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Bhringaraja

Bhringaraja oil is a famous hair tonic for maintaining dark hair and reversing baldness. It is often translated as 'King of the Hair', but literally means 'bee ruler'. The herb also benefits inflammatory head problems such as headaches, sinusitis and ear infections.

Common Name

Eclipta (E), Bhangra (H), Maka (Marathi)

Latin Name

Eclipta alba – Folium (Compositae)

Sanskrit

Bhringraja, Kesharaja

Bio-medical Action

Alterative, anti-inflammatory, haemostatic, antipyretic, vulnerary, tonic, cholagogue, hepatoprotective

Dosage

250mg–5g/day or 5–15ml/day of a 1:5 @ 25% tincture.

Notes

- Although there are 3 types described in Ayurveda (white, yellow and blue flowered) the white is most commonly used. Bhringaraja is an annual liking damp or wasteland areas and grows all over India. · A classic rejuvenative for preventing ageing and slowin

Contraindications

Any signs of cold in the digestive system.



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.