



DR·M  
EXPERIENCE THE SATVA

PRODUCT CATALOG



## EXPERIENCE THE SATVA

"According to Ayurveda - there are many ways to describe Satva / Sattva - honest, pure, natural, holistic, essence of life which can help bring balance and harmony between the body, mind & soul."



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## OUR STORY

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Dr. M Holistic Wellness is an idea that sprung from deep-rooted elements and habits that have been a part of our life for a long time. Growing up in India, our gardens were the source of cure for many regular health ailments. As Naturopathic, Sports sciences and pain management professionals, we understood the extreme high potential of these naturally available products and set on a journey to bring them to you. In addition to our vast experience with international customers for wellness products, was a realisation of the immense need for these extremely beneficial products.

With a massive global shift in lifestyle choices and the rise in demand for natural and organic alternatives amongst wellness products, we at Dr.M intend to bring a change and deliver precisely what we promised –the most natural and organic remedies to alleviate pain and indulge in its goodness.

Our endeavor is to achieve the ideals we have established at Dr. M Holistic Wellness. Through this incredible journey, each ingredient in our products has been carefully sourced and formulated in the best possible combination of ancient wisdom and modern science to ensure the best outcome every single time.

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## DR.M HOLISTIC WELLNESS

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### Vision

To emerge and position ourselves as a benchmark in the wellness industry, by continually evolving and improving the quality of life, ultimately serving humanity.

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### Mission

To be the first and unparalleled choice of wellness products that help to tap the innate instinct of our body to heal from within using nature, science and innovation in the right amalgamation, while remaining rooted in our authenticity and values.

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### Values (PERCS)

#### Passion

The fuel that drives us to deliver the best experience.

#### Excellence

To be profoundly unique and outdo ourselves each time.

#### Reliability

To consistently perform and be trusted.

#### Commitment

To ensure the best each time we deliver.

#### Sustainability

To remain socially, economically and environmentally conscious.

## PRODUCT FEATURES



All products are made by formulating different essential oils and base oils in right proportions.



Essential oils are concentrated plant extracts that retain natural essence, smell and flavour of their source which is responsible for the therapeutic benefits on humans.



Different ways of extraction include:  
Distillation (steam), Expression (cold press) and Decoction.



### Indications

Muscular and joint pains linked with spasm, sprains, bruises, inflammation, swelling, early arthritis, neck, shoulder, back, hip, knee, ankle and heel pains.



### Contraindications

Open wounds.

Caution: Pregnant or nursing women, children under 6 years old and any person with allergic reactions to drugs or cosmetics should consult physician before use. Do not apply this product 1 hour before or 30 minutes after bath or shower.



### Safety precautions

Keep away from children, only for topical use and don't take it orally, when in contact with eyes wash it thoroughly with water and take your GP's opinion.





DR·M

## ACTIVE RANGE OUR PRODUCT RANGE



### Muscle & Joint Release Oil

Available in 10ml & 50 ml

### Muscle & Joint Support Oil

Available in 10ml & 50 ml

### Muscle & Joint Revive Oil

Available in 10ml & 100 ml

### Muscle & Joint Relief Balm

Available in 30 g



## ACTIVE

# Muscle & Joint Release Oil

An expert combination of carefully blended essential oils inspired from the elixirs of ancient Ayurvedic sciences that helps in soothing tired or overworked muscles & joints.

### INGREDIENTS

Arnica, Grape Seed, Wintergreen, Eucalyptus, Mint, Camphor, Carom Seed, Turmeric, Marjoram.



## ACTIVE Muscle & Joint Support Oil

A combination of carefully blended essential oils derived from the ancient wisdom of Ayurveda. It miraculously supports the repair and recovery of fatigued or inflamed muscles & joints by boosting the body's natural healing process.

### INGREDIENTS

Ginger, Wintergreen, Sesame, Grape Seed, Mint, Camphor, Frankincense, Juniper Berry, Eucalyptus, Saindhavadi Oil, Mahamash Oil, Vishagarbha Oil, Mahanarayan Oil, Turmeric, Marjoram.





## ACTIVE

# Muscle & Joint Revive Oil

A combination of carefully blended essential oils derived from the ancient wisdom of Ayurveda that helps to maintain optimal health of the tissues by flushing out the impurities, leaving the muscles & joints rejuvenated.

## INGREDIENTS

Clove, Grape Seed, Sesame, Wintergreen, Eucalyptus, Mint, Mahanarayan Oil, Mahamash Oil, Saindhavadi Oil, Camphor, Turmeric, Vishagarbha Oil, Frankincense, Juniper Berry, Marjoram.





## ACTIVE

# Muscle & Joint Relief Balm

An expert combination of carefully blended essential oils inspired from the elixirs of ancient Ayurvedic sciences that helps in soothing tired or overworked muscles & joints.

## INGREDIENTS

Bees wax, Wintergreen, Mint, Camphor, Carom Seed, Eucalyptus, Clove, Pine, Cajuput.

## INGREDIENTS

Every ingredient has a history — from the seasons it has seen and the droplets of rain it grows with, to the goodness it gives to the end user, everything is interconnected. We curate each of our products with the intention of bringing the art and science that had been passed down through generations, with most caution and precision. We promised to keep intact the richness of the values and traditions thus passed, bringing out the goddess of nature's healing secrets.



Not tested on animals



Natural Ingredients



Vegan



Gluten Free



Paraben Free



SLS Free



## TURMERIC

*Curcuma Longa*



**Turmeric oil is extracted from root/rhizome by steam distillation.**

### Uses :

It is believed that turmeric have been used for around 4000 years.

It contains alpha-curcumene, a sesquiterpene hydrocarbon, that gives turmeric it's incredible anti-inflammatory healing properties. This compound allows turmeric oil to alleviate inflammation associated with chronic disease, joint pain, muscle aches, disorders of skin and many more.

Reference : Ayurvedic Pharmacopoeia of India Part I Volume I, Bhavaprakash, Dhanawantari Nighantu.



## ARNICA

*Arnica montana*

Oil is extracted from the flower of Arnica plant by decoction.

### Uses :

Derived from the flower of arnica of sunflower family.  
Helps to ease pain in inflammation when applied topically.

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Typically it is used for pain and swelling associated with bruises, sprains, muscle pulls, muscle aches and even arthritis, since it helps to boost circulation and speed up the healing process.



## CAJEPUT OIL

*Melaleuca cajuputi*

Cajeput oil is prepared from leaves of Cajeput trees by steam distillation. These are indigenous to tropical regions in Australia and South east Asia.

### Uses :

The oil is primarily known for its antiseptic and analgesic qualities. It is also considered as an anti-inflammatory, which is sometimes used to support the process of healing in minor skin cuts, rashes, colds and inflammatory conditions.



## CAMPHOR

*cinnamomum camphora*

Oil is extracted from chipped wood/bark of the *cinnamomum camphora* plant by steam distillation.

### Uses :

Topical analgesic - sprains, swelling, inflammation, minor skin irritation and relieves itching from insect bites.

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Warm sensation when applied vigorously and cold sensation when applied gently causing local analgesic effect by acting on nerve endings.

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Helps in rheumatism, sinusitis and relieving stiffness.

Reference : Ayurvedic Pharmacopoeia of India Part I Volume VI, Ayurveda Mahodadhi, Dhanawantari Nighantu.



## CAROM

*Trachyspermum ammi*

Oil is extracted from seeds by steam distillation.

### Uses :

Anti-inflammatory properties , soothing effect to the joints in arthritic conditions.

Reference : Ayurvedic Pharmacopoeia of India Part I Volume I.



## CLOVE

*Eugenia Caryophyllus*

Oil is extracted from leaves of the plant by steam distillation.

### Uses :

This essential oil has spasmolytic property.  
Aids relief in rheumatism, sprains, strains, arthritis.

Reference : Ayurvedic Pharmacopoeia of India Part I Volume I,  
Bhavaprakash, Raja Nighantu.



## EUCALYPTUS

*Eucalyptus Globulas*

Oil is extracted from fresh leaves by steam distillation.

### Uses :

Muscle and joint pains linked to strains, sprains, early arthritis and bruising.

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Potent anti-inflammatory properties.

Reference : Ayurvedic Pharmacopoeia of India Part VI Volume II.



## FRANKINCENSE

*Boswellia Serrata*

Extracted by making cuts on the Boswellia tree trunk to produce exuded gum. It appears as milk that hardens as an orange/ brown gum resin called frankincense and finally the essential oil is extracted by steam distillation.

### Uses :

Frankincense is an anti-inflammatory substance, which not only helps ease pain but also targets inflammation itself by supporting cellular function.

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Studies show acids from the Boswellia sap can prevent the release of leukotrienes which are inflammatory.

Animal studies found boswellic acid inhibited synthesis of inflammatory enzymes. Effective in managing swelling and eases morning stiffness.

Reference : Susrutha Samhita 38th chapter 14th shloka.



## GINGER

*Zingiber officinale*

Ginger oil is extracted from rhizome/root of the plant by steam distillation.

### Uses :

This essential oil has a stimulating, warming and anti-inflammatory properties.

It provides soothing effect and helps to reduce pain, swelling, headaches and reduce feelings of stress, anxiety and fatigue.

Reference : Ayurvedic Pharmacopoeia of India Part I Volume II, Asthanga Sangsaha, Dhanawantari Nighantu.



## JUNIPER BERRY

*Juniperus Aethroleum*

Extracted from berries/fruit by steam distillation.

### Uses :

Studies show high concentration of monoterpenes present in the oil significantly reduced inflammation.

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Alpha-pinene, beta-pinene, myrcene, limonene and sabinene present in it adds upto oil's strong antioxidant properties, increases the activity of the enzyme catalase, glutathione peroxidase and superoxide dimutase which helps in protecting the cells from free radical damage.



## MARJORAM

*Marjorana Hortensis L*

Oil derived from fresh and dried leaves by steam distillation.

### Uses :

Compounds derived from Marjoram have shown to have anti-inflammatory and antioxidant properties. It enhances healing properties of the body, pacifies kapha dosa and helps in relieving pain.

Reference : Susrutha Samhita 38.18, Bhavaprakash, Kayya deva Nighantu.





## MINT

*Mentha Arvensis*



Oil is extracted from leaves of *Mentha Arvensis* by steam distillation.

### Uses :

Topical analgesic relieves minor aches and pains like muscle spasms and sprains.

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Very potent in combination with eucalyptus and camphor.

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Topical application triggers cold sensitive receptors causing counter irritation and local anaesthetic effect over the affected area.

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Disorders of Kapha dosa - Congestion/stagnation.

Reference : Ayurvedic Pharmacopoeia of India Part I Volume VI.



## PINE

*Pinus Sylvestris*



Oil is extracted from different parts and varieties of species of pines especially *Pinus sylvestris*.

### Uses :

It has been used in traditional medicine for centuries.

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Its aromatherapeutic properties along with antimicrobial and anti-inflammatory characteristics helps ease symptoms of inflammatory skin conditions such as acne, eczema and rosacea.

Alleviate pain from related health conditions such as arthritis and muscle aches.

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Inhaling oils like pine may also have clearing effects in the case of common cold.



## WINTERGREEN

*Gaultheria Procumbens*

Oil is extracted from leaves of wintergreen by steam distillation. Main component is methyl salicylate.

### Uses :

Analgesic - relieves joint and muscular pain.

Effective in combination with menthol.



## AYURVEDIC MAHANARAYAN OIL

A classical blend of oil formulation derived from various herbs by decoction process, mentioned in ancient Ayurvedic scripts which have been practiced for thousands of years.

Contains more than 40 ingredients and has also been scientifically approved as safe to use by Ayurvedic formulations of India in second volume.

### Uses :

Nourishes and relieves stiffness in muscles and joints, anti-inflammatory, bells palsy, para/hemiplegia, bursitis, arthritis and headaches.

Reference :Bhaishajya Ratnavali Vatyadhi Rogadhikara-151-162.



## AYURVEDIC MAHAMASH OIL

A classical blend of oil formulation derived from various herbs by decoction process, mentioned in ancient Ayurvedic scripts which have been practiced for thousands of years.

Contains more than 10 ingredients and has also been scientifically approved as safe to use by Ayurvedic formulations of India. Main ingredient is blackgram.

### Uses :

Rheumatoid arthritis, frozen shoulder, scaitica, weakness in limbs, headache, migraine, tonifying nerves, paralysis.

Helpful to relieve pain and stiffness in multiple joints

Reference :Bhaishajya Ratnavali



## AYURVEDIC VISHAGARBHA OIL

A classical blend of oil formulation derived from various herbs by decoction process, mentioned in ancient Ayurvedic scripts which have been practiced for thousands of years.

Contains more than 10 ingredients and has also been scientifically approved as safe to use by Ayurvedic formulations of India.

### Uses :

Stiffness in joints, sciatica, vata dosha related diseases, hemiplegia, tremors.

Reference :Bhaishajya Ratnavali Vatyadhi Rogadhikara-414-423.



## AYURVEDIC SAINDHAVADI OIL

A classical blend of oil formulation derived from various herbs by decoction process, mentioned in ancient Ayurvedic scripts which have been practiced for thousands of years.

Contains more than 5 ingredients and has also been scientifically approved safe to use by Ayurvedic formulations of India.

### Uses :

Rheumatoid arthritis, lower back pain, stiffness in muscles and joints.

Reference :Bhaishajya Ratnavali Nadi Vrana Rogadhikara-39.



## SESAME

*Sesamum indicum*

Oil is extracted from dried seeds by cold press method.

### Uses :

Used as a base oil to add viscosity to the product.

Extensively used in Ayurveda since ages and is believed to treat vata tatva (dryness of body and joints) and to reduce the heat (inflammation).

Reference : Ayurvedic Pharmacopoeia of India Part I Volume VI



## GRAPE SEED

*Vitis Vinifera*

Extracted from the seeds of grapes by cold press method.

### Uses :

Some studies show that linoleic acid also has anti-inflammatory properties, and may reduce inflammation in the skin's epidermal (top) and dermal (middle) layers.

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The phytosterols in grape seeds may help control the skin's inflammatory response, according to many studies.

The antioxidants found in grape seed oil such as vitamin C, vitamin E and proanthocyanidin (pew) can help to prevent and undo pollution and, also protects from UV-induced free radical damage to the skin.

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Helps in exercise exertion

Reference : Ayurvedic Pharmacopoeia of India Part I Volume III.



## BEESWAX

*Cera Alba*

Naturally produced by honeybees and is extracted from honeycomb.

### Uses :

It is widely used as natural ingredient in cosmetic industries like moisturizers, lip balms, etc.

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“We have innate ability to heal ourselves to certain extent, to empower with natural solutions we need to keep rediscovering the properties of natural healing, instead of succumbing to life altering chemicals. There is time and place for pharmaceuticals, but it shouldn't be the first answer, nor the only form of treatment.”

- Dr. Mithilesh Vishnumolakala

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