

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Organic Kapha churna	<b>Code Name</b>	SKAPH
<b>Availability</b>	Stock item in UK		
<b>Description</b>	<p>This anti-oxidant rich, spicy, stimulating and warming. blend enlivens appetite, digestion, assimilation of food and metabolism thus helping in weight balance. (5.7% salt)</p> <p>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!</p> <p>Spice Wise</p> <p>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.</p>		

- Coriander balances all three doshas and is highly appreciated in Ayurveda. It is a cooling spice and contributes the sweet and astringent tastes. Ayurvedic texts suggest that it is good for digestion, whets the appetite, helps maintain resistance to allergies and also helps purify the blood.
- Fennel is extremely good for digestion. It acts as a general toner for the digestive system, and is particularly good for enhancing Agni, the digestive fire, without aggravating Pitta.
- Dried ground ginger is a warming spice, contributing the pungent taste. It is useful in aiding digestion, enhancing appetite and maintaining the health of the 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, maintain resistance to allergies, stimulate digestion, boost immunity and enhance the complexion. It is also an anti-oxidant.
- Black Pepper is an important spice for maintaining health. It has cleansing and antioxidant properties, and it is a bioavailability enhancer -- it helps transport the benefits of other herbs to the different parts of the body. It helps the free flow of oxygen to the brain, helps enhance digestion and circulation and stimulates the appetite.
- Cinnamon bark is often used in Ayurvedic herbal preparations to enhance the bio-availability of other herbs. It is a warming spice, and contributes the sweet, pungent and bitter tastes. It is excellent for pacifying Kapha and good for balancing Vata also. Individuals trying to balance Pitta can also consume cinnamon, but in relatively smaller quantities.

## Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/g)
Zingiber officinale Rosc.	Ginger	rhizome	1		
Piper nigrum Linn.	Black Pepper	fruit	2		
Saccharum officinarum Linn.	Sugar Cane	juice of stem	3		
Coriandrum sativum Linn.	Coriander	seed	4		
Curcuma longa Linn.	Turmeric	rhizome	5		
Sodium chloride	Rock salt		6	5.7	2.0
Cinnamomum verum J. Presl	Cinnamon verum	bark	7		

**Contraindications/Precautions** One teaspoonful - 2.5 grams contains 0.125g of salt (about 2.5% 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

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<b>Availability</b>	Stock item in UK		
<b>Dosage Form</b>	powder		
<b>Method of Use</b>	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.		
<b>How Long to Continue Use?</b>	As required		
<b>Specific Dietary/Lifestyle Advice</b>			

### Presentation

<b>Presentation</b>	35g in foil pouch OR 35g tinplate with food compatible protective coating.
<b>Net Weight grams</b>	50
<b>Storage</b>	Store in a cool, dry, dark place, tightly closed
<b>Shelf Life (months)</b>	36
<b>Regulatory Status</b>	Food