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Aragvadha

A gentle laxative used to clear pitta from the intestines.

Common Name

Purging cassia (E), Amaltas (H)

Latin Name

Cassia fistula – Fructus, Folium (Caesalpinaceae)

Sanskrit

Aragvadha

Bio-medical Action

Laxative, alterative, febrifuge

Dosage

2–15g/day.

Notes

- This medium sized tree grows all over India.
- Aragvadha literally means 'remover of diseases'.
- It pacifies vata and purges pitta and kapha.
- It loses its properties on boiling, so should be taken as an infusion or a powder.

Contraindications

Even though it is traditionally used in pregnancy, as it causes a downwards movement it must be used with caution.



Shatavari is a cooling and nourishing herb from the asparagus family. It contains precursors to female hormones that help tonify and balance the reproductive system. A natural alternative to HRT, Shatavari is clinically proven to alleviate many symptoms of the menopause including dryness and hot sweats.



Aloe Vera is renowned for maintaining youthful looks, healthy skin and balanced digestion. It's particularly good for women's health and tonifies the reproductive system. It has cooling properties to help alleviate menopausal symptoms and also works well to support gentle detoxification of the liver.