



HOUSE OF
AUTHENTIC
AYURVEDA

Effective formula of herbs, passed down through the ages! Oushadhakkanji Churnam

A product from ARYA VAIDYA SALA, KOTTAKKAL



DASAMOOLAM



TRIKATU



SATAKUPPA



ULLUVA

Other Ingredients : Vilwa, Syonaka, Gambhari, Patala, Agnimantha, Salaparni, Prispiparni, Brihati, Kandakari, Gokshura, Pippali, Maricha, Sunthi, Sweta Jiraka, Methi, Satahwa.

Directions for use :

Make porridge (Kanji) by boiling 10 g powder with 100 g of Rice/ Barley/Navara rice/ Broken wheat in water/ milk. Cook well. Consume in lukewarm condition as a meal once or twice daily. Ghee (Ghrita)/ Salt (Lavana)/ Jaggery (Guda)/ coconut milk can be added for better taste.

Indications: According to Ashtanga Hridaya, Oushadha sidha peya relieves hunger, thirst and weakness. It is beneficial in abdominal disorders (mainly atisara) and fever. It facilitates evacuation of flatus. Peya is carminative (pachana) and digestive (deepana). It is also considered as pathya or wholesome diet.

According to Bhaishajya Ratnavali, Oushadha sidha peya is deepana, laghu, relieves thirst, purifies urinary bladder, cures fatigue and exhaustion, ideal for fever and also diarrhea.