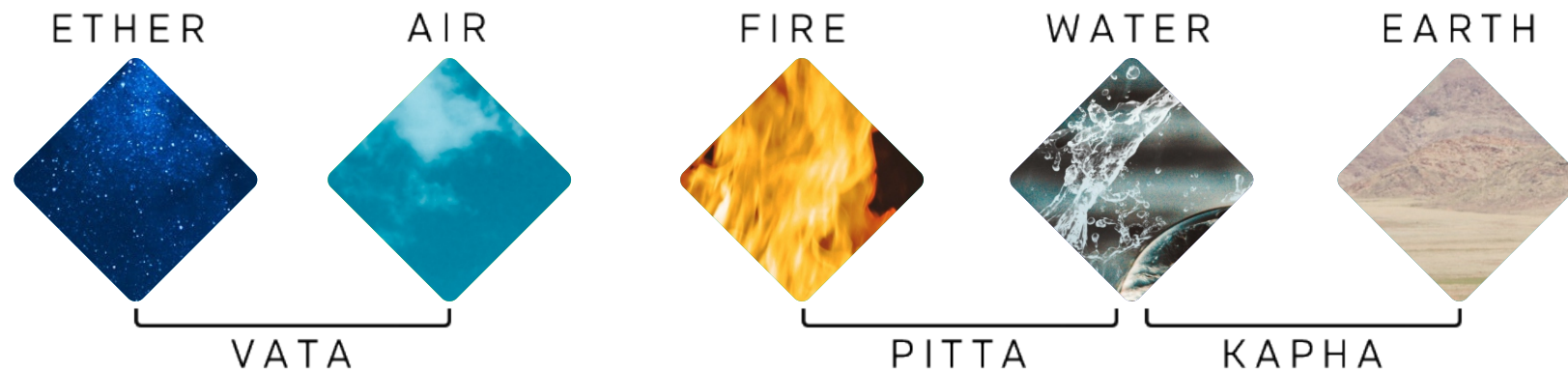


Outstanding Products  
From  
J-AMADA REMEDIES!



product catalogue



## Understanding Ayurveda

# The Science of Daily Life

Ayurveda is the ancient Indian healing system and life science. It is both a science and an art as it contains wisdom about how to thrive as a psychological, emotional and spiritual being as well as knowledge about body functions and disease processes. Ayurveda explores life in all its layers and pays more attention to an organism's energies and their functions than to the structures which contain them. It concerns itself less with quantity of life than with life's quality, and with those qualities in our environments and ourselves that promote an individual's state of health or ill health on every level of existence. Ancient Ayurveda, with its understanding of life and consciousness, does not appear archaic or obsolete but a key to the medicine of the future. In the modern developed world, our problems are mainly psychological. We have adequate food, clothing and shelter which prevents us from getting most physical diseases. Yet, though most of us have no major physical problems, we still suffer from psychological unrest. This unrest may manifest as feelings of loneliness, not being loved or appreciated, anger, stress, or anxiety. It can lead to the weakening of our physical energy and prevent us from doing what we really want to do. Our very way of life breeds unhappiness. We have an active and turbulent culture in which there is little peace or contentment. We have disturbed the organic roots of life, which are good food, water and air, and a happy family life. We live in an artificial world dominated by an urban landscape and mass media, in which there is little to nourish the soul. We ever desire new things and are seldom content with what we have. We run from one stimulation to another, rarely observing the process of our lives that is really leading nowhere. Our lives are patterns of accumulation in which we are never still or at rest. Modern medicine is more a quick fix to keep us going in our wrong. We take a quick pill hoping that our problem will go away, not recognizing that it may only be a symptom of a life out of balance, like a warning light that we had better heed.

Ayurveda, on the other hand, teaches harmony with Nature, simplicity and contentment as keys to well-being. It shows us how to live in a state of balance in which fulfilment is a matter of being, not becoming. It connects us with the wellsprings of creativity and happiness within our own consciousness, so that we can permanently overcome our psychological problems. Ayurveda provides a real solution to our health problems, which is to return to oneness with both the universe and the Divine within. This requires changing how we live, think and perceive.

## The Biological Humors of Vata, Pitta and Kapha (Prakriti)

If we look at the different people in the world around us, we observe that all of us are not simply alike. The standard or average person is a statistical abstraction who does not really exist. Each one of us is different in many ways, both physically and mentally. Each person possesses a unique constitution different from that of any other person. The shapes and sizes, temperaments and characters of people have enormous variations that must affect our health and happiness. We must understand our own nature for our own happiness and well-being in life. Similarly, we must understand the nature of others, which may be different than our own, for harmonious social interaction. The food that is good for one person may not be good for another. One person may thrive on spices, for example, while another similar person may not be able to tolerate them.

Similarly, the psychological conditions favourable for one person may not suit another. Competition may stimulate one person to greater achievement but intimidate another and make him fail. Without understanding our particular constitution, we must fall into poor health and disease. No standardized medicine can adequately deal with all our individual variations. Only a system that can discern our different constitutional types has this capacity. Ayurveda contains such a well-developed science of individual types as its core wisdom. One of the great beauties of Ayurveda is that it so clearly helps us understand all our individual variations, special abilities and idiosyncrasies. Health is more than freedom from disease, and is something to do with balance and strength. But, since each of us is unique, how do we proceed? From macrocosm to microcosm; 'as above, so below'. As within, so without. This aphorism encapsulates the Ayurvedic principle that everything in the external universe has its counterpart in the internal universe of the human body, mind and spirit. This everything includes the five great elements of which the entire cosmos is made up of. These great elements (panch mahabhoot) are Ether, Air, Fire, Water and Earth. The Vedic seers formulated a system for the maintenance and restoration of health for use by their fellow mortals and called it Ayurveda. On the physical plane, where for the most part we live and breathe and have our being, the biological versions of the elements combine their qualities, functions and energy in pairs, to form three functional energies, humours and Doshas. "Tridosha" means three Doshas. The Doshas are not things to be touched or tasted, but their actions and qualities can be perceived by our senses so we know they are present when we learn what qualities to associate with them. The elements pair off to form the Doshas thus: Air and Ether combine to form the functional energy of 'Vata', which in Sanskrit means 'air' and also 'wind'. Fire and Water combine to form Pitta, which means fire. Water and Earth combine to form Kapha which means water. Every individual has a certain combination of these Doshas, known as prakriti, which sets him/her apart from every other individual. The functioning of the body is maintained by the interaction of these three Doshas.

The Doshas are both essential to the body's functioning and liable to throw it out of balance. When performing their ascribed tasks and moving on and out of the body and staying in relative balance one with the other, they are the foundation of health. If any one of them accumulates it will eventually and inevitably give rise to problems of a physical and/ or mental-emotional nature. How they do this and what problems they might have caused in an individual is in the core of treatment in Ayurveda. The three Doshas are inextricably linked and must maintain a balance for health to prevail.

# Balancing The Elements!



## About Us

# Preserving Life. Since 1999.

In the quest of understanding Ayurveda, we at J-AMADA found that Ayurveda is the only “Science” which understands life. Ayurveda teaches that man and nature are intimately inter-related, because everything in nature too is made of the same stuff, namely the matter in its five forms. The unity of man and nature thus becomes a fundamental postulate of Ayurveda. This means without the knowledge about nature, the knowledge of human remains incomplete. Ayurveda is more a way of life, a way of learning how to cooperate with nature and live in harmony. Ayurveda balances and rejuvenates living organisms as it emphasizes prevention over cure. Preserving this harmony with nature makes Ayurvedic medicine an art to preserve life. With this art of “preserving life” as a core philosophy, J-AMADA was conceptualised and brought to light by its founder members. From three products to more than 600 products till date, it has been a wonderful journey for J-AMADA since its inception in 1999.

## Our Quality Commitments

We employ a variety of processes and procedures to ensure the quality and safety of our products. We randomly audit our ingredient suppliers to ensure they’re following good cultivation/collection practices and adhering to regulations. We test ingredients and finished products in our state-of-the-art, in-house laboratories, which entails approximately 500 tests on a monthly basis. From the time an ingredient enters our facilities to the time the finished product is shipped out to customers, we exhaustively analyse and test to ensure you’re getting a product that you can trust to be safe and effective for its intended purpose.

Our facility adheres to strict norms and is certified with AYUSH PREMIUM MARK CERTIFICATE from IRCLASS Systems and Solutions Private Ltd under NABCB Accreditation and we, thus became one of the first few companies in INDIA to get this accreditation. AYUSH Mark is an initiative undertaken by AYUSH Ministry to voluntarily certify the quality of herbal products in India. This mark ascertains that the drug manufacturers are awarded quality certificate to the products based on evaluation of the quality of Quality Council of India norms, subject to fulfillment of other regulatory requirements. This also applies to all the companies who want to export their goods to EU, USA and rest of the world and comply with manufacturing practice set by those countries.

### Did you know ?

---

#### We Have

**20+**  
Years Experience

**600+**  
Good Products

**50000+**  
Happy Customers

---

**75%**  
Of Our Workforce Are Women



# Enrich Your Defense !

व्याधिक्षमत्व



## VYĀDHI KSHAMATVA

Immunity in Ayurveda is known as  
VYADHI KSHAMATVA.

Vyadhikshamatva means the  
capacity of body to act against  
disease which means it can prevent  
as well as fight against disease.

## Enrich Your Defense | Immuno-modulator Products



### The Shield

The shield is a non-harmonal, non-toxic composition to increase body resistance and to help restore the normal functioning of the body by providing recuperative tonic support.

#### Ingredients:

Abutilon indicum, Sida cordifolia, Boerhaavia diffusa, Curcuma longa, Glycyrrhiza glabra, Leptadenia reticulata, Ocimum sanctum, Piper longum, Withania somnifera and Plumbago zeylanicum.

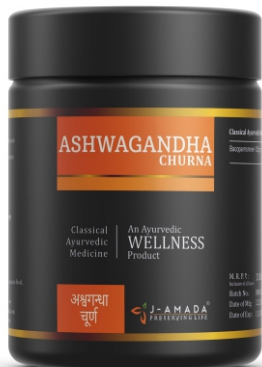


### Guduchi Ghan Vati

Ayurvedic and herbal remedy guduchi or giloy is a protective tonic that wards off infection and boosts your immunity. Guduchi is recognized to accord longevity, enhances memory, improves health, and bestows youth. This herb, activates the immune system of the body, boosting immunity and promoting vitality in a person.

#### Ingredients:

Tinospora cordifolia



### Ashwagandha Churna

Ashwagandha rejuvenates and tonifies the entire system, especially the endocrine and immune systems.

#### Ingredients:

Withania somnifera



### Ayush JOSHANDA

Ayush JOSHANDA is an immune booster product to help one fight against the infection of the respiratory tract.

#### Ingredients:

Tulsi 4 parts, Dalchini 2 parts, Sunthi 2 parts and Kali mirch 1 part and Plumbago zeylanicum.



## Double-Edge

Double-edge improves the secretion of enzymes heightening the receptivity of brain's feeding center to stimuli of sight, smell and taste, tones up efficiency of the digestive system, digests and assimilates mixed meals of carbohydrates and proteins. It acts both as an appetizer as well as a digestive. It is a good rejuvenator with anti-oxidant action.

### Ingredients:

Emblica Officinalis, Plumbago Zeylanica, Withania Somnifera, Asparagus Racemosus, Eclipta Prostata, Ginger Officinale, Glycyrriza Glabra, Piper Longum, Piper Nigrum, Elettaria Cardamomum, Cuminum Cyminum, Cyperus Rotundus, Mesua Ferrea, Embelia Ribes, Tinospora Cardifolia, Cinnamomum Zeylanicum, Cinnamomum Tamala, Caryophyllus Aromaticus, Ptychotis Ajowan and Feniculam Bulgeri



## The Shield

The shield is a non-harmonal, non-toxic composition to increase body resistance and to help restore the normal functioning of the body by providing recuperative tonic support.

### Ingredients:

Abutilon indicum, Sida cordifolia, Boerhaavia diffusa, Curcuma longa, Glycyrrhiza glabra, Leptadenia reticulata, Ocimum sanctum, Piper longum, Withania somnifera and Plumbago zeylanicum.



# Child's Health !

We, with the help of Ayurveda lend a helping hand!

Ayurveda considers the proper care of children to be the foundation of the health of a culture. One of its eight main branches is paediatrics. Disease propensity is created by the lack of understanding and care for the unique constitution of the child. We help you know the constitution of your child and suggest things as per the seasonal and daily stresses on the health of your child. The Dosha constitution will help you know what health issues to expect and how to prevent them. Manas or psychological constitution will help you know and understand their personality traits. Take help of the resources at our disposal to manage the health of your child helping him grow into a healthy adult.



## Matr-Care® NEW MOM CARE

Matr-care is a general tonic to overcome the general feeling and indications arriving in the post parturition period like flatulence, dyspepsia, indigestion and bilious complaints. It acts as a stimulant and tonic.

### Ingredients:

Anethum Sowa, Cinnamomum Tamala, Cinnamomum Zeylanicum, Coriandrum Sativum, Cuminum Cyminum, Cyperus Rotandus, Ellettaria Cardamomum, Mesua Ferrea, Nigella Sativa, Piper Longum, Piper Nigrum, Ptychotis Ajowan and Ginger Officinale.

## Klimakter COMPLETE MENOPAUSE CARE

Klimakter is a medicine to treat menopausal manifestations.

### Ingredients:

Asparagus racemosus, Cissampelos pareira, Convolvulus pluricaulis, Ficus bengalensis, Leptadenia reticulata, Centella asiatica, Orchis latifolia, Saraca asoca and Vetiverria zizanioides.

## Reme-Leuk WHITE DISCHARGE MANAGEMENT

Reme-leuk is a medicine for non-specific leucorrhoea.

### Ingredients:

Asparagus Racemosus, Ficus Bengalensis, Mesua Ferrea, Berbris Aristata, Cinnamomum Zeylanicum, Symplocosa Racemosa, Woodfordia Fruticosa, Withania Somnifera, Butea Monosperma, Mimosa Pudica and Ambroma Augusta.

## Gyna Rem UTERINE CARE

Gyna-rem with its comprehensive action corrects ovarian and uterine dysfunction, stimulates and tones uterine musculature, relieves associated distressing symptoms, abnormal vaginal discharge, menopausal disturbances, general debility.

### Ingredients:

Saraca indica, Symplocosa racemosa, Asparagus racemosus, Ambroma augusta, Tinospora cardifolia, Pterocapus santalinus, Woodfordia fruticosa, Withania somnifera, Boerrhavia diffusa, Achyranthes aspera, Emblica officinales, Cyprus rotandus, Berberis aristata, Terminalia arjun, Embelia ribes, Feniculam bulgari, Elettaria cardamomum, Cuminum cyminum, Zingiber officinale and Glycyrrhiza glabra

## Supari Pak

Ayurvedic and herbal remedy guduchi or giloy is a protective tonic that wards off infection and boosts your immunity. Guduchi is recognized to accord longevity, enhances memory, improves health, and bestows youth. This herb, activates the immune system of the body, boosting immunity and promoting vitality in a person.

### Ingredients:

Tinospora cordifolia

## Shatavari Churna FEMALE REJUVENATIVE

Shatavari means "who possesses a hundred husbands or acceptable to many". It is considered both a general tonic and a female reproductive tonic. Shatavari may be translated as "100 spouses", implying its ability to increase fertility and vitality. In Ayurveda, this amazing herb is known as the "Queen of herbs", because it promotes love and devotion and so is the the main rejuvenative tonic for the female. This herb is highly effective in problems related with female reproductive system.

### Ingredients:

Asparagus racemosus



# Women's Health !

Women perpetuate the human race by creating and mothering children, they perpetuate society by creating a home that is a safe haven for those children, and they perpetuate culture by passing it on to those they mother. The health of the family, society, and culture that revolves around a woman depends to a large degree on her health, and her health rests in turn in her ability to keep her creative energies flowing.

Our concern at J-AMADA is to help women find those channels, both inside and outside themselves, within which they can flow comfortably, freely, and fearlessly, so that they may best display their own innate creativity to themselves, their loved ones, and the world. We try to address – with the help of Ayurveda – the feminine physical, mental, emotional, and spiritual realities, and the many areas of women's lives that are unique to them as women.





# Men's Health !

The best way for men to maintain good health is to keep their digestive system functioning well, clear the body of excessive toxins (Ama), ensure that tissues (Dhatus) in the body are optimally nourished, especially Shukra dhatu (Reproductive tissue) & enhance ability to deal with day to day stress effectively. Ayurvedic diet, healthy life style & herbal supplements can make men healthy and develop their resistance to fight off diseases & to have active sexual life through out.

Know your onstitution made up of vata, pitta, and kapha to bring balance to your physical, emotional, and spiritual being. In doing so, honour yourself and the opportunity to achieve your optimal state of being that Ayurveda has given us all. Connect with our team of Vaidyas who will continue to see you thrive and climb to higher peaks of health and happiness through their personalised suggestions.

## Reme-Prosta

### PROSTATE CARE

Reme – prosta treats Benign Prostate Hyperplasia (BPH) and reduces prostate size thereby controlling all the symptoms associated with it.

#### Ingredients:

Tribulis terrestris, Crataeva nurvula, Curcubita pepo

## Reme-Sperma

### VIRILITY CARE

Reme –sperma is an Ayurvedic medicine to help support men's sexual health.

#### Ingredients:

Sida cordifolia, Blepharis edulis, Hygrophila auriculata, Piper betle, Orchis latifolia, Mucuna prurita, Hypoxis orchioides, Curculigo orchioides, Salmalia malabarica and Myristica fragrans.



## Reme-Arthrit

BONES & JOINTS CARE

Reme-arthritis is a non-steroidal combination with anti-inflammatory, anti-spasmodic and anti-rheumatic properties, which relieves stiffness in joints and restores mobility.

### Ingredients:

Strychnos Nux Vomica, Calcined Calcii Sulphas, Hermodactylus Colchicum and Aconitum Ferox.

## Vitex-Rheuma

BONES & JOINTS CARE

Vitex - rheuma is a combination of herbs to treat rheumatoid arthritis effectively. The combination includes herbs having anti-rheumatic, anti-inflammatory and immuno-modulatory properties.

### Ingredients:

Allium sativum, Vitex negundo, Zingiber officinale, Withania somnifera, Swertia chirata .

## Ajmodadi-Churna

BONES & JOINTS CARE

Ajmodadi churna" is a polyherbal ayurvedic medicine used as a carminative and an antispasmodic, is a strong wormifuge, and helps in all painful conditions like sciatica and stiffness in back and also restores normal digestive functions.

### Ingredients:

Trachyspermum ammi, Piper nigrum, Piper longum, Plumbago zeylanica, Terminalia chebula, Cedrus deodara, Salt (Saindava lavana), Embelia ribes, Zingiber officinale, Argyreia nervosa, and Anethum graveolens.

## Brisk

PAIN OIL

Brisk pain oil is an Ayurvedic medicine for joint-pain, body-ache and tiredness.

### Ingredients:

Mixture of Mahanarayan oil, Mahavishgarbh oil and Shooth shardul oil.





## Bones & Joints Care

Bones and joints problem can occur to people of all ages, it's important to not only treat the symptoms like swelling, pain and redness but control them at the early stage only.

As Ama and Vata are the main causative factors, be it sandhigatavat (osteo-arthritis) or amavata (rheumatoid arthritis) a long-term remedy for arthritis should include some in-depth treatment methods to digest Ama and reduce Vata. The digestion should slowly improve from time to time, thus reducing the production of Ama, so that no further Ama is created in the long run. This is a slow, steady, and gradual method, and involves a series of authentic Ayurvedic treatments.

# Daily Regimen Products

Ageless Ayurvedic Recommendations to Invoke Natural Beauty

The most important goal of Ayurveda is to promote and maintain health. Ayurvedic daily routine is the most powerful tool in helping you achieve this goal. A daily routine invites health, vitality, and a sense of clarity into our lives. It sets the tone for your entire day, bringing a sense of calm and well-being. It gives the body, mind, and spirit the chance to ground and cleanse, to start afresh.

## Daily Dental Care



## Gum-Care

COMPLETE GUM CARE

Gum-Care is a blend of herbs useful in receding and infected gums and teeth.

Ingredients:

Alum, Sodii chloridum, Piper nigrum, Curcuma longa.

## Dasan-Sanskar

STRENGTHENING TEETH AND IMPROVES SHINE

Dashansankar is a classical Ayurvedic medicine used as a tooth powder. It helps strengthen teeth and improves shine. It is also used to treat gum disorders.

Ingredients:

Allium sativum, Vitex negundo, Zingiber officinale, Withania somnifera, Swertia chirata.

## Khadiradi Oil

MOUTH & DENTAL PROBLEMS

Khadiradi Oil is very effective in treating all kinds of mouth & dental problems. One should practice Gandusha i.e., oil pulling for dental health and beyond.

Ingredients:

Acacia catechu, Mimusops elengi, Sesamum indicum oil, Acacia catechu, Red ochre, Syzygium aromaticum, Aquilaria agallocha, Prunus cerasoides, Rubia cordifolia, Symplocos racemosa, Glycyrrhiza glabra, Laccifer lacca, Ficus bengalensis, Cyperus rotundus, Cinnamomum zeylanicum, Myristica fragrans, Piper cubeba, Anacyclus pyrethrum, Caesalpinia sappan, Woodfordia fruticosa, Elettaria cardamomum, Mesua ferrea, Myrica nagi, Cinnamomum camphora

## BENEFITS OF OIL PULLING

Cleans teeth· Removes plaque· Supports oral health· Reduces teeth over-sensitivity· Promotes healthy gums· Strengthens the voice· Promotes healthy sinuses· Helps remove tension in the jaw and neck

## THE TECHNIQUE

1. In the morning on an empty stomach, start by putting about 1 tablespoon of Khadiradi oil for pulling oil in your mouth. Coconut oil may also be used.
2. Swish the oil in your mouth, moving it around both sides; also move the oil in front of, behind, and through the teeth.
3. Continue this process for up to 20 minutes, until the oil has become thin and whitish in color.
4. Then spit it out and rinse your mouth with warm water, spitting this water out too, and brushing your teeth if desired.
5. Do not swallow the oil.



## Massage Oils

### Kshirbala Oil

COMPLETE GUM CARE

Kshirabala oil is a traditional ayurvedic massage oil which is used daily or regularly for abhyanga ( application on head body and feet) as a regular body massage followed with warm water bath.

Vata-type and Pitta-type benefit are benefitted the most.

Ingredients:

Sida cordifolia, Sesame oil, Cow's milk.

### Mahanarayan Oil

Mahanarayan Oil is a very famous herbal oil used in Ayurvedic treatment of arthritis, paralysis, and eye diseases. This oil is used for external application, orally and for many Ayurvedic therapies.

USES:

It is used in Ayurvedic treatment of Facial palsy, Hearing loss, Deafness, Paraplegia, tremors, Neck rigidity/Torticollis, Lock jaw, wasting of hands and legs, insanity, Oligospermia, Female Infertility, Teeth & tongue ailments, bloating, Headache, Glossal palsy, Dental Pain, Mania/Psychosis, Hump-back/Kyphosis, Fever.

It is used in anti aging treatment.

It helps to relieve emaciation, tendon tear, fractures and all types of arthritis.

It is useful to strengthen bones and joints in case of weak bones due to osteo-porosis, osteo arthritis.

Effect on Tridosha – Balances Vata and Pitta

Ingredients:

Aegle marmelos, Solanum indicum, Tribulus terrestris, Oroxylum indicum, Sida cordifolia, Erythrina variegata, Solanum xanthocarpum, Boerhavia diffusa, Abutilon indicum, Premna serratifolia, Paederia foetida, Stereospermum suaveolens, etc.





# Skin & Hair Health

Ageless Ayurvedic Recommendations to Invoke Natural Beauty

It is best to trust Ayurveda and go natural when it comes to beauty as the wisdom of Ayurveda guides to unlock the door to natural beauty. According to Ayurvedic understanding mind and body form an inseparable unit, and therefore also the care of skin and hair are holistically addressed. Not only, is great emphasis placed on the naturalness of everything used for care, but also, to the realization that true beauty comes from within, and begins with consciousness.

## Waves & Curls

### POWDER

Waves & Curls is an ayurvedic formulation for supporting hair volume, providing nourishment and maintaining the shine of hairs.

#### Ingredients:

Embelica officinalis, Terminalia chebula, Terminalia bellerica, Eclipta alba, Nardostachys jatamansi, Glycyrrhiza glabra, Ocimum sanctum, Magnifera indica, Hibiscus rosasinensis.

## Waves & Curls

### HAIR OIL

Waves & Curls is an Ayurvedic hair oil. It nourishes your hair well and keeps them healthy.

#### Ingredients:

Eclipta prostata, Rubia cordifolia, Prunus puddum, Symplocos racemosaok, Pterocarpus santalinus, Red ochre, Sida cordifolia, Curcuma longa, Berberis aristata, Mesua ferrea, Prunus mahaleb, Glycyrrhiza glabra, Nelumbo nucifera, Hemidesmus indicus, Sesamum indicum oil, Bacopa monnieri, Embelica officinalis, Sesamum indicum oil.

## Bhringraj Oil

### HAIR & SCALP CARE

Bhringraj taila is very effective hair oil for premature hair fall & graying. It is also used in head ache, cervical stiffness, and ear & eye diseases.

#### Ingredients:

Sesamum indicum oil, Rubia cordifolia, Curcuma longa, Eclipta alba, Rubia cordifolia, Prunus cerasoides, Symplocos racemosa, Pterocarpus santalinus, Red ochre, Sida cordifolia, Curcuma longa, Berberis aristata, Mesua ferrea, Callicarpa macrophylla, Glycyrrhiza gladra, Nelumbo nucifera, Hemidesmus indicus



## Kumkumadi Oil

### SKIN CARE

Kumkumadi oil is a traditional skin care oil which enhances the glow, help maintain complexion and firmness of the skin.

#### Ingredients:

Crocus Sativus, Pterocarpus santalinus, Rubia cordifolia, Glycyrrhiza glabra, Laccifer lacca, Ficus benghalensis, Ficus Lacor, Nymphaea stellata, Nelumbo nucifera, Berberis aristata, Vetiveria zizanioides, Prunus cerasoides, Premna mucronata, Aegle marmelos, Solanum indicum, Tribulus terrestris, Solanum xanthocarpum, Gmelina arborea, Stereospermum suaveolens, Desmodium gangeticum, Uraria Picta, Oroxyllum indicum, Madhuca longifolia, Sesame Oil and Goat Milk.

## Mukhkantiprada Lepa Churna

### FACE CARE

Mukhkantiprada lepa is used as a face pack for anti blemish, acne & pimples & provides glow to the skin.

#### Ingredients:

Pterocarpus santalinus, Rubia cordifolia, Symplocos racemosa, Saussurea lappa, Callicarpa macrophylla, Lens Cullinaris

# Amazing Products

Ayurvedic Formulations For Healthy Life.

The most important goal of Ayurveda is to promote and maintain health. Ayurvedic daily routine is the most powerful tool in helping you achieve this goal. A daily routine invites health, vitality, and a sense of clarity into our lives. It sets the tone for your entire day,



## Kretino-Care KIDNEYCARE

Kretino-care is an ayurvedic medicine for kidney disorders like kidney stones, urinary tract infections, water retention and support for dialysis patients.

### Ingredients:

Boerrhaavia diffusa, Crataeva nurvala, Hemidismus indicus, Tribulis terrestris, Butea monosperma, Saxifraga ligulata, Achyranthes aspera, Hyoscyamus niger, Tinospora cordifolia, Cissampelos pareira, Ocimum sanctum, Dolichos biflorus.



## Hango-Fix HANGOVER CARE

Get ready to party with Hangofix. Now, after party mornings are no more a worry.

### Ingredients:

## Aman-Erol CHOLESTEROLCARE

Aman-erol is an ayurvedic formulation for maintaining healthy cholesterol level in the body.

### Ingredients:

Curcuma longa, Acorus calamus, Saussurea lappa, Piper longum, Ginger officinale, Cuminum cymum, Apium graveolens, Glycyrrhiza glabra, Bacopa monnieri, Centella asiatica, Withania somnifera



## Reme-Liv LIVERCARE

Reme-liv stimulates and regularizes liver functions. It protects the liver from damages likely to be induced by diseases and/or drugs used for their treatment. It regenerates the liver by repairing after liver disease or damages due to drugs and alcohol. It tones up entire digestive system, helps in gaining weight and acts as an appetizer.

### Ingredients:

Andrographis Peniculata, Cichorium Intybus, Eclipta Prostata, Picrorhiza Kurroa, Solanum Nigrum, Boerhaavia Diffusa, Piper Longum, Cuminum cyminum, Plumbago Zeylanicum, Phylanthus Niruri, Embelia Ribis and Terminalia Chebula.



## Reme-Kolon COLITIS, IBSCARE

Reme-kolon is a medicine for benign ulcerative colitis.

### Ingredients:

Aegle Marmelos, Bambusa Arundinacea, Bombax Malabaricum, Cateria Lacca, Cyprus Rotundus, Holarrhena Antidysentrica, Mesua Ferrea, Punica Granatum, Symplocosa Racemosa, Woodfordia Fruticosa, Trachyspermum Ammi, Asparagus Racemosus.





## Reme-Helkos

ULCERCARE

Reme-helkos is a formulation for the treatment of duodenal ulcer, peptic ulcer, inflammation, burning sensation, gastritis, diarrhea, and dysentery.

Ingredients:

Asparagus Racemosus , Emblica Officialis, Musa Paradisiaca, Ziziphus Mauritiana.



## Reme-Dep

HEALTHYSLEEP CARE

Reme-dep is a preparation to treat depression. The combination regulates entire endocrine system, fights exhaustion reaction and protects the body from the depletion of energy and nervous break-down. It has mild sedative property helpful to the cardio-vascular system. It is a mild nervine relaxant, has anti-spasmodic property and also able to aid digestion actively.

Ingredients:

Acorus calamus, Glycyrrhiza glabra, Mucuna pruriens, Withania somnifera and Convolvulus pluricaulis.



## Reme-Broncha

LUNGSCARE

Reme-broncha is a medicine to treat chronic bronchitis.

Ingredients:

Clerodendrum cerratum, Ocimum sanctum, Piper nigrum, Solanum xanthocarpum, Adhatoda vasica.

## Triphala Churna

POWDER

Triphala is widely used in India and sounds like a panacea to all the diseases. It is useful in the treatment of abdominal distention due to obstruction to passage of urine and stool, increased frequency and turbidity of urine, eye diseases, skin diseases and fever etc. It is a very effective colon cleanser.

Ingredients:

Terminalia chebula, Terminalia bellirica And Emblica officinalis.



## Lipo-Shaper

WEIGHT MANAGEMENT CARE

Lipo-shaper is a formulation to treat obesity.

Ingredients:

Cyperus rotundus.



## Rudhira

BLOOD HEALTH CARE

Rudhira is an Ayurvedic medicine for anaemic and weak patients.

Ingredients:

Embelica officinale, Terminalia chebula, Terminalia bellerica, Ginger officinale, Piper nigrum, Piper longum, Withania somnifera, Asparagus racemosus, Beta vulgaris, Fenniculum vulgare, Elletaria cardamomum, Cinnamomum tamala, Tinospora cardifolia, Ocimum sanctum, Vitis vinifera, Centella asiatica, Sesamum indicum.



# We Are What You Need!

Connect With Our Team Of Vaidyas Online

## AYURVEDA IS NOT A PASSIVE FORM OF TREATMENT

Ayurveda Insists that patient themselves must take an active part in the their treatment to change the chain of cause and effect of disease.

## **3** EASY STEPS TO GET YOUR TREATMENT

- 1- Give us a call or log on to get free consultation.
- 2- One of our vaidyas may prescribe you a treatment.
- 3- Log on to place an order for home delivery of medicines

For more information please log on to

[www.j-amada.com](http://www.j-amada.com)



## How we help you?

We help you know your constitution (prakriti) through consultation and once we know your prakriti, the next step for us is to pin-point the reasons for your imbalance. This does not necessarily mean you have any symptoms which we call illness, but includes all the physical, psychological/emotional and spiritual distress you experience as a result of imbalance. The health of your body involves getting a balance between the Tridoshas that constitute your physical prakriti. Likewise, a healthy mind will maintain a Dosha-specific balance that is peculiar to you, and the spiritual health you achieve will show the balanced Dosha. Our team of Vaidyas would analyse the disease process within you and come out with an individualised suggestion which may include a daily and seasonal routine, food habits and if required, medicines. Remember, all foods and remedies are good for some people some of the time, but nothing is appropriate for everyone at all the times. Learn more of you with us and you will know what is more appropriate for you; live appropriately and you will find yourself living as healthy as you possibly can. Getting the right blend of Vata, Pitta and Kapha to bring about physical, mental and spiritual harmony within you helps us achieve the cherished health bliss for you. Get it right from our team of Vaidyas now!

# Get Customized Ayurvedic Consultation & Diet Plans Online



## Quarterly Ayurvedic Nutrition Plan (Family)

Subscribing to Ayurvedic diet plan single monthly you get:

- 1) 2 consultations on phone monthly
- 2) Prakriti evaluation for four
- 3) Diet plan for each month according to each member's constitution
- 4) 2 recipes free of cost per month

## Monthly Ayurvedic Nutrition Plan (Single Person)

Subscribing to Ayurvedic diet plan single monthly you get:

- 1) 2 consultations on phone
- 2) Prakriti evaluation
- 3) Diet plan for the month according to your constitution
- 4) 2 recipes free of cost



## Monthly Ayurvedic Nutrition Plan (Family)

Subscribing to Ayurvedic diet plan single monthly you get:

- 1) 2 consultations on phone
- 2) Prakriti evaluation for four family members
- 3) Diet plan for the month according to each member's constitution
- 4) 4 recipes free of cost.

## Health Condition Consultation Plan

Subscribing to Health condition consultation you get:

- 1) One primary consultation
- 2) One follow-up consultation
- 3) Prescription from our vaidya/vaidyas
- 4) Your Prakriti (Constitution) analysis
- 5) Diet plan suited for your constitution and health condition



**J-AMADA REMEDIES**

34-B(1), Savitri Nagar, Sanigawan Road, Kanpur PIN: 208021

[www.j-amada.com](http://www.j-amada.com)

Mail us at: [contact@j-amada.com](mailto:contact@j-amada.com)

Call us at: +91 9935504700



Information provided here is for informational purposes and is not meant to substitute for the advice provided by your own physician or other medical professionals.  
This information is meant for use by Indian residents only.