



HOUSE OF PURITY

SWAASTHAYM | SWEETS

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**KIASA**

**HOUSE OF PURITY**

*Swaasthyam*

**THE MIRACLES OF INDIAN  
KITCHEN**

- **Pure Herbs**
- **No Artificial Flavours**
- **No Preservatives**

**What do you choose today?  
Short term relief with multiple side effects?  
OR  
Long-term health and happiness?**

**SWAASTHYAM - HEALTH IN YOUR HANDS!**



**KIASSA**  
HOUSE OF PURITY

## S W A A S T H Y A M

*Swaस्थ्यam is Sanskrit for health. And that's what we want the planet to be - healthy! And health is found in our Indian kitchens. Ayurveda, which originated in India and is now being accepted worldwide, uses herbs that are common and potent. And most of them are found in our own kitchens! Our preparations are created using the same traditional methods that give you all the benefit of the herbs.*

*Swaस्थ्यam understands that as a modern day woman, you don't have the luxury of making concoctions and powdering herbs on a daily basis - so we tied up with renowned Ayurvedic Gynaecologist and Garbhasanskar expert, **Vaidya Karishma Narvani** of the Garbhopenishad Foundation to give you pure, Indian herbs in the same, easy form as you are used to!*



*CalciCare (Calcium Booster)*  
*Usage- Sweet Powder*  
*Rs. 175/-*

*ThyroHealth (Thyroid Immbalance)*  
*Usage- Decoction Rs. 140/-*  
*Mukhwas Rs. 225/-*

*Ruby Rich (Hemoglobin Enhancer )*  
*Usage- Ladoos*  
*Rs. 445/-*

*Derma Gold (Skin Care)*  
*Usage- Masala Milk Premix*  
*Rs. 437/-*

*Blossom Right (Puberty Age)*  
*Usage- Snack*  
*Rs. 275/-*

*Utero Health (Uterine Health)*  
*Usage- Snack*  
*Rs. 230*



*Meno Relief (Menopause)*

*Usage- Kheer Premix*

*Day: Rs. 160/- & Night: Rs. 225/-*

*Acidity Reliever*

*Usage- Powder*

*Rs. 150/-*

*Gas Reliever*

*Usage- Mukhwas*

*Rs. 260/-*

*Panjari*

*Usage- Sweets*

*Rs. 225*

*Herbal Drink*

*Usage- Decoction*

*Rs. 200*

**\* A Special Range for MOTHER CARE is Available!**

**- Ante Natal**

**- Post Natal**



*No Cramps (Menstrual Pain Relief)*

*Usage- Decoction*

*Rs. 150*

*Satva Jal*

*Usage- Concentrated*

*Jeera (Cumin): Rs. 360/-*

*Adrak (Ginger): Rs. 360/-*

*Ajwain (Carom Seeds): 360/-*

*Tulsi: 400/-*

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SWEETS | DRY FRUITS | FARSAN

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