



AROGYA DARSHIKA®

Based on Indian Almanac

SANDU PHARMACEUTICALS LTD

Sandu Nagar, D. K. Sandu Road, Chembur, Mumbai 400 071
Phone : 022-2528 4402, E-mail: customercare@sandu.in

| | | | | |
|----------|---------------------------------|---------------------|--------------------|-----------------------|
| 1 | PAUSH-MAGHA SHAK 1946 | JANUARY 2025 | SAMVAT 2081 | Happy New Year |
|----------|---------------------------------|---------------------|--------------------|-----------------------|

SUN
MON
TUE
WED
THU
FRI
SAT

| | | | | | | | | |
|---|--|----|---|-----------------|--|-----------------|---|-------------------|
| SHISHUVIN® Excellent Tonic for Infants | S 6 Din P 24 | 5 | S 14 Swami Vivekanand Birth Anniversary Notional Youth Day Shehrevar : Parsi Month begins | Hormazd P 1 | K 5 Rivan Feast (Goa) | Dae-Pa-Adar P 8 | K 12 Republic Day Pilar Feast (Goa) | Dae-Pa-Meher P 15 |
| MSK PLUS® (MAHASUDARSHAN KADHA NO.1) Trusted Immunomodulator | S 7 Guru Govind Singh Birth Anniversary Chandor, Casavlin, Reismagos, Candolin Feast (Goa) | 6 | S 15 Shakambhari Purnima Shakambhari Navratni ends Magha Snana begins Bhogi Dhanurmas ends Full Mon Lohri (kashmir) | Bahman P 2 | K 6 Adar P 9 | Adar P 9 | K 13 Som Pradosh shivaratri Meru Trayodashi (Jain) | Meher P 16 |
| | S 8 Durgashtami Shakambhari Navratni begins | 7 | K 1 Makar Sankranti Hazarat Ali Birth Anniversary | Ardibehest P 3 | K 7 Kalashtami Swami Vivekanand Birth Anniversary (Tithi Puja) | Adar P 10 | K 14 Lala Lajpat Rai Birth Anniversary Shab-E-Miraj | Srosh P 17 |
| Paush S 2 New Moon Khrisabda 2025 begins | S 9 Ashtad P 26 | 8 | K 2 Sankrant Karidin | Shehrevar P 4 | K 8 Khorshed P11 | Khorshed P11 | K 30 Darsha Amavasya Mauni Amavasya (jain) Triveni Amavasya (Odisha) Thai Amavasya (T.N.) | Rashne P 18 |
| Rajab M 1 | S 10 Shamb Dashmi (Odisha) Surya Puja (Odisha) | 9 | K 3 Asfandarmad P 5 | Asfandarmad P 5 | K 9 Netaji Subhashchandra Bose Birth Anniversary | Mohor P 12 | Magha S 1 Magha begins Hutatma Din Mahatma Gandhi Commemoration Day | Fravardin P 19 |
| S 4 Vinayak Chaturthi Savitribai Phule Birth Anniversary | S 11 Putrada Ekadashi Vaikunth Ekadashi (T.N.) | 10 | K 4 Ganesh Sankashta Chaturthi | Khordad P 6 | K 10 Tir P 13 | Tir P 13 | S 2 Shaban : Muslim Month begins | Behram P 20 |
| S 5 Dae-Pa-Din P 23 | S 12/13 Shani Pradosh | 11 | K 5 Amardad P 7 | Amardad P 7 | K 11 Shatitila Ekadashi | Gosh P 14 | SANDU VASA® Ayurvedic COUGH Syrup | Shaban M 1 |
| M 3 | S 12/13 Shani Pradosh | 12 | K 5 Amardad P 7 | Amardad P 7 | K 11 Shatitila Ekadashi | Gosh P 14 | SANDU VASA® Ayurvedic COUGH Syrup | Kumbha |



Enriched with Laxmivilas Rasa with Gold, along with Silver & Pearl

Premium Immunity Booster

Improves Strength & Stamina

Supports Brain & Cardiac Health

Revitalising Tonic

Your Family's Health Protector

TEJRAS® Excellent Memory Booster

HEALTH RELATED INFORMATION
SCAN QR CODE



IMMUNITY BOOSTER FOR CHILDREN



AROGYA DARSHIKA

JANUARY 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR. SANDU

SANDU PHARMACEUTICALS IN A NUTSHELL

A SWEET DEAL



Ayush: Didi, Happy Makar Sankranti ! Tilgul ghya goda-goda bola !
Didi : Happy Makar Sankranti to you too ! (Smiling) I already had a couple; here take this laddoo back so you can have two and be extra sweet instead, ok ? You see, I have taken my diet seriously and I have learnt moderation is key.
Ayush : Dee, what dieting, it's Makar Sankranti ! It's time to loosen the belt and settle in for delicious sweets to send us into a food coma.

Didi : It does sound like a sweet deal but I have already made up my mind. The talk I had with Dr. Sandu yesterday about sugar, savory treats, their quantity and its effect on our bodies has left quite an impression on me. It reminded me of the saying 'What is sweet in the mouth is not always good in the stomach'.



Dr. Sandu Says

- Simple carbohydrates like sugar, jam, refined foods, pastries etc are broken down easily, induce weight gain so increases blood glucose level fast.
- Keeping this in mind, always try to have whole grains, cereals, less processed food and vegetables.
- Compared to glucose, fructose metabolism is gradual thus blood sugar levels increase slowly.
- All fruits are welcome for a healthy individual but fruits like watermelon, apple, guava etc are especially favourable for a diabetic.
- Remember to have the fruit in its whole form to introduce more fibre & not in juice form.
- Honey is a good antioxidant rich alternative that is essentially pure sugar, with trace amounts of protein, fibre & no fat.
- Jaggery is another natural form of sugar that has nutrients and other bioactive components
- It is a health-supportive superfood that can be used alone or in combination with other beneficial products and enhance its nutritious value.
- Another surprising alternative are Dates; its paste may be used as substitute to make healthier nutrient rich sweet dishes.
- Always remember 'Everything in Moderation including Moderation'



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

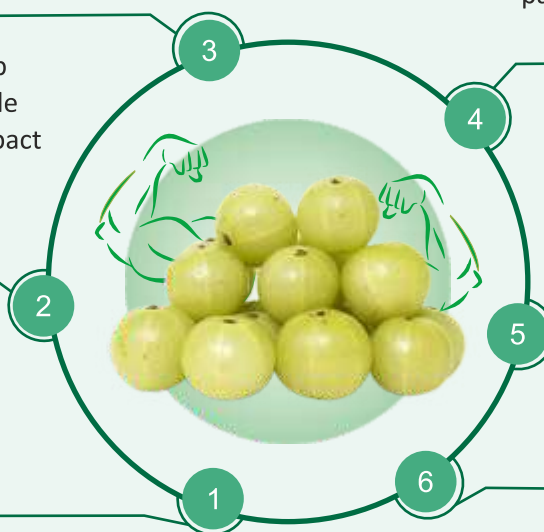
AMALAKI

Latin name : *Emblca officinalis Gaertn.*
Family : Euphorbiaceae
Common name : Amla, Avala
Part used : Fruits
Sanskrit meaning : Embodies all the qualities of Rasayana

Popular throughout the world as an 'Immunity booster'

Amla enhances absorption & assimilation- particularly that of iron for healthy blood

Powerful herb Amla, has wide medicinal impact on multiple body systems



Helps rejuvenate body tissues and builds Ojas (root of immunity)

Amla is an important ingredient in Ayurvedic formulations

Aids in natural internal cleansing & maintains good vision

TIME CAPSULE

The Mahabharata describes that Samba, Krishna's son, got cured of leprosy by worshipping the Sun. About the flow of energy in the global ecosystem the Yajur Veda says, "The whole Universe is full of energy in which the Sun is at the centre & the ultimate source of energy for all living organisms on earth". The Atharva Veda explains that, herbs & plants merge with Sunrays providing a compatible

atmosphere for life to survive. Today, we know about our solar system, how Sunrays can kill germs, are a source of Vit. D, photosynthesis & so much more. More facts are being discovered as Science advances.



India has gifted 'Lifestyle ideals' and treatment methods to the world in the form of 'Ayurveda'. Today's fast paced world & 5G generation has recognized the importance of Yoga. Like Yoga, India has given the master-key of health in the form of Ayurveda to the world.

With Sandu Pharmaceuticals you can see the nice combination of the classical Ayurvedic principles with modern research technology

Sandu Pharmaceuticals has established state of art production units at Goa & Navi Mumbai. Sandu Pharmaceuticals has one of the best manufacturing units of Ayurved medicine. Many doctors, students and teachers of Ayurved visit our factory often.

Through the past 126 years Sandu Pharmaceuticals has been contributing to the progress of Ayurveda by providing authentic Ayurvedic medicines. To achieve standard quality of medicine and desired therapeutic efficacy it is important to select best quality authentic herbs along with scientific production. For the same, to do regular appropriate testing Sandu Pharmaceuticals has established the first R&D Lab in Ayurveda. In today's corporate competition also Sandu Pharmaceuticals has maintained high quality medicine as its utmost priority. As a result of this, classical product range like Asava, Arishta & Kadha are recognized the best medicines & vouched by eminent Ayurveda consultants. Now the 4th generation of Sandu Pharmaceuticals is working to maintain this trust and legacy. Considering the need of this era, after intense scientific research Sandu Pharmaceuticals has made availability of new medicine for different illnesses like Bilagyl for IBS, Kumarvin for immunity of children, Stresan to reduce stress etc.

Many allopathic doctors have expressed that Sandu Pharma products like MSK PLUS, Whoopin syrup, Ashwagandharishta, Amritarishta etc have helped them protect themselves from Covid 19.

With the help of a network of 500+ sales team & more than 2000 distributors Pan India, Sandu Pharmaceuticals has ensured availability of products across the country regularly. The last few decades have seen a rise in export of our products to different countries like America, Singapore, Philippines, Africa, Europe, Nepal etc.

With the blessings of Lord Dhanvantari, Sandu Pharmaceuticals hopes to continue providing health care services to society through Ayurveda & wishes all the readers of Sandu Arogya Darshika a very Happy New Year 2025. Every page of Sandu Arogya Darshika has important information on Ayurved and Health & we would love to hear your feedback about the same. Also share your views on social media pages of Sandu Pharmaceuticals, like Facebook, Instagram, Youtube, Twitter etc. Our Products are now available online on Sandu Pharmaceuticals website at www.sandu.in, Amazon, Flipkart, 1mg.

Thank you so much.

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Sandu Arogya Darshika 2025 Written & Edited : Dr. Madhuri Bhogam
 Research Associate, Sandu Pharmaceuticals Ltd

MAKARPRASH® Premium Immunity Booster



| January 2025 | | | | | | | | | | Pauash/ Magh | |
|--------------|-----|---------|-------------|-------------------|-------------|-----------------|-------------|------------------|-------------|--------------|-------|
| Date | Day | Tithi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash | Triya |
| 1 | WE | S2 | 26.24 | U. Shadha | 23.45 | Vyaghat | 17.06 | Balav | 14.55 | 11 | |
| 2 | TH | S3 | 25.08 | Shravan | 23.10 | Harshan | 14.57 | Taitil | 13.48 | 12 | |
| 3 | FR | S4 | 23.39 | Dhanishtha | 22.21 | Vajra | 12.36 | Vanij | 12.25 | 13 | |
| 4 | SA | S5 | 22.01 | Shattarka | 21.23 | Siddhi | 10.07 | Bava | 10.51 | 14 | |
| 5 | SU | S6 | 20.15 | P.Bhadrapada | 20.17 | Vyatipat Varyan | 07.31 28.50 | Kaulav | 09.08 | 15 | |
| 6 | MO | S7 | 18.23 | U.Bhadrapada | 19.06 | Parigh | 26.04 | Garaj Vishi | 07.20 29.25 | 16 | |
| 7 | TU | S8 | 16.26 | Revati | 17.49 | Shiva | 23.15 | Balav | 27.26 | 17 | |
| 8 | WE | S9 | 14.26 | Ashwini | 16.29 | Siddha | 20.22 | Taitil | 25.24 | 18 | |
| 9 | TH | S10 | 12.22 | Bharani | 15.06 | Sadhya | 17.29 | Vanij | 23.21 | 19 | |
| 10 | FR | S11 | 10.19 | Krutika | 13.45 | Shubh | 14.36 | Bava | 21.20 | 20 | |
| 11 | SA | S12 S13 | 08.21 30.33 | Rohini | 12.29 | Shukla | 11.48 | Kaulav | 19.26 | 21 | |
| 12 | SU | S14 | 29.02 | Mrgashirsh | 11.24 | Brahma Andra | 09.08 30.43 | Garaj | 17.46 | 22 | |
| 13 | MO | S15 | 27.56 | Ardra | 10.37 | Veidhruti | 28.38 | Vishi | 16.26 | 23 | |
| 14 | TU | K1 | 27.21 | Punarvasu | 10.16 | Vishkambh | 26.57 | Balav | 15.34 | 24 | |
| 15 | WE | K2 | 27.23 | Pushya | 10.27 | Preeti | 25.45 | Taitil | 15.17 | 25 | |
| 16 | TH | K3 | 28.05 | Ashlesha | 11.15 | Ayushman | 25.05 | Vanij | 15.39 | 26 | |
| 17 | FR | K4 | 29.30 | Magha | 12.44 | Saubhagya | 24.55 | Bava | 16.42 | 27 | |
| 18 | SA | K5 | | Purva | 14.50 | Shobhan | 25.15 | Kaulav | 18.25 | 28 | |
| 19 | SU | K5 | 07.30 | Uttara | 17.29 | Aligand | 25.56 | Garaj | 20.41 | 29 | |
| 20 | MO | K6 | 09.58 | Hadit | 20.28 | Sukarma | 26.51 | Vishi | 23.17 | 30 | |
| 21 | TU | K7 | 12.39 | Chitra | 23.35 | Dhruvi | 27.48 | Balav | 25.59 | Magh | |
| 22 | WE | K8 | 15.17 | Swati | 26.33 | Shool | 28.36 | Taitil | 28.30 | 2 | |
| 23 | TH | K9 | 17.36 | Vishakha | 29.07 | Gand | 29.05 | Vanij | 30.35 | 3 | |
| 24 | FR | K10 | 19.24 | Anuradha | 31.06 | Vrudhhi | 29.07 | Bava | | 4 | |
| 25 | SA | K11 | 20.31 | Jyeshtha | | Dhruv | 28.37 | Bava | 08.03 | 5 | |
| 26 | SU | K12 | 20.54 | Jyeshtha | 08.25 | Vyaghat | 27.33 | Kaulav | 08.48 | 6 | |
| 27 | MO | K13 | 20.34 | Mool | 09.01 | Harshan | 25.56 | Garaj | 08.49 | 7 | |
| 28 | TU | K14 | 19.36 | P. Shadha | 08.20 | Vajra | 23.51 | Vishi Chatushpad | 08.09 30.54 | 8 | |
| 29 | WE | K30 | 18.05 | U. Shadha Shravan | 08.58 08.20 | Siddhi | 29.10 | Kinsughna | 29.10 | 9 | |
| 30 | TH | S1 | 16.11 | Dhanishtha | 29.50 | Vyatipat | 18.33 | Balav | 27.06 | 10 | |
| 31 | FR | S2 | 13.59 | Shattarka | 28.14 | Varyan | 15.32 | Taitil | 24.49 | 11 | |

SANDU
TRUSTED IN AYURVEDA
SINCE 1899

125
Years
PROUDLY SERVING AYURVEDA

SAY YES TO AYURVEDA

MAKARPRASH[®]

PREMIUM IMMUNITY BOOSTER

Improves
Strength & Stamina

Supports Brain &
Cardiac Health

Revitalising
Tonic

Your Family's Health Protector



2

MAGH-FALGUN
SHAK 1946

FEBRUARY 2025

SAMVAT 2081

SANDU PHARMACEUTICALS LTD
AROGYA DARSHIKA हर दिन, हर घर... आयुर्वेद !

| | | | | | | | | |
|-----------------------------------|---------------------------------|--|--|--|--|--|--|--|
| S U N | | S 4/5 Govad P 22 Shree Panchami Vasant Panchami Margao (Grace Church) Feast (Goa) | S 12 Marespand P29 Bhishma Dwadashi | K 4 Khordad P 6 Ganesh Sankashta Chaturthi | K 10 Tir P 13 Swami Dayanand Saraswati Jayanti | | | |
| | | 2 | 9 | 16 | 23 | | | |
| | | M 3 07.14 18.30 Meen | M 10 07.12 18.34 Mithun | M 17 07.08 18.37 Kanya | M 24 07.04 18.40 Dhanu | | | |
| | | S 6 Dae- Pa- Din P 23 Sitala Shasthi (Bengal) | S 13 Aneran P 30 Som Prodosh Shri Vishwakarma Jayanti | K 5 Amardad P7 | K 11 Gosh P 14 Vijaya Ekadashi | | | |
| | | 3 | 10 | 17 | 24 | | | |
| | | M 4 07.14 18.31 Meen 23.16 | M 11 07.11 18.35 Mithun 11.56 | M 18 07.08 18.38 Kanya 18.01 | M 25 07.03 18.40 Dhanu 24.55 | | | |
| | | S 7 Din P 24 Ratha Saptami | S 14 Hormazd P 1 Meher : Parsi Month begins | K 6 Dae-Pa- Adar P 8 | K 12 Dae-Pa-Meher P 15 Bhauma Pradosh | | | |
| 4 | 11 | 18 | 25 | | | | | |
| M 5 07.14 18.31 Mesh | M 12 07.11 18.35 Karka | M 19 07.07 18.38 Tula | M 26 07.03 18.41 Makar | | | | | |
| M O N | | S 8 Ashishvangh P 25 Bhismashtami Durgashtami Budhashtami Cuncoli, Raia Feast (Goa) | S 15 Bahman P 2 Full Moon Magha Snana ends Guru Ravidas Jayanti | K 6 Adar P 9 Chhatrapati Shivaji Maharaj Birth Anniiversary (As per date) | K 13 Meher P 16 Mahashivaratri Veer Savarakar Commemoration Day | | | |
| | | 5 | 12 | 19 | 26 | | | |
| | | M 6 07.13 18.32 Mesh 26.15 | M 13 07.10 18.35 Karka 19.34 | M 20 07.07 18.39 Tula 30.48 | M 27 07.02 18.41 Makar 28.36 | | | |
| | | S 9 Ashtad P 26 | K 1 Ardibehest P 3 Guru Pratipada | K 7 Avan P 10 Kalashatami | K 14/30 Srosh P 17 Darsha Amavasya | | | |
| | | 6 | 13 | 20 | 27 | | | |
| | | M 7 07.13 18.33 Vrishabh | M 14 07.10 18.36 Simha | M 21 07.06 18.39 Vrishchik | M 28 07.01 18.42 Kumbha | | | |
| | | S 10 Asman P 27 | K 2 Shehrevar P 4 Shab-E-Barat | K 8 Khorshed P 11 | Falgun S 1 Rashne P 18 Falgun begins National Science Day | | | |
| 7 | 14 | 21 | 28 | | | | | |
| M 8 07.13 18.33 Vrishabh 30.20 | M 15 07.09 18.36 Simha 29.43 | M 22 07.05 18.39 Vrishchik | M 29 07.01 18.42 Kumbha 29.57 | | | | | |
| W E D | | Magha S 3 Ram P 21 Shree Ganesh Jayanti Vinayak Chaturthi Varad Chaturthi Tilkunda Chaturthi | S 11 Zamyad P 28 Jaya Ekadashi | K 3 Asfandarmad P 5 | K 9 Mohor P 12 Shri Ramdas Navami | | | |
| | | 1 | 8 | 15 | 22 | | | |
| | | Shaban M 2 07.15 18.30 Kumbha 20.58 | M 9 07.12 18.34 Mithun | M 16 07.09 18.37 Kanya | M 23 07.05 18.40 Vrishchik 17.39 | | | |
| | | SANDU VASA Ayurvedic COUGH Syrup | | | | | | |
| | | 8 | 15 | 22 | | | | |
| | | S A T | | | | | | |

Trusted
Immunomodulator

Precise
medicine
for flu

Boosts
immunity

Beneficial for
treatment of
Headache &
cold
associated
with flu



Sandu
SHATARI[®]

Lactation to
Satisfaction

HEALTH
RELATED
INFORMATION
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IMMUNITY BOOSTER FOR CHILDREN



AROGYA DARSHIKA

FEBRUARY 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR. SANDU SANDU HEALTH & HAPPINESS RANGE



YOU BEAUTY !!

With all the wedding frenzy wrapped up, Neha, her in-laws along with their immediate relatives were sitting around chatting over a cup of tea, when Neha's mother-in-law's keen eyes noted that Neha's usually glowing skin, looked dull. She remarked with a concerned voice.

Mother In-Law: Neha, how are you feeling these days? Did all the fuss & hectic wedding schedule wear you down? It's just that your face looks pale & has lost its glow.

Neha: No, I feel perfectly fine. But, recently I have noticed that my skin is showing signs of allergic reactions, rashes & black discoloration.

Mother In-Law: Well, let's not wait around anymore and go visit our family Doctor. I am sure Dr. Sandu will definitely give us some guidance.

Place: Dr. Sandu's Clinic

Neha: Hello Dr. Sandu. Actually, as part of my wedding preparations I had some cosmetic treatment done to my skin. Everything was fine at first but now you can see the acne & the discoloration on my skin.

Dr. Sandu : Neha, we will definitely handle your skin problems but let us also look at how we can keep your skin healthy & glowing.



Dr. Sandu Says

- Aging slows down body & skin metabolism.
- This imbalance creates toxins that cause the skin to have wrinkles, dullness, clogged pores, lack of youthful glow & other signs of aging.
- One of the best Rejuvenative or 'Rasayan' herbs for skin is **Amalaki**, rich in anti-oxidants, Vitamin C, tannins & gallic acid.
- Eat fresh, light food and avoid mutually contradictory food (**Viruddha ahara**).
- You can use natural alternatives instead of chemical heavy products for skin.
- Pomegranate peel application naturally enhances skin repair & regeneration.
- Aloe gel stimulates skin, circulation and helps to remove dead skin cells.
- Rose water & its essential oils are good astringent to clean and tone up the skin
- Local application of **Dhanayaka, Lodhra, Vacha** paste helps relieve skin complaints.
- Local application of **Shalmali** spine & milk paste may aid in relieving acne.



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

ASHWAGANDHA

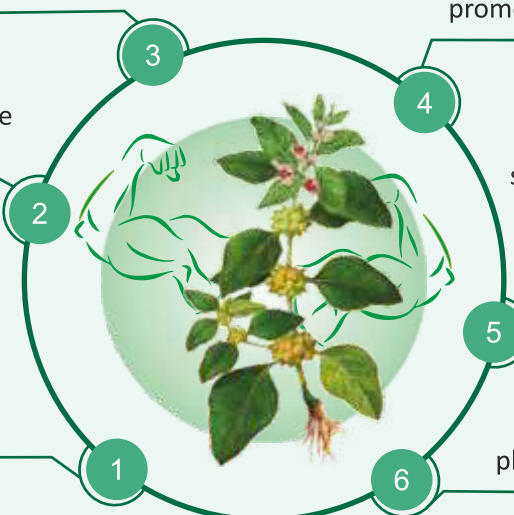
Latin name : *Withania somnifera Dunal.*
Family : Solanaceae
Common name : Asagandha, Asandha
Part used : Roots, Leaves
Sanskrit meaning : As it has a pungent aroma similar to that of Horse

It has a positive effect on mental health like stabilize mood & relieve anxiety

Ashwagandha is an adaptogenic herb that promotes "youthful vigor,"

Ashwagandha has antioxidant and rejuvenative properties

Helps relieve chronic fatigue, weakness, nervous exhaustion & delay aging



Promotes body strength by improving muscle strength, energy levels, reduces muscle damage & more

Helps provide proper nourishment & maintain physiological processes

TIME CAPSULE

It may be said that the knowledge of Ayurveda was already scattered among all the Veda. Scholars believe that Ayurveda is part of **Atharva Veda**. But the very first practitioners of Ayurveda somewhere around 2000 BC explain in their classical texts which are still used as the fundamental source material for learning Ayurveda that:

‘ब्रम्हा स्मृत्वा आयुषो वेद’ Meaning that, Ayurveda was first taught to others by **Lord Brahma**. It implies that Ayurveda existed even before and was not discovered or founded in technical ideology. Which makes it ‘शाश्वत’ or Eternal and ‘अनादी’ i.e without beginning or end.

APTILIFT

- **Aptilift** is a complete digestive stimulant for the whole family.
- It stimulates salivary and gastric juices so it is very useful in tackling digestive complaints.
- **Aptilift** contains Mahalunga [Bijora Nimbu] a powerful digestive stimulant along with Saindhav, Sauvarchal lavan

& Trikatu which stimulates salivation and triggers appetite.

- It enhances the assimilation of nutrients, reduces incidences of constipation & flatulence.
- **Aptilift** is a comprehensive solution to protect & correct the digestive fire.



APTILIFT

DIGIFORTE

- **Digiforte** is an excellent remedy to correct all digestive troubles caused by faulty eating habits.
- It is enriched with Panchkol, Draksha & Yashtimadhu which are excellent digestive and appetite enhancer.
- **Digiforte** ensures the proper secretion of digestive juices, helps in the

complete digestion and assimilation of food.

- **Digiforte** is useful in managing loss of appetite, tastelessness, stomachache, flatulence, constipation and many other complaints due to improper digestion



DIGIFORTE

ACIVIN

- **Acivin** is a proprietary Ayurvedic remedy extremely beneficial in hyper acidity and its related symptoms.
- It is a herbal antacid that reduces the burning sensation associated with various conditions as well as gives a coolant effect to the gastrointestinal tract and body.
- It is beneficial in the treatment of ulcers as it not only reduces the acid secretion but also strengthens the stomach lining.

- **Audumbar** in **Acivin** is cool in nature, pitta pacifying, wound healing, promotes digestion, appetite and mild laxative.

- **Anti-oxidant rich** ingredients show protective activity on the gastric and liver health.



ACIVIN

Sandu Arogya Darshika 2025

Written & Edited : **Dr. Madhuri Bhogan**
 Research Associate, Sandu Pharmaceuticals Ltd

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| February 2025 | | | | | | | | | | | Magh/ Phalgun | |
|---------------|-----|---------|-------------|--------------|---------|-----------------|-------------|-------------|-------------|--------|---------------|--|
| Date. | Day | Tilthi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash | Trya Date | |
| 1 | SA | S3 | 11.38 | P.Bhadrapada | 26.32 | Parigh | 12.24 | Vanij | 22.26 | 12 | | |
| 2 | SU | S4 S5 | 09.14 30.52 | U.Bhadrapada | 24.52 | Shiv Siddha | 09.13 30.05 | Bava | 20.03 | 13 | | |
| 3 | MO | S6 | 28.37 | Revati | 23.16 | Sadhya | 27.02 | Kaulav | 17.44 | 14 | | |
| 4 | TU | S7 | 26.30 | Ashwini | 21.49 | Shubh | 24.05 | Garaj | 15.32 | 15 | | |
| 5 | WE | S8 | 24.35 | Bharani | 20.32 | Shukla | 21.18 | Vishli | 13.31 | 16 | | |
| 6 | TH | S9 | 22.53 | Krutika | 19.29 | Brahma | 18.41 | Balav | 11.42 | 17 | | |
| 7 | FR | S10 | 21.26 | Rohini | 18.39 | Aindra | 16.16 | Taitil | 10.07 | 18 | | |
| 8 | SA | S11 | 20.16 | Mrugshirsh | 18.06 | Vaidhruti | 14.03 | Vanij | 08.48 | 19 | | |
| 9 | SU | S12 | 19.25 | Andra | 17.52 | Vishikambh | 12.06 | Bava Kaulav | 07.48 31.08 | 20 | | |
| 10 | MO | S13 | 18.57 | Punarvasu | 18.00 | Preeti | 10.26 | Garaj | 30.52 | 21 | | |
| 11 | TU | S14 | 18.55 | Pushya | 18.33 | Ayushman | 09.05 | Vishli | 31.05 | 22 | | |
| 12 | WE | S15 | 19.22 | Ashlesha | 19.34 | Saubhagya | 08.06 | Balav | | 23 | | |
| 13 | TH | K1 | 20.21 | Magha | 21.06 | Shobhan | 07.30 | Balav | 07.48 | 24 | | |
| 14 | FR | K2 | 21.51 | Purva | 23.08 | Atigand | 07.19 | Taitil | 09.02 | 25 | | |
| 15 | SA | K3 | 23.51 | Uttara | 25.38 | Sukama | 07.31 | Vanij | 10.48 | 26 | | |
| 16 | SU | K4 | 26.15 | Hast | 28.30 | Dhnuti | 08.05 | Bava | 13.01 | 27 | | |
| 17 | MO | K5 | 28.53 | Chitra | | Shool | 08.53 | Kaulav | 15.33 | 28 | | |
| 18 | TU | K6 | | Chitra | 07.34 | Gand | 09.50 | Garaj | 18.12 | 29 | | |
| 19 | WE | K6 | 07.31 | Swati | 10.38 | Vruddhi | 10.47 | Vishli | 20.46 | 30 | | |
| 20 | TH | K7 | 09.57 | Vishakha | 13.29 | Dhruv | 11.32 | Balav | 23.01 | Falgun | | |
| 21 | FR | K8 | 11.57 | Anuradha | 15.52 | Vyaghat | 11.58 | Taitil | 24.43 | 2 | | |
| 22 | SA | K9 | 13.18 | Jyeshtha | 17.39 | Harshan | 11.55 | Vanij | 25.43 | 3 | | |
| 23 | SU | K10 | 13.55 | Mool | 18.41 | Vajra | 11.18 | Bava | 25.56 | 4 | | |
| 24 | MO | K11 | 13.44 | P. Shadha | 18.58 | Siddhi | 10.04 | Kaulav | 25.21 | 5 | | |
| 25 | TU | K12 | 12.47 | U. Shadha | 18.30 | Vyalipat Varyan | 08.14 29.50 | Garaj | 24.02 | 6 | | |
| 26 | WE | K13 | 11.08 | Shravan | 17.23 | Parigh | 26.57 | Vishli | 22.05 | 7 | | |
| 27 | TH | K14 K30 | 08.54 30.14 | Dhanishtha | 15.43 | Shiv | 23.40 | Chatushpad | 19.37 | 8 | | |
| 28 | FR | S1 | 27.16 | Shattaraka | 13.40 | Siddha | 20.07 | Kinsughna | 16.47 | 9 | | |

ELEGANCE

For Healthy Growth of Babies

Excellent **Baby MASSAGE OIL**



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Herbal Tranquiliser





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3

FALGUN-CHAITRA
SHAK 1946-1947

MARCH 2025

SAMVAT 2081

SANDU PHARMACEUTICALS LTD
AROGYA DARSHIKA हर दिन, हर घर... आयुर्वेद !

| | | | | | | | | | | | | | | | | | | | | |
|-----|---|---|--|--|--|---|--|--|---|------------|---|-------------|---|-----------------|---|---|---|---|-------------|--|
| SUN | Chaitra S 1 Shri Shalivahan Shak 1947 Vishwvasu Samvatsar begins Gudhi Padwa Chaitra begins Chaitri Navratri begins New Moon Abhyang Snana Chetichand M 29 06.36 18.50 Meen 16.35 | Rashne P 18 | S 3 Ramzan : Muslim Month begins M 1 06.59 18.43 Meen 30.38 | Behram P 20 | S 10 Asman P 27 M 8 06.54 18.45 Mithun 17.45 | K 2 Tukaram Beej M 15 06.48 18.47 Kanya 25.14 | Shehrevar P 4 | K 9 Shaheed Din World Meteorological Organisation Day M 22 06.42 18.48 Dhanu | Khorshed P 11 | | | | | | | | | | | |
| | 30 | 2 | 9 | 16 | 23 | MON | S 2/3 Gauri Tritiya (Teej) Matsya Jayanti Ramzan Id Shawwal: Muslim Month begins Andolan Tritiya Gangaur (Rajasthan) M 1 06.36 18.50 Mesh | Fravardin P 19 | S 4 Vinayak Chaturthi Santchaturthi (Odisha) M 2 06.58 18.43 Mesh | Ram P 21 | S 11 Amalaki Ekadashi M 9 06.53 18.45 Karka | Zamyad P 28 | K 3 Ganesh Sankashta Chaturthi Chhatrapati Shivaji Maharaj Birth Anniversary (As per tithi) M 16 06.47 18.47 Tula | Asfandarmad P 5 | K 10 Mohor P 12 M 23 06.42 18.49 Dhanu 10.24 | | | | | |
| TUE | HEMOCLEEN[®] Excellent Blood Purifier  | S 5 National Safety Day M 3 06.58 18.43 Mesh | Govad P 22 | S 12 Bhauma Pradosh M 10 06.52 18.45 Karka 26.14 | Marespand P 29 | | K 4 Shahaji Raje Bhosale Birth Anniversary (As per date) M 17 06.47 18.47 Tula | Khordad P 6 | K 11 Papmochani smarth Ekadashi M 24 06.41 18.49 Makar | Tir P 13 | 4 | 11 | 18 | 25 | WED | S 6 Dae- Pa-DinP 23 M 4 06.57 18.43 Mesh 08.12 | S 13 Aneran P 30 M 11 06.51 18.46 Simha | K 5 Ranga Panchami M 18 06.46 18.47 Tula 14.05 | Amardad P 7 | K 12 Bhagwat Ekadashi M 25 06.40 18.49 Makar 15.14 |
| THU | GULKAND Tasty Controls Body Heat  | S 7 Din P 24 M 5 06.56 18.44 Vrishabh | Din P 24 | S 14 Hutashani Purnima Holi Avan : Parsi Month begins M 12 06.51 18.46 Simha | Hormazd P 1 | K 6 Shree Eknath Shashthi Vishuva Din M 19 06.45 18.48 Vrishchik | Dae-Pa-Adar P 8 | K 13 Pradosh Shivaratri Madhukrishna Trayodashi M 26 06.39 18.49 Kumbha | Dae-Pa-Meher P 15 | 5 | 12 | 19 | 26 | FRI | | S 8 Durgashtami M 6 06.55 18.44 Vrishabh 11.44 | S 15 Chaitanya Jayanti Dhulivandan Full Moon Karidin Purim (Jew) M 13 06.50 18.46 Simha 12.55 | K 7 Jamshedi Navroj M 20 06.44 18.48 Vrishchik 25.45 | Adar P 9 | K 14 Meher P 16 M 27 06.38 18.49 Kumbha 16.48 |
| SAT | Falgun S2 New Moon Shri Ramkrishna Jayanti M 30 07.00 18.42 Meen | Fravardin P 19 | S 9 International Women's Day M 7 06.55 18.44 Mithun | Ashtad P 26 | K 1 Vasantotsav begins Abhyanga Snana International Consumer Day M 14 06.49 18.46 Kanya | Ardibehest P 3 | K 8 Kalashtami Varshitapa begins (Jain) Shahadat-e-Hazrat Ali M 21 06.43 18.48 Dhanu | Avan P 10 | K 30 Darsha Amavasya M 28 06.37 18.50 Meen | Srosh P 17 | 6 | 13 | 20 | | 27 | 1 | 8 | 15 | 22 | 29 |



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ulcers

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AROGYA DARSHIKA

MARCH 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR. SANDU SANDU HEALTH & HAPPINESS RANGE

CONFLICT RESOLUTION

Animation: An internal conversation between reproductive organs of Smriti

Brain: Hey guys this month I need a little more time to make estrogen.

Ovaries: You said that the last time as well. Do you know what I had to go through? It hurts a lot for me, you know.



Uterus: All your conflict has resulted in me putting on weight. She can no longer get into her pants and we got them a month back.

Brain: It's not entirely my fault. Ovaries, you too, keep secreting excess of something that's not needed, adding further confusion.

Ovaries: Why is it my fault every time? Who's job is it to send the hormone guys here regularly and maintain balance but didn't?

Uterus: That's it. I have had enough of your argument. There is no other option but to ask Dr. Sandu.

Animation ends with Smriti saying "Dr. Sandu Please Help!"



Dr. Sandu Addresses the Audience

- Paricharya (Routine) are lifestyle habits designed for different phases in a woman's life & maintain health.
- Rajaswala Paricharya is a routine followed during menstrual cycle.
- It aims to prevent vitiation of vata, kapha, aama and restore energy.
- Garbhini Paricharya (Conception to Delivery) outlines 3 areas i.e., Monthly dietary regimen, activities & substance which are harmful to fetus, etc.
- Followed by Sutika Paricharya (Post delivery) containing 3 components: Psychological Reassurance, diet & daily activities and therapeutic procedures.
- Avoid suppression of natural urges of elimination to prevent aggravation of vata, one of the major causes of menstrual disorders.
- Avoid improper sleep as it vitiates the

- vata & pitta dosha reducing the sleep quality & causing hormonal imbalance.
- Excessive exertion, undernutrition & sedentary lifestyle leads to Medoroga (obesity) or dhatu kshaya (destruction of tissues) both responsible for vata vitiation affecting the reproductive health.
- Avoid crash dieting or any form of food restriction unless advised by your physician.
- Simple lifestyle changes like balanced diet, regular exercises, Yoga, hygiene, sleeping on time, hydration etc can definitely help improve & maintain health.



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

BILVA

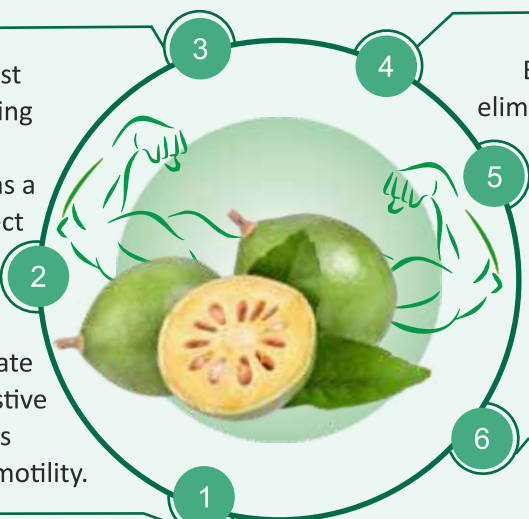
Latin name: *Aegle marmelos Carr.*
Family: Rutaceae
Common name: Bael
Part used: Fruits, Leaves, Roots
Sanskrit meaning: Helps calms aggravated Vata-Kapha

Bael acts as a 'Sink' for chemical or poisonous gaseous matter & neutralizes it

It is part of 'Climate Purifiers' plant group that emit high levels of Oxygen in Sunlight

Effective against bacterias causing various Gut problems & has a protective effect

It helps stimulate appetite, digestive fire & regulates the intestinal motility.

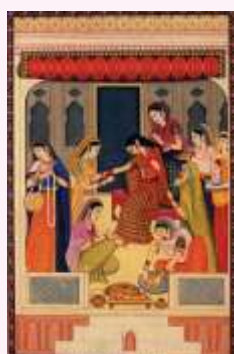


Bael antioxidants help eliminate variety of toxins

Belongs to 'Fragrant' species groups, whose flowers & volatile vapours neutralize odour & reduce bacterial load

TIME CAPSULE

The various elements, ailments, care of the skin are elaborately mentioned in the Atharva Veda, Ramayan, Mahabharat & Ayurveda texts. The role of Draupadi, the central character of the Mahabharata as Sairandhri (an expert beautician for the royal families for taking care of the hair care of the



Queens & other noble ladies), indicates specialized beauty management prevailed about 3000-4000 years back. On the other hand, the texts of Acharyas Charaka, Sushrut and other samhitas mention the different layers of skin, its anatomy and where what type of skin disorder could develop.

BILAGYL

- Bilagyl is a proprietary Ayurvedic tonic for Gut health.
- Bilva is an excellent herb having vata-kapha pacifying & pungent properties.
- It is an unique herb working as 'grahi' so it helps in proper formation of stools.

- Helps regulate the gastrointestinal tract and manages problems related to it.

- Bilagyl is beneficial in chronic diarrhea, dysentery and IBS.



BILAGYL

SANDU KUTAJARISHTA

- Sandu Kutajarishta strengthens the gastro-intestinal system.
- It possesses anti-oxidants and anti-microbial properties that help fight the germs causing infection.
- It helps to reduce intestinal motility that relieves stomach pain in cases of abdominal distress.

- It acts as a digestive tonic, keeps body hydrated and provides strength.

- Sandu Kutajarishta is even beneficial in cases of abdominal distress, Irritable Bowel Syndrome and ulcerative colitis.



SANDU KUTAJARISHTA

SANDU DRAKSHASAV

- Sandu Drakshasav is an effective Ayurvedic tonic for indigestion, loss of appetite (anorexia) and related disorders.
- Stimulates appetite, digestive juices, improves digestion, relieves bloating and constipation.
- It is an excellent tonic rich in antioxidants, enhances strength and immunity.

- It helps alleviate pitta and relieves complaints related to acidity.

- Sandu Drakshasav is beneficial in relieving respiratory disorders & imparts strength.



SANDU DRAKSHASAV

Sandu Arogya Darshika 2025
 Written & Edited : Dr. Madhuri Bhogan
 Research Associate, Sandu Pharmaceuticals Ltd

*Consult your Registered Medical Practitioner before use
 Email: customercare@sandu.in, Phone: 022- 2528 4402

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| March 2025 | | | | | | | | | | Phelgun / Chaitra | |
|------------|-----|--------|---------|--------------|---------|------------|---------|-----------|---------|-------------------|------------|
| Date | Day | Tilthi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash | Triya Date |
| 1 | SA | S2 | 24.10 | P.Bhadrapada | 11.22 | Sadhya | 16.25 | Balav | 13.44 | 10 | |
| 2 | SU | S3 | | Revati | 30.38 | Shubh | 12.39 | Taitil | 10.35 | 11 | |
| 3 | MO | S4 | 18.02 | Ashwini | 28.29 | Shukla | 08.58 | Vanji | 07.30 | 12 | |
| 4 | TU | S5 | 15.17 | Bharani | 26.37 | Aindra | 26.06 | Kaulav | 26.01 | 13 | |
| 5 | WE | S6 | 12.51 | Krutika | 25.07 | Vaidhrui | 23.06 | Garaj | 23.47 | 14 | |
| 6 | TH | S7 | 10.50 | Rohini | 24.05 | Vishkambh | 20.28 | Vishi | 22.01 | 15 | |
| 7 | FR | S8 | 09.18 | Mrgashirsh | 23.31 | Preeti | 18.13 | Balav | 20.43 | 16 | |
| 8 | SA | S9 | 08.16 | Andra | 23.27 | Ayushman | 16.23 | Taitil | 19.56 | 17 | |
| 9 | SU | S10 | 07.45 | Punarvasu | 23.54 | Saubhaagya | 14.57 | Vanji | 19.40 | 18 | |
| 10 | MO | S11 | 07.44 | Pushya | 24.50 | Shobhan | 13.55 | Bava | 19.55 | 19 | |
| 11 | TU | S12 | 08.13 | Ashlesha | 26.14 | Aligand | 13.16 | Kaulav | 20.39 | 20 | |
| 12 | WE | S13 | 09.11 | Magha | 28.05 | Sukarma | 12.59 | Garaj | 21.50 | 21 | |
| 13 | TH | S14 | 10.35 | Purva | 30.18 | Dhnuti | 13.01 | Vishi | 23.26 | 22 | |
| 14 | FR | S15 | 12.23 | Uttara | | Shool | 13.22 | Balav | 25.25 | 23 | |
| 15 | SA | K1 | 14.32 | Uttara | 08.53 | Gand | 13.59 | Taitil | 27.43 | 24 | |
| 16 | SU | K2 | 16.57 | Haar | 11.44 | Vrudhhi | 14.47 | Vanji | 30.14 | 25 | |
| 17 | MO | K3 | 19.32 | Chitra | 14.46 | Dhruv | 15.44 | Bava | | 26 | |
| 18 | TU | K4 | 22.08 | Swati | 17.50 | Vyeghat | 16.42 | Bava | 08.51 | 27 | |
| 19 | WE | K5 | 24.36 | Vishakha | 20.49 | Harshan | 17.36 | Kaulav | 11.24 | 28 | |
| 20 | TH | K6 | 26.45 | Anuradha | 23.30 | Vajra | 18.18 | Garaj | 13.43 | 29 | |
| 21 | FR | K7 | 28.23 | Jyeshtha | 25.45 | Siddhi | 18.40 | Vishi | 15.38 | 30 | |
| 22 | SA | K8 | 29.23 | Mool | 27.22 | Vyatipat | 18.35 | Balav | 16.58 | Chaitra | |
| 23 | SU | K9 | 29.38 | P.Shadha | 28.17 | Varjyan | 17.57 | Taitil | 17.36 | 2 | |
| 24 | MO | K10 | 29.05 | U.Shadha | 28.26 | Parig | 16.43 | Vanji | 17.27 | 3 | |
| 25 | TU | K11 | 27.45 | Shravan | 27.49 | Shiva | 14.52 | Bava | 16.30 | 4 | |
| 26 | WE | K12 | 25.42 | Dhanishtha | 26.29 | Siddha | 12.25 | Kaulav | 14.49 | 5 | |
| 27 | TH | K13 | 23.03 | Shatara | 24.33 | Sadhya | 09.24 | Garaj | 12.27 | 6 | |
| 28 | FR | K14 | 19.56 | P.Bhadrapada | 22.09 | Shukla | 26.06 | Vishi | 09.32 | 7 | |
| | | | | | | | | Chatuspad | 30.13 | | |
| 29 | SA | K30 | 16.28 | U.Bhadrapada | 19.27 | Brahma | 22.03 | Kindughna | 26.39 | 8 | |
| 30 | SU | S1 | 12.50 | Revati | 16.35 | Aindra | 17.54 | Balav | 23.00 | 9 | |
| 31 | MO | S2 | 09.11 | Ashwini | 13.45 | Vaidhrui | 13.46 | Taitil | 19.26 | 10 | |

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for Infants



4

CHAITRA-VAISHAKH
SHAK 1947

APRIL 2025

SAMVAT 2081

SANDU PHARMACEUTICALS LTD
AROGYA DARSHIKA हर दिन, हर घर... आयुर्वेद !

| | | | | | | |
|-----|--|---|--|--|--|---|
| SUN | | S 9 Ashishvagh P 25 Shri Ram Navami Chaitri Navaratri ends Shri Swami Narayan Jayanti | K 1 Bahman P 2 Mesh Sankranti (Odisha) Vishu (Kerala) Pesach (Jew) | K 7 Adar P 9 Bhanu Saptami Easter Sunday Aghashi Feast (Goa) | K 30 Meher P 16 Darsha Amavasya Aldona, Majorda Feast (Goa) | |
| | | 6 | 13 | 20 | 27 | |
| MON | | S 10 Ashtad P 26 International Health Day | K 1 Ardibehst P 3 Bharat Ratna Dr. Ambedkar Birth Anniversary Baisakhi (Punjab) Meshadi (T.N.- Bengal) | K 8 Avan P 10 Kalashtami | Vaishakh S 1 Srosh P 17 Vaishakh begins | |
| | | 7 | 14 | 21 | 28 | |
| TUE | | Chaitra S 4 Behram P 20 Vinayak Chaturthi (Angarak Yog) | S 11 Asman P 27 Kamada Ekadashi | K 2 Shehrevat P 4 Vaishakhadi (Bengal) Himachal Day | K 9 Khorshed P 11 S 2 Rashne P 18 New Moon Shri Parshuram Jayanti Shri Pasaveswar Jayanti (K.N.) | |
| | | 1 | 8 | 15 | 22 | 29 |
| WED | | S 5 Ram P 21 Shri Panchami Laxmi Panhami | S 12 Zamyad P 28 | K 3 Asfandarmad P 5 Ganesh Sankashta Chaturthi | K 10 Mohor P 12 World Book Day Babu Keyursingh Day (Bihar) | S 3 Fravardin P 19 Akshayya Tritiya Varshitapa ends (Jain) Jilkad : Muslim month begins Badrikedar Yatra |
| | | 2 | 9 | 16 | 23 | 30 |
| THU | | S 6 Govad P 22 Chhatrapati Shivaji Maharaj Commemoration Day (As per date) Ashokshashthi (Bengal) | S 13 Marespand P 29 Pradosh Anang Trayodashi Anang Vrat Bhagwan Mahavir Janma Kalyanak | K 4 Khordad P 6 Varuthini Ekadashi Shri Vallabhacharya Jayanti | Tir P 13 M 25 K 11 Pradosh | |
| | | 3 | 10 | 17 | 24 | |
| FRI | | S 7 Dae-Pa-Din P 23 Ayambil Oli begins (Jain) Vasanti Durgapujarambha (Bengal) | S 14 Aneran P 30 Damnak Chaturdashi Hanuman Janmotsav Vrat Mahatma Jotiba Phule Birth Anniversary | K 5 Amardad P 7 Good Friday | K 12 Gosh P 14 | |
| | | 4 | 11 | 18 | 25 | |
| SAT | | S 8 Din P 24 Durgashtami Ashokashtami Annapurna Puja (Bengal) | S 15 Hormazd P 1 Hanuman Janmotsav Ayambil Oli ends (Jain) Vaishakh Snana begins Chhatrapati Shivaji Maharaj Commemoration Day (As per tithi) Full Moon Adar : Parsi Month begins | K 6 Dae-Pe-Adar P 8 | K 13/14 Dae-Pa-Meher P 15 Shivaratri | |
| | | 5 | 12 | 19 | 26 | |

PARIPATHADI KADHA (PATHAJEEVANI)

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AROGYA DARSHIKA

APRIL 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR. SANDU SANDU HEALTH & HAPPINESS RANGE

MIND OVER MATTER

After all auspicious prayers were performed a well decorated Gudi was hung & finally the whole family had gathered to enjoy a hearty lunch with delicious shrikhand-puri- the main attraction of the event when a voice called out through the open door. "Happy Gudi Padwa!". It was none other than Dr. Sandu.

Aaji: Namaste, Dr. Sandu. A very Happy New Year to you as well. You have come at exactly the right time. Won't you come and join us for a delicious lunch.

Dr. Sandu: Yes, sure I'll have some! But I was especially looking for Meera? Doesn't she have her NEET soon. I wanted to wish her "All the best".

Aaji: You really have come at the right moment. Only you can guide her the best on all these exams. We have observed that she is getting extremely stressed out and exhibiting erratic behavior. Meera, come, look, Dr. Sandu is here to see you.

Meera: Ohh, Dr. Uncle it's so good to see you. I am so stressed these days that I find I can hardly concentrate or relax. There is so much to do that I find I have lost interest in eating and my sleep schedule has taken a hit. You must help me.



Dr. Sandu Explains

- Stress is the wear & tear our mind & body experiences as we attempt to cope with our continually changing environment.
- Adequate sleep, healthy diet and relaxing activities are the main recommendations for coping with stress and anxiety.
- Sleep helps maintain mental balance & we must consider the time & duration of sleep.
- Staying awake late at night hampers the entire digestive process & impairs the digestive fire.
- Implement Relaxation techniques: Breath control, Chanting 'Om', simple Yoga asanas.
- Regulate your thought process, analyze your thoughts with logical reasoning.
- Be enthusiastic to the cause but try not be too anxious about the result.
- Develop specific and realistic goals that can be easily measured.
- Develop a reasonable plan for reaching these goals and prevent stress.
- Make small changes gradually rather than large changes.
- Realize your strengths, have a positive outlook & use positive feedback mechanisms even when facing unfavorable events.
- Indulging in favorite hobbies like sports, music, etc may help cope with stress.



KUMARVIN (KUMARI ASAV NO. 3)

- Kumarvin is useful in managing recurrent cough, cold, blocked nose etc in children.
- It contains Draksha, Kiratatikta, Haldi, Vacha etc acting as a bronchodilator, liquefying mucus, anti-inflammatory, builds immunity & proves effective against respiratory disorders due to various allergens.
- Kumarvin has kaphaghna, demulcent action & provides relief in all types of

cough as well as strengthen the respiratory system in children.



KUMARVIN (KUMARI ASAV NO.3)

SHISHUVIN

- Shishuvin is a unique Ayurvedic sanjivani for the development of brain function and immunity against lungs and stomach infections in babies.
- It contains neuroprotective herbs such as Brahmi, Vacha, Jatamansi, Yashtimadhu; immunomodulators such Guduchi, Amalaki, Haritaki and gastro-protective herbs such as Vidang, Kutki, Kutaj etc.
- This makes Shishuvin the perfect tonic for growing babies to prevent infections, improve immunity, metabolism, promote apt growth & development.

- Shishuvin is nothing but ancient Ayurvedic Balguti that provides the right protective shield to growing babies.



SHISHUVIN

TEJRAS

- Tejras is a proprietary remedy to enhance learning abilities in children.
- It increases concentration, recollection power, relieves mental stress, rejuvenates, calms mind, stabilizes mood & improves sleep.
- It contains Medhya herbs such as Shankhapushpi, Brahmi, Jatamansi, Jyotishmati, etc which are neuroprotective,

antioxidant, anxiety relief and more.

- Tejras is a clinically proven formula to improve Acquisition, Cognition & Recollection Power in children.



TEJRAS

Sandu Arogya Darshika 2025
Written & Edited : Dr. Madhuri Bhogan
Research Associate, Sandu Pharmaceuticals Ltd

HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

BRAHMI

Latin name : *Bacopa monnieri* Linn.
Family : Scrophulariaceae
Common name : Manduka Parni, Jalnam, Birami
Part used : Whole plant
Sanskrit meaning : Bringing knowledge of the supreme reality

Useful adjuvant therapy for pain as it has anti-inflammatory & pain relieving effects

Brahmi has been used to enhance memory & factors of intelligence

Helps improve sleep, reduce insomnia & manage stress levels

Rich in antioxidants helps to prevent cell damage & eliminate toxins

Brahmi strengthens the roots, treats split ends, prevents dandruff & promotes hair growth

Helps to improve liver function



TIME CAPSULE

In Hindu mythology most Mantras start with **Aum (Om)** & it is considered the originator of all sounds. The Sanskrit word 'OM' is pronounced as 'AUM' and represents the division of time (waking state, dreaming state & deep sleep). It also represents God or Universal Consciousness, sound of creation, cultivates energy that flows upward through the chakras and then outward

through the crown. Chanting of any mantra like **OM**, Gayatri mantra etc improves cognitive benefits such as increased mindfulness and decreased mind wandering.



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Controls Chronic Diarrhoea & Dysentery



| April 2025 | | | | | | | | | | |
|------------|-----|---------|-------------|-------------------|-------------|---------------------|-------------|--------------|-------------|----------------|
| Date | Day | Tithi | Ends at | Nishitra | Ends at | Yog | Ends at | Karan | Ends at | Rash tnya Date |
| 1 | TU | S4 | 26.32 | Bharani | 11.06 | Vishkambh Preeti | 09.47 30.06 | Vanji | 16.05 | 11 |
| 2 | WE | S5 | 23.50 | Krutika | 08.49 | Ayushman | 26.49 | Bava | 13.07 | 12 |
| 3 | TH | S6 | 21.41 | Rohini Mughshirah | 07.01 29.50 | Saubhagya | 24.00 | Kaulav | 10.40 | 13 |
| 4 | FR | S7 | 20.12 | Andra | 29.19 | Shobhan | 21.44 | Garaj | 08.51 | 14 |
| 5 | SA | S8 | 19.26 | Punarvasu | 29.31 | Aligand | 20.02 | Vishdi | 07.43 | 15 |
| 6 | SU | S9 | 19.22 | Pushya | 30.24 | Sukarma | 18.54 | Balav | 07.19 | 16 |
| 7 | MO | S10 | 19.59 | Ashlesha | - | Dhruvi | 18.17 | Taitil | 07.36 | 17 |
| 8 | TU | S11 | 21.12 | Ashlesha | 07.54 | Shool | 18.09 | Vanji | 08.32 | 18 |
| 9 | WE | S12 | 22.55 | Magha | 09.56 | Gand | 18.24 | Bava | 10.00 | 19 |
| 10 | TH | S13 | 25.00 | Purna | 12.23 | Viddhi | 18.57 | Kaulav | 11.55 | 20 |
| 11 | FR | S14 | 27.21 | Uttara | 15.09 | Dhruv | 19.44 | Garaj | 14.09 | 21 |
| 12 | SA | S15 | 29.51 | Hast | 18.07 | Vyaghat | 20.39 | Vishdi | 16.35 | 22 |
| 13 | SU | K1 | | Chitra | 21.10 | Harshan | 21.38 | Balav | 19.08 | 23 |
| 14 | MO | KI | 08.24 | Swati | 24.12 | Vajra | 22.37 | Taitil | 21.40 | 24 |
| 15 | TU | K2 | 10.55 | Vishakha | 27.09 | Siddhi | 23.31 | Vanji | 24.07 | 25 |
| 16 | WE | K3 | 13.16 | Anuradha | 29.54 | Vyaltipat | 24.17 | Bava | 26.22 | 26 |
| 17 | TH | K4 | 15.23 | Jyeshtha | | Varjyan | 24.49 | Kaulav | 28.18 | 27 |
| 18 | FR | K5 | 17.06 | Jyeshtha | 08.20 | Parigh | 25.02 | Garaj | 29.48 | 28 |
| 19 | SA | K6 | 18.21 | Mool | 10.20 | Shiva | 24.51 | Vishdi | 06.46 | 29 |
| 20 | SU | K7 | 19.00 | P.Shadha | 11.47 | Siddha | 24.11 | Vishdi | 06.46 | 30 |
| 21 | MO | K8 | 18.58 | U.Shadha | 12.36 | Sadhya | 22.59 | Balav | 07.04 | Vaishakh |
| 22 | TU | K9 | 18.12 | Shravan | 12.43 | Shubh | 21.12 | Taitil Vanji | 06.41 29.33 | 2 |
| 23 | WE | K10 | 16.43 | Dhanidha | 12.07 | Shukla | 18.50 | Bava | 27.42 | 3 |
| 24 | TH | K11 | 14.32 | Shatataka | 10.49 | Brahma | 15.55 | Kaulav | 25.12 | 4 |
| 25 | FR | K12 | 11.45 | P. Bhadra | 08.53 | Andra | 12.30 | Garaj | 22.10 | 5 |
| 26 | SA | K13 K14 | 08.28 28.50 | U. Bhadra Revati | 06.26 27.38 | Vaidhruti Vishkambh | 08.41 28.34 | Vishdi | 18.41 | 6 |
| 27 | SU | K30 | 25.01 | Ashwini | 24.39 | Preeti | 24.19 | Charushpad | 14.57 | 7 |
| 28 | MO | S1 | 21.12 | Bharani | 21.38 | Ayushman | 20.02 | Kindughna | 11.05 | 8 |
| 29 | TU | S2 | 17.32 | Krutika | 18.47 | Saubhagya | 15.54 | Balav Taitil | 07.19 27.48 | 9 |
| 30 | WE | S3 | 14.12 | Rohini | 16.18 | Shobhan | 12.01 | Vanji | 24.44 | 10 |

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SINCE 1899

125
Years
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In all Phases of Life Eat Everyday



Rose
(Gulab)



Lump sugar
(Khadishakkar)



5

VAISHAKH-
JYESHTHA
SHAK 1947

MAY 2025

SAMVAT 2081

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AROGYA DARSHIKA हर दिन,
हर घर... आयुर्वेद !

| | | | | | | |
|--|---|---|---|--|---|---|
| S U N | <p>SANDU AMRITARISHTA A Versatile Immunity Enhancer</p> | S 7 Dae-Pa-Din P 23 Bhanu Saptami Saligao, Moira Santacruz Feast (Goa) | S 14 Aneran P 30 Shri Narsimha Jayanti | K 6 Amardad P 7 Kepen Feast (Goa) | K 13 Gosh P 14 Shivaratri Savitri Chaturdashi (W.B.) Sanguen Feast (Goa) | <p>SHISHUVIN Excellent Tonic for Infants</p> |
| | | M 5 06.11 19.00 Karka | M 12 06.08 19.02 Tula | M 19 06.05 19.05 Makar | M 26 06.04 19.08 Mesh | |
| | | 4 | 11 | 18 | 25 | |
| | | S 8 Din P 24 Durgashtami Sita Navami | S 15 Hormazd P 1 Pushupati Vinayak Jayanti Buddha Purnima Kurma Jayanti Full Moon Vaishakh Snana ends Daye : Parsi Month begins Gandheshwari Puja (Bengal) | K 6/7 Dae-Pa-Adar P 8 | K 14 Dae-Pa-Meher P 15 Bhauka Amavasya Darsha Amavasya Somavati Amavasya Shaneschhar Jayanti Phalaharini Kalika Puja (W.B) | |
| | | M 6 06.11 19.00 Karka 14.00 | M 13 06.07 19.03 Tula 26.26 | M 20 06.05 19.05 Makar | M 27 06.03 19.08 Mesh 13.41 | |
| | | 5 | 12 | 19 | 26 | |
| | | S 9 Ashishvangh P 25 Trichur Pooram (Kerala) | K 1 Bahman P 2 Narad Jayanti | K 8 Adar P 9 Kalashtami Triloknathashtami (Bengal) | K 30/Jyeshtha S 1 Meher P 16 Jyeshtha begins Karidin Ganga Dashahara begins | |
| M 7 06.10 19.01 Simha | M 14 06.07 19.03 Vrishchik | M 21 06.05 19.06 Makar 07.34 | M 28 06.03 19.09 Vrishabh | | | |
| 6 | 13 | 20 | 27 | | | |
| S 10 Ashtad P 26 | K 2 Ardibehest P 3 | K 9 Avan P 10 | S 2 Srosh P 17 New Moon Veer Savarkar Birth Anniversary | | | |
| M 8 06.10 19.01 Simha 24.56 | M 15 06.07 19.04 Vrishchik | M 22 06.04 19.06 Kumbha | M 29 06.03 19.09 Vrishabh 13.36 | | | |
| 7 | 14 | 21 | 28 | | | |
| Vaishakh S 4 Behram P 20 Vinayak Chaturthi Maharashtra Day May Day International Worker's Day | S 11 Asman P 27 Mohini Ekadashi Ravindranath Tagore Birth Anniversary International Rrd-Cross Day Meenakshi Kalayanam | K 3 Shehrevar P 4 | S 3 Rashne P 18 Rambha Vrat Maharana Pratap Birth Anniversary (As per tithi) Jilhej : Muslim Month begins | | | |
| Jilkad M 2 06.13 18.59 Mithun | M 9 06.09 19.01 Kanya | M 16 06.06 19.04 Vrishchik 14.07 | Jilhej M 1 06.03 19.09 Mithun | | | |
| 1 | 8 | 15 | 22 | | | |
| S 5 Ram P 21 Shri Adi Shankaracharya Jayanti Shri Ramanujacharya Jayanti | S 12 Zamyad P 28 Pradosh Maharana Pratap Birth Anniversary (As per Date) | K 4 Asfandarmad P 5 Ganesh Sankashta Chaturthi | K 11 Mohor P 12 Apara Ekadashi Bhadrakali Ekadashi (Punjab) Jalkrida Ekadashi (Odisha) | | | |
| M 3 06.12 18.59 Mithun | M 10 06.09 19.02 Kanya | M 17 06.06 19.04 Dhanu | M 24 06.04 19.07 Meen | | | |
| 2 | 9 | 16 | 23 | | | |
| S 6 Ganga Saptami Ganga Pujan Chandan Chhath(Bengal) Cavelasson Feast (Goa) | S 13 Marespand P 29 | K 5 Khordad P 6 | S 4 Fravardin P 19 Vinayak Chaturthi Guru Arjundev Shaheed Din | | | |
| M 4 06.12 19.00 Mithun 06.36 | M 11 06.08 19.02 Kanya 13.41 | M 18 06.06 19.05 Dhanu 24.03 | M 2 06.03 19.10 Mithun 15.42 | | | |
| 3 | 10 | 17 | 24 | | | |
| Ganga Saptami Ganga Pujan Chandan Chhath(Bengal) Cavelasson Feast (Goa) | SANDU TRUSTED IN AYURVEDA SINCE 1899 126 th Sandu Foundation Day | K 12 Tir P 13 Shani Pradosh | S 5 Behram P 20 | | | |
| M 4 06.12 19.00 Mithun 06.36 | M 11 06.08 19.02 Kanya 13.41 | M 25 06.04 19.07 Meen 13.48 | M 3 06.03 19.10 Karka | | | |
| 3 | 10 | 17 | 24 | | | |
| S 6 Ganga Saptami Ganga Pujan Chandan Chhath(Bengal) Cavelasson Feast (Goa) | S 13 Marespand P 29 | K 5 Khordad P 6 | S 4 Fravardin P 19 Vinayak Chaturthi Guru Arjundev Shaheed Din | | | |
| M 4 06.12 19.00 Mithun 06.36 | M 11 06.08 19.02 Kanya 13.41 | M 18 06.06 19.05 Dhanu 24.03 | M 2 06.03 19.10 Mithun 15.42 | | | |
| 3 | 10 | 17 | 24 | | | |

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Healthy

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AROGYA DARSHIKA

MAY 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR.SANDU SANDU HEALTH & HAPPINESS RANGE

SUMMER 101

Summer was here. All the kids from the household had left to go on a safari, with their favourite uncle, none other than Dr. Sandu. Every one was enjoying the natural beauty and quietness of the sanctuary. They were paying close attention to the tour guide detailing the different flora and fauna. In the midst of the safari, Kimaya spotted some baby elephants playing in a muddy trench. She drew everyone's attention to this scene & exclaimed



Kimaya: Look, what fun this baby elephant is having rolling around in the mud! Imagine, what would happen if we did the same? Unlike the TV ad. our mom's would never say, "Daag Acche Hain". (Laughing) Hearing this all the kids started laughing along.

Dr. Sandu: That was very funny, Kimaya. But, you should know, all the baby elephant is doing is following its 'Grishma Ritucharya'.

All the kids looked over at Dr. Sandu, with surprise on their faces, and as if planned, together asked the question: What was Ritucharya? What exactly do you mean by 'Grishma Ritucharya'?

Dr. Sandu: Well, it's nothing new! The eternal science of Ayurveda has enumerated all sorts of routines. One of which is 'Grishma Ritucharya' meaning daily routine to be followed during summer.



Dr. Sandu Explains

- During the summer period, the Sun is nearer to the Earth, the rays are short & sharp giving off more heat.
- This causes more loss of sweat, energy & power, making people tire easily even after short work.
- It is advised that whole grains like wheat, jowar, aged rice & pulses should be included in the diet.
- The digestive fire is low thus sweet, cooling, light food should be eaten.
- Seasonal fruits like Watermelon, Grapes, Pomegranate etc, vegetables like Methi, Cucumber, Karela, etc are good for health.
- Cool hydrating drinks prepared from fruit juices (Panhe & Panak), Sugarcane juice, water kept in earthen ware with addition of Vala (Ushira) may be taken.
- After baths apply the paste of Chandan, Agar, Ushira (vala) etc. for cooling effect.
- Thin, loose & soft cotton clothes with scented flower garlands, pearls & jewelry may be worn.
- Exertion must be kept to minimum as body is already at its low body strength.
- It is the only season where daytime napping is advised.

VIMFIX

- Vimfix is a proprietary Ayurvedic solution for enhancing Vim (energy), Vigor and Vitality.
- It is a complete Men's health tonic derived from divine knowledge of Ayurveda, which improves stamina and boosts strength.
- Shudha Shilajit increases vigor & enthusiasm.
- Kaunch beej, Safed Mushali, Ashwagandha & 15 other Ayurvedic herbs together work as rejuvenator, possibly by

reducing cell damage.

- It improves psychological health by relieving stress, anxiety & promotes activeness.
- Vimfix is a natural and ideal solution for Men's overall wellness.



VIMFIX

SANDU ASHWAGANDHARISHTA

- Sandu Ashwagandharishta is a unique combination for rejuvenation of all body tissues.
- It contains Ashwagandha, Yashtimadhu, Vacha, Arjun which have anti-stress & anti-anxiety properties.
- It is an excellent nervine tonic, beneficial in boosting immunity, increases muscular strength and revitalizes the

entire system of body.

- Sandu Ashwagandharishta helps in general weakness, lack of sleep, mental fatigue, stress and associated conditions.



SANDU ASHWAGANDHARISHTA

VANARI

- Vanari is an Ayurvedic tonic for revitalizing & promoting health.
- It helps improve strength, stamina and promotes positive health
- Kapikachhu is one of the best 'Rasayan' mentioned in the classics.
- Vanari is excellent for nourishing vital

tissues of the body.



VANARI

HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

HARIDRA

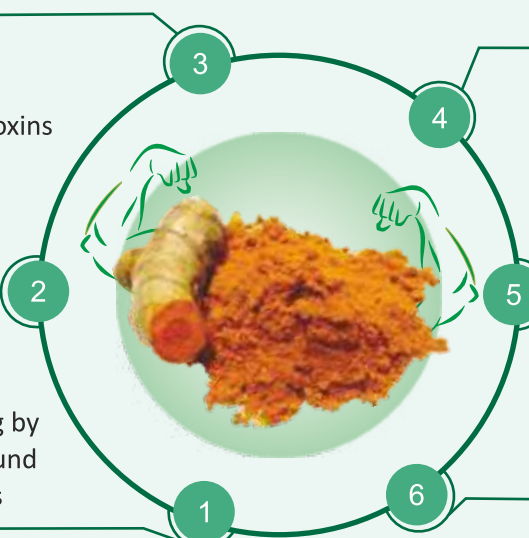
Latin name : *Curcuma longa* Linn.
Family : Zingiberaceae
Common name : Haldi, Halad
Part used : Rhizome
Sanskrit meaning : As it attains yellow color

It stimulates the digestive fire, appetite, relieves flatulence and other gut disorders

Haridra helps improve skin & gut health

It eliminates toxins from the body as it is an antioxidant

Haridra aids in wound healing by improving wound healing factors



Haridra helps ease breathing difficulty, reduces coughing & cold symptoms

It enhances the availability & absorption of nutrients in the body

TIME CAPSULE

Rigveda says, 'Be gracious to forests enriched with medicinal plants'. Even Atharva Veda asserts the necessity of forest protection & preservation.

Agni Purana a dedicated text on Agricultural science (**Vriksha Ayurveda**) describes plant biology, stresses on the conservation of plants & plantation etc. It notes, seeds may be



preserved by mixing them with ashes or exposing them to medicated smoke (an antimicrobial agent). It expresses that they too have life as well as senses. It differentiates between humans & trees as: 'The tree has its head rooted deep in the earth, and the branches spread in the air on the other hand; man keeps his head high up and walks on his branches, his legs'.

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(Madiphal Rasayanam)

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| May 2025 | | | | | | | | | | |
|----------|-----|-------|-------------|--------------|-------------|-----------------|-------------|------------|-------------|-----------------|
| Date | Day | Tithi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash Triya Date |
| 1 | TH | S4 | 11.23 | Mrgashirsh | 14.20 | Aligand Sukarma | 08.33 29.37 | Beva | 22.14 | 11 |
| 2 | FR | S5 | 09.14 | Ardra | 13.03 | Dhruvi | 27.19 | Kaulav | 20.27 | 12 |
| 3 | SA | S6 | 07.51 | Punarvasu | 12.33 | Shool | 25.39 | Garaj | 19.28 | 13 |
| 4 | SU | S7 | 07.18 | Pushya | 12.52 | Gand | 24.40 | Vishhi | 19.20 | 14 |
| 5 | MO | S8 | 07.35 | Ashlesha | 14.00 | Vrudhhi | 24.18 | Balav | 20.01 | 15 |
| 6 | TU | S9 | 06.38 | Magha | 15.50 | Dhruv | 24.28 | Taili | 21.24 | 16 |
| 7 | WE | S10 | 10.19 | Purva | 18.16 | Vyaghat | 25.03 | Vanij | 23.21 | 17 |
| 8 | TH | S11 | 12.28 | Uttara | 21.05 | Harshan | 25.55 | Beva | 25.40 | 18 |
| 9 | FR | S12 | 14.55 | Haad | 24.08 | Vajra | 26.57 | Kaulav | 28.12 | 19 |
| 10 | SA | S13 | 17.29 | Chitra | 27.14 | Siddhi | 28.00 | Garaj | | 20 |
| 11 | SU | S14 | 20.01 | Swati | | Vytipat | 29.00 | Garaj | 06.46 | 21 |
| 12 | MO | S15 | 22.25 | Swati | 06.16 | Varjan | 29.52 | Vishhi | 09.15 | 22 |
| 13 | TU | K1 | 24.35 | Vishakha | 09.08 | Parigh | | Balav | 11.32 | 23 |
| 14 | WE | K2 | 26.29 | Anuradha | 11.46 | Parigh | 06.33 | Taili | 13.34 | 24 |
| 15 | TH | K3 | 28.02 | Jyeshtha | 14.07 | Shiv | 07.01 | Vanij | 15.18 | 25 |
| 16 | FR | K4 | 29.13 | Mool | 16.07 | Siddha | 07.13 | Beva | 16.41 | 26 |
| 17 | SA | K5 | 29.57 | P.Shadha | 17.43 | Sadhya | 07.08 | Kaulav | 17.38 | 27 |
| 18 | SU | K6 | - | U.Shadha | 18.51 | Shubh Shukla | 06.41 29.51 | Garaj | 18.08 | 28 |
| 19 | MO | K6 | 06.11 29.51 | Shravan | 19.29 | Bramha | 28.35 | Vishhi | 18.05 | 29 |
| 20 | TU | K8 | 28.55 | Dhanishtha | 19.31 | Arndra | 26.49 | Balav | 17.27 | 30 |
| 21 | WE | K9 | 27.21 | Shatarka | 18.57 | Vaidhruvi | 24.33 | Taili | 16.13 | 31 |
| 22 | TH | K10 | 25.12 | P.Bhadrapada | 17.46 | Vishkambh | 21.48 | Vanij | 14.21 | Jyeshtha |
| 23 | FR | K11 | 22.30 | U.Bhadrapada | 16.02 | Preeli | 18.36 | Beva | 11.54 | 2 |
| 24 | SA | K12 | 19.20 | Revati | 13.48 | Ayushman | 15.00 | Kaulav | 08.58 29.37 | 3 |
| 25 | SU | K13 | 15.52 | Ashwini | 11.12 | Saubhagya | 11.06 | Vishhi | 26.02 | 4 |
| 26 | MO | K14 | 12.12 | Bharani | 08.23 29.32 | Shobhan Aligand | 07.01 26.54 | Chatushpad | 22.22 | 5 |
| 27 | TU | K30 | 08.32 29.02 | Rohini | 26.50 | Sukarma | 22.54 | Kindughna | 18.46 | 6 |
| 28 | WE | S2 | 25.54 | Mrgashirsh | 24.29 | Dhruvi | 19.08 | Balav | 15.25 | 7 |
| 29 | TH | S3 | 23.18 | Ardra | 22.38 | Shool | 15.46 | Taili | 12.32 | 8 |
| 30 | FR | S4 | 21.22 | Punarvasu | 21.28 | Gand | 12.56 | Vanij | 10.14 | 9 |
| 31 | SA | S5 | 20.15 | Pushya | 21.06 | Vrudhhi | 10.42 | Beva | 08.42 | 10 |



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6

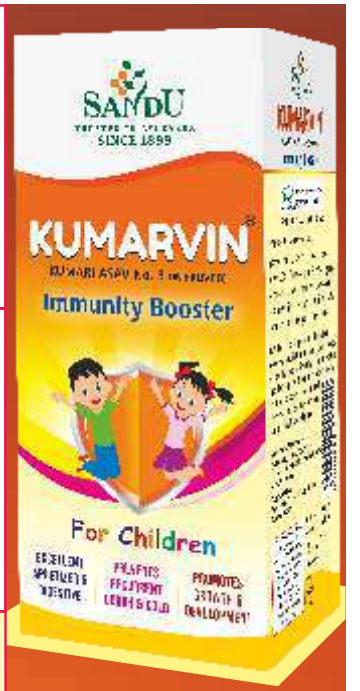
JYESHTHA-ASHADHA
SHAK 1947

JUNE 2025

SAMVAT 2081

SANDU PHARMACEUTICALS LTD
AROGYA DARSHIKA हर दिन, हर घर... आयुर्वेद !

| | | | | | | | | | | |
|--|---------------------------------|--|--|---|--|-----------------|---|------------|-----------------------|----------------|
| S U N | Jyeshtha S 6 Aranya Shashthi | Ram P 21 | S 12 Pradosh Margao (Holy Spirit Church) Feast (Goa) | Zamyad P 28 | K 4 | Asfandarmad P 5 | K 12 Bhagwat Ekadashi Ayan Karidin | Mohor P 12 | S 4 | Fravardin P 19 |
| | 1 | Jilhej M 4 | M 11 | M 18 | M 25 | M 3 | 22 | 29 | | |
| | 06.03 | 19.10 | 06.03 | 19.13 | 06.03 | 19.15 | 06.05 | 19.17 | 06.06 | 19.18 |
| | Karka 21.35 | Tula | Makar | Mesh 23.03 | Karka 06.33 | | | | | |
| | S 7 Shavuot (Jew) | Govad P 22 | S 13 Shivaji Shak 352 begins Shivarajyabhishek Din | Marespand P 29 | K 5 Nagpanchami (Bengal) | Khordad P 6 | K 13 Som Pradosh Shivaratri | Tir P 13 | S 5 Kumar Shashthi | Behram P 20 |
| | 2 | M 5 | M 12 | M 19 | M 26 | M 4 | 23 | 30 | | |
| | 06.03 | 19.11 | 06.03 | 19.13 | 06.03 | 19.15 | 06.05 | 19.17 | 06.07 | 19.18 |
| Simha | Tula 08.49 | Makar 13.09 | Vrishabh | Simha | | | | | | |
| S 8 Durgashtami Mela Kshirbhavani (Kashmir) | Dae-Pa-Din P 23 | S 14 Vata Purnima International Eye Donation Day | Aneran P 30 | K 6 Amardad P 7 | K 14 St. Joao Feast (Goa) | Gosh P 14 | SANDU ASHWAGANDHARISHTA Beneficial for Physical & Mental Debility | | | |
| 3 | M 6 | M 13 | M 20 | M 27 | 24 | | | | | |
| 06.03 | 19.11 | 06.03 | 19.14 | 06.04 | 19.16 | 06.05 | 19.17 | | | |
| Simha | Vrishchik | Kumbha | Vrishabh 23.45 | | | | | | | |
| S 9 Full Moon Kabir Jayanti Behman : Parsi Month begins Devsnan Purnima (Bengal) | Din P 24 | S 15 Hormazd P 1 | K 7 Kalashtami | Dae-Pa-Adar P 8 | K 30 Dae-Pa-Meher P 15 Darsha Amavasya | 4 | 11 | 18 | 25 | |
| 4 | M 7 | M 14 | M 21 | M 28 | 26 | | | | | |
| 06.03 | 19.12 | 06.03 | 19.14 | 06.04 | 19.16 | 06.05 | 19.17 | | | |
| Simha 07.34 | Vrishchik 20.10 | Kumbha 18.34 | Mithun | | | | | | | |
| S 10 Ganga Dashahara ends International Environment Day | Ashishvangh P 25 | K 1 Guru Hargovind Singh Birth Anniversary | Bahman P 2 | K 8 Adar P 9 | Ashadha S 1 Ashadha begins New Moon Mahakavi Kalidas Din Manorath Dwitiya Vrat (W.B.) | Meher P 16 | 5 | 12 | 19 | 26 |
| 5 | M 8 | M 15 | M 22 | M 29 | 27 | | | | | |
| 06.03 | 19.12 | 06.03 | 19.14 | 06.06 | 19.18 | 06.06 | 19.18 | | | |
| Kanya | Dhanu | Meen | Mithun 25.39 | | | | | | | |
| S 11 Nirjala Smarth Ekadashi Rukmani Vivah (Odisha) | Ashtad P 26 | K 2 Ardibehest P 3 | K 9 Avan P 10 | S 2 Ratha Yatra Muharram : Muslim Month begins Hijari San : 1447 begins | Srosh P 17 | 6 | 13 | 20 | 27 | |
| 6 | M 9 | M 16 | M 23 | M 30 | M 1 | 28 | | | | |
| 06.03 | 19.12 | 06.03 | 19.15 | 06.04 | 19.16 | 06.06 | 19.18 | | | |
| Kanya 20.05 | Dhanu 29.37 | Meen 21.44 | Karka | | | | | | | |
| S 12 Bhagwat Ekadashi Bakrid | Asman P 27 | K 3 Ganesh Sankashta Chaturthi | K 10/11 Yogini Smarth Ekadashi Dakshinayana begins International Yoga Day | Khorshed P 11 | S 3 Vinayak Chaturthi | Rashne P 18 | 7 | 14 | 21 | 28 |
| 7 | M 10 | M 17 | M 24 | M 31 | M 2 | 28 | | | | |
| 06.03 | 19.13 | 06.03 | 19.15 | 06.04 | 19.17 | 06.06 | 19.18 | | | |
| Tula | Makar | Mesh | Karka | | | | | | | |



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TRUSTED IN AYURVEDA SINCE 1899

AROGYA DARSHIKA

JUNE 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR. SANDU SANDU HEALTH & HAPPINESS RANGE

THE POT OF WIT

To begin the new school year, the school authorities had planned a unique ceremony for the students. The school had invited Dr. Sandu to guide the young minds. He started the address with a fun & interesting story:

Once, King Akbar got so mad at Birbal that he told Birbal to leave the kingdom. A heartbroken Birbal left, took refuge & worked at a farmer's house in a nearby village. As time passed, King Akbar started missing his favourite courtier & sent across his royal guards to find Birbal. But, their efforts were in vain. To find Birbal, Akbar declared that whoever got him a pot full of wit would be given a pot filled with diamonds. This news spread all over & to Birbal as well. Birbal offered the villagers a solution & asked to be given a month's time. He placed a small watermelon in a pot leaving its vines intact. In a month it grew up to the size of the pot & then it was sent to the King. He was told that the wit should only be removed without breaking the pot, which was how Akbar knew that this could be no one else but Birbal & brought him back.



Dr. Sandu: So this story tells us that with calm & steady mind anything is possible.

Dr. Sandu Explains :- Trataka Meditation

- 'Trataka' means to gaze steadily at a distant point until tears are shed as explained by the Acharyas.
- It is effective in improving & enhancing the mental steadiness to produce a calm state of mind that is as good as meditation.
- Studies support the words of Hatha Yoga Pradipika (Chp.II:32-33), that Tratak prevents laziness, improves awareness, relieves eye related issues & strain on eye muscles.

How to perform Trataka Meditation

- Tratak consists of 2 stages and involves 20-30 mins of practice
- First stage involves a 10 min warmup with eye exercises
- In a well-lit room, keeping your eyes open move the eyeballs in horizontal, vertical, diagonal & circular directions
- Follow with 10 min of quiet sitting with eyes closed
- Second stage involves practice of gazing at the candle flame in a dark room kept at eye level at a distance of 2 m.
- Fix yours gaze on the candle flame for about 2 to 3 min without blinking your eyes.
- Then try to visualize the candle flame between the eyebrows with closed eyes.
- Repeat for three rounds & conclude in silence with a prayer.
- This stage may last for a total duration of 10 min.



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

MANJISTHA

Latin name : *Rubia cordifolia* Linn.
Family : Rubiaceae
Common name : Majitha, Manjisth
Part used : Roots
Sanskrit meaning : Beautiful or which develops a beautiful colour.

Manjistha is extremely beneficial for skin health

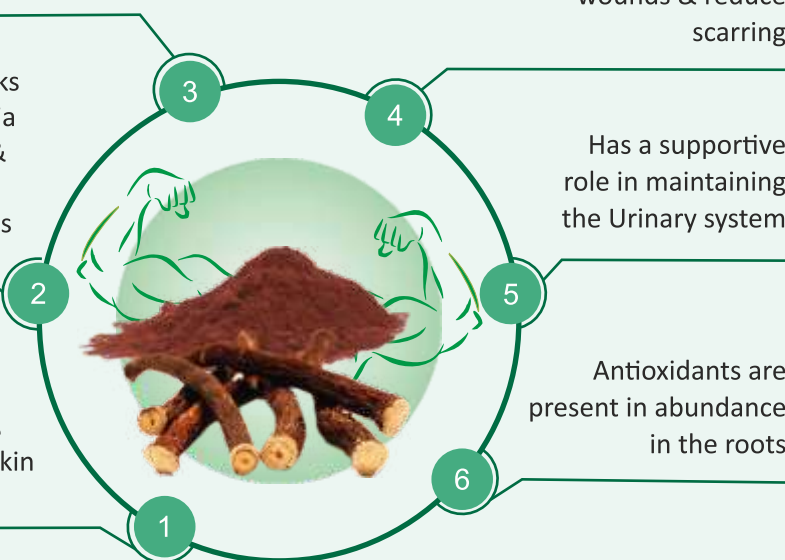
Helps in healing wounds & reduce scarring

It actively works against bacteria causing acne & associated skin complaints

Has a supportive role in maintaining the Urinary system

Application of Manjistha & honey mixture helps reduce skin discolorations

Antioxidants are present in abundance in the roots



TIME CAPSULE

Water is essential for human survival. The Rigveda, Atharva Veda, Yajur Veda & the Puranas specifically explain the concepts of evaporation, cloud formation, water movement, infiltration, river flow & repetition of the water cycle. It has been explained in the Ramayana & Mahabharata as well. The

Mahabharata also explains the monsoon season and the water uptake process by plants. Ayurveda classical texts also explain the different water sources and which sources are best for drinking & their individual qualities.



HEMOCLEEN

- Hemocleen is an excellent blood purifier with goodness of Manjistha, Rakta-Chandan, Haldi, Neem etc to improve skin texture, tone and lustre from within the body.
- It is the best and effective Ayurvedic polyherbal tonic for acne and pimples, prevents skin discoloration, pigmentation and black spots caused due to excessive sun exposure.
- It is a combination of 21 detoxifying

herbs that aid in nourishing the skin & protecting it from various infections.

- Haldi, Guduchi, Neem etc blend of herbs makes Hemocleen a strong antibacterial, blood purifier for a pimple free and glowing skin.



HEMOCLEEN

BHRINGAJEEVANI

- Bhringajeevani is a rejuvenating tonic for Hair.
- Helps in preventing loss of hair caused by various factors & premature graying of hair.
- Supports growth & nourishment of hair as well as all other vital tissues.
- Helps relieve stress and has a calming effect.

- Bhringajeevani contains powerful herbs such as Bhringaraj, Haritaki, Pippali & more that provide protective support to hair, scalp and prevent damage.



BHRINGAJEEVANI

ASHOKA COMPOUND

- Ashoka Compound is an ideal tonic for Gynecological problems.
- Contains unique combination of herbs such as Ashoka, Lodhra, Manjistha etc takes complete care of Female reproductive system
- It helps reduce pain & difficulty experienced by women in their cycles.

- Ashoka Compound is a non-hormonal solution that provides relief from pain and discomfort experienced by women.



ASHOKA COMPOUND

Sandu Arogya Darshika 2025
 Written & Edited : Dr. Madhuri Bhogan
 Research Associate, Sandu Pharmaceuticals Ltd

*Consult your Registered Medical Practitioner before use
 Email: customer@sandu.in, Phone: 022- 2528 4402

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Excellent Blood Purifier

Improves Complexion & Skin Tone



| June 2025 | | | | | | | | | | |
|-----------|-----|----------|-------------|------------|---------|-----------------|-------------|------------------|-------------|----------------|
| Date | Day | Tithi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash brya Date |
| 1 | SU | S6 | 19.59 | Ashlesha | 21.35 | Dhruv | 09.10 | Kaulav | 08.00 | 11 |
| 2 | MO | S7 | 20.34 | Magha | 22.54 | Vyaghat | 08.19 | Garaj | 08.10 | 12 |
| 3 | TU | S8 | 21.55 | Purva | 24.57 | Harshan | 08.07 | Vishhi | 09.10 | 13 |
| 4 | WE | S9 | 23.53 | Uttara | 27.34 | Vajra | 08.27 | Balav | 10.51 | 14 |
| 5 | TH | S10 | 26.15 | Hasht | | Siddhi | 09.12 | Taili | 13.02 | 15 |
| 6 | FR | S11 | 28.47 | Hasht | 06.33 | Vyallipat | 10.12 | Vanij | 15.30 | 16 |
| 7 | SA | S12 | | Chitra | 09.39 | Variyan | 11.16 | Bava | 18.03 | 17 |
| 8 | SU | S12 | 07.17 | Swati | 12.41 | Parigh | 12.17 | Kaulav | 20.28 | 18 |
| 9 | MO | S13 | 09.35 | Vishakha | 15.30 | Shiv | 13.07 | Garaj | 22.38 | 19 |
| 10 | TU | S14 | 11.35 | Anuradha | 18.01 | Siddha | 13.44 | Vishhi | 24.27 | 20 |
| 11 | WE | S15 | 13.13 | Jyeshtha | 20.10 | Sadhya | 14.03 | Balav | 25.53 | 21 |
| 12 | TH | K1 | 14.27 | Mool | 21.56 | Shubh | 14.04 | Taili | 26.56 | 22 |
| 13 | FR | K2 | 15.18 | P. Shadha | 23.20 | Shukla | 13.47 | Vanij | 27.35 | 23 |
| 14 | SA | K3 | 15.46 | U. Shadha | 24.21 | Brahma | 13.12 | Bava | 27.51 | 24 |
| 15 | SU | K4 | 15.51 | Shravan | 24.59 | Aindra | 12.18 | Kaulav | 27.44 | 25 |
| 16 | MO | K5 | 15.31 | Dhanishtha | 25.13 | Vaidhruti | 11.06 | Garaj | 27.12 | 26 |
| 17 | TU | K6 | 14.46 | Shattaraka | 25.01 | Vishkambh | 09.33 | Vishhi | 26.13 | 27 |
| 18 | WE | K7 | 13.34 | P. Bhadra | 24.22 | Preeti Ayushman | 07.39 29.23 | Balav | 24.48 | 28 |
| 19 | TH | K8 | 11.55 | U. Bhadra | 23.16 | Saubhagya | 26.45 | Taili | 22.55 | 29 |
| 20 | FR | K9 | 09.49 | Revati | 21.44 | Shobhan | 23.46 | Vanij | 20.37 | 30 |
| 21 | SA | K10 Kill | 07.18 28.27 | Ashwini | 19.50 | Aligand | 20.28 | Bava | 17.55 | 31 |
| 22 | SU | K12 | 25.22 | Bharani | 17.38 | Sukarma | 16.57 | Kaulav | 14.56 | Ashadh |
| 23 | MO | K13 | 22.10 | Krutika | 15.17 | Dhruvi | 13.17 | Garaj | 11.46 | 2 |
| 24 | TU | K14 | 19.00 | Rohini | 12.54 | Shool Gand | 09.35 29.59 | Vishhi Chatuspad | 08.33 29.28 | 3 |
| 25 | WE | K30 | 16.01 | Mrgushirsh | 10.40 | Vrudhhi | 26.38 | Kindughna | 26.39 | 4 |
| 26 | TH | S1 | 13.24 | Andra | 08.46 | Dhruv | 23.39 | Balav | 24.17 | 5 |
| 27 | FR | S2 | 11.19 | Punarvasu | 07.21 | Vyaghat | 21.09 | Taili | 22.31 | 6 |
| 28 | SA | S3 | 09.53 | Pushya | 06.35 | Harshan | 19.14 | Vanij | 21.28 | 7 |
| 29 | SU | S4 | 09.14 | Ashlesha | 06.33 | Vajra | 17.57 | Bava | 21.12 | 8 |
| 30 | MO | S5 | 09.23 | Magha | 07.20 | Siddhi | 17.19 | Kaulav | 21.45 | 9 |

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7

ASHADHA-SHRAVAN
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JULY 2025

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| | | | | | | |
|---|---|--|--|--|---|---|
| S U N | HEMOCLEEN[®] Excellent Blood Purifier  Improves Complexion & Skin Tone | S 11 Ashtad P 26 Devshayani Ashadhi Ekadashi Pandharpur Yatra Chaturmas begins Muharram (Tajija) | K 3 Ardibehest P 3 Matyar Day (Kashmir) | K 10 Avan P 10 Calangute Feast (Goa) | S 3 Srosh P 17 Madhusrava Tritiya Safar : Muslim Month begins Adipuram (T.N.) Banavalin Feast (Goa) |  Trusted Immunomodulator Precise medicine for flu Boosts immunity Beneficial for treatment of Headache & cold associated with flu |
| | | 6 | 13 | 20 | 27 | |
| | | M 10 06.09 19.18 Tula 15.59 | M 17 06.11 19.18 Makar 18.53 | M 24 06.14 19.16 Vrishabh | M 1 06.16 19.14 Simha | |
| | | S 12 Asman P 27 Vaman Pujan | K 4 Shehrevar P 4 Ganesh Sankashta Chaturthi | K 11 Khorshed P 11 Kamika Ekadashi | S 4 Rashne P 18 Vinayak Chaturthi Nag Chaturthi Vrat Durva Ganpati Vrat | |
| | | 7 | 14 | 21 | 28 | |
| | | M 11 06.09 19.18 Vrishchik | M 18 06.11 19.18 Kumbha | M 25 06.14 19.16 Vrishabh | M 2 06.16 19.14 Simha 23.59 | |
| | | Ashadha S 6 Ram P 21 Vivasvat Saptami | S 13 Zamyad P 28 Bhauma Pradosh | K 5 Asfandarmad P 5 | S 5 Fravardin P 19 Nag Panchami | |
| 1 | 8 | 15 | 22 | 29 | | |
| M 5 06.07 19.18 Simha 15.22 | M 12 06.09 19.18 Vrishchik 27.14 | M 19 06.12 19.17 Kumbha 23.57 | M 26 06.14 19.16 Vrishabh 08.14 | M 3 06.17 19.13 Kanya | | |
| S 7 Govad P 22 Budhashtami | S 14 Marespand P 29 Mela Jwalamukhi (Kashmir) | K 6 Khordad P 6 | K 12/13 Mohor P 12 Bhauma Pradosh Kerpuja (Tripura) | S 6 Behram P 20 Supodanvama Shashthi Shriyal Shashthi Kalki Jayanti | | |
| 2 | 9 | 16 | 23 | 30 | | |
| M 6 06.07 19.18 Kanya | M 13 06.10 19.18 Dhanu | M 20 06.12 19.17 Meen | M 27 06.15 19.16 Mithun | M 4 06.17 19.13 Kanya | | |
| S 8 Dae-Pa-Din P 23 Durgashtami Kharasi Puja(Tripura) | S 15 Aneran P 30 Guru Purnima Vyas Puja Full Moon Shivshayanotsav (Odisha) | K 7 Amardad P 7 Kalashtami Karidin | K 30 Gosh P 14 Darsha Amavasya Deep Pujan Karkat Puja (Kerala) Adi Amavasya (T.N.) | S 7 Ram P 21 Shitala Saptami | | |
| 3 | 10 | 17 | 24 | 31 | | |
| M 7 06.08 19.18 Kanya 27.18 | M 14 06.10 19.18 Dhanu | M 21 06.12 19.17 Meen 27.38 | M 28 06.15 19.15 Mithun 10.58 | M 5 06.17 19.13 Kanya 11.14 | | |
| S 9 Din P 24 Mela Sharif Bhagvati (Kashmir) | K 1 Hormazd P 1 Asfandarmad : Parsi Month begins Universal Census Day | K 8 Dae-Pa-Adar P 8 | S 1 Dae-Pa-Meher P 15 Shravan begins | | | |
| 4 | 11 | 18 | 25 | | | |
| M 8 06.08 19.18 Tula | M 15 06.10 19.18 Dhanu 12.08 | M 22 06.13 19.17 Mesh | M 29 06.15 19.15 Karka | | | |
| S 10 Ashishvangh P 25 Punaryatra | K 2 Bahman P 2 | K 9 Adar P 9 | S 2 Meher P 16 New Moon | | | |
| 5 | 12 | 19 | 26 | | | |
| M 9 06.08 19.18 Tula | M 16 06.11 19.18 Makar | M 23 06.13 19.17 Mesh 30.11 | M 30 06.16 19.15 Karka 15.51 | | | |

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AROGYA DARSHIKA

JULY 2025



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HELLO, DR.SANDU SANDU HEALTH & HAPPINESS RANGE

RAINBOWS & SUNSHINE

Returning late in the night from a trip with her friends Geeta had fallen asleep as soon as she hit the bed. They had enjoyed seeing the waterfalls near Lonavala, got wet in the rain, had a lot of street food & nice hot masala tea.

Next Morning:

Mummy: Geeta, it's time to get up or you will be late for college again.

Geeta: I don't think I can go today. I don't feel well

Mummy: What's this? (Touching her daughter's forehead) You have a fever! You kids never listen. I had warned you not to go out in the rain. What did you eat yesterday?

Geeta who was still drowsy, imagines the roadside tea, samosa & other snacks laughing at her.

Mummy: Come on, wake up. Let's go to Dr. Sandu, he will talk some sense into you.



At the Clinic

Dr. Sandu : Sure, the rainy season is meant to be enjoyed, but keeping our health intact. Such problems are common these days as the water sources are unsafe.

Dr. Sandu Explains :

- Intake of medicated or boiled water is advised.
- Purify water using Utpala (Blue Lotus), Nagakesara, Champaka & Patala (Padhal).
- Store this purified water in Copper or Bronze vessels overnight & consume next morning.
- Water kept in copper vessels has minute amount of copper dissolved it & prevents the growth of microbes, bacteria and fungi.
- It reduces the negative effects of pollutants, hormones, other contaminants & restores the chemical and physical balance.
- Other purification methods listed are keeping the water in sunlight, boiling the water, immersing a hot iron ball in the water, etc.

- In contrast, during cloudy weather, water should be taken with Honey, Tulsi or Ginger.
- It is advised that water should not be consumed with the help of palms as it can get contaminated.
- Use of loban, dry Neem leaves for fumigation & disinfection of rooms & cloths.
- Classical texts have noted that drinking unsafe and impure water may lead to disorders like indigestion (ajirna), skin disorders (twak vikara), cough (kasa), abdominal pain (udar shoola), fever (jwara), conjunctivitis (netra abhisyanada), etc.



SHATARI

- Shatari is a beneficial tonic that supports Lactation.
- Shatavari with the combined action of Yashtimadhu enhances the quality and quantity of breastmilk.
- It helps Mother's recover from post-delivery weakness, reduces stress & mental fatigue.
- It readily dissolves in milk to make a delicious drink.

- Shatari supports Breastfeeding Mother's in providing adequate nourishment to their vital tissues.



SHATARI

PREG-UTERO

- Preg-Utero is a unique Ayurvedic supplement for Expecting Mother's.
- It contains powerful herbs such as Shatavari, Ashwagandha, Brahmi, Gokshur, etc which act as immunomodulators.
- It is helpful in relieving symptoms associated with Pregnancy like nausea, vomiting, swelling, stress and more.

- It helps ensure the availability of micro-nutrients to both Mother and child.
- Preg-Utero offers natural nutritional support to expecting Mother's and babies at every stage of pregnancy.



PREG-UTERO

SANDU BALANT KADHA (No. 1, 2, 3)

- Sandu Balant Kadha (No.1, No.2, No.3) is an essential tonic set for women post delivery.
- The pack of 3 different tonics is to be taken over divided period of 60 days.
- It provides strength to reproductive organs and pacifies the Vata BALANT KADHA NO.1 dosha.
- It helps the new Mother cope from physical as well as mental stress of

- Sandu Balant Kadha (No.1, No.2, No.3) are a set of revitalizing tonics that help reduce discomfort associated with childbirth like BALANT KADHA NO.2 weakness, fatigue, various types of pain, discharges, etc.



BALANT KADHA NO.3

Sandu Arogya Darshika 2025

Written & Edited : Dr. Madhuri Bhogvan

Research Associate, Sandu Pharmaceuticals Ltd

*Consult your Registered Medical Practitioner before use
Email: customercare@sandu.in, Phone: 022- 2528 4402

HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

MESHASHRINGI

Latin name : *Gymnema sylvestre R.Br.*
Family : Asclepiadaceae
Common name : Gudmaar, Medhaashingi
Part used : Leaf, Root
Sanskrit meaning : Fruits/ Pods resembling "Sheep's horn"

Paste of leaves mixed with castor oil is applied to swollen joints to relieve joint complaints

Helps in relieving inflammatory conditions

Aids as liver tonic & maintains cholesterol levels



Antimicrobial action

Helps to improve urine output

Interferes with the ability of taste buds to differentiate sweet and bitter

TIME CAPSULE

Takshashila was the World's 1st University during the 700 BC besides Nalanda University & others. They were the centres for educational & cultural exchange. They attracted many scholars from all corners of the world, produced Scholars such as Acharya Nagarjuna, Acharya Charak, Chandra Gupta Maurya, Chanakya & others who made history. By 400 AD, Ayurveda texts were translated into Chinese & by 700 AD, Chinese scholars

were visiting the University. During the 800 AD the texts were translated into Arabic. In 1600 AD Paracelsus, German Physician, practiced & preached a system of medicine that borrowed from Ayurveda albeit indirectly through other sources. More such references have been recorded.



DIGIFORTE



Digestive Tonic VASA Ayurvedic COUGH SYRUP



| July 2025 | | | | | | | | | | |
|-----------|-----|---------|-------------|----------------------|-------------|----------------|-------------|--------------|-------------|-----------------|
| | | | | | | | | | | Ashadh-Shravan |
| Date | Day | Tilthi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash Triya Date |
| 1 | TU | S6 | 10.20 | Purva | 08.53 | Vyatpat | 17.17 | Garaj | 23.04 | 10 |
| 2 | WE | S7 | 11.57 | Uttara | 11.06 | Varyan | 17.45 | Vishli | 24.59 | 11 |
| 3 | TH | S8 | 14.06 | Haar | 13.49 | Parigh | 18.34 | Balav | 27.17 | 12 |
| 4 | FR | S9 | 16.31 | Chitra | 16.49 | Shiv | 19.34 | Taitil | 29.45 | 13 |
| 5 | SA | S10 | 18.58 | Swati | 19.50 | Siddha | 20.34 | Vanij | | 14 |
| 6 | SU | S11 | 21.14 | Vishakha | 22.40 | Sadhya | 21.26 | Vanij | 08.08 | 15 |
| 7 | MO | S12 | 23.09 | Anuradha | 25.11 | Shubh | 22.01 | Bava | 10.15 | 16 |
| 8 | TU | S13 | 24.38 | Jyeshtha | 27.14 | Shukla | 22.16 | Kaulav | 11.57 | 17 |
| 9 | WE | S14 | 25.36 | Mool | 28.49 | Brahma | 22.08 | Garaj | 13.11 | 18 |
| 10 | TH | S15 | 26.06 | P. Shadha | 29.55 | Aindra | 21.37 | Vishli | 13.55 | 19 |
| 11 | FR | K1 | 26.08 | U. Shadha | | Vaidhruti | 20.43 | Balav | 14.10 | 20 |
| 12 | SA | K2 | 25.46 | U. Shadha | 06.35 | Vishkambh | 19.30 | Taitil | 14.00 | 21 |
| 13 | SU | K3 | 25.02 | Shravan | 06.52 | Preeti | 18.00 | Vanij | 13.27 | 22 |
| 14 | MO | K4 | 23.59 | Dhanidha | 06.48 | Ayushman | 16.13 | Bava | 12.33 | 23 |
| 15 | TU | K5 | 22.39 | Shatarka P. Bhadrpad | 06.25 29.46 | Saubhagya | 14.11 | Kaulav | 11.21 | 24 |
| 16 | WE | K6 | 21.01 | U. Bhadrpad | 28.49 | Shobhan | 11.56 | Garaj | 09.52 | 25 |
| 17 | TH | K7 | 19.09 | Revati | 27.38 | Atigand | 09.28 | Vishli Balav | 08.07 30.07 | 26 |
| 18 | FR | K8 | 17.01 | Ashwini | 26.13 | Sukarma Dhruti | 06.47 17.55 | Taitil | 27.53 | 27 |
| 19 | SA | K9 | 14.42 | Bharani | 24.37 | Shool | 24.54 | Vanij | 25.28 | 28 |
| 20 | SU | K10 | 12.13 | Krutika | 22.53 | Gand | 21.47 | Bava | 22.56 | 29 |
| 21 | MO | K11 | 09.39 | Rohini | 21.07 | Vruddhi | 18.38 | Kaulav | 20.22 | 30 |
| 22 | TU | K12 K13 | 07.05 28.39 | Mngshirsh | 19.24 | Dhruv | 15.32 | Garaj | 17.51 | 31 |
| 23 | WE | K14 | 26.28 | Ardra | 17.54 | Vyaghat | 12.33 | Vishli | 15.32 | Shravan |
| 24 | TH | K30 | 24.40 | Punarvasu | 16.43 | Harshan | 09.50 | Chatshpad | 13.31 | 2 |
| 25 | FR | S1 | 23.22 | Pushya | 16.00 | Vajra Siddhi | 07.27 29.30 | Kindughna | 11.57 | 3 |
| 26 | SA | S2 | 22.41 | Ashlesha | 15.51 | Vyatpat | 28.05 | Balav | 10.57 | 4 |
| 27 | SU | S3 | 22.41 | Magha | 16.22 | Varyan | 27.12 | Taitil | 10.36 | 5 |
| 28 | MO | S4 | 23.23 | Purva | 17.34 | Parigh | 26.53 | Vanij | 10.57 | 6 |
| 29 | TU | S5 | 24.45 | Uttara | 19.26 | Shiv | 27.03 | Bava | 12.00 | 7 |
| 30 | WE | S6 | 26.41 | Haar | 21.51 | Siddha | 27.39 | Kaulav | 13.39 | 8 |
| 31 | TH | S7 | 28.58 | Chitra | 24.40 | Sadhya | 28.31 | Garaj | 15.47 | 9 |

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8

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AUGUST 2025

SAMVAT 2081

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AROGYA DARSHIKA हर दिन,
हर घर...
आयुर्वेद !

| | | | | | | | | |
|-----|--|--|---|---|--|---|---|---|
| SUN | S 8 Durgashtami Jyeshtha Gauri Avahan Betel Bati Carmona Feast (Goa) 31 M 7 06.26 18.52 Vrishchik | S 9 Tisha B ' Aav (Jew) 3 M 8 06.18 19.11 Vrishchik | K 1 Gatha I 10 M 15 06.21 19.07 Kumbha | G 1 Gatha I 10 M 15 06.21 19.07 Kumbha | K 9 Chorao Feast (Goa) 17 M 22 06.22 19.03 Vrishabh | Ardibehest P 3 Ardibehest P 3 17 M 22 06.22 19.03 Vrishabh | Bhadrapad S 1 Avan P 10 Bhadrapad begins New Moon 24 M 29 06.24 18.58 Simha | |
| | MON | SHISHUVIN Excellent Tonic for Infants | S 10 Jhulan Yatra begins 4 M 9 06.19 19.11 Vrishchik | Ashishvangh P 25 Ashishvangh P 25 4 M 9 06.19 19.11 Vrishchik | K 2 Gatha II 11 M 16 06.21 19.07 Kumbha 30.09 | G 2 Gatha II 11 M 16 06.21 19.07 Kumbha 30.09 | K 10 Shehrevar P 4 18 M 23 06.23 19.02 Vrishabh 14.39 | S 2 Khorshed P 11 Varah Jayanti Rabilawal : Muslim Month begins 25 M 1 06.24 18.57 Simha 08.28 |
| TUE | | KUMARVIN Immunity Booster for Children | S 11 Putrada Ekadashi Raia Feast (Goa) 5 M 10 06.19 19.10 Vrishchik 11.22 | Ashtad P 26 Ashtad P 26 5 M 10 06.19 19.10 Vrishchik 11.22 | K 3 Angarak Ganesh Sankashta Chaturthi Bahula Chaturthi (M.P.) 12 M 17 06.21 19.06 Meen | G 3 Gatha III 12 M 17 06.21 19.06 Meen | K 11 Aja Ekadashi 19 M 24 06.23 19.01 Mithun | S 3 Mohor P 12 Haritalika Tiritiya Swarna Gauri Vrat 26 M 2 06.25 18.56 Kanya |
| | WED | S 12 Pradosh 6 M 11 06.19 19.10 Dhanu | Asman P 27 Asman P 27 6 M 11 06.19 19.10 Dhanu | K 4/5 Raksha Panchami (Odisha) Candolin, Velsao Feast (Goa) 13 M 18 06.21 19.05 Meen | G 4 Gatha IV 13 M 18 06.21 19.05 Meen | K 12 Pradosh Paryushan Parva begins (Chaturthi Paksha) - Jain Khordad Sal 20 M 25 06.23 19.01 Mithun 18.35 | K 12 Pradosh Paryushan Parva begins (Chaturthi Paksha) - Jain Khordad Sal 20 M 25 06.23 19.01 Mithun 18.35 | S 4 Tir P 13 Shri Ganesh Chaturthi Parthiv Ganesh Pujan Jain Samvatsari (Chaturthi Paksha) 27 M 3 06.25 18.55 Kanya 19.20 |
| THU | | S 13 Zamyad P 28 7 M 12 06.20 19.09 Dhanu 20.10 | Zamyad P 28 Zamyad P 28 7 M 12 06.20 19.09 Dhanu 20.10 | K 6 Pateti Randhan Chhath 14 M 19 06.22 19.05 Meen 09.05 | G 5 Gatha V 14 M 19 06.22 19.05 Meen 09.05 | K 13 Shivaratri Paryushan Parva begins (Panchami Paksha) - Jain Taligao Feast (Goa) 21 M 26 06.23 19.00 Karka | K 13 Shivaratri Paryushan Parva begins (Panchami Paksha) - Jain Taligao Feast (Goa) 21 M 26 06.23 19.00 Karka | S 5 Gosh P 14 Rishi Panchami Paryushan Parva begins (Digamber) Jain Samvatsari (Panchami Paksha) Melapat (Kashmir) 28 M 4 06.25 18.55 Tula |
| | FRI | S 14 Varad Laxmi Vrat Coconut Day 8 M 13 06.20 19.08 Makar | Marespand P 29 Marespand P 29 8 M 13 06.20 19.08 Makar | K 7 Shri Krishna Jayanti (Vrat) Independence Day Parsi New Year 1395 begins Farvardin : Parsi Month begins Panaji Quelossin Feast (Goa) 15 M 20 06.22 19.04 Mesh | Hormazd P 1 Hormazd P 1 15 M 20 06.22 19.04 Mesh | K 14 Darsha Amavasya Pithori Amavasya Pola Matru Din 22 M 27 06.24 18.59 Karka 24.16 | K 14 Darsha Amavasya Pithori Amavasya Pola Matru Din 22 M 27 06.24 18.59 Karka 24.16 | S 6 Dae-Pa-Meher P 15 Surya Shashthi Melapat (Kashmir) 29 M 5 06.25 18.54 Tula |
| SAT | | S 8 Dae-Pa-Din P 23 2 M 7 06.18 19.12 Tula 23.51 | Dae-Pa-Din P 23 Dae-Pa-Din P 23 2 M 7 06.18 19.12 Tula 23.51 | S 15 Raksha Bandhan Full Moon Balbhadra Puja (Odisha) Amarnath Yatra Jhulan Yatra ends 9 M 14 06.20 19.08 Makar 26.10 | Aneran P 30 Aneran P 30 9 M 14 06.20 19.08 Makar 26.10 | K 8 Bahman P 2 Gopalkala Kalashtami 16 M 21 06.22 19.03 Mesh 11.43 | Bahman P 2 Bahman P 2 16 M 21 06.22 19.03 Mesh 11.43 | K 30 Adar P 9 National Space Day 23 M 28 06.24 18.58 Simha |



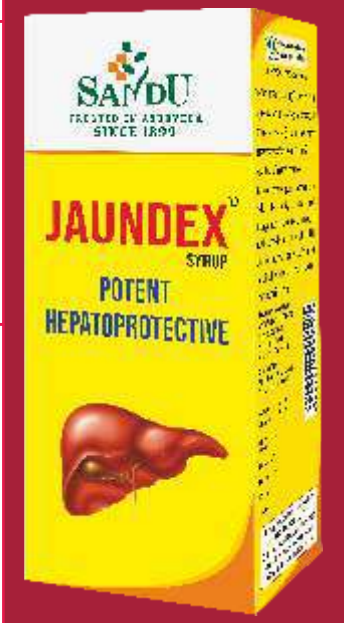
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AROGYA DARSHIKA

AUGUST 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR. SANDU SANDU HEALTH & HAPPINESS RANGE

DEVOTION DEVIATION

Venue: Patil Residence



All the ladies were gathered to celebrate the last day of Shraavan with songs and games. After a fun round of 'Fugadi', out of breath Mansi took a seat. Seeing this, Mrs. Patil, an older mother figure, asked Mansi with concern.

Mrs. Patil: You seem tired Mansi. Here, have this refreshing drink. It will give you some instant energy boost.

Mansi: Thank you Kaki. But, I'd rather not as I am on a special Shraavan diet. I am trying to lose weight.

Mrs. Patil: What? Dieting or fasting like this alone will never guarantee weight loss. Instead there will be worse side effects. This will not do. You must come with me to visit Dr. Sandu regarding this.

Venue: Dr. Sandu's Clinic

Mansi: Namaste Doctor. Please tell me how I can maintain my health & my weight.



Dr. Sandu Explains

- 10 types of Langhana therapy are listed in Ayurveda & Upavasa (treatment that helps lighten the body) is one of them.
- It is a state of abstinence from food but also from krodha (anger), shokha (grief), lobha (greed), moha (fascination), etc.
- Current Fasting fad is to eat more heavy to digest food like sabudana (sago/tapioca), fruits, potatoes etc.
- The process of fasting helps balance the doshas, provides rest to the gut, improves digestion & digestive fire.
- This results in expulsion of blockages from the channels & relieving the impact of certain disorders.
- This process is now known as 'Autophagy' (self- destruction) & increases when the cells are starved.
- The cells recycle unwanted products by

degradation & maintain all body functions.

- Ayurveda also considers 'अहो रात्रिभोजना अभावः' i.e., the state of overnight refrain from food as a form of fasting or Upavasa.
- Even in this instance the body cleanses, rejuvenates itself & eliminates the metabolic wastes the next day.

• **Fasting Myths**

1. **Weight loss:** Losing weight is only one part of the picture & not the expected primary outcome.

2. **Starvation:** Prolonged and extreme calorie restriction leads to Starvation & Malnourishment which are not advocated in fasting



HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

NIMBA

Latin name : *Azadirachta indica A. Juss*
Family : Meliaceae
Common name : Kadunimb, Neem
Part used : Leaves, Fruits, Bark, Roots
Sanskrit meaning : Which imparts health

Neem leaves have been used since ancient times in various ways to keep skin healthy

Neem promotes wound healing & helps eliminate worms

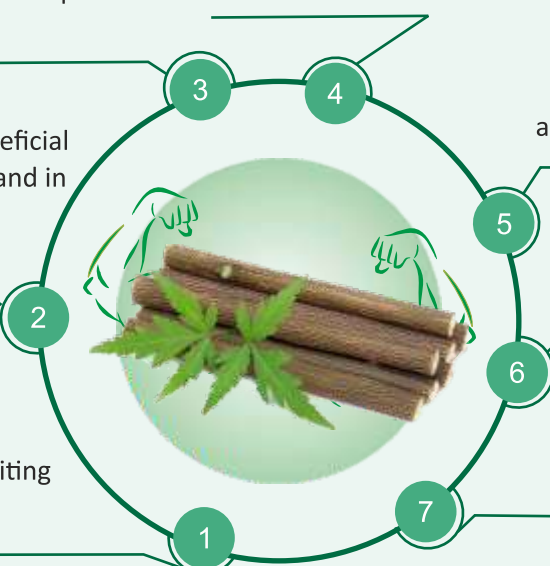
Helps prevent growth of viruses, bacteria, and pathogenic fungi

It helps to reduce plaque and bacteria in the oral cavity

Neem stimulates and activates the immune response

Extremely beneficial for dry cough and in respiratory infections

Enhances appetite, relieves nausea & vomiting



TIME CAPSULE

Satvavajay Chikitsa (Psychotherapy) has been practiced in Ayurveda classics & Indian literature. In this method, the approach is to replace a negative emotion with a positive emotion. For eg, although Rama is the main protagonist, other characters also function as his "counsellors" & significant other characters like Hanuman, based on the situation, irrespective of the character's societal status in the text. Bhagavad Gita

describes various aspects of psychotherapeutic techniques through 18 chapters. In Mahabharat, Lord Krishna was the first counsellor who delivered the message of Gita to Arjuna throughout the saga.



SARAK CHURNA

- Sarak churna is the best solution for constipation and related problems.
- Its main ingredient Sonamukhi is an excellent laxative & improves intestinal motility.
- Additional potent herbs such as Saunf, Vidang, Ajavayan etc, assist in proper

evacuation of bowels.

- Sarak churna is an excellent digestive, appetizer, softens stools, relieves abdominal colic & flatulence.



SARAK CHURNA

SANDU MAHARASNADI KADHA

- Sandu Maharasnadi Kadha is the best Ayurvedic polyherbal formulation to alleviate acute & chronic pain, stiffness and swelling of joints which is caused by Vata dosha.
- Rasna has analgesic, anti-inflammatory and immuno-modulatory properties which are beneficial in conditions such as arthritis, osteoarthritis etc.
- Guggul has active principles which may

relieve pain & inflammation.

- It prevents further degeneration of joints due to old age.
- Sandu Maharasnadi Kadha improves the mobility of joints and overall musculoskeletal health.



SANDU MAHARASNADI KADHA

OSTEON-D

- OSTEON-D is a natural calcium supplement with multi-factorial functions.
- It is the best natural source of calcium for excellent nourishment of bones in all age groups & satisfies additional calcium requirement during pregnancy, in breast feeding mothers and children.
- OSTEON-D is free from side-effects like renal stones as it is easily absorbed & assimilated in the body.
- It helps in the faster healing of fractures, strengthening of teeth and hair as it contains the powerful combination of

Dashmula which enhances calcium absorption.

- It is beneficial in preventing osteoporosis during the menopause period and old age.
- OSTEON-D is a comprehensive supplement not only providing adequate calcium supplement but also aids in improving its absorption in body.



OSTEON-D

Sandu Arogya Darshika 2025
 Written & Edited : Dr. Madhuri Bhogan
 Research Associate, Sandu Pharmaceuticals Ltd

SANDU ASHWAGANDHARISHTA



Beneficial for Physical & Mental Debility

| August 2025 | | | | | | | | | | Shraavan-Bhadrapad | |
|-------------|-----|-------|-------------|-----------------|-------------|------------------|-------------|--------------|-------------|--------------------|-----------|
| Date | Day | Tithi | Ends at | Nakshatra | Ends at | Yog | Ends at | Karan | Ends at | Rash | Trya Date |
| 1 | FR | S8 | | Swati | 27.39 | Shubh | 29.29 | Vishiti | 18.09 | 10 | |
| 2 | SA | S8 | 07.23 | Vishakha | | Shukla | | Balav | 20.33 | 11 | |
| 3 | SU | S9 | 09.41 | Vishakha | 06.34 | Shukla | 06.23 | Taitil | 22.44 | 12 | |
| 4 | MO | S10 | 11.41 | Anuradha | 09.11 | Brahma | 07.04 | Vanij | 24.30 | 13 | |
| 5 | TU | S11 | 13.11 | Jyeshtha | 11.22 | Aindra | 07.23 | Bava | 25.44 | 14 | |
| 6 | WE | S12 | 14.08 | Mool | 12.59 | Vaidhuti | 07.16 | Kaulav | 26.22 | 15 | |
| 7 | TH | S13 | 14.27 | P.Shadha | 14.00 | Vishkambh Preeti | 06.41 29.38 | Garaj | 26.24 | 16 | |
| 8 | FR | S14 | 14.12 | U.Shadha | 14.27 | Ayushman | 28.08 | Vishiti | 25.51 | 17 | |
| 9 | SA | S15 | 13.24 | Shraavan | 14.23 | Saubhagya | 26.14 | Balav | 24.50 | 18 | |
| 10 | SU | K1 | 12.10 | Dhanishtha | 13.52 | Shobhan | 24.01 | Taitil | 23.24 | 19 | |
| 11 | MO | K2 | 10.33 | Shatarka | 13.00 | Atigand | 21.33 | Vanij | 21.39 | 20 | |
| 12 | TU | K3 | 08.40 | P.Bhadrapada | 11.51 | Sukarma | 18.53 | Bava | 19.39 | 21 | |
| 13 | WE | K4 K5 | 06.36 28.33 | U.Bhadrapada | 10.32 | Dhruvi | 16.05 | Kaulav | 17.30 | 22 | |
| 14 | TH | K6 | 26.07 | Revati | 09.05 | Shool | 13.11 | Garaj | 15.15 | 23 | |
| 15 | FR | K7 | 23.49 | Ashwini Bharani | 07.35 30.05 | Gand | 10.16 | Vishiti | 12.58 | 24 | |
| 16 | SA | K8 | 21.34 | Krutika | 28.38 | Vrudhi Dhruv | 07.20 28.27 | Balav | 10.41 | 25 | |
| 17 | SU | K9 | 19.24 | Rohini | 27.17 | Vyaghat | 25.39 | Taitil Vanij | 08.28 30.21 | 26 | |
| 18 | MO | K10 | 17.22 | Mrgashirsh | 26.05 | Harshan | 22.59 | Bava | 28.25 | 27 | |
| 19 | TU | K11 | 15.32 | Ardra | 25.07 | Vajra | 20.29 | Kaulav | 26.43 | 28 | |
| 20 | WE | K12 | 13.58 | Punarvasu | 24.26 | Siddhi | 18.13 | Garaj | 25.18 | 29 | |
| 21 | TH | K13 | 12.44 | Pushya | 24.08 | Vyatipat | 16.13 | Vishiti | 24.16 | 30 | |
| 22 | FR | K14 | 11.55 | Ashlesha | 24.16 | Viriyen | 14.34 | Chatuspad | 23.41 | 31 | |
| 23 | SA | K30 | 11.35 | Magha | 24.54 | Parigh | 13.18 | Kinsughna | 23.37 | Bhadra | |
| 24 | SU | S1 | 11.48 | Purva | 26.05 | Shiva | 12.28 | Balav | 24.06 | 2 | |
| 25 | MO | S2 | 12.34 | Uttara | 27.49 | Siddha | 12.05 | Taitil | 25.10 | 3 | |
| 26 | TU | S3 | 13.54 | Haad | 30.03 | Sadhya | 12.07 | Vanij | 26.45 | 4 | |
| 27 | WE | S4 | 15.43 | Chitra | | Shubh | 12.33 | Bava | 28.48 | 5 | |
| 28 | TH | S5 | 17.56 | Chitra | 08.42 | Shukla | 13.17 | Kaulav | | 6 | |
| 29 | FR | S6 | 20.20 | Swati | 11.37 | Brahma | 14.11 | Kaulav | 07.08 | 7 | |
| 30 | SA | S7 | 22.45 | Vishakha | 14.36 | Aindra | 15.08 | Garaj | 09.34 | 8 | |
| 31 | SU | S8 | 24.56 | Anuradha | 17.25 | Vaidhuti | 15.57 | Vishiti | 11.53 | 9 | |

DIGIFORTE[®]

Digestive Tonic

Indigestion, Loss of appetite, Abdominal pain,
Acidity related to indigestion



9

**BHADRAPAD-
ASHWIN**
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SEPTEMBER 2025

SAMVAT 2081

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AROGYA DARSHIKA हर दिन,
हर घर... आयुर्वेद !

| | | | | | |
|-----|--|---|---|--|---|
| SUN | SANDU VASA[®] Ayurvedic COUGH Syrup | S 15 Din P 24 Proshthapadi Purnima Bhagwat Saptaha ends Full Moon Lunar Eclipse Narayan Guru Jayanti (Kerala) | K 8 Hormazd P 1 Kalashtami Ardibehast : Parsi Month begins Chinchinin Feast (Goa) | K 30 Dae-Pa-Adar P 8 Sarvapitri Darsha Amavasya | S 6 Dae-Pa-Meher P 15 |
| | | 7 | 14 | 21 | 28 |
| MON | Bhadrapad S 9 Rashne P 18 Adukha Navami Bhagwat Saptaha begins Jyeshta Gauri Pujan | K 1 Ashishvangh P 25 Mahalaya begins Grahan Karidin | K 9 Bahman P 2 Avidhava Navami | Ashwin S 1 Adar P 9 Ashwin begins Ghatasthapana Shardiya Navaratra begins Vishuv Din | S 7 Meher P 16 Mahalaxmi Pujan Saraswati Avahan Ayambil Oli begins (Jain) Shardiya Durga Pujarambha Mahasaptami Durga Pujarambh (Bengal) |
| | 1 | 8 | 15 | 22 | 29 |
| TUE | S 10 Fravardin P 19 Jyeshta Gauri Visarjan Avani Mulam (T.N.) | K 2 Ashtad P 26 | K 10 Ardibehast P 3 | S 2 Avan P 10 New Moon Rosh Hashanah (Jew) | S 8 Srosch P 17 Durgashtami Mahashtami Vrat Saraswati Pujan Shardiya Durga Pujarambha Mahashtami |
| | 2 | 9 | 16 | 23 | 30 |
| WED | S 11 Behram P 20 Parivartini Ekadashi | K 3 Asman P 27 Ganesh Sankashta Chaturthi | K 11 Shehrevrar P 4 Indira Ekadashi | S 3 Khorshed P 11 Rabilakhar : Muslim Month begins | OSTEON-D[®] Tablet Calcium with difference |
| | 3 | 10 | 17 | 24 | |
| THU | S 12 Ram P 21 Vaman Jayanti | K 4 Zamyad P 28 | K 12 Asfandarmad P 5 | S 3 Mohor P 12 Vinayak Chaturthi | |
| | 4 | 11 | 18 | 25 | |
| FRI | S 13 Govad P 22 Pradosh Teacher's Day Id-E-Milad Onam-Thiruonam (Kerala) | K 5 Marespand P 29 | K 13 Khordad P 6 Pradosh Shivaratri | S 4 Tir P 13 Lalita Panchami | HAEMOL FORTE[®] Tablet The Complete IRON Supplement |
| | 5 | 12 | 19 | 26 | |
| SAT | S 14 Dae-Pa-Din P 23 Anant Chaturdashi Paryushan Parva ends (Digamber) | K 6/7 Aneran P 30 | K 14 Amardad P 7 | S 5 Gosh P 14 | |
| | 6 | 13 | 20 | 27 | |



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IMMUNITY BOOSTER FOR CHILDREN



AROGYA DARSHIKA

SEPTEMBER 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR. SANDU SANDU HEALTH & HAPPINESS RANGE

CATCH 21

The Ganesh Festival had arrived. At home little Keshav and his siblings had just finished the aarti with loud echoes of Jay Dev-Jay Dev & eagerly awaiting their favorite moment when they could eat modak. The moment the plate of modak was offered all the kids had rushed forward & grabbed as many as possible in a moment of total chaos. Guests had brought their own Modak varieties like steamed, made of coconut & cashew. All of these had made their way into Keshav's tummy until it was ready to burst. Feeling drowsy he decided to take a nap. But after some time his mother heard him crying in pain with his knees to his stomach. Concluding that his eating had given him indigestion Keshav's mother called Dr. Sandu who took note of the situation.



Dr. Sandu Explains: Overeating & its Prevention

- 7 probable overeating causes : Food Fretting, Task Snacking, Emotional Eating, Fast Foodism, Solo Dining, Unappetizing Atmosphere & Sensory Disregard.
- Research shows highly palatable foods impact the brain in similar ways to addictive drugs like heroin and cocaine.
- They trigger 'feel-good' brain chemicals such as Dopamine.
- Once people experience this rush from eating certain foods, they quickly feel the need to binge eat.
- Symptoms include eating a lot of food in a short amount of time, eating rapidly, eating when you are already full or not hungry, feeling that your eating is out of control, eating alone or in secret, and feeling depressed, disgusted, ashamed, guilty or upset about eating.
- This rush of sugar into the bloodstream stimulates the brain's pleasure centre leading to more sugar craving.
- At these times eating sweets and high-glycemic carbohydrates enhances the craving for these foods.
- If this habit is not corrected it can also result in diminished dopamine function so the same amount of food is not enough to satisfy the senses anymore.
- Fatty & salty foods also activate the same "reward circuits" of the brain linked to addictive drugs and gambling behaviours.
- Distracted & rapid eating fails to trigger satiety leading to overeating.
- Focused & mindful eating practices cause lesser energy loss & trigger satiety on time preventing overeating.



SANDU CHYAVANPRASH

- Sandu Chyavanprash is a time tested remedy that provides complete protection against infections & boosts immunity.
- It is a combination of more than 50 powerful herbs including Ashtavarga, Dashmool, & Amalaki.
- It contains Amalaki, Ashwagandha etc. excellent Rasayana herbs having anti-aging, immunity building, adaptogenic and rejuvenating properties.
- Ashtavarga from Sandu Chyavanprash has anti-oxidant, rejuvenative,

hepatoprotective effect and nourishes the body. Additionally other essential herbs like Dashmool, Nilotpal, Shatavari etc. balance the tridosha (Vata, Pitta and Kapha).

- Sandu Chyavanprash is an anti-oxidant rich, rejuvenating tonic for all age groups that improves the body's immunity against various disorders and reduces the chances of recurrent illnesses.



SANDU CHYAVANPRASH

SANDU AMRITARISHTA

- Sandu Amritarishta is a versatile immunity enhancer.
- Giloy the prime herb of Amritarishta, has an immunomodulatory, revitalizing, hepatoprotective & antioxidant properties.
- Sandu Amritarishta is beneficial in chronic and relapsing infectious conditions arising due to various causative factors.

- It reduces burning sensation, body ache, restlessness and excessive thirst.
- Sandu Amritarishta improves immunity, reduces chances of recurrent illnesses & time taken for recovery post-infections.



SANDU AMRITARISHTA

SANDU DASHMULARISHTA

- Sandu Dashmularishta contains vata pacifying herbs such as Dashmul, Guduchi, Amalaki etc.
- It is beneficial in relieving joint pain & stiffness of joints & improves absorption and deposition of calcium in bones.
- It is beneficial for women of all ages, especially the adolescents where it helps by strengthening their reproductive system.

- Sandu Dashmularishta aids in relieving pain during menstrual cycle.
- In the post-delivery phase, it strengthens the reproductive system, relieves weakness, improves stamina, immunity and brings it back to normal.



SANDU DASHMULARISHTA

Sandu Arogya Darshika 2025
Written & Edited : Dr. Madhuri Bhogan
Research Associate, Sandu Pharmaceuticals Ltd

*Consult your Registered Medical Practitioner before use
Email: customer@sandu.in, Phone: 022- 2528 4402

HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

SHATAVARI

Latin name : *Asparagus racemosus Willd.*
Family : Liliaceae
Common name : Shatavar, Shatamuli
Part used : Roots & sapling
Sanskrit meaning : Plant having hundred roots

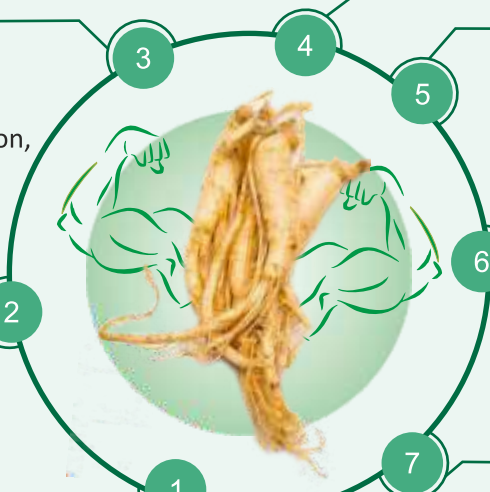
Shatavari is an important herb in Ayurveda to deal with women's health issues

It has immuno-modulatory & rejuvenative properties

Shatavari improves brain & nerve function

Improves digestion, gut health & nourishes all vital tissues

A rich source of vit. A,B1,B2, C, E, Calcium, Magnesium & Folic acid



Rich in antioxidants it prevents cell damage & stress

Shatavari is widely used as post-delivery tonic for increasing lactation

TIME CAPSULE

Humans & animals started relying on each other for survival so their health became a priority. Agni Purana has described ways to attend to the needs & comforts of animals. Medicine for animals (Pashu Ayurved) branched into Medicine for Horse (Ashva Ayurveda), Medicine for Elephant (Gaj Ayurveda) etc. Rigveda mentions how the Ashwini Kumar treated 'Dhenu' Cow. Palkapya Rishi mentioned in Charak Samhita, authored a book on the

treatment of Elephants. Multiple references are found of Acharya Shalihotra & his text on ailments of Horses in the Mahabharat. Even during the reign of King Ashoka, separate hospitals for men & animals were established.



SANDU GULKAND

PRALAYUKTA (with Coral)

In all Phases of Life EAT EVERYDAY

Tasty Controls Body Heat



| September 2025 | | | | | | | | | | Bhadrapada-Ashwin | |
|----------------|-----|-------|-------------|----------------|-------------|--------------|-------------|--------------|-------------|-------------------|------------|
| Date | Day | Tithi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash | Triya Date |
| 1 | MO | S9 | 26.42 | Jyeshtha | 19.53 | Vishkambh | 16.30 | Balav | 13.53 | 10 | |
| 2 | TU | S10 | 27.52 | Mool | 21.50 | Preeti | 16.38 | Taitil | 15.22 | 11 | |
| 3 | WE | S11 | 28.21 | P. Shadha | 23.07 | Ayushman | 16.16 | Vanij | 16.12 | 12 | |
| 4 | TH | S12 | 28.07 | U. Shadha | 23.43 | Saubhagya | 15.20 | Bava | 16.19 | 13 | |
| 5 | FR | S13 | 27.12 | Shravan | 23.37 | Shobhan | 13.51 | Kaulav | 15.45 | 14 | |
| 6 | SA | S14 | 25.41 | Dhanistha | 22.55 | Atigand | 11.51 | Garaj | 14.31 | 15 | |
| 7 | SU | S15 | 23.38 | Shataraaka | 21.41 | Sukarma | 09.22 | Vishiti | 12.43 | 16 | |
| 8 | MO | K1 | 21.12 | P. Bhadra | 20.02 | Dhruvi Shool | 06.29 27.19 | Balav | 10.27 | 17 | |
| 9 | TU | K2 | 18.29 | U. Bhadra | 18.07 | Gand | 23.58 | Taitil Vanij | 07.52 29.04 | 18 | |
| 10 | WE | K3 | 15.38 | Revati | 16.03 | Vrudhi | 20.31 | Bava | 26.11 | 19 | |
| 11 | TH | K4 | 12.45 | Ashwini | 13.57 | Dhruv | 17.04 | Kaulav | 23.21 | 20 | |
| 12 | FR | K5 | 09.58 | Bharani | 11.58 | Vyaghat | 13.43 | Garaj | 20.39 | 21 | |
| 13 | SA | K6 K7 | 07.23 29.04 | Krutika | 10.10 | Harshan | 10.31 | Vishiti | 18.11 | 22 | |
| 14 | SU | K8 | 27.05 | Rohini | 08.40 | Vajra Siddhi | 07.34 28.54 | Balav | 16.02 | 23 | |
| 15 | MO | K9 | 25.31 | Mrughshirsh | 07.31 | Vyatipat | 26.33 | Taitil | 14.15 | 24 | |
| 16 | TU | K10 | 24.21 | Arda Punarvasu | 06.45 30.25 | Variyan | 24.33 | Vanij | 12.53 | 25 | |
| 17 | WE | K11 | 23.39 | Pushya | - | Parigh | 22.54 | Bava | 11.57 | 26 | |
| 18 | TH | K12 | 23.24 | Pushya | 06.31 | Shiv | 21.36 | Kaulav | 11.28 | 27 | |
| 19 | FR | K13 | 23.36 | Ashlesha | 07.05 | Siddha | 20.40 | Garaj | 11.26 | 28 | |
| 20 | SA | K14 | 24.16 | Magha | 08.05 | Sadhya | 20.05 | Vishiti | 11.53 | 29 | |
| 21 | SU | K30 | 25.23 | Purva | 09.31 | Shubh | 19.52 | Chatushpad | 12.46 | 30 | |
| 22 | MO | S1 | 26.55 | Uttara | 11.23 | Shukla | 19.58 | Kinshughna | 14.06 | 31 | |
| 23 | TU | S2 | 28.51 | Hasd | 13.39 | Brahma | 20.22 | Balav | 15.50 | Ashwin | |
| 24 | WE | S3 | | Chitra | 16.15 | Andra | 21.01 | Taitil | 17.56 | 2 | |
| 25 | TH | S3 | 07.05 | Swati | 19.07 | Vaidhuti | 21.52 | Vanij | 20.17 | 3 | |
| 26 | FR | S4 | 09.32 | Vishakha | 22.08 | Vishkambh | 22.49 | Bava | 22.47 | 4 | |
| 27 | SA | S5 | 12.03 | Anuradha | 25.07 | Preeti | 23.44 | Kaulav | 25.16 | 5 | |
| 28 | SU | S6 | 14.26 | Jyeshtha | 27.53 | Ayushman | 24.30 | Garaj | 27.31 | 6 | |
| 29 | MO | S7 | 16.30 | Mool | 30.16 | Saubhagya | 24.59 | Vishiti | 29.22 | 7 | |
| 30 | TU | S8 | 18.05 | P. Shadha | | Shobhan | 25.01 | Balav | | 8 | |

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| | | | | | | | | | |
|-----|---|--|---------------------------------|--|--|---|---|---|----------------------------------|
| SUN |  Premium Immunity Booster | S 13 Majorda, Banavalin Feast (Goa) | K 6 Marespand P 29 | K 13 Shivaratri | Khordad P 6 | S 5 Pandav Panchami Dnyan Panchami (Jain) | Tir P 13 | In all Phases of Life Eat Everyday | |
| | | 5 | 12 | 19 | 26 | M 12 06.32 18.22 Kumbha 24.45 | M 19 06.34 18.16 Mithun | | M 26 06.36 18.11 Kanya |
| MON | | S 14 Kojagari Purnima Sharad Purnima Kojagari Laxmi Puja (W.B) | K 7 Kalashtami Karashtami | Aneran P 30 | K 14 Narak Chaturdashi Abhyang Snana Somvati Amavasya | Amardad P 7 | S 6 Gosh P 14 | Tasty | |
| | | 6 | 13 | 20 | 27 | M 13 06.32 18.21 Meen | M 20 06.34 18.15 Mithun 29.58 | | M 27 06.36 18.10 Kanya |
| TUE | | S 15/K 1 Navanna Purnima Valmiki Jayanti Full Moon Ayambil Oli ends (Jain) Kartik Snana begins Sukkot (Jew) | Din P 24 | K 8 Khordad: Parsi Month begins | Hormazd P 1 | K 30 Dae-Pa-Adar P 8 Laxmi Pujan Abhyang Snana Mahavir Nirvan (Jain) Kedar Gauri Vrat (T.N.) | S 6 Dae-Pa-Meher P 15 Suryashashthi (Bihar) | Control Body Heat | |
| | | 7 | 14 | 21 | 28 | M 14 06.33 18.20 Meen 25.28 | M 21 06.35 18.15 Karka | | M 28 06.37 18.10 Kanya 09.35 |
| WED | | Ashwin S 9 Mahanavami Mahanavami Vrat Aayudh Pujan Saraswati Balidan Shardiya Durga Pujarambha Mahanavami Rabilakhar | Rashne P 18 | K 2 Ashishvangh P 25 | Bahman P 2 | Kartik S 1 Balipratipada Deepavali Padwa Pujan Vikram Samvat 2082 Annakut Pingalnam Samvatsar begins Mahavir Jain Samvat 2552 Abhyang Snana Margao (Grace Church) Feast (Goa) | Adar P 9 | S 7 Jalaram Jayanti Tivin Feast (Goa) | Nutritious |
| | | 1 | 8 | 15 | 22 | M 8 06.31 18.25 Dhanu 14.26 | M 15 06.33 18.19 Mesh | M 22 06.35 18.14 Karka | |
| THU | | S 10 Dassera Vijaya Dashmi Shri Madhvacharya Jayanti Mahatma Gandhi Birth Anniversary Lal Bahadur Shastri Birth Anniversary Yom Kippur (Jew) | Fravardin P 19 | K 3 Ashtad P 26 | Ardibehest P 3 | S 2 Bhaubeej Yama Dwitiya New Moon | Avan P 10 | S 8 Durgashtami Gopashtami Kushmand Navami | Reduces Pitta |
| | | 2 | 9 | 16 | 23 | M 9 06.32 18.24 Makar | M 16 06.33 18.18 Mesh 25.23 | M 23 06.35 18.13 Karka 12.41 | |
| FRI | | S 11 Pashankusha Ekadashi | Behram P 20 | K 4 Ganesh Sankashta Chaturthi Dasharathi Chaturthi Karak Chaturthi Karwa Chouth | Asman P 27 | K 11 Shehrevat P 4 Ram Ekadashi Govatsa Dwadashi Vasubaras | Shehrevat P 4 | S 3 Jamadilawal : Muslim Month begins | SANDU VASA Ayurvedic COUGH Syrup |
| | | 3 | 10 | 17 | 24 | M 10 06.32 18.23 Makar 21.26 | M 17 06.33 18.18 Vrishabh | M 24 06.35 18.12 Simha | |
| SAT | | S 12 Shani Pradosh | Ram P 21 | K 5 Zamyad P 28 | Asfandarmad P 5 | K 12 Shani Pradosh Guru Dwadashi Dhanatrayodashi Dhanwantari Jayanti Yamadeepdan National Ayurvedic Day | Asfandarmad P 5 | S 4 Vinayak Chaturthi | |
| | | 4 | 11 | 18 | 25 | M 11 06.32 18.22 Kumbha | M 18 06.34 18.17 Vrishabh 26.24 | M 25 06.36 18.12 Simha 22.10 | |



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AROGYA DARSHIKA

OCTOBER 2025



PREMIUM IMMUNITY BOOSTER

HELLO, DR.SANDU

SANDU HEALTH & HAPPINESS RANGE

ACE OF SPADES

The burning of Dashanan Ravana on Vijayadashmi has always been interpreted as the triumph of 'Good' over 'Evil'. So, how can the 'Modern Man' defeat various disorders that are not unlike the ten headed Ravana?

Dr. Sandu Explains : 10 General Health Tips for Men



- In general all Rasayanas promote nutrition relevant to the natural damage occurring during the different phases of life span.
- There are certain organ and tissue specific Rasayanas viz, Medhya Rasayana (Brain), Hridya Rasayana (Heart), Caksusya Rasayana (Eyes) etc.
- Adaptogens such as Ashwagandha, Brahmi in the form of herbal supplements like Chyawanprash, Musli pak, Ashwagandhadi leha provide nutrients to make up for any dietary insufficiency.
- Adaptogens have neuroprotective, anti-fatigue, antidepressant, anxiolytic, nootropic activity and more.
- Dietary factors are also major contributors to optimum Gut & Kidney function.
- High fat diet, inadequate nutrition, excess of food that contains oxalate crystals, high protein diet etc can cause kidney related complaints.
- An overabundance of calories, highly

refined foods & poor eating practices may lead to increased inflammation and damage immunity (Ojas).

- Additionally insomnia & lethargy can further reduce in quality of life.
- So calorie restriction or following mindful practices when it comes to food is encouraged instead of resorting to medicine.
- To maintain optimum oral health do Dant Dhavan (Brushing), Jivha Nirlekhana (Tongue scraping) and Gandoosha (gargling or oil pulling) daily.



SANDU PARIPATHADI KADHA (PATHAJEEVANI)

- Sandu Paripathadi Kadha (Pathajeevani) is best for disorders with skin eruptions.
- It is exclusively made with herbs that are beneficial for various skin disorders such as Paripatha, Raktachandan, Khadir, Haridra among others.
- It has an anti-inflammatory and cooling effect in the body.



SANDU PARIPATHADI KADHA

- Sandu Chandanasav has an antimicrobial effect, provides relief from infection & improves urinary system health.



SANDU CHANDANASAV

SANDU CHANDANASAV

- Sandu Chandanasav is a time tested solution for managing urinary system disorders.
- Made with cooling and diuretic herbs such as Chandan, Musta, Rakta chandan, Nyagrodha and more.
- Aids in relieving burning and painful urination while having a soothing effect.

SANDU GOKSHUR KADHA (Sandu Gokharu Kadha)

- Sandu Gokshur Kadha (Sandu Gokharu Kadha) is best for various Urinary system issues.
- Gokshur is a potent immunity enhancer for the Urinary system.
- It disintegrates and expels out urinary stones, relieves pain and difficulty in urination.



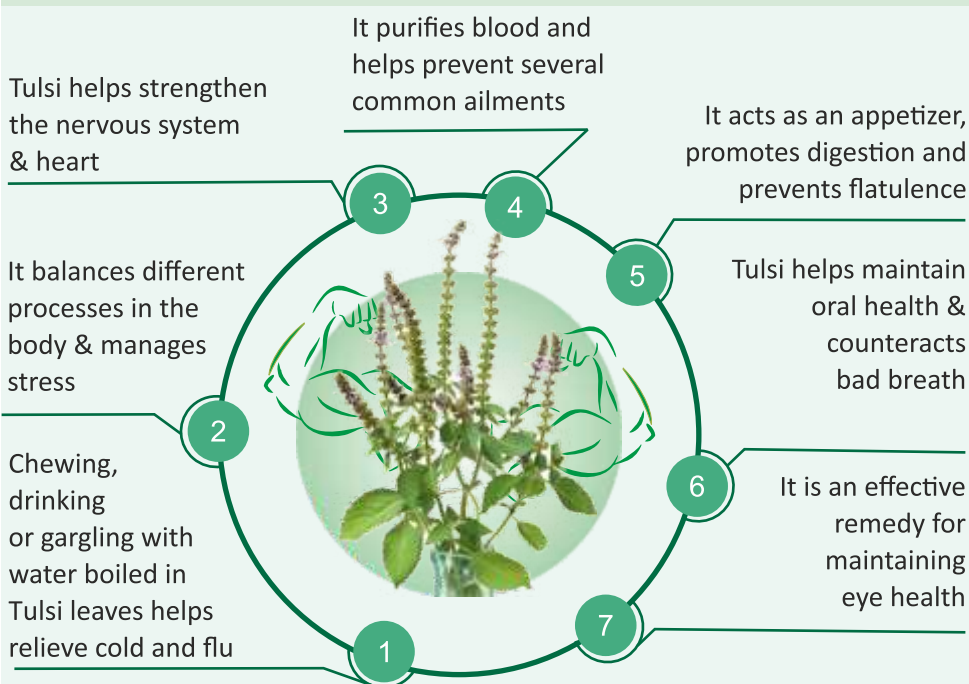
SANDU GOKSHUR KADHA

- Use of Sandu Gokshur Kadha minimizes the chances of recurrence of kidney stones.

HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

TULASI

Latin name : *Ocimum sanctum* Linn.
Family : Lamiaceae
Common name : Tulasi, Gouri
Part used : Whole plant
Sanskrit meaning : Having incomparable qualities



TIME CAPSULE

Ravana's younger brother **Kumbhakarna's** disorder, has been analysed by experts to have sleep apnea, hypothalamic obesity or Klein-Levin syndrome correlating the scientific & mythological facts. Hypothalamic obesity is caused by injury to the Hypothalamus (part of Brain) leading to excess weight gain. Klein-Levin syndrome is a rare disorder of adolescents, marked by periodic episodes of strong sleep,

insatiable hunger, behavioural & cognitive difficulties. The episodic nature of sleep lasts from 2 to 80 days & coincides with **Kumbhakarna's** sleeping fits. Abnormal speech is reported in 2/3rd of cases of this syndrome & this too fits the mythology around **Kumbhakarna** who misspoke 'Indrasana' as 'Nidrasana' while praying to Lord Brahma.



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BHRINGAJEEVANI

Excellent Hair Tonic

KESHITA

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October 2025

| Date | Day | Tithi | Ends at | Nakshatra | Ends at | Yog | Ends at | Karan | Ends at | Rash | Triya Date |
|------|-----|-------|---------|--------------|---------|-----------|---------|-----------|---------|--------|------------|
| 1 | WE | S9 | 19.00 | P.Shadha | 08.05 | Atigand | 24.32 | Balav | 06.38 | 9 | |
| 2 | TH | S10 | 09.12 | U.Shadha | 09.12 | Sukama | 23.27 | Taiti | 07.11 | 10 | |
| 3 | FR | S11 | 18.32 | Shravan | 09.33 | Dhruvi | 21.45 | Vanij | 06.57 | 11 | |
| 4 | SA | S12 | 17.09 | Dhanishtha | 09.08 | Shool | 19.26 | Kaulav | 28.11 | 12 | |
| 5 | SU | S13 | 15.03 | Shatara | 08.00 | Gand | 16.33 | Garaj | 29.56 | 13 | |
| 6 | MO | S14 | 12.23 | U.Bhadrapada | 28.01 | Vruddhi | 13.13 | Vishli | 22.53 | 14 | |
| 7 | TU | S15 | 09.17 | Revati | 25.28 | Dhruv | 09.31 | Balav | 19.37 | 15 | |
| 8 | WE | K2 | 26.22 | Ashwini | 22.45 | Harshan | 25.32 | Taiti | 16.08 | 16 | |
| 9 | TH | K3 | 22.54 | Bharani | 20.02 | Vajra | 21.32 | Vanij | 12.37 | 17 | |
| 10 | FR | K4 | 19.38 | Krutika | 17.31 | Siddhi | 17.41 | Kaulav | 30.07 | 18 | |
| 11 | SA | K5 | 16.43 | Rohini | 15.19 | Vyatiptat | 14.06 | Garaj | 27.26 | 19 | |
| 12 | SU | K6 | 14.16 | Mngshirsh | 13.36 | Varian | 10.54 | Vishli | 25.15 | 20 | |
| 13 | MO | K7 | 12.24 | Andra | 12.26 | Parigh | 08.09 | Balav | 23.41 | 21 | |
| 14 | TU | K8 | 11.09 | Punarvasu | 11.53 | Siddha | 28.10 | Taiti | 22.46 | 22 | |
| 15 | WE | K9 | 10.33 | Pushya | 11.49 | Sadhya | 26.56 | Vanij | 22.29 | 23 | |
| 16 | TH | K10 | 10.35 | Ashlesha | 12.41 | Shubh | 26.09 | Bava | 22.49 | 24 | |
| 17 | FR | K11 | 11.11 | Magha | 13.56 | Shukla | 25.47 | Kaulav | 23.41 | 25 | |
| 18 | SA | K12 | 12.18 | Purva | 15.40 | Brahma | 25.47 | Garaj | 25.01 | 26 | |
| 19 | SU | K13 | 13.51 | Uttara | 17.48 | Aindra | 26.03 | Vishli | 26.45 | 27 | |
| 20 | MO | K14 | 15.44 | Had | 20.16 | Vaidhruvi | 26.34 | Chatuspad | 28.47 | 28 | |
| 21 | TU | K30 | 17.54 | Chitra | 22.58 | Vishkambh | 27.15 | Kindughna | | 29 | |
| 22 | WE | S1 | 20.16 | Swati | 25.50 | Preeli | 28.04 | Kindughna | 07.04 | 30 | |
| 23 | TH | S2 | 22.46 | Vishakha | 28.50 | Ayushman | 28.59 | Balav | 09.30 | Kartik | |
| 24 | FR | S3 | 25.18 | Anuradha | | Saubhagya | 29.53 | Taiti | 12.02 | 2 | |
| 25 | SA | S4 | 27.47 | Anuradha | 07.50 | Shobhan | | Vanij | 14.34 | 3 | |
| 26 | SU | S5 | 30.04 | Jyeshtha | 10.45 | Shobhan | 06.44 | Bava | 16.57 | 4 | |
| 27 | MO | S6 | | Mool | 13.26 | Atigand | 07.25 | Kaulav | 19.04 | 5 | |
| 28 | TU | S6 | 07.59 | P.Shadha | 15.44 | Sukama | 07.49 | Garaj | 20.45 | 6 | |
| 29 | WE | S7 | 09.22 | U.Shadha | 17.28 | Dhruvi | 07.50 | Vishli | 21.49 | 7 | |
| 30 | TH | S8 | 10.05 | Shravan | 18.32 | Shool | 07.20 | Balav | 22.10 | 8 | |
| 31 | FR | S9 | 10.03 | Dhanishtha | 18.50 | Vruddhi | 28.31 | Taiti | 21.43 | 9 | |

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11

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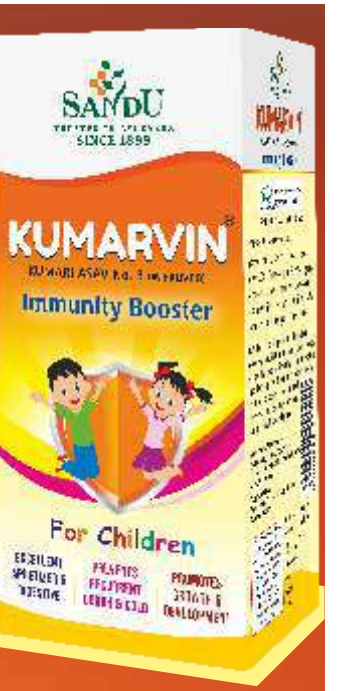
NOVEMBER 2025

SAMVAT 2082

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AROGYA DARSHIKA हर घर... आयुर्वेद !

SUN
MON
TUE
WED
THU
FRI
SAT

| | | | | | | | | | |
|--|------------------|---|----------------|---------------------------------|-----------------|-------------------------------------|-------------------|---------------------------------|---------------|
| S 10 Vasco Feast (Goa) | Rashne P 18 | S 11/12 Bhagwat Ekadashi Pandharpur Yatra Chaturmas ends Tulsi Vivah begins Industrial Safety Day Nuven Feast (Goa) | Behram P 20 | K 5 | Asman P 27 | K 12 | Shehrevar P 4 | S 3 | Khorshed P 11 |
| 30 | | 2 | | 9 | | 16 | | 23 | |
| M 8 06.57 17.58 Meen | | M 10 06.41 18.03 Kumbha 11.26 | | M 17 06.45 18.00 Mithun | | M 24 06.49 17.58 Kanya | | M 1 06.53 17.57 Dhanu | |
| S 13 Som Pradosh Vaikuntha Chaturdashi Vrat | Ram P 21 | K 6 | Zamyad P 28 | K 13 | Asfandarmad P 5 | S 4 | Mohor P 12 | | |
| 3 | | 10 | | 17 | | 24 | | | |
| M 11 06.42 18.02 Meen | | M 18 06.45 18.00 Mithun 13.02 | | M 25 06.49 17.58 Kanya 15.34 | | M 2 06.53 17.57 Dhanu 28.26 | | | |
| S 14 Vaikuntha Chaturdashi Bada Osa (Bihar) | Govad P 22 | K 7 | Marespand P 29 | K 13 | Khordad P 6 | S 5 | Tir P 13 | | |
| 4 | | 11 | | 18 | | 25 | | | |
| M 12 06.42 18.02 Meen 12.34 | | M 19 06.46 17.59 Karka | | M 26 06.50 17.58 Tula | | M 3 06.54 17.57 Makar | | | |
| S 15 Tripurari Purnima Guru Nanak Jayanti Tulsi Vivah ends Kartik Snana ends Full Moon Pushkar Mela (Ajamer) | Dae- Pa-Din P 23 | K 8 | Aneran P 30 | K 14 | Amardad P 7 | S 6 | Gosh P 14 | | |
| 5 | | 12 | | 19 | | 26 | | | |
| M 13 06.43 18.01 Mesh | | M 20 06.46 17.59 Karka 18.34 | | M 27 06.50 17.58 Tula 28.13 | | M 4 06.54 17.57 Makar | | | |
| K 1 | Din P 24 | K 9 | Hormazd P 1 | K 30 | Dae-Pa-Adar P 8 | S 7 | Dae-Pa-Meher P 15 | | |
| 6 | | 13 | | 20 | | 27 | | | |
| M 14 06.43 18.01 Mesh 11.47 | | M 21 06.47 17.59 Simha | | M 28 06.51 17.58 Vrishchik | | M 5 06.55 17.57 Makar 14.06 | | | |
| K 2 | Ashishvangh P 25 | K 10 | Bahman P 2 | Margashirsh S 1 | Adar P 9 | S 8 | Meher P 16 | | |
| 7 | | 14 | | 21 | | 28 | | | |
| M 15 06.44 18.01 Vrishabh | | M 22 06.47 17.59 Simha 27.50 | | M 29 06.51 17.58 Vrishchik | | M 6 06.56 17.57 Kumbha | | | |
| Kartik S 10 | Fravardin P 19 | K 3/4 | Ashtad P 26 | K 11 | Ardibehest P 3 | S 2 | Avan P 10 | S 9 | Srosh P 17 |
| 1 | | 8 | | 15 | | 22 | | 29 | |
| Jamadilawal M 9 06.41 18.03 Kumbha | | M 16 06.44 18.00 Vrishabh 11.14 | | M 23 06.48 17.58 Kanya | | M 30 06.52 17.57 Vrishchik 16.46 | | M 7 06.56 17.58 Kumbha 20.32 | |



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AROGYA DARSHIKA

NOVEMBER 2025



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HELLO, DR. SANDU SANDU HEALTH & HAPPINESS RANGE

UNWRITTEN

Diwali, a time filled with sweets, loud firecrackers, colorful rangolis & for some of us, homework. This Diwali the kids were asked to meet & interview any Ayurveda Physician from their locality on the occasion of Children's Day & National Ayurveda Day. So, it was for this reason that Yash & Meghana found themselves chatting fervently with Dr. Sandu at his clinic.

Yash & Meghana : Namaste Dr. Sandu ! Happy Diwali ! As you know this month we are celebrating Children's Day and National Ayurveda Day. So can you please tell us how Ayurveda can help us little kids?

Dr. Sandu: Happy Diwali to you two as well ! And Yes, I will definitely help you understand how it can help you. First, tell me what your Mother does when you catch a cold ?

Meghana: She gives us milk with Haldi or gives us a Kadha made with Tulsi, Ginger and Gud.

Dr. Sandu: That's right. Also, she ensures you get your **Swarnaprashana** dose on time to build your immunity. This is all part of Ayurveda as it aims to help sick people recover & ensure that healthy people stay healthy.

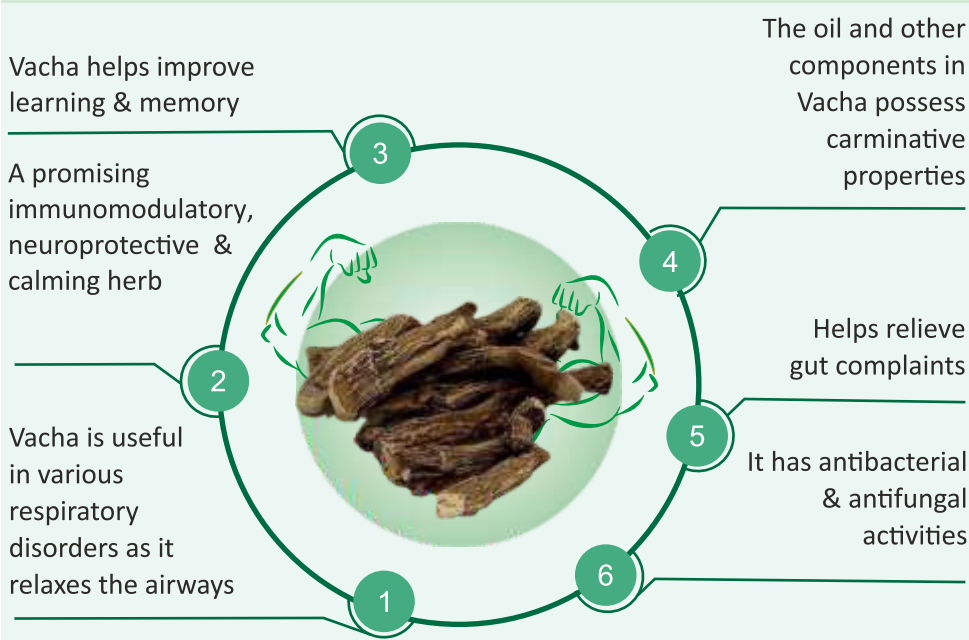
Dr. Sandu Explains: Ayurveda for Kids

- Incorporating proper physical & mental, emotional habits & Ayurvedic principles in daily as well schooling days can have an overall positive effect.
- Swarnaprashana, a combination of purified Swarna (Gold), Ghrita (Ghee), Madhu (Honey) & other Medhya Dravyas stimulates apt growth, development & improves their immunity.
- In addition to this including Milk, Ghee, Navnita etc. in daily diet prevents any potential disorders.
- Medhya Rasayana like Mandukaparni, Yasthimadhu, Guduchi etc. helps manage learning disabilities, improves memory, intellect & mental health as it in turn affects physical health.
- Proper food etiquettes, light walking (Chankramana) or similar activities (Laghu Vyayama) are advised as it improves the Agni & reduces the Meda.
- Physical activities play a large role in Calcium and Vitamin D levels of the body.
- Daily body or feet massage with oil or application of Anjana is extremely beneficial as it maintains healthy vision.
- Karna purana (instilling oil in the ears) nourishes & maintains auditory system & prevents disorders.
- Daily routine is necessary to bring positive changes in the body & mind.
- It regularizes a person's clock, digestion, absorption, assimilation, generates self-esteem, discipline, peace and happiness.
- Research backs Ayurveda logic that proper bedtime allowing full hours of sleep according to the age is needed.

HERB BULLETIN हर दिन, हर घर... आयुर्वेद!

VACHA

Latin name : *Acorus calamus Linn.*
Family : Araceae
Common name : Vekhand, Vach
Part used : Rhizome
Sanskrit meaning : Improves clarity & quality of speech



TIME CAPSULE

In Mahabharata, it is said that Gandhari's pregnancy lasted the longest i.e. for 375 days. Further, the lump she gave birth to was divided into a hundred pieces, which were put in jars to which ghee (clarified butter) was added & incubated. Finally, 101 children were born, one by one. Here, it could be said that initially it may have been a pseudo-pregnancy, while later conduct may be compared to an IVF-like process which resulted in multiple viable fetuses. There are other such examples which may be considered from the epic Ramayana as well.



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- Makarprash is a special Proprietary revitalising health tonic.
- It is a unique combination of more than 47 eminent herbs & fortified with Laxmivilas Rasa (processed with gold) & Makardhwaj (processed with gold).
- Makarprash is anti-oxidant rich & potent immunomodulator that enhances immunity and provides protection from recurrent infections, especially of respiratory system.



MAKARPRASH

MSK PLUS

- MSK PLUS is a proprietary remedy against common illnesses.
- Contains herbs such as Kiratatikta, Yashtimadhu, Guduchi, Ashwagandha and others.
- They provide multiple benefits such as broncho-dilator, antipyretic & antioxidant.
- It provides relief from symptoms associated with common illnesses such as headache, burning sensation, loss of appetite etc.
- MSK PLUS improves immunity and prevents recurrence of illnesses.



MSK PLUS

VASA COUGH SYRUP

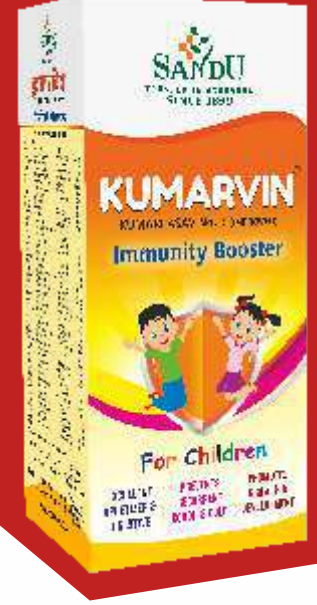
- Vasa cough syrup is an Ayurvedic formula that offers quick relief in various types of cough, cold and sore throat.
- It reduces congestion, inflammation in the respiratory tract, eases difficulty in breathing during cough and cold.
- Synergistic action of Vasa, Tulsi etc herbs is beneficial for wet & dry troublesome cough, hoarseness of voice, chest congestion etc.
- It offers a cooling effect, soothes your throat and gives relief from pain caused by excessive coughing.
- Vasa cough syrup is an excellent Ayurvedic cough syrup providing relief from various types of cough, cold and sore throat without causing drowsiness.



VASA COUGH SYRUP

Sandu Arogya Darshika 2025
 Written & Edited : **Dr. Madhuri Bhogan**
 Research Associate, Sandu Pharmaceuticals Ltd

*Consult your Registered Medical Practitioner before use
 Email: customercare@sandu.in, Phone: 022- 2528 4402



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| November 2025 | | | | | | | | | | Kartik-Margashirsha | |
|---------------|-----|---------|-------------|-----------------|-------------|------------------|-------------|---------------|-------------|---------------------|--|
| Date | Day | Tilthi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash triya Date | |
| 1 | SA | S10 | 09.11 | Shatataraka | 18.19 | Dhruv | 26.08 | Vanij | 20.27 | 10 | |
| 2 | SU | S11 S12 | 07.31 29.07 | P. Bhadra | 17.03 | Vyaghat | 23.10 | Bava | 18.24 | 11 | |
| 3 | MO | S13 | 26.05 | U. Bhadra | 15.05 | Harshan | 19.39 | Kaulav | 15.40 | 12 | |
| 4 | TU | S14 | 22.36 | Revati | 12.34 | Vajra | 15.42 | Garaj | 12.24 | 13 | |
| 5 | WE | S15 | 18.49 | Ashwini Bharani | 09.40 30.33 | Siddhi | 11.28 | Vishiti Balav | 08.44 28.51 | 14 | |
| 6 | TH | K1 | 14.55 | Krutika | 27.27 | Vyastipat Varyan | 27.94 26.41 | Taitil | 24.59 | 15 | |
| 7 | FR | K2 | 11.05 | Rohini | 24.33 | Parigh | 22.27 | Vanij | 21.16 | 16 | |
| 8 | SA | K3 K4 | 07.32 28.23 | Mrgushirsh | 22.02 | Shiv | 18.31 | Bava | 17.55 | 17 | |
| 9 | SU | K5 | 25.55 | Andra | 20.04 | Siddha | 15.01 | Kaulav | 15.05 | 18 | |
| 10 | MO | K6 | 24.07 | Punarvasu | 18.47 | Sadhya | 12.04 | Garaj | 12.55 | 19 | |
| 11 | TU | K7 | 23.08 | Pushya | 18.17 | Shubh | 09.43 | Vishiti | 11.31 | 20 | |
| 12 | WE | K8 | 22.57 | Ashlesha | 18.34 | Shukla | 08.01 | Balav | 10.56 | 21 | |
| 13 | TH | K9 | 23.33 | Magha | 19.36 | Brahma Aindra | 06.57 30.26 | Taitil | 11.10 | 22 | |
| 14 | FR | K10 | 24.48 | Purva | 21.19 | Vaidhruti | 30.24 | Vanij | 12.06 | 23 | |
| 15 | SA | K11 | 26.36 | Uttara | 23.33 | Vishkambh | 30.45 | Bava | 13.39 | 24 | |
| 16 | SU | K12 | 28.47 | Hasht | 26.10 | Preeti | | Kaulav | 15.39 | 25 | |
| 17 | MO | K13 | | Chitra | 29.01 | Preeti | 07.22 | Garaj | 17.57 | 26 | |
| 18 | TU | K13 | 07.11 | Swati | | Ayushman | 08.08 | Vishiti | 20.26 | 27 | |
| 19 | WE | K14 | 09.43 | Swati | 07.58 | Saubhagya | 08.59 | Chatuspad | 22.59 | 28 | |
| 20 | TH | K30 | 12.16 | Vishakha | 10.58 | Shobhan | 09.52 | Kinslughna | 25.32 | 29 | |
| 21 | FR | S1 | 14.46 | Anuradha | 13.55 | Atigand | 10.42 | Balav | 28.00 | 30 | |
| 22 | SA | S2 | 17.10 | Jyestha | 16.46 | Sukama | 11.28 | Taitil | 30.19 | Marg. | |
| 23 | SU | S3 | 19.24 | Mool | 19.27 | Dhruvi | 12.07 | Vanij | | 2 | |
| 24 | MO | S4 | 21.21 | P. Shadha | 21.52 | Shool | 12.35 | Vanij | 08.25 | 3 | |
| 25 | TU | S5 | 22.56 | U. Shadha | 23.56 | Gand | 12.48 | Bava | 10.12 | 4 | |
| 26 | WE | S6 | 24.01 | Shravan | 25.32 | Vrudhhi | 12.41 | Kaulav | 11.33 | 5 | |
| 27 | TH | S7 | 24.29 | Dhanishtha | 26.31 | Dhruv | 12.08 | Garaj | 12.20 | 6 | |
| 28 | FR | S8 | 24.14 | Shatataraka | 26.48 | Vyaghat | 11.04 | Vishiti | 12.27 | 7 | |
| 29 | SA | S9 | 23.14 | P. Bhadra | 26.21 | Harshan | 09.26 | Balav | 11.50 | 8 | |
| 30 | SU | S10 | 21.29 | U. Bhadra | 25.10 | Vajra Siddhi | 07.11 28.21 | Taitil | 10.27 | 9 | |



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SAMVAT 2082

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हर घर... आयुर्वेद !

| | | | | | | |
|-----|---|---|--|---|--|--|
| SUN | SANDU VASA Ayurvedic COUGH Syrup | K 3 Ashishvagh P 25 Ganesh Sankashta Chaturthi | K 10 Bahman P 2 Parshwanath Jayanti (Jain) | Paush S 1 Paush begins New Moon Uttarayan begins | Adar P 9 | S 8 Meher P 16 Durgashtami Shakambhari Navratri begins Jormela (Punjab) |
| | | M 15 07.01 17.59 Mithun 22.38 | M 22 07.05 18.01 Kanya 21.40 | M 29 07.09 18.04 Dhanu | | M 7 07.12 18.08 Meen |
| MON | Margashirsh S 11 Fravardin P 19 Mokshada Ekadashi Mauni Ekadashi (Jain) Geeta Jayanti | K 4 Ashtad P 26 Margao (Holy Spirit) Panji Moira Feast (Goa) Calangut Feast begins (Goa) | K 11 Ardibehest P 3 Safala Ekadashi Hanukkah (Jew) | S 2 Rajab : Muslim Month begins | Avan P 10 | S 9 Srosh P 17 |
| | Jamadalakhar M 9 06.57 17.58 Meen 23.18 | M 16 07.02 17.59 Karka | M 23 07.06 18.02 Tula | Rajab M 1 07.10 18.05 Dhanu 10.06 | | M 8 07.13 18.09 Meen 07.40 |
| TUE | S 12 Behram P 20 Bhauma Pradosh | K 5 Asman P 27 | K 12 Shehrevar P 4 Dhanurmas begins | S 3 Khorshed P 11 Vinayak Chaturthi (Angarak Yog) Ayan Karidin | S 10/11 Rashne P 18 Putrada Smarth Ekadashi Shamb Dashmi (Odisha) Surya Puja (Odisha) Vaikunth Ekadashi (T.N.) | |
| | M 10 06.58 17.58 Mesh | M 17 07.02 18.00 Karka 26.22 | M 24 07.06 18.02 Tula | M 2 07.10 18.05 Makar | M 9 07.13 18.09 Mesh | |
| WED | S 13 Ram P 21 International Handicap Day Bharani Deepam (T.N.) Krutik Deepam (T.N.) Old Goa Feast | K 6 Zamyad P 28 Calangut Feast ends (Goa) | K 13 Asfandarmad P 5 Pradosh | S 4 Mohor P 12 | S 12 Fravardin P 19 Bhagwat Ekadashi | |
| | M 11 06.59 17.58 Mesh 23.14 | M 18 07.03 18.00 Simha | M 25 07.07 18.03 Tula 10.25 | M 3 07.11 18.06 Makar 19.45 | M 10 07.13 18.10 Mesh 09.22 | |
| THU | S 14/15 Govad P 22 Shri Datta Jayanti Full Moon | K 7 Marespand P 29 Kalashtami | K 14 Khordad P 6 Shivaratri Curtorin Feast (Goa) | S 5 Christmas Natal | Tir P 13 | |
| | M 12 06.59 17.58 Vrishabh | M 19 07.04 18.00 Simha | M 26 07.08 18.03 Vrishchik | M 4 07.11 18.06 Kumbha | | |
| FRI | K 1 Dae-Pa-Din P 23 | K 8 Aneran P 30 | K 30 Amardad P 7 Darshavela Amavasya | S 6 Gosh P 14 Jormela (Punjab) Anarusha Shashthi (Bengal) | | |
| | M 13 07.00 17.59 Vrishabh 22.16 | M 20 07.04 18.01 Simha 10.19 | M 27 07.08 18.03 Vrishchik 22.50 | M 5 07.11 18.07 Kumbha 27.10 | | |
| SAT | K 2 Din P 24 Bharat Ratna Dr. Ambedkar Commemoration Day | K 9 Hormazd P 1 Amardad : Parsi Month begins | K 30 Dae-Pa-Adar P 8 | S 7 Dae-Pa-Meher P 15 Guru Govind Singh Birth Anniversary Jormela (Punjab) | | |
| | M 14 07.01 17.59 Mithun | M 21 07.05 18.01 Kanya | M 28 07.09 18.04 Dhanu | M 6 07.12 18.08 Meen | | |



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| SANDU PROPRIETARY PRODUCTS | | SANDU ASAV | SANDU ARISHTA | SANDU KADHA | | | |
|--|-------------------|---|------------------|---|-------------|--|-------------|
| Makarprash Premium Immunity Booster | 500, 1000 gm | Sandu Kumari Asav Useful in Liver Problems, Constipation & Scanty Menstruation | 200, 450 ml | Sandu Rohitakarishtha Unique Formula for Spleen and Liver Disorders | 200 ml | Sandu MSK PLUS Precise Medicine for Various Fevers | 200, 450 ml |
| Acivin (Sandu Audumbaravleha) Foremost Natural Antacid | 100, 200 ml | Sandu Vasakasav Effective Remedy for Cough and Cold | 200, 450 ml | Sandu Draksharishta Empowers Lungs & Boosts Digestion | 200, 450 ml | Sandu Maha Manjishthadi Kadha First Choice in Skin Diseases | 200, 450 ml |
| Hemocleen Excellent Blood Purifier to Improve Complexion | 200, 450 ml | Sandu Punarnavasav Best Effective Liver Protective | 200, 450 ml | Sandu Kutajarishtha Prime Medicine in Diarrhoea and Dysentery | 200, 450 ml | Sandu Gokshur Kadha (Gokharu Kadha) For Urinary Stone and Reduced Urine Output | 200, 450 ml |
| Digiforte (Sandu Panchasav) Digestive Tonic | 450 ml | Sandu Drakshasav Classical Appetizer & Digestive | 200, 450 ml | Sandu Ashokarishta Trustworthy Formula in Menstrual Disorders | 200, 450 ml | Sandu Bhunimbadi Kadha Fundamental Formula to treat Hyperacidity | 200, 450 ml |
| Aptilift (Madiphal Rasayanam) Right Appetite for Right Food | 100, 200 ml | Sandu Patrangasav Maintains Female Health | 200 ml | Sandu Vidangarishta Traditional Anthelmintic | 200, 450 ml | Sandu Rasnasaptak Kadha Best Pain-killer in Musculoskeletal Disorders | 450 ml |
| Shishuvin Sanjivani for Infants | 100, 200 ml | Sandu Chandanasav A Tonic for Urinary Infection with Cooling Effect | 200, 450 ml | Sandu Abhayarishta Best Medicine for Piles-Fistula-Fissure-Constipation | 200, 450 ml | Sandu Dashmul Kadha Best Vata Alleviating Formula | 200, 450 ml |
| Tejras Enhances Cognitive Abilities | 200 ml | Sandu Lodhrasav Best Haemostatic and Anti-leucorrhoea Formula | 200, 450 ml | Sandu Arjunarishta Excellent Heart Tonic | 200, 450 ml | Sandu Triphaladi Kadha (Triphala Kadha) Potent Formula for Hepatitis | 200, 450 ml |
| Somajeevani (Somasav) Eases Breathing | 200, 450 ml | Sandu Sarivadyasav Best Coolant Formula for Burning Sensation and Diabetic Carbuncles | 200, 450 ml | Sandu Saraswatarishtha Memory Enhancer and Nootropic Tonic | 200, 450 ml | Sandu Maharasnadi Kadha Prime Medicine for Chronic Vata Disorders | 200, 450 ml |
| Vasajeevani (Vasavaleha) Exceptionally Effective in Chronic Cough & Asthma | 100, 200 ml | Sandu Ushirasav Remedy for Bleeding Disorders | 200, 450 ml | Sandu Dashmularishtha Effective in Post-natal Care & Menstrual Problems | 200, 450 ml | Sandu Pathyadi Kadha Dynamic Medicine for Headache | 200, 450 ml |
| Bhringajeevani (Sandu Bhringarajasav) Rejuvenating Tonic for Hair & Eyes | 200, 450 ml | Sandu Kanakasav Effective Expectorant and Bronchodilator | 200, 450 ml | Sandu Ashwagandharishtha Relieves Physical & Mental Stress | 200, 450 ml | Sandu Punarnavadi Kadha For Oedema related to Kidney Function | 200, 450 ml |
| Keshita (Mahabhringaraj Taila) Beneficial for Healthy Growth of Hair | 100 ml | Sandu Lohasav Remedy for Anemia | 200, 450 ml | Sandu Amritarishta Best Rejuvenator in Chronic Fever and Convalescence | 200, 450 ml | Sandu Krimivikar Kadha (Wormigon) Deworming Formulation | 200, 450 ml |
| Brahmihita (Sandu Original Brahmi Taila) For Stress and Hair Loss | 100 ml | Sandu Pippalyadyasav Effective in Respiratory Disorders | 200 ml | Sandu Khadirarishta For Chronic Skin Disorders | 200, 450 ml | Sandu Balant Kadha No. 1 Excellent in Post-delivery Uterine Shrinkage | 200 ml |
| Sandu Dadimavaleha Anti-Emetic and Haematinic | 100, 200 ml | Sandu Arvindasav Classical Pediatric Tonic | 200, 450 ml | PROPRIETARY TABLETS | | Sandu Balant Kadha No. 2 Excellent Postpartum Vata shamak and Digestive | 200 ml |
| Vasa Syrup Herbal Cough Syrup with Adulsa & Tulsi | 100, 200 ml | Kumarvin (Kumari Asav No.3) Useful in Digestive and Respiratory Disorders in Children | 100, 200, 450 ml | Debix Control Glycemia and Prevent Complications | 30 Tab | Sandu Balant Kadha No. 3 Improves Lactogenesis and Postpartum Strength | 200ml |
| Sandu Gulkand (with Praval) Cooling Nourishing Tonic | 200, 400, 1000 gm | SANDU AVALEHA & GRANULES | | Corysan Relieves Nasal Congestion | 30 Tab |   Excellent Tonic for Infants | |
| Sandu Balm Relieves Headache, Bodyache, Blocked Nose | 10 gm | Sandu Chyavanprash Builds Immunity and Health | 500, 1000 gm | Osteon - D Calcium with Difference | 30 Tab | | |
| Vimfix Tab For Vim, Vigour and Vitality | 60 Tab | Bilagyl Ideal Intestinal Motility Modulator | 250 gm | Ephenin Ensures Congestion Free Breathing | 50 Tab | | |
| Paripathadi Kadha (Pathajeevani) Best in Fever with Skin Eruptions | 100, 200, 450 ml | Vanari Energy, Excitement, Endurance | 200 gm | Haemol Forte The Complete Iron Supplement | 30 Tab | | |
| Sandu Sitopalasav Effective Expectorant & Energizer | 200, 450 ml | Shatari Lactation to Satisfaction | 200 gm | Jaundex Proven Hepatoprotective | 30 Tab | | |

*Consult your Registered Medical Practitioner before use
Email: customercare@sandu.in, Phone: 022- 2528 4402

Sandu Arogya Darshika 2025 Written & Edited : **Dr. Madhuri Bhogan**
Research Associate, Sandu Pharmaceuticals Ltd

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Excellent Tonic for Infants



| December 2025 | | | | | | | | | | Margashirsha-Paush | |
|---------------|-----|---------|-------------|------------------|-------------|---------------|-------------|------------|-------------|--------------------|--|
| Date | Day | Tilthi | Ends at | Nakshtra | Ends at | Yog | Ends at | Karan | Ends at | Rash triya Date | |
| 1 | MO | S11 | 19.01 | Revati | 23.18 | Vyathipat | 24.58 | Vanij Bava | 08.20 | 10 | |
| 2 | TU | S12 | 15.57 | Ashwini | 20.51 | Variyan | 21.08 | Kaulav | 26.14 | 11 | |
| 3 | WE | S13 | 12.26 | Bharani | 18.00 | Parigh | 16.57 | Garaj | 22.33 | 12 | |
| 4 | TH | S14 S15 | 08.37 28.43 | Krutika | 14.54 | Shiv | 12.34 | Vishhi | 18.41 | 13 | |
| 5 | FR | K1 | 24.56 | Rohini | 11.46 | Siddha Sadhya | 08.07 27.48 | Balav | 14.49 | 14 | |
| 6 | SA | K2 | 21.26 | Mrugshirsh Andra | 08.48 30.12 | Shubh | 23.45 | Talil | 11.08 | 15 | |
| 7 | SU | K3 | 18.25 | Punarvasu | 28.11 | Shukla | 20.07 | Vanij Bava | 07.50 29.08 | 16 | |
| 8 | MO | K4 | 16.03 | Pushya | 26.52 | Brahma | 17.00 | Kaulav | 27.09 | 17 | |
| 9 | TU | K5 | 14.28 | Ashlesha | 26.22 | Aindra | 14.32 | Garaj | 26.00 | 18 | |
| 10 | WE | K6 | 13.45 | Magha | 26.43 | Vaidhruti | 12.45 | Vishhi | 25.44 | 19 | |
| 11 | TH | K7 | 13.56 | Purva | 27.54 | Vishkambh | 11.39 | Balav | 26.20 | 20 | |
| 12 | FR | K8 | 14.55 | Uttara | 29.49 | Preeti | 11.11 | Talil | 27.42 | 21 | |
| 13 | SA | K9 | 16.36 | Hast | | Ayushman | 11.15 | Vanij | 29.40 | 22 | |
| 14 | SU | K10 | 18.48 | Hast | 08.17 | Saubhagya | 11.44 | Bava | - | 23 | |
| 15 | MO | K11 | 21.19 | Chitra | 11.07 | Shobhan | 12.29 | Bava | 08.02 | 24 | |
| 16 | TU | K12 | 23.56 | Swati | 14.08 | Atigand | 13.22 | Kaulav | 10.38 | 25 | |
| 17 | WE | K13 | 26.32 | Vishakha | 17.10 | Sukarma | 14.15 | Garaj | 13.15 | 26 | |
| 18 | TH | K14 | 28.59 | Anuradha | 20.06 | Dhruvi | 15.05 | Vishhi | 15.47 | 27 | |
| 19 | FR | K30 | | Jyeshtha | 22.50 | Shool | 15.46 | Chatushpad | 18.07 | 28 | |
| 20 | SA | K30 | 07.12 | Mool- | 25.21 | Gand | 16.16 | Kindughna | 20.13 | 29 | |
| 21 | SU | S1 | 09.10 | P. Shadha | 27.35 | Vruddhi | 16.35 | Balav | 22.03 | 30 | |
| 22 | MO | S2 | 10.51 | U. Shadha | 29.31 | Dhruv | 16.39 | Talil | 23.34 | Paush | |
| 23 | TU | S3 | 12.12 | Shravan | 31.07 | Vyaghath | 16.29 | Vanij | 24.44 | 2 | |
| 24 | WE | S4 | 13.10 | Dhanishtha | | Harshan | 16.01 | Bava | 25.30 | 3 | |
| 25 | TH | S5 | 13.42 | Dhanishtha | 08.17 | Vajra | 15.12 | Kaulav | 25.46 | 4 | |
| 26 | FR | S6 | 13.43 | Shatarka | 08.59 | Siddhi | 14.00 | Garaj | 25.30 | 5 | |
| 27 | SA | S7 | 13.09 | P.Bhadrapada | 09.09 | Vyathipat | 12.20 | Vishhi | 24.39 | 6 | |
| 28 | SU | S8 | 11.59 | U.Bhadrapada | 08.42 | Variyan | 10.12 | Balav | 23.10 | 7 | |
| 29 | MO | S9 | 10.12 | Revati Ashwini | 07.40 30.04 | Parigh Shiva | 07.35 28.30 | Talil | 21.05 | 8 | |
| 30 | TU | S10 S11 | 97-51 29.00 | Bharani | 27.58 | Siddha | 25.01 | Vanij | 18.29 | 9 | |
| 31 | WE | S12 | 25.48 | Krutika | 25.29 | Sadhya | 21.13 | Bava | 15.26 | 10 | |