

Maharishi AyurVeda - Public Information

UK Product Name Organic Vata Churna **Code Name** SVATA
Availability Stock item in UK

Description This soothing blend of spices supports appetite and digestion. It enhances nutrition by supplying all six tastes and its warming effect enhances stability (2.4% salt).
Add flavour and balance with spices
Spices are not just great flavour-enhancers, they come with therapeutic properties as well. Our Churnas are precise blends of spices and seasonings that include all six ayurvedic tastes. Sauté the Churna in Ghee and add to your dishes, add some to soups, stews and sauces as they're cooking or sprinkle over prepared vegetables or rice at the table. Convenient, and mouth-wateringly delicious!
Spice Wise

The exotic colours and heady aromas of spices can elevate an ordinary dish into a sublime feast for the sense of sight, smell and taste. What's more, most spices also come with therapeutic properties, so every meal that includes spices can become an experience in enhancing health and well-being. Ayurveda, the ancient system of healing from India, has been singing the praises of spices as "wonder-foods" for thousands of years. Spices are ingredients in many synergistic ayurvedic herbal formulations, and an ayurvedic expert, when giving you advice, is as likely to recommend specific spices to include in your diet as to suggest herbal supplements for you to take.

Cumin helps enhance digestion and is an effective toxin-hunter.

Dried ground ginger is a warming spice, contributing the pungent taste. It is useful in aiding digestion, enhancing appetite and maintaining a healthy stomach.

Turmeric is ubiquitous in ayurvedic cooking. It contains the flavanoid curcumin, which is known to have anti-inflammatory properties. This all-around wonder spice is said to help detoxify the liver, balance cholesterol levels, supports resistance to allergies, stimulate digestion, boost immunity and enhance the complexion.

Fenugreek is an appetizer and balances gas production. It helps maintain regularity and supports digestion, especially of fats.

Hing (asafoetida) is considered good for the appetite and digestion. It is a warming spice that pacifies Vata and contributes the pungent taste.

Ingredients

| Botanical Name | Common Name | Plant Part | Rank | % | Quantity(mg/g) |
|------------------------------|-------------|---------------|------|-----|----------------|
| Cuminum cyminum Linn. | Cumin | seed | 1 | | |
| Zingiber officinale Rosc. | Ginger | rhizome | 2 | | |
| Curcuma longa Linn. | Turmeric | rhizome | 3 | | |
| Saccharum officinarum Linn. | Sugar Cane | juice of stem | 4 | | |
| Trigonella foenum-graecum Li | Fenugreek | seed | 5 | | |
| Ferula narthex Boiss. | Asafoetida | exudate | 6 | | |
| Sodium chloride | Rock salt | | 7 | 2.4 | 0.8 |

Contraindications/Precautions One teaspoonful - 2.5 grams - contains 0.06g of salt (about 1.2% of daily recommended maximum)

Over dose and its Management If there is discomfort discontinue use temporarily

Side Effects and Interactions None known

Potential Allergens

Usage

Age Group All

Dosage Form powder

Method of Use For use mainly with savoury food. IDEALLY first sauté the spice mix and then add it to food while it is cooking. OR 2) sprinkle the mix on food during cooking or at meal times.

How Long to Continue Use? As required

Specific Dietary/Lifestyle Advice

Presentation

Presentation 35g in foil pouch OR 35g tinplate with food compatible protective coating.

Net Weight grams 50

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| UK Product Name | Organic Vata Churna | Code Name | SVATA |
| Availability | Stock item in UK | | |
| Storage | Store in a cool, dry, dark place, tightly closed | | |
| Shelf Life (months) | 36 | | |
| Regulatory Status | Food | | |