

# Neem & Sarsaparilla Formula (heter nu Glow)

Heals the skin and clears inflammation

Indian Sarsaparilla	<i>Hemidismus indica</i>	Turmeric	<i>Curcuma longa</i>
Gotu kola	<i>Hydrocotyle asiatica</i>	Licorice	<i>Glycyrrhiza glabra</i>
Neem	<i>Azadirachta indica</i>	Bhringaraj	<i>Eclipta alba</i>
Manjishta	<i>Rubia cordifolia</i>		

## Bio-Medical Action:

Alterative, lymphatic, circulatory stimulant (cool), anti-inflammatory, anti-pruritic, styptic, vulnerary.

## Indications:

**Skin:** Used for eczema, psoriasis and acne. When there is inflammation of the skin with redness, suppuration, itching then *pitta* and *kapha* are aggravated. These herbs all reduce inflammation, stop itching and clear heat. They increase the microcirculation to treat stubborn patches of chronic skin problems.

**Bleeding:** Its strong effect on the blood can help to stop bleeding caused by heat toxins. The astringent and cooling nature of the herbs helps them to act as vulneraries and styptics that stop bleeding from mucus membranes anywhere in the body. Helpful for healing wounds and ulcers internally and externally.

## Combinations:

- + **Guduchi & Neem Formula** for severe heat and inflammation
- + **Andrographis & Holy Basil Formula** if the skin is infected
- + **Amla & Peppermint Formula** to re-correct *pitta* digestion
- + **Punarnava Plus Formula** for water retention and suppuration
- + **Triphala Plus** for constipation and to clear toxins

## Notes:

- Indian Sarsaparilla, Neem, Gotu Kola and Bhringaraj all act as *pitta* reducing anti-inflammation herbs that clean the blood.
- Manjishta and Turmeric increase microcirculation and clear stagnated blood.
- Licorice nourishes the skin and cools any inflammation.

## Ayurvedic Energetics:

**Taste** *rasa*: Sweet, Bitter

**Action** *virya*: Cooling

**Post-digestive effect** *vipaka*: Sweet

**Quality** *guna*: Dry, Light

**Dosha effect**: PK-,V+

**Tissue** *dhatu*: Plasma, Blood, Muscle

**Channel** *srota*: Circulatory, Liver

## Contraindications:

Not in pregnancy

## Dosage:

2 capsules 3x/day

## Duration:

Short term for acute skin infections 1-3 months or long term for chronic infections 3-12 months+