



AYURSHIELD IMMUNITY CLINICS
SUGGESTED MEDICINES & OTHER MATERIAL

Internal Medicines	Thoyam
1. Indukantham Kashayam (Tablet/Syrup)	Shadangam Kashaya choornam
2. Dasamoolakadutravam Kashayam/tablet	Sunti Dhanyaka Thoyam
3. Drakshadi Kashayam Tablet / Choonam	
4. Sudarsanam Gulika	Kada / Decoction / Kwatha – see details below
5. Vilwadi gulka	
6. Agastya rasayana	Golden Milk (Turmeric Milk)
7. Chyavanaprasa	
8. Indukantha ghrita	For Fumigation
9. Haridrakhantam	Aparajita dhoopa choornam
10. Curcumin	
11. Aswagandha Tablet / choornam	
12. Guloochi thippali / Guloochiyadi KS tablet	
13. Yashtimadhu	

KADHA/ DECOCTION / KWATHA

Ingredients:

- 1: Cinnamon powder-1/2 tea spoon
- 2: Thulsi leaves- 4-5 leaves
- 3: Black pepper 2-3 in number (powdered)
- 4: Dry ginger powder 2 pinch
- 5: Raisin (kismis) 4-5 in number (crushed)

Directions to Prepare: Take a deep pan and add 1 glass of water(100ml) in it; boil it and add tulsi, cinnamon powder ,black pepper, dry ginger and raisin in it .Stir the mixture well and cover the pan with a lid ,boil it for few minutes and put the stove off; let the mixture cool down for a while. Then strain it in a glass. Add one small piece of jaggery/ a dash of lemon juice to improve its taste.

How to use: Take 1 glass morning and evening

Selection of medicines for treatment may be made by the doctor based on the condition of the patient.