



# LUNG 96 CHOORANAM



## Ingredients:

- *Piper longum*
- *Brassica nigra*
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- *Nigella sativa*
- *Helicteres isora*
- *Cissus quadrangularis*
- *Cinnamomum verum*
- *Cassia fistula*
- *Syzygium aromaticum*
- *Zingiber officinale*
- *Cuminum cyminum*
- *Cinnamomum verum*
- *Elettaria cardamomum*
- *Plumbago zeylanica*
- *Terminalia chebula*
- *Terminali bellerica*
- *Emblica officinalis*
- *Palm Jaggery*

## Action:

Lung 96 Chooranam acts on lungs and stabilizes the breath.

## Indications:

Lung 96 Chooranam be prescribed for the following conditions

- Lungs disorders
- Asthma
- Tuberculosis

## Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No.of days
1~5 g	-	-	Milk	100 ~ 200 ml	Y	Y	-	Y	50

**Direction** : - Take the prescribed quantity of Lung 96 Chooranam, mix with 100 ~ 200 ml warm milk and consume 30 minutes after 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:

Lung 96 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.