

Valerian & Ashwagandha Formula (heter nu Night Time)

For reducing insomnia and helping manage stress

Valerian	<i>Valeriana officinalis</i>	Bhringaraj	<i>Eclipta alba</i>
Ashwagandha	<i>Withania somnifera</i>	Nutmeg	<i>Myristica fragrans</i>
Gotu Kola	<i>Hydrocotyle asiatica</i>	Licorice	<i>Glycyrrhiza glabra</i>
Hawthorn	<i>Crataegus oxyacanthoides</i>	Fennel	<i>Foeniculum vulgare</i>

Bio-Medical Action:

Sedative, nervine, anti-spasmodic, carminative, analgesic, anti-inflammatory

Indications:

Nerves: Valerian & Ashwagandha Formula helps to sedate, ground and settle a hyperactive nervous system. It helps to treat symptoms such as anxiety, restlessness, palpitations, insomnia and restless leg syndrome.

Pain: Its anti-spasmodic and anti-inflammatory qualities may help muscular and neuralgic pain from stress.

Digestion: Its aromatic and carminative qualities can help to settle nervous digestion with bloating, pain and gurgling.

Combinations:

+ **Ashwagandha & Gotu Kola Formula** for day time clarity

+ **Asafoetida Plus** for digestive disturbance with bloating and constipation

+ **Triphala Plus** to clear the bowel in nervous constipation

Notes:

- Valerian, Nutmeg and Ashwagandha settle the nervous system and help sleep.
- Bhringaraj, Gotu Kola and Licorice nourish the mind.
- Hawthorn, Valerian and Ashwagandha regulate the heart, calm anxiety and nourishes the blood
- Fennel and Licorice help digestion and are useful anti-spasmodics.

Ayurvedic Energetics:

Taste *rasa*: Sweet, Pungent

Action *virya*: Heating

Post-digestive effect *vipaka*: Pungent

Quality *guna*: Dry, Heavy

Dosha effect: VKP-, P+ in excess

Contraindications:

Not with excess heat signs

Dosage:

2 capsules 2x before bed or as required in the day for anxiety.

Duration:

Use short term at night for a solid nights sleep. Long term for insomnia 6-12 months+ or symptomatically for periods of stress