Especially the disrupted work-life balance caused by the Pandemic. Let's take a look at the recommended routine:

BRAHMA MUHURTA : IDEAL TIME TO WAKE-UP & START THE DAY IS BETWEEN 4.00 A.M. TO 6.00 A.M.



For In-Detail Info Of Dinacharya Please Visit Our Website

SARAK CHURNA

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

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

- 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

- helps 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

OSTEON-D

- 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.
- 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 as it contains the powerful combination of

Dashmula which enhances calcium absorption.

- It is beneficial in preventing osteoporosis during old age.
- Osteon-D is a comprehensive supplement not only providing adequate calcium supplement but also aids in improving its absorption in body.



OSTEON-D

VEDIC CORNER

हर दिन, हर घर...आयुर्वेद!

What you will need:



Ragi Kheer

Menopause can be a difficult time of transition for any women. Loss of appetite, nutritional deficiency etc symptoms may be seen as a collateral effect of this phase. This may be compensated by including nutrient rich food in any way possible. Ragi is naturally rich in calcium and proteins. Besides this it is packed with other nutrients which come in handy during the menopausal stage.

For More Information Scan

LET YOUR SOUL SPEAK

In this time of chaos we as individuals need an anchor. Just as in the chaos of the universe, the Earth's path around the Sun is unwavering. For our souls to achieve their goals we too need an unwavering path to walk upon. Always remember that, **Your body is precious, it is a vehicle for**

awakening. Treat it with care- Buddha Following these small steps may not mean a lot now, but in the long run it will definitely make a huge difference to you and everyone around you. It is up to us to find that order in the Chaos and keep moving forward.

SANDU ASHWAGANDHARISHTA

Beneficial for Physical & Mental Debility



AUGUST-2026					ASHADH - SHRAVAN				
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriy Date
1 SA	K3	23.07	Shatataraka	20.44	Shobhan	23.22	Vanij	10.52	10
2 SU	K4	23.15	P.Bhadrapada	21.36	Atigand	22.29	Bava	11.14	11
3 MO	K5	22.54	U.Bhadrapada	21.59	Sukarma	21.12	Kaulav	11.08	12
4 TU	K6	22.03	Revati	21.53	Dhruvi	19.32	Garaj	10.32	13
5 WE	K7	20.42	Ashwini	21.17	Shool	17.28	Vishti	09.26	14
6 TH	K8	18.52	Bharani	20.13	Gand	15.00	Balav Tailil	07.50 29.47	15
7 FR	K9	16.37	Krutika	18.43	Vruddhi	12.10	Vanij	27.20	16
8 SA	K10	13.59	Rohini	16.51	Dhruv Vyaghat	09.61 29.37	Bava	24.33	17
9 SU	K11	11.05	Mrugshirsh	14.43	Harshan	26.04	Kaulav	21.34	18
10 MO	K12 K13	08.00 28.53	Ardra	12.26	Vajra	22.26	Garaj	18.27	19
11 TU	K14	25.53	Punarvasu	10.09	Siddhi	18.51	Vishti	15.22	20
12 WE	K30	23.06	Pushva Ashlesha	07.59 30.06	Vyatipat	15.25	Chatushpad	12.27	21
13 TH	S1	20.41	Magha	28.37	Variyan	12.15	Kinstughna	09.50	22
14 FR	S2	18.46	Purva	27.42	Parigh	09.28	Balav Tailil	07.39 30.02	23
15 SA	S3	17.28	Uttara	27.25	Shiv Siddha	07.08 29.20	Vanij	29.05	24
16 SU	S4	16.52	Hast	27.50	Sadhya	28.07	Bava	28.50	25
17 MO	S5	16.59	Chitra	28.58	Shubha	27.28	Kaulav	29.19	26
18 TU	S6	17.49	Swati	-	Shukla	27.22	Garaj	-	27
19 WE	S7	19.18	Swati	06.46	Brahma	27.43	Garaj	06.30	28
20 TH	S8	21.17	Vishakha	09.07	Aindra	28.24	Vishti	08.15	29
21 FR	S9	23.35	Anuradha	11.52	Vaidhruti	29.18	Balav	10.25	30
22 ST	S10	25.59	Jyeshtha	14.48	Vishkambh	30.13	Tailil	12.47	31
23 SU	S11	28.18	Mool	17.43	Preeti	-	Vanij	15.10	Bhadra
24 MO	S12	30.20	P.Shadha	20.27	Preeti	07.03	Bava	17.21	2
25 TU	S13	-	U.Shadha	22.50	Ayushman	07.40	Kaulav	19.12	3
26 WE	S13	07.58	Shravan	24.47	Saubhagya	07.58	Garaj	20.37	4
27 TH	S14	09.08	Dhanishtha	26.15	Shobhan	07.54	Vishti	21.31	5
28 FR	S15	09.47	Shatataraka	27.12	Atigand	07.27	Balav	21.56	6
29 SA	K1	09.56	P.Bhadrapada	27.41	Sukarma Dhruvi	06.35 29.21	Tailil	21.50	7
30 SU	K2	09.37	U.Bhadrapada	27.44	Shool	27.45	Vanij	21.17	8
31 MO	K3	08.51	Revati	27.23	Gand	25.50	Bava	20.19	9

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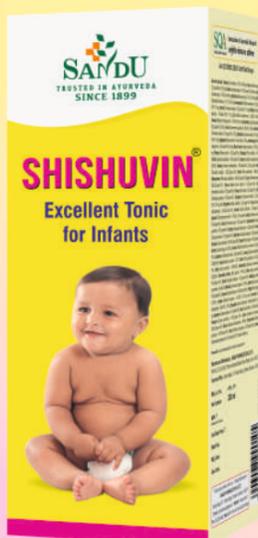
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SHRAVAN-
BHADRAPAD
SHAK 1948

SEPTEMBER 2026

SAMVAT 2082

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आयुर्वेद !

S U N	ACIVIN A Potent Natural Antacid 	K 10 Dae-Pa-Din P 23 6 M 23 06.27 18.47 Mithun	S 2 Aneran P 30 Varah Jayanti Rabilakhar : Muslim Month begins Chinchinin Feast (Goa) 13 Rabilakhar M 1 06.28 18.41 Kanya 25.25	S 9 Amardad P 7 Adukkha Navami Bhagwat Saptaha begins 20 M 8 06.29 18.35 Dhanu	K 1 Gosh P 14 Mahalaya begins 27 M 15 06.31 18.29 Meen						
	M O N		K 11 Din P 24 Aja Ekadashi Paryushan Parva beigns (Chaturthi Paksha) - Jain 7 M 24 06.27 18.46 Mithun 12.38	S 3 Hormazd P 1 Haritika Tiritiya Swarna Gauri Vrat Shri Ganesh Chaturthi Parthiv Ganesh Pujan Jain Samvatsari (Chaturthi Paksha) Ardibehast : Parsi Month begins 14 M 2 06.28 18.40 Tula	S 10 Dae-Pa-Adar P 8 Yom Kippur (Jew) Narayan Guru Jayanti (Kerala) 21 M 9 06.29 18.34 Dhanu 11.14	K 2 Dae-Pa-Meher P 15 World Rabies Day 28 M 16 06.31 18.28 Meen 10.16					
		T U E	Shravan K 4 / 5 Rashne P 18 Raksha Panchami (Odisha) 1 Rabilawal M 18 06.26 18.51 Mesh	K 12 Ashishvagh P 25 Bhauma Pradosh Paryushan Parva beigns (Panchami Paksha) - Jain 8 M 25 06.27 18.45 Karka	S 4 Bahman P 2 Rishi Panchami Jain Samvatsari (Panchami Paksha) 15 M 3 06.28 18.39 Tula	S 11 Adar P 9 Parivartini Ekadashi 22 M 10 06.30 18.33 Makar	K 3 Meher P 16 Angarak Ganesh Sankashta Chaturthi 29 M 17 06.31 18.27 Mesh				
			W E D	K 6 Fravardin P 19 Randhan Chhath 2 M 19 06.26 18.51 Mesh	K 13 Ashtad P 26 Shivaratri 9 M 26 06.27 18.45 Karka 15.14	S 5 Ardibehast P 3 Paryushan Parva beigns (Digamber) Melapat (Kashmir) 16 M 4 06.29 18.38 Tula 10.48	S 12 Avan P 10 Vaman Jayanti Vishuv Din Ayurveda Day 23 M 11 06.30 18.32 Makar 21.56	K 4 Srosh P 17 30 M 18 06.31 18.26 Mesh 13.13			
				T H U	K 7 Behram P 20 3 M 20 06.26 18.50 Mesh 07.25	K 14 Asman P 27 Darsha Amavasya Pithori Amavasya Pola Matru Din 10 M 27 06.27 18.44 Simha	S 6 Shehrevrar P 4 Surya Shashthi Jyeshtha Gauri Avahan Shri Vishwakarma Puja Melapat (Kashmir) World Patient Safety Day 17 M 5 06.29 18.38 Vrishchik	S 13 Khorshed P 11 Pradosh 24 M 12 06.30 18.31 Kumbha	 SHISHUVIN Excellent Tonic for Infants		
					F R I	K 8 Ram P 21 Shri Krishna Jayanti (Vrat) Kalashtami 4 M 21 06.26 18.49 Vrishabh	K 30 Zamyad P 28 11 M 28 06.28 18.43 Simha 19.07	S 7 Asfandarmad P 5 Jyeshtha Gauri Pujan Melapat (Kashmir) 18 M 6 06.29 18.37 Vrishchik 22.43		S 14 Mohor P 12 Anant Chaturdashi Paryushan Parva ends (Digamber) 25 M 13 06.30 18.30 Kumbha 29.32	
						S A T	K 9 Govad P 22 Gopalkala Teacher's Day 5 M 22 06.27 18.48 Vrishabh 10.17	Bhadrpad S 1 Marespand P 29 New Moon Bhadrpad begins Rosh Hashanah (Jew) 12 M 29 06.28 18.42 Kanya		S 8 Khordad P 6 Durgashtami Jyeshtha Gauri Visarjan 19 M 7 06.29 18.36 Dhanu	S 15 Tir P 13 Proshthapadi Purnima Bhagwat Saptaha ends Sukkot (Jew) Full Moon 26 M 14 06.30 18.30 Meen



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AROGYA DARSHIKA

SEPTEMBER 2026



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HEALTHY SELF = HEAL THY SELF

I'm Late, I'm Late, for a very Important date. No time to say 'Hello, Goodbye', I'm Late, I'm Late, I'm Late- The White Rabbit (Lewis Carroll)
Hurry!! Worry !! Curry!! are ruining everyone's life now a days. Running behind targets associated with work, education or any other field just like The White Rabbit from Alice in Wonderland who always seemed stressed about his schedules. In this all time win – win marathon like attitude, we are breaking rules of nature, knowingly or unknowingly. Yes, we are talking about, Natural urges. Ayurveda has called it as Adharniya Vegas

(Insuppressible urges). Irregular work schedule, working in different shifts, pressures of studying, schedules & deadlines etc; are daily routines of our busy days. Everyone wants to win all the time but in this journey to win, we easily choose to ignore nature's call & keep going forward. Ayurveda says, Suppressing our 13 type of natural urges, may not seem a big problem now but continuing to do so in the long run may manifest into something more, so Ayurveda opposes this. Let's see how these natural urges lead to giant problems.

Suppression of	Harmful Effects
Micturition	Pain in the bladder & reproductive organs, dysuria, headache, bending of the body & distension of the lower abdomen.
Defecation	Colic pain, headache, retention of faeces, matter & flatus, cramps in the calf muscles & distension of abdomen
Flatulence (passing gas)	Retention of faeces, urine and flatus, distension of abdomen, pain, fatigue and other abdominal diseases
Vomiting	Pruritus, urticaria, aversion to food, discoloration of face, edema, pallor/anaemia, fever, skin diseases, nausea & visarpa (erysipelas)
Sneezing	Neck stiffness, headache, facial paralysis, pain in half side of face & head, weakness of the sense organs & musculo-skeletal structure
Belching	Hiccups, dyspnea, aversion to food, tremors & feeling of congestion in the cardiac as well as chest region
Yawning	Crookedness of body, convulsions, contractions of muscles, numbness, tremors and trembling
Hunger	Emaciation, weakness, change in body complexion, generalized bodyache, aversion to food & dizziness
Thirst	Dryness of throat & mouth, deafness, feeling of exhaustion, weakness & cardiac pain
Tears	Rhinitis, eye diseases, heart disorders, aversion to food & dizziness
Ejaculation	Pain in the reproductive organs, bodyache, pain in cardiac region & retention of urine
Exertion induced shortness of breath	Lumps in abdomen, heart disorders & inactive state of intellect or confusion
Sleep	Heaviness of head and eyes, laziness, yawning & body ache

VEDIC CORNER

हर दिन, हर घर...आयुर्वेद!

Protein Rich Moong-Dal Chilla
In an effort to eat healthy often resort to intake of multivitamins, protein powder etc. But its long term effect on the body is still debatable. Natural occurring food is still our only reliable source of energy & nourishment. Soaked Green gram are rich in proteins and amino acids so they can be a worthwhile protein snack to accompany any workout plan.



For More Information Scan

LET YOUR SOUL SPEAK

Sleep is the best Meditation – Dalai Lama
Ayurveda has explained about Suppressible urges also. They are called as Dharniya Vega i.e., greed, grief, fear, anger, egoism, impudence, jealousy, excessive attachment to anything. Skillful suppression of these suppressible urges are essential for a peaceful

mind & life as well. To achieve the harmony between body, mind and soul we have to understand this – **Life is not a RACE, but we still continue the CHASE and try to be an ACE, Its time to get out of this MAZE and truly live with a GRACE.- R.V.M**

SANDU HEALTH & HAPPINESS RANGE

SANDU CHYAVANPRASH (SPECIAL)

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

hepatoprotective effect and nourishes the body. Additionally other essential herbs like Dashmool, Nilotpal, Shatavari etc. 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 disorders and reduces the chances of recurrent illnesses.



SANDU CHYAVANPRASH (SPECIAL)

- It reduces burning sensation, body ache, restlessness and excessive thirst.
- Sandu Amritarishta improves immunity, reduces chances of recurrent illnesses & time taken for recovery post-infections.



SANDU AMRITARISHTA

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.

SANDU DASHMULARISHTA

- Sandu Dashmularishta contains vata pacifying herbs such as Dashmul, Guduchi, Amalaki etc.
- It is beneficial in relieving joint pain & stiffness of joints & improves 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.

- In the post-delivery phase, it strengthens the reproductive system, relieves weakness, improves stamina, immunity and brings it back to normal.



SANDU DASHMULARISHTA

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

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A Potent Natural Antacid

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Burning micturition



SEPTEMBER-2026					SHRAVAN - BHADRAPAD				
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date
1 TU	K4 K5	07.41 30.12	Ashwini	26.41	Vridhhi	23.38	Kaulav	18.59	10
2 WE	K6	28.26	Bharani	25.42	Dhruv	21.11	Garaj	17.21	11
3 TH	K7	26.25	Krutika	24.29	Vyaghat	18.32	Vishiti	15.27	12
4 FR	K8	24.13	Rohini	23.03	Harshan	15.43	Balav	13.20	13
5 SA	K9	21.53	Mrugshirsh	21.30	Vajra	12.46	Taitil	11.04	14
6 SU	K10	19.29	Ardra	19.52	Siddhi	9.44	Vanij Bava	08.41 30.16	15
7 MO	K11	17.04	Punarvasu	18.13	Vyatipat Varyan	06.40 27.37	Kaulav	27.52	16
8 TU	K12	14.42	Pushya	16.39	Parigh	24.40	Garaj	25.35	17
9 WE	K13	12.30	Ashlesha	15.14	Shiv	21.51	Vishiti	23.29	18
10 TH	K14	10.33	Magha	14.04	Siddha	19.17	Chatuspad	21.42	19
11 FR	K30	08.56	Purva	13.15	Sadhya	17.01	Kinstughna	20.17	20
12 SA	S1	07.46	Uttara	12.54	Shubh	15.08	Balav	19.23	21
13 SU	S2	07.08	Hast	13.06	Shukla	13.42	Taitil	19.02	22
14 MO	S3	07.06	Chitra	13.54	Brahma	12.45	Vanij	19.20	23
15 TU	S4	07.43	Swati	15.20	Aindra	12.19	Bava	20.16	24
16 WE	S5	08.59	Vishakha	17.21	Vaidhruti	12.21	Kaulav	21.49	25
17 TH	S6	10.47	Anuradha	19.52	Vishkambh	12.48	Garaj	23.51	26
18 FR	S7	13.00	Jyeshtha	22.43	Preeti	13.33	Vishiti	26.12	27
19 SA	S8	15.26	Mool	25.42	Ayushman	14.27	Balav	28.39	28
20 SU	S9	17.50	P.Shadha	28.34	Saubhagya	15.21	Taitil	-	29
21 MO	S10	20.00	U.Shadha	-	Shobhan	16.04	Taitil	06.58	30
22 TU	S11	21.42	U.Shadha	07.06	Atigand	16.28	Vanij	08.55	31
23 WE	S12	22.49	Shravan	09.08	Sukarma	16.25	Bava	10.21	Ashwin
24 TH	S13	23.17	Dhanishtha	10.34	Dhruvi	15.53	Kaulav	11.09	2
25 FR	S14	23.06	Shatataraka	11.21	Shool	14.50	Garaj	11.17	3
26 SA	S15	22.18	P.Bhadrapada	11.31	Gand	13.16	Vishiti	10.46	4
27 SU	K1	20.58	U.Bhadrapada	11.07	Vridhhi	11.16	Balav	09.42	5
28 MO	K2	19.13	Revati	10.16	Dhruv Vyaghat	08.53 30.12	Taitil Vanij	08.08 30.13	6
29 TU	K3	17.10	Ashwini	09.03	Harshan	27.19	Bava	28.03	7
30 WE	K4	14.55	Bharani Krutika	07.36 30.02	Vajra	24.20	Kaulav	25.45	8

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(Gulab)



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(Khadishakkar)



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AROGYA DARSHIKA

S U N	MSK PLUS (MAHASUDARSHAN KADHA NO. 1) Trusted Immunomodulator 	K 9 Ram P 21 Ashwin S 1 Zamyad P 28 S 7 Asfandarmad P 5 S 14 Mohor P 12 Avidhava Navami Simhat Torah (Jew) Majorda, Banavalin Feast (Goa) Ashwin begins Ghatasthapana Shardiya Navaratra begins Bhanu Saptami Mahalaxmi Pujan Saraswati Balidan Ayambil Oli begins (Jain) Shardiya Durga Pujarambha Mahasaptami Durga Pujarambh (Bengal) Kojagari Purnima Sharad Purnima Kojagari Laxmi Puja (W.B.) 4 11 18 25 M 22 06.32 18.23 Mithun 18.31 M 29 06.34 18.17 Kanya 10.03 M 6 06.36 18.12 Dhanu 19.31 M 13 06.38 18.07 Meen 19.21
		K 10 Govad P 22 S 2 Marespand P 29 S 8 Khordad P 6 S 15 Tir P 13 New Moon Durgashtami Mahashtami Vrat Mahanavami Vrat Aayudh Pujan Saraswati Visarjan Shardiya Durga Pujarambha Mahashtami Navanna Purnima Valmiki Jayanti Ayambil Oli ends (Jain) Kartik Snana begins Full Moon 5 12 19 26 M 23 06.32 18.22 Karka M 30 06.34 18.16 Tula M 7 06.36 18.11 Makar M 14 06.38 18.07 Mesh
		K 11 Dae-Pa-Din P 23 S 3 Aneran P 30 S 9 Amardad P 7 K 1 / 2 Gosh P 14 Indira Ekadashi Jamadilawal : Muslim Month begins Mahanavami Shardiya Durga Pujarambha Mahanavami Dassera Vijaya Dashami 6 13 20 27 M 24 06.32 18.21 Karka 22.17 M 1 06.34 18.15 Tula 19.11 M 8 06.36 18.10 Makar M 15 06.39 18.06 Mesh 21.06
		K 12 Din P 24 S 4 Hormazd P 1 S 10 Dae-Pa-Adar P 8 K 3 Dae-Pa-Meher P 15 Shriyachaturthi Khordad : Parsi Month begins Shri Madhvacharya Jayanti Margao (Grace Church) Feast (Goa) Tivin Feast (Goa) 7 14 21 28 M 25 06.33 18.20 Simha M 2 06.34 18.15 Vrishchik M 9 06.37 18.10 Makar 06.59 M 16 06.39 18.05 Vrishabh
		Bhadrapad K 5 Rashne P 18 K 13 Ashishvangh P 25 S 5 Bahman P 2 S 11 Adar P 9 K 4 Meher P 16 Pradosh Shivaratri Lalita Panchami International Blind Day Pashankusha Ekadashi Ganesh Sankashta Chaturthi Dasharathi Chaturthi Karak Chaturthi Karwa Chouth 1 8 15 22 29 Rabilakhar M 19 06.31 18.25 Vrishabh M 26 06.33 18.19 Simha 27.17 M 3 06.35 18.14 Vrishchik M 10 06.37 18.09 Kumbha M 17 06.40 18.05 Vrishabh 22.06
		K 6 Fravardin P 19 K 14 Ashtad P 26 S 6 Ardibehest P 3 S 12 Avan P 10 K 5 Srosh P 17 Mahatma Gandhi Birth Anniversary Lal Bahadur Shastri Birth Anniversary Pradosh Saraswati Avahan Saravapitri Darsha Amavasya World Mental Health Day Saraswati Pujan Shehrevrar P 4 Khorshed P 11 Rashne P 18 Sardar Patel Birth Anniversary 2 9 16 23 30 M 20 06.32 18.24 Vrishabh 15.40 M 27 06.33 18.19 Kanya M 4 06.35 18.13 Vrishchik 06.47 M 11 06.37 18.08 Kumbha 15.03 M 18 06.40 18.04 Mithun
		K 7 / 8 Behram P 20 K 30 Asman P 27 S 7 Shehrevrar P 4 S 13 Khorshed P 11 K 6 Rashne P 18 Kalashtami Saravapitri Darsha Amavasya World Mental Health Day Saraswati Pujan Khorshed P 11 Sardar Patel Birth Anniversary 3 10 17 24 31 M 21 06.32 18.24 Mithun M 28 06.33 18.18 Kanya M 5 06.35 18.13 Dhanu M 12 06.38 18.08 Meen M 19 06.40 18.04 Mithun 24.00

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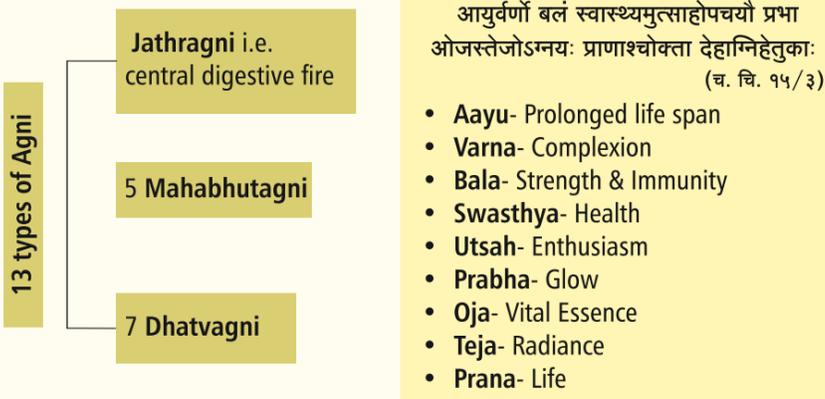
HEALTHY SELF = HEAL THY SELF

They say- You are not what you eat, You are what you digest, absorb and assimilate. Now-a-days modern science is also accepting that eating healthy food only is not way towards complete health. Being healthy and disease free requires a well balanced nutrition. Body can get this nutrition after appropriate digestion, assimilation, absorption of useful essence from food and excretion of waste products. Agni plays key role in transforming food into nutrition and energy for the body.

'बलमारोग्यमायुश्चप्राणाश्चान्नौप्रतिष्ठिताः।' Charak Samhita

Ayurveda quotes that Bala (Immunity), Arogya (health), Ayu (longevity), Prana (vital breath) are dependant on the status of Agni.

Equal thought was given to cellular metabolism in the form of 13 types of Agni



Impaired Agni is cause for imbalance of doshas that leads to diseases and death also. Kayachikitsa is one of the branch of ayurveda for general medicine, deals with treatment modalities of diseases, where 'Kaya' denotes Agni. In short prevention and curative aspect of human body primarily deals with status of Agni (Digestive power).

Jathragni is also classified into four categories according to its performance of digestion in the human being (Cha. Chi.15/51),

- Samagni** - The Samagni digests and assimilates food properly at the proper time.
- Vishamagni** - It changes between digesting food quickly and slowly caused by predominance of vata.
- Tikshnagni** - Tikshnagni is a state of very quick digestion of food, regardless of the type of food caused by predominance of pitta.
- Mandagni** - It is slow digestive power or digestive capacity due to predominance of Kapha. Even smallest amount of food can't be digested appropriately.

What causes the disruption of agni:

- Abhojan**- Skipping meal time
- Ajirna-ashan**- Eating a meal even though previous meal isn't digested
- Atibhojan**- Eating excess at meal times
- Vishamashan**- Irregular meal times and quantity
- Asatmya Bhojan** - Eating meal which are not apt for your prakriti

VEDIC CORNER

हर दिन, हर घर...आयुर्वेद!

SKIN MIST

Even when you do drink enough water sometimes our skin needs some extra attention. Rice is a daily staple in our Indian diet. Gruel which is a beneficial meal in GIT disorders is made from rice & water. Rice water is rich in minerals, Vit B, C etc. which are beneficial for skin. The skin mist made from rice water may help to promote healthy skin complexion, soothe sensitive skin,

acne, pimples and more

What you will need:

Rice: ½ cup Water: as required



For More Information Scan

LET YOUR SOUL SPEAK

What animates us is nothing but atma or soul. It is through this atma that the mind originates. So it is clear acquiring, processing & storing knowledge is done by. Thus, if the flawless functioning of mind & body depend on Agni, then this precious inner fire must be protected. Also in the shloka below it is said that-

शमप्रकोपौ दोषाणां सर्वेषामग्नि संश्रितौ ।
तस्माद् अग्नि सदा रक्षेत्रिदानानि च वर्जयेत्
च. चि. ५/१३६
i.e. the aggravation and alleviation of all doshas are dependent on Agni. Considering all these factors the Agni needs to be protected.
Never let your inner fire burn you. Rather let it feed you & mould you- The Lost Quill

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- Sandu Paripathadi Kadha (Pathajeevani) is best for disorders with skin eruptions.
- It is exclusively made with herbs beneficial for various skin disorders such as Paripatha, Raktachandan, that are 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 system health.



SANDU CHANDANASAV

SANDU CHANDANASAV

- Sandu Chandanasav is a time tested solution for managing urinary system 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 system issues.
- Gokshur is a potent immunity enhancer for the Urinary system.
- Sandu Gokshur Kadha (Sandu Gokharu Kadha) promotes normal urine flow and relieves painful burning micturition



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OCTOBER-2026					BHADRAPAD - ASHWIN				
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriy Date
1 TH	K5	12.35	Rohini	28.26	Siddhi	21.18	Garaj	23.25	9
2 FR	K6	10.15	Mrugshirsh	26.54	Vyatipat	18.17	Vishti	21.06	10
3 SA	K7 KB	07.59 29.51	Ardra	25.29	Variyan	15.21	Balav	18.54	11
4 SU	K9	27.53	Punarvasu	24.13	Parigh	12.31	Taitil	16.51	12
5 MO	K10	26.07	Pushya	23.08	Shiv	09.50	Vanij	14.58	13
6 TU	K11	24.34	Ashlesha	22.17	Siddha Sadhya	07.19 28.59	Bava	13.19	14
7 WE	K12	23.16	Magha	21.40	Shubh	26.51	Kaulav	11.53	15
8 TH	K13	22.15	Purva	21.19	Shukla	24.57	Garaj	10.43	16
9 FR	K14	21.35	Uttara	21.19	Brahma	23.20	Vishti	09.52	17
10 SA	K30	21.19	Hast	21.42	Aindra	22.01	Chatuspad	09.24	18
11 SU	S1	21.30	Chitra	22.32	Vaidhruti	21.04	Kinstughna	09.21	19
12 MO	S2	22.12	Swati	23.51	Vishkambh	20.31	Balav	09.47	20
13 TU	S3	23.27	Vishakha	25.42	Preeti	20.23	Taitil	10.46	21
14 WE	S4	25.12	Anuradha	28.02	Ayushman	20.38	Vanij	12.16	22
15 TH	S5	27.24	Jyeshtha	-	Saubhagya	21.14	Bava	14.15	23
16 FR	S6	29.54	Jyeshtha	06.47	Shobhan	22.04	Kaulav	16.37	24
17 SA	S7	-	Mool	09.46	Atigand	23.01	Garaj	19.10	25
18 SU	S7	08.27	P.Shadha	12.47	Sukarma	23.54	Vishti	21.41	26
19 MO	S8	10.51	U.Shadha	15.37	Dhruvi	24.33	Balav	23.54	27
20 TU	S9	12.49	Shravan	18.00	Shool	24.48	Taitil	25.35	28
21 WE	S10	14.11	Dhanishtha	19.46	Gand	24.32	Vanij	26.35	29
22 TH	S11	14.47	Shatataraka	20.48	Vridhhi	23.38	Bava	26.47	30
23 FR	S12	14.35	P.Bhadrapada	21.02	Dhruv	22.07	Kaulav	26.11	Kartik
24 SA	S13	13.36	U.Bhadrapada	20.31	Vyaghat	20.00	Garaj	24.51	2
25 SU	S14	11.56	Revati	19.21	Harshan	17.21	Vishti	22.52	3
26 MO	S15	09.41	Ashwini	17.41	Vajra	14.16	Balav	20.24	4
27 TU	K1 K2	07.01 28.06	Bharani	15.39	Siddhi	10.52	Taitil	17.35	5
28 WE	K3	25.06	Krutika	13.26	Vyatipat Variyan	07.17 27.40	Vanij	14.37	6
29 TH	K4	22.10	Rohini	11.11	Parigh	24.05	Bava	11.37	7
30 FR	K5	19.24	Mrugshirsh	09.03	Shiv	20.41	Kaulav Garaj	08.45 30.08	8
31 SA	K6	16.57	Ardra Punarvasu	07.11 29.39	Siddha	17.31	Vishti	27.51	9

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S U N	Ashwin K 7 Fravardin P 19 Bhanu Saptami Kalashtami Karashtami Nuven Feast (Goa)	K 14 Ashtad P 26 Narak Chaturdashi Abhyang Snana Darsha Amavasya Laxmi Pujan Mahavir Nirvan (Jain) Kedar Gauri Vrat (T.N.)	S 6 Ardibehest P 3 Suryashashthi (Bihar)	S 13 Avan P 10 Pradosh Vaikuntha Chaturdashi Vrat	K 6 Srosh P 17	
	1	8	15	22	29	
	Jamadalilawal M 20 06.41 18.03 Karka	M 27 06.44 18.00 Tula	M 4 06.48 17.58 Makar	M 11 06.52 17.57 Mesh	M 18 06.56 17.58 Karka	
	M O N	K 8 Behram P 20 Industrial Safety Day	K 30 Asman P 27 Somavati Amavasya Abhyang Snana	S 7 Shehrevat P 4 Jalaram Jayanti Mahalaya ends	S 14 Khorshed P 11 Vaikuntha Chaturdashi Bada Osa (Bihar) Bharani Deepam (T.N.)	K 7 Rashne P 18 Vasco Feast (Goa)
		2	9	16	23	30
	M 21 06.41 18.03 Karka 27.45	M 28 06.45 18.00 Tula 26.47	M 5 06.48 17.58 Makar	M 12 06.52 17.57 Mesh	M 19 06.57 17.58 Karka 09.41	
	T U E	K 9 Ram P 21 Deepavali Padwa	Kartik S 1 Zamyad P 28 Balipratipada Kartik begins Deepavali Padwa Govardhan Pujan Annakut Kalyukta Nam Samvatsar begins Mahavir Jain Samvat 2553 Abhyang Snana	S 8 Asfandarmad P 5 Durgashtami Gopashtami Lala Lajpat Rai Commemoration Day World Cervical Cancer Elimination Day	S 15 Mohor P 12 Tripurari Purnima Guru Nanak Jayanti Tulsi Vivah ends Kartik Snana ends Guru Tegbahadur Shaheed Din Pushkar Mela (Ajamer) Full Moon Krutik Deepam (T.N.)	
3		10	17	24		
M 22 06.42 18.02 Simha	M 29 06.45 18.00 Vrishchik	M 6 06.49 17.58 Makar 15.29	M 13 06.53 17.57 Mesh 07.24			
W E D	K 10 Govad P 22 Bhaubeej Yama Dwitiya New Moon	S 2 Marespand P 29 Bhaubeej Yama Dwitiya New Moon	S 9 Khordad P 6 Kushmand Navami Navelin Feast (Goa)	K 1 Tir P 13		
	4	11	18	25		
M 23 06.42 18.02 Simha	M 30 06.46 17.59 Vrishchik	M 7 06.50 17.58 Kumbha	M 14 06.54 17.57 Vrishabh			
T H U	K 11 Dae-Pa-Din P 23 Rama Ekadashi Govatsa Dwadashi Vasubaras	S 3 Aneran P 30 Jamadalakhar : Muslim Month begins	S 9 Amardad P 7	K 2 Gosh P 14 Constitution Day		
	5	12	19	26		
M 24 06.43 18.02 Simha 09.34	Jamadalakhar M 1 06.46 17.59 Vrishchik 14.18	M 8 06.50 17.58 Kumbha 24.49	M 15 06.54 17.57 Vrishabh 07.10			
F R I	K 12 Din P 24 Pradosh Guru Dwadashi Dhanatrayodashi Dhanwantari Jayanti Yamadeepdan	S 4 Hormazd P 1 Vinayak Chaturthi Tir : Parsi Month begins	S 10 / 11 Dae-Pa-Adar P 8 Prabodhini Smarth Ekadashi	K 3 / 4 Dae-Pa-Meher P 15 Ganesh Sankashta Chaturthi		
	6	13	20	27		
M 25 06.43 18.01 Kanya	M 2 06.47 17.59 Dhanu	M 9 06.51 17.58 Meen	M 16 06.55 17.57 Mithun			
S A T	K 13 Ashishvangh P 25 Shivaratri	S 5 Bahman P 2 Pandav Panchami Dnyan Panchami (Jain) Pandit Nehru Birth Anniversary Children's Day World Diabetes Day	S 12 Adar P 9 Bhagwat Ekadashi Pandharpur Yatra Chaturmas ends Tulsi Vivah begins	K 5 Meher P 16 Mahatma Jotiba Phule Commemoration Day		
	7	14	21	28		
M 26 06.44 18.01 Kanya 17.14	M 3 06.47 17.59 Dhanu 27.10	M 10 06.51 17.58 Meen 29.54	M 17 06.55 17.57 Mithun 07.21			

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HEALTHY SELF= HEAL THY SELF

Natural forces within us are the true healers of disease-Hippocrates.

Pandemic has made everyone aware about one word i.e., IMMUNITY. Ayurveda calls it Bala (strength) of the individual. Ayurveda defines bala as 1. Growing capacity of body. 2. Capacity to restrain feelings like hunger, thirst, stress etc. 3. Capacity to prevent diseases. Bala vis a vis vyadhikshamatva (Immunity) is the external and internal manifestation of strength. As per Ayurveda, agnibala (digestive capacity), dehabala (physical strength) are responsible factors for healthy immune system.

त्रिविधं बलमिति-सहजं कालजं, युक्तिकृतं च। सहजं यच्छरीरसत्त्वयोः प्राकृतं, कालकृतमृतुविभाजं वयःकृतं च, युक्तिकृतं पुनस्तद्यदाहारचेष्टायोगजम्

च. सु. ११/३६

Ayurveda enumerates 3 types of Bala viz; Sahaja, Kalaj & Yuktikrita Bala.

Sahaja: Sahaj bala is the one which is inherent or present since birth.

Kalaja: It is dependent on seasonal variations and age of the person.

Yuktikrita : Acquired strength or immunity is attained by healthy practices, like Dinacharya (Daily Regimen), Exercise and Rasayana for e.g., daily intake of **Chyavanprash**.

Now, the question must have surely come to you, how to assess your bala? Ayurveda quotes - बलं व्यायामशक्त्या i.e Bala is assessed by your capacity of exercise. Naturally our Bala & immunity inadvertently increases during visarga kala (southern solstice – Winter season), so during the winter season there is maximum Bala in our bodies.

So, what next? You know what bala is &

how to assess it. But how are you going to use this information for yourselves?

Yuktikrita bala is the only type of bala left for you to manipulate and work upon. How are you going to manipulate this? Acquired strength & immunity can be improved through modification & practice of healthy diet, regimen like Dinacharya, Ritucharya, activities like Yoga, Vyayam & rejuvenative therapies.

As we have seen in previous months through:

1. The diet that is best suited to our constitution.
2. Dinacharya i.e. following a specific routine daily from sunrise to sunset.
3. Ritucharya : we consider the seasonal changes & incorporate necessary changes into our dinacharya.
4. Vyayam: we can improve the stability & stamina of body as well mind through Yoga.
5. Rules for suppressible urges and insuppressible - an important part of following healthy practices is complying to the rules of which urges we should suppress & which we should not.

Now you may ask why must I pay attention to Bala & improving this Bala.

Well, it's not that big of a puzzle really; a weakly built structure will fall just like House of cards do when a strong wind blows. So isn't it our duty to do all that we can to build a structure that can withstand the trials & tests of time, like Sanchi Stupa in Madhya Pradesh or the Pyramids of Egypt. Our body must not only be strong to tackle any distress but also stop its spread and have fast recovery.

SANDU HEALTH & HAPPINESS RANGE

MAKARPRASH

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- 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.

- 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 in all .



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- **MSK PLUS** 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, anti inflammatory & antioxidant.
- It provides relief from symptoms

associated with common illnesses such as headache, burning sensation, loss of appetite etc.

- **MSK PLUS** improves immunity and prevents recurrence of illnesses.



MSK PLUS

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.

- 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.



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VEDIC CORNER

हर दिन, हर घर...आयुर्वेद!

Ayurvedic Ubtan

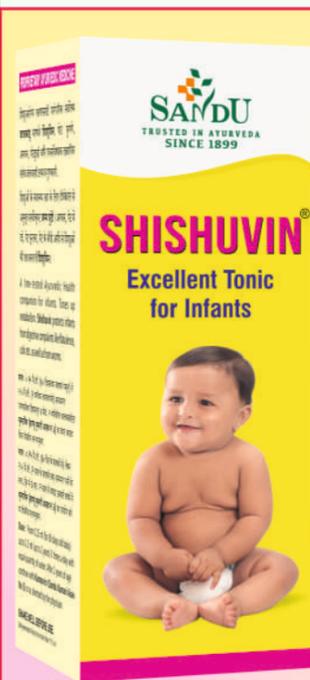
Filters are great but great skin is better - Anonymous
Indian festivals always have their particular customs & rituals. Holika dahan before holi, kite flying during Makarsankranti the list goes on. During Diwali one of the customs is rubbing ubtan or herbal powder mixture with oil on the body before bathing. This Diwali try our DIY ubtan recipe which contains gram flour, haldi etc ingredients beneficial for the skin.



LET YOUR SOUL SPEAK

Arise ! Awake! Stop not until the Goal is reached- Swami Vivekanand
Health should be our foremost goal among the goals we set for ourselves throughout our lifespan. To achieve this we made a Resolution at the start of the year to be healthy with our Body, Mind & Soul. In this journey of **Health and Happiness**, we want to become your health partner by sharing principles of Ayurveda through this **Arogyadarshika**. Prakriti, Dinacharya, Diet & its rules, Yoga, Vyayam etc are the

basic principles of Ayurveda that we have shared through **AROGYADARSHIKA**. Our body is constantly transforming & evolving so, we hope that these guidelines given by our ancient science will be beneficial for you to achieve your health goals. To experience Health & Happiness we require harmony between Body and Mind. This choice lies with us & only we can accomplish it. So, the resolve to be healthy isn't only for the year 2026 but the coming time ahead also.



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NOVEMBER-2026										ASHWIN - KARTIK			
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date				
1 SU	K7	14.51	Pushya	28.30	Sadhya	14.38	Balav	25.57	10				
2 MO	K8	13.10	Ashlesha	27.45	Shubha	12.05	Taitil	24.29	11				
3 TU	K9	11.54	Magha	27.25	Shukla	09.53	Vanij	23.25	12				
4 WE	K10	11.02	Purva	27.29	Brahma Aindra	08.00 30.25	Bava	22.46	13				
5 TH	K11	10.35	Uttara	27.55	Vaidhruti	29.09	Kaulav	22.30	14				
6 FR	K12	10.30	Hast	28.42	Vishkambh	28.09	Garaj	22.36	15				
7 SA	K13	10.47	Chitra	29.51	Preeti	27.27	Vishti	23.04	16				
8 SU	K14	11.27	Swati	-	Avushman	27.02	Chatushpad	23.56	17				
9 MO	K30	12.31	Swati	07.23	Saubhagya	26.56	Kinstughna	25.12	18				
10 TU	S1	13.59	Vishakha	09.18	Shobhan	27.09	Balav	26.53	19				
11 WE	S2	15.52	Anuradha	11.37	Atigand	27.39	Taitil	28.58	20				
12 TH	S3	18.08	Jyeshtha	14.18	Sukarma	28.25	Vanij	-	21				
13 FR	S4	20.41	Mool	17.16	Dhruvi	29.22	Vanij	07.23	22				
14 SA	S5	23.23	P.Shadha	20.23	Shool	30.21	Bava	10.02	23				
15 SU	S6	26.00	U.Shadha	23.27	Gand	-	Kaulav	12.43	24				
16 MO	S7	28.19	Shravan	26.16	Gand	07.15	Garaj	15.12	25				
17 TU	S8	30.04	Dhanishtha	28.34	Vruddhi	07.53	Vishti	17.16	26				
18 WE	S9	-	Shatataraka	30.09	Dhruv	08.04	Balav	18.40	27				
19 TH	S9	07.05	P.Bhadrapada	-	Vyaghat Harshan	07.41 30.39	Taitil	19.16	28				
20 FR	S10 S11	07.15 30.31	P.Bhadrapada U.Bhadrapada	06.56 30.50	Vajra	28.55	Vanij	18.59	29				
21 SA	S12	28.56	Revati	29.54	Siddhi	26.30	Bava	17.49	30				
22 SU	S13	26.37	Ashwini	28.15	Vyatipat	23.29	Kaulav	15.51	Marg.				
23 MO	S14	23.42	Bharani	26.02	Variyan	19.58	Garaj	13.13	2				
24 TU	S15	20.23	Krutika	23.25	Parigh	16.05	Vishti Balav	10.05 30.37	3				
25 WE	K1	16.51	Rohini	20.36	Shiv	11.59	Taitil	27.02	4				
26 TH	K2	13.15	Mrugshirsh	17.47	Siddha Sadhya	07.49 27.44	Vanij	23.30	5				
27 FR	K3 K4	09.48 30.39	Ardra	15.08	Shubha	23.51	Bava	20.11	6				
28 SA	K5	27.56	Punarvasu	12.59	Shukla	20.17	Kaulav	17.14	7				
29 SU	K6	25.46	Pushya	10.59	Brahma	17.08	Garaj	14.47	8				
30 MO	K7	24.11	Ashlesha	09.41	Aindra	14.26	Vishti	12.54	9				

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S U N		K 13 Din P 24 Pradosh Bharat Ratna Dr. Babasaheb Ambedkar Commemoration Day	S 4 Hormazd P 1 Vinayak Chaturthi Amardad : Parsi Month begins	S 11 Dae-Pa-Adar P 8 Mokshada Ekadashi Mauni Ekadashi (Jain) Geeta Jayanti	K 4 Dae-Pa-Meher P 15 Jormela (Punjab)				
		6	13	20	27				
		M 25 07.00 17.59 Tula	M 3 07.05 18.01 Makar	M 10 07.08 18.04 Mesh	M 17 07.12 18.07 Karka 18.04				
		M O N	Excellent Memory Booster	K 14 Ashishvangh P 25 Shivaratri	S 5 Bahman P 2	S 12 Adar P 9 Som Pradosh Uttarayan begins	K 5 Meher P 16 Jormela (Punjab)		
				7	14	21	28		
				M 26 07.01 17.59 Tula 09.13	M 4 07.05 18.01 Makar 22.34	M 11 07.09 18.04 Mesh 18.36	M 18 07.12 18.08 Simha		
				T U E	Kartik K 8 Fravardin P 19 Kalashtami Kalbhairav Jayanti World AIDS Day	K 30 Ashtad P 26 Darsha Amavasya Margao (Holy Spirit) Panji Moira Feast (Goa) Calangut Feast begins (Goa)	S 6 Ardibehest P 3 Champa Shashthi Skanda Shashthi	S 13 Avan P 10	K 6 Srosh P 17
1	8					15	22	29	
M 20 06.57 17.58 Simha	M 27 07.02 17.59 Vrishchik					M 5 07.06 18.02 Kumbha	M 12 07.09 18.05 Vrishabh	M 19 07.13 18.09 Simha 21.36	
W E D	K 9 Behram P 20 Margashirsh S 1 Asman P 27 Margashirsh begins Dev Deepavali					S 7 Shehrevar P 4	S 14 / 15 Khorshed P 11 Shri Datta Jayanti Ayan Karidin Full Moon Hazarat Ali Birth Anniversary	K 7 Kalashtami	Rashne P 18
		2	9			16	23	30	
		M 21 06.58 17.58 Simha 14.58	M 28 07.02 17.59 Vrishchik 20.59			M 6 07.06 18.02 Kumbha	M 13 07.10 18.05 Vrishabh 18.26	M 20 07.13 18.09 Kanya	
		T H U	K 10 Ram P 21 International Handicap Day Old Goa Feast			S 1 Zamyad P 28 New Moon Calangut Feast ends (Goa)	S 8 Asfandarmad P 5 Durgashtami Dhanurmas begins	K 1 Mohor P 12	K 8 Fravardin P 19
				3	10	17	24	31	
				M 22 06.59 17.58 Kanya	M 29 07.03 18.00 Dhanu	M 7 07.07 18.02 Kumbha 09.12	M 14 07.10 18.06 Mithun	M 21 07.13 18.10 Kanya 28.46	
				F R I	K 11 Govad P 22 Utpatti Ekadashi Alandi Yatra	S 2 Marespand P 29 Rajab : Muslim Month begins	S 9 Khordad P 6 Curtorin Feast (Goa)	K 2 Tir P 13 Christmas Natal	MSK PLUS [®] (MAHASUDARSHAN KADHA NO. 1) Trusted Immunomodulator
4	11					18	25		
M 23 06.59 17.58 Kanya 23.01	Rajab M 1 07.03 18.00 Dhanu					M 8 07.07 18.03 Meen	M 15 07.11 18.06 Mithun 17.33		
S A T	K 12 Dae-Pa-Din P 23 Hanukkah (Jew)					S 3 Aneran P 30	S 10 Amardad P 7	K 3 Gosh P 14 Ganesh Sankashta Chaturthi Jormela (Punjab)	
		5	12			19	26		
		M 24 07.00 17.58 Tula	M 2 07.04 18.00 Dhanu 09.50			M 9 07.08 18.03 Meen 15.57	M 16 07.11 18.07 Karka		

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Acivin (Sandu Audumbaravaleha) Foremost Natural Antacid 100, 200 ml	Sandu Vasakasav Effective Remedy for Cough and Cold 200, 450 ml	Sandu Draksharishta Empowers Lungs & Boosts Digestion 200, 450 ml	Sandu Maha Manjishthadi Kadha First Choice in Skin Diseases 200, 450 ml
Hemoclean Excellent Blood Purifier to Improve Complexion 200, 450 ml	Sandu Punarnavasav Best Effective Liver Protective 200, 450 ml	Sandu Kutajarishtha Prime Medicine in Diarrhoea and Dysentery 200, 450 ml	Sandu Gokshur Kadha (Gokharu Kadha) Best Medicine for Urinary disorders 200, 450 ml
Digiforte (Sandu Panchasav) Digestive Tonic 450 ml	Sandu Drakshasav Classical Appetizer & Digestive 200, 450 ml	Sandu Ashokarishta Trustworthy Formula for Women 200, 450 ml	Sandu Bhunimbadi Kadha Fundamental Formula to treat Hyperacidity 200, 450 ml
Aptilift (Madiphal Rasayanam) Right Appetite for Right Food 100, 200 ml	Sandu Patrangasav Maintains Female Health 200 ml	Sandu Vidangarishta Traditional Anthelmintic 200, 450 ml	Sandu Rasnasaptak Kadha Best Pain-killer in Musculoskeletal Disorders 450 ml
Shishuvin Sanjivani for Infants 100, 200 ml	Sandu Chandanasav A Tonic for Urinary Infection with Cooling Effect 200, 450 ml	Sandu Abhayarishta Best Medicine for Piles-Fistula-Fissure-Constipation 200, 450 ml	Sandu Dashmul Kadha Best Vata Alleviating Formula 200, 450 ml
Tejras Enhances Cognitive Abilities 200 ml	Sandu Lodhrasav Best Haemostatic Formula 200, 450 ml	Sandu Arjunarishta Excellent Heart Tonic 200, 450 ml	Sandu Triphaladi Kadha (Triphala Kadha) Potent Formula for Hepatitis 200, 450 ml
Somajeemani (Somasav) Eases Breathing 200, 450 ml	Sandu Sarivadyasav Best Coolant Formula for Burning Sensation and Skin disorders 200, 450 ml	Sandu Saraswatarishtha Memory Enhancer and Nootropic Tonic 200, 450 ml	Sandu Maharasnadi Kadha Prime Medicine for Chronic Vata Disorders 200, 450 ml
Vasajeemani (Vasavaleha) Exceptionally Effective in Chronic Cough & Asthma 100, 200 ml	Sandu Ushirasav Remedy for Bleeding Disorders 200, 450 ml	Sandu Dashmularishtha Effective in Post-natal Care 200, 450 ml	Sandu Pathyadi Kadha Dynamic Medicine for Headache 200, 450 ml
Bhringajeemani (Sandu Bhringarasav) Rejuvenating Tonic for Hair & Eyes 200, 450 ml	Sandu Kanakasav Effective Expectorant and Bronchodilator 200, 450 ml	Sandu Ashwagandharishtha Relieves Physical & Mental Stress 200, 450 ml	Sandu Punarnavadi Kadha For Oedema related to Kidney Function 200, 450 ml
Keshita (Mahabhringaraj Taila) Beneficial for Healthy Growth of Hair 100 ml	Sandu Lohasav Remedy for Anemia 200, 450 ml	Sandu Amritarishta Best Rejuvenator in Convalescence 200, 450 ml	Sandu Krimivikar Kadha (Wormigon) Deworming Formulation 200, 450 ml
Brahmihita (Sandu Original Brahmi Taila) For Stress and Hair Loss 100 ml	Sandu Pippalyadyasav Effective in Respiratory Disorders 200 ml	Sandu Khadirarishta For Chronic Skin Disorders 200, 450 ml	Sandu Balant Kadha No. 1 Excellent in Post-delivery Uterine Shrinkage 200 ml
Sandu Dadimavaleha Anti-Emetic and Haematinic 100, 200 ml	Sandu Arvindasav Classical Pediatric Tonic 200, 450 ml	PROPRIETARY TABLETS	
Vasa Syrup Herbal Cough Syrup with Adulsa & Tulsi 100, 200 ml	Kumarvin (Kumari Asav No.3) Useful in Digestive and Respiratory Disorders in Children 100, 200, 450 ml	Debix Prevents Complications 30 Tab	Sandu Balant Kadha No. 2 Excellent Postpartum Vata Shamak and Digestive 200 ml
Sandu Gulkand (with Praval) Cooling Nourishing Tonic 200, 400, 1000 gm	SANDU AVALEHA & GRANULES		Sandu Balant Kadha No. 3 Improves Lactogenesis and Postpartum Strength 200ml
Sandu Balm Relieves Headache, Bodyache, Blocked Nose 10 gm	Sandu Chyavanprash (Special) Builds Immunity and Health 500, 1000 gm	Corysan Relieves Nasal Congestion 30 Tab	SHISHUVIN® Excellent Tonic for Infants
Vimfix Tab For Vim, Vigour and Vitality 60 Tab	Bilagyl Ideal Intestinal Motility Modulator 250 gm	Osteon - D Calcium with Difference 30 Tab	
Paripathadi Kadha (Pathajeemani) Counteracts excessive Body Heat 100, 200, 450 ml	Vanari Energy, Excitement, Endurance 200 gm	Ephenin Ensures Congestion Free Breathing 50 Tab	
Sandu Sitopalsav Effective Expectorant & Energizer 200, 450 ml	Shatari Lactation to Satisfaction 200 gm	Haemol Forte The Complete Iron Supplement 30 Tab	
		Jaundex Proven Hepatoprotective 30 Tab	

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DECEMBER -2026				KARTIK-MARGASHIRSH					
Date	Tithi	Ends at	Nakshatra	Ends at	Yog	Ends at	Karan	Ends at	Rashtriya Date
1 TU	K8	23.13	Magha	09.00	Vaidhruti	12.14	Balav	11.37	10
2 WE	K9	22.51	Purva	08.54	Vishkambh	10.31	Taitil	10.58	11
3 TH	K10	23.03	Uttara	09.33	Preeti	09.17	Vanij	10.53	12
4 FR	K11	23.44	Hast	10.22	Ayushman	08.22	Bava	11.20	13
5 SA	K12	24.51	Chitra	11.48	Saubhagya	07.52	Kaulav	12.14	14
6 SU	K13	26.21	Swati	13.37	Shobhan	07.41	Garaj	13.33	15
7 MO	K14	28.12	Vishakha	15.47	Atigand	07.46	Vishti	15.14	16
8 TU	K30	30.20	Anuradha	18.15	Sukarma	08.05	Chatushpad	17.14	17
9 WE	S1	-	Jyeshtha	20.59	Dhruvi	08.39	Kinastughna	19.31	18
10 TH	S1	08.45	Mool	23.57	Shool	09.23	Balav	22.02	19
11 FR	S2	11.22	P.Shadha	27.03	Gand	10.17	Taitil	24.43	20
12 SA	S3	14.05	U.Shadha	30.11	Vridhhi	11.16	Vanij	27.27	21
13 SU	S4	16.46	Shravan	-	Dhruv	12.13	Bava	30.03	22
14 MO	S5	19.15	Shravan	09.11	Vyaghat	13.03	Kaulav	-	23
15 TU	S6	21.18	Dhanishtha	11.52	Harshan	13.36	Kaulav	08.21	24
16 WE	S7	22.45	Shatataraka	14.01	Vajra	13.45	Garaj	10.07	25
17 TH	S8	23.25	P.Bhadrapada	15.29	Siddhi	13.20	Vishti	11.11	26
18 FR	S9	23.13	U.Bhadrapada	16.09	Vyatipat	12.18	Balav	11.26	27
19 SA	S10	22.08	Revati	15.57	Variyan	10.34	Taitil	10.47	28
20 SU	S11	20.14	Ashwini	14.55	Parigh Shiv	08.09	Vanij	09.17	29
21 MO	S12	17.36	Bharani	13.08	Siddha	25.32	Kaulav	28.03	30
22 TU	S13	14.24	Krutika	10.45	Sadhya	21.32	Garaj	24.38	Paush
23 WE	S14	10.47	Rohini	07.56	Shubha	17.15	Vishti	20.54	2
24 TH	S15	30.57	Mrugshirsh	28.52					
25 FR	K1	27.07	Ardra	25.47	Shukla	12.51	Balav	17.02	3
26 SA	K2	23.26	Punarvasu	22.50	Brahma Aindra	08.28	Taitil	13.15	4
27 SU	K3	20.05	Pushya	20.12	Vaidhruti	24.22	Vanij	09.42	5
28 MO	K4	17.13	Ashlesha	18.04	Vishkambh	20.53	Kaulav	28.00	6
29 TU	K5	14.57	Magha	16.32	Preeti	17.54	Garaj	26.05	7
30 WE	K6	13.24	Purva	15.42	Ayushman	15.29	Vishti	24.54	8
31 TH	K7	12.36	Uttara	15.36	Saubhagya	13.40	Balav	24.28	9
	K8	12.31	Hast	16.12	Shobhan	12.25	Taitil	24.45	10