

GOVIND MADHAV WEIGHT LOSS TEA

24 Herbs – Actions in Short

Govind Madhav Weight Loss Tea blended from 24 fast acting botanicals contains many herbal ingredients derived from Bark, Roots, Seeds, Twigs, Leaves, Flowers and Grasses, which have several therapeutic functions. It does not even contain a pinch of caffeine or tannin.

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 is a stimulating tonic for the digestive system. It is used in upset stomach, cramping, motion sickness, nausea,

vomiting and loss of appetite and aids digestion. Ginger has been shown to reduce hunger, which can help people lose weight. It is used in **Sore-throat**, laryngitis and cold. It helps in arthritis or joint and muscle pain. **It detoxifies the body from toxins.**
Safety: 1-10 grams (1-10 masha) per day.