



AYURVEDA ELEMENTS

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ayurvedaelements.com

Shakti Superfood

Ingredients and actions

Shakti Superfood is composed of five potent spinaches.

01. Jeevanti - *Holostemma ada-kodien*

- Properties** **Holostemma is sweet, refrigerant, ophthalmic, emollient, alterant, tonic, stimulant, aphrodisiac, expectorant and hormone stabilizing.**
- Dosha** **It is predominantly composed of earth and water elements. Hence reduces vata and pitta and stabilizes kapha.**
- Uses** **Being a powerful rejuvenator and tonic for the nervous system, it is used for the eyes, orchitis, cough, burning sensation, gastritis, respiratory weakness and fever.**

02. Vastu - *Chenopodium album*

- Properties** **Chenopodium is sweet, acrid, digestive, carminative, laxative, anthelmintic, diuretic, aphrodisiac and tonic.**
- Dosha** **It balances pitta.**
- Uses** **Peptic ulcer, helminthiasis, dyspepsia, flatulence, strangury, pharyngopathy, splenomegaly, haemorrhoids, ophthalmopathy, cardiac disorders and general debility. It is a powerful tonic for seminal weakness in men. Balances pancreas, kidneys, eyes, stomach and colon. It is a strong anti-inflammatory and helps the natural elimination of toxins and wastes.**

03. Moolyaakshi - *Alternanthera sessilis (betzickiana)*

- Properties** **The plant is bitter, sweet, astringent, acrid, light, cooling, depurative, digestive, cholagogue, hormone balancing and febrifuge. It removes unwanted fluids from the body.**
- Dosha** **It reduces kapha and pitta imbalances with its bitter, astringent qualities. But it doesn't unbalance Vata as it is sweet in taste.**
- Uses** **Burning sensations, diarrhoea, dermatitis, eczema, dyspepsia, haemorrhoids, agalactia, splenomegaly, inflammation and fever. Conditions involving impure blood, spleen imbalances, depletion or ulcers respond well to Moolyakshi.**

04. Meghanada - *Amaranthus spinosus (Portulaca oleracea)*

- Properties** **The plant is sweet, cooling, laxative, alexeteric, diuretic, stomachic, antipyretic, febrifuge, sudorific, galactagogue, haematinic, appetizer and tonic.**
- Dosha** **Amaranthus reduces pitta. Promotes the grounding nature of kapha and mobility of vata.**
- Uses** **Hyperdipsia, burning sensation, hallucination, leprosy, eczema, bronchitis, leucorrhoea, menorrhagia. Haemorrhoids, abscesses, boils, burns, strangury, nausea, flatulence, colic, anorexia, fevers, intermittent fevers, agalactia, anaemia and general debility.**

5. Punarnava - *Boerhaavia diffusa*

- Properties** **A bitter, astringent, cooling herb that is anthelmintic, diuretic, aphrodisiac, cardiac stimulant, diaphoretic, expectorant, anti-inflammatory, laxative, liver tonic, hormone balancing and tonic.**

Dosha Balances all three doshas, especially kapha and vata.

Uses A hormone balancing rejuvenative. Also excellent in various inflammatory conditions, stangury, leucorrhoea, ophthalmia, lumbago, myalgia, dermatitis, cardiac disorders, hepatitis, anaemia, dyspepsia, constipation, cough, bronchitis and general debility. Excellent in conditions with edema or retention of chronic or fluid toxins in the system. It helps natural waste elimination.

Reference: 1. Hatha Yoga Pradipika 2. Bhava Prakasha Nighantu 3. Indian Medicinal Plants (Orient Longman)

Frequently Asked Questions

How long will it take for me to notice results? People with an awareness of subtle bodily sensations, including Shandor Remete, have remarked that they felt a positive shift in their state immediately. Others have remarked a noticeable improvement in their breathing, energy, strength, flexibility & focus after three days.

Why don't Shakti tablets look smooth and shiny? Shakti tablets are made without the usual commercial fillers without which a smooth appearance isn't possible. Apart from fillers, Shakti is also devoid of colours, preservatives or anything other than the five ingredients. Because Shakti is so concentrated it is advised to take at least one litre of warm water daily whilst taking it.

What is the maximum dose of Shakti? 2 tablets twice daily is enough for your daily requirements. People, who spend more time on practice, can have 3 tablets, twice daily.

Is Shakti allergy-proof? Our clinical trials with Shakti on allergic people, has shown improvement of their symptoms rather than aggravation. Shakti is a concentrated food therefore it is fine to take with other herbs or pharmaceutical medication. However, if you have a strong allergic reaction to leafy green vegetables, we would recommend you consult your ayurvedic doctor or herbalist before use.

Price

Wholesale rate (12 bottles +)	AU\$30.00 / bottle
Retail	AU\$45.00

Domestic Postage & handling

1 bottle	AU\$5.00
2 bottles	AU\$6.00
3-5 bottles	AU\$13.00
6-10 bottles	AU\$17.00
11-15 bottles	AU\$20.00

Overseas Postage & handling

1 items	AU\$12.00
2 bottles	AU\$17.00
3 bottles	AU\$24.00
4-5 bottles	AU\$30.00
6 bottles	AU\$35.00
7 bottles	AU\$40.00
8 bottles	AU\$45.00
9 bottles	AU\$50.00
10 bottles	AU\$55.00
+5 bottles	Extra AU\$5.00 / 5 bottle

Actions of Shakti Superfood					
Symbols	1. Holostemma adu-kodien	2. Chenopodium album	3. Alternanthera betticiana	4. Moringa concocensis	5. Boerhaavia diffusa
● very active					
▶ active					
□ neutral					
= balancing					
Action	1	2	3	4	5
Antiinflammatory	●	●	●	●	●
Blood tonic	●	●	●	●	●
Circulatory stimulant	●	□	□	●	□
Tissue cleansing	●	□	□	●	□
Colon tonic	●	●	●	●	=
Digestive	▶	●	●	●	□
Eye tonic	●	●	●	●	●
Heart tonic	●	▶	▶	●	●
Hormone balancing	●	●	●	□	●
Immune booster	●	●	●	●	●
Kidney tonic	●	▶	●	●	▶
Liver tonic	●	●	□	●	●
Neuromuscular tonic	□	□	□	□	●
Pancreas tonic	●	●	□	●	□
Rejuvenative	●	●	□	●	●
Respiratory tonic	●	●	□	□	●
Skin tonic	●	●	●	□	□
Spleen tonic	=	□	●	□	=