

Introduktion till Ayurvediska Produkter med Korsindex (på Engelska)

Ayurveda - An Introduction

Ayurveda is simply translated as the 'science of life' and more comprehensively as 'the knowledge that teaches us which substances, life-styles and activities are beneficial or harmful to life'. It is the way of wholesome and righteous living.

Ayurveda has developed in India over the last 4000 years. It has now spread all over the world. It is a blend of herbal medicine, spiritual insight, practical experience, scientific analysis and artistic creativity. It uses medicinal plants, foods, massage, meditation, surgery and judicious living as part of its 'life-style' and methodology.

Why Ayurvedic Herbal Medicine?

Herbal medicines are a central part of Ayurvedic treatments. They are preventative as much as curative. Ayurveda focuses on balance, optimising health and rejuvenating the whole body and mind. The Pukka Herbal Ayurveda range includes herbs that have been used for centuries and have many clinical trials that attest to their efficacy. Being utilised for such a long time, many of their names are of Sanskrit origin. For example, Shatavari means 'the woman who has one hundred husbands'.

A detailed glossary of conditions and relevant herbal remedies can be found on pages 4-10

About Pukka Herbs pure organic Ayurvedic remedies

We set up Pukka Herbs to provide you with a wide range of organic Ayurvedic herbal products from India and Sri Lanka. We have drawn on our expertise in growing herbs, organic cultivation and professional training in herbal medicine and Ayurveda to bring you the best that Ayurveda has to offer.

Pukka is a Hindi word meaning 'authentic', 'genuine' or more colloquially 'top quality'. It comes from the Sanskrit '*pakwa*' and this sentiment of offering the best quality organic Ayurvedic herbs and service is what we at Pukka Herbs are all about.

Our emphasis is to provide you with:

- Superior Ayurvedic remedies that we can trace back to the field they were grown in.
- Herbs that are traded fairly with a commitment to the welfare of the farmers.
- Organically certified herbs that have been grown with respect for the local eco-system and collected sustainably.
- Safe remedies that are blended according to Good Manufacturing Procedures and authentically tested to European quality standards.

Our vision of socially responsible farming

Pukka Herbs is dedicated to promoting an integrated relationship between people and our natural world where the value of what we do is based on sustainability, where the environmental and social impact is considered along with 'the price' and where the authenticity of the tradition that we represent is respected throughout all that we do. Ayurveda strives to create the best health for the individual, the community and the environment. At Pukka Herbs we are doing all that we can to make this dream a reality for all of us.

Pukka Herbs are proud to be recognised for our vision.

Pukka Herbs: What we stand for

At Pukka Herbs we run an ethical business that respects the relationship between humans and the environment.

We are aware that as a responsible business and members of the whole global community we must be accountable for our actions. In every action we intend to create a fair balance between creating livelihoods for the Pukka Herbs staff, the farmers we work with and our core environmental and ethical values.

We work directly with over 500 families growing Ayurvedic herbs organically for us and plant over 1,000,000 plants and trees per year.

Pukka Herbs is

- Organically Certified
- Purely Vegetarian
- Carbon Neutral and invests in renewable and sustainable energy projects as well as reforestation programmes
- Fuelled by energy sourced from renewable and sustainable sources
- Managing an internal recycling scheme to prevent wastage
- Committed to using recycled paper and vegetable inks when possible
- Ethically responsible and contributes to charities, such as Plantlife International, involved in protecting wild medicinal species



Safety

The issue of safety in Ayurveda and herbal medicine is a hot topic. The fact is that Ayurveda and herbal medicine have a very long and very safe track record. So, in brief, Pukka Herbs are very safe.

Customers may want to know if the herbs that they are taking are safe, if they can be taken with medication, if they can be taken during pregnancy, how long they can be taken for etc.

Teas

All teas are safe in combination with medication, during pregnancy and for children.

There are some reports that Gotu Kola and Ginger should not be used in pregnancy. If any customer has concerns, the answer is that the herbs are used at a too low dose to cause problems. Another example is that the common seasoning herb Basil is also contraindicated in pregnancy, but used at normal levels causes no harm.

The dose of Licorice used in our teas is too low to be of concern regarding causing hypertension.

Herbal Remedies

All of the herbs that Pukka Herbs sell OTC are safe for internal use. See the Training Manual for specific details on any contraindications and usage times.

Pregnancy

Whilst most of our remedies can be used in pregnancy and breast-feeding, as a company policy we do not recommend customers to take any supplements in pregnancy or whilst breast-feeding without the advice of a practitioner.

It is fine to recommend Shatavari in pregnancy and during breast-feeding.

For all other questions refer to the Training Manual.

Children

Do not prescribe Pukka Herbs to children under the age of 12 without the advice of a qualified practitioner. Chywanaprash is safe for children over 5 years old.

Taking herbs with medication

It is generally safe to take Pukka Herbs remedies with pharmaceutical medication.

If a customer is unsure refer to a practitioner.

If a Pukka Herbs product has similar action to the drug being taken then it may have a 'positive' interaction and make the combination of the two more effective. Whilst this is potentially beneficial, a customer should always monitor how they are feeling and we advise caution. By caution we mean that the formulas are safe to take with medication but we recommend that the patient ensures that they monitor their blood levels of the medication carefully.

Caution:

Gymnema Plus when taking hypoglycaemic or anti-diabetic medication as a positive interaction may occur and therefore a lower dose of hypoglycaemic medication is required

Gokshura & Shatavari formula when taking any diuretic medication as there may be a positive interaction where the Gokshura and Shatavari formula increases diuresis.

Turmeric & Boswellia formula with any anti-coagulant medication (heparin, warfarin) as these drugs have a very narrow threshold margin and there is some theoretical evidence that as Turmeric is a blood thinner this may alter this fine balance.

Using Pukka Organic Tinctures

Pukka Herbs new tincture range combines organic herbs, organic rye alcohol and exceptionally pure water. Alcohol both helps extract the active ingredients and preserve the herbs.

Tinctures are liquid solutions of the dissolvable actives in plants and are very quickly assimilated into the bloodstream. All Pukka Herb's tinctures are certified organic by the Soil Association.

Each tincture is best taken using the following guidelines:

- 1) Add the recommended dosage indicated on each of the labels to an inch of boiling water and leave for five minutes. This process allows most of the alcohol to evaporate.
- 2) Drink the herbs – the taste of the herbs should be discernible and this in itself will have a positive effect on the body.

Using Pukka Organic Capsules

The new range of capsules comes in two forms: single herbs and formulas. Organic herbs are used as much as possible and appropriately certified organic with the Soil Association.

The capsules are vegetarian cellulose and guaranteed GM Free. The vegetarian capsules have a fast solubility time and are easily digested. Each of the capsules contain pure powdered herb. We do not use binding agents that are usually found in herbal tablets or pills.

The monographs below explain the formulas and how to use them.

For more information about Pukka Herbs please go to www.pukkaherbs.com or try www.herbalayurveda.com for great information on Ayurvedic herbs.

Please note: this information is educational and not intended to diagnose, treat or cure any medical condition or individual. It is intended for the use of professional practitioners and trade information only

Glossary of Conditions & Remedies

Primary: This refers to the main herbs used for treating your problem. They should be used together to maximise their effects.

Secondary: This refers to supplementary herbs that could be used if they address particular aspects of your condition. It also refers to maintenance herbs that can be used when your main symptoms have subsided to help keep your system functioning at peak efficiency.

Acne	Primary: Neem & Sarsaparilla Formula (cleans blood), Aloe Vera juice Secondary: Neem tincture, Triphala Plus (detoxifies the bowel) External: Aloe gel, Neem cream
ADHD	Primary: Brahmi Plus, Ashwagandha Secondary: Gotu Kola
Adrenals	Primary: All-in-one Ashwagandha & Shatavari (for exhaustion), Chywanaprash
Allergies	Primary: Neem & Sarsaparilla, Aloe Vera juice
Alzheimer's	Primary: Brahmi Plus, Ashwagandha, Turmeric Secondary: Hemp seed oil
Arthritis	Primary: Turmeric & Boswellia Formula (anti-inflammatory) Secondary: Turmeric, Triphala Plus (clears toxins) External: Mahanaryan Joint oil
Asthma	Primary: Chywanaprash (tonifies lungs), Licorice & Ginger Formula (reduces wheezing) Secondary: Triphala Plus (gently regulates the bowel), Revitalise Cinnamon, Cardamom & Ginger herbal tea
Autism	Primary: Brahmi Plus, Ashwagandha Secondary: Gotu Kola
Back Pain	Primary: Turmeric (stops pain) Secondary: Ashwagandha tincture (strengthens spine) External: Mahanaryan oil
Bleeding Gums	Primary: Triphala Tincture (gargled around the mouth)
Blood poisoning	Primary: Neem & Sarsaparilla, Aloe Vera juice
Blood sugar regulation	Primary: Gymnema Plus (reduces high blood sugar levels) Secondary: Hemp seed oil, Amla & Peppermint Formula (balances digestion)
Boils	Primary: Neem & Sarsaparilla, Aloe Vera juice
Breast Feeding	Primary: Shatavari capsules with Aloe Vera juice
Bronchitis	Primary: Licorice & Ginger Formula with Andrographis
Candida	Primary: Neem capsule or tincture (kills candida), Asafoetida Plus

		(reduces gas and bloating)
	Secondary:	Triphala Plus (regulates bowel), Detox Aniseed & Fennel herbal tea (stops bloating), Shatavari Plus (clears discharges)
Catarrh	Primary:	Trikatu (reduces mucus), Licorice & Ginger Formula
	Secondary:	Nasya Nasal oil, Revitalise Cinnamon, Cardamom & Ginger herbal tea
Cellulite	Primary:	Guggul Plus (reduces fat), Gotu Kola (specific for cellulite)
Chest infection	Primary:	Licorice & Ginger Formula with Andrographis
Cholesterol	Primary:	Guggul Plus (reduces cholesterol), Turmeric (reduces cholesterol)
	Secondary:	Aloe Vera juice, Hemp seed oil, (reduces LDL and congestion), Revitalise Cinnamon, Cardamom & Ginger herbal tea
Chronic Fatigue Syndrome	Primary:	Ashwagandha Plus (tonifies men), Shatavari Plus (tonifies women)
	Secondary:	Triphala Plus when there is constipation, Asafoetida Plus (bloating), Amla & Peppermint Formula (diarrhoea), Chywanaprash (boosts immunity)
Circulation	Primary:	Arjuna & Hawthorn Formula, Turmeric, Trikatu
Colds	Primary:	Trikatu (reduces mucus), Licorice & Ginger Formula (recovery and coughs)
	Secondary:	Andrographis & Holy Basil Formula (reduces infection), Revitalise Cinnamon, Cardamom & Ginger herbal tea
Cold Sores	Primary:	Andrographis (anti-viral)
	Secondary:	Andrographis and Holy Basil Formula
	External:	Neem cream
Colitis	Primary:	Amla & Peppermint Formula, Triphala
Constipation	Primary:	Triphala Plus (evacuates bowel)
	Secondary:	Triphala (regulates bowel), Asafoetida Plus (bloating and gas), Chywanaprash, Hemp seed oil (lubricates dryness), Aloe Vera juice
Cough	Primary:	Licorice & Ginger Formula (nourishes lungs and stops coughing), Chywanaprash
	Secondary:	Trikatu (clears phlegm), Relax Chamomile, Fennel & Marshmallow Root herbal tea (clears phlegm and soothes throat)
Cystitis	Primary:	Gokshura & Shatavari Formula (regulates urinary system), Andrographis capsule (clears infection)
	Secondary:	Detox Aniseed & Fennel herbal tea (eases urination)
Depression	Primary:	Brahmi Plus (gives clarity of mind), Guduchi & Neem Formula (reduces anger and irritation), Brahmi Mind Oil
	Secondary:	Chywanaprash (nourishes mind)
Dermatitis	Primary:	Neem & Sarsaparilla Formula (cleans Skin), Triphala Plus (clears constipation), Aloe Vera juice (anti-inflammatory),

		Hemp seed oil
	Secondary:	Neem tincture (reduces inflammation), Guduchi & Neem Formula (clears the liver)
	External:	Neem cream, Aloe Vera gel, Hemp seed oil
Detox	Primary:	Triphala Plus, Guduchi & Neem Formula
	Secondary:	Aloe Vera juice
Diabetes	Primary:	Gymnema Plus
Diarrhoea	Primary:	Amla & Peppermint Formula
	Secondary:	Asafoetida Plus (stops cramps), Detox Aniseed, Fennel & Licorice herbal tea (stops cramps)
Digestive Problems	Primary:	Trikatu (stimulates digestive enzymes) Asafoetida Plus (erratic appetite with gas), Amla & Peppermint Formula (acidity)
	Secondary:	Aloe Vera juice, Detox Aniseed, Fennel & Licorice herbal tea (stops bloating)
Diverticulitis	Primary:	Triphala Plus, Aloe Vera juice
Deep Vein Thrombosis (DVT)	Primary:	Gotu Kola
Dysmenorrhoea	Primary:	Shatavari Plus, Aloe Vera juice
Ear ache	Primary:	Trikatu
Eczema	Primary:	Neem & Sarsaparilla Formula (stops inflammation), Triphala Plus (clears bowel), Aloe Vera juice (clears toxins, anti-inflammatory), Hemp seed oil (reduces inflammation)
	Secondary:	Guduchi & Neem Formula (reduces toxins in liver), Triphala
	External:	Neem & Sesame Seed oil, Neem cream (stops infections), Aloe gel (reduces inflammation), Hemp seed oil (reduces inflammation)
Endometriosis	Primary:	Shatavari Plus and Turmeric with Aloe Vera juice
Fatigue	Primary:	Ashwagandha Plus (male energy), Shatavari Plus (female energy)
	Secondary:	Triphala Plus (to clear stagnation), Chywanaprash
Fertility	Primary:	Shatavari (boosts fertility in women), Ashwagandha Plus (boosts fertility in men)
	Secondary:	Shatavari Plus (boosts fertility if there is an imbalance in the menstrual cycle), Triphala Plus (to clear congestion), Chywanaprash
Fibroids	Primary:	Shatavari Plus and Turmeric with Aloe Vera juice
Flatulence	Primary:	Asafoetida Plus (stops flatulence), Triphala Plus (regulates the bowel), Detox Aniseed, Fennel & Licorice herbal tea
Flu	Primary:	Andrographis (acute infections)
	Secondary:	Andrographis & Holy Basil Formula (for repetitive infections)

Gall Bladder	Primary: Guduchi & Neem Formula Secondary: Turmeric
Glandular Fever	Primary: Andrographis & Holy Basil Formula (for clearing the chronic virus) Secondary: Chywanaprash
Gout	Primary: Neem & Sarsaparilla Formula with Aloe Vera juice
Haemorrhoids	Primary: Gotu Kola & Turmeric formula, Aloe Vera juice, Triphala Plus
Hair Loss	Primary: Amla & Peppermint Formula, (nourishes hair) Secondary: Bhringaraj Hair oil
Halitosis	Primary: Triphala Plus (to clear congestion), Amla & Peppermint Formula (to regulate appetite)
Hay Fever	Primary: Peppermint & Pippali Formula (reduces inflammation and irritation) Secondary: Trikatu (anti-histamine, reduces secretions), Aloe Vera juice (protects liver), Nasya Nasal oil
Heartburn	Primary: Amla & Peppermint Formula (stops acid), Aloe Vera juice (cools stomach) Secondary: Ashwagandha & Gotu Kola Formula (reduces stress in the day), Refresh Peppermint, Licorice & Rose herbal tea (reduces burning)
Heart Conditions	Primary: Arjuna & Hawthorn Formula (strengthens heart), Hemp seed oil (reduces LDL and congestion), Love Rose, Chamomile & Lavender herbal tea (soothes heart) Secondary: Turmeric tincture (increases circulation), Amla tincture (strengthens heart)
Hypertension	Primary: Punarnava Plus (clears fluids and regulates blood pressure), Aloe Vera juice (stops inflammation) Secondary: Triphala Plus (reduces congestion), Valerian & Ashwagandha Formula (reduces stress), Relax Chamomile, Fennel & Marshmallow Root herbal tea
IBS	Primary: Triphala Plus (with constipation), Asafoetida Plus (with gas and cramps), Amla & Peppermint Formula (with diarrhoea and irritation), Aloe Vera juice (cleans bowel and stops irritation) Secondary: Valerian & Ashwagandha Formula (for stress), Refresh Peppermint, Licorice & Rose herbal tea Massage: Organic sesame oil, organic coconut oil
Immunity	Primary: To tonify: Ashwagandha & Shatavari Formula, Chywanaprash Secondary: Acute response: Andrographis
Insomnia	Primary: Valerian & Ashwagandha Formula
Insect bites	Primary: Neem capsules External: Neem & Sesame Oil
Joint pain/sprain	Primary: Turmeric & Boswellia Formula

Kidney Infection	Primary:	Andrographis
Kidney Stones	Primary:	Gokshura & Shatavari Formula, Aloe Vera juice
Liver detox/problems	Primary:	Guduchi & Neem Formula
	Secondary:	Aloe Vera juice
Lungs	Primary:	To tonify: Trikatu, Chywanaprash
ME	Primary:	See Chronic Fatigue Syndrome
Men's Health	Primary:	Ashwagandha Plus (tonifies reproductive system), Chywanaprash, Ashwagandha oil
	Secondary:	Guduchi & Neem Formula (detox liver), Aloe Vera juice (clears liver and heart)
Menopause	Primary:	Shatavari (balances hormones, reduces hot flashes), Aloe Vera juice (cools flushes)
	Secondary:	Shatavari Plus (use if Shatavari is slow to respond and if there has been imbalance in the menstrual cycle), Refresh Peppermint, Licorice & Rose herbal tea (reduces heat), Chywanaprash
Migraine	Primary:	Guduchi & Neem Formula (helps to clean the liver and stop pain)
	Secondary:	Amla & Peppermint formula (prevents irritating acid), Valerian & Ashwagandha Formula (calms stress), Refresh Peppermint, Licorice & Rose herbal tea, Aloe Vera juice
Mouth Ulcers	Primary:	Neem tincture as mouth wash (reduces inflammation), Andrographis & Holy Basil Formula (boosts immunity), Aloe Vera juice (heals ulcers)
	Secondary:	Amla & Peppermint Formula (reduces inflammation), Aloe Vera juice (heals ulcers), Refresh Peppermint, Licorice & Rose herbal tea
Multiple Sclerosis	Primary:	Ashwagandha
Muscle strain/ache	Primary:	Turmeric & Boswellia
	External:	Mahanaryan Oil
Obesity	Primary:	Guggul Plus
Osteoporosis	Primary:	Turmeric & Boswellia Formula (increases blood flow to bones), Ashwagandha oil
	Secondary:	Ashwagandha Plus (tonifies skeletal system), Chywanaprash
Phlegm	Primary:	Trikatu
Painful Periods	Primary:	Shatavari Plus (stops spasms), Turmeric tincture (reduces inflammatory prostaglandins)
	Secondary:	Ginger tincture (anti-spasmodic), Aloe Vera juice (clears congestion), Triphala Plus (if associated with constipation), Relax Chamomile, Fennel & Marshmallow Root herbal tea

(Chamomile and ginger are great for painful periods)

Parasites	Primary:	Neem capsules
Piles		See haemorrhoids
PMT (Pre-menstrual tension)	Primary:	Shatavari Plus (regulates hormones and improves mood), Aloe Vera juice, Ashwagandha before sleep (eases tension and promotes relaxation)
Poly Cystic Ovarian Syndrome (PCOS)	Primary:	Shatavari Plus and Aloe Vera juice
Pregnancy	Primary:	Shatavari (strengthens mother and baby, increases lactation)
Prostate Problems	Primary:	Gokshura & Shatavari Formula (eases urination, reduces blockages), Aloe Vera juice (reduces inflammation), Detox Aniseed, Fennel & Licorice herbal tea
Psoriasis	Primary:	Neem & Sarsaparilla Formula (clears lesions), Triphala Plus (clears bowel), Aloe Vera juice (protect liver), Hemp seed oil
	External:	Neem & Sesame Seed oil, Neem cream, Neem oil, Aloe gel, Hemp seed oil (reduces inflammation)
Rash/hives	Primary:	Neem & Sarsaparilla Formula, Aloe Vera juice
Restless Leg Syndrome	Primary:	Valerian & Ashwagandha
Sciatica	Primary:	Triphala Plus with Ashwagandha
Shingles	Primary:	Andrographis (acute), Neem & Sarsaparilla (to avoid neuralgia)
Sinus Problems	Primary:	Trikatu (opens sinuses), Licorice & Ginger Formula (prevents blockage), Nasya Nasal oil (stops congestion)
	Secondary:	Andrographis (if acute infection), Revitalise Cinnamon, Cardamom & Ginger herbal tea
Skin		See eczema, acne, psoriasis
Sleep	Primary:	Valerian & Ashwagandha Formula (relaxing sedative), Brahmi Mind oil
	Secondary:	Ashwagandha
Sore throat	Primary:	Trikatu
Stomach Acidity		See heartburn
Stress	Primary:	Ashwagandha, Ashwagandha & Gotu Kola Formula (day stress), Valerian & Ashwagandha Formula (night stress), Sesame Oil massage
	Secondary:	Brahmi Plus (more for concentration)
Thyroid	Primary:	Guggul Plus (regulates thyroid)

	Secondary:	Ashwagandha
Tonsillitis	Primary:	Andrographis
Travel Sickness	Primary:	Asafoetida Plus (settles digestion), Ginger (settles stomach)
	Secondary:	Ashwagandha & Gotu Kola Formula (relaxant)
Urinary/bladder infection	Primary:	Gokshura & Shatavari Formula with Andrographis
Varicose Veins	Primary:	Gotu Kola & Turmeric Formula (increases venous return)
Veruccas	External:	Castor Oil
Warts	External:	Castor Oil
Water Retention	Primary:	Gokshura & Shatavari Formula
Weight Loss	Primary:	Guggul Plus (reduces cholesterol and weight), Triphala Plus (clears congestion)
	Secondary:	Punarnava Plus (clear fluids)
Women's Health	Primary:	Shatavari Plus (nourishes reproductive system), Shatavari (balances hormones), Aloe Vera juice
	Secondary:	Triphala (regulates digestion)