

Maharishi AyurVeda - Public Information

UK Product Name	Mother with Baby Vata Pacifying Tea	Code Name	MB141
Availability	Stock item in UK		
Description	Helps to settle Vata in the days following delivery and cool the body.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(g/4g)
Foeniculum vulgare Mill	Sweet Fennel	seed	1	50.1	2.0
Trigonella foenum-graecum L	Fenugreek	seed	2	49.9	2.0

Contraindications/Precautions	None
Over dose and its Management	An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.
Side Effects and Interactions	None known
Potential Allergens	

Usage

Age Group	Adult
Dosage Form	seeds
Method of Use	For mothers during post-natal period: . Put 1 heaped teaspoon (4 grams) in 2 litres of water and bring to the boil. Pour into thermos. Drink the infusion warm throughout the day. To pacify Vata(i.e. balance the nervous system), help prevent colic and enhance milk secretion. Continue for at least 6 weeks and preferably up to the end of breastfeeding.
How Long to Continue Use?	Mainly for use during the first two months postpartum but may be used at any time.
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	30 grams in a clear plastic bag with 2.5ml measuring scoop.
Net Weight grams	30
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	24
Regulatory Status	Food