

Maharishi AyurVeda - Public Information

UK Product Name	Blissful Sleep - Vata & Pitta (MA1684)	Code Name	MA1684
Availability	Stock item in UK		
Description	<p>Helps sleep come easily. Useful for insomnia due to anxiety, stress or depression. Vata imbalance. Not habituating.</p> <p>Supports uninterrupted sleep (Pitta balancing]. Not habit forming.</p> <p>If you regularly wake up very early and cannot fall asleep again this can be due to an imbalance of Pitta dosha. Blissful Sleep - Vata & Pitta:</p> <ul style="list-style-type: none">·coordinates the heart and mind for increased contentment (Sadhaka Pitta)·supports deep refreshing sleep·helps to repair the effects of long term lack of sleep <p>Herbal Masterpiece</p> <p>The herbs in Blissful Sleep - Vata & Pitta are combined in exact proportions and prepared in the traditional Ayurvedic way. This improve the bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.</p> <ul style="list-style-type: none">·Indian Valerian and Spikenard are natural sleep aids.·Indian Tinospora and Ashwagandha are rasayanas -- they promote life-extension (Ayushya effect). They also increase the quantity and quality of Ojas, the master coordinator between consciousness and the body. The result is normal, refreshing sleep.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Opadry nutrapure	Opadry nutrapure	Excipient:Coatin	0	1.48	14.8
Rosa centifolia Linn.	Cabbage Rose	petal	1	28.43	284.3
Phyllanthus emblica L.	Amla	fruit rind	2	15.16	151.6
Convolvulus pluricaulis Chois	Aloeweed	whole plant	3	9.47	94.7
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	4	5.68	56.8
Althaea officinalis	Marsh Mallow	flower	4	5.68	56.8
Sida cordifolia Linn.	Country Mallow	root	4	5.68	56.8
Terminalia arjuna W. & A.	Arjuna	bark	4	5.68	56.8
Valeriana wallichii DC.	Indian Valerian	rhizome	4	5.68	56.8
Withania somnifera (L.) Dunal	Aswagandha	root	9	2.85	28.5
Asparagus racemosus Willd.	Indian asparagus	tuberous root	9	2.85	28.5
Glycyrrhiza glabra Linn.	Liquorice	root	11	1.89	18.9
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem starch	12	1.89	18.9
Pinctada margaritifera b	Black Lipped Oyster Pearl	pearl	13	0.95	9.5
Elettaria cardamomum (Linn)	Cardamom	fruit	14	0.47	4.7
Cinnamomum verum J. Presl	Cinnamon	bark	14	0.47	4.7
Biotite mica	Abhraka bhasma		14	0.47	4.7
Syzygium aromaticum (Linn.)	Clove	flower bud	14	0.47	4.7
Piper nigrum Linn.	Black Pepper	fruit	18	0.16	1.6
Zingiber officinale Rosc.	Ginger	rhizome	18	0.16	1.6
Piper longum Linn.	Long Pepper	fruit	18	0.16	1.6
Acacia arabica	Gum acacia	excipient:Exudat	21	3.78	37.8
Rice bran extract	Rice bran extract	excipient:Bran e	22	0.49	4.9

Contraindications/Precautions

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 Mollusc - Black Lipped Oyster Pearl

Usage

Age Group All

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Dosage Form	1000mg tablet		
Method of Use	Take 1 tablet 30 minutes before bedtime with water		
How Long to Continue Use?	As recommended at http://www.maharishi.co.uk/how-to-make-the-most-of-your-maharishi-ayurveda-products		
Specific Dietary/Lifestyle Advice			
Presentation			
Presentation	60 tablets in an amber PET bottle with t/e lid		
Net Weight grams	60		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	60		
Regulatory Status	Food Supplement		