

GOVIND MADHAV WEIGHT LOSS TEA

24 Herbs Used – Details

- 1. Boerrrhavia Diffusa**, (Punarnava, Hogweed): Punarnava helps in **weight loss** process. It also helps reduce the chances of water retention, thus help in weight loss. **Safety:** 3-6 masha (3-6 gm) per day.
- 2. Cinnamomum tamala** (Tejpatra, Indian Cassia): When this Magical Tej patra is combined with powerful Cinnamon, then it melts the fat around waist. It **maintains body weight** (neither increase nor decrease) too much. Cinnamon reduces fat by accelerating the metabolism of the body. **Safety:** 1-4 masha (1-4 gm) per day.
- 3. Cinnamomum zeylanicum** (Dalchini, Chinese cassia): Dalchini helps in cutting belly fat so help you lose weight. Cinnamon is one of the **best weight loss** herbs. It **keeps you full for a longer time, decreases hunger pangs and metabolises fats** at a faster rate. **Safety:** 2.5-10 ratti (0.3-1.25 gm) per day.
- 4. Commiphora mukul**, (Guggul, Mukul myrrh): Guggul promotes **weight loss** by stimulating the body's metabolism This herb aids in healthy weight management & energy. It **helps in the process of detoxification**. It can also be taken to keep the body healthy and in optimum weight. **Safety:** 1-1.5 masha (1-1.5 gm) per day.
- 5. Cyperus rotundus** (Nagarmotha, Nut grass): Nut grass is recommended for **obesity** in Ayurveda. **Safety:** 3-6 masha (3-6 gm) per day.
- 6. Elettaria cardamomum** (Elaichi chhoti, Cardamom): Cardamom boosts metabolism and helps the body **burn fat** more efficiently. **Safety:** 5-15 ratti (0.6-1.8gm) per day.
- 7. Emblica officinalis** (Amla, Indian gooseberry): It is **detoxifying**, digestive, astringent, improves body's immunity system. It boosts metabolism which **helps reduce body fat**. **Safety:** 3-5 grams, (3-5 masha) per day.
- 8. Foeniculum vulgare** (Saunf, Indian sweet fennel): tonifies the brain and nervous system & useful in gout. & **obesity**. **Safety:** 4 ratti to 2 masha (0.5-2 gm) per day.
- 9. Hibiscus sabdariffa**, (Gudhal, China rose): Hibiscus can also speed up metabolism, and thus aids in **gradual weight loss**. **Safety:** 3-6 masha (3-6 gm) per day.
- 10. Inula racemosa** (Pushkaramula, Orris Root): Punarnava is **useful to control obesity as it helps improve metabolism and reduce Ama**. This is because of its Deepan (appetizer) and Pachan (digestive) properties. **Safety:** 2-4 grams, (2-4 masha) per day.
- 11. Nigella Sativa, (Kalonji, Black seed):** Kalonji has wide range of uses and one of such is weight loss and controlling obesity. It is a rich source of fiber. Nigella seeds contain nigellone, which helps in controlling obesity. **Safety:** 1-2 masha (1-2 gm) per day.
- 12. Picrorhiza kurroa**, (Kutki, Yellow gentian): It stimulates gastric function; secrete juices which boost metabolism and the production of digestive fiber which can cut down on unregulated fat in the body thus **helps weight loss**. **Safety:** 6-7 masha (6-7 gm) per day.

13. Piper longum (Pippali/Pipli, Pipplamula, Dried Catkins): This helps to improve body's metabolism and thus **promotes weight loss** by eliminating toxins from the body. **Safety:** 2-4 ratti (.25-.05 gm) per day.
14. **Piper nigrum** (Kali Mirich, Black pepper): It increases feeling of fullness and have fewer cravings. Adding capsaicin to your diet can suppress your appetite. This can lead to a decrease in caloric intake and **an increase in weight loss**. **Safety:** 2-4 ratti (.25-.05 gm) per day.
15. **Plumbago zeylanica**, (Chitrakmula, Leadwort): Chitrak reduces blood cholesterol and triglyceride levels and thereby, helps in **weight loss**. **Safety:** 5-7 masha (5-7 gm) per day.
16. **Pterocarpus Marsupium**, (Vijaysar, Malabar kino): It helps in **weight loss**. It increases the metabolism of the body and reduces cholesterol and triglyceride levels, thereby, reducing the body weight. **Safety:** 2-5 ratti (250-6250mg) per day.
17. **Rubia cordifolia**, (Manjishta, Indian madder): Manjistha **aids in weight loss**. This herb is full of fibre and nutrients that help reduce your hunger pangs and stop you from overeating. Manjistha also **helps lower your blood cholesterol levels** which improve your metabolism and helps maintain a steady weight. **Safety:** 3-5 grams (3-5 masha) per day
18. **Terminalia Bellarica** (Bahera, Belliric Myrobalan): It acts as a colon toner and helps in strengthening and toning the tissues of the colon. This, in turn, helps to manage the weight of a person. So bahera is used to **reduce weight**. **Safety:** 5-7 grams (5-7 masha) per day.
19. **Terminalia chebula** (Harad, Chebulic myrobalan): It is useful in **weight loss**. It is good to increase appetite, digestive aid, liver stimulant, stomachic, gastrointestinal prokinetic agent. **Safety:** 5-7 masha (5-7 grams) per day.
20. **Tinospora cordifolia**, Guduchi/Giloy, Heart-Leaved Moonseed): Giloy also helps in **weight management** by improving overall metabolism. **Safety:** 5-15 ratti (0.6-2 gm) per day.
21. **Trigonella foenum graecum, (Methi, Fenugreek):** Methi has been known to help lose weight efficiently. It supports digestion, which is key in shedding kilos. Galactomannan, which is a water-soluble component, found in methi, helps curb your cravings and keeps you fuller for longer. Moreover, it also helps increase metabolic rate of the body. **Safety:** 3-5 masha (3-5 gm) per day.
22. **Vachellia nilotica**, (Babool, Kikar, Indian gum Arabic tree): Bark Acacia powder, is a good source of fibre. It reduces body fat, reduces cholesterol in the body and **aids in weight loss**. **Safety:** 5-7 masha (5-7 gm) per day.
23. **Withania somnifera** (Ashwagandha, Winter cherry): Ashwagandha **helps in relieving stress** and thus **promotes weight loss**. This increases your overall energy and helps you during your intense workouts. Ashwagandha is full of **antioxidants** that are essential for weight loss and overall well-being. **Safety:** 3 to 5 grams (3-5 masha) per day.
24. **Zingiber officinale** (Saunth, Ginger root): Ginger has been shown to reduce hunger, which can **help people lose weight**. **It detoxifies the body from toxins**. **Safety:** 1-10 grams (1-10 masha) per day.