

BLUEPRINT FOR A HEALTHY LIFESTYLE

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Dedication:

*To the holy feet of Dr A Chandrashekhara Udupa
(Poojya Doctorji), Managing Director of Divine Park
Trust ® and my Spiritual Guru.*

www.divinepark.org

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BLUEPRINT FOR A HEALTHY LIFESTYLE

Healthy Lifestyle - Need of the hour:

Healthy lifestyle has become the need of the hour. A concentrated effort needs to be made to fine tune your

- Day to day lifestyle
- Eating habits
- Hobbies
- Inter-personal relationship within the family
- Social relationship with people around you
- Work – life balance &
- Emotional and spiritual aspects.

Necessity:

Many of the above points look very obvious and primordial.

But the stress on the mind and toxins and carcinogens in the body that accumulate over a period of time may cause dreaded diseases.

Just to give a few examples,

- Stress is a known cause for lowered immunity, which invites a host of diseases.
- Stress and lowered immunity are known causes for cancer.
- Lifestyle improvement can drastically reduce the chances of occurrence of cancer. [read more](#)

- **Lifestyle disorders** such as diabetes, high blood pressure, obesity, high cholesterol, heart diseases, fatty liver changes, kidney degeneration etc can be effectively prevented (and also treated) with a strict and orderly lifestyle.
- Apart from physical and mental balance, social and spiritual balance is equally important to enjoy complete health.
- According to Ayurveda, healthy lifestyle and diet habits with good social and spiritual life is the key for long life.

THE BLUEPRINT

Setting up a fixed daily routine: A fixed daily routine sets up good body rhythm. It helps in normal and rhythmic secretion and usage of enzymes and hormones in the body.

Examples:

- If you are eating time is regular, over a period of time, the digestive enzymes get secreted right before you have your food and are completely utilized, leading to a hale and healthy stomach.

- If you get up and go to bed at fixed timings, it helps your mind to learn when to be alert and when to relax. It eases stress.

Setting up a healthy daily routine:

A daily routine can never be fixed. It needs to be flexible. The below mentioned blueprint is guideline based on which you can build your own healthier way of living.

At the end of the day, leading your life should be comfortable and enjoyable and it should not be as if someone has forced it onto you.

Conscious effort: Having said that, considering the importance of a healthy lifestyle, you need to make conscious effort at every phase of the day. Sometimes being conscious and reminding yourself about staying healthy leads you to right food and lifestyle habits.

Morning

Ayurveda recommends getting up early in the morning.

Getting up early gives you ample time to plan the day well before you dive into your routine.

Make sure that you do not rush yourself into the day.

Get up at least 15 – 30 minutes early so that you can space your works in the morning.

Soon after you get up, just do not rush into your routine. Sit straight on the bed for 5 minutes and contemplate about your plans for the day. Thank God for a fresh new day and opportunity.

Make sure to have sufficient spacing in the morning to plan the whole day. Since it is the beginning of the day, your total mindset in the morning will decide your mindset for the whole day.

Light music during morning hours initiates calmness. You can enjoy light music while jogging / walking / reading the news paper.

Meditation / prayer – Gives you the required energy for the day.

Do the one enjoyable thing very slowly – While you rush through mundane activities like bath room visits etc, during morning, give ample time for yourself for one thing that you love the most. Drinking a cup of coffee / enjoying jogging / reading newspaper – whichever the thing that you enjoy, make sure you are not hurrying up, doing that thing.

Natural urges:

Ayurveda recommends that we need to drink water only when thirsty, we need to avoid water when we are not thirsty. The same rule applies to passing urine, stools, sleep, hunger etc.

This helps to set up a good rhythm in our body clock. [Read More.](#)

Physical activity

As per the principles of Ayurveda, it is better to indulge in physical activities like gym, yoga etc in the morning rather than evening.

You can choose physical activity based on your body strength, facility and enjoy-ability.

It can be gym, yoga, outdoor games, aerobics, jogging, walking and so on.

Basic rules for exercise:

Have a good sleep, the previous night. If sleep is deprived, exercising is not a good idea.

You should be sweating and heavily breathing by the end of exercise.

Any schedule lasting from 15 minutes to 2 hours is good.

Outdoor is always better than indoor.

Always start the physical activity with warm up exercises.

After finishing, it is better not to take any food – solid / liquid till your breathing has come back to normal rhythm.

It makes sense to take warm water bath after physical activity in the morning.

Bath -

Ayurveda advices to apply sesame oil to joints (if not full body), about 10 – 20 minutes before bath.

If you are applying oil, it makes sense to take warm water bath.

If you are not applying any oil, whether to take hot water bath or cold water bath depends upon your body type and habits.

[Read more.](#)

If you are having the habit of applying hair oil though you do not like the stickiness of the oil, better to apply hair oil half an hour before head bath.

Pranayama

Pranayama is a must-have in your morning routine, after bath and before meditation. A good control over breathing brings about good control over mind. You can analyze things better. You will also have better memory and concentration. While it is always better to learn Pranayama under expert guidance, here is a simple version in case you do not have time. [How to do](#)

Pranayama

Breakfast

It is ideal to have a full breakfast. Because since your body will be active, and will be requiring good amount of calories. Again, do not rush through it.

Work

Whether you are a housewife or a manager, always planned work yields good results than unplanned.

Have a to-do list. I keep a to-do list in [dropbox](#). If you download dropbox, the files and folders upto 2 gb (for free) can be kept in sync. So, this to do list is updated automatically and available to me at my pc, laptop and smartphone. While I am not in front of my computer, I just update the to-do list in my phone. So that really helps.

One thing after the other – Research has shown that the concept of multitasking is useless.

Prioritize and organize to decide the order of your work.

Health tips during work –

Keep an inspirational photo in front of you.

Having a board and a pen always helps to prioritize things.

As far as possible, maintain erect posture.

Make sure to do occasional neck and forearm movements and do not get stuck to your computer.

Avoid computer while having food / tea

It is ideal to get up from the chair and move around at least 4 – 5 times a day, after about 1 – 2 hours of work. Check your emails only at fixed intervals. Say, 4 times in a day. Before you leave the office at evening, make sure to keep the table and things in order.

David Allen in his book “Getting Things Done” says that we should always stick to our to do list. If any other work comes in between, based on priority, the new work can be finished especially if that new work can be finished within 2 minutes. Or else, based on priority, time can be allotted to the new work in the to-do list.

Robin Sharma explains 10 X principle. - That we should always give back ten times the benefits that we get to our customer / employer.

Love your work

“Love your work”, “Love what you do” is one of the most heard advices. It is easy to develop love on your crush, on your family, but how to love work? Sometimes you may get a job that you do not like. This may be your first job and you still do not know where your heart is at. Sometimes you joining to a job itself was not your choice. But whatever it is, you have got

the job and you got to love it to keep yourself happy and make your time more valuable. Here are a few tips.

How To Love Work

There is a difference between – doing what you love and loving your work.

Doing what you love is a matter of choice.

Loving your work / loving what you do is a matter of necessity.

1. Make the machine your part of the body

During my college days, we were preparing for a musical show and were practicing together. I know a bit of guitar. While

composing the music for the show, I was making a lot of mistakes. I was looking into the strings continuously, was having trouble using appropriate fingers. The flute guy who was watching me said – “ No no, that is not the way you handle the guitar. ***Wanna become guitarist? Then make guitar a part of your body***”.

This is one helluva advice that I will never forget. I noticed that the flute guy was carrying his flute with him all the time. He was so used to the flute that he was easily and effortlessly knowing the length of the flute, the positioning of holes, he was so creative and élan while playing the flute.



“His mind was considering flute as a part of his body”. We never search for mouth consciously while feeding it with icecream from hand. Because the position, size, volume etc of mouth is already mapped in the brain.

We need to apply the same principle to machine of our work.

Students – Keep the book of your favorite subject underneath the pillow while sleeping. It increases the love for the subject and also improves comfort during sleep.

Laptop – keep it near you – I spend most of the day in front of my laptop. This laptop is the machine gave me happiness, money and fame. I love it to the extent that I can type without

seeing into the keyboard. I can type, while I am framing sentences in my mind, with almost the same speed.

2. To do list – strike the things that are done.

Have a small book for to do list. Every evening, do a to-do list for the next day. While working, whatever the tasks come on your way, just pile it up in the to-do list. As and when the work gets finished, strike out the same in the list.

Have a look at the work that you have struck every evening, before you leave for home. Looking into the amount of work that you have done, the little steps that you have put forward, the little achievements – they give you lot of confidence and happiness.

3. Wear a little tight dress (except for creative artists)

Wearing a little tight dress makes your mind more disciplined and concentrated. You will not be distracted easily. You can focus better.

Read more – [Tight cloth or loose cloth?](#)

4. Watch your stomach -

While brain storming in a group / thinking deeply / strategical focusing, whenever there is more of brain work going on, it helps to keep the stomach light.

Say, you need to do the brainstorming in the afternoon, make sure to have a light lunch. Or if you already had a heavy lunch,



then chew a piece of ginger / drink a little [buttermilk](#) added with ginger.

If that too is not possible, at least keep the brainstorming after 1 – 2 hours after lunch.

Keep the regular – repetitive – less brainy works for 2 – 3 pm (soon after lunch).

5. Walk around briskly - In the office, if you are to move around, then it helps to be brisk. It makes you breath faster and injects some enthusiasm into mind. Active body begets active mind.

6. Early morning jogging helps to keep you active through out the day.

7. Stop complaining and ridiculing boss or the “system” in the office. It increases negativity. Click to read one of the most admired article in my blog – [stop complaining](#)

8. Keep the conversation about cricket / soccer / films / politics etc short. Such talks are needed. They relax you. But they should not replace the work.

9. compete with yourself -

Compare your yesterday’s working hours to today, compare productive hours, jobs done, pages typed, customers that you served, plates that you washed, injections that you gave, number of students that you punished (ouch... these



teachers..!!) count and compare daily / weekly basis, and try to beat your own record.

Set yourself a time-frame for a work and compete to finish it half an hour before.

10. Give a break to yourself- We can not be creative all the time, we can not work hard all the time. So, sandwich easy-to-do work and tough tasks so that there is a balance. At the end of the day, you should not suffer from mental fatigue. After all, the evening [family time](#) is equally important.

11. Remember the end result – The end result of your work should motivate you.



- *You are building the best possible road that will comfort every traveler,*
- *You are preparing food that every customer in the hotel will love to eat,*
- *You are making those car parts which will ensure maximum safety to your customers.*
- *You are training the students who would become innovators in different fields some day.*

We spend one thirds of the day with our work, so it needs to be as joyful as the other two third of the day.

Lunch

Lunch can be moderate to heavy in quantity.

It is better to avoid too much spicy food stuff during lunch because afternoon period is dominated by Pitta, which may get imbalanced due to spicy food.

Eating etiquette



- Don't watch TV while eating.
- No facebook / twitter while eating.
- No computer or laptops while eating.
- No texting messages while eating.
- No phone calls while eating
- Do not eat hurriedly.
- Eating together with family, at least at night or at least once a week.
- No junk stuff or aerated drinks with food.
- No anger, no sad feelings, no depressed mood while eating
- Do not talk while eating.
- Avoid negative feelings and talks.
- Avoid disrespecting food.
- Do not waste food.

- Chew food well before swallowing.
- Try drinking water in between meals.
- Stop eating before full stomach.
- No curds at night. Have buttermilk instead.
- No heavy sweets or oily food at night.
- Eat 2 – 3 hours before going to bed.
- If you have taken oily food, [drink hot water](#) and do not drink [cold water](#)

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Afternoon nap

To have or not to have afternoon nap depends on many factors like body constitution, stomach health, tiredness, disease etc.

Ayurveda recommends afternoon nap for singers, students, who do heavy physical work, alcoholics, people having indigestion, suffering from illness / injuries, undernourished, elders and children, who have traveled long distance and for people with anger and grief.

Ayurveda recommends sleeping before food rather than after food.

If you have skipped one hour of sleep in the night, then Ayurveda advises you to sleep for half an hour in the day, before food.

Dinner

Dinner should always be light on your stomach, with low calories. Since you will be hitting bed at night, the body does not require too much of calories. Moreover, if you are pushing high calories into the body at night, it will be stored in the form of fat, rather than being used up as energy.

Ayurveda recommends avoiding excess of sweet, dairy products and oily food at night.

Curd is best avoided at night. Instead, fat-free buttermilk is a better choice.

Sleep –

Hard or soft bed – anything of your choice and comfort.

With pillow or without pillow – based on your comfort.

Keep the room dark

Use eye covers and ear plugs, if there is entry of light or noise into the room

Switch off TV or shut down computer half an hour before hitting bed.

Use hair oil that induces good night sleep. (Ask your doctor)

Lose cloth at night brings in comfort.

Gentle body massage (without any oil) by your beloved one at night is a blessing.

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Keeping the mind in active learning mode

With the technology boom, whether you are a housewife or an executive, everyone needs to learn new things everyday.

One good advantage of learning new things is – it improves our skills and saves a lot of time.

There is a need to update our language & vocabulary

There is a need to improve your typing skills

There is a need to learn new Yoga postures

There is a need to increase time of your physical activities

There is a need to improve our presentation skills.

Updates and improvement is the new Mantra to stay ahead in the competition.

Swamy Vivekananda says to keep all the channels open and to let knowledge flow to you from all directions.

Pranayama is one of the finest ways to keep the mind open to new things.

Other games like Su Do Ku, Chess also improve brain functions.

How To Do Multitasking In A Healthy Ayurveda Way?

Living in 21st century-wired weird world, you can not live without multitasking. Just try to organize yourself to do only one thing at a time, by afternoon, your day will start going awry. There are opinions that multi tasking is not good for health and it causes attention deficit, induces panic etc. But there is surely a healthy *Ayurveda* way of doing many things at a time, without losing your mind.

Ayurveda concept of mind -

As per Ayurveda, there are two characteristics of mind.

- 1. Anutwa – Minuteness** - Mind is minute and moves fast to link with different sense organs, hands and legs.
- 2. Ekatwa – Single** – Mind is only one.

I will be discussing the nature of mind in detail in future, but here's a short explanation ahead of our topic of the day – how to multitask.

Mind is the co-ordinator between sense organs and intellect.

Mind and intellect should be in unison for

- **Knowledge in flow** (sensory – In ward flow of message from external world to brain) and
- **Action** (Motor – outward flow of message from brain to the sense organs, hands and legs, to take action)

When mind connects between eyes and intellect, we see and *perceivethings*.

When mind connects between ears and intellect, we hear and *understand things*.

When mind connects intellect with our hands, we can write, *what we want to express*.

Allow me to call the above type of three actions, where mind's full presence is required, as **Full mindful actions**.

Full mindful actions are those, where we can not do anything without full involvement of mind. For example, if mind does not connect between eyes and intellect, we may be looking at an object, but we can not perceive it. We may be hearing, but we can not understand things. We may be writing, but we can not write to express our ideas.

However, each and every action of ours, may not require our mind's full participation. I will call such works as **Semi mindful actions**.

Semi-mindful actions - There are some works for which, continuous connection of organs with intellect is not required. For example walking. Mind decides where to go and where to stop. It hands over the responsibility to legs. Leg will take care of walking, while mind may indulge in, say, listening to something.

This is why, you can consciously listen to what your friend is talking about, while you are walking. Note here, though mind is presently connecting ears to intellect, it has assigned the walking job to legs, and that job is going on smoothly.

Apart from working with sense organs, hands and legs, mind also does thinking, planning, guessing, analyzing etc, on its own.

So, with this elaborate background, let us come back to multitasking.

How to multitask like a pro?

Because mind is only one, you simply *can not take up **two** full-mindful-actions* at the same time.

For example, you can not drive and answer a phone call at the same time. It causes accidents. Because, driving is a full mindful action, there are lot of decisions to make each and every second, and listening, thinking and talking over the phone, is again another full mindful job. *So, no two full-mindful jobs at the same time.*

But you can surely combine one semi-mindful action and one full mindful action. You can do these two types of actions at one time.

For example, you can surely drive, while you're listening to music. Can't you? Driving is a full mindful action, but listening to music is only a semi-mindful job. You're not totally into the music. It just runs in the background and you only feel the enjoyment, without bothering much about what the lyrics is all about and so on.

So, follow this simple principle and pick only two tasks at a time, one – full mindful, and another – semi mindful and enjoy multi-tasking.

Examples for good multitasking:

1. Putting cloths to washing machine, and cooking. Once you put cloths into washing, your mind is not required there. It is a semi mindful action. You can continue cooking, which is a full mindful action.

2. Downloading a big size software, typing an email. – Once you hit the download button and assign a disc space in your laptop, you're free till the download is complete. Use that time to type, browse, drinking a cup of coffee etc.

3. Jogging and listening to a self-help podcast. Jogging requires only your semi mind. You can utilize that full attention of your mind to listen to podcast related to your favorite topic.

4. Reading a document, while enjoying a cup of herbal tea. You can surely do both things together, unless you end up spilling tea over your important document.

Examples of bad multi tasking:

1. Driving and talking over the phone. They simply can not co-exist.

2. Students doing homework while watching TV. TV, being more interesting and engaging, mind will be dragged into it, harming the progress of your homework.

3. Eating and texting / talking over the phone. As per Ayurvedic eating etiquette, eating should be your full mindful job. You should concentrate on quality and quantity of stuff, going into your mouth. Talking over the phone, being more active job, is a full mindful job and will take away concentration from your plate.

Basic pre-requisites for a successful multi-tasking

A perfect plan - If you do not plan the tasks ahead, you will not be able to achieve a healthy mix of semi and full mindful jobs. It is better to plan early in the morning, or just before going to sleep.

Measurement of time - As your experience grows, you should have a clear picture regarding, precisely how much time is required to complete one task.

Example: By the time the machine finishes washing, in 50 minutes, let me complete cooking, which also requires 50 minutes.

Write it down – Writing down the future tasks as and when you think of one, is a very healthy habit. You can even use your mobile to make a note for planning your day.

So use these techniques and become a champion of mutli-tasking without losing your mind.

Questions and Answers –

What is Ayurveda?

Ayurveda is Ancient Indian medicine and lifestyle system. The Ayurvedic principles, though thousands of years old are true even today. Ayurveda has five dimensions.

Spiritual Ayurveda – Living with highest spiritual level to enjoy robust mental and physical well-being.

Holistic Ayurveda – Striking a balance between our personal, social and spiritual lives.

Health promoting Ayurveda – Techniques to live longer and live healthy and happy.

Preventive Ayurveda – Preventing onset of diseases by correcting our diet and lifestyle.

Clinical Ayurveda – Treatment for specific ailments.

How can it improve my life?

By following Ayurvedic principles,

- Perfect mental balance,
- Perfect physical health,
- Cure from disease
- Leading a healthy social life,
- And higher spiritual success can be achieved.

I am new to all these Ayurveda stuff. From where & how can I start adopting Ayurveda?

Interest is the first step to start with Ayurveda, which you already have developed.

Follow easyayurveda.com and I will do my best to get you very close to Ayurvedic lifestyle. 😊

What is the pre qualification that I need to have to start with Ayurveda?

Just genuine interest is more than sufficient to start with Ayurveda.

Is it a must to be a vegetarian to follow Ayurveda lifestyle?

Not necessarily. Ayurveda hails health benefits of non veg food also. So, Ayurveda does not ask you to leave non veg food.

From a spiritual view-point, 'Divine Park' opines that a person will naturally gets attracted to vegetarianism as he moves up the spiritual ladder. 'What is eating your mind' is more important than 'what you eat'.

What is Tridosha / Dosha?

Tridosha – Vata, Pitta and kapha are the three factors that influence our health and disease.

Vata can be compared to wind, responsible to all the voluntary & involuntary movements and perception of sense organs.

Pitta can be compared to fire, responsible for digestion and metabolic activities.

Kapha can be compared to water and is soothing, calming and cushioning in nature.

I want to know full details about Ayurvedic medicines that I take. Where to get the right info?

I have made an exclusive website just to explain Ayurvedic medicines, their usage, benefits, side effects, dose etc. If you want to learn about any Ayurvedic medicine, just go to my website for Ayurvedic medicine (website address given below) and type your medicine in the search box and get info. If you think I have not covered any of the medicine, then let me know in comment section. I will surely cover that medicine also. So far I have covered about 1100+ Ayurvedic medicines.

My website for Ayurvedic medicine is – ayurmedinfo.com

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How important is diet restriction in Ayurvedic treatment?

Ayurveda gives equal importance to both food and medicine in treating diseases.

Every food has positive or negative effect over disease process.

Sweets are best avoided in diabetes, salt is best restricted in High BP etc. Hence, simple dietary restrictions are always better to follow, be it Ayurveda, or any other system of medicine.

Whether you should follow strict dietary restrictions or how far you have to be strict on diet depends upon your disease and your Ayurvedic doctor.

What is Panchakarma? Does all Ayurvedic treatments require Panchakarma?

Panchakarma is set of five major treatments.

- Vamana - Vomiting therapy
- Virechana - Purgation therapy
- Basti - **Two types** of enema therapy
- Nasya - nasal instillation of medicated drops.

Some also consider blood-letting therapy as one among Panchakarma.

Not all Ayurvedic treatments necessarily have Panchakarma treatments. But Panchakarma helps to get rid of disease faster. Based on your doctor's discretion, the suitable Panchakarma is selected.

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Can a healthy person undergo Panchakarma treatment?

Yes, Ayurveda explains that with change of seasons, with effect of climate on the body, the Doshas / toxins tend to accumulate in the body over a period of time. Hence, based on particular season, particular Panchakarma therapy has been explained in Ayurveda.

Is it necessary for everybody to undergo Panchakarma?

The decision if Panchakarma suits a person or not lies with your doctor. In children, pregnant ladies, lactating mothers, and in elderly, usually panchakarma is not done.

The doctor makes the decision on Panchakarma based on Digestion strength, age, body strength, tolerance capacity, extent of disease manifestation, season, level of Dosha involvement in disease etc factors.

As a general rule, it helps if Panchakarma is done as the first step. But not in all cases panchakarma is very necessary.

Are Ayurvedic medicines slow in action?

It is false. There are some medicines in Ayurveda which brings about swift action and the difference in health condition can be observed within one or two days. For example, in cases of cough, indigestion, etc.

If the disease is chronic, if it is of long duration, then treatment is also required for a long period of time.

How safe are Ayurvedic medicines? Is it true that all Ayurvedic medicines do not have any side effects?

Ayurvedic medicines, in right dosage, for right disease, and for the right patient, are safe. However, it is not true that they are devoid of any side effects.

These are the general rules for Ayurvedic medicines –

- Overdosage of any medicine is not recommended with Ayurveda.
- Self treatment with Ayurvedic medicines with information from internet and advertisement should be strictly avoided. It can be very dangerous.

- It is always better to consult an Ayurvedic doctor before taking any medicine.
- It is always a healthy habit to tell about all Ayurvedic medicines when consulting an Allopathic doctor
- It is always better to stick to the dose and timings of Ayurvedic medicines. For example, some Ayurvedic medicines may cause gastric irritation if taken before food. Hence as per the doctor's advice, they should always be taken after food.
- Some Ayurvedic medicines should not be given to children, pregnant ladies and lactating mothers. Seek these information from your Ayurvedic doctor.

- All in all, always be in touch with a reliable Ayurvedic doctor for any and all of your health queries. A good doctor will surely respond with correct information.

Does some Ayurvedic medicines contain non veg ingredients?

Yes, some Ayurvedic medicines may contain non veg ingredients. [See here for a list of such medicines.](#)

Does some Ayurvedic medicines contain heavy metal ingredients?

Ayurvedic seers were very aware of ill effects of heavy metals. Hence they explained in detail about herbal purification procedures of heavy metals before their usage in Ayurvedic medicines.

Not all the Ayurvedic medicines contain purified heavy metals. Only around 20 % of the products contain them.

If you are not fine with taking any heavy-metal-containing products, you can always request your Ayurvedic doctor to choose purely herbal products only.

Why some Ayurvedic products contain modern names?

Basically there are two types of Ayurvedic medicines.

1. Traditional Ayurvedic medicines – The formula of the medicine is taken from traditional Ayurvedic text book – like Charaka Samhita, Sushruta Samhita, Ashtanga Hrudayam , Sahasrayoga etc.

2. Proprietary Ayurvedic medicines -

Here the formula of the medicine, herbal combination is decided by the company. The manufacturing company (Pharmacy) based on their expertise and clinical research will formulate the medicine combination, will do a clinical trial test, get license and sell it.

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