

18 HERBS ORGANICS ASUVAGENTHI BALALAKSHATHI THAILAM

STRESS RELIEF OIL

Reduce Blood Pressure, Stay Stress-Free!

AYUSH is the one and only **Wellness Mantra** for the healthy survival of living beings today and for future.

AYUSH is derived from the Sanskrit word “**Ayushman bhava!**” a blessing phrase that means **Live Long!** It is being used since the ancient ages of Mahabharata period for a healthy long life. Today, the term AYUSH is universally adopted as an abbreviation of Traditional system of health care and healing that involves various treatment methods of globally accredited alternative medicine **Ayurveda, Yoga, Unani, Naturopathy, Siddha, Sowa Rigpa and Homoeopathy** by the commission for Scientific and Technical Terminology. All these systems of medicine come under the term AYUSH, which is a well-accepted and time-tested holistic approach to health care and healing.

“**18Herbs Organics**” as a Wellness Brand of health care and food products has been rendering and delivering Ayush based world class health products that gives the sure shot solutions to all types of ailments and supportive needs that suitable for healthy and holistic living.

18Herbs Organics Asuvagenthi Balalakshathi Thailam is a **TRADITIONAL SIDDHA FORMULATION** is prepared and consumed based on the books of traditional siddha medicine (**Reference: Chikitsa Rathina Deepam**) which is globally used for indications of giddiness, anxiety due to **High BP, Stress and Excess Heat** in the system, Neurological disorders and sleeplessness, bitterness of tongue, nausea and burning sensation in the palm and soles (Pitham), Redness of eye (Kan thelivu noi).

We especially process this oil in the traditionally prescribed manner to ensure high efficacy. The key ingredient of this formulation is **Amukkara** (Tamil) or **Ashwagandha**/Aswagenthi (Hindi / Sanskrit) – Withania somnifera. In Siddha and Ayurveda, Ashwagandha is well known for its stress-relieving properties.

Scientific benefits of Ashwagandha:

It has remarkable natural stress-relieving properties comparable to powerful drugs used to treat BP, stress, depression and anxiety

It has demonstrated anti-anxiety and neuroprotective effects

Ashwagandha may be a promising alternative treatment for a variety of degenerative diseases such as Alzheimer's and Parkinson's

It has powerful antioxidant properties that seek and destroy the free radicals that cause ageing and numerous disease states.

We provide the best solutions for stress relief through the traditional siddha way of applying our 18Herbs Organics Asuvagenthi Balalakshathi Thailam on a daily basis by applying 10-15 ml on the head and scalp either early morning or evening and massaging gently for 24-48 minutes which is called Nazhigai – Traditional Timing, (1 Nazhigai – 24 minutes) then washing it thoroughly with shikakai or shampoo in lukewarm water. We too recommend applying little quantity of the oil daily in lower abdomen, soles and palm before bed and wash in the morning for reducing body heat.

18 HERBS ORGANICS ASUVAGENTHI BALALAKSHATHI THAILAM

STRESS RELIEF OIL

Reduce Blood Pressure, Stay Stress-Free!

What is there to care in 18Herbs Organics Asuvagenthi Balalakshathi Thailam?

18Herbs Organics Asuvagenthi Balalakshathi Thailam is a special, unique, wonderful, magical blend of the traditional natural herbal ingredients that were recommended by sithhars (sages) of ancient ages

1. Aswagantha – Amukkara (*Withania Somnifera*) – proven root that reduces BP, Stress & Anxiety
2. Athimathuram – Licorice (*Glycyrrhiza glabra*) – heals rheumatic pains, oxidative stress injuries
3. Sittharathai – Thai Inji (*Alpinia Galanga*) – reduces fever, muscle spasms, swelling (inflammation)
4. Siddha Mooti – (*Pavonia zeylanica*) – relieves arthritis pain and soothes muscles
5. Venthayam – Fenugreek (*Anetham Sowa*) reduces heat, helps digestion, repairs skin
6. Kostam – Crepe Ginger (*Costus speciosus*) – helps to reduce skin disorders, inflammations
7. Kombarakku – (Stic lac) – helps to treat liver disorder and obesity management
8. Kasthuri Manjal – Wild Turmeric (*Curcuma Aromatica*) – helps to cure skin diseases, arthritic pain
9. Devadharu – Himalayan cedar (*cedrus deodara*) – reduces pain, fever, swelling, relaxes muscle
10. Santhanam – Sandal Wood (*Santalum Album*) – it reduces heat and repairs skin, glows skin
11. Thippili – Long Pepper (*Chavika Roxburghii*) – heals pain, wound and body heat
12. Vettiver – Cuscut grass (*Andropogon muricatus*) - relieves stress, as well as for emotional traumas
13. Nannari Ver - Indian Sarsaparilla (*Hemidesmus indicus*) – Treats rheumatism, reduces heat
14. Manjistha – (*Rubia cordifolia*) – reduces swelling and excess heat in the body
15. Korai Kilangu – (*Cyperus rotundus*) – Treats pyresis, malaria, excess heat, excess thirst
16. Valmilagu – Vine pepper (*piper auranticum*) – has antifungal, antiprotozoal, anticancer properties
17. Kadugu rogini- (*Picrorhiza Kurroa*) - treats disorders of the liver, reduce fever and indigestion
18. Sesame Oil – (*Sesamum Indicum*) – Stabilizes blood pressure, soothes scalp
19. Cow's Milk – strengthens immune system and repairs damaged cells and tissues
20. Water derived from Curd – has more probiotics that heals skin and gut disorders

Asuvagenthi Balalakshathi Thailam is a traditional Siddha formulation used for Indications of giddiness due to high BP, stress, excessive heat in the system, bitterness of tongue, nausea and burning feeling in the palm and soles (Pitham).

Reference Book : Chikitsa Rathina Deepam

18 HERBS ORGANICS ASUVAGENTHI BALALAKSHATHI THAILAM

STRESS RELIEF OIL

Reduce Blood Pressure, Stay Stress-Free!

We especially process this oil in the traditionally prescribed manner to ensure high efficacy. The key ingredient of this formulation is Asuvagenthi (Tamil) or Ashwagandha (Hindi / Sanskrit) – Withania somnifera. In Siddha and Ayurveda, Ashwagandha is well known for its stress-relieving properties.

Description: Scientific benefits of Ashwagandha:

- It has remarkable natural stress-relieving properties comparable to powerful drugs used to treat BP, stress, depression and anxiety
- It has demonstrated anti-anxiety and neuroprotective effects
- Ashwagandha may be a promising alternative treatment for a variety of degenerative diseases such as Alzheimer's and Parkinson's
- It has powerful antioxidant properties that seek and destroy the free radicals that cause ageing and numerous disease states.

Application: (FOR EXTERNAL USE ONLY)

Apply 10-15 ml on the head and scalp either early morning or evening. Massage gently. Wash it thoroughly after 24-48 minutes (one or two nazhigai – traditional timing) with shikakai or shampoo in lukewarm water. For daily use, apply little quantity of the oil in lower abdomen.

How to use?

- Apply 10-15ml on the Head & Scalp either in the early morning or evening
- Massage gently
- Leave it for 24-48 Minutes (usually 1 or 2 Naaligai – Traditional Timing)
- Wash thoroughly with shikakai /shampoo in lukewarm water

For daily use apply a little quantity of oil in the lower abdomen, soles and palm before bed and wash in the morning

Indications: Hypertension, Giddiness due to high BP, Anxiety, Depression, Stress, General debility, excess heat in the system

Best Results: When applied as per Traditional oil bath practices give best results

Traditional oil bath Practices – According to traditional science, the best days for having an oil bath is Wednesday & Saturday (for men) and Tuesday & Friday (for women).

18 HERBS ORGANICS ASUVAGENTHI BALALAKSHATHI THAILAM

STRESS RELIEF OIL

Reduce Blood Pressure, Stay Stress-Free!

FAQ

Scientific Name:

Aswagantha – Withania Somnifera
Athimathuram – Glycyrrhiza glabra
Sittharathai – Alpinia Galanga
Siddha Mooti – Pavonia zeylanica
Venthayam – Anetham Sowa
Kostam – Costus speciosus
Kombarakku – Stic lac
Kasthuri Manjal – Curcuma Aromatica
Devadharu – cedrus deodara
Santhanam – Santalum Album
Thippili – Chavika Roxburghii
Vettiver – Andropogon muricatus
Nannari Ver – Hemidesmus indicus
Manjistha – Rubia cordifolia
Korai Kilangu – Cyperus rotundus
Valmilagu – Piper auranticum
Kadugu rogini – Picrorhiza Kurroa
Sesame Oil – Sesamum Indicum

Best Results:

When applied as per Traditional oil bath practices gives best results
According to the Traditional Science, the best days for taking oil bath for
Men – Wednesday & Saturday
Women – Tuesday & Friday

Pack Size : 100ml Pet Bottle
MRP : Rs.290/- Per Pack
(incl. of all taxes)
GST : 12%
Case Qty : 48 Nos./ Case

Stress Relief Oil has remarkable stress-relieving properties compared to the widely used powerful drugs to treat BP, Stress, depression, anxiety

Ashwagandha is a sure shot solution and promising alternative treatment for the variety of degenerative diseases like Parkinson's and Alzheimer's

It has powerful antioxidant properties that seek and destroy free radicals that cause ageing and numerous disease states

It has anti-anxiety and neuroprotective effects

Reference: Chikitsa Rathina Deepam, Classical Siddha Formulations with Organic Herbs

Cautions:

Keep away from Sunlight,
For External Use,
Not for Internal Use,
Avoid application on Night time

Customer Care:

Mobile No. +91 8012181818
Website: www.18herbs.com