

## AMANA ESSENTIALS – HERBAL MEDICINE

### Respiratory System

| Respiratory System     |  |  |   |
|------------------------|--|--|---|
| <b>Colds, Flu</b>      | Angelica   | colds, fevers, urinary tract infections, poor appetite           | l |
|                        | Clean Air Teapills ( <i>Qing Qi Hua Tan Wan</i> )    | cough, yellow/sticky phlegm, bronchitis, pneumonia               | c |
|                        | Cool Valley Teapills ( <i>Liang Ge Wan</i> )         | constipation w/ respiratory infection                            | c |
|                        | Fennel   | cough, bronchitis, gastrointestinal spasms, flatulence           | l |
|                        | <i>Gan Mao Ling</i>                                  | sore throat, cough   | c |
|                        | Gui Zhi Tang   | cold/flu with stiff neck   | c |
|                        | Gypsy Cold Care                                      | colds  | t |
|                        | <i>Huang Lian Shang Qing Pian</i>                    | infection: fever, mouth sores, tonsillitis                       | c |
|                        | <i>Huo Xiong Zheng Qi Wan</i>                        | stomach or intestinal flu: nausea, vomiting, diarrhea            | c |
|                        | Ledebouriella Sagely Unblocks                        | fever, headache, sore throat, constipation; food poisoning       | c |
|                        | <i>Nin Jium Pei Pa Kua</i>                           | sore throat syrup  | c |
|                        | Quiet Cough Teapills ( <i>Ning Suo Wan</i> )         | lingering cough w/ difficult to expel phlegm; bronchitis, asthma | c |
|                        | Release the Exterior ( <i>Jing Fang Bai Du Wan</i> ) | bronchitis, tonsillitis  | c |
|                        | Resilient Warrior ( <i>Ren Shen Bai Du Wan</i> )     | fever/chills, body aches, cough, phlegm                          | c |
|                        | Southern <i>Ban Lan Gen Chong Ji</i>                 | viral infections   | t |
|                        | Throat Coat  | dry/raw throat, hoarseness                                       | t |
|                        | Wellness Cold & Flu                                  | colds & flu  | h |
|                        | Wellness Formula                                     | early stage cold prevention                                      | w |
|                        | Wellness Throat Spray                                | sore throat  | w |
|                        | <i>Yin Qiao Chieh Tu Pien</i> (extra strength)       | fever, sore throat   | c |
|                        |  |  |   |
| <b>Allergies/Sinus</b> | Allercitin   | runny nose, sneezing, sinus pain                                 | h |
|                        | Aller-Response                                       | Allergy prevention   | w |
|                        | <i>Bi Yan Pian</i>                                   | runny nose, sneezing   | c |
|                        | Euphorbium compositum                                | dry swollen, or inflamed nasal or sinus passages                 | h |
|                        | Herbal Allergy & Sinus Relief                        | runny or stuffed up nose, sneezing, sinus pain                   | c |
|                        | <i>Pe Min Kan Wan</i>                                | runny nose, sneezing   | c |
|                        | Silver Nasal Spray                                   | dry nasal membranes  | w |
|                        | Sinus Free (spray)                                   | sinusitis  | w |
|                        | Three Spices Sinus Complex                           | sinus pain   | a |
|                        |  |  |   |
| <b>Asthma</b>          | <i>Bai Xing Shi Gan Wan</i>                          | wheezing, phlegm, bronchitis, pneumonia                          | c |
|                        | Clean Mountain Air ( <i>Ding Chuan Wan</i> )         | wheezing, cough with thick yellow phlegm; asthma, emphysema      | c |
|                        | <i>Ma Huang Tang</i>                                 | wheezing, chills, body aches                                     | c |
|                        | Mullein Lung Complex                                 | strengthening the lungs; asthma                                  | w |
| <b>Endurance</b>       | Cordyceps ( <i>Dong Chong Xia Cao</i> )              | lung and endurance enhancement                                   | c |

**Digestive System**

|                               |  |  |   |
|-------------------------------|--|--|---|
| <b>Stomach</b>                | Bao He Wan                                 | fullness after eating  | c |
|                               | Calm Stomach (Ping Wei San)                | poor appetite, nausea, vomiting, fatigue, loose stools, abdominal fullness | c |
|                               | Curing Pills                               | nausea, vomiting, abdominal pain, GERD, motion sickness, food poison       | c |
|                               | Digest                                     | fullness after eating  | w |
|                               | Digestive Comfort                          | fullness after eating  | w |
|                               | Fennel                                     | promotes digestion   | l |
|                               | GastroQuell                                | heartburn, GERD  | c |
|                               | Ginger Tea                                 | indigestion  | c |
|                               | Soothe Liver Teapills (Shu Gan Wan)        | belching, flatulence, fullness after eating, GERD                          | c |
|                               |  |  |   |
| <b>Intestines</b>             | Calm Wind (Tong Xie Yao Fang)              | IBS, colitis, gastroenteritis  | c |
|                               | Central Qi Teapills (Bu Zhong Yi Qi Tang)  | fatigue, organ prolapse, loose stools                                      | c |
|                               | Diet Tea                                   | herbal laxative  | t |
|                               | Free the Flow                              | chronic constipation; low peristalsis                                      | c |
|                               | Ma Zi Ren Wan                              | constipation, hemorrhoids  | w |
|                               | Minor Restore the Middle (Xiao Jian San)   | gastritis, chronic hepatitis, pernicious anemia, Chronic Fatigue Syndrome  | c |
|                               | Red Clover                                 | constipation   | w |
|                               | Shen Ling Bai Zhu Pian                     | loose stools, reduced appetite, vomiting, weakness, vaginal discharge      | c |
|                               | Triphala                                   | internal cleanser  | a |
|                               |  |  |   |
| <b>Liver</b>                  | Bupleurum Dragonbaone Oystershell Teapills | drug detoxification  | c |
|                               | DeTox Tea                                  | helps liver to filter out impurities                                       | t |
|                               | Kudzu                                      | alcohol cessation support  | w |
|                               | Milk Thistle                               | liver/gallbladder health   | w |
|                               | ProDetox                                   | helps elimination of heavy metals  | w |
|                               | Soothe Liver (Shu Gan Wan)                 | belching, fullness, flatulence, GERD, gastritis, hepatitis, cholecystitis  | c |
|                               |  |  |   |
| <b>Metabolic Deficiencies</b> | Anti-Nue Boost the Qi                      | Fibromyalgia, chronic fatigue, recurrent low-grade fevers                  | c |
|                               | Diaquell                                   | Diabetes Mellitus  | c |
|                               | Ginseng Revitalizer                        | fatigue  | w |
|                               | Si Wu Tang                                 | anemia   | c |

| Immune System                    |  |   |   |
|----------------------------------|--|---|---|
| <b>Cold &amp; Flu Prevention</b> | Astragalus                                   |   | w |
|                                  | Echinacea & Goldenseal                       |   | w |
|                                  | Echinacea (extract)                          |   | w |
|                                  | Echinaea Root capsules                       |   | w |
|                                  | Garlic                                       |   | w |
|                                  | Immune Boost                                 |   | l |
|                                  | Jade Wind Screen ( <i>Yu Ping Feng San</i> ) |   | c |
|                                  | Noni   |   | w |
|                                  | Oil of Oregano                               |   | w |
|                                  | Re-Zist                                      |   | l |
|                                  | Wellness Cell Response                       |   | w |
|                                  | Wellness Elderberry                          |   | w |
|                                  | Wellness Herbal Throat Spray                 |   | l |
|                                  | Wellness Olive Leaf                          |   | w |
|                                  |  |   |   |
| <b>Anti-Aging</b>                | Immortal Qi                                  | boost immunity, increase energy, improve performance, support brain | c |

| Cardiovascular System          |   |   |   |
|--------------------------------|---|---|---|
| <b>Heart</b>                   | Bupleurum Dragonbone Oystershell Teapills | palpitations, chest tightness, AV block, hyperthyroidism                | c |
|                                | Coenzyme Q10                              | cardiovascular disease  | c |
|                                | Emperor's Teapills (Tian Wan Bu Xin Dan)  | palpitations, restlessness, poor memory, insomnia, fatigue              | c |
|                                | Gui Pi Wan                                | palpitations, anxiety, phobia, poor memory, tachycardia                 | c |
|                                | Hawthorn Heart                            | increases coronary blood flow, strengthens cardiac muscle, anti-oxidant | w |
|                                | Zhi Gan Cao Tang                          | Rheumatic heart disease, arrhythmia, mitral valve stenosis/prolapse     | c |
|                                |   |   |   |
| <b>Circulation/Cholesterol</b> | Cayenne                                   | promotes circulation  | l |
|                                | Cholesterol Rescue                        | lowers chlestrerol levels   | w |
|                                | Dang Gui Si Ni Tang Wan                   | cold hands & feet   | c |
|                                | Gotu Kola                                 | hypertension, venous insufficiency                                      | w |
|                                | Gugol Cholesterol Compound                | lowers cholesterol levels   | a |
|                                | Horse Chestnut Cream                      | spider veins  | w |
|                                | Horse Chestnut Vein Strength              | improves vein & capillary strength                                      | w |
|                                | HyperQuell                                | hypertension  | c |
|                                | Red Yeast Rice                            | helps lower cholestrerol, lipid, & triglycerides                        | w |
|                                | Sage                                      | improves circulation  | e |
|                                | Tartanian Buckwheat                       | hypertension, hyperglycemia, hyperlipidemia, anti-oxidant, leg cramps   | c |

**Nervous System**

|                                    |   |   |   |
|------------------------------------|---|---|---|
| <b>Stress, anxiety, depression</b> | An Mien Pian                                | anxiety, depression, panic attacks, poor memory, insomnia               | c |
|                                    | Bach Rescue Remedy                          | stress, anxiety   | w |
|                                    | Bupleurum Dragonbone Oystershell Teapills   | restlessness, irritability, delirium, drug detox                        | c |
|                                    | Calm Child                                  | helps reduce hyperactivity in children; may help concentration & focus  | w |
|                                    | Calm Spirit (Gan Mai Da Zao Wan)            | anxiety, overthinking, depression, hysteria, neurosis, excessive crying | c |
|                                    | Clear & Calm                                | vexation, mouth sores, frequent/urgent/ possibly painful urination      | c |
|                                    | Free & Easy Wanderer (Xiao Yao San)         | stress relief, PMS, depression  | c |
|                                    | Free & Easy Wanderer Plus (Jia Wei YYS)     | irritability, anger, night sweats, PMS, depression                      | c |
|                                    | Holy Basil Extract                          | promotes centered calmness  | w |
|                                    | Kava Kava                                   | anxiety, stress, agitation  | w |
|                                    | Pinellia & Magnolia (Ban Xia Hou Pu Tang)   | Plum Pit Qi (lump in the throat)  | c |
|                                    | Shen Tea                                    | stress relief   | t |
|                                    | St. John's Wort Extract (tablets or liquid) | low grade depression  | w |
|                                    |   |   |   |
| <b>Insomnia</b>                    | An Shen Bu Xin Dan                          | insomnia, profuse dreams, dizziness, tinnitus                           | c |
|                                    | Emperor's Teapills (Tian Wan Bu Xin Dan)    | insomnia, palpitations, irritability, menopausal syndrome               | c |
|                                    | Gui Pi Wan                                  | insomnia, palpitations, anxiety, phobias, poor memory, neurosis         | c |
|                                    | Herbal Sleep Aid                            | insomnia  | c |
|                                    | Passionflower                               | insomnia, agitation   | w |
|                                    | Resolve Depression & Stabilize Sleep        | severe insomnia, depression   | c |
|                                    | Slumber                                     | insomnia  | l |
|                                    | Suan Zao Ren Tang                           | insomnia, palpitations, nightmares, night sweats, dry mouth, dizziness  | c |
|                                    |   |   |   |
| <b>Memory, Concentration</b>       | Bacopa Extract                              | promotes learning and memory  | w |
|                                    | Brainstorm                                  | promotes mental clarity   |   |
|                                    | Bu Nao Wan                                  | poor memory, concentration, neurosis, phobias, ADD, Alzheimer's         | c |
|                                    | Ginkgo Optimem 60                           | aids in blood circulation to the brain                                  | w |
|                                    |   |   |   |
| <b>Headache, Dizziness</b>         | Celestial Mansion                           | recurrent migraines   | c |
|                                    | Feverfew HeadAid                            | headaches   | w |
|                                    | Ligusticum Teapills (Chuan Xiong Wan)       | headaches (take with green or black tea)                                | c |
|                                    | Migraine Blocker                            | migraines   | h |
|                                    | Tian Ma Gou Teng Yin Wan                    | headaches, dizziness  | c |
|                                    | Tian Ma Mi Huan                             | epilepsy, vertigo, Meniere's disease, hemiplegia                        | c |
|                                    | Zhen Gan Xi Feng Wan                        | dizziness, vertigo, headache, hypertension,                             | c |

## Musculoskeletal System

|                              |   |  |   |
|------------------------------|---|--|---|
| <b>Support/Strengthening</b> | Flexibility                                   | increases flexibility  | w |
|                              | Glucosamine Chondroitin                       | lubricates cartilage   | w |
|                              | Great Yang Restoration (Bu Yang Huan Wu)      | stroke recovery: hemiplegia, atrophy, facial paralysis                   | c |
|                              | Inflama-Rest                                  | Cox-2 inhibitor  | w |
|                              | Lower Back Support                            | strengthens the lumbar spine   | w |
|                              | MSM   | lubricate joints   | w |
|                              | NAG   | joint aid (for those who can't take Glucosamine Chondroitin)             | w |
|                              | Neck & Shoulders Support                      | tightness & pain in neck & shoulder region                               | w |
|                              | Neck Formula                                  | cervical subluxation, herniation, calcification, spondylitis, bone spurs | c |
|                              |   |  |   |
| <b>Pain</b>                  | China Tung Hsueh                              | arthritis/rheumatism, fibromyalgia, sciatica, peripheral neuropathy      | c |
|                              | Herbal Pain Relief – Willow 11                | acute or chronic pain  | c |
|                              | Joint Inflammation Teapill (Guan Jie Yan Wan) | arthritis, rheumatism, fibromyalgia, tendonitis, CTS, repetitive stress  | c |
|                              | Peony & Licorice (Shao Yao Gan Cao Wan)       | relieves muscle spasms: calf cramps, intercostal or trigeminal neuralgia | c |
|                              | Qi Ye Lian                                    | “Chinese Aspirin”; chronic or acute pain                                 | c |
|                              | Sciatic-Aide                                  | sciatica   | h |
|                              | Solitary Hermit (Du Huo Ji Sheng Wan)         | low back pain, weak knees, sciatica, lumbar herniation, osteoporosis     | c |
|                              | The Great Mender (Jin Gu Die shang Wan)       | trauma   | c |
|                              | Tian Qi Wan                                   | stops bleeding/invigorates blood: trauma, angina, Crohn's disease        | c |
|                              | Ton Qiao Huo Xue Tang Wan                     | blood stasis in head: post-concussion HA, alopecia, brandy nose, rosacea | c |
|                              | White Tiger Teapills (Bai Hu Tang)            | toothache, ulcer   | c |
|                              | YunNan BaiYao                                 | trauma   | c |
|                              |   |  |   |
| <b>Topicals</b>              | Arnica Gel                                    | muscle aches, stiffness, bruises   | w |
|                              | Arthritis Lotion                              | arthritic hands & feet   | w |
|                              | Emusi (Emu Oil)                               | muscular pain  | w |
|                              | Essential Balm                                | temporary pain relief  | c |
|                              | Kwan Loong                                    | muscular or fascial pain   | c |
|                              | Max Revive                                    | local pain relief  | w |
|                              | Salon Pas                                     | muscle and joint pain relief   | c |
|                              | Sprain Ointment                               | ankle sprains  | c |
|                              | Tiger Balm (Sports or Ultra)                  | temporary muscular pain relief   | c |
|                              | White Flower Oil                              | local pain relief  | c |
|                              | Woodlock Oil                                  | tendonitis, sinew pain   | c |
|                              | Zheng Gu Shui                                 | temporary pain relief  | c |

**Women's Health**

|                        |  |  |   |
|------------------------|--|--|---|
| <b>Menstrual</b>       | Calm in the Sea of Life (Tong Jing Wan)      | irregular cycle, cramps, endometriosis, fibroids, ovarian cysts, PID     | c |
|                        | Cinnamon & Poria (Gui Zhi Fu Ling Wan)       | endometriosis, fibroids, ovarian cysts, fibroids, dysmenorrhea           | c |
|                        | Cramp Bark Comfort                           | menstrual cramps   | w |
|                        | Estroven PMS                                 | PMS  | w |
|                        | Four Substances Teapills (Si Wu Tang)        | amenorrhea, anemia, post partum weakness                                 | c |
|                        | Free & Easy Wanderer (Xiao Yao Wan)          | irregular cycle, PMS, stress   | c |
|                        | Free & Easy Wanderer Plus (Jia Wei XYW)      | irregular cycle, PMS, stress, anger/irritability, night sweats           | c |
|                        | Peony & Licorice (Shao Yao Gan Cao Wan)      | abdominal cramping   | c |
|                        |  |  |   |
| <b>Menopause</b>       | CimiFen                                      | menopausal syndrome  | w |
|                        | Eight Flavor Teapills (Zhi Bai Di Huang Wan) | hot flashes, night sweats, irritability, dry throat                      | c |
|                        | Emporer's Teapills (Tian Wang Bu Xin Dan)    | insomnia, palpitations, menopausal syndrome, mouth sores                 | c |
|                        | Estrogen Cream                               | menopausal syndrome  | w |
|                        | Estroven (& Estroven Extra Strength)         | menopausal syndrome  | w |
|                        | Menopause Multiple                           | vitamin, mineral, herb supplement  | w |
|                        | Phyto Estrogen Extract                       | regulates hormones   | w |
|                        | Progesterone Cream                           | menopausal syndrome  | w |
|                        | Soy Genistein Isoflavone 1000                | menopausal syndrome prevention   | w |
|                        | Two Immortals (Er Xian Wan)                  | hot flashes, night sweats, palpitations, cold feet, nocturia, low libido | c |
|                        | Vitex Extract                                | regulates hormones by affecting the pituitary & hypothalamus             | w |
|                        | Wild Yam (cream or gel)                      | phytohormones  | w |
|                        |  |  |   |
| <b>Infertility</b>     | Avena Sativa Oat Complex                     | reproductive support   | w |
|                        | Five Ancestors (Wu Zi Yang Zang Wan)         | sexual dysfunction, infertility, frequent or dribbling urination         | c |
|                        | Red Clover                                   | infertility  | w |
|                        | Warm Cycle Teapills (We Jing Wan)            | infertility, abdominal cold/pain   | c |
|                        |  |  |   |
| <b>Breast</b>          | Bupleurum Soothe Liver (Chai Hu Shu Gan )    | breast pain, distension, fibrocystic breasts                             | c |
|                        | Moon Harmony                                 | benign breast conditions: fibrocystic breasts, breast pain/distension    | c |
|                        |  |  |   |
| <b>Pregnancy</b>       | Red Raspberry Leaf                           | supports childbirth, tones uterus; prevents constipation                 | w |
|                        | Women's Precious Teapills (Nu Ke Ba Zhen)    | postpartum or post-menstruation weakness, depression, anemia             | c |
|                        |  |  |   |
| <b>General Support</b> | Complex Female                               | promotes a healthy body  |   |
|                        | Shen Min Hair Nutrient                       | strengthen hair, alopecia  | c |
|                        | Shen Min Hair, Skin, & Nails                 | strengthen hair, skin, & nails   | c |
|                        | Women's Nutritional Beauty Formula           | all purpose vitamin, mineral, herb formula for women                     | c |

**Urinary System**

|  |  |  |   |
|--|--|--|---|
|  | Clear & Calm                               | vexation, mouth sores, frequent/urgent/ possibly painful urination | c |
|  | Cranberry Bladder Defense                  | urinary tract health   | w |
|  | CystiQuell                                 | nervous, weak, or overactive bladder                               | c |
|  | Eight Righteous Teapills (Ba Zheng San)    | urinary tract infections, cystitis, urethritis                     | c |
|  | Nettle                                     | urinary tract health   | l |
|  | Red Door Teapills (Dao Chi Wan)            | urethritis, cystitis, mouth sores, irritability                    | c |
|  | Subdue the Dampness (Bi Xie Sheng Shi Wan) | “yeast infection”, vaginal discharge, itching; candidiasis         | c |
|  | Wu Ling San                                | edema, urinary difficulty  | c |

**Men's Health**

|  |                                  |  |   |
|--|----------------------------------|--|---|
|  | Kai Kit Wan                      | prostate enlargement   | c |
|  | Prost-Answer                     | prostate herbal complex  | w |
|  | Return to Spring (Huan Shao Dan) | decreased libido, impotence, low back pain, forgetfulness, prostatitis | c |
|  | Saw Palmetto Berry               | prostate preventative health   | w |
|  | Shen Min                         | promotes healthy hair in men   | c |

**Ears, Eyes, Mouth**

|  |  |   |   |
|--|--|---|---|
|  | Bilberry Vision                          | eye health  | w |
|  | Dry Eye Relief                           | eye drops   | w |
|  | Er Long Zuo Ci Wan                       | tinnitus, hearing loss, vertigo Meniere's disease                     | c |
|  | Huang Lien Shang Ching Pien              | mouth ulcers, toothache, tonsillitis, ear infection, conjunctivitis   | c |
|  | Lycii Chrysanthemum (Qi Ju Di Huang Wan) | blurry vision, tearing, dry/painful eyes, light sensitivity, glaucoma | c |
|  | Ming Mu Di Huang Wan                     | blurry vision, dry/painful eyes, glaucoma, retinitis, optic neuritis  | c |
|  | Qing Wei San                             | toothache, gingivitis, halitosis                                      | c |
|  | Snake & Dragon (Long Dan Xie Gan Tang)   | conjunctivitis, otitis media, herpes, shingles                        | c |
|  | Wellness EarAche                         | childhood ear infections  | h |

**Dermatology**

|  |   |   |   |
|--|---|---|---|
|  | Anti-Fungal Ointment                    | athletes foot, tinea  | c |
|  | Bach Rescue Cream                       | skin conditions caused by stress                                    | w |
|  | Calendula Gel                           | skin irritations: cuts, scrapes, burns                              | w |
|  | Great Windkeeper (Xiao Feng Wan)        | eczema, psoriasis, contact dermatitis, hives, rashes, tinea         | c |
|  | Hua She Jie Yang Wan                    | itching   | c |
|  | Ledebouriellea Sagely Unblocks Teapills | skin eruptions, heat rash, carbuncles, dermatitis with constipation | c |
|  | Lysine                                  | cold sores, oral herpes   | w |
|  | Margarite Acne                          | acne  | c |

|                          |   |  |   |
|--------------------------|---|--|---|
|                          | PsoriaQuell                                 | psoriasis  | c |
| <b>Supplements</b>       |   |  |   |
| <b>Multiples</b>         | All One Powder                              | complete vitamin, mineral, amino acid supplement                         | w |
|                          | Balanced Omega (Fish/Evening Primrose Oils) | Omega-3 (fish) + Omega-6, GLA (evening primrose)                         | w |
|                          | Life Force Multiple                         | #1 rated supplement on the market  | w |
|                          | Nutra Soy                                   | soy protein, genistein enriched powder                                   | w |
|                          | Wellness Formula                            | cold/flu prevention  | w |
|                          |   |  |   |
| <b>Vitamins/Minerals</b> | Acidophilus                                 | colon health: friendly bacteria replacement (esp following anti-biotics) | w |
|                          | Beta Carotene                               | cancer prevention; cataracts, macular degeneration                       | w |
|                          | Chromium Picolinate                         | diabetes: improves glucose tolerance                                     | w |
|                          | Colostrum                                   | stimulates immune system; antimicrobial action                           | w |
|                          | Emer'gen-C                                  | electrolyte and vitamin replacement                                      | w |
|                          | Magnesium Malate                            | magnesium deficiency conditions: heart, bones, kidneys, nerves           | w |
|                          | Mega-Hydrin                                 | anti-oxidant   | w |
|                          | Ultimate Acsorbate C                        | increased Vitamin C absorption   | w |
|                          | Zinc  | zinc deficiency conditions: immune, alcoholism, malabsorption, anorexia  | w |
|                          |   |  |   |
| <b>Weight Loss</b>       | Fat Block                                   | restricts absorption of saturated fats                                   | w |
|                          | Foojoy Green Tea                            | anti-oxidant, weight loss supplement                                     | c |
|                          | Green Tea extract                           | anti-oxidant, weight loss supplement                                     | l |
|                          | Phase 2 Carbohydrate Blocker                | restricts absorption of carbohydrates                                    | w |
|                          | Stevia                                      | herbal sweetner  | w |
|                          | Weight Control                              | appetite control   | h |

w- Western  
c- Chinese  
a- Ayurvedic  
t- tea  
l- liquid  
h- homeopathic