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 infectorius, Borneo camphor,
- Black pepper, Carum copticum, Rock salt, Borax, Red ochre,
- Pimpinella anisum, Triphala, crude menthol, Ficus
- bengalensis bark, Eugenia jambolana bark, Areca catechuchu

Application:
- Use sufficient quantity with hand or brush

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 coryllifolia,
- 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/Dosage
1 to 2 teaspoon 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. Sugabathy churnam

**Therapeutic uses**
- Cure for chronic constipation,
- Piles and removes gas trouble,
- Regulates the bowels

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

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

HC -007

Quantity - 100 gm  
Price - Rs. 90 /-

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8. AshtaChurnam

**Therapeutic uses**
- Cure for loss of appetite,
- Flatulence, indigestion
- And abdominal disorders

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

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

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/Dosage
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/Dosage
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,
- Tonsilitis, Sinousitis

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

Dosage
- 2 to 4 grams and
- 3 times (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,
- Tulasileaves

Dosage
- 2 – 4 gram – boil well in ¾ tumbler or 150 ml water, filter and drink
- For children 30 – 60 ml. once or twice. Five to eight days, drink half an hour before meals.
- To improve immunity, this can be taken continuously for once in three or four days.

HC-016
Quantity - 50 gms. Price - Rs. 120/-
## Herbal cosmetics & First Aid Catalogue

<table>
<thead>
<tr>
<th>S.N</th>
<th>Name of the product</th>
<th>Code No</th>
<th>Quantity</th>
<th>Rate Rs.</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Vata Varma Thylam</td>
<td>HC-001</td>
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Note:
1. Packing and forwarding charges extra at actuals
2. Delivery within a week after the receipt of full payment in advance.
3. Details of our bank account are as follows:
   a. Name of bank: State Bank of India
   b. Account name: Sri Amudha Surabhi Trust
   c. Account Number: 30215745142
   d. Bank place: Vivekanandapuram.
   e. IFSC code: SBIN0003780

For more details.....

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Technical Support
Vivekananda Kendra - nardep Trust
Kanyakumari - 629 702
vknardep@gmail.com, www.vknardep.org
Moringa Powder

Improves the Immunity system

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

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

Moringa Soup Powder

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

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