



IYA SENTHURAM

Ref: Siddha VaithiyaThirattu



Ingredients:

- Elemental iron
- Terminalia chebula
- Terminalia bellerica
- Tinospora cordifolia
- Syzygium cummini
- *Emblica officinalis*
- *Citrus aurantifolia*
- *Aloe brabradensis*
- *Wdelia calendulacea*

Action:

Iya Senthuram works on liver and as well as improves the nervous system

Indications:

Iya Senthuram can be prescribed for the following conditions

- Liver disorder (Fatty liver grade-1, Fatty liver grade-2)
- Erectile dysfunction

Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No. of days
120~200 mg	Thirikadugu	250 mg	Honey	10 ml	Y	Y	Y	-	50

Direction : - Take the prescribed quantity of Iya Senthuram, mix with 250 mg of Thirikadugu & 10 ml honey 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:

Iya Senthuram 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.