



**miracle drinks®**

**NEO AYURVEDA**

**Be Healthy Again**



**STANDARDIZED DOSAGE &  
ADMINISTRATION OF HERBAL MEDICINE,  
HOME REMEDIES, DIET, AND YOGA  
FOR INCURABLE DISEASES WITH  
MIRACLE DRINKS PRODUCTS  
HEALTH GUIDE BOOK FOR DOCTORS.**

**Invented By  
Dr. S M Raju IAS (Rtd.)**

## Objective

As a Medicinal Plant scientist and a pre-eminent administrator (Former IAS officer). Dr. SM Raju, has developed the proprietary science of Neo-Ayurveda (blending Allopathic medicine principles with the concepts of the ancient science of Ayurveda). **Neo-Ayurveda helps to rejuvenate dysfunctional organs in the human body** through cell-regeneration process by activation of capillaries and micro-capillaries, thereby allowing people to get healthy again.

## Vision

Delivering health supplements globally, contributing to cost-effective healthcare & delivering on the hope of **being healthy again, for every global citizen.**

## Mission

- 1 **Supply Herbal health supplements** globally, based on our proprietary science of Neo-Ayurveda, produced at our **in-house world-class manufacturing facility**, with globally accepted certifications.
- 2 Coupled with the concept of 'Food-As-Medicine' and 'Yoga', our products will deliver **holistic healthcare** by rejuvenation of dysfunctional organs.
- 3 Co-opt **multiple sales channels** for ease of product availability
- 4 Promote **Digital dissemination of information** to maximize impact
- 5 Contribute to the mission of **BE HEALTHY AGAIN** for every global citizen.



## Launch of Miracle Drinks in Year 2016



Miracle Drinks range of Ayurvedic Herbal concoctions was launched at the Constitution Club, New Delhi on October 11, 2016 in the August presence of many dignitaries.

[From left to right]: [1] Dr. SM Raju IAS, Eminent medicinal plant Scientist and Inventor of Miracle Drinks product range, [2] Dr. DC Katoch, Advisor to Ministry of AYUSH, Govt. of India, [3] Hon'ble Minister Shri Giriraj Singh, Minister of State for MSME (Independent Charge), Govt of India, [4] Hon'ble Minister Shri Shripad Naik, Minister of State for Ministry of AYUSH (Independent Charge), Govt of India, [5] Hon'ble Justice (Retd) Mr. Rajendra Prasad, Patna High Court, [6] Hon'ble Justice (Retd) Mr. V K Sinha, Patna High Court, [7] Mr. Aditya Pancholi, Actor, Film Producer and Singer, [8] Ms. Zarina Wahab, Actress.

**Letter of appreciation by Hon'ble Union Minister for Ministry of AYUSH, Govt. of India, Shri Shripad Naik, given to Dr. S M Raju, IAS (Rtd.) on the occasion of launch of Miracle Drinks product range in Year 2016.**



श्रीपाद नाईक  
SHRIPAD NAIK

राज्य मंत्री (स्वतंत्र प्रभार)  
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी सिद्ध एवं  
होम्योपैथी (आयुष) एवं  
राज्य मंत्री (स्वास्थ्य और परिवार कल्याण)  
भारत सरकार  
MINISTER OF STATE (INDEPENDENT CHARGE) FOR  
AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
AND MINISTER OF STATE FOR HEALTH & FAMILY WELFARE  
GOVERNMENT OF INDIA

**LETTER OF APPRECIATION**

I am pleased to appreciate the novel herbal elixir developed by Shri S.M. Raju, I.A.S. The product is an outcome of Shri Raju's deep interest, scientific acumen and hard efforts to have explored a natural modality of various herbal ingredients for holistic health promotion with restorative and revitalizing properties. I have personally experienced health benefits of the herbal elixir and found it useful as a tonic to boost immunity and vitality in the emerging spectrum of stressful and erratic lifestyles of the people.

I wish Shri S.M. Raju all success in his endeavors and pursuits.

  
(SHRIPAD NAIK)




Place: New Delhi  
Dated: 22<sup>nd</sup> June, 2016

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**Appreciation letter by Hon. Union Minister, Shri. Giriraj Singh, currently Cabinet Minister for the Ministry of Rural Development & Panchayat Raj, Govt. of India to Dr. S.M.Raju I.A.S. (Rtd.)**

<p>गिरिराज सिंह GIRIRAJ SINGH</p>	 <p>सत्यमेव जयते</p>	<p>D.O. No. 635/MOS(MSME)/2016</p>
 <p>एक कदम स्वच्छता की ओर</p>	<p>राज्य मंत्री सूक्ष्म, लघु और मध्यम उद्यम भारत सरकार नई दिल्ली-110011 MINISTER OF STATE FOR MICRO, SMALL &amp; MEDIUM ENTERPRISES GOVERNMENT OF INDIA NEW DELHI-110011</p>	
<p>जुलाई, 2016</p>		
<p><b>प्रशंसा पत्र</b></p>		
<p>मुझे हार्दिक प्रसन्नता है कि श्री एस.एम. राजू, आईएएस, बिहार कैडर ने एक अद्भुत हर्बल पोषण विकसित किया है। प्राकृतिक हर्बल अवयवों से युक्त यह उत्पाद श्री राजू की वैज्ञानिक सोच, गहरी अभिरूचि और लगातार अनुसंधान का परिणाम है जो सम्यक स्वस्थ जीवन के लिए अत्यन्त लाभकारी है। उनके द्वारा बनाये गए हर्बल युक्त उत्पाद से हमें भी लाभ प्राप्त हुआ है।</p>		
<p>श्री राजू योग्य प्रशासनिक पदाधिकारी होने के साथ-साथ वैज्ञानिक क्षमता से भी धनी हैं और मानव मात्र की उन्नत जीवन शैली के लिए लगातार प्रयासरत हैं।</p>		
<p>इसके लिए मैं उन्हें अपनी शुभकामनाएं और साधुवाद व्यक्त करता हूँ।</p>		
<p> (गिरिराज सिंह)</p>		
<p>कमरा नं. 133, उद्योग भवन, नई दिल्ली-110011, दूरभाष: 011-23063836, 23063826 Room No. 133, Udyog Bhawan, New Delhi-110011, Ph. : 011-23063836, 23063826</p>		

## 1. Background & Motivation to launch Miracle Drinks product range



Dr. SM Raju I.A.S (Rtd.), a pre-eminent medicinal plant scientist, is a recently retired Indian Administrative Service (IAS) officer, having served the country in various positions from 1991 till 2020, across various Departments of the State and Central Government. During his long administrative career, he has been involved in implementing various innovative and path-breaking policies which have been accepted at the State and National Level and have been globally acknowledged for their far-reaching impact on our society.

Dr. SM Raju I.A.S (Rtd.) has been carrying out extensive research on medicinal plants for 40+ years now. The trigger for this research was incurable health disorders faced by himself and his family members.

- His father was diagnosed with Acute Renal failure in YR 2008 and was advised organ transplant. Using the curative powers of medicinal plants, and, the ancient formulations detailed in the Charak Samhita, he was able to 'reverse' his father's kidney failure and he recovered completely from Dialysis.
- His son, at the age of 10 years, was diagnosed with AML (Blood Cancer), in YR 2012. A combination therapy of Allopathic medication and Ayurvedic herbal medicine formulations over an extended period of 14 months, lead to complete and successful cure of his Blood Cancer.

33,000+ patient case studies and the passionate research of 40+ years in the field of Herbal medication has led to the propoundment of the proprietary science of Neo-Ayurveda by Dr SM Raju. Neo-Ayurveda is an amalgamation of the principles of Ayurveda (ancient Vedic literature), curative powers of medicinal (herbal) plants co-opted to the Allopathic principles of patient care and therapy. It helps to rejuvenate dysfunctional organs in the human body through cell-regeneration process by activation of capillaries and micro-capillaries, thereby allowing people to get healthy again.

The entire product range is 100% herbal | No metals | No use of synthetic ingredients

## 2. How FOOD works as MEDICINE?

In our ancient Vedic literature, prominence has been given to what we consume. ***Aahar Hi Mahaashad - Charaka (Translation: Food is Medicine)***. What we eat and consume is central to our health and wellbeing.

***Vaidya Jivanam***: “With a wholesome diet there is no need for separate medical treatment; with an unwholesome diet, even treatment becomes questionable.” In Ayurveda, food is considered as “***Mahabhaishajya***”, the most superior medicine.

In today’s world, where lifestyle based disorders are abundant, AYURVEDA provides long-term and enduring solutions based on a combination of Herbal medications, Diet corrections and Yoga.

**[A] Important aspects of “Food as a Medicine”**: Different types of Food(s) have differing qualities. Broadly, we need to focus on Pro-biotic & Pre-biotic foods. What are Pro-Biotics: These are good bacteria, found in food sources like curd, yogourt, pickle, cheeses, fermented rice etc. These living micro-organisms provide a range of health benefits for the Gut and live in synergy with the other helpful bacteria. Probiotics also help get rid of toxins from the body and kill harmful bacteria by producing natural antibiotics. What are Pre-Biotics: Prebiotics are basically the food for beneficial microbes, which are in the Gut. Food sources are garlic, ginger, soaked feenugreek seeds (methi), sweet potato, banana fruit etc. These foods could be difficult to digest by the body, but fortunately, the good bacteria in the gut use them as food. They travel undigested, from the small intestine into the colon.

**[B] Role & Importance of Probiotics and Prebiotics**: Today’s modern lifestyle that encourages consumption of processed and packaged foods, broad spectrum use of Anti-biotics and other Synthetic medications like Blood Thinners that deliver instant relief (but do not address the underlying cause of the problem) lead to creation of chronic problems like Acidity, High Cholesterol, Diabetes, etc. Combination of Probiotic and Prebiotic foods help is maintaining Gut-Health that contributes to proper nourishment, cell regeneration and health. Health benefits: Probiotics help the digestive system function effectively. They also aid weight loss, improve heart health, and lower blood sugar and blood pressure levels.

Probiotics boost your gut's health and ensure a smooth bowel movement. Prebiotics nourish beneficial microbes in the gut, facilitating the formation of healthy colonies of good bacteria. Being a dietary fibre, they help in the smooth movement of food in your digestive tract.

**[C] Role of Gut microbes:** In our Gut system (Gastro-Intestinal tract), we have millions of beneficial microbes. These microbes get transferred to the Baby from the mother at the time of birth. These gut-microbes are at the heart of extracting' nutrition from consumed foods, and, know which nutrients are required by which cell (organs) of the Body. Accordingly these Microbes release Enzymes that act as a catalyst to separate the nutrients from the food, to nourish the 'under-nourished' cells (organs). Consumption of Probiotics and Prebiotics is an essential ingredient for addressing gut-health and body nourishment requirements. Maintaining and improving gut health is critical for your overall well-being.

Proper nutrition (Food as Medicine) and Enzyme activation leads to Rejuvenation of the dysfunctional organs through cell-generation process by activation of capillaries and micro-capillaries to ensure proper nutrient supply to relevant cells and remove (detox) the toxins and carbon dioxide from there.

For the first time in the World, for 170 unique health disorders, proper dosage and diet standardization has been done to deliver healthy outcomes. This standardization of medicine and diet protocol will help Ayurvedic medical practitioners to prescribe Miracle Drinks products appropriately, with appropriate treatment protocols, to deliver healthy outcomes.

**[D] Standardized dosage and administration of herbal medicine, home remedies, diet and yoga for incurable disease:** Till date, no practitioner has attempted standardization of dosage and its administration of medical formulations in Ayurveda - which is the basis of Allopathic medicine practice globally. Dr. SM Raju IAS (Rtd.), in his proprietary science of Neo-Ayurveda had addressed this contemporary requirement successfully, thereby contributing to the scientificity and credibility of Ayurveda in today's time and age.

**FOOD<sup>A</sup><sub>S</sub>  
MEDICINE**



### 3. Treatment protocol for different diseases

<b>S1</b> - Anti-Ageing	<b>S3</b> - Cardiovascular Support	<b>S5</b> - Renal Care	<b>S7</b> - Immune Care
<b>S2</b> - Ortho Support	<b>S4</b> - Liver Support	<b>S6</b> - Gastro Support	<b>S10</b> - Sugar Care

	TREATMENT PROTOCOL FOR VARIOUS DISEASES	COMBINATIONS			DIET	ADDITIONAL BENEFITS
		Morning	Afternoon	Evening		
1	Treatment protocol for Chronic Kidney Disease due to BP	S3, S4, S5	S3	S3, S4, S5	Kidney diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
2	Treatment protocol for Chronic Kidney Disease due to Diabetes	S10, S4, S5	S3	S10, S4, S5	Kidney diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
3	Treatment protocol for Protein Leakage	S3, S4, S5	S3	S3, S4, S5	Kidney diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
4	Treatment protocol for Kidney Stone	S1, S4, S5		S1, S4, S5	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
5	Treatment protocol for Heart Diseases / Chronic Angina/ Dilated Cardiomyopathy/ Arrhythmia/ Vessel Disease (CAD)	S1, S3, S7	S3, S4	S1, S3, S7	Super Diet	Controls BP, Diabetes, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
6	Treatment protocol for Brain Stoke/Paralysis/ Parkinson/any neurological disorders/vertigo	S1, S3, S7	S4, S5	S1, S3, S7	Super Diet	Controls BP, Diabetes, Heart related problems, Diabetic retinopathy
7	Treatment protocol for Chronic Head Ache/ Migraine/ Cortex 1 Calcification/Arteries Blockage in Brain	S1, S3, S7	S4, S5	S1, S3, S7	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/- Diabetic neuropathy, Diabetic retinopathy
8	Treatment protocol for Varicose Vein	S1, S3, S7	S4, S5	S1, S3, S7	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy

	TREATMENT PROTOCOL FOR VARIOUS DISEASES	COMBINATIONS			DIET	ADDITIONAL BENEFITS
		Morning	Afternoon	Evening		
9	Treatment protocol for Liver Cirrhosis	S1, S4, S5	S3	S1, S4, S5	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
10	Treatment protocol for Chronic Acidity/ Constipation/Irritable Bowel Syndrome/Piles/ ulcerative colitis/Crohn's diseases	S6, S4, S5		S6, S4, S5	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
11	Treatment protocol for Pancreatitis	S1, S3, S7	S4, S5	S1, S3, S7	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
12	Treatment protocol for Uncontrolled Diabetes/ Diabetic Retinopathy/ Diabetic Neuropathy/ Diabetic Ulcer	S10, S4, S5	S3	S10, S4, S5	Diabetes Diet	Controls BP, Heart related problems, Neurological disorders
13	Treatment protocol for Gynecological disorders: Dysmenorrhea/ Polycystic Ovarian Disease/ Uterine fibroid /infertility	S1, S3 S7		S1, S3 S7	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
14	Treatment protocol for Thyroid (Hyper or Hypo)	S1, S3 S7		S1, S3 S7	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
15	Treatment protocol for Cervical Spondylosis/ Osteoarthritis/ Osteoporosis/ L5L5 Gap/ C4 C5 Gap/ Disc Bulge/ Joint pain/ Rheumatoid Arthritis/ Body Pain	S2, S3, S7		S2, S3, S7	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic neuropathy, Diabetic retinopathy
16	Treatment protocol for Obesity /Weight Reduction	S4, S6		S4, S6	Special Diet	BP
17	Treatment protocol for Uncontrolled Blood Pressure/ Hypertension	S1, S3, S7		S1, S3, S7	Special Diet	Diabetes, Heart related problems, Neurological disorders/Diabetic neuropathy, Diabetic retinopathy
18	Treatment protocol for Any type of Cancer	S3, S6, S7		S3, S6, S7	Cancer Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/Diabetic neuropathy, Diabetic retinopathy
19	Treatment protocol for Chronic Body Itching/ Lipoma/ Wounds Eruption/ Any Skin Disorders	S1, S4, S5		S1, S4, S5	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/Diabetic neuropathy, Diabetic retinopathy
20	Treatment protocol for Prostrate	S2, S3, S7		S2, S3, S7	Special Diet	Joint and body pain
21	Treatment protocol for Lung disorders: Asthma/ Wheezing/ Acute lung disease / Breathing disorder/ Sarcoidosis/ Tuberculosis/ Bronchitis	S1, S4, S5	S3	S1, S4, S5	Lung Diet	Thyroid, Skin glow, Energy boost, Cholesterol maintenance, Sugar related disorders, Eye drying, Sarcoidosis

## 4. Renal Diet

For Chronic Kidney Diseases/Protein leakage

### 4.1 What not to eat:

Foods or beverages which act like poison to the body, and should not be consumed during the treatment period:

1. More than 1 ltr of water/day  
(which includes water content in the food)
2. Milk and milk-based products  
(Except for curds/yogurt without cream) - Aerated Beverages, Fruit Juices
3. Not more than 5 gms of oils & fats per day
4. Cereals - Coarse grains like ragi, bajra, minor millets (siridanya)
5. Fruit Juices, Canned, Packed Frozen food, Bananas (except banana stem juice), Tender Coconut
6. More than 5gm salt
7. Processed baked foods, cookies, biscuits, alcohol
8. Pulses - red gram and horse gram. Consumption of more than 30% of cereals in the food

### 4.2 What to eat:

#### 1. Pre-Biotics to be consumed once a day:

- (a) Garlic - About 2-3 small pieces.
- (b) Ginger - About ½ cm sliced.
- (c) Fenugreek Seeds [soaked in water overnight or sprouted] - 1 tea spoon. Should be consumed once in the morning on an empty stomach. This is food for the beneficial microbes in the gut of the body and this act as natural pre biotics and These microbes release enzymes which acts as a catalyst and helps in breaking down the food in the gut effectively. The nutrients from the foods helps in nourishing the cells in the body.

#### 2. Banana Stem Juice

To be taken twice, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

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### 3. Flax Drink (Do not mix water)

Two times a day once in the morning and once in the evening, it contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts. Please note: If the patient has cold and cough, use warm curd only.

### 4. Leached & Cooked Leafy vegetables preparation

Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

### 5. Pulses

Only 5-10% of your meal should consist of pulses.

### 6. Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 25-30% of cereals should be consumed in each meal as cereals contain 13-14% indigestible protein and 65 to 70% carbohydrates. Which increases the creatinine as well as glucose level in the body. No coarse grains should be consumed as it contains high level of potash.

### 7. Super cereals food

Consume more super cereals food as defined in the recipe.

### 8. Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

### 9. Chicken

Baked chicken can be consumed, however it should not constitute more than 5% of the entire meal.

### 10. Spice Drink

This can be consumed to help with allergies, fever, cold and cough.

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## 5. Cancer Diet

### 5.1 For patients with Cancer stage - 1 and stage -2 (30% Cooked Diet & 70% Uncooked Diet)

#### 5.1.1 What not to eat:

Foods or beverages which act like a poison to the body

1. No wheat and maize food
2. Not more than 5gm salt
3. No Meat, beef, pork  
(Except chicken and fish)
4. All forms of oils and fats
5. Milk and milk-based products  
(Except for curds/yogurt without cream)
6. Processed & baked foods  
(cookies, biscuits, etc)
7. Aerated Beverages, Fruit Juices & alcohol
8. Sweets other than dry fruits and fruits

#### 5.1.2 What to eat:

##### 1. Pre-Biotics to be consumed once a day:

- (a) Garlic – About 2-3 small pieces.
- (b) Ginger – About ½ cm sliced.
- (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ tsp should be consumed once in the morning in an empty stomach. This is food for the microbes (pre-biotics) in the gut, these microbes release enzymes which will act as a catalyst in breaking down the nutrients from the food in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

##### 2. Banana Stem Juice

To be taken twice, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

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### 3. Flax Drink

Three times a day, once in morning as a first course of breakfast, once in afternoon before lunch and once in evening as a snack. It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts. It will acts like a chemotherapy.

### 4. Raw vegetable juice

Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

### 5. Super salad once a day

Any quantity.

### 6. Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

### 7. Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 25-30% of cereals should be consumed in each meal as it contain 13-14% indigestible protein and 65 to 70 % carbohydrates , which will increase the creatinine level and glucose level in the body. No coarse grains should be consumed as it contains high levels of potash.

### 8. Fish

Up to 20% Baked fish with herbs can be consumed as it supports in regeneration of the kidneys and other organs.

### 9. Chicken

Baked chicken can be consumed, however it should not constitute to more than 5% of the entire meal.

### 10. Fruits & Dry fruits

Breakfast and lunch, in dry fruits abundant quantity coconut, dates and fig fruits must be consumed. These dry fruits are having high medicinal value.

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### 11. Coconut oil

One table spoon cold pressed coconut oil after breakfast and one tablespoon after dinner should be taken.

### 12. Spice drink

This can be consumed to help with allergies, fever, cold and cough. Diet for chronic kidney stone.

### 13. Coconut milk

Twice a day any time.

## 5.2 For patients with Cancer stage - 3 and stage - 4 (100% Uncooked Diet during treatment)

### 5.2.1 What not to eat:

Foods or beverages which act like a poison to the body

1. Not more than 5gm salt
2. Milk and milk-based products  
(Except for curds/yogurt without cream)
3. Aerated Beverages, Fruit Juices
4. All forms of oils and fats  
(except Flax oil which is being used in Flax diet)
5. Processed & Baked foods such as cookies, biscuits, etc
6. Alcohol

### 5.2.2 What to eat:

#### 1. Pre-Biotics to be consumed once a day:

- (a) Garlic – About 2-3 small pieces.
- (b) Ginger – About ½ cm sliced.
- (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ tsp should be consumed once in the morning in an empty stomach. This is food for the microbes (pre-biotics) in the gut, these microbes release enzymes which will act as a catalyst in breaking down the nutrients from the food in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

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### 1. **Banana Stem Juice**

Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 50-60 ml each time.

### 2. **Flax Drink**

Three times a day, once in morning as a first course of breakfast, once in afternoon before lunch and once in evening as a snacks. It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts. It will acts like a chemotherapy.

### 3. **Raw vegetable juice**

Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

### 4. **Super salad**

In lunch , and dinner.

### 5. **Fruits & Dry fruits**

Breakfast and lunch, in dry fruits abundant quantity coconut, dates and fig fruits must be consumed. These dry fruits are having high medicinal value.

### 6. **Coconut oil**

One table spoon cold pressed coconut oil after breakfast and one tablespoon after dinner should be taken.

### 7. **Spice drink**

This can be consumed to help with allergies, fever, cold and cough. Diet for chronic kidney stone.

### 8. **Coconut milk**

Twice a day any time.

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## 6. Diabetes Diet

For patients suffering from health issues like Borderline Diabetes, Diabetes Type-I and Type-II, Diabetic Ulcers, Gangrene, Hernia, Acute or chronic Pancreatitis, Diabetic Neuropathy, Diabetic Retinopathy.

Please note: While preparing the rice, water should be strained.

### 6.1 What not to eat:

1. Not more than 1 ltr of water/day (if there is water accumulation in lungs, liver, and other parts of the body due to heart diseases edema or body swelling)
2. Milk and milk-based products (Except for curds/yogurt without cream)
3. Aerated Beverages, Fruit Juices
4. All forms of oils and fats
5. More than 5gm salt
6. Processed Baked products such as cookies, biscuits, etc
7. Alcohol
8. All meats except chicken and fish

### 6.2 Diet to be followed during the treatment:

#### 1. Pre-Biotics to be consumed once a day:

- (a) Garlic – About 2-3 small pieces.
- (b) Ginger – About ½ cm sliced.
- (c) Fenugreek Seeds [soaked in water overnight or sprouted] – 1 teaspoon. Should be consumed once in the morning on an empty stomach. This is food for the beneficial microbes in the gut of the body and this acts as natural pre biotics and These microbes release enzymes which acts as a catalyst and helps in breaking down the food in the gut effectively. The nutrients from the foods helps in nourishing the cells in the body.

#### 2. Banana Stem Juice

To be taken twice, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

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### 3. Flax Drink

Two times a day once in the morning and once in the evening. It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.

### 4. Leached raw vegetable juice

Leached raw vegetable juice should be consumed twice a day. It acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

### 5. Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached, Leafy vegetables and vegetable preparations.

### 6. Pulses

Only 5-10% of your meal should consist of pulses.

### 7. Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal, as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work, otherwise it will accumulate as a fats and which will enhances the glucose level in the body. No coarse grains should be consumed as it contains high levels of potash.

### 8. Super cereals food

Consume more super cereals as defined in the diet receipe.

### 9. Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

### 10. Chicken

Baked chicken can be consumed, however it should not constitute to more than 5% of the entire meal.

### 11. Spice Drink

This can be consumed to help with allergies, fever, cold and cough.

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## 7. Lung disorder diet

For patients suffering from Asthma, COPD, Wheezing, TB, Bronchitis, Acute Lung Disease, Breathing Disorder, Fever, Cold & Cough

### 7.1 Food or beverages should be avoided during the treatment:

1. Not more than 5 grams of salt a day.
2. All forms of oils and fats
3. Milk and milk-based products (Except for curds/yogurt without cream)
4. Processed baked foods such as cookies, biscuits, etc.
5. Alcohol
6. Aerated Beverages

### 7.2 Diet to be followed during the treatment:

**All food should be consumed in hot condition.**

#### 1. Pre-Biotics to be consumed once a day:

- (a) Garlic – About 2-3 small pieces.
- (b) Ginger – About ½ cm sliced.
- (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients from the foods helps in nourishing the cells in the body.

#### 2. Banana Stem Juice

Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

#### 3. Flax Drink

Two times a day once in the morning and once in the evening. Hot water to be used for preparing this drink. It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.

### 3. Vegetable juice

Raw vegetable should be microwaved for few seconds. Vegetable juice should be consumed twice a day. It acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

### 4. Leached Cooked Leafy vegetables

Raw vegetables should be microwaved for few seconds and cooked. Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

### 5. Pulses

Only 5-10% of your meal should consist of pulses.

### 6. Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work , otherwise it will accumulate as a fats and which will enhances the glucose level in the body.

### 7. Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

### 8. Dry Fruits

Consume abundant dry fruits, particularly coconut, dates and fig fruits. These dry fruits have high medicinal value.

### 9. Spice Drink

Four times a day to be consumed. This can be consumed to help with lung related problems, allergies, fever, cold and cough.





## 8. Obesity / Weight Reduction Diet

For patients suffering from health issues like related Chronic Kidney Stone, Dysmenorrhea, Polycystic Ovarian Disease, Uterine fibroid, Infertility, Thyroid, Cervical Spondylosis, Osteoarthritis, Osteoporosis, L4 – L5 gap, C4 – C5 gap, Disc Bulge, Weight Reduction, Uncontrolled Blood Pressure/Hypertension, Cholesterol and Triglycerides or any non chronic diseases

### 8.1 Food or beverages should be avoided during the treatment:

1. More than 5gm salt
2. Milk and milk-based products  
(Except for curds/yogurt without cream)
3. Aerated Beverages, Fruit Juices
4. All forms of oils and fats
5. Processed Baked foods such as cookies, biscuits, etc
6. Alcohol

### 8.2 Diet to be followed during the treatment:

#### 1. Pre-Biotics to be consumed once a day:

- (a) Garlic – About 2-3 small pieces.
- (b) Ginger – About ½ cm sliced.
- (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients from the foods helps in nourishing the cells in the body.

#### 2. Banana Stem Juice

Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

#### 3. Flax Drink

2 times a day once in the morning & evening, it contains omega 3 & omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity & the cellular respiratory system) & high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.

### 3. Vegetable juice

Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

### 4. Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

### 5. Pulses

Only 5-10% of your meal should consist of pulses.

### 6. Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work, otherwise it will accumulate as a fats and which will enhances the glucose level in the body.

### 7. Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

### 8. Dry Fruits

Consume abundant dry fruits, particularly coconut, dates and fig fruits. These dry fruits have high medicinal value.

### 9. Spice Drink

This can be consumed to help with allergies, fever, cold and cough.



## 9. Special Diet

For patients suffering from health issues like related Chronic Kidney Stone, Dysmenorrhea, Polycystic Ovarian Disease, Uterine fibroid, Infertility, Thyroid, Cervical Spondylosis, Osteoarthritis, Osteoporosis, L4 – L5 gap, C4 – C5 gap, Disc Bulge, Weight Reduction, Uncontrolled Blood Pressure/Hypertension, Cholesterol and Triglycerides or any non chronic diseases

### 9.1 Food or beverages should be avoided during the treatment:

1. More than 5gm salt
2. Milk and milk-based products  
(Except for curds/yogurt without cream)
3. Aerated Beverages, Fruit Juices
4. All forms of oils and fats
5. Processed Baked foods such as cookies, biscuits, etc
6. Alcohol

### 9.2 Diet to be followed during the treatment:

#### 1. Pre-Biotics to be consumed once a day:

- (a) Garlic – About 2-3 small pieces.
- (b) Ginger – About ½ cm sliced.
- (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients from the foods helps in nourishing the cells in the body.

#### 2. Banana Stem Juice

Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

#### 3. Flax Drink

2 times a day once in the morning & evening, it contains omega 3 & omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity & the cellular respiratory system) & high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.

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### 3. Vegetable juice

Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

### 4. Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

### 5. Pulses

Only 5-10% of your meal should consist of pulses.

### 6. Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work, otherwise it will accumulate as a fats and which will enhances the glucose level in the body.

### 7. Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

### 8. Dry Fruits

Consume abundant dry fruits, particularly coconut, dates and fig fruits. These dry fruits have high medicinal value.

### 9. Spice Drink

This can be consumed to help with allergies, fever, cold and cough.



## 10. Super Diet

For patients suffering from health issues like diseases related to – Heart, Chronic Angina, Dilated Cardiomyopathy, Arrhythmia, Vessel Disease (CAD), Brain Stroke/Paralysis/ Parkinson/any neurological disorders/vertigo, Chronic Headache, Migraine, Cortex Calcification, Artery Blockage in the Brain, Varicose Vein, Liver Cirrhosis, Chronic Acidity, Constipation, Irritable Bowel Syndrome/ ulcerative colitis/Crohn's diseases, Piles (Hemorrhoids), Pancreatitis, Uncontrolled Diabetes, Diabetic Retinopathy, Diabetic Neuropathy, Diabetic Ulcer, Chronic Body Itching, Lipoma, Wound Eruption Any Skin Disorders like Psoriasis or Chronic body itching and any incurable diseases.

### 10.1 What not to eat:

1. Not more than 1 ltr of water/day (if there is water accumulation in lungs, liver, and other parts of the body due to heart diseases edema or body swelling)
2. Milk and milk-based products (Except for curds/yogurt without cream)
3. Aerated Beverages, Fruit Juices
4. All forms of oils and fats
5. More than 5gm salt
6. Processed Baked products such as cookies, biscuits, etc
7. Alcohol
8. All meats except chicken and fish

### 10.2 Diet to be followed during the treatment:

#### 1. Pre-Biotics to be consumed once a day:

- (a) Garlic – About 2-3 small pieces.
- (b) Ginger – About ½ cm sliced.
- (c) Fenugreek Seeds [soaked in water overnight or sprouted] – 1 teaspoon. Should be consumed once in the morning on an empty stomach. This is food for the beneficial microbes in the gut of the body and this acts as natural pre biotics and These microbes release enzymes which acts as a catalyst and helps in breaking down the food in the gut effectively. The nutrients from the foods helps in nourishing the cells in the body.

#### 2. Banana Stem Juice

To be taken twice, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.



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### 3. Flax Drink

Two times a day once in the morning and once in the evening. It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.

### 4. Leached raw vegetable juice

Leached raw vegetable juice should be consumed twice a day. It acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

### 5. Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached, Leafy vegetables and vegetable preparations.

### 6. Pulses

Only 5-10% of your meal should consist of pulses.

### 7. Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal, as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work, otherwise it will accumulate as a fats and which will enhances the glucose level in the body. No coarse grains should be consumed as it contains high levels of potash.

### 8. Super cereals food

Consume more super cereals as defined in the diet receipe.

### 9. Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

### 10. Chicken

Baked chicken can be consumed, however it should not constitute to more than 5% of the entire meal.

### 11. Spice Drink

This can be consumed to help with allergies, fever, cold and cough.

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## 11. Product information

### 11.1 Liquid form – Licensed under AYUSH

SI No.	Product Name	General Health	Dosage	Quantity	MRP
1	Anti-Ageing Support - S1	Support General Health	15 ml	500 ml	1100/-
2	Ortho Support - S2	Support Bones and Joints Health	15 ml	500 ml	1100/-
3	Cardio Vascular Support - S3	Support Heart Health	15 ml	500 ml	1150/-
4	Liver Health Support - S4	Support Liver Health	15 ml	500 ml	1150/-
5	Renal Support - S5	Support Kidney Health	15 ml	500 ml	1150/-
6	Gastro Support - S6	Support Gastrointestinal System Health	15 ml	500 ml	1000/-
7	Immuncare - S7	Support Body Immunity	15 ml	500 ml	1150/-
8	Sugar Care - S10	Support Body Health	15 ml	500 ml	1150/-

### 11.2 Capsule form – Licensed under AYUSH

SI No.	Product Name	General Health	Dosage	Quantity	MRP
1	Anti-Ageing Support - S1	Support General Health	500 mg	30 caps	1100/-
2	Ortho Support - S2	Support Bones and Joints Health	500 mg	30 caps	1100/-
3	Cardio Vascular Support - S3	Support Heart Health	500 mg	30 caps	1150/-
4	Liver Health Support - S4	Support Liver Health	500 mg	30 caps	1150/-
5	Renal Support - S5	Support Kidney Health	500 mg	30 caps	1150/-
6	Gastro Support - S6	Support Gastrointestinal System Health	500 mg	30 caps	1000/-
7	Immuncare - S7	Support Body Immunity	500 mg	30 caps	1150/-
8	Diabitoz - S10	Support Body Health	500 mg	30 caps	1150/-
9	Gynicare – S11	Support Women Health	500 mg	30 caps	1100/-
10	Goutycare – S12	Support Joint Health	500 mg	30 caps	1100/-
11	Migracare – S13	Support Brain Health	500 mg	30 caps	1100/-
12	Digestcare – S14	Support Liver Health	500 mg	30 caps	1100/-
13	Psoria Care – S15	Support Skin Health	500 mg	30 caps	1100/-
14	Urinarycare - S16	Support Urinary Tract Health	500 mg	30 caps	1100/-

### 11.3 Liquid form - Health Supplements, FSSAI Licensed

SI No.	Product Name	General Health	Dosage	Quantity	MRP
1	Nutrizo - S1	Support General Health	500 mg	30 caps	1100/-
2	Orthoz - S2	Support Bones and Joints Health	500 mg	30 caps	1100/-
3	Cardioz - S3	Support Heart Health	500 mg	30 caps	1150/-
4	Liviz - S4	Support Liver Health	500 mg	30 caps	1150/-
5	Reniz - S5	Support Kidney Health	500 mg	30 caps	1150/-
6	Gastriz - S6	Support Gastrointestinal System Health	500 mg	30 caps	1000/-
7	ImmunoZ – S7	Support Body Immunity	500 mg	30 caps	1150/-
8	Diabitoz - S10	Support Body Health	500 mg	30 caps	1150/-
9	Gynaez – S11	Support Women Health	500 mg	30 caps	1100/-
10	Uricaz – S12	Support Joint Health	500 mg	30 caps	1100/-
11	Migranz – S13	Support Brain Health	500 mg	30 caps	1100/-
12	Digestica – S14	Support Liver Health	500 mg	30 caps	1100/-
13	Psorioz – S15	Support Skin Health	500 mg	30 caps	1100/-
14	Prostratazo - S16	Support Men Health	500 mg	30 caps	1100/-

### 11.4 Powder form - Health Supplements, FSSAI Licensed

SI No.	Product Name	General Health	Dosage	Quantity	MRP
1	EdemaEx - S8	Supports removal of excess water in body	2.5 gm	200 gm	1499/-
2	VedStaminoa - S9	Brain Health	2.5 gm	200 gm	1575/-
3	CardioRev	Support Heart Health	2.5 gm	200 gm	1499/-
4	Graviola	Immunity (cancer), Rheumatoid Arthritis	2.5 gm	200 gm	999/-

### 11.5 Oil form - Healthy Essential fatty acids, FSSAI Licensed

SI No.	Product Name	General Health	Dosage	Quantity	MRP
1	Flax Oil	Support Body Immunity and Detox	15 ml/day in flax diet	500 ml	648/-
2	Kalonji Oil	Support Brain Health	75 ml/day in flax diet	100 ml	475/-

## 12. PRODUCTS

### 12.1 Anti Ageing Support (S1)

This supplement detoxifies the body. It helps in maintaining the blood parameters to be in normal range and helps the body to stay energetic throughout the day.



#### Ingredients used in 15 ml of Anti Ageing Support

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Haritaki	Terminalia Chebula	1.8 gm
2	Brahmi	Bacopa Monnieri	1.2 gm
3	Karanja	Pongamia Pinnata	120 mg
4	Chirayata	Swerita Chirata	1.8 gm
5	Arjuna	Terminalia Arjuna	750mg
6	Amalaki	Emblica Officinalis	300 mg
7	Nimba	Azadirachta Indica	120 mg
8	Bilwa	Aegle Marmelos	165 mg
9	Jambu	Syzyguim Cumin	60 mg
10	Gokshura	Tribulus Terrestris	1.2 gm
11	Ashwagandha	Withania Somnifera	120 mg

0.1% Sodium Benzoate as per statutory rules

#### Product Benefits:

- ✓ Energy booster
- ✓ Enhances facial glow
- ✓ Removes body toxins
- ✓ Aids in reducing cholesterol levels
- ✓ General health
- ✓ Aids in blood purification

#### For Disorders/Diseases:

- Asthma
- Thyroid problems
- Premature hair greying
- Cough & cold

### 12.2 Ortho Support (S2)

Ortho Support assists people suffering from disorders related to bones, joints, ligaments and muscles. It reduces vata related joint pain. It acts as shothara (inflammation). It delays the process of degradation of joint and good for overall mobility of joints.

#### Ingredients used in 15 ml of Ortho Support

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Jambu	Syzyguim Cumin	120 mg
2	Amalaki	Emblica Officinalis	630 mg
3	Guggul	Commiphora Mukul	900 mg
4	Nimba	Azadirachta Indica	300 mg
5	Arjuna	Terminalia Arjuna	240 mg
6	Bibhitaki	Terminalia Bellirica	1.2 gm
7	Brahmi	Bacopa Monnieri	570 mg
8	Bilwa	Aegle Marmelos	390 mg
9	Ashwagandha	Withania Somnifera	630 mg
10	Gokshura	Tribulus Terrestris	420 gm
11	Chirayata	Swerita Chirata	480 mg
12	Karanja	Pongamia Pinnata	120 mg

0.1% Sodium Benzoate as per statutory rules

#### Product Benefits:

- ✓ Reduces joint pain and body pain
- ✓ Post viral recovery from muscular and joint pains

#### Disorders/Diseases:

- Arthritis
- Rheumatoid Arthritis
- Lower back pain
- Osteoarthritis
- Cervical Spondylitis
- Viral infections



## 12.3 Cardiovascular Support (S3)

Cardiovascular Support assists people suffering from disorders related to the heart, blood vessels, brain and neurological disorders.



### Ingredients used in 15 ml of Cardiovascular Support

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Chirayata	Swerita Chirata	2.1 gm
2	Gokshura	Tribulus Terrestris	90 mg
3	Bilwa	Aegle Marmelos	225 mg
4	Bibhitaki	Terminalia Bellirica	600 gm
5	Karanja	Pongamia Pinnata	180 mg
6	Haritaki	Terminalia chebula	315 mg
7	Jambu	Syzyguim Cumin	180 mg
8	Amalaki	Emblica Officinalis	360 mg
9	Ashwagandha	Withania Somnifera	390 mg
10	Nimba	Azadirachta Indica	150 mg
11	Arjuna	Terminalia Arjuna	210 mg
12	Brahmi	Bacopa Monnieri	1.2 gm

0.1% Sodium Benzoate as per statutory rules

#### Product Benefits:

- ✓ Blood thinning
- ✓ Rejuvenating organs
- ✓ Dissolving blood clots
- ✓ Artery strengthening
- ✓ Normalizing hypertension

#### Disorders/Diseases:

- Hypertension
- Cardiomyopathy
- Multiple artery blockage
- Brain stroke

## 12.4 Liver Health Support (S4)

Liver Health Support assists with rejuvenating the liver damaged by excessive consumption of alcohol, drug abuse, viruses or any other reason.

### Ingredients used in 15 ml of Liver Health Support

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Bhringraj	Eclipta alba Hassk	600 mg
2	Gokshura	Tribulus Terrestris	1.237 gm
3	Nimba	Azadirachta Indica	133.2 mg
4	Chirayata	Swerita Chirata	1.837 gm
5	Arjuna	Terminalia Arjuna	120 mg
6	Bilwa	Aegle Marmelos	189 mg
7	Bibhitaki	Terminalia Bellirica	300 mg
8	Haritaki	Terminalia Chebula	1.2 gm
9	Ashwagandha	Withania Somnifera	1.320 gm

0.1% Sodium Benzoate as per statutory rules



#### Product Benefits:

- ✓ Removes calcareous formations
- ✓ Reduces fat formation on the liver
- ✓ Improves digestive system

#### Disorders/Diseases:

- Hepatitis B
- Fatty liver
- Body itching
- Liver Cirrhosis
- Liver cyst
- Chronic indigestion problem



## 12.5 Renal Care (S5)

Renal Support assists suffering from various Kidney Related Disorders. This supplement works best for people suffering from Acute Renal Failure and for those whose Creatinine level is below 5.



### Ingredients used in 15 ml of Renal Care

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Karanja	Pongamia Pinnata	660 mg
2	Arjuna	Terminalia Arjuna	360 mg
3	Nimba	Azadirachta Indica	180 mg
4	Chirayata	Swerita Chirata	1.2 gm
5	Gokshura	Tribulus Terrestris	2.1 gm
6	Haritaki		900 mg
7	Ashwagandha	Withania Somnifera	600 mg

0.1% Sodium Benzoate as per statutory rules

#### Product Benefits:

- ✓ Blood thinning
- ✓ Artery strengthening
- ✓ Rejuvenating organs
- ✓ Normalizing hypertension
- ✓ Dissolving blood clots

#### Disorders/Diseases:

- Hypertension
- Cardiomyopathy
- Multiple artery blockage
- Brain stroke

## 12.6 Gastro Support (S6)

Gastro Support assists with people suffering from various types of digestive disorders. It provides instant relief for people having acidity problem, and for those who feel uneasy after a heavy meal.

### Ingredients used in 15 ml of Gastro Support

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Nimba	Azadirachta Indica	150 mg
2	Bilwa	Aegle Marmelos	168 mg
3	Jambu	Syzyguim Cumin	120 mg
4	Bibhitaki	Terminalia Bellirica	150 mg
5	Gokshura	Tribulus Terrestris	240 mg
6	Haritaki	Terminalia Chebula	1.5 gm
7	Ashwagandha	Withania Somnifera	972 mg
8	Karanja	Pongamia Pinnata	300 mg
9	Chirayata	Swerita Chirata	1.8 gm
10	Guduchi	Tinospora Cordifolia	600 mg

0.1% Sodium Benzoate as per statutory rules



#### Product Benefits:

- ✓ Instant relief from acidity problem
- ✓ Reduce obesity

#### Disorders/Diseases:

- Indigestion problem
- Ulcerative colitis
- Constipation
- Acid reflux
- Ulcers
- Piles and Fissure problem
- Irritable bowel syndrome

## 12.7 Immune Care (S7)

Immune Care Support assists with people suffering from various immunity related disorders. It boosts the general immune system of the body.



### Ingredients used in 15 ml of Immune Care

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Guduchi	Tinospora Cordifolia	500 mg
2	Nimba	Azadirachta Indica	100 mg
3	Haritaki	Terminalia Chebula	1.8 gm
4	Chirayata	Swerita Chirata	300 mg
5	Jambu	Syzyguim Cumin	1.5 gm
6	Arjuna	Terminalia Arjuna	650 mg
7	Ashwagandha	Withania Somnifera	630 mg
8	Karanja	Pongamia Pinnata	120 mg

0.1% Sodium Benzoate as per statutory rules

### Product Benefits:

- ✓ It boosts immunity
- ✓ It increases immunity post viral infection

### Disorders/Diseases:

- All types of skin allergies
- Throat allergy
- Cold, Cough
- Asthma
- Fever

## 12.8 Sugar Care (S10)

Sugar Care Support assists people suffering from abnormal levels of glucose in their blood. It increases blood glucose metabolism, lowers blood sugar levels and avoid toxin buildup. It also increases insulin activity and sensitivity.

### Ingredients used in 15 ml of Gastro Support

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Amalaki	Emblica Officinalis	75 mg
2	Bilwa	Aegle Marmelos	60 mg
3	Ashwagandha	Withania Somnifera	630 mg
4	Gokshura	Tribulus Terrestris	420 mg
5	Guduchi	Tinospora Cordifolia	600 mg
6	Haritaki	Terminalia Chebula	1.8 gm
7	Jambu	Syzyguim Cumin	150 mg
8	Nimba	Azadirachta Indica	105 mg
9	Arjuna	Terminalia Arjuna	175 mg
10	Brahmi	Bacopa Monnieri	1.2 gm
11	Chirayata	Swerita Chirata	480 mg
12	Karanja	Pongamia Pinnata	120 mg

0.1% Sodium Benzoate as per statutory rules



### Product Benefits:

- ✓ It normalises blood sugar levels
- ✓ Rejuvenate dead tissues

### Disorders/Diseases:

- Diabetes Mellitus
- Arthritis
- Diabetic Ulcer
- Uric Acid
- Skin Psoriasis
- Gangrene

## 12.9 VedStaminoa Powder (S9)

It increases sperm count. It is a good Nervine tonic, which assist with Parkinson disease and all neurological disorder.



### Ingredients used in 2.5 ml of VedStaminoa Powder

S.No	Ingredients	Botanical Name	Quantity
1	Musali	<i>Chlorophytum borivillianum</i>	0.249 gm
2	Ashwagandha	<i>Withania somnifera</i> (L.) Dunal	0.5 gm
3	Kawach	<i>Mucuna Pruriens</i> (L.) DC	0.5 gm
4	Balla	<i>Sida corodifolia</i> L	0.25 gm
5	Gokshura	<i>Tribulus terrestris</i>	1 gm

0.1% Sodium Benzoate as per statutory rules

### Product Benefits:

- ✓ It helps to maintain high energy level throughout the day
- ✓ Libido and sexual function      ✓ Stress relief
- ✓ Maintain cholesterol and triglyceride levels

### Disorders/Diseases:

- Neurological problems
- Thyroid
- Gynae problems

## 12.10 CardioRev (S17)

This helps to maintain blood pressure in normal range.

### Ingredients used in 2.5 ml of CardioRev Powder

S.No	Ingredients	Botanical Name	Quantity
1	Shatavari bhed	<i>Asparagus officinalis</i> L	0.4 gm
2	Dalchini	<i>Cinnamomum Zeylanicum</i> Blume	0.2 gm
3	Ashwagandha	<i>Withania somnifera</i> L Dunal	0.5 gm
4	Kawach	<i>Mucuna Pruriens</i> L DC	0.5 gm
5	Shareefa	<i>Annona muricata</i>	0.4 gm
6	Shiguru	<i>Moringa oleifera</i> Lam	0.5 gm

0.1% Sodium Benzoate as per statutory rules



### Product Benefits:

- ✓ It helps to restore energy at the cellular level
- ✓ Reduces cellular inflammation      ✓ It enhances body immunity
- ✓ It helps to maintain high energy level throughout the day
- ✓ It supports the functioning of all vital organs like Heart, Kidney, Liver, Pancreas, Spleen

### Disorders/Diseases:

- Blood pressure

## 12.11 EdemaEx (S18)

It helps to remove excess salts and fluid accumulated in the body.



### Ingredients used in 2.5 ml of EdemaEx Powder

S.No	Ingredients	Botanical Name	Quantity
1	Dhanyaka	<i>Coriandrum sativum</i>	0.3 gm
2	Shareefa	<i>Annona muricata</i>	0.6 gm
3	Ashwagandha	<i>Withania somnifera</i> L. Dunal	0.5 gm
4	Kawach	<i>Mucuna pruriens</i> L. DC	0.5 gm
5	Dalchini	<i>Cinnamomum zeylanicum</i> Blume	0.2 gm
6	Shatavar bhed	<i>Asparagus officinalis</i> L.	0.4 gm

0.1% Sodium Benzoate as per statutory rules

### Product Benefits:

- ✓ It helps to restore energy at the cellular level
- ✓ Reduces cellular inflammation
- ✓ It supports the functioning of all vital organs like Heart,
- ✓ Kidney, Liver, Pancreas, Spleen

### Disorders/Diseases:

- Chronic kidney disorder
- Liver Cirrhosis
- Congestive Heart Failure

## 12.12 Graviola (S16)

It effectively reduces the growth of cancerous cells.

### Ingredients used in 2.5 ml of CardioRev Powder

S.No	Ingredients	Botanical Name	Quantity
1	Graviola	<i>Annona muricata</i>	2.5 gm

0.1% Sodium Benzoate as per statutory rules



### Product Benefits:

- ✓ It effectively reduces the growth of cancerous cells
- ✓ It helps with arthritis and heart ailments

### Disorders/Diseases:

- Cancer patient
- Blood pressure
- Rheumatoid Arthritis

## 12.13 Flax Oil & Flax Seeds

Flax seeds and Cold-pressed flax oil is packed with nutrients which help in detoxifying the cells, regulating cellular metabolic activity and the cellular respiratory system. Flax seeds contain high levels of Omega-3 and Omega-6 essential fatty acids and high levels of Lignans. These essential fatty acids help boost cellular metabolic and cellular respiratory activity, and the lignans help detoxify cells. Adding one tablespoon of cold pressed flaxseed oil to the flax drink doubles its' nutritional value.

### Product Benefits:

- ✓ Improves digestion
- ✓ Improves blood pressure
- ✓ Nourishes skin and hair
- ✓ Promotes weight loss
- ✓ Lowers cholesterol and triglycerides
- ✓ Fights cancer, Arthritis and heart ailments
- ✓ Benefits menopausal women

### Disorders/Diseases:

- Cancer
- General health
- Indigestion



## 12.14 Kalonji Oil

Kalonji seeds contains protein, carbohydrate, dietary fiber and fat and essential minerals including calcium, phosphorus, iron, sodium and potassium and essential vitamins A, C, E and K. Kalonji is high in antioxidants, which help neutralize harmful free radicals that may contribute to the development of diseases like cancer.

### Product Benefits:

- ✓ It suppress tum
- ✓ To reduce asthma & bronchitis symptoms
- ✓ To reduce inflammation

### Disorders/Diseases:

- Rheumatoid arthritis
- Diarrhea, Flatulence
- Tumor
- Helminthiasis / Worm infestation
- Diabetes
- Arthritis



## 13. Manufacturing Unit and Factory Certifications



This project has the unique distinction of being funded by the Government of India through Industrial Financial Corporation of India and the Government of Karnataka through Karnataka State Financial Corporation.

The campus spans 40 acres, with a built up area of 94,000 sqft. Our storage unit is big enough to park 2 Boeing 737 aircrafts.


5% of the campus consists of the built up area and 95% of the campus is covered with lush greenery made up of medicinal plantations


Our production facility is situated 40km from Bangalore International Airport, right next to the Karnataka Masthenalli Industrial Park, Phase 2 development area.



Total Factory Automation, [100% SCADA implementation from Allen Bradley]. World-class PLC Installations / Contamination free Products. Consistent quality output. Highly trained and limited human interface / Huge Production capacity: (1,00,000 liters per day)

## AYUSH Certificate





No.Ayush/278/DLA1 /2021

ಲೈಸೆನ್ಸ್ ನೀಡಿಕೆ ಪ್ರಾಧಿಕಾರಿಗಳ ಕಛೇರಿ,  
 ಆಯುಷ್ ನಿರ್ದೇಶನಾಲಯ,  
 ಧನ್ವಂತರಿ ರಸ್ತೆ, ಬೆಂಗಳೂರು-09  
 ದಿನಾಂಕ: 23-02-2022

ಗೆ,

M/S Mallur Flora and Hospitality Pvt. Ltd.  
 Survey No. 14, Alasur dinne,  
 Sidlagatta Taluk,  
 Chikkaballapur District-563128.

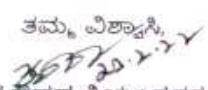
ಮಾನ್ಯರೇ,

ವಿಷಯ:- ಪರವಾನಿಗೆ ಮತ್ತು ಜಿ.ಎಂ.ಪಿ ಪ್ರಮಾಣ ಪತ್ರವನ್ನು ನವೀಕರಣ ಮಾಡುವ ಬಗ್ಗೆ.

ಉಲ್ಲೇಖ:- ನಿಮ್ಮ ಮನವಿ ದಿನಾಂಕ: 15-07-2021

\*\*\*\*\*

ಉಲ್ಲೇಖಿತ ನಿಮ್ಮ ಮನವಿ ಹಾಗೂ ದಾಖಲಾತಿಗಳನ್ನು ಪರಿಗಣಿಸಿ ನವೀಕರಿಸಲಾಗಿರುವ ಪರವಾನಿಗೆ ಮತ್ತು ಜಿ.ಎಂ.ಪಿ ಪ್ರಮಾಣ ಪತ್ರ ಹಾಗೂ ಕ್ರಾಢೀಕೃತ ಔಷಧಿ ಪಟ್ಟಿಗಳನ್ನು ಈ ಪತ್ರದೊಂದಿಗೆ ಲಗತ್ತಿಸಿ ಕಳುಹಿಸಿದೆ. ಸ್ವೀಕೃತಿ ಪತ್ರವನ್ನು ನೀಡಲು ತಿಳಿಸಿದೆ.

ತಮ್ಮ ವಿಶ್ವಾಸಿ,  
  
 ಉಪ ಡಿಪ್ಯುಟಿ ನಿರ್ದೇಶಕರು  
 ಆಯುಷ್ ನಿರ್ದೇಶನಾಲಯ  
 ಧನ್ವಂತರಿ ರಸ್ತೆ, ಬೆಂಗಳೂರು-560 009

Date of issue: 23/02/2022

Validity: 21/08/2026

Issued by: AYUSH department



## GMP Certificate



Ref No. Ayush/278/DLA1/2021

Office of the Drugs Licensing Authority  
Department of AYUSH  
Dhanwanthri Road, Bengaluru-560009  
Date: 23-02-2022

**CERTIFICATE OF GOOD MANUFACTURING PRACTICES (GMP) to  
Manufacturer of Ayurveda, Siddha or Unani Drugs**

**Form 26 E-1**  
(See Rule 155-B)

Certified that manufacturing unit Licensee, namely **M/S Mallur Flora and Hospitality Pvt. Ltd. Survey No. 14, Alasur dinne, Sidlagatta Taluk, Chikkaballapur District-563128, State: Karnataka, License No. AUS-932** comply with the requirements of GOOD MANUFACTURING PRACTICES (GMP) of Ayurveda-Siddha-Unani drugs as laid down in Schedule "T" of the Drugs and Cosmetics Rules, 1945.

This Certificate is valid for a period of five years from **22-08-2021 to 21-08-2026** and the GMP is valid for the various dosage form or rasoushadhis as follows: Oral Liquid.

Date: 23-02-2022  
Place: Bengaluru



Deputy Drugs Controller and  
Licensing Authority for Ayurveda/  
Siddha/Unani Drugs.



N.B. Apply for GMP certificate along with manufacturing license renewal before 3 months from the date of its expiry.

**Date of issue: 23/02/2022**  
**Validity: 21/08/2026**  
**Issued by: AYUSH department**

## US-FDA Certificate for manufacturing unit



2023

**CERTIFICATE OF REGISTRATION**

*This certifies that:*

**Mallur Flora and Hospitality Private Limited**  
**Sy No. 14, Alasuru Dinne Kasaba Hobli, Sidlaghatta Taluk**  
**Chikballapur, KA 562105**  
**India**

is registered with the U.S. Food and Drug Administration pursuant to the Federal Food Drug and Cosmetic Act, as amended by the Bioterrorism Act of 2002 and the FDA Food Safety Modernization Act, such registration having been verified as currently effective on the date hereof by Registrar Corp:

U.S. FDA Registration No.:	<b>14900359152</b>
U.S. FDA UFI (DUNS) No.:	<b>675486186</b>
U.S. Agent for FDA Communications:	<b>Registrar Corp</b> 144 Research Drive, Hampton, Virginia, 23666, USA Telephone: +1-757-224-0177 • Fax: +1-757-224-0179

*This certificate affirms that the above stated facility is registered with the U.S. Food and Drug Administration pursuant to the Federal Food Drug and Cosmetic Act, as amended by the Bioterrorism Act of 2002 and the FDA Food Safety Modernization Act, such registration having been verified as effective by Registrar Corp as of the date hereof, and Registrar Corp will confirm that such registration remains effective upon request and presentation of this certificate until December 31, 2023, unless such registration has been terminated after issuance of this certificate. Registrar Corp makes no other representations or warranties, nor does this certificate make any representations or warranties to any person or entity other than the named certificate holder, for whose sole benefit it is issued. Registrar Corp assumes no liability to any person or entity in connection with the foregoing. The U.S. Food and Drug Administration does not issue a certificate of registration, nor does the U.S. Food and Drug Administration recognize a certificate of registration. Registrar Corp is not affiliated with the U.S. Food and Drug Administration.*



**Registrar Corp**  
 144 Research Drive, Hampton, Virginia, 23666, USA  
 Telephone: +1-757-224-0177 • Fax: +1-757-224-0179  
 info@registrarcorp.com • www.registrarcorp.com



**David Lennarz**  
 Executive Director  
 Registrar Corp  
 Dated: December 29, 2022  
 © Copyright 2003-2023 Registrar Corp

© 00CS 961 LITHO IN U.S.A.

This certificate indicates that the facilities have met stringent standards for providing quality mammography. The US-Food and Drug Administration is responsible for protecting the public health by ensuring the safety, efficacy, and security of humans.

**Date of issue: 29/12/2022**

**Validity: 31/12/2023**

**Issued by: U.S. Food and Drug Administration**



## ISO 22000:2018 Certificate

Certificate



**Certificate of Registration**  
This is to certify that  
**MALLURFLORA AND HOSPITALITY PVT. LTD.**

Office: #11 RBI Colony, Anandnagar, Bengaluru - 560024, Karnataka, India  
Factory: SY 14, Alasuru Dinne Village, Tummanahalli Post, Kasba Hobli,  
Sidlgatta Taluk, Karnataka, India

has been assessed and certified by Otabu Certification Limited  
as meeting the requirements of  
**ISO 22000:2018**  
**Food Safety Management System**  
For the following activities

Manufacturers And Suppliers Of 100% Organic Herbal Food Supplements Of  
VedNaturae, VedOrthoa, VedHeartica, VedLiva, VedRenalis, VedGastroa, VedImmunaee,  
VedPsorioca, VedInsulina, VedGynaeca, VedGenetica, VedDigestica, VedMigra,  
VedUrica, VedThyroca, VedCholestra, Graviola Tea, Vedneuron Powder, Banana Juice,  
Moringa Soup Powder, Moringa Tea, Vedstaminoa Plus Tonic, Ved Staminoina Powder,  
Kapikacchu Powder Under the Brand Name of M.D.

Date of Registration	: 30 January 2021
1st Surveillance Due	: 29 January 2022
2nd Surveillance Due	: 29 January 2023
Certificate Expiry	: 29 January 2024

Certificate No:- 210130604  
To Verify this certificate please visit at [www.otabucert.co.uk](http://www.otabucert.co.uk)





Otabu Certification Limited (UK)

**Validity of this Certificate is subject to Annual Surveillance audits done successfully**  
This Certificate of Registration remains the Property of Otabu Certification Limited and shall be returned immediately upon request.  
Email:- [info@otabucert.co.uk](mailto:info@otabucert.co.uk) Website:- [www.otabucert.co.uk](http://www.otabucert.co.uk)  
**Suite 48, 88-90 Hatton Garden, London, EC1N 8PN, UK**

ISO 22000:2018 specifies requirements for a food safety management system where an organization in the food chain needs to demonstrate its ability to control food safety hazards in order to ensure that food is safe at the time of human consumption.

This International Standard specifies requirements to enable an organization to plan, implement, operate, maintain and update a food safety management system aimed at providing products that, according to their intended use, are safe for the consumer.

**Date of Registration: 30/01/2021**

**Validity: 29/01/2024**

**Issued by: Otabu Certification Limited (UK)**

# Organic Certificate

Certificate



**Certificate of Compliance**

This is to certify that

**MALLURFLORA AND HOSPITALITY PVT. LTD.**

Office: #11 RBI Colony, Anandnagar, Bengaluru - 560024, Karnataka, India  
Factory: SY 14, Alasuru Dinne Village, Tummanahalli Post, Kasba Hobli, Sidgatta Taluk, Karnataka, India

has been assessed and Compliance by Otabu Certification Limited  
by Review of Production Plan and Inspection of Operation, To be Qualified to  
Market Products as Grown, Processed or Handled Under The Accepted  
USDA Standards and Procedures:

**Organic Certificate**

For the following activities:

Manufacturers And Suppliers Of Anti-Ageing, Ortho Support, Cardiovascular Support, Liver Health Support, Renal Care, Gastro Support, Immune Care, Psoria Care, Sugar Support, Gynec Care, Urinary Care, Digest Care, Migra Care, Gouty Care, VedNaturae, VedOrthoa, VedHeartica, VedLiva, VedRenalis, VedGastroa, VedImmuna, VedPsorioa, VedInsulina, VedGynaeca, VedGenetica, VedDigestica, VedMigra, VedUrica, VedThyroca, VedCholestra, Graviola Tea, Vedneuron Powder, Banana Juice, Moringa Soup Powder, Moringa Tea, Vedstamina Plus Tonic, Ved Stamina Powder, Kapikacchu Powder

Date of Registration	: 30 January 2021
1st Surveillance Due	: 29 January 2022
2nd Surveillance Due	: 29 January 2023
Certificate Expiry	: 29 January 2024

Certificate No:- 210130603

To Verify this certificate please visit at [www.otabucert.co.uk](http://www.otabucert.co.uk)





**Otabu Certification Limited (UK)**

*Validity of this Certificate is subject to Annual Surveillance audits done successfully*

This Certificate of Registration remains the Property of Otabu Certification Limited and shall be returned immediately upon request.  
Email:- [info@otabucert.co.uk](mailto:info@otabucert.co.uk) Website:- [www.otabucert.co.uk](http://www.otabucert.co.uk)

**Suite 48, 88-90 Hatton Garden, London, EC1N 8PN, UK**

Organic products are grown under a system of agriculture without the use of chemical fertilizers and pesticides with an environmentally and socially responsible approach. The Commission's main goals are to protect the health of consumers and ensure fair practices in the international food trade.

**Date of Registration: 30/01/2021**

**Validity: 29/01/2024**

**Issued by: Otabu Certification Limited (UK)**



## DOCTOR OF PHILOSOPHY AYUR YOGA DR. S. M. RAJU IAS (Rtd.)



**योगसंस्कृतं - यूनिवर्सिटी फ्लोरिडा, यू.एस.ए.**  
**YOGA - SAMSKRUTHAM UNIVERSITY, FLORIDA - USA**  
An American Religion University

Established under Provisions of commission for independent education, Florida Statute 1005.06 (1) (f)

Based on the unanimous recommendations placed alongside and as made by Eminence and Excellence: Search and Recommendations Committee, Yoga-Samskrutham University, has accepted the same and is pleased to award honor

**वेदवैतनं तं प्रोबोइवफेयु - अयुज्ज पुरुष्क (हेतुवतमंहे टक्षपइक)**  
TO  
**S. M. RAJU**



In recognition of the contributions made in the field of Applied Yoga's, linked to the awardees endeavor to 'Shape the Nations- Citizens - Total Wellness Culture' through Higher Education Skill development, search, research and outreach programs in Applied Yoga's. The norms of evaluation and assessment are drawn from the value framework provided in Srimad Bhagavad Gita, the text and practicing cultural traditions with good faith cultural continuity and input suggestions from Yoga masters of our times and leading lights amidst us.

The award and honors governed by the provisions of the Florida statute 1005.06(1)(f), Commission of Independent Education, USA.

Issued under the seal and signature of the University on the occasion of decennial celebrations, convocation and International conference on 15-17 April 2022, at Bangalore, Karnataka, India.

  
Chief Executive Officer  
International Operations  
Yoga - Samskrutham University, FL, USA.

  
Chancellor  
Yoga - Samskrutham University,  
Florida, USA.

Office: 1980, Main Street, Suite 750, Sarasota, FLORIDA 34236, USA.  
www.ysam.org E-mail: yogasamskrutham@gmail.com



**योगसंस्कृतं - यूनिवर्सिटी फ्लोरिडा, यू.एस.ए.**  
**YOGA - SAMSKRUTHAM UNIVERSITY, FLORIDA - USA**

**INTERNATIONAL EXCELLENCE SEARCH COMMITTEE RECOMMENDATION**

The 'Eminence and Excellence - Search and Recommendations Committee' of International Forum of Yoga-Samskrutham University, has worked independently and on its own to identify the people of excellence and eminence amidst us in our society and communities, working for implementation of Srimad Bhagavad-gita Yoga Directive 'Tasmat Yogi Bhava'. (Gita 6-46) Therefore, for your own reasons and compulsions, Become and Be a Yogi/Yogini. Yogi-Yogini is a citizen of Nation, who is healthy, ethical, cultured and conscientious. The committee recommends the named below as worthy of public honors and recommended award on the occasion of University decennial year celebrations, convocation and conduct of international conference deliberating on the theme: Yogas of the Nation - Yogis of the Nation.

**S. M. RAJU**

**वेदवैतनं तं प्रोबोइवफेयु (हेतुवतमंहे टक्षपइक)**



**Basic:** By formal education an agricultural science graduate, you entered the service ranks of IAS administration to serve the nation for over three decades, at state and national levels. Your passion for nature translated in to action as Mahatma Gandhi National Rural Employment Guarantee Program helped to channel manpower for nature rejuvenation in the project one day-one crore tree plantation project, restoring the symbiotic long term positive benefits of social forestry. Your research and broad concern for social welfare has been well recognized with awards and accolades. Your keen interest in medicinal value of flora and fauna given in Ayurveda works, for their unique therapeutic value, useful for more than 120 different chronic and special ailments, triggered your research interest in testing out a variety of herbal concoctions, extracts and supplements, with in house experimentation. You are recognized to have developed an improvised version of flax seeds treatment which was earlier conducted by Dr. Johanna Budwig. Your neo-ayurveda research is anchored to the combination of Yoga and ayurveda traditional practices; and is emerging as a proprietary science that blends the principles of diagnosis of health disorders ascertained from the allopathic pharma models with treatment principles mentioned in traditional texts of Charaka Samhita about diet, home remedies, practice of yoga and meditation. You have elevated the frame of Ayurveda- pharmacopeia herbal research to become a manufacturing enterprise bringing out a range of products for market distribution; well covered with valid government license- certifications and standards meeting current medicine-public manufacturing - distribution norms. With techno-commercial globalization shrinking the world to become a global village, there is a critical need, nay a survival necessity for traditional systems of Yoga and ayurveda health care systems to handshake with modern pharma framework for health and public health deliverables through applied Yoga professions and services. The committee recognizes your thesis contribution as a pointer to the revival and setting, to bring economically impacting transformations using Ayurveda and Yoga, for cost effective health care and public health administration.

In making this recommendation, the search and recommendations committee has exercised due diligence of verification and credential -background check, using invited and cross-verified references, independently and without any prejudice, coercion and compulsions. The committee unanimously recommends that University may consider the processing of above award at the University decennial celebrations, convocation and International conference on 15-17 April 2022.

**Signature of International Excellence Search Committee Members**  
affixed on and forwarded to University

  
Dr. H. V. R. A. Raju  
International Vice-Chancellor  
Yoga - Samskrutham University.

  
Dr. Ittikam Wattana  
International Vice-Chancellor  
Yoga - Samskrutham University.

  
Dr. E. V. Narayanasah  
International Director -Social Welfare  
Yoga - Samskrutham University.

**SEARCH → RESEARCH → OUTREACH**

Dr. SM Raju's research of 40+ years and his broad concern for social welfare has been well recognized with multiple awards and accolades. He has been awarded the Doctorate of Philosophy (Ph.D.) degree as an AYUR YOGA, in recognition of his long research in medicinal plants and his propounding of the proprietary science of Neo-Ayurveda wherein he has married the traditional Vedic literature of Ayurveda, with the Allopathic treatment principles and protocols to make Ayurveda relevant in the modern context and contribute to the scientificity of Ayurveda.

## Interaction with global Luminaries Explaining benefits of the Science of Neo-Ayurveda



With his holiness Dalai Lama during the redevelopment of the Mahabodhi Temple (as Chairman of the Mahabodhi Temple Trust in Bodh Gaya, Bihar), 1997.

With Mr. Richard Gere, Hollywood's top Actor recognised globally for promoting climate change, traditional medicinal systems like Ayurveda and promoting tree plantations globally.



Inviting the Founder of Microsoft Corporation Mr. Bill Gates as Secretary of Welfare Department, Govt. of Bihar (2015). He was applauded for the world's largest tree plantation project undertaken by him and his principals of Neo-Ayurveda based on naturally recovered plants and introduced for the Science of Neo-Ayurveda.



**BBC recognized him as a Global Tree plantation Guru (YR2009). This achievement also finds mention in the book "Target 3 Billion" written by our Late Hon'ble President of India, Dr. APJ Abdul Kalam (PUB:YR2012). VRUKSHO RAKSHITAH RAKSHITAH**

**One day One Crore Plantations - 30-08-2009**



**BBC NEWS | South Asia | Meeting India's tree planting guru**

*Mr Raju is single-handedly organising the re-forestation of his state.*

*An Indian civil servant, SM Raju, has come up with a novel way of providing employment to millions of poor in the eastern state of Bihar.*

*His campaign to encourage people to plant trees effectively addresses two burning issues of the world: global warming and shrinking job opportunities.*

*Evidence of Mr Raju's success could clearly be seen on 30 August, when he organised 300,000 villagers from over 7,500 villages in northern Bihar to engage in a mass tree planting ceremony.*

*In doing so the agriculture graduate from Bangalore has provided "sustainable employment" to people living below the poverty line in Bihar.*

**An Indian civil servant, Dr. S. M. Raju, has come up with a novel way of providing employment to millions of poor in the eastern state of Bihar.**

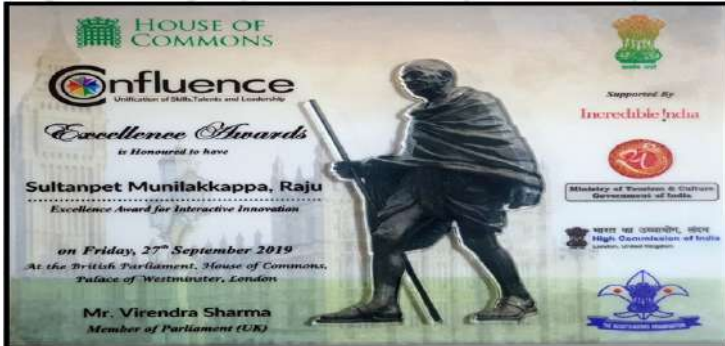
**Honourable ex-president of India Dr APJ Abdul Kalam wrote in his book Target 3 billion on SM Raju's innovative work in tree plantation**



Late honourable Ex President Dr. A.P.J ABDUL KALAM wrote in his book "Target 3 Billion", where he appreciated the achievement of Dr. S. M. Raju for his revolutionary work in social forestry. Promotion of social forestry (as an income source for rural poor) along with use of herbs/fruits produced by such trees contributing to wellness and wellbeing for rural poor.



## Some of the awards received by Dr. SM Raju for inventing Herbal Compounds for incurable health disorders



Interactive Innovation Award By The House Of Lords At The British Parliament London, UK 2019



Bharat Gaurav Award – 2018, awarded by Shri honourable union Minister for State



Asia's Greatest Brands And Leaders 2018 – SINGAPORE



Mr. Sadananda Gowda Minister of Chemicals and Fertilizers Presenting the Service Excellence Award 2018.



Honoured by Honourable Governor for Karnataka Shri Vajubhai Rudra Bhai Vala



Dubai 2017 – Global Leadership of Business Excellence

## Testimonials of Different High Profile Personalities like Honourable Retired Chief Justices, Judges, Allopathic Doctors, Film Celebrities and Industrialists

### S N Jha

Former Chief Justice of J & K High Court and Rajasthan High Court, Chairperson of Bihar Human Rights Commission



I have known S M Raju, an IAS officer of Bihar cadre, for quite some time. I met him recently in April 2015 and he mentioned about a herbal drink as a cure for osteo-arthritis problem I was suffering from in my right wrist. On his recommendation I started taking the medicine and I felt better. The problem is still there but to a much lesser extent. I am feeling lighter in my wrist. I understand my former colleague in the Patna High Court, Justice Shashank Kumar Singh has also been benefited by medicines developed by Raju.

### Prof Dr Arun Kumar Thakur

Retd HOD, Paediatrics, Nalanda Medical College Ex-president, Indian Medical Association, Indian Academy of Pediatrics



I have known S M Raju for more than two decades. In 2012, he had told me that he was doing some research work in Ayurvedic medicine herbal preparations. He proposed me to take Anti Aging, Anti Arthritis and Gastrointestinal preparation and within one to two weeks, I felt it benefits and got relief from my health problems like arthritis. A new source of energy developed in my body. Now, I am regularly taking combination of Anti Aging Support and Gastro Support, which are giving me a lot of relief and friends say that my skin has started to glow.

### Zarina Wahab

Actress, Indian Cinema



For quite some time I was suffering from knee joint pain. My husband Aditya Pancholi suggested that I take Ayurvedic drink. Earlier, I used to take the building lift to go to my flat which is on the first floor. But after taking the drink, soon I was able to walk freely and even take the stairs to go to my flat. Now, I can even walk faster than my husband. I have been taking this medicine for last one year, but I could feel the difference within one month. Touchwood, now I do not have any kind of pain. Even my back pain has gone. It is not necessary that you have it only if you have a disease, but also for good health.

### Dr Bibhuti Tiwari

Retd HOD of Medicine, Sri Krishn Medical College, Muzaffarpur



My father was an Ayurvedic doctor and I know people taking Ayurvedic medicines for different diseases. One of my friends told me about the Ayurvedic drink developed by S M Raju. I took one of this Ayurvedic drinks and after taking it for some time, the heaviness of my heart and legs subsided. Before, I could not run on the treadmill, but now I can run the treadmill even. I feel a lot better now. My recent medical reports show a lot of improvement.

### Shashank Kumar Singh

Retd. Justice of Patna High Court, Bihar



I used to have body pain, joint pain and some heart burning sensation. I also had some gastric problem. For these problems, I used to take allopathic medicines. But, since last 3-4 month, I started taking S M Raju's combination of Ayurvedic drink. It instantly made me feel better. Initially he gave Anti Aging Support, which I started taking along with my allopathic medicines. Now, I take just one allopathic medicine for sugar and regularly take s drinks every day. At this age, over 70 years, I feel good and energetic and have got relief from most of my ailments. I have even suggested it to my wife for knee joint pain. She too has got relief after taking this Ayurvedic drink.

### Aditya Pancholi

Actor, Indian Cinema



At a function in Muzaffarpur, Bihar, I meet S M Raju, Secretary of SC & ST Welfare Department and came to know about his Ayurvedic drinks. I mentioned to him about my health problem and my wife actress Zarina Wahab knee joint pain. We are using the Anti Aging Support for the last one year. It has given me a lot energy and the best part is that it has no side-effect. Everybody can have it as a tonic. I can say to the people who want to use it that as its name, it is really a miracle drink. Thanks to S M Raju who being an IAS officer made an effort to research and develop such Ayurvedic medicine. I believe that this drink will give a name to Ayurvedic medicine, which it deserves.

### Vijay Sankeshwar

Chairman VRL Group of Company



I suffered from IBS problem for over 50 years. After I heard about Mr. S.M.Rajus Miracle Drinks products, I approached him. I consumed the recommended medicines, and within 15 days, about 50% of my condition improved. After I was relieved of my problems, I recommended this to my friends and family, all of whom have greatly benefited from it.

### Dr. Bharti Tiwari

Retd HOD Department of Gynaecology, Government Magadh Medical College Gaya



From last 3 to 4 years, I am suffering from joint pain and I am not able to walk properly on Raju Sir recommendation I started taking S2 Ortho support and I felt better and Now I am able to walk properly there is lot of changes in just 3 months

### J. N Singh

Asst Chair of math & Computer Science Department of Barry University, Miami, Florida, U.S.A



I had been to Patna for official work coincidentally I met Mr Raju and discuss about my health issues. For quite sometime I am not able to stand in sunlight and my immunity was too low and then he recommended is products like anti aging and immune care after taking his Products I am feeling good and energetic and I have got relief from most of my weakness and I have even suggested to my family and friends to you have this drink once

## TESTIMONIALS





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