THE AYURVEDIC INSTITUTE

PRODUCT CATALOG

HERBS • BOOKS • CDS • FOOD • OILS • BODY CARE

Prices and availability are subject to change without notice.
The Ayurvedic Institute supplies USDA certified organic products, whenever possible, and ensures that all our products are of the highest quality commercially available.

As much as possible, we deal with suppliers who support sustainable harvesting of plant products and do not carry plants that are known to be endangered. Because of this, there may be times when we are out of stock on some herbs.

The Ayurvedic Institute is a member of the American Herbal Products Association (AHPA), a national trade association that focuses on herbs and herbal products.

Effective September 2015.
Prices and availability subject to change without notice.

This catalog is printed approximately every 6 months; please visit our online store for the most current prices. The online PDF of this catalog is updated regularly as well.

Visit Ayurveda.com/shop

The product descriptions and statements in this catalog present information on traditional uses and properties of the plants and other components. These statements and information have not been evaluated by the Food and Drug Administration and are not intended to substitute for medical advice. The information and products contained herein are not intended to diagnose, treat, cure or prevent any disease. It is recommended that you consult your health care provider.

### About The Products We Sell

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AYURVEDA IS A SANSKRIT WORD THAT MEANS “THE SCIENCE OF LIFE.”

It is an ancient art of healing that has been practiced continuously throughout India for over 5,000 years. Ayurveda is probably the oldest authentically recorded healing science in existence today, incorporating many philosophical systems and the integration of body, mind, and consciousness. Ayurveda seeks to understand and correct imbalances and to restore the innate intelligence and harmony of the person. It gives us the insight to understand individual constitution and to create balance within and around us.

According to Ayurveda each person is unique, a combination of physical, mental and emotional characteristics which is his or her constitution. Many factors, both internal and external, can affect this constitution. Examples of some of these stresses are: one's emotional state, diet and daily food choices, seasons and weather, physical trauma, job and family relationships. Once we understand that these factors can cause an imbalance in our constitutions, we have a choice to take appropriate actions to nullify or minimize their effects, or eliminate the cause. Balance is the natural order; imbalance is disorder. Health is order; disease is disorder. Within the body there is a constant interaction between order and disorder. Once one understands the nature and structure of disorder, one can re-establish order.

Ayurveda identifies three basic types of energy or functional principles which are present in everybody and everything. There are no single words in English to describe these types of energy, so we use the Sanskrit words vata, pitta, and kapha. Energy is required to create movement of fluids and nutrients to the cells of the body, enabling it to function. There is also energy needed to metabolize the nutrients in the cells, and energy is needed to lubricate and maintain cellular structure. Vata is the energy of movement, pitta the energy of digestion and metabolism, and kapha the energy of lubrication and structure. All people have vata, pitta, and kapha but one is usually primary, one secondary, and the third least prominent. Disease in Ayurveda is viewed as the lack of proper cellular function because of an excess or deficiency of vata, pitta or kapha and/or the presence of toxins. In Ayurveda body, mind, and consciousness work together in maintaining balance. They are simply viewed as different facets of one’s being.
To learn how to balance body, mind, and consciousness requires an understanding of how vata, pitta, and kapha work together. In the physical body, **Vata, composed of Space and Air**, is the subtle energy associated with movement. It governs breathing, blinking, muscle and tissue movement, pulsation of the heart, and all movements in the cytoplasm and cell membranes. In balance, vata promotes creativity and flexibility. Out of balance, vata produces fear and anxiety.

**Pitta, made up of Fire and Water**, is represented by the body's metabolic system. It governs digestion, absorption, assimilation, nutrition, metabolism, and body temperature. In balance, pitta promotes understanding and intelligence. Out of balance, pitta arouses anger, hate, and jealousy.

**Kapha is formed from Earth and Water** and is the energy that forms the body’s structure – bones, muscles, tendons – and provides the “glue” that holds the cells together. Kapha supplies the water for all bodily parts and systems. It lubricates joints, moisturizes the skin, and maintains immunity. In balance, kapha is expressed as love, calmness and forgiveness. Out of balance, it leads to attachment, greed, and envy.

Life challenges us with many opportunities. Although there is much over which we have little control, we do have the power to decide about our diet and lifestyle. To maintain balance and health, it is important to pay attention to these decisions. Diet and lifestyle appropriate to individual constitution strengthen the body, mind, and consciousness.
SIDHA SOMA SUPREME™
Formulated according to ancient Ayurvedic methods, these products are manufactured according to the highest standards. Traditional uses are listed with each product.

**HERBAL EXTRACTS**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayurbiotic</td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Helps maintain the vital energy of the body and supports a healthy immune system.</td>
</tr>
<tr>
<td>Coloklin</td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Maintains the normal function of the colon.</td>
</tr>
<tr>
<td>Deep Love</td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Supports emotional well being and promotes clarity and compassion in daily relationships.</td>
</tr>
<tr>
<td>Heparklin</td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Supports liver function and promotes healthy aging.</td>
</tr>
<tr>
<td>Kardovite</td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Promotes vital life energy and helps maintain healthy heart function.</td>
</tr>
<tr>
<td>Rebirthing Breath</td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Promotes the system's ability to assimilate prana and supports proper function of the lungs and colon.</td>
</tr>
<tr>
<td>Sweet Memory</td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Promotes clarity of perception, conscious capacity and learning ability.</td>
</tr>
</tbody>
</table>

**SHAKTI PRANA & SPECIAL FORMULAS**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Draksha</td>
<td>16 fl.oz.</td>
<td>$23.00</td>
<td>Made according to Vasant Lad’s recipe, this herbal preparation is crafted with organic grape juice, organic raisins, and traditional Ayurvedic herbs and spices. A good all-around tonic, promoting digestion and assimilation.</td>
</tr>
<tr>
<td>Kumari Asava</td>
<td>16 fl.oz.</td>
<td>$21.00</td>
<td>Made according to Vasant Lad’s recipe, this Ayurvedic herbal wine promotes vitality and the health of a woman’s reproductive system.</td>
</tr>
<tr>
<td>Shakti Prana</td>
<td>11 oz.</td>
<td>$24.00</td>
<td>Shakti Prana contains all six tastes of Ayurveda: sweet, sour, salty, pungent, bitter and astringent. According to Ayurveda, it is important to have these six tastes daily. Based on ancient texts and formulated by Vasant Lad, Shakti Prana acts as a complete rejuvenative for all constitutional types.</td>
</tr>
<tr>
<td>Triphala</td>
<td>2.5 oz.</td>
<td>$5.00 / 8 oz. $14.00 / 16 oz. $28.00</td>
<td>Helps to balance all three doshas, maintains regularity and supports proper function of the digestive tract. 100% organic.</td>
</tr>
</tbody>
</table>

**HERBAL OILS**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sidha Soma Oil</td>
<td>1 fl.oz.</td>
<td>$8.00</td>
<td>Helps keep nasal passages and sinuses clear. Maintains the proper function of prana, and ojas. Better for vata and kapha constitutions.</td>
</tr>
<tr>
<td>Super Nasya Oil</td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>For nasal application, good for all constitutions. May help to relieve occasional congestion, tension or tightness in the neck and clear the mind.</td>
</tr>
<tr>
<td>Ashwagandha Oil</td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Balances all three doshas, is a nerve tonic and generally strengthens the nerves and muscles.</td>
</tr>
<tr>
<td>Bakuchi Oil</td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Is a traditional, antibacterial and anti-viral formula that is used topically. It promotes natural color complexion and may normalize skin disolorations. It is also reputed to maintain the tone of the skin.</td>
</tr>
<tr>
<td>Bhringraj Oil</td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Traditionally is massaged into the scalp and feet before bed. Its use is said to promote sound sleep and help to maintain healthy hair and bones. A good general massage oil for pitta, it can be diluted with sunflower oil.</td>
</tr>
<tr>
<td>Dashamula Oil</td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>The “ten roots” oil works on the ten important openings of the body. It pacifies vata and rejuvenates all bodily tissues.</td>
</tr>
<tr>
<td>MahaGanesh Oil</td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Used topically, is said to give strength to weak muscles and joints. It relieves stress and fatigue in tissues, and may slow the aging process. Works best for vata and kapha. It can be diluted with sesame oil for overall body massage.</td>
</tr>
<tr>
<td>Neem Oil</td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>A good skin tonic, it pacifies high pitta and cools the system when applied topically. For use as a general massage oil, dilute with sunflower oil.</td>
</tr>
<tr>
<td>Nirgundi Oil</td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>A mild topical analgesic, this pacifies vata, relaxes the muscles and helps to induce natural sleep.</td>
</tr>
</tbody>
</table>

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HERBAL GHEES

Ashwagandha Ghee 9 fl.oz. $14.00
Can be used internally and externally. Traditionally used for promoting ojas, prana, vigor, vitality and male virility. Good for calming vata and can be considered tridoshic in moderation. Supports the dhatus and maintains cellular integrity throughout the aging process.

Brahmi Ghee 1 fl.oz. $8.00
Good for lubricating nasal passages, brahmi is said to calm and cool the mind.

Shatavari Ghee 9 fl.oz. $14.00
Especially good to calm pitta and, according to Ayurvedic texts, is used to support and nourish the reproductive system. It can be taken internally or used externally. Shatavari Ghee is tridoshic but may increase kapha or ama with excessive use.

Tikta Ghrita 9 fl.oz. $16.00
Can be used internally or externally. It is bitter, so it may increase vata. Supports healthy liver function and maintains the health of deep tissues. Tikta ghee protects ojas. It is best for pitta or kapha.

Triphala Ghee 9 fl.oz. $14.00
Can be used internally or externally. Ayurvedic tradition says it promotes ojas, supports immunity, agni (digestive fire), all seven dhatus and is generally tridoshic.

PRE-PACKAGED HERBAL TEAS

Agni Churna 2.5 oz. $6.50
This formula supports gastric fire, promotes appetite, digestion, absorption and assimilation, and helps to naturally detoxify the digestive tract. Balancing for all three doshas.

Awareness Tea 2.5 oz. $6.50
Promotes mental clarity, concentration and learning.

Brain Tonic 2.5 oz. $6.50
Promotes memory, intelligence and healthy brain activity. Reduces everyday mental fatigue and inability to concentrate.

Cumin, Coriander, Fennel Tea 4 oz. $6.00
Helps maintain healthy digestion, absorption, assimilation and elimination. Good for all three doshas and suitable for all ages.

Dashamula Root Mix for basti 2 oz. $5.00

Enlightenment Tea 2.5 oz. $6.50
Supports healthy function of the subtle and mental bodies, chakra function and promotes the unfolding of inner light.

Get Well Tea 2.5 oz. $6.50
Supports a healthy immune response and the system’s ability to burn and eliminate toxins in circulation.

Good Night Sleep Tea 2.5 oz. $6.50
Promotes muscle relaxation and deep, sound sleep.

Guru Tea 2.5 oz. $6.50
Promotes spiritual awakening and discipline, and supports the satvta quality in the mind.

Kundalini Tea 2.5 oz. $6.50
Supports the awakening of kundalini and the inner spiritual journey to attain enlightenment, while pacifying the indicated dosha. Specify for vata, pitta or kapha.

Medhya Rasayana Intelligence Promoter 2.5 oz. $6.50
Promotes cellular nourishment, intelligence, comprehension, understanding and appreciation.

Prime Youth/Cleansing Tea 2.5 oz. $6.50
Maintains youthfulness and supports the growth and development of healthy tissues, as well as tone, power and coordination.

Shad Ras 6 tastes 2.5 oz. $6.50
Promotes a happy and healthy life. Contains all six tastes: sweet, sour, salty, pungent, bitter and astringent. Supports healthy food choices.

Tranquility Tea 2.5 oz. $6.50
Promotes true inner tranquility and helps to relieve everyday stress and frustration.

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**THE AYURVEDIC INSTITUTE**

**HERBAL PRODUCTS**

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### NATURE’S FORMULARY

**VEGETARIAN CAPSULES**

<table>
<thead>
<tr>
<th>Capsule</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arjuna</td>
<td>$20.00</td>
<td>For cardiac function.</td>
</tr>
<tr>
<td>Boswellia</td>
<td>$19.00</td>
<td>For joint function.</td>
</tr>
<tr>
<td>Guggulu</td>
<td>$21.00</td>
<td>For fat metabolism.</td>
</tr>
<tr>
<td>Gymnema</td>
<td>$19.00</td>
<td>For sugar metabolism.</td>
</tr>
<tr>
<td>Phyllanthus</td>
<td>$17.00</td>
<td>For liver function.</td>
</tr>
<tr>
<td>Picrorrhiza</td>
<td>$19.00</td>
<td>For liver function.</td>
</tr>
<tr>
<td>Shankpushpi</td>
<td>$20.00</td>
<td>Anxiousness and mood support</td>
</tr>
</tbody>
</table>

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### ORGANIC INDIA

Completely organic Ayurvedic herbs and formulas.

**VEGETARIAN CAPSULES**

<table>
<thead>
<tr>
<th>Capsule</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashwagandha</td>
<td>400 mg</td>
<td>$20.00 Provides nutritional support to energize and rejuvenate.</td>
</tr>
<tr>
<td>Bowel Care Formula</td>
<td>750 mg</td>
<td>$20.00 Excellent for normalizing and promoting digestive and gastrointestinal function.</td>
</tr>
<tr>
<td>Breathe Free</td>
<td>275 mg</td>
<td>$18.00 Supports respiratory tract health and promotes increased lung capacity.</td>
</tr>
<tr>
<td>Complete Flexibility</td>
<td>325 mg</td>
<td>$20.00 Joint formula offers anti-inflammatory and analgesic actions.</td>
</tr>
<tr>
<td>Brahmi – Gotu Kola</td>
<td>400 mg</td>
<td>$17.50 Energy and memory support. Enhances physical, mental, and emotional clarity.</td>
</tr>
<tr>
<td>Heart Guard</td>
<td>400 mg</td>
<td>$20.00 Improves cardiac function and circulation.</td>
</tr>
<tr>
<td>Immunity</td>
<td>275 mg</td>
<td>$19.00 Combines rejuvenation with natural detoxification. Supports the liver and strengthens the immune response.</td>
</tr>
<tr>
<td>Joy!</td>
<td>300 mg</td>
<td>$19.50 Uplifts mood, boosts energy. Reduces tension and stress.</td>
</tr>
<tr>
<td>Liver Kidney</td>
<td>325 mg</td>
<td>$20.00 Nourishes and supports the liver and kidneys. Reduces toxicity and protects the body from stress.</td>
</tr>
<tr>
<td>Memory</td>
<td>300 mg</td>
<td>$19.00 Helps improve mental clarity and focused attention. Supports and nourishes the brain.</td>
</tr>
<tr>
<td>Neem</td>
<td>325 mg</td>
<td>$18.00 Ayurvedic herbal anti-microbial purifies the body – excellent for inflammatory skin conditions.</td>
</tr>
<tr>
<td>Shatavari</td>
<td>800 mg</td>
<td>$17.50 Gentle support to tone and strengthen the body, especially the reproductive system.</td>
</tr>
<tr>
<td>Skin Renew</td>
<td>400 mg</td>
<td>$19.00 Detoxifies, nourishes &amp; rejuvenates the skin for a clear healthy radiance.</td>
</tr>
<tr>
<td>Sugar Balance</td>
<td>250 mg</td>
<td>$19.00 Supports blood sugar health, helps reduce cravings and balances energy levels.</td>
</tr>
<tr>
<td>Triphala Formula</td>
<td>480 mg</td>
<td>$17.50 Digestive and colon support aids in nutritional assimilation.</td>
</tr>
<tr>
<td>Tulsi – Holy Basil</td>
<td>500 mg</td>
<td>$20.00 Supports strength and stamina. Promotes immunity and stress resilience.</td>
</tr>
<tr>
<td>Turmeric Formula</td>
<td>500 mg</td>
<td>$23.00 Ayurvedic Purifying Formula. Used for its anti-oxidant, anti-inflammatory and skin beautifying properties.</td>
</tr>
<tr>
<td>Vitality</td>
<td>325 mg</td>
<td>$20.00 Supports the immune system and protects against the day-to-day stresses of life.</td>
</tr>
</tbody>
</table>

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### VADIK HERBS

Unique potions based on ancient Ayurvedic techniques deliver the properties of the herbs directly into the blood stream, enabling their benefits to be felt more quickly.

**LIQUID HERBAL PREPARATIONS**

<table>
<thead>
<tr>
<th>Preparation</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy Tonic</td>
<td>16 fl.oz.</td>
<td>$25.00 Mind/body tonic (Ashwagandharishita).</td>
</tr>
<tr>
<td>Heart Tonic</td>
<td>16 fl.oz.</td>
<td>$25.00 Heart tonic and rejuvenator.</td>
</tr>
<tr>
<td>Kumari Asava</td>
<td>16 fl.oz.</td>
<td>$25.00 Female revitalizer.</td>
</tr>
<tr>
<td>Liver Tonic</td>
<td>16 fl.oz.</td>
<td>$25.00 Liver cleanser and rejuvenator.</td>
</tr>
<tr>
<td>Surakta</td>
<td>16 fl.oz.</td>
<td>$25.00 Blood purifier.</td>
</tr>
</tbody>
</table>

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Chyavanprash 1.1 lbs. $22.00
A traditional Indian rejuvenative that nourishes and strengthens the body. It contains amla, a fruit high in vitamin C, and a rich source of anti-oxidants. Chyavanprash is not for use by pregnant or nursing mothers nor is it suitable for individuals with diabetes.

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**BANYAN BOTANICALS**

Traditional Ayurvedic herbs and formulas made from the highest quality ingredients and completely vegetarian.

### HERBAL TABLETS

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amalaki</td>
<td>$17.00</td>
<td>Detoxifying and rejuvenating for pitta types.</td>
</tr>
<tr>
<td>Ashwagandha</td>
<td>$19.00</td>
<td>Rejuvenative for vata and kapha types; promotes vitality and strength. Certified organic.</td>
</tr>
<tr>
<td>Blood Cleanse</td>
<td>$19.00</td>
<td>Detoxification and support for healthy blood and skin.</td>
</tr>
<tr>
<td>Everyday Greens</td>
<td>$28.00</td>
<td>Whole food source of vitamins, minerals, and antioxidants.</td>
</tr>
<tr>
<td>Haritaki</td>
<td>$17.00</td>
<td>Detoxifying and rejuvenating for vata types.</td>
</tr>
<tr>
<td>Healthy Hair</td>
<td>$19.00</td>
<td>Promotes healthy, lustrous hair growth.</td>
</tr>
<tr>
<td>Healthy Kapha</td>
<td>$19.00</td>
<td>Restores and maintains balanced kapha.</td>
</tr>
<tr>
<td>Healthy Pitta</td>
<td>$19.00</td>
<td>Restores and maintains balanced pitta.</td>
</tr>
<tr>
<td>Healthy Vata</td>
<td>$19.00</td>
<td>Restores and maintains balanced vata.</td>
</tr>
<tr>
<td>Heart Formula</td>
<td>$19.00</td>
<td>Supports proper function of the heart.</td>
</tr>
<tr>
<td>Immune Support</td>
<td>$19.00</td>
<td>Promotes health and supports proper function of the immune system.</td>
</tr>
</tbody>
</table>

**I Sleep Soundly** $19.00  
Promotes sound, restful sleep.

**Joint Support** $19.00  
Maintains healthy function of the joints and muscles.

**Kapha Digest** $19.00  
Appetite and digestive stimulant.

**Kidney Formula** $19.00  
Supports proper function of kidneys and adrenals.

**Liver Formula** $19.00  
Supports proper function of the liver.

**Lung Formula** $19.00  
Supports proper function of the lungs.

**Men's Support** $19.00  
Promotes vitality, strength and proper function of the male reproductive system.

**Mental Clarity** $19.00  
Promotes memory and intelligence.

**Neem** $18.00  
Detoxification for pitta and kapha; supports healthy skin.

**Para Cleanse** $19.00  
Detoxification for pitta and kapha; supports healthy skin.

**Pitta Digest** $19.00  
Digestion formula for pitta types.

**Shatavari** $19.00  
Rejuvenative for vata and pitta; promotes vitality and strength.

**Stress Ease** $19.00  
Balancing formula for coping with stress and fatigue.

**Sweet Ease** $19.00  
Reduces kapha and promotes healthy blood glucose levels.

**Tranquil Mind** $19.00  
Promotes relaxation and sleep.

**Trim Support** $19.00  
Supports proper metabolic function and weight management.

**Triphala** $16.00  
A balancing formula for detoxification and rejuvenation.

**Turmeric** $19.00  
Boost immunity and brain function.

**Vata Digest** $18.00  
Digestion formula for vata types.

**Women's Support** $19.00  
Promotes vitality, strength and proper function of the female reproductive system.

**Chyavanprash** 8.8 oz. $20.00  
Promotes rejuvenation and proper function of the immune system. This tridoshic formula stimulates metabolism and enkindles the digestive fire without aggravating pitta. It balances vata and kapha while strengthening the body against the effects of a stressful lifestyle.

### GUGGULUS

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gokshuradi Guggulu</td>
<td>$23.00</td>
<td>Supports proper function of the genito-urinary tract.</td>
</tr>
<tr>
<td>Kaishore Guggulu</td>
<td>$23.00</td>
<td>Reduces pitta inflammations in the joints and muscles.</td>
</tr>
<tr>
<td>Kanchanar Guggulu</td>
<td>$23.00</td>
<td>Reduces kapha accumulation in the tissues.</td>
</tr>
<tr>
<td>Punarnavadi Guggulu</td>
<td>$23.00</td>
<td>Reduces kapha swelling and pitta inflammations.</td>
</tr>
<tr>
<td>Shilajit</td>
<td>$23.00</td>
<td>Promotes detoxification and rejuvenation.</td>
</tr>
</tbody>
</table>

**Simhanad Guggulu** $23.00  
Detoxification and rejuvenation for joints.

**Triphala Guggulu** $23.00  
Detoxification and rejuvenation support for metabolic function.

**Yogaraj Guggulu** $23.00  
Reduces vata in the joints, nerves and muscles.

### HERBAL TINCTURES

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginger</td>
<td>$12.00</td>
<td>Supports overall health, wellness and comfort.</td>
</tr>
<tr>
<td>I Travel Well</td>
<td>$12.00</td>
<td>Supports the body's natural ability to adapt to the stresses of travel including changes in time zone.</td>
</tr>
<tr>
<td>Kutki</td>
<td>$12.00</td>
<td>Supports proper function of the liver and immune system.</td>
</tr>
<tr>
<td>Neem</td>
<td>$12.00</td>
<td>Detoxification for pitta and kapha.</td>
</tr>
<tr>
<td>Triphala</td>
<td>$12.00</td>
<td>Balancing formula for detoxification &amp; rejuvenation.</td>
</tr>
<tr>
<td>Turmeric</td>
<td>$11.95</td>
<td>Supports digestion and overall health and well-being.</td>
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Prices and availability are subject to change without notice.
CIRCLE OF HEALTH

Traditional handmade rasayanas formulated to bring the five elements back into balance. These rasayanas restore your youthful state of physical and mental health and expand your state of happiness. Each rasayana has 100,000 milligrams of rare and unique herbs in a complex formula that is preserved in pure ghee, raw honey and brown rice syrup.

Anti-stress Pitta/Brahmi (Prash) Rasayana
300 gm. / 9.6 oz. $30.00
Pitta or fire balancing tonic. Supports the nervous system, maintains awareness, creativity, happiness, mental health, pranic energy, tranquility, concentration, memory and healthy emotions.

Joint Support/Guggulu Rasayana
300 gm. / 9.6 oz. $30.00
Vata or Air balancing tonic. Promotes circulation, metabolism, digestion, immunity and a healthy nervous system.

Blood Pure/Manjishta Rasayana
300 gm. / 9.6 oz. $30.00
Pitta and Kapha balancing tonic. Helps support and maintain healthy blood.

Pancreas Support/Shilajit (Churna) Rasayana
100 gm. $30.00
Kapha or earth balancing tonic. Helps to maintain healthy blood sugar levels, digestion and metabolism. In powder form with no honey or sugar.

Blood Pressure Support/Rashona Rasayana
300 gm. / 9.6 oz. $30.00
Vata and Pitta balancing tonic. Promotes healthy heart function. Reduces everyday stress and tension, promotes sound sleep, a healthy nervous system and the blood.

Immune Support/Guduchi Rasayana
300 gm. / 9.6 oz. $30.00
For all body types. Supports the immune system, healthy blood, circulation and the absorption of nutrients.

Liver and Spleen/Neem (Prash) Rasayana
300 gm. / 9.6 oz. $30.00
Pitta or Fire balancing tonic. Supports healthy liver and spleen function.

Male-Repro/Kapikachu (Prash) Rasayana
300 gm. / 9.6 oz. $30.00
Vata or air balancing tonic. Helps invigorate and strengthen the body. Promotes a healthy reproductive system.

Physical Rejuv (Pitta)/Chyavan Prash
300 gm. / 9.6 oz. $30.00
A tridoshic formula to maintain all around health and vitality. Supports a healthy immune system, metabolic function and the respiratory system.

Physical Rejuv (Vata)/Ashwagandha Rasayana
300 gm. / 9.6 oz. $30.00
Vata or air balancing tonic. Promotes strength and endurance. A traditional male rejuvenative.

Weight Away/Somalata Rasayana
300 gm. / 9.6 oz. $30.00
Kapha or earth balancing tonic. Helps to maintain proper body weight.

Women’s Treasure/Shatavari Prash Rasayana
300 gm. / 9.6 oz. $30.00
Good for all body types. Supports proper function of the female reproductive system. A traditional female rejuvenative.

Prices and availability are subject to change without notice.
The Ayurvedic Institute carries traditional Ayurvedic and Western herbs. Our herbs are organic, when available, and always of the highest quality. Most herbs may be purchased in bulk quantities, subject to stock. Some herbs are available in limited quantities only. On quantities of 8 to 16 oz. there is a bulk discount of $.25 less per ounce. We limit sales to a maximum of 16 oz. as we are not a wholesaler.

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Pre-Packaged Herbs and Spices

- Amalaki
  - 2.5 oz. $5.00
- Ajwain
  - 3 oz. $12.00
- Bhumyamalaki
  - 2.5 oz. $5.00
- Cardamom pods organic
  - 1.5 oz. $6.00
- Ginger root organic, crystallized
  - 4 oz. $4.80
- Hing asafoetida compound
  - 100 gm. $6.00
- Mustard Seed brown, organic
  - 3 oz. $3.00
- Safron Spanish
  - 1 gm. $12.50
- Salt natural mineral, domestic
  - 9 oz. $4.80 / 26 oz. $8.55
- Sat Isabgol psyllium husk
  - 3 oz. $3.75

Prices and availability are subject to change without notice.
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**WESTERN HERBS**

**CAPSULES FOR HERBS**

**Veggie Caps**

- size “0” 100 ct. $6.40
- size “0” 500 ct. $21.65

**The Capsule Machine**

For filling size “0” capsules with powdered herbs and vitamins. $19.50

*Prices and availability are subject to change without notice.*
ESSENTIAL OILS AND ATTARS

Essential oils are highly concentrated, complex chemicals extracted from whole plant matter. Attars are extracted through distillation and blended in a base of sandalwood essential oil.

ATTARS

1 dram vials

Hina Oil $11.00
A warming, relaxing scent known for sharpening psychic abilities and bringing clarity of mind. Nourishes heart energy and devotion. In small amounts, balancing to all three doshas.

Jasmine Oil $15.50
Sweet, cooling and moisturizing, jasmine nourishes the tissues, strengthens nervous system, and acts as an emmenagogue and aphrodisiac. Has antibacterial and antidepressant qualities. Tridoshic, increases kapha long term.

Khus Oil Vetiver $11.50
Calm the solar plexus and purifies the mind, blood and skin. It improves concentration and is a woman's hormone balancer. It is grounding, strengthening, tonic and regenerating. With antiseptic qualities, it is a relaxant and aphrodisiac. Cooling, khus soothes vata and pitta; elevates kapha.

Neroli $19.00
Benefits the lungs and heart, acting as a sedative and tonic for the nervous system. Helps with anxiety and depression resulting from stress. Rejuvenating on the skin, it is also considered a female reproductive tonic.

Rose Oil $38.50
Promotes love and ojas. Cooling and astringent, rose acts as a nervine, cell regenerator and antidepressant. Very fragrant and tridoshic.

ESSENTIAL OILS

1 dram vials unless noted

Eucalyptus $10.00
A pungent and cooling oil, it is externally cooling and heating internally. Acts as a decongestant and is diaphoretic and a bronchodilator.

Jatamansi Oil $15.00
Soothing, cooling and clearing to the nervous system, a sedative, expectorant and demulcent. Tridoshic, but will elevate vata and kapha long term.

Lavender $9.00
Sweet, astringent, and cooling, lavender benefits the lungs and mind. It helps to calm the mind and is uplifting.

Patchouli $11.75
With sweet, astringent, and cooling properties, this oil can be a mild aphrodisiac and memory stimulant while being grounding. It is antidepressant, antibacterial and calming to the brain, heart, and mind.

Sandalwood Oil $39.00
Improves concentration and meditation; is cooling, antibacterial, and diuretic. Properties include being a nervine, sedative, antispasmodic and tissue regenerative. Promotes ojas. Benefits vata and pitta and is neutral for kapha.

Tulsi Oil $11.50
The favorite of Krishna and Lakshmi, tulsi purifies the mind, body and spirit. Good for the complexion, circulation, metabolism and heart. Acts as a nervine, antispasmodic and febrifuge. Good for vata and kapha, elevates pitta long term.

BANYAN BOTANICALS SKIN BALMS

Beauty Balm 4 oz. $22.00
Firms and rejuvenates the tissues.

Breast Care Balm 4 oz. $20.00
Massage aid for regular breast care.

Joint Balm 4 oz. $20.00
Relief for stiff and aching joints.

Soothing Skin Balm 4 oz. $20.00
Relief for irritated and inflamed skin.

Trim Balm 4 oz. $22.00
Tones the tissues and supports weight management.

Prices and availability are subject to change without notice.
MALAS AND NECKBEADS

Malas are necklaces of various materials used for mantra recitation, prayer and other devotional practices. They are also worn for the beneficial effects of their materials—seeds, wood beads, gemstones or other special materials. All malas are knotted (vs. strung), have a tassel, and usually have 108 beads. Please check for availability before ordering.

**Crystal mala, $44.00**
Clear, good for all doshas.

**Three Metal Bracelet $40.00**
Purifying to the body; contains copper, brass and bronze. Engraved with “Om Namah Shivaya” mantra, it is balancing to the system.

**Lotus Seed malas, 54 beads $14.00/27 beads $10.00**
Lotus seed is sacred, cooling and is believed to promote spiritual and material prosperity.

**Rose Quartz mala, $44.00**
Pink. Stimulates love and opens the heart chakra.

**Rosewood**
neck beads, short $8.00
mala, medium $12.00
mala, large $24.00
Heating and improves circulation, red rosewood can strengthen the aura of an individual and protect from negative energy.

**Rudraksha mala, medium $40.00**
When Shiva first came out of deep meditation, it is said that a few tears dropped on the earth from his loving eyes and trees grew from those tears. Rudraksha seeds are from these trees. They open the heart chakra and are good for meditation and protection. Traditionally, the smaller the rudraksha bead, the better its quality.

**Sandalwood neck beads $12.00**
mala, medium, smooth beads $30.00
mala, large, smooth beads $80.00
Very calming and cooling, it soothes pitta dosha. Sandalwood is said to attract positive subtle vibrations. It brings clear perception and can be used in worshipping any deity. Very fragrant.

**Tulsi**
short neck beads, black or natural $4.00
long neck beads, black or natural $4.00
Krishna loves tulsi. Prepared from the stems of the tulsi (holy basil) plant, it is a medicinal plant and helps to balance vata and kapha. Tulsi helps to improve devotion and love in the heart.

**Vaijayanti**
mala, vaijayanti $8.00/ mala, vaijayanti and crystal $30.00
Lord Vishnu and Krishna love this mala. Vaijayanti means that which brings victory. It is very balancing for all doshas.

Prices and availability are subject to change without notice.
BHAKTIVEDA

Tulsi Body Lotion 7.7 oz./220 ml $15.00
From an ancient Ayurvedic recipe, this gentle cream contains sesame oil mixed with purified herbs. Our body lotion nourishes while using the cooling properties of tulsi to rejuvenate the skin. Ideal for after exposure to the sun. Can be used everyday on body, hands and feet.

Nourishing Massage Oil 4.2 fl.oz./125 ml $22.00
A 100% natural oil with sesame, soya protein, turmeric, nutgrass, mimosas, sarsaparilla, bergamot and vetiver mixed to replenish and tone the skin and muscles while helping to relieve tension and stress.

Aromatic Bath Salts 8.8 oz./250 g $25.00
A mixture of purified sea salt and herbs from the Himalayas such as Ashwagandha—to promote wellness of mind and body while reducing inflammations and stress—with the soothing properties of Arjuna and the unique scent of Indian Rose.

Mud Mask 5.29 oz./150 g $12.00
A unique mixture of bastar mud, harvested from the riverside, and arjuna, manjishta and sandalwood to firm and rejuvenates the complexion. Helps circulation and restores brilliance by firming and revitalizing the skin.

Neem Hand & Foot Cream 4.4 oz./125 g $18.00
Softens and nourishes the skin while helping maintain elasticity. Use as needed on hands and feet.

BINDI PERSONAL CARE PRODUCTS

Herbal Cleanser for Vata 2 oz. $18.50
For all skin types; a combination of sixteen herbs that work to improve blood circulation.

Herbal Cleanser for Pitta 2 oz. $18.50
For sensitive skin; provides healing agents that work to soothe the skin and help reduce redness.

Herbal Cleanser for Kapha 2 oz. $18.50
For oily skin; has natural astringents that attack problems of oiliness and large pores.

Moisture Cream for Vata 1 oz. $22.50
Calming properties of sweet orange help to tone the overactive vata skin type.

HIMALAYA USA

Amla & Holy Basil Conditioner 11.83 fl.oz./350 ml $10.00
This natural, luscious, ultra-lightweight exotic blend of gentle and effective ingredients like amla, holy basil, rosemary, sweet marjoram and olive oil helps condition, moisturize and nourish your hair and scalp. A rich, creamy conditioner, it is ideal for balancing all hair types.

Hydrating Shampoo 11.83 fl.oz./350 ml $10.00
A vital treatment for dry, unruly hair that lacks luster and moisture. It moisturizes hair with a unique blend of rich botanicals like aloe vera, coriander and triphala, which hydrate and nourish the hair roots while hibiscus, licorice and chebulic myrobalan revitalize and provide moisture to your hair and scalp.

Rejuvenating Shampoo 11.83 fl.oz./350 ml $10.00
Experience our unique Rejuvenating Shampoo with an exclusive regenerative formula using an alluring blend of amla and fenugreek. Rich and exotic botanicals like gotu kola, hibiscus and camelia sinesis leaf refresh, repair and rejuvenate your damaged and stressed hair.

Volumizing Shampoo 11.83 fl.oz./350 ml $10.00
This clay based is an ideal formulation that goes beyond gently cleansing and giving hair that soft, gentle lift. Natural volumizers like vetiver add fullness and body, while soapberry gently cleanses, and rosemary strengthens the hair root for normal to fine hair.

Neem & Turmeric Face Wash 5.07 fl.oz./150 ml $9.00
Beyond gentle cleansing, this award winning favorite is designed to even out skin, minimize pore size and clear away impurities with a luxurious soap-free lather. This time-tested combination of organic neem and turmeric purifies and resurfaces your skin leaving it clean, pure, silky-smooth and radiant. For normal to oily skin.

Intensive Moisturizing FootCare Cream 3.53 oz./100 g $10.00
An extra rich hydrating cream for all skin types. Ingredients include soliga forest honey, patchouli, coriander, beeswax.

Prices and availability are subject to change without notice.
and linseed, it helps combat rough, cracked heels and dry skin. This unique nourishing, non-greasy formula absorbs quickly and enhances the ability of your skin to draw in and retain moisture.

**Soothing Lotus Flower LipCare 0.176 oz./5 g $2.50**
An organic option for maintaining healthy lips. Offering a natural way to nourish and refresh the lips, ingredients like lotus flower and fennel oil join forces with soliga forest honey to keep lips soft and supple.

**Revitalizing Hand & Body Lotion 6.76 fl.oz./200 ml $10.00**
Luxurious hand and body lotion combines the goodness of rich botanicals like organic guduchi and country mallow, providing essential moisturizing for your dry skin. Fortified with essential oils to fight free radicals, it nourishes, revitalizes and soothes your skin, making it soft, smooth and naturally healthy. This is a clean, non-greasy, quick absorbing lotion for all skin types.

**Purifying Neem & Turmeric Handcrafted Cleansing Bar 4.41 oz./125 g $5.00**
Handcrafted using pure certified organic herbs with saponified organic oils serving as a natural soap base. Neem, a time-honored botanical used for thousands of years to detoxify the body, and turmeric, well-known for its antioxidant properties, promote healthy, glowing skin.

**Refreshing Lavender & Rosemary Handcrafted Cleansing Bar 4.41 oz./125 g $5.00**
Handcrafted using pure certified organic herbs with saponified organic oils serving as a natural soap base. Leaves your body fresh and rejuvenated without dryness.

**Neem & Pomegranate Toothpaste 5.29 oz./150 g $5.50**
Fluoride and saccharin free with a fresh, minty taste! Dependable time tested ingredients like neem, triphala and pomegranate clean your teeth and promote healthy gums. Neem, twigs were used traditionally to clean teeth. Pomegranate helps promote healthy gums. Triphala has mouth freshening and astringent properties.

**Moisture Cream for Pitta 1 oz. $22.50**
The cooling properties of sandalwood oil help to balance the pitta skin type.

**Moisture Cream for Kapha 1 oz. $22.50**
The stimulating properties of lavender oil help to balance kapha type skin.

**Sweet Orange Body Lotion for Vata 8 fl. oz. $8.50**
Helps to nourish dry and dehydrated skin.

**Sandalwood Body Lotion for Pitta 8 fl. oz. $8.50**
Cooling properties of sandalwood oil soothe and balance the aggravated pitta skin.

**Henna Body Lotion for Kapha 8 fl. oz. $8.50**
This warming body lotion balances the kapha element in the body keeping skin moist and fresh.

**Bath Salts for Vata 16 oz. $12.00**
Aromatic fine-grain salts help calm your excitable vata sense. Warm your cool vata body and hydrate your prone-to-dry vata skin.

**Bath Salts for Pitta 16 oz. $12.00**
Cools your sensitive pitta skin. Feel silky soft on the outside and relaxed and joyful within.

**Bath Salts for Kapha 16 oz. $12.00**
Nourish your prone-to-oily kapha skin. Invigorates your kapha mind and helps you feel energized and radiant.

**Amla and Shikakai Shampoo 8 fl. oz. $8.50**
Amla strengthens the roots of your hair, helps prevent falling of hair and graying.

**Ritha Shampoo 8 fl. oz. $8.50**
This naturally conditioning shampoo cleans the scalp and gets rid of that dull oily look.

**Soya Protein Shampoo 8 fl. oz. $8.50**
Strengthens and nourish lifeless, thin, delicate hair. Protects hair from drying under the sun, adding luster and bounce.

**Tulsi Shampoo 8 fl. oz. $8.50**
Tulsi acts as a natural tonic for your hair. It nourishes the hair, restores the loss of moisture, prevents falling of hair and helps prevent graying.

**Liposomes .5 fl. oz. $39.75**
Revive and nourish your skin. Liposomes improve circulation and nurture your skin as it relieves signs of aging.

**Saffron Ghee .25 oz. $12.00**
This cream uses the light, warming energy of saffron to moisturize and rejuvenate the under-eye area, banishing and preventing wrinkles.

**Mint Eye Mask 2 oz. $21.50**
This sweet, warm, minty mask soothes and calms the...
Sochi offers the natural effulgence of ancient flowers, herbs, and oils in an exquisite daily herbal body oil that gives nourishing, moisturizing and healing benefits throughout the entire day.

**Scar Healing Oil** 2 oz. $22.00
The Maha (Great) of traditional Ayurvedic soothing and strengthening oils. Excellent relief for acute trauma and chronic conditions.

**Tridoshic Shakti Body & Massage Oil** 8 oz. $14.00
Traditionally prepared with organic base oils and over 45 organic sustainable herbs to nourish and promote radiant skin and optimal well-being. Tridoshic Shakti enhances vibrancy and rejuvenates with Nature's botanicals, essential fatty acids, and anti-oxidants. Apply after bath or anytime throughout the day.

**Tridoshic Shakti Body & Massage Oil** 8 oz. $20.00
Traditionally prepared with organic base oils and over 45 organic sustainable herbs to nourish and promote radiant skin and optimal well-being. Tridoshic Shakti enhances vibrancy and rejuvenates with nature's botanicals, essential fatty acids, and anti-oxidants. Apply after bath or anytime throughout the day.

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**THE AYURVEDIC INSTITUTE**

**PERSONAL CARE**

Prices and availability are subject to change without notice.
**BODY SPLASH**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rose Water</td>
<td>4 oz.</td>
<td>$6.20</td>
</tr>
<tr>
<td>Rose Water</td>
<td>8 oz.</td>
<td>$9.20</td>
</tr>
</tbody>
</table>

Pure food grade scented waters from Heritage Store

**HAIR OILS**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vadik Herbs Amla hair oil</td>
<td>4 oz.</td>
<td>$11.00</td>
</tr>
<tr>
<td>A. Muzda Brahmi hair oil</td>
<td>4 oz.</td>
<td>$9.00/9 oz.</td>
</tr>
<tr>
<td>Banyan Botanicals Healthy Hair oil</td>
<td>4 oz.</td>
<td>$11.50</td>
</tr>
</tbody>
</table>

**LIP BALMS**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alba Botanica</td>
<td>.15 oz.</td>
<td>$3.00</td>
</tr>
<tr>
<td></td>
<td>4.25 gm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nanak Lip Balm</td>
<td>.18 oz.</td>
<td>$2.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plyush</td>
<td>.15 oz.</td>
<td>$5.00</td>
</tr>
<tr>
<td></td>
<td>4.25 gm</td>
<td>$5.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soothing Touch</td>
<td>.25 oz.</td>
<td>$4.25</td>
</tr>
<tr>
<td></td>
<td>7 gm</td>
<td></td>
</tr>
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</table>

**SKIN MOISTURIZER**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shikai Hand &amp; Body Lotion</td>
<td>8 fl oz</td>
<td>$9.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumber-Melon, Japanese Citrus, Sandalwood</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SOAP**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auromere</td>
<td>2.75 oz.</td>
<td>$3.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sandal-turmeric, Tulsi-neem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chandrika</td>
<td>2.64 oz.</td>
<td>$1.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Margo Neem</td>
<td>3.25 oz.</td>
<td>$1.75</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mysore Sandal</td>
<td>2.64 oz.</td>
<td>$2.75</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TONGUE SCRAPERS AND TOOTHPASTE**

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tongue scrapers are made in the USA of highest quality materials. Stainless Steel</td>
<td>$7.25 Tridoshic</td>
</tr>
<tr>
<td>Auromere Neem Toothpaste</td>
<td>$7.00</td>
</tr>
<tr>
<td></td>
<td>original or mint</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auromere Herbal Toothpaste</td>
<td>$7.00</td>
</tr>
<tr>
<td></td>
<td>cardamom-fennel is mint-free with no sodium lauryl sulfate.</td>
</tr>
<tr>
<td>Dr. Lad’s Ayurvedic Tooth Gel</td>
<td>$7.25</td>
</tr>
</tbody>
</table>

**VARIOUS PRODUCTS**

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper Drinking Cup</td>
<td>14 oz.</td>
</tr>
<tr>
<td></td>
<td>$20.00</td>
</tr>
<tr>
<td></td>
<td>$20.00</td>
</tr>
<tr>
<td>Eye Cups</td>
<td>plastic</td>
</tr>
<tr>
<td></td>
<td>$3.30</td>
</tr>
<tr>
<td>Ginger Baking Soda Organic bath Mixture</td>
<td>8 oz.</td>
</tr>
<tr>
<td></td>
<td>$5.00/16 oz.</td>
</tr>
<tr>
<td>Gent-L-Care Disposable Enema Set</td>
<td>$5.00</td>
</tr>
<tr>
<td>Tea Tree Oil</td>
<td>Desert Essence brand, 1/2 oz.</td>
</tr>
<tr>
<td></td>
<td>$9.50/1 oz.</td>
</tr>
<tr>
<td>Wool Flannel</td>
<td>12” x 27”</td>
</tr>
<tr>
<td></td>
<td>For application of oils and ointments</td>
</tr>
</tbody>
</table>

Prices and availability are subject to change without notice.
OILS

There may be an extra shipping charge.

Castor Oil
4 fl. oz. $5.40 / 8 fl. oz. $6.60
Traditionally taken internally as a purgative, or used externally alone or as a compress. It is used topically in cases of local high pitta, ama and rashes. Food grade, cold pressed. Made by Heritage Brand.

Coconut Oil
pint $8.25
Pure, refined, organic, food grade, glass container.

Mustard Oil
8 fl. oz. $18.00
Mustard oil is traditionally used as a cooking oil in India. It is also suitable for massage and body care. Certified organic, cold pressed, and virgin, it is packed in dark glass bottles. Product of USA.

Sesame Oil
pint $9.00 / quart $16.00 / ½ gallon $26.00
Organic, for internal or external use. It has a penetrating action making it useful for abhyanga (daily body massage). Internally it is heating which may increase pitta and heavy which could increase kapha. However, these qualities make it a beneficial oil for vata. Food grade, cold pressed.

Sunflower Oil
pint $8.00 / quart $12.00 / ½ gallon $21.00
For internal or external use. Its light and cool qualities are good for pitta and kapha. It may be aggravating for vata types. Organic.

Kapha Massage Oil
4 fl. oz. $9.00 / 12 fl. oz. $21.00 / 32 fl. oz. $38.00

Pitta Massage Oil
4 fl. oz. $9.00 / 12 fl. oz. $21.00 / 32 fl. oz. $38.00

Vata Massage Oil
4 fl. oz. $9.00 / 12 fl. oz. $21.00 / 32 fl. oz. $38.00

Kapha Massage Oil
4 fl. oz. $11.00 / pint $24.25
A traditional Ayurvedic herbal oil, similar to MahaGanesh oil, but more heating. Good topically for joint pain. Sesame oil base. A. Muzda Enterprises.

Pitta Massage Oil
4 fl. oz. $11.00 / pint $24.25

Vata Massage Oil
4 fl. oz. $11.00 / pint $24.25

Khichadi Basmati Rice & Mung Dal Beans
6.35 oz. / 180 g $4.50
A staple of Ayurvedic diet, khichadi (a mixture) mixes savory basmati rice, nutritious mung dal beans and a blend of healing spices for a light, gluten free dish. Ready in 15 minutes, this delicacy is for the health conscious busy person. Personalize by adding chopped vegetables or garnish with freshly grated coconut or cilantro. Ingredients: basmati rice, mung dal beans, turmeric, mustard seeds, cumin seeds, coriander, asafoetida, sea salt, and succanat. Serves 2-3.

Lentil Khichadi
6.35 oz. / 180 g $4.50
Lentils are an important part of the diet in many parts of the world because of their high level of proteins. Our combination of basmati rice and red lentils, with an array of healing spices such as black cumin seeds and cardamom, give a unique flavor to a delicious gluten free meal. Personalize lentil khichadi with green peas or shallow fried nuts or by adding vegetables. Ingredients: basmati rice, red lentils, cardamom, cumin seeds, black cumin seeds, coriander, red chili flakes, lemon juice powder, sea salt, and succanat. Serves 2-3.

Couscous Khichadi
6 oz. / 172 g $4.50
Couscous is an easy to prepare, coarsely ground semolina pasta. Create a delightful meal with Ayurvedically balanced spices and your favorite vegetables. Personalize

Prices and availability are subject to change without notice.
FOOD

There may be an extra shipping charge.

BEANS, LEGUMES AND RICE

- **Mung Beans** 2 lbs. $5.75 whole green, organic
- **Mung Dal** 2 lbs. $11.50 split, yellow, hulled, organic
- **Basmati Rice** 2 lbs. $7.00/4 lbs. $13.50 white, organic from USA, Lundberg, fragrant

GHEES

- **Purity Farms** 13 oz. $17.45 organic
- **Ancient Organics** 8 oz. $12.00 organic
- **A. Muzda** 16 oz. $19.50 organic, grass fed
- **Pure Indian Foods** 14 oz. $20.00 organic, grass fed

OTHER FOODS

- **Almonds** 1 lb. $16.00 organic, raw, unpasteurized
- **Aloe Vera** 16 oz. $5.10/32 oz. $9.70 specify juice or gel, organic, Lily of the Desert
- **Bragg’s Liquid Aminos** 16 oz. $5.00
- **Chickpea flour** 2 lbs. $3.20
- **Coconut** 8.8 oz. $4.00 Shredded, Let’s Do Organic brand
- **Coconut Milk** 14 oz. can $3.60 Preservative free

SWEETENERS

- **Date Sugar** 1.5 lb. $15.90 organic, Bob’s Red Mill
- **Honey** 16 fluid oz. $8.35 pure, raw, unheated, local
- **Jaggery** 2.2 lb. $17.00 organic, Pure Indian Foods
- **Rock Candy** 2 oz. $2.50 highest quality
- **Sucanat** 3 lbs. $8.50 organic, dehydrated sugar cane juice
- **Turbinado Sugar** 2 lbs. $6.75

TEAS AND TEA STRAINERS

- **Tulsi Tea** 18 ct. $5.00 Organic India, bags
- **Tulsi Lemon Ginger Tea** 18 ct. $5.00 Organic India, bags
- **Detox, Love, Refresh, Revitalise, Vanilla Chai, and Lemon-Ginger-Manuka Honey Teas** 20 ct. $7.00 Pukka Organic Teas, bags
- **Mesh Tea Infuser** $2.50 stainless steel
- **Wire Mesh Tea Balls** $2.50

Prices and availability are subject to change without notice.
PUJA ITEMS
For use in Vedic rituals.

Betel Nuts 2 per bag $1.75
Black Sesame Seeds 2 oz. $2.00
Cow Dung 2 oz. $2.00
Kunkum 100 gm. $2.50

COPPER ITEMS
Copper 2-Part Stand $22.00
Pure copper stand, for agni hotra (fire ceremony), puja, homa, etc. Used to hold the pyramid to protect whatever the pyramid is sitting on and stability.

Copper 7.5” Small Bowl Spoon $9.00
Small copper spoon used with copper pyramid.

Copper 9” Large Bowl Spoon $12.00
Larger copper spoon used with copper pyramid.

Copper Fitted Cover $23.00
Pure copper fitted cover for top of pyramid, for agni hotra (fire ceremony), puja, homa, etc.

Copper Offering Dish $11.40
Pure copper offering dish, for agni hotra (fire ceremony), puja, homa, etc. Used to hold the offering supplies for the ceremony.

Copper Pyramid $55.00
Pure copper pyramid for agni hotra, puja, homa, etc. The main vessel for fire ceremony. Set on 2 part stand for better stability.

Copper Tongs $15.00
Copper tongs used with copper pyramid.

Areca (betel) nuts, seed of areca palm (Areca catechu) and availability are subject to change without notice.
INCENSE

Shoyeido 14 gms. $3.25
Amethyst (Balance), Diamond (power), Ruby (strength), Emerald (awareness) or Sapphire (devotion), with ceramic holder

Nippon Kodo 50 sticks, $3.75
Aqua, Lavender, White Plum with ceramic holder

Amber Kasturi Superior 20 gm. $1.50

Clove, SAC 10 cones $1.00

Daigen-Koh Japanese rosewood 24 gm. $2.25

Nag Champa 40 gm. $3.50

Padmini Dhoop 65 superfine, small box

Primo Yellow Rose 25 gm. $4.75

Pure Sandalwood 50 gm. $4.00

Sai Flora 25 gm. $3.50

Shivranjani 10 gm. $1.25

Sugandha Shringar $1.75

The Mother’s India Fragrances 12 sticks, $2.50
Buddha, Ganesh, Lakshmi, Om

Triple Amber Supreme 30 gm. $3.00

Vinason’s Chandan cones $3.75

White Sandalwood 50 gm. $2.50

Copal Resin, White 1 oz. $1.25

Frankincense Resin 1 oz. $1.25

Myrrh Resin 1 oz. $1.25

Wood Incense Burners $1.00 ea.
With more than 40 years as a physician, educator and author, Vasant Lad brings a wealth of classroom and practical experience to the United States. A native of India, he served for three years as Medical Director of the Ayurveda Hospital in Pune, India. He was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine for 15 years. He holds a Bachelor’s of Ayurvedic Medicine and Surgery (BAM&S) degree from the University of Pune and a Master’s of Ayurvedic Science (MASc) degree from Tilak Ayurved Mahavidyalaya. Vasant Lad’s academic and practical training include the study of Allopathy (Western medicine) and surgery as well as traditional Ayurveda.

Beginning in 1979, he has traveled throughout the United States sharing his knowledge of Ayurveda. In 1984 he came to Albuquerque as Director, principal instructor and founder of The Ayurvedic Institute. Respected throughout the world for his knowledge of Ayurveda, Vasant Lad is the author of 11 books on Ayurveda as well as hundreds of articles and other writings. With over 500,000 copies of his books in print in the US, his work has been translated into more than 20 languages.
BY VASANT LAD

Ayurveda: The Science of Self-Healing
175 pp. $10.95 Vasant Lad, B.A.M.&S., M.A.Sc.
Vasant Lad’s best-selling book clearly explains the history, principles and practical applications of Ayurveda. Many beautiful illustrations, diagrams and charts accompany the text. Vasant Lad is a practicing Ayurvedic physician in India and director of The Ayurvedic Institute in Albuquerque.

Ayurvedic Cooking for Self-Healing
256 pp. $18.00 Vasant Lad, B.A.M.&S., M.A.Sc.
A compendium of tasty and balanced Ayurvedic recipes combined with information on principles of food and diet; a comprehensive listing of foods categorized by suitability to body type as well as a chart listing the qualities of foods; a chart to determine your own constitution and much more.

Ayurvedic Perspectives on Selected Pathologies, 2nd Ed.
256 pp. $18.00 Vasant Lad, B.A.M.&S., M.A.Sc.
With almost twice the number of articles as the first, the new edition has 30 in-depth articles on common medical conditions including diabetes, headaches, and chronic fatigue syndrome presented from the perspective of Ayurvedic medicine. These articles talk about classic remedies such as herbal therapies, yoga postures, diet, and panchakarma therapies. Learn natural ways to support other therapies and improve your overall health and well-being.

Ayurveda: VPK Basics
24 pp. $5.00 Vasant Lad, B.A.M.&S., M.A.Sc. & Maria Garre, M.Ed., E-RYT-500
With an introduction to the principles of Ayurveda, this booklet merges yoga practice with the principles of Ayurveda, the traditional medicine of India. It teaches the basic concepts of the three doshas-vata, pitta, kapha-and their role in the individual constitution. Further shows how to use yoga practices, including postures, breath practices, and meditation, to maintain balance of body, mind, and consciousness.

The Complete Book of Ayurvedic Home Remedies
326 pp. $15.95 Vasant Lad, B.A.M.&S., M.A.Sc.
Offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. An invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your prakruti.

M arma Points of Ayurveda
Hardcover, 384 pp. $65.00
Paperback, 368 pp. $50.00
Vasant Lad, M.A.Sc. & Anisha Durve, Dipl. Ac., A.P.
The first book of its kind to systematically present the 117 marmani according to their individual energetics and compare them with the Chinese system of acupuncture points. Marma therapy integrates vital knowledge of the energy points with specific techniques of Ayurvedic massage, detoxification, acupressure, aromatherapy, yoga practices, meditation and more.

Applied Marma Therapy Cards
30 cards $30.00 Dr. Vasant Lad, M.A.Sc.
Based on Dr. Lad’s more than 40 years’ Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full color card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study. 30 5 x 7.5” cards

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DVD, 79 minutes, $15.00 Demonstrated by Vasant Lad, BAM&S, MASc
These special breathing exercises unfold cellular intelligence and make the individual happy, peaceful and blissful. Vasant Lad gives complete anatomical explanations of the effects and physiological benefits of practicing each pranayama exercise. He gives examples of his patient’s case histories and the wonderful results from these practices.

Secrets of the Pulse: Ancient Art of Ayurvedic Pulse Diagnosis
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Revised 2nd edition, showing the principles and application of Ayurvedic pulse diagnosis, this book springs from the ancient Vedic traditions as taught to Vasant Lad from guru to disciple as well as his own clinical experiences and practice over more than 30 years. Provides a method by which anyone can learn to read the pulse.

Strands of Eternity
Hardcover, 78 pp. $10.00 Vasant Lad
Whether you read it at the beginning/ending of your day, or as a prelude to meditation, Vasant Lad’s words will guide you into states of reality where the answers to Life’s eternal secrets are held.

Textbook of Ayurveda: Fundamental Principles, Vol 1
Hardcover, 368 pp. $40.00 Vasant Lad, M.A.Sc.
In his Ayurvedic Studies Program, Vasant Lad teaches Ayurveda as a science of moment-to-moment living. Each lecture that he gives flows from his own heart in a river of healing wisdom. This textbook conveys the philosophical and fundamental principles of Ayurveda in a dynamic and inspirational way, providing a detailed foundation upon which to pursue deeper knowledge.

Textbook of Ayurveda: Clinical Assessment, Vol 2
Hardcover, 416 pp. $50.00 Vasant Lad, M.A.Sc.
Vasant Lad presents in this book a systematic method for identifying the causes of illness and the stages in which a disease unfolds. Sharing from a wealth of clinical experience, he imparts principles and methods of assessment using a combination of the most helpful Ayurvedic and modern techniques.

Textbook of Ayurveda: Management and Treatment, Vol 3
Hardcover, 668 pp. $80.00 Vasant Lad, M.A.Sc.
Provides comprehensive information on the therapeutic modalities of Ayurveda including diet and lifestyle recommendations, palliative and cleansing therapies, subtle healing methods such as individual rejuvenation protocols, yoga and pranayama practices, and herbal substances as well as management techniques according to dosha, dhatu, srotamsi, and the subtle essences.

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265 pp. $15.95 Dr. David Frawley and Dr. Vasant Lad
Here, for the first time, is an introduction to Ayurveda, herbal energetics, and a detailed explanation and classification of over 250 Western, Chinese and Ayurvedic herbs according to Ayurveda principles. Eminently practical, with many diagrams.

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BY DR. ROBERT E. SVOBODA

Aghora: At the Left Hand of God 324 pp. $18.95
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Dr. Robert E. Svoboda
An exploration of the physical, emotional and mental realities that are unique to women, in three sections that correspond to the three ages of life: childhood, adulthood and old age. Each section introduces those aspects of Ayurveda most relevant to that age and covers the landmark changes in detail.

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A definitive and entertaining handbook of Ayurveda, a health care system that is both sensible and sublime, that treats not just the ailment but the whole person. Dr. Svoboda is the first Westerner to graduate from an Indian Ayurvedic college.

The Greatness of Saturn 292 pp. $14.95
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This story introduces its readers to the personality of Saturn, the planet who embodies fate in the lives of all living beings. The book also reveals a clear explanation of the types and nature of Jyotish’s astrological remedies, with instructions on how to create and use such remedies in one’s own life.

The Hidden Secret of Ayurveda 96 pp. $6.00
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Ayurveda and the Mind: The Healing of Consciousness 346 pp. $19.95 Dr. David Frawley
Explores how to heal our minds on all levels from the subconscious to the superconscious, along with the role of diet, impressions, mantra, meditation, yoga and many other methods to create wholeness.

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The Ayurvedic Vegan Kitchen 192 pp. $19.95 Talya Lutzker
Follow an Ayurvedic diet without the use of animal products. Offering whole-food, vegan alternatives with over 120 delicious recipes that provide healing flavors and harmony to the mind and spirit.

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543 pp. $24.95
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This text is used as the main practical text for the teaching of asana, pranayama, mudra, bandha and shatkarma within the Certificate and Diploma Courses in Yogic Studies at Bihar Yoga Bharati.

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Secrets of the five ancient castes that reveal the five paths to freedom for every dharma type. Built on a deep body of Vedic knowledge, the ancient system of social structure and spiritual duty known as Dharma has modern applications for people seeking their life's purpose. Explains the five Dharma archetypes--Warrior, Educator, Merchant, Laborer, and Outsider--and how your life's purpose goes hand-in-hand with your Dharma type.

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A concise and comprehensive outline of the major schools of Indian philosophy. A straightforward introductory survey, it is also a basic reference to be turned to again and again.

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Explores the evolution of life and consciousness according to the cosmology and psychology of Fire, viewing Fire not only as a material but also as a spiritual principle.

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A 3-CD collection of guided meditations, breathwork practices, and simple mantra and asana exercises to support mothers from conception to birth.

Yoga Sutras of Patanjali 124 pp, $14.95  
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A concise English rendering of the classical text on yoga and meditation. Patanjali is to Yoga what Buddha is to Buddhism. His sutras—defined literally as “the path to transcendence”—are a means to self-realization.

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<th>Title</th>
<th>Artist(s)</th>
<th>Format</th>
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<td>Art and Science of Ayurveda VHS</td>
<td>$40.00 / DVD $20.00</td>
<td>Vasant Lad, B.A.M.&amp;S., M.A.Sc.</td>
<td>VHS</td>
<td>filmed in October of 1988, this was the first class of Vasant Lad’s first eight month program on Ayurvedic Medicine. Over 2 hours.</td>
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<td>Chakra Healing Zone</td>
<td>$17.00</td>
<td>David &amp; Steve Gordon</td>
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There are unedited recordings of Vasant Lad’s seminars from the last five years available. Prices and number of CDs vary. Call for details and a listing of the seminar titles and dates.

All recordings in this section are by Vasant Lad, B.A.M.&S., M.A.Sc.

**Empty Bowl Meditation**
- 21 minute CD $10.00
  - A guided meditation.

**So’Hum Meditation**
- 22 minute audio CD $10.00
- 22 minute video DVD $12.00
  - A guided meditation.

**Ganesha Upanishad**
- 58 minute CD $10.00

**Maha Mrityunjai Mantra**
- 40 minute CD $10.00

**Pregnancy & Infant Care**
- 58 minute CD $10.00

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- 61 minute CD $10.00

**Ayurvedic Studies Program Class Prayers**
- 6 minute CD $10.00

**Story of Ganesha and Hanuman**
- 52 minute CD $10.00

**Chakra Healing Chants**
- CD $17.00
  - Sophia

**Chakra Heart Journey**
- CD $15.00
  - Thunderbeat

**Cherry Blossoms**
- CD $18.00
  - Various Artists

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