THE AYURVEDIC INSTITUTE

PRODUCT CATALOG

HERBS • BOOKS • CDS • FOOD • OILS • BODY CARE

Prices and availability are subject to change without notice.

AYURVEDA
The Ayurvedic Institute supplies USDA certified organic products, whenever possible, and ensures that all our products are of the highest quality commercially available. As much as possible, we deal with suppliers who support sustainable harvesting of plant products and do not carry plants that are known to be endangered. Because of this, there may be times when we are out of stock on some herbs.

The Ayurvedic Institute is a member of the American Herbal Products Association (AHPA), a national trade association that focuses on herbs and herbal products.

Effective July 2017.

Prices and availability subject to change without notice.

This catalog is printed approximately every 6 months; please visit our online store for the most current prices.

Visit Ayurveda.com/shop

The product descriptions and statements in this catalog present information on traditional uses and properties of the plants and other components. These statements and information have not been evaluated by the Food and Drug Administration and are not intended to substitute for medical advice. The information and products contained herein are not intended to diagnose, treat, cure or prevent any disease. It is recommended that you consult your health care provider.

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**ABOUT THE PRODUCTS WE SELL**

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**HERBAL PRODUCTS**

SIDHA SOMA SUPREME™

HERBAL EXTRACTS 3

SHAKTI PRANA & SPECIAL FORMULAS 3

HERBAL OILS 3

HERBAL GHEES 4

PRE-PACKAGED TEAS 4

NATURE’S FORMULARY 5

ORGANIC INDIA 5

VADIK HERBS 5

BANYAN BOTANICALS TABLETS, GUGGULUS, TINCTURES 6

CIRCLE OF HEALTH RASAYANAS 7

**BULK HERBS**

AYURVEDIC HERBS 8

PRE-PACKAGED HERBS & SPICES 8

WESTERN HERBS 9

CAPSULES FOR HERBS 9

**ATTARS & ESSENTIAL OILS, SKIN BALMS**

OILS 10

PUJA ITEMS 11

MALAS AND NECKBEADS 12

INCENSE 13

**PERSONAL CARE**

HIMALAYA USA 14

SARADA 14

AU NATUREL AYURVEDA 15

BODY SPLASH 15

HAIR OILS 15

LIP BALM 15

NETI POTS 15

PAIN BALMS 15

SHAMPOO AND CONDITIONER 15

SKIN MOISTURIZER 15

SOAP 15

TONGUE SCRAPERS AND TOOTHPASTE 15

VARIOUS PRODUCTS 15

**BOOKS**

BY VASANT LAD, MA.Sc 16

BY DR. ROBERT E. SVOBODA 18

BOOKS ON AYURVEDA 19

OTHER TEXTS 20

**CDS & VIDEOS**

FOOD 22

BEANS, LEGUMES AND RICE 24

GHEES 24

OTHER FOODS 24

AYURFOODS KHICHADIS 24

SWEETENERS 24

TEAS AND TEA STRainers 24

ORDER FORM 25

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AYURVEDA IS A SANSKRIT WORD THAT MEANS “THE SCIENCE OF LIFE.”

It is an ancient art of healing that has been practiced continuously throughout India for over 5,000 years. Ayurveda is probably the oldest authentically recorded healing science in existence today, incorporating many philosophical systems and the integration of body, mind, and consciousness. Ayurveda seeks to understand and correct imbalances and to restore the innate intelligence and harmony of the person. It gives us the insight to understand individual constitution and to create balance within and around us.

According to Ayurveda each person is unique, a combination of physical, mental and emotional characteristics which is his or her constitution. Many factors, both internal and external, can affect this constitution. Examples of some of these stresses are: one's emotional state, diet and daily food choices, seasons and weather, physical trauma, job and family relationships. Once we understand that these factors can cause an imbalance in our constitutions, we have a choice to take appropriate actions to nullify or minimize their effects, or eliminate the cause. Balance is the natural order; imbalance is disorder. Health is order; disease is disorder. Within the body there is a constant interaction between order and disorder. Once one understands the nature and structure of disorder, one can re-establish order.

Ayurveda identifies three basic types of energy or functional principles which are present in everybody and everything. There are no single words in English to describe these types of energy, so we use the Sanskrit words vata, pitta, and kapha. Energy is required to create movement of fluids and nutrients to the cells of the body, enabling it to function. There is also energy needed to metabolize the nutrients in the cells, and energy is needed to lubricate and maintain cellular structure. Vata is the energy of movement, pitta the energy of digestion and metabolism, and kapha the energy of lubrication and structure. All people have vata, pitta, and kapha but one is usually primary, one secondary, and the third least prominent. Disease in Ayurveda is viewed as the lack of proper cellular function because of an excess or deficiency of vata, pitta or kapha and/or the presence of toxins. In Ayurveda body, mind, and consciousness work together in maintaining balance. They are simply viewed as different facets of one’s being.
To learn how to balance body, mind, and consciousness requires an understanding of how vata, pitta, and kapha work together. In the physical body, *vata*, composed of *Space and Air*, is the subtle energy associated with movement. It governs breathing, blinking, muscle and tissue movement, pulsation of the heart, and all movements in the cytoplasm and cell membranes. In balance, vata promotes creativity and flexibility. Out of balance, vata produces fear and anxiety.

*pitta*, made up of *Fire and Water*, is represented by the body’s metabolic system. It governs digestion, absorption, assimilation, nutrition, metabolism, and body temperature. In balance, pitta promotes understanding and intelligence. Out of balance, pitta arouses anger, hate, and jealousy.

*kapha* is formed from *Earth and Water* and is the energy that forms the body’s structure – bones, muscles, tendons – and provides the “glue” that holds the cells together. Kapha supplies the water for all bodily parts and systems. It lubricates joints, moisturizes the skin, and maintains immunity. In balance, kapha is expressed as love, calmness and forgiveness. Out of balance, it leads to attachment, greed, and envy.

Life challenges us with many opportunities. Although there is much over which we have little control, we do have the power to decide about our diet and lifestyle. To maintain balance and health, it is important to pay attention to these decisions. Diet and lifestyle appropriate to individual constitution strengthen the body, mind, and consciousness.
SIDHA SOMA SUPREME™

Did you know that Vasant Lad, MASc, has a complete line of Ayurvedic healing products? They are formulated personally by him, following ancient Ayurvedic guidelines. These handcrafted products restore health and balance. Traditional uses are listed with each product.

HERBAL EXTRACTS

1 oz. dropper bottles

Ayurbiotic 1 fl.oz. $14.00
Helps maintain the vital energy of the body and supports a healthy immune system.

Coloklin 1 fl.oz. $14.00
Maintains the normal function of the colon.

Deep Love 1 fl.oz. $14.00
Supports emotional well being and promotes clarity and compassion in daily relationships.

Heparklin 1 fl.oz. $14.00
Supports liver function and promotes healthy aging.

Kardovite 1 fl.oz. $14.00
Promotes vital life energy and helps maintain healthy heart function.

Rebirthing Breath 1 fl.oz. $14.00
Promotes the system's ability to assimilate prana and supports proper function of the lungs and colon.

Sweet Memory 1 fl.oz. $14.00
Promotes clarity of perception, conscious capacity and learning ability.

SHAKTI PRANA & SPECIAL FORMULAS

Draksha 16 fl. oz. $23.00
Made according to Vasant Lad’s recipe, this herbal preparation is crafted with organic grape juice, organic raisins, and traditional Ayurvedic herbs and spices. A good all-around tonic, promoting digestion and assimilation.

Happy Tummy 11 oz. $14.00
Kindles agni, improving digestion. Enhances smooth elimination and makes the tummy happy. The best breath freshener.

Kumari Asava 16 fl. oz. $21.00
Made according to Vasant Lad’s recipe, this Ayurvedic herbal wine promotes vitality and the health of a woman’s reproductive system.

Shakti Prana 11 oz. $24.00
Shakti Prana contains all six tastes of Ayurveda: sweet, sour, salty, pungent, bitter and astringent. According to Ayurveda, it is important to have these six tastes daily. Based on ancient texts and formulated by Vasant Lad, Shakti Prana acts as a complete rejuvenative for all constitutional types.

Triphala 2.5 oz. $5.00 / 8 oz. $14.00 / 16 oz. $28.00
Helps to balance all three doshas, maintains regularity and supports proper function of the digestive tract. 100% organic.

HERBAL OILS

Sidha Soma Oil 1 fl.oz. $8.00
Helps keep nasal passages and sinuses clear. Maintains the proper function of prana, and ojas. Better for vata and kapha constitutions.

Super Nasya Oil 1 fl.oz. $14.00
For nasal application, good for all constitutions. May help to relieve occasional congestion, tension or tightness in the neck and clear the mind.

Ashwagandha Oil 4 fl.oz. $14.00
Balances all three doshas, is a nerve tonic and generally strengthens the nerves and muscles.

Bakuchi Oil 4 fl.oz. $14.00
Is a traditional, antibacterial and anti-viral formula that is used topically. It promotes natural color complexion and may normalize skin discolorations. It is also reputed to maintain the tone of the skin.

Bhringraj Oil 4 fl.oz. $14.00
Traditionally is massaged into the scalp and feet before bed. Its use is said to promote sound sleep and help to maintain healthy hair and bones. A good general massage oil for pitta, it can be diluted with sunflower oil.

Dashamula Oil 4 fl.oz. $14.00
The “ten roots” oil works on the ten important openings of the body. It pacifies vata and rejuvenates all bodily tissues.

MahaGanesh Oil 4 fl.oz. $14.00
Used topically, is said to give strength to weak muscles and joints. It relieves stress and fatigue in tissues, and may slow the aging process. Works best for vata and kapha. It can be diluted with sesame oil for overall body massage.

Neem Oil 4 fl.oz. $14.00
A good skin tonic, it pacifies high pitta and cools the system when applied topically. For use as a general massage oil, dilute with sunflower oil.

Nirgundi Oil 4 fl.oz. $14.00
A mild topical analgesic, this pacifies vata, relaxes the muscles and helps to induce natural sleep.

Prices and availability are subject to change without notice.
HERBAL GHEES

Ashwagandha Ghee 9 fl. oz. $14.00
Can be used internally and externally. Traditionally used for promoting ojas, prana, vigor, vitality and male virility. Good for calming vata and can be considered tridoshic in moderation. Supports the dhatus and maintains cellular integrity throughout the aging process.

Brahmi Ghee 1 fl. oz. $8.00
Good for lubricating nasal passages, brahmi is said to calm and cool the mind.

Shatavari Ghee 9 fl. oz. $14.00
Especially good to calm pitta and, according to Ayurvedic texts, is used to support and nourish the reproductive system. It can be taken internally or used externally. Shatavari Ghee is tridoshic but may increase kapha or ama with excessive use.

Tikta Ghrita 9 fl. oz. $16.00
Can be used internally or externally. It is bitter, so it may increase vata. Supports healthy liver function and maintains the health of deep tissues. Tikta ghee protects ojas. It is best for pitta or kapha.

Triphala Ghee 9 fl. oz. $14.00
Can be used internally or externally. Ayurvedic tradition says it promotes ojas, supports immunity, agni (digestive fire), all seven dhatus and is generally tridoshic.

PRE-PACKAGED HERBAL TEAS

Formulated by Vasant Lad, MASc, these specialized teas support wellness in many areas of health.

Agni Churna 2.5 oz. $6.50
This formula supports gastric fire, promotes appetite, digestion, absorption and assimilation, and helps to naturally detoxify the digestive tract. Balancing for all three doshas.

Awareness Tea 2.5 oz. $6.50
Promotes mental clarity, concentration and learning.

Brain Tonic 2.5 oz. $6.50
Promotes memory, intelligence and healthy brain activity. Reduces everyday mental fatigue and inability to concentrate.

Cumin, Coriander, Fennel Tea 4 oz. $6.00
Helps maintain healthy digestion, absorption, assimilation and elimination. Good for all three doshas and suitable for all ages.

Dashamula Root Mix for basti 2 oz. $5.00

Enlightenment Tea 2.5 oz. $6.50
Supports healthy function of the subtle and mental bodies, chakra function and promotes the unfolding of inner light.

Get Well Tea 2.5 oz. $6.50
Supports a healthy immune response and the system’s ability to burn and eliminate toxins in circulation.

Good Night Sleep Tea 2.5 oz. $6.50
Promotes muscle relaxation and deep, sound sleep.

Guru Tea 2.5 oz. $6.50
Promotes spiritual awakening and discipline, and supports the sattva quality in the mind.

Kundalini Tea 2.5 oz. $6.50
Supports the awakening of kundalini and the inner spiritual journey to attain enlightenment, while pacifying the indicated dosha. Specify for vata, pitta or kapha.

Medhya Rasayana Intelligence Promoter 2.5 oz. $6.50
Promotes cellular nourishment, intelligence, comprehension, understanding and appreciation.

Prime Youth/Cleansing Tea 2.5 oz. $6.50
Maintains youthfulness and supports the growth and development of healthy tissues, as well as tone, power and coordination.

Shad Ras 6 tastes 2.5 oz. $6.50
Promotes a happy and healthy life. Contains all six tastes: sweet, sour, salty, pungent, bitter and astringent. Supports healthy food choices.

Tranquility Tea 2.5 oz. $6.50
Promotes true inner tranquility and helps to relieve everyday stress and frustration.

Prices and availability are subject to change without notice.
**NATURE’S FORMULARY**

**VEGETARIAN CAPSULES**

60 per bottle

- **Arjuna** $20.00 For cardiac function.
- **Boswellia** $19.00 For joint function.
- **Guggulu** $21.00 For fat metabolism.
- **Gymnema** $19.00 For sugar metabolism.
- **Phyllanthus** $17.00 For liver function.
- **Picrorrhiza** $19.00 For liver function.
- **Shankhpushpi** $20.00 Anxiousness and mood support

**Chyavanprash** 1.1 lbs. $22.00

A traditional Indian rejuvenative that nourishes and strengthens the body. It contains amla, a fruit high in vitamin C, and a rich source of anti-oxidants. Chyavanprash is not for use by pregnant or nursing mothers nor is it suitable for individuals with diabetes.

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**ORGANIC INDIA**

Completely organic Ayurvedic herbs and formulas.

**VEGETARIAN CAPSULES**

90 per bottle

- **Ashwagandha** 400 mg. $25.00
  Provides nutritional support to energize and rejuvenate.
- **Bowel Care Formula** 750 mg. $25.00
  Excellent for normalizing and promoting digestive and gastrointestinal function.
- **Complete Flexibility** 325 mg. $25.00
  Joint formula offers anti-inflammatory and analgesic actions.
- **Brahmi – Gotu Kola** 400 mg. $21.00
  Energy and memory support. Enhances physical, mental, and emotional clarity.
- **Joy!** 300 mg. $25.00
  Uplifts mood, boosts energy. Reduces tension and stress.
- **Liver Kidney** 325 mg. $25.00
  Nourishes and supports the liver and kidneys. Reduces toxicity and protects the body from stress.

- **Memory** 300 mg. $25.00
  Helps improve mental clarity and focused attention. Supports and nourishes the brain.
- **Neem** 325 mg. $21.00
  Ayurvedic herbal anti-microbial purifies the body – excellent for inflammatory skin conditions.
- **Shatavari** 800 mg. $21.90
  Gentle support to tone and strengthen the body, especially the reproductive system.
- **Triphala Formula** 480 mg. $20.00
  Digestive and colon support aids in nutritional assimilation.
- **Tulsi – Holy Basil** 500 mg. $25.00
  Supports strength and stamina. Promotes immunity and stress resilience.
- **Turmeric Formula** 500 mg. $29.00
  Ayurvedic Purifying Formula. Used for it’s anti-oxidant, anti-inflammatory and skin beautifying properties.

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**VADIK HERBS**

Unique potions based on ancient Ayurvedic techniques deliver the properties of the herbs directly into the blood stream, enabling their benefits to be felt more quickly.

**LIQUID HERBAL PREPARATIONS**

- **Energy Tonic** 16 fl.oz. $25.00
  Mind/body tonic (Ashwagandharishta).
- **Heart Tonic** 16 fl.oz. $25.00
  Heart tonic and rejuvenator.
- **Kumari Asava** 16 fl.oz. $25.00
  Female revitalizer.
- **Liver Tonic** 16 fl.oz. $25.00
  Liver cleanser and rejuvenator.
- **Surakta** 16 fl.oz. $25.00
  Blood purifier.

Prices and availability are subject to change without notice.
BANYAN BOTANICALS

Traditional Ayurvedic herbs and formulas made from the highest quality ingredients and completely vegetarian.

**HERBAL TABLETS**

90 per bottle, 500 mg. each

**Amalaki** $17.00
Detoxifying and rejuvenating for pitta types.

**Ashwagandha** $19.00
Rejuvenative for vata and kapha types; promotes vitality and strength. Certified organic.

**Blood Cleanse** $19.00
Detoxification and support for healthy blood and skin.

**Everyday Greens** 190 tablets $28.00
Whole food source of vitamins, minerals, and antioxidants.

**Haritaki** $17.00
Detoxifying and rejuvenating for vata types.

**Healthy Hair** $19.00
Promotes healthy, lustrous hair growth.

**Healthy Kapha** $19.00
Restores and maintains balanced kapha.

**Healthy Pitta** $19.00
Restores and maintains balanced pitta.

**Healthy Skin** $19.00
Supports healthy, radiant skin from within.

**Healthy Vata** $19.00
Restores and maintains balanced vata.

**Heart Formula** $19.00
Supports proper function of the heart.

**Immune Support** $19.00
Promotes health and supports proper function of the immune system.

**I Sleep Soundly** $19.00
Promotes sound, restful sleep.

**Joint Support** $19.00
Maintains healthy function of the joints and muscles.

**Kapha Digest** $19.00
Appetite and digestive stimulant.

**Kidney Formula** $19.00
Supports proper function of kidneys and adrenals.

**Liver Formula** $19.00
Supports proper function of the liver.

**Lung Formula** $19.00
Supports proper function of the lungs.

**Men’s Support** $19.00
Promotes vitality, strength and proper function of the male reproductive system.

**Mental Clarity** $19.00
Promotes memory and intelligence.

**Neem** $18.00
Detoxification for pitta and kapha; supports healthy skin.

**Para Cleanse** $19.00
Maintains a healthy digestive environment.

**Pitta Digest** $19.00
Digestion formula for pitta types.

**Shatavari** $19.00
Rejuvenative for vata and pitta; promotes vitality and strength.

**Stress Ease** $19.00
Balancing formula for coping with stress and fatigue.

**Sweet Ease** $19.00
Reduces kapha and promotes healthy blood glucose levels.

**Translil Mind** $19.00
Promotes relaxation and sleep.

**Trim Support** $19.00
Supports proper metabolic function and weight management.

**Triphala** $16.00
A balancing formula for detoxification and rejuvenation.

**Turmeric** $19.00
Boost immunity and brain function.

**Vata Digest** $19.00
Digestion formula for vata types.

**Women’s Support** $19.00
Promotes vitality, strength and proper function of the female reproductive system.

**Chyavanprash** $20.00
Promotes rejuvenation and proper function of the immune system. This tridoshic formula stimulates metabolism and enkindles the digestive fire without aggravating pitta. It balances vata and kapha while strengthening the body against the effects of a stressful lifestyle.

**GUGGULUS**

90 per bottle, 250 - 350 mg. each

**Gokshuradi Guggulu** $23.00
Supports proper function of the genito-urinary tract.

**Kaishore Guggulu** $23.00
Reduces pitta inflammations in the joints and muscles.

**Kanchanar Guggulu** $23.00
Reduces kapha accumulation in the tissues.

**Punarnavadi Guggulu** $23.00
Reduces kapha swelling and pitta inflammations.

**Shilajit** $23.00
Promotes detoxification and rejuvenation.

**Simhanad Guggulu** $23.00
Detoxification and rejuvenation for joints.

**Triphala Guggulu** $23.00
Detoxification and rejuvenation support for metabolic function.

**Yogaraj Guggulu** $23.00
Reduces vata in the joints, nerves and muscles.

**HERBAL TINCTURES**

**Ginger**
Supports overall health, wellness and comfort. 1 oz. $12.00

**I Travel Well**
Supports the body’s natural ability to adapt to the stresses of travel including changes in time zone. 1 oz. $12.00

**Kutki**
Supports proper function of the liver and immune system. 1 oz. $12.00

**Neem**
Detoxification for pitta and kapha. 1 oz. $12.00

**Triphala**
Balancing formula for detoxification & rejuvenation. 1 oz. $12.00

**Turmeric**
Supports digestion and overall health and well-being. 1 oz. $11.95

Prices and availability are subject to change without notice.
CIRCLE OF HEALTH

Traditional handmade rasayanas formulated to bring the five elements back into balance. These rasayanas restore your youthful state of physical and mental health and expand your state of happiness. Each rasayana has 100,000 milligrams of rare and unique herbs in a complex formula that is preserved in pure ghee, raw honey and brown rice syrup.

Anti-stress Pitta/Brahmi (Prash) Rasayana
300 gm. / 9.6 oz. $30.00
Pitta or fire balancing tonic. Supports the nervous system, maintains awareness, creativity, happiness, mental health, pranic energy, tranquility, concentration, memory and healthy emotions.

Joint Support/Guggulu Rasayana
300 gm. / 9.6 oz. $30.00
Vata or Air balancing tonic. Promotes circulation, metabolism, digestion, immunity and a healthy nervous system.

Blood Support/Manjishta Rasayana
300 gm. / 9.6 oz. $30.00
Pitta and Kapha balancing tonic. Helps support and maintain healthy blood.

Pancreas Support/Shilajit (Churna) Rasayana
100 gm. $30.00
Kapha or earth balancing tonic. Helps to maintain healthy blood sugar levels, digestion and metabolism. In powder form with no honey or sugar.

Blood Pressure Support/Rashona Rasayana
300 gm. / 9.6 oz. $30.00
Vata and Pitta balancing tonic. Promotes healthy heart function. Reduces everyday stress and tension, promotes sound sleep, a healthy nervous system and the blood.

Immune Support/Guduchi Rasayana
300 gm. / 9.6 oz. $30.00
For all body types. Supports the immune system, healthy blood, circulation and the absorption of nutrients.

Liver and Spleen/Neem (Prash) Rasayana
300 gm. / 9.6 oz. $30.00
Pitta or Fire balancing tonic. Supports healthy liver and spleen function.

Male-Repro/Kapikachu (Prash) Rasayana
300 gm. / 9.6 oz. $30.00
Vata or air balancing tonic. Helps invigorate and strengthen the body. Promotes a healthy reproductive system.

Physical Rejuv (Pitta)/Chyavan Prash
300 gm. / 9.6 oz. $30.00
A tridoshic formula to maintain all around health and vitality. Supports a healthy immune system, metabolic function and the respiratory system.

Physical Rejuv (Vata)/Ashwagandha Rasayana
300 gm. / 9.6 oz. $30.00
Vata or air balancing tonic. Promotes strength and endurance. A traditional male rejuvenative.

Weight Support/Somalata Rasayana
300 gm. / 9.6 oz. $30.00
Kapha or earth balancing tonic. Helps to maintain proper body weight.

Female Support/Shatavari Prash Rasayana
300 gm. / 9.6 oz. $30.00
Good for all body types. Supports proper function of the female reproductive system. A traditional female rejuvenative.

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The Ayurvedic Institute carries traditional Ayurvedic and Western herbs. Our herbs are organic, when available, and always of the highest quality. Most herbs may be purchased in bulk quantities, subject to stock. Some herbs are available in limited quantities only. On quantities of 8 to 16 oz. there is a bulk discount of $.25 less per ounce. We limit sales to a maximum of 16 oz. as we are not a wholesaler.

### Ayurvedic Herbs

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<td>Dashamula</td>
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<td>Guduchi</td>
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<td>Punarnava</td>
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<td>Boerhaavia diffusa</td>
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<tr>
<td>Pushkaramula</td>
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<td>Inula racemosa</td>
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### Pre-Packaged Herbs and Spices

- **Amalaki**: 2.5 oz. $5.00
- **Ajwain**: 3 oz. $12.00
- **Bhumyamalaki**: 2.5 oz. $5.00
- **Cardamom pods organic**: 1.5 oz. $6.00
- **Ginger root organic, crystallized**: 4 oz. $5.20
- **Hing, wheat-free, asafoetida compound**: 1 oz. $3.75
- **Mustard Seed brown, organic**: 3 oz. $3.00
- **Saffron Spanish**: 1 gm. $12.50
- **Salt natural mineral, domestic**: 10 oz. $5.15 / 26 oz. $9.15
- **Sat Isabgol psyllium husk**: 3 oz. $3.75

Prices and availability are subject to change without notice.
<table>
<thead>
<tr>
<th>Common</th>
<th>Sanskrit</th>
<th>Botanical</th>
<th>Form</th>
<th>Source</th>
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<td>Sat Isabgol</td>
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<td>Shankpushpi</td>
<td>Dankuni plant</td>
<td>Evolvulus alsinodes</td>
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<td>Asparagus Root</td>
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<td>Tagra</td>
<td>Indian Valerian</td>
<td>Valeriana wallichii</td>
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<td>Tulsi (Tulasi) purple</td>
<td>Basil, Opal</td>
<td>Ocimum basilicum</td>
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<tr>
<td>Tulsi (Tulasi) purple</td>
<td>Basil, Opal</td>
<td>Ocimum basilicum</td>
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<td>Vidari</td>
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</table>

**COMMON HERBS**

- Arrow Root: Tavakhrir
- Cardamom: Elettaria cardamomum
- Chamomile: Matricaria recutita
- Cinnamon: Cinnamomum zeylanicum
- Cinnamon chips: Cinnamomum zeylanicum
- Citric Acid: Nimbu
- Clove: Lavanga
- Coriander: Dhanyaka
- Cumin: Jiraka
- Dandelion Root: Dugdhapheni
- Echinacea: Echinacea angustifolia
- Fennel: Shatapushpa
- Fenugreek: Mehti
- Ginger dry: Shunthi
- Ginkgo: Ginkgo biloba
- Gotu Kola: Centella asiatica
- Hawthorn Berry: Ban-sangli
- Hibiscus: Japa
- Lemon Grass: Bhusrinda
- Licorice Root: Yastli Madhu
- Mustard Seed brown: Brassica juncea
- Myrrh: Bola
- Nutmeg: Jetiphala
- Passion Flower: Krishna Kamala
- Pepper black: Marich
- Peppermint: Gamathi Phudina
- Rose Petals: Taruni Shatapatri
- Senna: Sonamukhi
- Skullcap: Scutellaria lateriflora
- Slippery Elm: Ulmus fulva
- Turmeric: Haridra
- Valerian: Valeriana officinalis

**WESTERN HERBS**

<table>
<thead>
<tr>
<th>Capsules for Herbs</th>
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<tr>
<td>Veggie Caps</td>
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<tr>
<td>size “0” 100 ct. $6.40</td>
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<tr>
<td>size “0” 500 ct. $21.65</td>
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</table>

**The Capsule Machine**

For filling size “0” capsules with powdered herbs and vitamins. $20.75
ESSENTIAL OILS AND ATTARS

Essential oils are highly concentrated, complex chemicals extracted from whole plant matter. Attars are extracted through distillation and blended in a base of sandalwood essential oil.

ATTARS

1 dram vials

Hina Oil $11.00
A warming, relaxing scent known for sharpening psychic abilities and bringing clarity of mind. Nourishes heart energy and devotion. In small amounts, balancing to all three doshas.

Jasmine Oil $15.50
Sweet, cooling and moisturizing, jasmine nourishes the tissues, strengthens nervous system, and acts as an emmenagogue and aphrodisiac. Has antibacterial and antidepressant qualities. Tridoshic, increases kapha long term.

Khus Oil Vetiver $11.50
Calm the solar plexus and purifies the mind, blood and skin. It improves concentration and is a woman’s hormone balancer. It is grounding, strengthening, tonic and regenerating. With antiseptic qualities, it is a relaxant and aphrodisiac. Cooling, khus soothes vata and pitta; elevates kapha.

Neroli $19.00
Benefits the lungs and heart, acting as a sedative and tonic for the nervous system. Helps with anxiety and depression resulting from stress. Rejuvenating on the skin, it is also considered a female reproductive tonic.

Rose Oil $38.50
Promotes love and ojas. Cooling and astringent, rose acts as a nervine, cell regenerator and antidepressant. Very fragrant and tridoshic.

ESSENTIAL OILS

1 dram vials unless noted

Eucalyptus $10.00
A pungent and cooling oil, it is externally cooling and heating internally. Acts as a decongestant and is diaphoretic and a bronchodilator.

Jatamansi Oil $15.00
Soothing, cooling and clearing to the nervous system, a sedative, expectorant and demulcent. Tridoshic, but will elevate vata and kapha long term.

Lavender $9.00
Sweet, astringent, and cooling, lavender benefits the lungs and mind. It helps to calm the mind and is uplifting.

Patchouli $11.75
With sweet, astringent, and cooling properties, this oil can be a mild aphrodisiac and memory stimulant while being grounding. It is antidepressant, antibacterial and calming to the brain, heart, and mind.

Sandalwood Oil $39.00
Improves concentration and meditation; is cooling, antibacterial, and diuretic. Properties include being a nervine, sedative, antispasmodic and tissue regenerative. Promotes ojas. Benefits vata and pitta and is neutral for kapha.

Tulsi Oil $11.50
The favorite of Krishna and Lakshmi, tulsi purifies the mind, body and spirit. Good for the complexion, circulation, metabolism and heart. Acts as a nervine, antispasmodic and febrifuge. Good for vata and kapha, elevates pitta long term.

BANYAN BOTANICALS SKIN BALMS

Beauty Balm 4 oz. $22.00
Firms and rejuvenates the tissues.

Breast Care Balm 4 oz. $20.00
Massage aid for regular breast care.

Joint Balm 4 oz. $20.00
Relief for stiff and aching joints.

Soothing Skin Balm 4 oz. $20.00
Relief for irritated and inflamed skin.

Trim Balm 4 oz. $22.00
Tones the tissues and supports weight management.

Prices and availability are subject to change without notice.
OILS

There may be an extra shipping charge.

**Castor Oil** 4 fl.oz. $5.70/8 fl.oz. $7.00
Traditionally taken internally as a purgative, or used externally alone or as a compress. It is used topically in cases of local high pitta, ama and rashes. Food grade, cold pressed. Made by Heritage Brand.

**Coconut Oil** pint $8.25
Pure, refined, organic, food grade, glass container.

**Sesame Oil**
pint $5.00/quart $16.00/½ gallon $26.00
Organic, for internal or external use. It has a penetrating action making it useful for abhyanga (daily body massage). Internally it is heating which may increase pitta and heavy which could increase kapha. However, these qualities make it a beneficial oil for vata. Food grade, cold pressed.

**Sunflower Oil**
pint $8.00/quart $12.00/½ gallon $21.00
For internal or external use. Its light and cool qualities are good for pitta and kapha. It may be aggravating for vata types. Organic.

**Kapha Massage Oil**
pint $20.50/quart $31.75/½ gallon $55.00
Balancing for kapha types, this herbalized oil is in a sesame and almond oil base. A. Muzda Enterprises.

**Pitta Massage Oil**
pint $20.50/quart $31.75/½ gallon $55.00
Balancing for pitta types, this herbalized oil is in a sunflower, sesame and coconut oil base. A. Muzda Enterprises.

**Vata Massage Oil**
pint $20.50/quart $31.75/½ gallon $55.00
Balancing for vata types, this herbalized oil is in a sesame and almond oil base. A. Muzda Enterprises.

**Mahanarayan Oil** 4 fl.oz. $11.00 /pint $24.25
A traditional Ayurvedic herbal oil, similar to MahaGanesh oil, but more heating. Good topically for joint pain. Sesame oil base. A. Muzda Enterprises.

For more information on Agni Hotra, see “Agnihotra: Havan on Earth” on page 20.

PUJA ITEMS

For use in Vedic rituals.

**Betel Nuts** 2 per bag $1.75

**Cow Dung** 2 oz. $2.00

COPPER ITEMS

**Copper 2-Part Stand** $22.00
Pure copper stand, for agni hotra (fire ceremony), puja, homa, etc. Used to hold the pyramid to protect whatever the pyramid is sitting on and stability.

**Copper 7.5” Small Bowl Spoon** $9.00
Small copper spoon used with copper pyramid.

**Copper 9” Large Bowl Spoon** $12.00
Larger copper spoon used with copper pyramid.

**Copper Fitted Cover** $23.00
Pure copper fitted cover for top of pyramid, for agni hotra (fire ceremony), puja, homa, etc.

**Copper Offering Dish** $11.40
Pure copper offering dish, for agni hotra (fire ceremony), puja, homa, etc. Used to hold the offering supplies for the ceremony.

**Copper Pyramid** $55.00
Pure copper pyramid for agni hotra, puja, homa, etc. The main vessel for fire ceremony. Set on 2 part stand for better stability.

**Copper Tongs** $15.00
Copper tongs used with copper pyramid.
MALAS AND NECKBEADS

Malas are necklaces of various materials used for mantra recitation, prayer and other devotional practices. They are also worn for the beneficial effects of their materials—seeds, wood beads, gemstones or other special materials. All malas are knotted (vs. strung), have a tassel, and usually have 108 beads. Please check for availability before ordering.

**Crystal mala, $44.00**
Clear, good for all doshas.

**Om Namah Shivaya Bracelet $14.00**
Engraved with “Om Namah Shivaya” mantra, it is balancing to the system.

**Lotus Seed mala, 54 beads $14.00/27 beads $10.00**
Lotus seed is sacred, cooling and is believed to promote spiritual and material prosperity.

**Rose Quartz mala, $44.00**
Pink. Stimulates love and opens the heart chakra.

**Rosewood neck beads, short $8.00**
**mala, medium $20.00**
**mala, large $24.00**
Heating and improves circulation, red rosewood can strengthen the aura of an individual and protect from negative energy.

**Rudraksha mala, medium $40.00**
When Shiva first came out of deep meditation, it is said that a few tears dropped on the earth from his loving eyes and trees grew from those tears. Rudraksha seeds are from these trees. They open the heart chakra and are good for meditation and protection. Traditionally, the smaller the rudraksha bead, the better its quality.

**Sandalwood neck beads $14.00**
**mala, medium, smooth beads $40.00**
**mala, large, smooth beads $80.00**
Very calming and cooling, it soothes pitta dosha. Sandalwood is said to attract positive subtle vibrations. It brings clear perception and can be used in worshiping any deity. Very fragrant.

**Tulsi short neck beads, black or natural $4.00**
**long neck beads, black or natural $4.00**
Krishna loves tulsi. Prepared from the stems of the tulsi (holy basil) plant, it is a medicinal plant and helps to balance vata and kapha. Tulsi helps to improve devotion and love in the heart.

**Vaijayanti mala, white vaijayanti $14.00/mala, vaijayanti and crystal $30.00**
Lord Vishnu and Krishna love this mala. Vaijayanti means that which brings victory. It is very balancing for all doshas.

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**The Ayurvedic Institute**

Areca (betel) nuts, seed of areca palm (*Areca catechu*)

Prices and availability are subject to change without notice.
INCENSE

Shoyeido 14 gms. $3.25
Amethyst (Balance), Diamond (power), Ruby (strength), Emerald (awareness) or Sapphire (devotion), with ceramic holder

Nippon Kodo 50 sticks, $3.75
Aqua, Lavender, White Plum with ceramic holder

Amber Kasturi Superior 20 gm. $1.50
Clove, SAC 10 cones $1.00
Daigen-Koh Japanese rosewood 24 gm. $3.00
Nag Champa 40 gm. $4.50

Padmini Dhoop $0.65 superfine, small box
Primo Yellow Rose 25 gm. $5.75
Pure Sandalwood 50 gm. $4.00
Sai Flora 25 gm. $2.50
Shivranjani 10 gm. $1.75
Sugandha Shringar $1.75

The Mother’s India Fragrances 12 sticks, $2.50
Buddha, Ganesh, Lakshmi, Om

Triple Amber Supreme 30 gm. $3.00
White Sandalwood 50 gm. $2.50
Copal Resin, White 1 oz. $1.50
Frankincense Resin 1 oz. $2.00
Myrrh Resin 1 oz. $1.25

Wood Incense Burners $1.00 ea.

Prices and availability are subject to change without notice.
Neem & Turmeric Face Wash 5.07 fl. oz./150 ml $9.00
Beyond gentle cleansing, this award winning favorite is designed to even out skin, minimize pore size and clear away impurities with a luxurious soap-free lather. This time-tested combination of organic neem and turmeric purifies and resurfaces your skin leaving it clean, pure, silky-smooth and radiant. For normal to oily skin.

Purifying Neem & Turmeric Handcrafted Cleansing Bar 4.41 oz./125 g $5.00
Handcrafted using pure certified organic herbs with saponified organic oils serving as a natural soap base. Neem, a time-honored botanical used for thousands of years to detoxify the body, and turmeric, well-known for its antioxidant properties, promote healthy, glowing skin.

Refreshing Lavender & Rosemary Handcrafted Cleansing Bar 4.41 oz./125 g $5.00
Handcrafted using pure certified organic herbs with saponified organic oils serving as a natural soap base. Leaves your body fresh and rejuvenated without dryness.

Neem & Pomegranate Toothpaste 2.29 oz./150 g $5.50
Flouride and saccharin free with a fresh, minty taste! Dependable time tested ingredients like neem, triphala and pomegranate clean your teeth and promote healthy gums. Neem, twigs were used traditionally to clean teeth. Pomegranate helps promote healthy gums. Triphala has mouth freshening and astringent properties.

Intensive Moisturizing FootCare Cream 3.53 oz./100 g $10.00
An extra rich hydrating cream for all skin types. Ingredients include soliga forest honey, patchouli, coriander, beeswax and linseed, it helps combat rough, cracked heels and dry skin. This unique nourishing, non-greasy formula absorbs quickly and enhances the ability of your skin to draw in and retain moisture.

SARADA

Day and Night Oil 1 oz. $23.00
Beauty Oil of Ancient India. Traditionally prepared over a period of 45 days with herbs known for their life-giving properties to facial skin. Nourishes and revitalizes skin cells and tissue, evens and improves skin tone, prevents early formation of wrinkles. Use 4-6 drops on clean face twice daily to moisturize and maintain youthful elasticity. Non-greasy, easily absorbed and effective for normal or problem skin.

Face Wash 50 gms. $22.00
Use daily to keep your skin clean, soft, and healthy. Formulated and prepared with a special blend of clays and Ayurvedic herbs known in India for their antiseptic properties, Face Wash eliminates the need for soap or other facial cleansers. Gentle on all types of skin.

Clarifying Mask 50 gms. $18.50
A unique formulation of minerals and herbs, known in India for their powerful antiseptic and antifungal properties, effective in the treatment of pimples, blackheads and eruptions of the skin for adults and children over 12. Calms irritated skin without drying or redness. Smooths and softens.

Pregnancy Body & Massage Oil 8 oz. $21.75
Contains the highest quality organic, anti-oxidant, nutritive and nourishing botanical and base oils to help support healthy skin, prevent stretch marks and bring a sense of well being. Apply to the whole body after bath or anytime throughout the day with gentle strokes after the first trimester through postpartum.

Sarada’s Love Ayurvedic Baby Massage Oil 8 oz. $14.25
Welcome your new baby with loving massage to bestow and enhance bonding, security, protection and the special benefits that come from touch. Your baby will reap the positive aspects of oil massage to assist in healthy growth, calmness, and strength. Baby Massage Oils are also beneficial to adults! Apply on feet and lower legs before bedtime to calm or apply to the whole body anytime.

Scar Healing Oil 2 oz. $21.25
Contains the finest botanical ingredients known for centuries to enhance the body’s natural power to heal. Useful for scars resulting from injuries, surgeries, wounds, and stretch marks.

Sochi Ayurvedic Nourishing Oil 8 oz. $20.50
Sochi offers the natural effulgence of ancient flowers, herbs, and oils in an exquisite daily herbal body oil that gives nourishing, moisturizing and healing benefits throughout the entire day.

Tigress Healing Oil 2 oz. $22.00
The Maha (Great) of traditional Ayurvedic soothing and strengthening oils. Excellent relief for acute trauma and chronic conditions.

Tridoshic Body & Massage Oil 4 oz. $14.00
Traditionally prepared with organic base oils and over 45 organic sustainable herbs to nourish and promote radiant skin and optimal well-being. Tridoshic Shakti enhances vibrancy and rejuvenates with Nature’s botanicals, essential fatty acids, and anti-oxidants. Apply after bath or anytime throughout the day.

Tridoshic Shakti Body & Massage Oil 8 oz. $20.00
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AU NATUREL AYURVEDA – SATVIK PRODUCT LINE

Ashwagandha Gentle Face Cleanser 5.07 oz. $20.00
Cleanses skin of impurities and pollutants, very gently. Revitalizes, rejuvenates, and nourishes the skin.

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Satvik Revitalizing Hair Conditioner 8.07 oz. $20.00
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all natural for everyday, fine or dry hair

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Margo Neem 3.25 oz. $1.75

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cardamom-fennel is mint-free with no sodium lauryl sulfate.

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Wool Flannel 12” x 27” $12.20
For application of oils and ointments

Prices and availability are subject to change without notice.
With more than 40 years as a physician, educator and author, Vasant Lad brings a wealth of classroom and practical experience to the United States. A native of India, he served for three years as Medical Director of the Ayurveda Hospital in Pune, India. He was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine for 15 years. He holds a Bachelor’s of Ayurvedic Medicine and Surgery (BAM&S) degree from the University of Pune and a Master’s of Ayurvedic Science (MASc) degree from Tilak Ayurved Mahavidyalaya. Vasant Lad’s academic and practical training include the study of Allopathy (Western medicine) and surgery as well as traditional Ayurveda.

Beginning in 1979, he has traveled throughout the United States sharing his knowledge of Ayurveda. In 1984 he came to Albuquerque as Director, principal instructor and founder of The Ayurvedic Institute. Respected throughout the world for his knowledge of Ayurveda, Vasant Lad is the author of 11 books on Ayurveda as well as hundreds of articles and other writings. With more than 500,000 copies of his books in print in the US, his work has been translated into more than 20 languages.
BY VASANT LAD, BAM&S, MASc

Ayurveda: The Science of Self-Healing
175 pp. $10.95 Vasant Lad, B.A.M.&S., M.A.Sc.
Vasant Lad’s best-selling book clearly explains the history, principles and practical applications of Ayurveda. Many beautiful illustrations, diagrams and charts accompany the text. Vasant Lad is a practicing Ayurvedic physician in India and director of The Ayurvedic Institute in Albuquerque.

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Paperback 256 pp. $15.00 Usha and Dr. Vasant Lad
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Ayurvedic Perspectives on Selected Pathologies, 2nd Ed.
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Vasant Lad, M.A.Sc. & Anisha Durve, Dipl. Ac., A.P.
The first book of its kind to systematically present the 117 marmani according to their individual energetics and compare them with the Chinese system of acupuncture points. Marma therapy integrates vital knowledge of the energy points with specific techniques of Ayurvedic massage, detoxification, acupressure, aromatherapy, yoga practices, meditation and more.

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30 cards $30.00 Dr. Vasant Lad, M.A.Sc.
Based on Dr. Lad’s more than 40 years’ Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full color card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study. 305 x 7.5” cards

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<tr>
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<th>Pages</th>
<th>Price</th>
<th>Author</th>
<th>Description</th>
</tr>
</thead>
<tbody>
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