

Maharishi AyurVeda - Public Information

UK Product Name	Calm Temples (MA332)	Code Name	MA0332
Availability	Discontinued		
Description	Helps maintain comfort of the head. [Soothes the nervous system and supports detoxification.]		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Balsamodendron mukul	Indian bedellium	exudate	1	32.9	164.5
Calcii sulphas	Gypsum		2	8.23	41.2
Ferroso-ferric oxidum	Iron bhasma		2	8.23	41.2
Cassia fistula L.	Indian Laburnum	Fruit pulp	2	8.23	41.2
Phyllanthus emblica L.	Amla	fruit rind	3	4.11	20.6
Terminalia belerica Roxb.	Bibhitaki	fruit rind	3	4.11	20.6
Terminalia chebula Retz.	Haritaki	fruit rind	3	4.11	20.6
Terminalia chebula Retz.	Haritaki	fruit rind extract	4	2.52	12.6
Terminalia belerica Roxb.	Bibhitaki	fruit rind extract	5	2.47	12.4
Phyllanthus emblica L.	Amla	fruit rind extract	6	2.16	10.8
Glycyrrhiza glabra Linn.	Liquorice	root	7	2.06	10.3
Piper longum Linn.	Long Pepper	fruit	7	2.06	10.3
Tribulus terrestris Linn.	Small Caltrop	fruit	7	2.06	10.3
Zingiber officinale Rosc.	Ginger	rhizome	7	2.06	10.3
Butea monosperma (Lam.) K	Flame of the Forest	seed	7	2.06	10.3
Eclipta prostrata (L.) L.	Trailing Eclipta	whole plant extra	8	0.87	4.4
Oroxylum indicum Vent.	Trumpet Tree	bark extract	8	0.87	4.4
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant extra	9	0.82	4.1
Gmelina arborea Roxb ex Sm	Cashmere Bark	bark extract	10	0.77	3.9
Tribulus terrestris Linn.	Small Caltrop	fruit extract	11	0.67	3.4
Uraria picta Linn.	Prisniparni	whole plant extra	12	0.62	3.1
Tinospora cordifolia (Willd.) H	Gulanca Tinospora	stem extract	13	0.57	2.9
Swertia chirata Buch.-Ham.	Chiretta	whole plant extra	14	0.51	2.6
Clerodendrum phlomoides Li	Agnimantha	extract	14	0.51	2.6
Curcuma longa Linn.	Turmeric	rhizome extract	15	0.46	2.3
Solanum indicum Linn.	Indian nightshade	whole plant extra	16	0.41	2.1
Stereospermum suaveolens	Trumpet Flower	bark extract	17	0.36	1.8
Desmodium gangeticum (L).	Tik Trefoil	whole plant extra	18	0.31	1.6
Aegle marmelos Corr.	Bael	bark extract	19	0.13	0.7
Tapoica starch	Tapioca starch	Excipient: Starch	20	1.9	9.5
Acacia arabica	Gum acacia	Excipient :exudat	21	0.95	4.8
Rice Hulls	Rice hulls	Excipient: conce	21	0.95	4.8
Rice bran extract	Rice bran extract	Excipient	21	0.95	4.8

Contraindications/Precautions	Unsupervised long term use of this product is not recommended during pregnancy. We advise that you stop using the product when you suspect that you are pregnant and consult an Ayurvedic practitioner about its further use during your pregnancy.
Over dose and its Management	An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.
Side Effects and Interactions	None known
Potential Allergens	

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	Take 1-2 tablets twice daily with water.
How Long to Continue Use?	As recommended at http://www.maharishi.co.uk/how-to-make-the-most-of-your-

AyurVeda Limited, Beacon House, Willow Walk, Skelmersdale, Lancashire, United Kingdom, WN8 6UR.

Phone: 0044 (0) 1695 51015 - E-Mail: map@maharishi.co.uk - Web: [maharishi.co.uk](http://www.maharishi.co.uk)

Maharishi AyurVeda - Public Information

UK Product Name	Calm Temples (MA332)	Code Name	MA0332
Availability	Discontinued		
	maharishi-ayurveda-products		
Specific Dietary/Lifestyle Advice	Prefer light food, cow's ghee, green vegetables, old rice, grams. Avoid new rice, yoghurt, butter, fish, mustard, day sleep. Practice relaxation (we suggest Transcendental Meditation) and yoga asanas.		
Presentation			
Presentation	60 tablets in an amber PET pot with t/e lid		
Net Weight grams	30		
Storage	Store in a cool, dry, dark place, tightly closed		
Shelf Life (months)	60		
Regulatory Status	Food Supplement		