



# KAMALA KARPA CHOORANAM



## Ingredients:

- *Nelumbo nucifera* (dry petals)
- *Emblica officinalis*
- *Terminalia arjuna*
- *Coriandrum sativum*
- *Cuminum cyminum*
- *Citrus limonum* (juice)
- *Allium sativum*
- *Cichorium intybus* (seeds)
- *Vitis vinifera*
- *Tinospora cordifolia*
- *Piper longum*

## Action:

Kamala Karpa Chooranam strengthens the heart and reduces the cholesterol in blood. It possesses very good cardio protective activity. It removes the free radicals and act as an antioxidant. By improving the activity of HMGCR (3-hydroxy-3-menthyl-glutaryl-coenzyme A reductase) it controls the cholesterol synthesis

## Indications:

Kamala Karpa Chooranam is prescribed for the following conditions

- Cardio protection
- Cholesterol
- Respiratory tract infections
- Regularize the respiration rate and prevent asthmatic condition

## Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No.of days
100ml	-	-	Hot water	100 ml	Y	Y	Y	-	100~150

**Direction** : - Take 300 ml water, mix with 5 g of Kamala Karpa Chooranam and 6 small pieces of smashed garlic pieces and boil till it reduces to 100 ml. After that add 5 ml of lemon juice into the 100 ml extract and drink 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, Pumpkin.

## Side Effects:

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