

Maharishi AyurVeda - Public Information

UK Product Name Women's Rasayana & Apana Balance **Code Name** MA3347

Availability Stock item in UK

Description Enlivens the essence of female physiology. Supports menstrual comfort, cell renewal and youthfulness. Nourishes blood, bones and bone marrow.

Rejuvenate your cells and build a more youthful body
The cells in your body are continually being replaced by new ones, but this process deteriorates with age. The body's organs and tissues are then less vital than they once were, which causes premature aging.
Women's Rasayana helps restore that youthful glow. It promotes cellular regeneration, which slows both biological and psychological aging. Regular use of Women's Rasayana produces cumulative benefits.

This formula is especially helpful during the years before menopause. It nourishes the blood, bones, and bone marrow -- which have to be replenished constantly for an easy, natural menstrual cycle.

Women's Rasayana is recommended to help renew and rebuild the body over time.

Supports these Ayurvedic factors

- The formation of strong healthy bones (Asthi Agni).
- Bone marrow (Majja Dhatu) which fosters physical strength and energy.
- The quality and quantity of blood (Rakta Dhatu).
- Nutritional fluid or plasma (Rasa Dhatu) that feeds every cell in the body.

Herbal Masterpiece

The herbs in Women's Rasayana are combined in exact proportions and prepared in the traditional Ayurvedic way. This improves bioavailability and assimilation of vital nutrients. It also creates synergy -- the collective benefit is much greater than isolated, individual herbs.

·It can take three months to prepare a single ingredient such as Shilajit. Following such meticulous methods is the only way to guarantee the traditional benefits described in the Ayurvedic texts.

- Haritaki, Bibhitaki and Amla together form the renowned ayurvedic remedy Triphala, which is a gentle support to the digestive system and cleanser.
- Guggul helps balance the total cholesterol in the body.
- Turmeric is a rasayana among spices with a diverse range of benefits.

This all-around wonder spice is said to help detoxify the liver, balance cholesterol levels, fight allergies, stimulate digestion, boost immunity and enhance the complexion.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Asphaltum	Shilajit	exudate	1	21.36	106.8
Commiphora mukul (Hook. ex	Guggul	exudate	1	21.36	106.8
Pinctada margaritifera	Black Lipped Pearl Oyster Sh	shell bhasma	3	10.68	53.4
Saccharum officinarum Linn.	Sugar Cane	juice of stem	3	10.68	53.4
Ferroso-ferric oxidum	Iron bhasma		5	5.83	29.2
Asparagus racemosus Willd.	Indian asparagus	root	6	2.91	14.6
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	6	2.91	14.6
Cinnamomum verum J. Presl	Cinnamon verum	bark	6	2.91	14.6
Bambusa bambos(L.) Voss	Bamboo Manna	secretion	6	2.91	14.6
Sodium chloride	Rock salt		10	1.94	9.7
Phyllanthus emblica L.	Amla	fruit rind	11	0	0.0
Terminalia chebula Retz.	Haritaki	fruit rind	11	0.87	4.4
Terminalia belerica Roxb.	Bibhitaki	fruit rind	11	0.87	4.4
Pterocarpus santalinus Linn. f	Red Sanders	heartwood	14	0.87	4.4
Swertia chirata Buch.-Ham.	Chiretta	whole plant	14	0.68	3.4
Coriandrum sativum Linn.	Coriander	seed	14	0.68	3.4
Elettaria cardamomum (Linn)	Cardamom	fruit	14	0.68	3.4
Sodium carbonate, natural	Sajji kshar		14	0.68	3.4
Piper longum Linn.	Long Pepper	root	14	0.68	3.4
Glycyrrhiza glabra Linn.	Liquorice	root	14	0.68	3.4
Zingiber officinale Rosc.	Ginger	rhizome	14	0.68	3.4

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Hordeum vulgare Linn.	Barley	whole plant	14	0.68	3.4
Piper chaba Hunter	Java Long Pepper	root	14	0.68	3.4
Piper longum Linn.	Long Pepper	fruit	14	0.68	3.4
Piper nigrum Linn.	Black Pepper	fruit	14	0.68	3.4
Curcuma longa Linn.	Turmeric	rhizome	14	0.68	3.4
Nelumbo nucifera Gaertn.	Sacred Lotus	flower	27	0.58	2.9
Mesua ferrea L.	Cobra's Saffron	flower	27	0.58	2.9
Maize starch	Maize starch	excipient	29	1.94	9.7
Acacia nilotica subsp. toment	Gum Arabic	excipient	30	0.97	4.9
Magnesium stearate	Magnesium stearate	excipient	31	0.49	2.5

Contraindications/Precautions Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.

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 Molluscs - Black lipped pearl oyster shell.

Usage

Age Group Teens and adult
Dosage Form 500mg tablet
Method of Use Take 1-2 tablets twice daily with a sip of milk or water.
How Long to Continue Use? May be taken continuously for maximum benefit.
Specific Dietary/Lifestyle Advice

Presentation

Presentation 60 tablets in an amber PET pot with t/e lid
Net Weight grams 30
Storage Store in a cool, dry, dark place, tightly closed
Shelf Life (months) 60

Regulatory Status Food Supplement