

SINGLE HERBS

Although our food supplements usually contain a number of different ingredients, formulated to work together synergistically, Maharishi Ayurveda also has a range of single herbs.

In itself, each herb contains a pharmacopeia of biochemicals and bioflavonoids that can work in a synergetic way to bring about balance in the human physiology.

This is why Ayurveda uses the whole plant and does not believe in extracting the active ingredient when formulating its remedies.

That would effectively be isolating just one aspect of herbal intelligence from the much larger holistic intelligence of the whole plant.

The holistic intelligent of the whole plant, when used therapeutically, can often

prevent the side effects usually experienced when just its active ingredient is used.



Maharishi Ayurveda currently stock:

Stock Code	Single Spice
14009	Liquorice root powder
14041	Ajowan seed
33000	Angelica glauca
33001	Ashwagandha
33002	Bala (Sida cordifolia)
33003	Indian Hibiscus flower
33004	Indian Sarsaparilla (Hemidesmus)
33005	Manjistha
33006	Cardamom seeds whole
33007	Cinnamon Quills
33008	Coriander whole seed
33009	Cumin whole seed
33010	Sweet Fennel whole seed
33011	Fenugreek whole seed
33012	Liquorice Root cut
33013	Marshmallow root
33014	Black Peppercorns whole
33015	Rose Petals pink
33016	Shatavari/Asparagus racemosus root

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