



**Sri Amutha Surabhi Federation (SHG)  
Kanyakumari**

**Herbal cosmetics &  
First Aid Catalogue**



**Technical Support**

**Vivekananda Kendra -nardep Trust  
Kanyakumari - 629 702**

# 1. Vata Varma Thylam

## Therapeutic uses

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

## Ingredients

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

## Application:

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



HC-001

Quantity - 100 ml

Price Rs. 100/-

# 2. Pain balm (Herbal)

## Therapeutic uses

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

## Ingredients

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

## Application:

Use sufficient quantity on affected parts

HC-002

Quantity - 50 gm.

Price - Rs.130 /-



### 3. Makizh (Herbal tooth powder)

#### Therapeutic uses

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

#### Ingredients:

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

#### Application:

Use sufficient quantity with hand or brush

HC -003

Quantity - 50 gm Price - Rs. 80 /-



### 4. Pothigai (Herbal bath powder)

#### Therapeutic uses

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

#### Ingredients:

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

#### Application:

External Use.

Take sufficient quantity and use during bath

HC -004

Quantity - 100 gm Price - Rs. 100 /-



## 5. Triphala Churnam

### Therapeutic uses

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

### Ingredients:

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

### Application/Dossage

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



HC -005

Quantity - 100 gm Price - Rs. 90 /-

## 6. Madumega churnum (Herbal diabetic powder)

### Therapeutic uses

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

### Ingredients:

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

### Application:

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

HC -006

Quantity - 100 gm Price - Rs. 90 /-



## 7. Sugabethy churnam

### Therapeutic uses

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

### Ingredients:

Terminalia Chebula,  
Cassia senna,  
Trachyspermum ammi,  
Pimpinella anisum

### Application/Dossage

½ to 2 tea-spoon at bed time or early morning with warm water



HC -007

Quantity - 100 gm Price - Rs. 90 /-

## 8. AshtaChurnam



### Therapeutic uses

Cure for loss of appetite, flatulence, indigestion and abdominal disorders

### Ingredients:

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

### Application/Dossage

2 to 5 grams 3 times with warm water /with food

HC -008

Quantity - 50 gm Price - Rs. 80 /-

## 9. Herbal hair oil

### Therapeutic uses

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

### Ingredients:

Henna, Hibiscus, Fenugreek, Curry leaf,  
Jatamansi, Amla, Eclipta alba,  
Kaempferia galanga, Coconut oil

### Application

External Use. After bath and drying the hair



HC -009

Quantity - 100 ml Price - Rs. 120/-

## 10. Hair promoter oil



### Therapeutic uses

Good for Hair growth  
( Dark and thick)

### Ingredients:

20 kinds of herbs along with  
Ghee and Castor oil

### Application

Required quantity -  
half an hour before or after bath

HC -010

Quantity - 100 ml Price - Rs. 110/-

## 11. Darisanam

### Therapeutic uses

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

### Ingredients:

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

### Application/Dosage

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



HC-011

Quantity - 100 ml Price - Rs. 120/-

## 12. Tejas (Herbal face cream)

### Therapeutic uses

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

### Ingredients:

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



HC-012

Quantity - 50 gm Price - Rs.150/-

## 13. Ointment for Healing Wounds

### Therapeutic uses

Used in cases of chronic wounds and ulcers,  
scabies, traumatic wounds

### Ingredients:

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

### Application/Dossage

External Use.



HC-013

Quantity - 15 gms. Price - Rs.60 /-

## 14. Vajram (Crack ointment)

### Therapeutic uses

Used for cracks in palm,  
sole and anus fissure

### Ingredients:

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

### Application/Dossage

External Use.



HC-014

Quantity - 15 gms. Price - Rs.60 /-



## 15. Aluppu Churnam ( cough & cold )

### Therapeutic uses

Remedy for Cold (flu) cough,  
Body pain, Tiredness,  
Throat pain, Expectoration,  
Tonsillitis, Sinusitis

### Ingredients:

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

### Dossage

2 to 4 grams and

3times (morning, afternoon and night ) per day



HC -015

Quantity - 50 gms. Price - Rs.75 /-

## 16. Nilavembu Kashayam



### Therapeutic uses

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

### Ingredients:

Nilavembu,  
Black pepper,  
Tulasi leaves

HC -016

Quantity - 50 gms. Price - Rs. 120 /-

### Dossage

2 – 4 gram – boil well in  $\frac{3}{4}$  tumbler or 150 ml water, filter and drink

For children 30 – 60 ml. once or twice. Five to eight days, drink half an hour before meals.

To improve immunity, this can be taken continuously for once in three or four days.



Sri Amutha Surabhi Federation (SHG), Kanyakumari

## Herbal cosmetics & First Aid Catalogue

S.N	Name of the product	Code No	Quantity	Rate Rs.
1	Vata Varma Thylam	HC-001	100 ml	100 /-
2	Pain balm (Herbal)	HC-002	50 gm.	130 /-
3	Makizh (Herbal tooth powder)	HC-003	50 gm.	80 /-
4	Pothigai (Herbal bath powder)	HC-004	100 gm.	100 /-
5	Triphala Churnam	HC-005	100 gm.	90 /-
6	Madumega churnum (Herbal diabetic powder)	HC-006	100 gm.	90 /-
7	Sugabethy churnam	HC-007	100 gm.	90 /-
8	AshtaChurnam	HC-008	50 gm.	80 /-
9	Herbal hair oil	HC-009	100 ml	120 /-
10	Hair promoter oil	HC-010	100 ml	110 /-
11	Darisanam (Improving the eye sight)	HC-011	100 ml	120 /-
12	Tejas (Herbal face cream)	HC-012	50 gm.	150 /-
13	Ointment for Healing Wounds	HC-013	15 gm.	60 /-
14	Vajram (Crack Ointment)	HC-014	15 gm.	60 /-
15	Aluppu Churnam (cough & cold)	HC-015	50 gm.	75 /-
16	Nilavembu Kashayam	HC-016	50 gm.	120 /-



**Note:**

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

**For more details.....**

**Sri Amudha Surabhi Trust,  
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**Technical Support**

**Vivekananda Kendra -nardep Trust  
Kanyakumari - 629 702**

**vknardep@gmail.com, www.vknardep.org**





# Moringa Powder



## முருங்கை பவுடர்

Improves the Immunity system

Good for curing Anemia, Diabetes, Heart Diseases, Arthritis, Liver problem, skin, digestive disorders and to control Cholesterol etc.,

சர்க்கரை நோய், இருதய நோய்கள், இரத்த சோகை, ஆர்த்தரிட்டிஸ், கல்லீரல் நோய், தோல் மற்றும் ஜீரண கோளாறுகளை போக்க கூடியது

25% plant Protein, 24% Fibre, High source of Iron and Vitamins



Boil 10gms. powder with 250 ml of water add Garlic/onion, pepper, Corn flour and salt as per requirement

Sri Amutha Surabhi Women's Federation (SHG), Kanyakumari - 629 702

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Technical support: Vivekananda Kendra -nardep , Kanyakumari



# Moringa Soup Powder



## முருங்கை சூப் பவுடர்

Good for curing Anemia, Diabetes, Heart Diseases, Arthritis, Liver problem, skin, digestive disorders and to control Cholesterol etc.,

சர்க்கரை நோய், இருதய நோய்கள், இரத்த சோகை, ஆர்த்தரிட்டிஸ், கல்லீரல் நோய், தோல் மற்றும் ஜீரண கோளாறுகளை போக்க கூடியது

25% plant Protein, 24% Fibre, High source of Iron and Vitamins



Boil 10gms. powder with 250 ml of water add Garlic/onion and Tomato as per requirement

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