

Arjuna



Arjuna is used to promote cardiovascular function. It relieves hypertension and lowers a risk of cardiac disease. It facilitates prostaglandin activity. It promotes stress resistance and reduces irritability. It also possesses diuretic properties and acts a tonic in cases of hepatic cirrhosis.

Prices may vary slightly when paying.

Arjuna 60 caps x 1 bottle **SGD32** [Buy now](#)

Arjuna 60 caps x 2 bottle **SGD51.13** [Buy now](#)

Description

Bronchial asthma Cure - Herbal treatments and Ayurvedic Remedies, Bronchial asthma Home Cure

Bronchial asthma is really a chronic respiratory system disorder where the inner lining from the respiratory system becomes inflamed. Alternatively it may be blocked having a layer of mucus or turn into limited because of another reason. Each one of these factors can lead to severe problems in respiration, that could even lead to dying of the individual. Although bronchial asthma is really a chronic disorder, it doesn't manifest itself constantly. It's amplified by certain triggers, be responsible for the bouts of respiratory system problems, referred to as asthmatic attacks. Throughout an asthmatic attack, there's severe difficulty in breathing, indicated by coughing, gasping, difficulty breathing and lack of ability of speech.

FACTS ABOUT ASTHMA

- ✓ Due to modern lifestyle, rapid industrialization this disease has become common among children, adult and old people.
- ✓ Thus Ayurveda has proved beneficial for treating this disease in a natural way using herbs.

WWW.PLANETAYURVEDA.COM

Generally a panic attack doesn't last greater than a couple of minutes. However, a serious attack could kill within individuals couple of moments the attack lasts. The precise reason for bronchial asthma isn't known. However in asthmatic people, the attacks are triggered because of some environment factors that they're allergic. You will find many allergenic factors within the atmosphere for example dust, hair, pollen, lint, smoke, tobacco smoke, fragrances, deodorants and many more. When this kind of allergen exists within the atmosphere of the individual whose respiratory system is inflamed, the individual evolves a violent reaction. This is what's called an asthmatic attack. Bronchial asthma is called **Shwaasa roga** in Ayurveda.

You will find five primary kinds of bronchial asthma in Ayurveda: tamaka shwaasa roga, urdhwa shwaasa roga, chinna **shwaasa roga**, maha shwaasa roga and kshudra shwaasa roga. All these types of shwaasa roga are because of vitiation of vata and kapha doshas. The primary kinds of vata which are vitiated would be the praana vata and also the udaana vata.(1) Helpful Herbal treatments in treating Bronchial asthma- Aniseed (Pimpinella anisum) Aniseed is helpful in treating bronchial asthma because of its expectorant qualities.- Arjuna (Terminalia arjuna)The bark from the arjuna plant has benefits in treating bronchial asthma. It's drawn in a powder form spread around the preparation of grain and condensed milk referred to as kheer.- Asafetida (Ferula fetida)Together with whooping cough and bronchitis, asafetida can also be helpful in treating bronchial asthma. For much better results, its gum is drawn in a combination with honey.- Bay Berry (Myrica nagi)Bay berry bark works well in treating bronchial asthma. It can go by means of whether decoction or perhaps a powder.- Bishop's Weed (Trachyspermum ammi)Bishop's weed is definitely an expectorant. It may relieve dried out phlegm inside the respiratory system.

Herbal Cure for Asthma



WWW.PLANETAYURVEDA.COM

It can go with buttermilk for the best results.- Black Nightshade (Solanum nigrum) Black nightshade can take away the catarrh and phlegm deposited within the bronchial tubes. Its fruits are taken for that remedy.- Celery (Apium graveolens)Celery has antispasmodic qualities hence it's advantageous in treating bronchial asthma. Either the plant itself or its seed products can be used as the reason.- Clove (Syzygium aromaticum)Clove has expectorant qualities hence it's good at treating bronchial asthma.- Garlic clove (Allium sativum) Regular utilization of garlic clove can help to eliminate the seriousness of asthmatic attacks.- Ginger root (Zingiber officinale) Ginger root can be used in management of bronchial asthma because of its expectorant qualities.(2) Nutritional Remedies for Bronchial asthma The next nutritional recommendations should be adopted to be able to reduce bronchial asthma:-- Sour meals for example curd and buttermilk should be prevented.- Cold fruits for example bananas, guavas, watermelons and papayas are extremely dangerous as they possibly can develop phlegm within the bronchial tubes.- Fried and pungent meals should be prevented.- Dry grapes are advantageous in asthmatic patients.(3) Ayurvedic Strategy to Bronchial asthma Sitopaladi choorna is a type of medicine taken by asthmatic patients. It will be taken 3 times or four occasions each day, combined with honey. One option to sitopaladi choorna may be the pippaladi choorna.

Agastya rasayana is yet another popular medicine that is prepared with Chebulic Myroblan since it's primary component. Together with Chyavanprasha, it's generally recommended to asthmatic patients.You will find some specific Ayurvedic formulations which are recommended to be able to lessen the attacks of bronchial asthma immediately. They are Shwasa Kaasa Chintamani rasa, Suwarna Pushpasuga rasa, Kanakasava, etc.(4) Home Medicines- Mix a few leaves from the holy tulsi with honey and consume them every day. This

can be an extremely effective remedy to help keep asthmatic attacks away.- When a panic attack is going to come, then eating on some leaves from the holy tulsi combined with rock salt.- To be able to clean the respiratory system, roast gram and also have all of them with milk right before going to sleep.- Grind some turmeric (use old turmeric for much better results). Mix one teaspoonful of the powder with one tablespoonful of honey (again, the honey should be as old as you possibly can). This will be taken orally. This recipe is thought to operate even if other techniques fail.- For bronchial asthma in early stages, it's advantageous to munch on some pepper before going to sleep.- For temporary respite from asthmatic attacks, mix some leaves from the holy tulsi with pepper and consume them.- Yet another remedy would be to mix some fresh lemon juice with ginger root and consume it daily.- Eating just one fruit from the Chebulic Myroblan (harad) every evening can give tremendous respite from asthmatic attacks.- Boil six cloves in two a mug of water. Have a teaspoonful of the decoction with honey 3 times each day. Study More about Bronchial asthma cure by Ayurveda and Bronchial asthma Natural Home Remedies at <http://worldwideweb.ayurveda.com> Read much more about Ayurveda at World's Biggest Portal on Ayurveda and Ayurvedic Remedies. - The Disposable Ayurvedic Encyclopedia

Herbal and Ayurvedic Strategy To Diarrhea

When there's an issue with the digestive tract, then your stools might be voided in very watery form. This signifies the existence of water within the stools, which results in lack of fluids. This problem is called diarrhea. In Ayurveda, diarrhea is called Atisara. Vitiating most of the three doshas may cause atisara. However, the vitiation of vata dosha is especially responsible because it brings more water towards the intestine and reduces this enzymatic fire which in turn causes diarrhea. The vata kind of diarrhea is indicated by abdominal cramps and gas within the abdomen. The stools contain more water and fewer feces. The pitta kind of diarrhea shows yellow-colored stools that have an offensive odor. The kapha kind of diarrhea is whitish colored with copious water and little mucus.(1) Useful Herbal treatments in treating Diarrhea1. Arjuna (*Terminalia arjuna*)The bark from the arjuna tree is helpful in treating *diarrhea*. The bark is taken like a decoction in dosages of fifteen to thirty grams each day.2. Babul (*Acacia arabica*)The babul tree is extremely helpful in stopping diarrhea.

Each area of the babul tree is helpful. Its leaves could be taken like a mixed dose with black cumin seed products, its bark could be taken being an infusion with water as well as its gum could be taken like a syrup.3. Bael (*Aegle marmelos*) Bael is extremely effective to treat diarrhea which isn't supported by fever. The unripe or half-ripe fruit is eaten for the best results. 4. Banyan (*Ficus bengalensis*)The buds from the banyan trees would be the advantageous parts. These should be drenched in water overnight and also the infusion should be taken each morning.5. Belleric Myroblan (*Terminalia bellerica*)Referred to as bahera in Hindi, this is among the elements from the very helpful Triphala.

The pulp of their fruit is come to cure most nausea, including heartburn and diarrhea.6. Bishop's Weed (*Trachyspermum ammi*)The oil removed in the seed products from the Bishop's weed is helpful in treating diarrhea. Just 2 to 3 drops of the oil per dosage is enough.7. Black Nightshade (*Solanum nigrum*)Black nightshade foliage is utilized in treating diarrhea. The foliage is taken by means of an infusion using the juice of other fluids.8. Butea (*Butea monosperma*)The butea tree yields a gum that is advantageous in treating diarrhea.

It's especially helpful in females and kids that suffer from diarrhea.9. Chebulic Myroblan (*Terminalia chebula*)Referred to as harad in Hindi, it's the second component of Triphala. The pulp from the unripe fruit of the plant is offered together with honey for much better results.10. Dill (*Anethum sowa*)The oil acquired in the dill can be used to treat diarrhea. Dill oil is so mild that it's also an component utilized in the medications for dealing with baby colic.11. Fenugreek (*Trigonella foenum graecum*)Fenugreek seed products are helpful in treating bloating including diarrhea.12. Indian Gooseberry (*Emblica*

officinalis) Referred to as amalaki in Hindi, this is actually the third component within the preparation of Triphala.

It's the wealthiest supply of vitamin C on the planet. (2) Nutritional Remedies for Diarrhea Fasting is the initial step within the Ayurvedic management of diarrhea. At this time around tepid to warm water ought to be drunk during the day. This can help to purge the harmful toxins within the bowels whenever possible. (3) Ayurvedic Strategy to Diarrhea When the causative dosha is recognized, the therapy is performed based on type. 1. For vata kind of diarrhea, the medication of preference is Kutajarishta. It's drawn in amounts of 15 ml 3 times each day for 15 days. 2. For pitta kind of diarrhea, the medication of preference is Bilwadi choorna. It's drawn in a teaspoonful amount 3 times each day for 15 days. 3. For kapha kind of diarrhea, two medications are often recommended.

The first is the Gangadhara choorna, that is drawn in 1 gram amount two times each day for 15 days. Another is Jatiphaladi vati, that is drawn in 250 mg amount two times each day for 15 days. (4) Home Medications 1. Mix equal areas of the babul tree with black cumin seed products. Take this in dosages of 12 grams 3 times each day. 2. Prepare an infusion of cinnamon in water and boil it. This should be taken 30 minutes after foods. It requires proper care of just about all bloating as well as relieves wind. 3.

Mix some tender curry leaves with honey and bring them early each morning. If there's vomiting, then your bark of the tree should be taken. 4. Grind the seed products from the Indian plum (jamun) and mango right into a fine powder. Take two teaspoonfuls of the powder mixture inside a glass of buttermilk. Laser hair removal gives fast results. 5. Boil raw bananas and peel them. Put some ghee inside a vessel and set some bits of cloves inside them. Place the bananas inside them.

DOSAGE

Dose: 1-2 capsules twice daily after meals with water.



BUY NOW

WWW.PLANETAYURVEDA.COM

Then introduce curds, coriander, turmeric and salt. This is a really tasty blueberry dish that has effects on treating diarrhea. Find Out More on home cure and herbal treatments for diarrhea by Ayurveda at <http://worldwide.web.ayushveda.com> On Ayurveda at World's Biggest Portal on Ayurveda and Ayurvedic Remedies: Ayushveda.com - The Disposable Ayurvedic Encyclopedia

Tags

[buy Arjuna online in Singapore](#), [buy Arjuna online with no prescription](#), [buy Arjuna in Bedok](#), [Arjuna pills](#), [cheap Arjuna online Singapore](#), [buy Arjuna in Kuala Lumpur](#), [buy Arjuna online mastercard](#), [buy Arjuna in Woodlands](#), [order Arjuna online in Singapore](#), [Arjuna for sale](#), [Arjuna tablets online Singapore](#), [buy Arjuna in changi](#), [buy Arjuna in Hougang](#), [Arjuna online paypal](#), [Arjuna online singapore](#), [Arjuna fast delivery](#), [Arjuna](#)

online pharmacy, cheapest Arjuna online Singapore, Arjuna alternatives, buy Arjuna overnight, generic Arjuna online, buy Arjuna in Jurong, buy Arjuna 60 caps in Singapore, buy Arjuna in toa payoh, buy Arjuna in Bukit Merah, buy Arjuna in cbd, buy Arjuna in tanglin, buy Arjuna online without prescription, buy Arjuna in keppel,