



**HAIR
CARE**

**FACE
CARE**

**NEW MOM
CARE**

**MENSTRUAL
HEALTH**

**WHITE
DISCHARGE**

MENOPAUSE

WOMEN'S
HEALTHCARE

Face Care

Mukh-kantiprada

Lepa Churna

The Natural Remedy Approach
Of Ayurveda Leads To
Visible Improvement Of
Skin Health.



Adding **KUMKUMADI OIL**
to your daily beauty regime can work wonders.

- ✔ Smoothens Skin
- ✔ Maintains Even Colour Tone
- ✔ Manages Acne, Pimples
- ✔ Provides Glowing Skin
- ✔ Natural Ingredients



BUY ONLINE AT
www.j-amada.com

AMAZING PRODUCTS FOR YOU FROM J-AMADA REMEDIES

Waves & Curls Hair Oil Re-vitalizes,
Strengthenes
And Nurtures Your Hair

Give Your Hair Some Love With
Hair Care



**Mineral Oil Is Good For Your Vehicle
Not For Your Hair.**

**Majority Of Hair Oil Brands Use Mineral Oil (Petroleum By-Product)
Which Is Very Harmful To Hair**

Mineral Oil Based Hair Oil Is Sold On The Promise Of No Stickiness.

If It Is Not Sticky Its Not Herbal Oil.

Waves & Curls Hair Oil Is Sesame Oil Base
Which Is Truly Natural.

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**AMAZING PRODUCTS FOR YOU
FROM J-AMADA REMEDIES**



Klimakter

is an Ayurvedic preparation to help support in managing menopausal manifestations.





Menopause Gracefully With KLIMAKTER

Symptoms according to dosha imbalances:

Vata Dosha Menopause

Anxiety, pain, vaginal dryness, loss of skin tone, feeling cold, irregular periods, mild hot flashes, constipation, palpitation, bloating and joint pain.

Pitta Dosha Menopause

Prone to hot temper, anger, irritability, feeling hot, hot flashes, night sweats, heavy periods.

Kapha Dosha Menopause

Weight gain, lethargy, fluid retention, laziness, lacking motivation, slow digestion.

KLIMAKTER BALANCES ALL THE DOSHIC IMBALANCES
AMAZING PRODUCTS FOR YOU FROM J-AMADA REMEDIES

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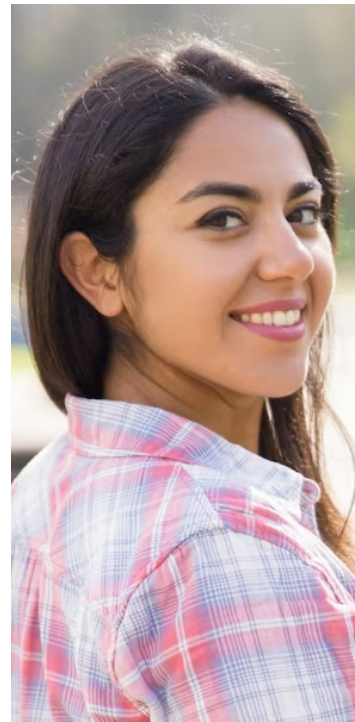


UNDERSTAND YOUR MONTHLY PERIODS THE AYURVEDIC WAY



WOMEN'S
HEALTHCARE

Menstrual
Care



DO YOU KNOW WHICH DOSHA IMBALANCE IS MAKING YOU STRUGGLE DURING YOUR MONTHLY PERIODS ?



Vata dosha imbalanced menstrual cycle symptoms:

Scanty menstrual flow

Blood is darkish-red /brownish

Menstrual cramping severe

Lower back-ache or headache

Feelings of depression and increase in
nervous sensitivity

Fear and anxiety

Constipation, gas or abdominal distention
may occur

Periods are short, irregular
and variable

Periods lasts only
for 2-4 days

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**ASHWAGANDHA CHURNA
RAJAHPRAVARTANI VATI | GYNA-REM**

AMAZING PRODUCTS FOR YOU FROM J-AMADA REMEDIES



DO YOU KNOW WHICH DOSHA IMBALANCE IS MAKING YOU STRUGGLE DURING YOUR MONTHLY PERIODS ?



Pitta dosha imbalanced menstrual cycle symptoms:

Excess menstrual flow

Blood colour is dark, red or purplish

The flow is profuse and warm with possible clotting

May accompany with fever or burning sensation

Flushed face or red eyes

Skin rashes or acne may be a possibility

Emotions of anger, irritability

Diarrhoea/loose stool may occur

Duration of 4-6 days

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SHATAVARI CHURNA | GYNA-REM

AMAZING PRODUCTS FOR YOU FROM J-AMADA REMEDIES



DO YOU KNOW WHICH DOSHA IMBALANCE IS MAKING YOU STRUGGLE DURING YOUR MONTHLY PERIODS ?



Kapha dosha imbalanced menstrual cycle symptoms:

Moderate flow with periods lasting for long

Blood colour may be pale or light red with possible mucus

Flow will be continuous

Feeling of heaviness or tiredness with a desire to sleep

Feeling of nausea or vomiting with saliva may occur

Breasts tend to swell and there may be oedema

May feel nostalgic

The periods may last for a week or more

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KANCHNAR GUGGULU | GYNA-REM | TRIKATU

AMAZING PRODUCTS FOR YOU FROM J-AMADA REMEDIES



Bring Back Your Health To
Pre-pregnancy Stage
Quickly With
New Mom Care



*Why Is Care Necessary For A New Mother ?

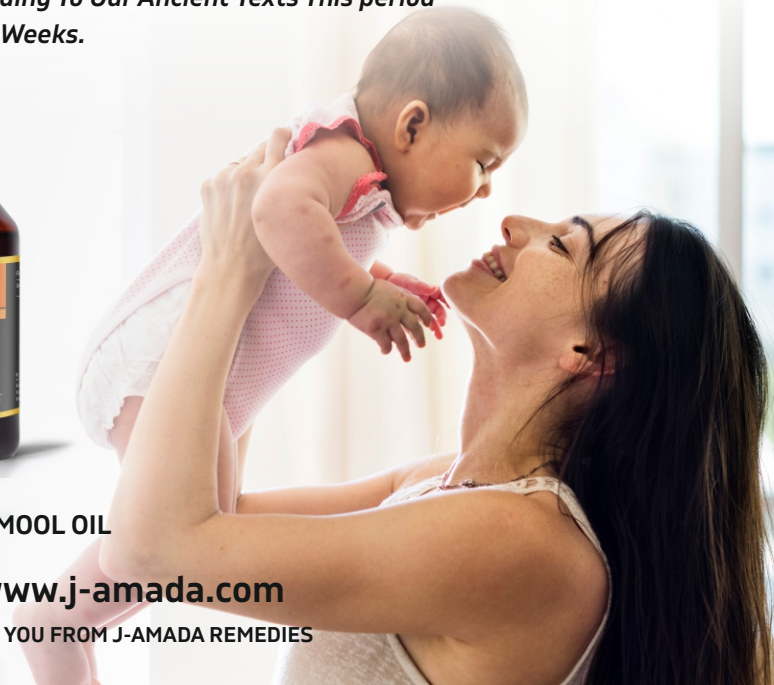
Giving birth to a child is like completing a big marathon! It takes an estimated 75000 calories to make a baby!

This shows giving birth is, both physical and emotional draining. One may feel at a loss of energy to look after oneself. A lot of energy is required to look after the baby, breast-feed the baby and self-recuperation.

According to Ayurveda, Vata dosha is imbalanced during the post-partum care so every step is being taken to alleviate the aggravate dosha. Warm water bath and warm oil massage helps balance the Vata dosha. Additionally, having food which has a warm and nourishing effect also helps calm down the Vata dosha during this period. The prime focus is to bring back the vitiated vata dosha to its normal stage.

Our New Mom Care takes care of the nutritional needs of the body and helps it to return to the pre-pregnancy stage by bringing back the vata dosha levels to normal stage without affecting the body.

**According To *According To Our Ancient Texts This period Often Lasts 6 To 12 Weeks.*



MATR-CARE[®] | DASHMOOL OIL

Buy online at www.j-amada.com

AMAZING PRODUCTS FOR YOU FROM J-AMADA REMEDIES

Do Not Let Whitish Discharge Hamper Your Daily Routine



UNDERSTAND WHITISH DISCHARGE THE AYURVEDIC WAY

1 Vata dosha imbalanced whitish discharge symptoms:

The discharge will be pink, dry, frothy, little by little and associated with pain. The discharge appears similar to the flesh washed water.

2 Pitta dosha imbalanced whitish discharge symptoms:

The discharge will be either of yellow, blue, black or red coloured and warmth/burning sensation is associated. Profuse secretion is observed in this condition.

3 Kapha dosha imbalanced whitish discharge symptoms:

The discharge will be slimy, pale and appears like the wheat washed water.

**Do Not Let
Whitish
Discharge
Hamper
Your
Daily Routine**

REME-LEUK | SUPARI PAK

AMAZING PRODUCTS FOR YOU
FROM J-AMADA REMEDIES



BUY ONLINE AT : www.j-amada.com

WOMEN'S HEALTH

She perpetuates the human race by creating and mothering children. She perpetuates society by creating a home that is a safe haven for those children, and she also perpetuates culture by passing it on to those she mothers. 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 her find those channels, both inside and outside herself, within which she can flow comfortably, freely, and fearlessly, so that she may best display her own innate creativity to herself, her 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 her life that is unique to her as a woman.

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www.j-amada.com



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www.j-amada.com

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Call us at: +91 9935504700

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