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iYURA Rujahari Joint Oil - The Ayurveda Experience
At this point, she pauses and walks them both to a board on the right wall of the room. She points at a chart pinned on it and says, “In fact, the traditional Mahanarayana oil (which Rujahari Oil is inspired by) is used for many purposes in India, the Ayurvedic Formulary of India (AFI), a Government of India body under the Ministry of Ayush which looks after the affairs of ...

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Keep reading to learn how to treat skin rashes with the help of Ayurvedic remedies. Skin rashes are abnormal changes in the texture or colour of your skin and are caused due to inflammation and

skin rashes: symptoms, causes, & 9 ayurvedic remedies to treat them
If you’re new to moon milk and its benefits, or are curious to explore its Ayurvedic roots, you’re in the right place. We reached out to Laura Croyt, a clinical Ayurvedic practitioner at Den

moon milk is an ayurvedic staple for getting more restful
### Sleep—Here's How to Make It with Just 3 Ingredients
Drinking one cup of herbal tea daily can bring enormous health benefits. Consult a doctor if you have an existing medical condition.

### 5 Herbal Teas to Increase Blood Circulation
According to Ayurveda experts, Gotu kola improves blood circulation to the scalp, which helps stimulate hair growth. Asiatic acid in the herb encourages collagen production. Holy basil or Tulsi

### Best Ayurveda Herbs for Hair Growth
Today, in this article we will look at some Ayurvedic home remedies that can help in keeping the condition under control, especially during the cold season. Ayurvedic Tips To Manage High Uric Acid

### High Uric Acid: 10 Ayurvedic Home Remedies to Manage Joint Pain and Inflammation in Winter
Nevertheless, health experts say Nigerians should be wary of some of these packaged herbal medicines, especially those claiming to be a cure for several illnesses. According to a public health

### One Drug for Multiple Illnesses: Why Nigerians Patronize Herbal Medicines with Bogus Claims
High Uric Acid Ayurvedic Treatment: Joint pain and swelling are problems brought on by arthritis. This condition can be prevented if the body’s uric acid levels are kept under control.

### High Uric Acid: 8 Ayurvedic Tips to Manage Joint Pain and Swelling in Winter
Herbal cigarettes: They carry a certain "coolness factor" and sound like they might be a healthier alternative to tobacco, but are they really safer to smoke? Not really, experts say. "Even herbal

### Herbal Cigarettes: Are They Really Any Healthier?

Ayurveda has an age-old tradition, having originated in India perhaps as much as 3,000 years ago. Today it remains a favoured method of health and wellness in multiple parts of the Eastern world.

### Ayurvedic Remedies to Boost Immunity During Winters
As I lay on the table at the VLCC Wellness Center in Hua Hin, Thailand, a massage therapist plastered my skin with a concoction of rubbing oil and herbal powders. She massaged my back with upward

### How an Ayurvedic Massage in Thailand Helped Me Feel More Connected to My Grandmother, 8,000+ Miles Away
Fortunately, Ayurveda has lots of secrets and the power to restore our crown back to its timeless glory lie in the shelves and containers of our very own kitchens. The Indian gooseberry is a fruit.

### 5 Ayurvedic Secrets for Hair Health
Having said that, we have compiled a list of 5 herbal teas that may help in reducing your belly fat. Besides reducing belly fat, these teas are also excellent for detoxifying the body. Take a look.

### Weight Loss Diet: 5 Herbal Teas That May Help Reduce Belly Fat
Yes, according to Ayurveda, while "most people get their body moving whenever convenient" there is indeed a right time to exercise so that it yields the maximum benefits. That is exactly what

### This Is the Right Time to Exercise, According to Ayurveda
Well, when it comes to taking care of skin, what could be best than including Ayurvedic ingredients in your skincare regime? Ayurveda has secret to youthful skin. In this video, we have listed