

Regulating Menstrual Cycles – Ashoka and Lodhra: These herbs work synergistically to regulate menstrual cycles by balancing hormones and promoting healthy uterine function. They can help reduce irregularities in the menstrual cycle, ensuring a more predictable and balanced flow.



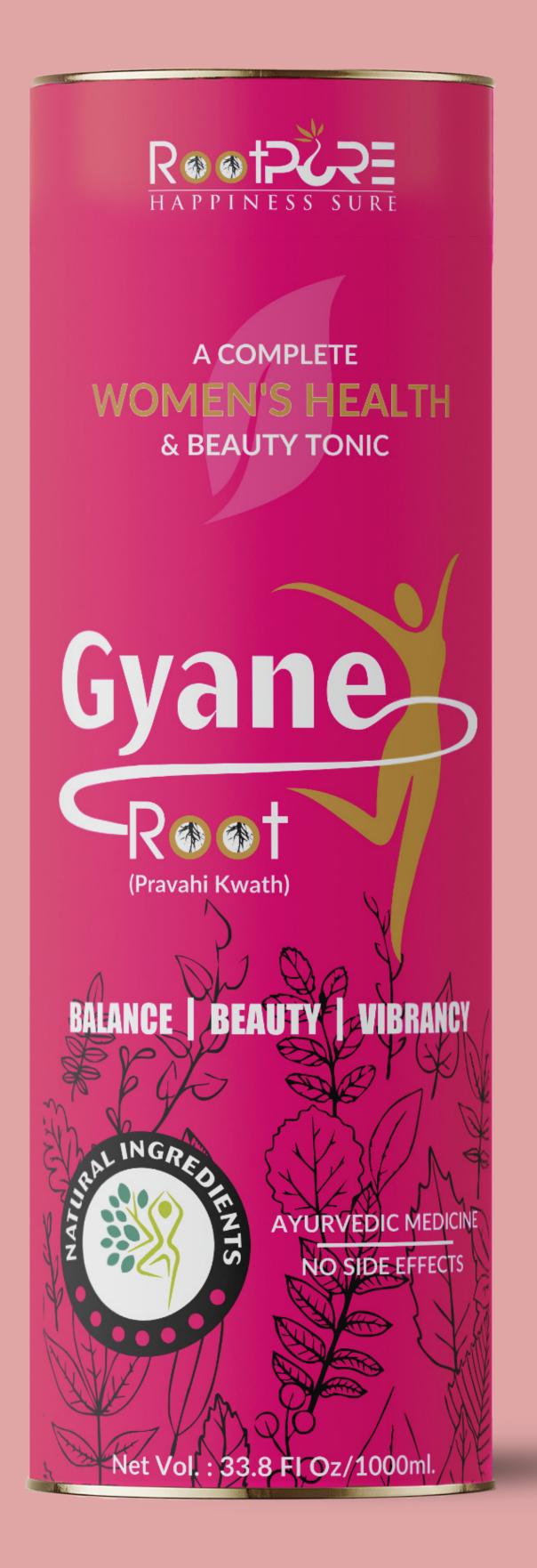
Alleviating Menstrual Discomfort – Shatavari this herb's hormone-balancing properties contribute to reducing menstrual discomfort, including cramps, bloating, and mood swings. Dashmool Known for its analgesic properties, Dashmool eases menstrual pain.



Hormonal Balance - Shatavari's adaptogenic nature supports hormonal equilibrium during menstruation, potentially reducing hormonal fluctuations that can lead to discomfort.

Managing Stress and Mood Swings – Ashwagandha: With stress-reducing properties, Ashwagandha helps manage the emotional and psychological challenges often associated with menstruation. It promotes emotional well-being and stability.





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Ashoka : May help regulate menstrual cycles, reduce excessive bleeding, and alleviate menstrual pain.

Shatavari : Supports hormonal balance, reduces menstrual discomfort, and helps manage mood swings.

Lodhra : Known for its potential to alleviate menstrual cramps and support overall reproductive health.

Amia: can pr immus

Amla : Rich in vitamin C and antioxidants, which can promote a healthy menstrual cycle and immune system.

Nagakesara : Traditionally used to support menstrual wellness and comfort.



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Shankhpushpi : This herb is believed to support cognitive health, memory, and mental clarity.



Mustaka : Known for its potential benefits in supporting digestion and reducing bloating during the menstrual cycle.



Dashmool : A blend of ten roots, Dashmool is used to support joint health, relaxation, and overall well-being.

Ashwagandha : Adaptogenic properties for stress reduction, immune support, and overall vitality.

Kanchnar: Supports thyroid health, reduces swelling, and contributes to overall well-being.

















Lab tested for safety





(Pravahi Kwath)

The combination of Ashoka, Arjuna, Pushkarmool, Ashwagandha, Shatavari, Majuphal, Lodhra, Amla, Shankhpushpi, Moosli, Nagakesara, Dashmool, Mustaka, and Kanchnar can offer comprehensive support for women's menstrual health.

Ashoka and Lodhra regulate menstrual cycles and reduce discomfort, while Shatavari balances hormones, easing menstrual symptoms and mood swings. Amla, rich in antioxidants, enhances immunity and maintains a healthy cycle. Nagakesara aids in digestion, alleviating bloating often experienced during menstruation.

Ashwagandha's adaptogenic properties combat stress and enhance vitality, Dashmool reduces back pain and fatigue associated with menstruation, promoting relaxation.

Pushkarmool aids respiratory health, ensuring well-oxygenated blood during menstruation. Arjuna supports heart health, important for overall circulation during the menstrual cycle.





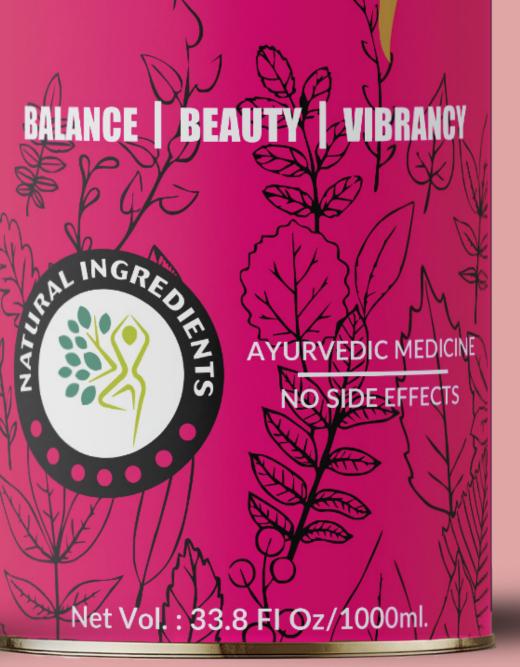
How to use?



SHAKE THE BOTTLE BEFORE USE.











CONSUME TWICE DAILY, BEFORE MEALS