



GARUDA CHOORANAM



Ingredients:

- *Rauwolfia serpentine*
- *Terminalia chebula*
- *Phyllanthus emblica*
- *Terminalia bellarica*
- Elemental Sulphur

Action:

Garuda Chooranam acts on cardiac output to regulate the blood pressure both systolic and diastolic.

Indications:

Garuda Chooranam can be prescribed for the following conditions

- Regulate the Cardiac function
- High Blood pressure

Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No.of days
500 mg	-	-	Ghee	10 ml	Y	Y	Y	-	100

Direction : - Take 500 mg of Garuda Chooranam mix with 10 ml of ghee and consume 30 minutes before food.

Diet Instructions:

Eat Vegetarian Food, Must not eat Mustard, Mustard oil, Sesame seed, Sesame oil, Tamarind, Bitter gourd, Bottle gourd, August tree leaves, Pumpkins.

Side Effects:

Garuda Chooranam is not known for any known side effects if taken as per the prescribed dose along with diet instruction.

Note: The above information are for reference only. The actual usage of the medicine will be advised by physician based on the disease condition.