



MAHARISHI
AYURVEDA®

Catalogue

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What is Ayurveda?



The Science of Life

Ayurveda is based on a time-tested ancient tradition of knowledge from at least 5,000 years ago. “Ayur” means Life, and “Veda” means knowledge or Science – so Ayurveda is the knowledge or the Science of Life.

Maharishi Ayurveda Products (MAP) was launched internationally in the mid-1980s by Maharishi Mahesh Yogi, who not only developed the Transcendental Meditation technique, but also spearheaded the entire revival of Ayurveda worldwide.

Products were researched and developed by Maharishi and Vedic doctors & Western scholars. MAP provides a complementary system to modern, western medicine and aims to restore balance in the physiology, eliminate toxins and impurities, and awaken the body’s natural healing mechanisms.

We are proud to have the largest range of Ayurvedic products in Ireland

Himalayan origins

Sourcing and Harvesting

The Council of Maharishi Ayurveda Vaidyas has identified the best variety of each herb and the best source of each variety are obtained almost exclusively from Himalayan areas.

Wild harvesting is preferred where conservation issues do not dictate otherwise.

Where conservation is a concern we are working to conserve and cultivate supplies. A large area of mountain bamboo forest has been reserved for sustainable production, and three organic farms having been established in different climatic zones, using pure Himalayan spring and mountain water.

More than 2000 harvesters have been trained to collect the herbs from wild sources. Checking of quality and identity is done at the central factory by botanical experts in a process that has been described by visiting authorities as 'ideal'.



Sanyog: The Science of Herb Combining

Maharishi Ayurveda

Every formula includes the whole herb, not just the isolated ingredient.

This is a major difference between a traditional, authentic ayurveda formula and modern medicine – our herbs use the whole plant, a natural way to avoid negative side effects and ensure maximum effectiveness.

One of the specialities of ayurveda is the science of herb combining - Sanyog - that has been proven over thousands of years of clinical practice. Maharishi Ayurveda herbal formulations are, with very few exceptions, blends rather than single herbs or oils, and epitomize the science of herb combining at its sophisticated best.

Each of our formulas is a precise combination of herbs that are carefully selected and combined to strengthen the formula in different ways:

- Primary herbs target a specific area of health, such as energy or the mind.
- Supporting herbs enhance the action of the primary herbs and reinforce their healing action.
 - Bioavailability herbs help your body assimilate and use the ingredients.
 - Herbal 'co-factors' remove impurities and the effects of less-than-perfect digestion from your body.
 - Balancing herbs cancel out any potential discomforts or side effects that can come with the benefits of a particular herb.



Best Sellers

Amrit Kalash - *the nectar of life*

In the Vedas, a story is told of how Amrita, the Nectar of Immortality, was gifted to the Gods and is the reason for their longevity.

The equivalent of Amrita for humans are called Rasayanas, and are considered the highest form of herbal preparation in Ayurveda. Amrit-Kalash is a major Rasayana, or rejuvenate.

Manufactured in a traditional process that involves 250 steps and 42 herbs, Amrit-Kalash supports the immune system, and neutralises free radicals.

“I’ve been taking the Amrit Kalash paste for about 6 months now - it’s made a huge difference to my energy levels and I’ve found my general health is greatly improved”

- David



10004 Amrit Nectar Paste (600g)

10005 Amrit Ambrosia Tablets (60g)

10007 Sugar-free Amrit Ambrosia Tablets (30g)



Did you know...

That the Haritaki fruit comes in seven different varieties. One variety is good for the eyes, for instance, and another variety is good for clearing the bowels. However, most buyers of **Triphala** don't realize that there is one variety, called **Vijaya**, that gives all of the results. Vijaya is mentioned by all the great ayurvedic seers as the best variety to use.

Triphala with Rose

Triphala Rose helps by gently cleansing the digestive tract. It removes toxic waste that builds up in the tissues as a result of incomplete digestion. In this way it helps you absorb nutrients effectively and restores your health, immunity and energy.

Ayurveda considers Triphala to be a Rasayana, a category of herbal compounds that restore and rejuvenate the body to promote vitality and long life. Triphala has a powerful anti-ageing effect and is particularly effective in cleansing, balancing and revitalising the digestive system. It is safe to take over long periods of time.

90505 **Triphala Rose tablets (60g)**

905052 **Triphala Rose tablets (250g)**

905051 **Triphala Rose powder (150g)**

Best Sellers

Organic Vata Tea - *Soothing*

When the Vata element (air and movement) in your body is out of balance, Organic Vata Tea, with its full and sweet taste, can help bring you back into balance.

It helps settle a nervous and restless mind. It soothes the nervous system to help promote a peaceful night's sleep. This careful blend of liquorice, cinnamon, cardamom and ginger is designed to pacify disturbed Vata.

The result is a feeling of smoothness and comfort in your body, while your mind becomes more serene. Vata tea is especially recommended in the evening, while travelling and when doing strenuous or extended mental work.

"My sleep patterns had been fairly erratic for quite a few months because of pressures of work. I started having a cup of Vata Tea just before bedtime and I've been having some great nights sleep - brilliant!"

- Jon



30010 Vata Tea, organic (15 bags x 1.2g)

30041 Vata Tea Family Pack (75 bags x 1.7g)

“Work just lately has been very stressful and I needed to find a natural solution - the Peace of Mind tablets have really helped me deal with situations much more calmly and efficiently”

- Lucy



Peace of Mind tablets

If things are getting on top of you and life feels hectic, Peace of Mind helps you maintain a calm mind without losing the alertness and focus you need.

The main ingredients are the renowned Medhya herbs that are used in Ayurveda to support mental functioning. These herbs include Aloeweed, Jal-Brahmi, Indian Tinospora and Liquorice.

Working in a carefully prepared combination, the many ingredients used in Peace of Mind will help you sail through those stressful situations with ease. It changes the way your body, mind and emotions automatically react to stress and supports a healthy emotional response.

91401 Peace of Mind tablets (60g)

Herbal Supplements

A few examples from our range of over 150 products. For the complete range, go to www.ayurveda.ie

Blissful Joy

Blissful Joy is designed to uplift the emotions and support the heart and is useful when you feel blocked, frustrated, sad or listless. When your digestive fire is low, ama (metabolic toxins) can clog channels and restrict nutrition and energy flow throughout your body. Blissful Joy helps remove the toxic build-up that can leave you feeling dull or sad.

91402 Blissful Joy
tablets (60g)



Blissful Sleep Vata

Poor diet, a hectic lifestyle, cold and windy weather, and stress can over-stimulate Vata and lead to its over-accumulation. This in turn can result in poor sleep. If you have trouble falling asleep, if your sleep is light and restless, or if you wake during the night with anxious thoughts, Vata is out of balance in your body. To help keep Vata in balance and support sleep, we recommend you take Blissful Sleep Vata.

91683 Blissful Sleep -
Vata tablets (60g)



Joint Soothe tablets

Joint Soothe tablets nourish the bone tissue and helps keep the shrotas (channels) open by which ama is removed, thereby supporting comfort and healthy joint function.

The herbs Guggul and Tinospora in combination help cleanse fat tissue, bones and joints.



93572 Joint Soothe tablets (30g)

Did you know...

To maintain comfort and function in our joints, we need to maintain proper nourishment, keep Vata (the principle of movement) in balance and prevent the accumulation of ama, a toxic build-up caused by weak digestion.

Joint Soothe Tablets is one of the best products for this.

Throat Soothe Syrup

The throat and respiratory system are primarily controlled by Kapha Dosha, which combines the earth and water elements. If Kapha gets out of balance, ama (metabolic toxins) can accumulate and provide a fertile ground for infections.

Working in synergy, the hot and bitter qualities of the 17 ingredients of Throat Soothe syrup aid in the removal of ama. The expectorant and anti-microbial actions of these ingredients help keep the throat and lungs healthy and prevent the accumulation of mucus.



93357 Throat Soothe Syrup (200ml)

Herbal Supplements

A few examples from our range of over 150 products. For the complete range, go to www.ayurveda.ie

Prostate Balance

Prostate Balance is designed to deliver nutritional support over a broader range of targeted areas than ordinary prostate supplements. Prostate health becomes an important issue with men who are approaching middle age. The Ayurvedic tradition holds that prostate problems can result from a sedentary lifestyle, lack of proper nutrients or retention of urine. It supports vitality, helps maintain healthy prostate size and function and it purifies the urinary tract. At the same time it strengthens the body as a whole. This blend of 18 Ayurvedic herbs, minerals and fruits offers a natural, holistic approach to prostate health.

Vital Man

Vital Man is similarly powerful in aiding men's overall health.

91595 Prostate Balance tablets (30g)

90924 Vital Man tablets (30g)



Rasayana for Women

This supports cellular regeneration, which slows biological and psychological ageing and helps restore a youthful glow. The benefits grow and accumulate over time. This formula is especially helpful during the years before menopause.

It supports the blood, bones, and bone marrow, which have to be replenished constantly for an easy, natural menstrual cycle.



933471 Rasayana for Women tablets (30g)

Rasayanas are designed to stimulate the intelligence that underlies both body and mind, and which controls each cell. Our cells are constantly being replaced, but this process deteriorates with age.

Menopause Support 1

This is an excellent general purpose preparation for a comfortable menopause. Comfort during menopause is largely determined by how balanced the body is during peri-menopause. Start taking it at the first sign of peri-menopausal changes to help maintain balance and keep free of impurities. It may also be taken after menopause to help maintain health.



93938 Menopause Support 1 tablets (60g)



Food Spices & Herbs

We are proud to supply a range of foods and herbs that are all organic. These are the foodstuffs that ultimately will bring us back into balance, and into harmony with Mother Earth once more.

*These are just a few examples
from our range of over 60 products.
For the complete range, go to www.ayurveda.ie*



Organic Mung Dhal

Mung dhal is considered by Ayurveda as health promoting and balancing for all three doshas (body types), and is praised in Ayurvedic texts as being highly nutritious and easy to digest. It is quick to cook, has a nutty flavour, a creamy texture, is low in fat and is cholesterol-free. Mung dhal is a great source of dietary fibre, iron, protein, & potassium. We source this dhal from controlled organic farms.

43007 Mung Dhal organic 1kg

Did you know...

Frying spices in melted ghee in a pan is the best way of bringing out their flavour. Then braise your vegetables for a minute or so in this ghee, before adding a little water.

Organic Ghee

Ghee is highly praised in Ayurveda and considered one of the greatest of foods. It is pure butter oil with water, protein and lactose removed. Most oils can become damaged during cooking, but not ghee and this makes it an ideal cooking oil. Ayurveda states that it strengthens the body, eyes and mind, improves memory and promotes longevity.

430032 BioAustria Ghee organic 500g



Beverages

Indulge yourself with our choice of 12 varieties of Tea

Pitta Tea

Has a subtle, soothing flavour, and is good for heated tempers and hot summer days.

Kapha Tea

Kapha Tea is a reviving spicy drink – it is great with breakfast - especially if you're the “can't get going type”.

Tridosha Tea

Tridosha Tea balances all three doshas in your body, and helps you keep balanced and strong throughout the day.

We also stock Vital Man Tea; Digest Plus; Peace of Mind Tea; Be Trim tea for those with weight issues; Peace at



Night Tea; Sniffle Free Tea for HayFever Season; Smooth Cycle Tea for smoothness during menstrual cycles; and Golden Transition Tea useful during menopause; and a Herbal Sample Tea Pack that includes 6 varieties for you to test.

*For more details, please visit our web site
www.ayurveda.ie*

Know your body

*Take the tests overleaf to find out what **your** body type is...*

According to Ayurveda, our body, mind, emotions, and even the worlds around us, are governed by a mixture of three fundamental energies or forces that we call **Doshas**.

Vata governs movement within the body. It governs the movement of thoughts in our mind, the movement of air when it is windy and every movement imaginable.

Pitta governs the transformation of food when it is digested and assimilated into the body. The assimilation of new knowledge is governed by Pitta, as is any transformation we see around us.

Kapha structures our body and gives us our physical strength. It manifests as the relative power of the mind and is the force that holds together each atom and structure we see around us.

Each person has their own mixture of Doshas and the relative proportion of Vata, Pitta, and Kapha we have in our body is what makes us unique. Keeping our unique body-type, or mixture of Doshas, in good balance is the key to good health.



Vata

Akasa/Vayu

Wind, to move,
flow, direct the
process of,
or command



Pitta

Agni/Jal

Hot, light
fluid, subtle,
sharp, soft,
clear



Kapha

Prithvi/Jal

Oily, cold,
heavy,
stable, dense,
smooth

We are born with what we call **Prakriti** - our birth doshas. As we grow older, this changes on an almost hourly, daily, and seasonal rate. We are all in a state of balance, or imbalance, constantly. **Vrikriti** is seen as our current imbalance in the doshas. In order to find out your own current body type, or **Vrikriti**, take the test on the next pages.

That way we can make an informed and intelligent choices about the foods, herbs and remedies for good health.

For more information, see our website, or even better, have a one-on-one Ayurvedic consultation.

Dosha test - Vata



1 = does not apply 3 = sometimes applies 6 = mostly applies

	1	2	3	4	5	6
1. I perform activity very quickly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am not good at memorising things and then remembering them later.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am enthusiastic and vivacious by nature.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have a thin physique - I don't gain weight very easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have always learned new things very quickly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My characteristic gait while walking is light and quick.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I tend to have difficulty making decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I tend to develop gas or become constipated easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I tend to have cold hands and feet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I become anxious or worried frequently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	1	2	3	4	5	6
11. I don't tolerate cold weather as well as most people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I speak quickly and my friends think that I'm talkative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My moods change easily and I am somewhat emotional by nature.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I often have difficulty in falling asleep or having a sound night's sleep.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. My skin tends to be very dry, especially in the winter.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. My mind is very active, sometimes restless, but also very imaginative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. My movements are quick and active, my energy tends to come in bursts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I am easily excitable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Left on my own, my eating and sleeping habits tend to be irregular.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I learn quickly, but also forget quickly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Vata score: _____

Dosha test - **Pitta**



1 = does not apply 3 = sometimes applies 6 = mostly applies

	1	2	3	4	5	6
1. I consider myself to be very efficient.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. In my activities, I tend to be extremely precise and orderly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am strong-minded and have a somewhat forceful manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel uncomfortable or become easily fatigued in hot weather - more so than other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I tend to perspire easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Even though I don't always show it, I become irritable or angry quite easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. If I skip a meal or a meal is delayed, I become uncomfortable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. One or more of the following characteristics describes my hair: early greying or balding, thin, fine, straight, blond, red, or sandy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have a strong appetite: if I want to, I can eat quite a large quantity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Many people consider me stubborn.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	1	2	3	4	5	6
11. I am very regular in my bowel habits - it would be more common for me to have loose stools than be constipated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I become impatient very easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I tend to be a perfectionist about details.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I get angry quite easily, but then quickly forget about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I am very fond of cold foods like ice cream and also ice-cold drinks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I am more likely to feel that a room is too hot than too cold.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I don't tolerate foods that are very hot and spicy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I am not as tolerant of disagreement as I should be.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I enjoy challenges and when I want something I am very determined in my efforts to get it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I tend to be quite critical of others and also of myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pitta score: _____

Dosha test - Kapha



1 = does not apply 3 = sometimes applies 6 = mostly applies

	1	2	3	4	5	6
1. My natural tendency is to do things in a slow and relaxed fashion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I gain weight more easily than most people and lose it more slowly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have a placid and calm disposition - I'm not easily ruffled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I can skip meals easily without any significant discomfort.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have a tendency toward excess mucus, phlegm, chronic congestion, asthma or sinus problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I must get at least 8 hours sleep in order to be comfortable the next day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I sleep very deeply.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am calm by nature and not easily angered.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I don't learn as quickly as some people, but I have excellent retention and a long memory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I have a tendency toward becoming plump - I store extra fat easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	1	2	3	4	5	6
11. Weather that is cool and damp bothers me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My hair is thick, dark and wavy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I have smooth, soft skin with a somewhat pale complexion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I have a large, solid body build.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. The following words describe me well: serene, sweet-natured, affectionate and forgiving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I have slow digestion, which makes me feel heavy after eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I have very good stamina and physical endurance as well as a steady level of energy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I generally walk with a slow measured gait.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I have a tendency toward over-sleeping, grogginess upon awakening, and am generally slow to get going in the morning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I am a slow eater and am slow and methodical in my actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Kapha score: _____

Overall score:

V	P	K
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The drink of the Kings of old

Coffee substitute



“Raja’s cup is one of the undiscovered jewels of Ayurveda. It gives you the energy that coffee does, but without the caffeine high’s and low’s”.

- Lucy

Raja’s Cup

‘Raja’ means ‘king’; the recipe used for this coffee substitute is exactly the same as that used by the kings of ancient India, who drank it to obtain strength and well-being.

Raja’s Cup is a delicious caffeine-free drink consisting of a precise blend of four health-promoting ingredients - Clearing Nut, Coffee Senna, Liquorice and Aswagandha.

You can boil Raja’s Cup in water or in milk and served with sugar according to taste. It is sealed in an aroma-safe way to preserve it’s full flavour.

31001 Raja’s Cup (24 bags x 2g)

31007 Raja’s Cup (125g) 31004 Raja’s Cup (500g)

Oils & Aromas

Sports & Massage Oils

In this fast moving world we live in, most physical, mental and emotional disorders result from an imbalance in Vata dosha. The element of movement in the body.

Ayurveda massage with sesame oil is the best treatment for those with an excess of Vata Dosha. When over-stimulated through diet, stress, cold, dry windy weather, over-exercise, lack of sleep and a dis-organised lifestyle, our Vata becomes unbalanced.

An over-active mind, anxiety, insomnia, aches and pains and low immunity can result. Vata Massage Oil consists of sesame oil, ripened for deep penetration and infused with a balance of herbs designed to soothe Vata. This warming, calming herbalised oil relaxes, grounds and strengthen the whole nervous system.

Did you know...

Cold-press organic sesame oil is considered the best massage oil, because of its tremendous penetrating properties.

Try also **Sports Massage Oil** for the very active; Joint Soothe Oil for those with impaired mobility; and Organic Coconut Oil for those with too much Pitta (fire).



Aromatherapy Oils

We have a range of 40 aromatherapy oils for you to choose from.

Vata Aroma Oil is our most popular blended oil.

Vata Dosha combines the elements of air and space and governs movement in both mind and body.

When over-stimulated through diet, stress, cold, dry windy weather, over-exercise, lack of sleep and a disorganised lifestyle, our Vata becomes unbalanced.

This blend of warm, sweet, and sour essential oils, that include geranium rose, sweet orange and fennel, balances Vata and helps you unwind and relax. It helps settle the over-active mind and helps reduce anxiety, insomnia, aches and pains and low immunity.

Did you know...

The innate intelligence in the herb awakens the inner intelligence of your mind and body.



50001 Soothing Vata (10ml)

Cosmetics

Radiant Beauty Range

Here is a range of beauty products which makes full use of Ayurveda's unrivalled knowledge of different types of skin and the six levels of tissues described in ancient texts. Using pure, organic herbs and oils in optimum combinations, these products deeply nourish the skin at all stages of life, helping to maintain beauty, youthfulness and vitality.

Researched and developed in Italy, under the supervision of leading Ayurvedic doctors.

*For more details, please visit our web site
www.ayurveda.ie*

Did you know...

Radiant Beauty products contain only pure essential oils for fragrance, pure mountain spring water, highest quality raw materials, and no colourants, synthetic perfumes, petrochemicals, parabens, or ethyl alcohol. They are not tested on animals.



Popular face creams

Anti-ageing

Our top selling cosmetic is the Facial Cream Anti-Age. It is a natural liquid crystal emulsion that forms a complete daily skin care treatment against wrinkles.

Formulated to combat the signs of ageing, it can counteract oxidative stress and free radical damage to the skin's macrostructure. It promotes the natural regeneration of the skin's hydro-lipid mantle. It stimulates the natural metabolic and enzymatic processes of the skin and its supporting structures.

This cream is recommended for mature skin but can also be used on younger skin as a preventative treatment against wrinkles and signs of ageing.

“These Beauty Products are pleasant to massage and easy to apply, I find them ideal as a daily skin care treatment.

The active ingredients work to hydrate, soften and create soft, velvety, radiant skin - they give me a great sense of wellbeing”.

- Annie



Toiletries

Bathroom Essentials

We supply Toothpaste, Tongue Scrapers, Fragrant Soaps, and glorious shampoos.

Ayurdent is a non-foaming toothpaste with completely natural ingredients. It consists of 15 Ayurvedic herbs which are so highly concentrated that only a small amount is needed to give your mouth, teeth and gums effective care.

Natural Spearmint and Peppermint are added to leave you with a refreshing feel and a pleasant breath.

We supply six lovely soaps consisting of natural oils and special Ayurvedic herbs, and contain no harmful chemicals. Each soap has its own unique soothing and refreshing scent.

“The toiletries range is very simple, but has a naturalness which is hard to find anywhere else. I especially like the soaps and toothpaste”

- David



Quality hair care

MTC Shampoo range

Our shampoos are enriched with Ayurvedic herbs. These herbs are valued for their cleansing, nourishing and strengthening properties and also their ability to give vitality and shine to your hair.

In Ayurveda we each have a different body type and corresponding hair-type. Choose Vata, Pitta and Kapha shampoos to suit your individual hair type and the season.

Vata - Normal-Dry Hair

Pitta - Normal-Sensitive Hair

Kapha - Normal-Oily Hair

Did you know...

These Shampoos are natural concentrates, so you need to use very little. Being free of harmful ingredients, they leave you feeling as if your hair is less damaged.



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|-------|-------------------------------|
| 11900 | MTC Vata shampoo (200ml) |
| 11901 | MTC Pitta shampoo (200ml) |
| 11902 | MTC Kapha shampoo (200ml) |
| 11941 | Healthy Scalp shampoo (150ml) |

Books, CDs & DVDs

Great reads

With close to 100 titles, we have plenty to keep the whole family enthralled - kids, adults, and grannies. Here are a few good ones to get you started:

Super Healthy Kids – if you want well-balanced and intelligent kids, this is the one.

Ayurvedic Healing - a very up-to-date take on Maharishi Ayurveda - really enjoyable.

Ramayana- our all time best seller, even at £95! Dr Tony Nader uses the great Vedic epic, the Ramayana, to show how natural law works to bring about enlightenment. Dr Nader explains how the Ramayana reveals the inner workings of nature itself. It shows how our body can evolve to perfect health.

“This is an extraordinary range of knowledge, satisfying both to those who want a bit of background to their products or treatments, and for those who want to understand the full depth of Ayurveda.”

- DH



To see our full range of books, CDs and DVDs, please visit our web site www.ayurveda.ie

Dr Donn Brennan

Europe's foremost Ayurvedic doctor



Dr Donn Brennan, founding president of the UK Ayurvedic Practitioners Association and a GP with decades of experience, is Ireland's leading authority on Maharishi Ayurveda.

His talks on subjects ranging from sleep to exercise, inner vitality, ideal digestion, and how to stay younger for longer, are firm favourites with all our customers.

Now the best of these talks are available online for purchase on our new website; and you can also see him on YouTube, giving a wealth of information about how to gain and maintain ideal health and peak performance.

Did you know...

Donn has been promoting Maharishi Ayurveda for all these years because he considers this to be the complete and authentic version of Ayurveda.



Top ten healthy eating tips

*In Maharishi Ayurveda, **how** we eat is just as important as **what** we eat.*

- Eat only when hungry - when your last meal is digested.
- Eat in a quiet settled environment.
- Do not overeat. Eat only to 75% full.
- Sit quietly for about 5 minutes at the end of each meal.
- Lunch should be your main meal. Evening meal is light.
- Eat evening meal by 7pm - at least 2 hours before bed.
- Be regular in meal times - same time every day.
- Avoid snacking between meals. To flush out toxins, drink hot water, as opposed to cold drinks.
- Food should be freshly prepared, and most of it cooked.
- Include all 6 tastes at meal times: sweet, sour, salty, pungent, bitter, and astringent.
- Never use honey in cooking or baking. Honey gets toxic when heated over 40 degrees.





Maharishi Ayurveda Products Pvt. Ltd. was the first Ayurvedic company in India to receive an ISO 9001 Certificate of Quality Standards, and set the benchmark standard of Excellence for Manufacture of Ayurvedic Products in India.

Herbal Excellence

Our products use whole plants, not isolated ingredients, including wild-harvested herbs from pristine Himalayan areas, free from pollution and many times more effective than cultivated varieties.

Guaranteed authentic, effective and safe

The purity of authentic Ayurveda is guaranteed by following meticulous production procedures.



ISO 9001 Certification

Maharishi Ayurveda Products is the first purely Ayurveda company in India to receive ISO 9001 Certification and is endorsed by the All India Ayurvedic Congress.





Maharishi Ayurveda Products

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