

Turmeric & Boswellia Formula (heter nu Active)

Reduces inflammations in the joints, reduces swelling and increase circulation

Turmeric	<i>Curcuma longa</i>	Boswellia	<i>Boswellia serrata</i>
Indian Sarsaparilla	<i>Hemidismus indica</i>	Ginger	<i>Zingiber officinale</i>
Ashwagandha	<i>Withania somnifera</i>	Black pepper	<i>Piper nigrum</i>

Bio-Medical Action:

Anti-inflammatory, circulatory stimulant, anti-arthritis

Indications:

Arthritis: For any inflammation in the joints when there is water retention, swelling, pain and redness.

These herbs help to increase circulation, reduce inflammation and clear stagnation from the joints.

Osteoporosis: Also consider using for building bone strength and reducing degeneration of bone tissue.

Combinations:

+ **Amla & Peppermint Formula** for *pitta* arthritis

+ **Asafoetida Plus** for *vata* arthritis

+ **Triphala Plus** with constipation

+ **Aloe Vera** juice for reducing inflammation

+ **Ashwagandha** for strengthening bones

Notes:

- Turmeric, Indian Sarsaparilla and Boswellia have a specific anti-inflammatory action and help to invigorate blood flow to the joints.
- Ashwagandha strengthens the joints.
- Ginger acts as an anti-inflammatory and helps to increase circulation.
- Black pepper is used in a very small quantity as piperine activates curcumin.

Ayurvedic Energetics:

Taste *rasa*: Pungent, Bitter, Sweet

Action *virya*: Heating

Post-digestive effect *vipaka*: Pungent

Quality *guna*: Dry, Light

Dosha effect: VPK-

Tissue *dhatu*: Plasma, Blood, Bone

Channel *srota*: Circulatory

Contraindications:

Pregnancy

Dosage:

2 capsules 3x/day

Duration:

Long term 3-12 months+. Short term for pain 1 month.