



# POORNA MADHANA VALLATHI LEHIYUM



## Ingredients:

- *Achyranthes aspera*
- *Borreria hispidam*
- *Bellis perennis*
- *Ocimum sanctum*
- *Ocimum basilicum*
- *Acacia nilotica*
- *Amaranthustristis*
- *Thespesia populnea*
- *Ficus religiosa*
- *Ficus benghalensis*
- *Ficus racemosa*
- *Elettaria cardamomum*
- *Trachyspermum ammi*
- *Oryza sativa*
- *Pennisetum clandestinum*
- *Hygrophila auriculata*
- *Mucuna pruriens*
- *Strychnos potatorum*
- *Moringa oleifera*
- *Zingiber officinale*
- *Piper longum*
- *Piper nigrum*
- *Myristica fragrans*
- *Illicium verum*
- *Syzygium aromaticum*
- *Foeniculum vulgare*
- *Cinnamomum verum*
- *Saussurea lappa*
- *Buchanania Lanzas*
- *Piper cubeba*

## Action:

Poorna Mathana Vallathi Lehiyam acts on male sex organs to improve its function. It improves spermatogenesis to improve the sperm count. It increases the sexual desire and longevity.

## Indications:

Poorna Mathana Vallathi Lehiyam can be useful for the following conditions

- Rejuvenation
- Increase Sperm count
- Longevity
- Premature ejaculation
- Improves sexual desire

## Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No. of days
5 g	-	-	Milk	100 ml	Y	Y	-	Y	150

**Direction** : - Consume 5 g of Poorna Mathana Vallathi Lehiyum and drink 100 ml of warm milk, 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:

Poorna Mathana Vallathi Lehiyum 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.