



# AMUKKARAH LEHIYUM

Ref:- Siddha Vaithiya Thirattu



## Ingredients:

- *Withania somnifera*
- *Zingiber officinate*
- *Piper nigrum*
- *Piper longum*
- *Elettaria cardamomum*
- *Cinnamomum verum*
- *Sysygium aromaticum*
- *Saccharum officinarum*

## Action:

Amukarah Lehiyum acts as rejuvenator, immune modulator. It promotes overall health and suitable for all age groups. It acts as laxative. It improves the red blood counts lead to anemic condition. It acts on digestive enzymes to improve the action and relieves dyspepsia. It removes the free radicals and act as an antioxidant by improving the activity of HMGCR (3-hydroxy-3-methyl-glutaryl-coenzyme A reductase). It controls the cholesterol synthesis.

## Indications:

- Rejuvenator

## Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No.of days
5 g	-	-	Milk	100~200 ml	Y	Y	-	Y	100

**Direction :** - Take 5 g of Amukkarah Lehiyum, mix with 100~200 ml warm milk and consume 30 minutes after food.

## Diet Instructions:

Eat Vegetarian Food, Must not eat Mustard, Mustard oil, Sesame seed, Sesame oil, Tamarind, Bitter gourd, Bottle gourd, August tree leaves, Pumpkins.

## Side Effects:

Amukkarah Lehiyum is not known for any known side effects if taken as per the prescribed dose along with diet instruction.

**Note:** The above information are for reference only. The actual usage of the medicine will be advised by physician based on the disease condition.