

**UK Product Name** Tridosha tea **Code Name** MA0703  
**Availability** Stock item in UK

**Description** Tridosha Tea is a tasty blend of twelve herbs and spices that balances all three doshas, and is especially good as a cooling tea in the summer.

Tridosha Tea has a broad balancing effect on all three of the basic elements of the mind/body and supports the immune system. Ayurveda see the basic element of the mind/body as: information flow (in Ayurveda called Vata), digestion/transformation (Pitta) and structure/fluid balance (Kapha).

Brahmi and Aloeweed help to optimise alertness and intellectual functions. Cardamom supports digestion and also helps to balance Vata.

Ginger, Arjuna, Holy basil, Cinnamon etc. are not only refreshing but also modulate the immune system. This is a unique blend of taste and therapy: the Ginger and Holy basil balance Pitta and help maintain freedom from allergies; Arjuna and Cinnamon add their heart supporting properties and help balance Pitta and Kapha and also help to maintain normal cholesterol level.

The first line of immune defense is enlivened by Indian Madder and Red sanders.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Viola odorata Linn.	Sweet Violet	whole plant	1	10.53	179.0
Terminalia arjuna W. & A.	Arjuna	bark	1	10.53	179.0
Rubia cordifolia Linn.	Indian Madder	root	1	10.53	179.0
Ocimum sanctum Linn.	Holy Basil	leaf	1	10.53	179.0
Illicium verum Hook. f.	Chinese Star Anise	fruit	1	10.53	179.0
Convolvulus pluricaulis Chois	Aloeweed	whole plant	1	10.53	179.0
Bacopa monnieri (Linn.) Pen	Jal Brahmi	whole plant	1	10.53	179.0
Zingiber officinale Rosc.	Ginger	rhizome	8	5.26	89.4
Pterocarpus santalinus Linn. f	Red Sanders	heartwood	8	5.26	89.4
Cinnamomum zeylanicum Bl	Cinnamon	bark	8	5.26	89.4
Amomum subulatum Roxb.	Greater cardamom	fruit	8	5.26	89.4
Abies webbiana Lindl.	Silver Fir	leaf	8	5.26	89.4

**Contraindications/Precautions** None  
**Over dose and its Management** NA  
**Side Effects and Interactions** None known

## Usage

**Age Group** All  
**Dosage Form** 1.7g teabags  
**Method of Use** Infuse one teabag in boiling water. Add milk & sugar to taste. Take 2-3 times daily  
**How Long to Continue Use?** As desired  
**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation** 20 teabags in a gusseted foil bag  
**Net Weight grams** 30  
**Storage** Store in a cool, dry, dark place, tightly closed  
**Shelf Life (months)** 24

**Regulatory Status** Food Supplement