Maharishi AyurVeda - Public Information

UK Product Name	Inhalation oil (MA634)	**Code Name**	MA0634
Availability	Stock item in UK		
Description	Helps maintain clear airways & comfort of forehead, joints & muscles		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/drop)
Cinnamomum camphora (L.)	Camphor	leaf oil	1	40	40.0
Trachyspermum ammi (Linn.	Ajowain	fruit oil	2	20	20.0
Mentha x piperita L.	Peppermint	leaf oil	2	20	20.0
Syzygium aromaticum (Linn.)	Clove	flower bud oil	4	5	5.0
Foeniculum vulgare ssp capill	Bitter fennel	seed oil	4	5	5.0
Eucalyptus globulus Labill.	Blue Gum	leaf oil	4	5	5.0
Cinnamomum verum J. Presl	Cinnamon	bark oil	4	5	5.0

Contraindications/Precautions	Avoid contact with eyes & lips. Dilute in a fixed oil (e.g. almond or olive) before applying to young or sensitive skin. Take not more than 6 drops/day internally.
Over dose and its Management	INHALATION: Stop inhaling and have fresh air. EXTERNAL : Rinse the skin with warm soapy water.
Side Effects and Interactions	None known
Potential Allergens	

Usage

Age Group	All
Dosage Form	10ml liquid
Method of Use	For inhalation: Put 1-4 drops in boiling hot water, cover head and inhale or put a few drops on a handkerchief or on your pillow at night. For external application on chest, joints and muscles: rub on the affected area. Do not apply to broken or diseased skin. The benefit to joints and muscles will often be enhanced by applying a hot water bottle or other warm object wrapped in a cloth to the area for a few minutes afterwards. For the forehead: apply one or two drops to forehead or temples. (For internal use: under the supervision of a health care practitoner only).
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	10ml in a amber glass bottle with dropper
Net Weight grams	
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36
Regulatory Status	General