

Dr. Shri Balaji Tambe's



Santulan
Ayurveda

Life in Balance

PRODUCT CATALOG



Atmasantulana Village



Atmasantulana Village, located in the beautiful hill-station setting of Karla (Maharashtra, India), is a renowned Ayurvedic Health and Rejuvenation Center, where the ancient wisdom of Ayurveda has been brought into the modern day-to-day lifestyle.

Our centre offers authentic Ayurvedic Panchakarma and Wellness Programmes which are specially designed to treat chronic diseases and also to help our guests to recharge their batteries, become rejuvenated and revitalised.

Though Ayurveda is an extensive subject covering the 'Science of Life' and 'Art of Living', particular emphasis is placed on medicine, proper diet planning and the use of quality products for supporting healthy living. The aim is to achieve and maintain good health for the body, mind and soul through establishing a balance throughout life. Thus, the Sanskrit name of our centre: 'Atma', meaning Soul and 'Santulan', meaning Balance.

Dr. Shri Balaji Tambe, an acclaimed authority in the fields of Ayurveda, Yoga and Music Therapy, is the Founder of Atmasantulana Village. He has conducted many years of extensive research in Ayurveda and Health Care and continues to explore new ways of incorporating traditional healing methods into contemporary life.



Dr. Shri Balaji Tambe has received many awards for his dedicated work in the field of Ayurveda.

Dr. Shri Balaji Tambe has spent many years patiently researching ancient Ayurvedic formulae and production methods. Atmasantulana Therapy Centre is manufacturing high quality Ayurvedic products formulated by Dr. Tambe since 1984 and is exporting them to Europe since 20 years.

All products are manufactured with high quality natural ingredients, without any animal testing and the quality is controlled under the supervision of trained personnel.

Medicinal & Massage Oils

The word "Santulan" means "Balance" and each product reflects this philosophy to achieve a balance of Body, Mind and Soul.



Massage oils play an important role in the Ayurvedic health concept. The cells of the skin and nervous system have a similar origin, and it is for this reason that oils massaged into the skin can influence and benefit the nervous system and the entire organism. Regular application of Santulan's high-quality oils also helps stabilize the functions of the skin. The cooling oils are relaxing and refreshing and have a harmonizing effect on body, mind and soul.

According to Ayurveda, the body is made up of five elements that combine to make up the three constitutional types: Vata, Pitta and Kapha. These elements are present in different combinations in each individual, with one specific element usually dominating. Vata is made up of space and air, Pitta is comprised of fire and, to a lesser degree, water, while Kapha is a combination of earth and water.

The Ayurvedic texts state that most diseases are caused by an imbalance in Vata, meaning that the space element has increased, decreased or is disturbed, therefore aggravating or diminishing the ability of movement. In this connection, "movement" relates to the flexibility of the joints, blood circulation, the functional efficiency of the nervous system and the "pranic" energy. To re-establish a Vata equilibrium in the body, massage with high-quality oils is strongly recommended.

Sesame and coconut oils are compatible with all constitutional types and form the basis for all Santulan massage oils.

The careful preparation of the basic substances, the order in which the ingredients are added and the duration of the cooking procedure all play an important role and are described in detail in the ancient Ayurvedic texts.

At each stage in the manufacturing process, the oil is boiled in four to eight times its volume of water until the original amount of oil is restored. This procedure is known as "culturing" of the oil.

Combining different herbs in precise amounts in the specified Ayurvedic formulae increase their potency and effectiveness.



Medicinal & Massage Oils



The resulting oils are potent, subtle in quality and can easily penetrate the deepest layers of the skin. They are kind to the skin and economical in use.

Thus these following products are a synergistic combination of herbs with the motto "less gives more".

Abhyang Oil S (Sesame oil base)

Full body massage oil for daily use to nourish and revitalize the entire body. pacifies Vata dosha, improves circulation hence beneficial in cases of hypertension and heart disorders. Especially recommended in obesity and paralysis.

Abhyang Oil C (Coconut oil base)

Mild and cooling oil for full body massage. Ideal for Baby massage and those having sensitive skin. Helps to reduce skin irritations and rejuvenates the skin.



Brahmaleen Oil

A special medicated soothing oil which helps to reduce mental strain and promotes sound sleep. Indicated in insomnia and anxiety.

Femisan Oil for Women

This time-tested oil is specially designed to restore and maintain the health of the female reproductive system. Regular use of Femisan oil strengthens and purifies the uterus and tones the vaginal muscles. Indicated in all hormone related disorders and recurrent gynecological infections.

Kundalini Oil - Spine care

Massage oil for nourishing the nerves and spinal cord. Indicated in backache, slipped disc, spondylitis, stiff neck, frozen shoulder, sciatica and other degenerating disorders of the spine.

Purusham Oil for Men

A medicated oil designed to restore and maintain the health of the male reproductive area. Regular use of Purusham oil deeply nourishes and invigorates the male reproductive organ.

Radha Face Oil

Facial oil that improves complexion. Especially recommended for severe inflamed acne and skin infections. Also used as a soothing application to alleviate irritation, dryness or burning sensation in various skin disorders.

Medicinal & Massage Oils



Rose Beauty Oil - Face care

Facial treatment for glowing complexion & fairness. This non-greasy oil is created especially for a clear and beautiful facial skin. Indicated in pimples, scars, acne, skin disorders, premature wrinkles and stretch marks after delivery.

Shanti Oil - Joint care

Medicated oil processed with a specially chosen blend of ayurvedic herbs for the care and massage of joints. Lubricates, strengthens and increases the flexibility of the joints. Helps to reduce swellings and enhances the healing process after bone injuries. Indicated in cases of arthritis and rheumatism, stiffness and pain in the joints.

Shruti Oil - Ear care

A medicated oil for maintaining the health of the ears. Indicated in cases of tinnitus and deafness due to ageing. Promotes sound sleep. Especially recommended for users of head phones & cell phones.



Suhrud Oil - Breast care

For the care and massage of the breasts. Regular massage with Suhrud oil deeply nourishes and helps to restore the tone of the breast area, thus it is specially helpful during and after pregnancy. Promotes lactation and balances hormones.

Sumukh Oil - Teeth & Gum Care

A special oil for oral care. Helps to cure and prevent infections of the, teeth, gums, tongue and palate. This oil is useful to cure bad breath, mouth ulcers etc. Regular use improves voice, strengthens gums and keeps the oral cavity clean. Keeps teeth healthy and bright. Helps reduce oral sensitivity in people habituated to chewing tobacco, gutkha and paan (betelnut).

Village Hair Oil - Hair care

Traditional Ayurvedic medical preparation with rich ingredients. Has a pleasantly cooling effect, promoting strong and healthy hair growth. Treatment for dandruff, premature graying and hair loss.



Kalpa

Amrutshatakara

A special Rasayan containing Gold (Suvarna Varkha), Saffron and Shatavari. Suvarna is described in Ayurveda as to increase mental grasping power, vitality, immunity, increasing digestive fire while Saffron is said to improve the complexion and to balance the three doshas. An ideal preparation for adding to Panchamrut.

Anant Kalpa

This delicious Ayurvedic preparation assists in the proper digestion of milk. It reduces acidity and purifies the blood. Anant helps to improve the skin complexion and reduces allergic tendencies.

Chaitanya Kalpa

Herbal rasayan kalpa for the whole family. Nourishes seven dhatus, develops immunity & helps to improve memory. Available in chocolate or cardamom flavour. Helps to increase energy and vigour. Particularly good for growing children.



Shatadam Kalpa

A 'kalpa' (granules) made with Shatavari and almonds. Improves overall vitality and very nourishing for the brain. Ideal for students and professionals. Best taken with a cup of hot milk everyday.

Shatanant Kalpa

A rejuvenating kalpa (granules) that reduces heat in the body and promotes a glowing complexion. Pacifies Vata & Pitta dosha and purifies the blood. Improves immune function and reduces allergic tendencies. Alleviates menstrual discomfort and helps promote a normal menstrual flow.

Shatavary Kalpa

A tasty Ayurvedic kalpa with cooling effect, especially beneficial for women. It helps to improve vitality, harmonizes all three doshas and promotes proper body development. Milk with Shatavary kalpa is a traditional drink during and after pregnancy, as it helps nurturing the baby and promotes lactation.

Churna

Avipattikar

A special blend of Ayurvedic herbs, used for quick relief from acidity and indigestion. Very effective against headache, upset stomach, acidity due to late nights or hangovers.

Cardisan plus*

A special formulation containing potent Suvarna kalpas and herbs known for improving cardiac activity and blood circulation. Indicated in artery blocks, ischaemia, angina, valve disorders, enlarged heart.

Gokshuradi Churna

A formulation that rejuvenates the tissues of the body. Improves degenerating tissue and vata disorders like pain in the joints and back etc.

Pransan Yog*

Special preparation for strengthening the respiratory system. Improves the lung function, soothes the bronchi and enables the flow of pran throughout the body. Indicated in bronchial asthma, recurrent productive or dry cough, bronchial ailments.

Prashant Churna

Contains vata-balancing and energizing herbs such as Gulvel, Choapchini, Kavachbeej and others. Alleviates joint and hip pain, improves degenerated tissue. It helps in detoxification and strengthening of the female reproductive system and promotes hormonal balance, helps to improve potency of both male and female reproductive cells.

Sancool

Ayurvedic herbal preparation used for reducing acidity. A time tested formula for daily use to improve digestion and promote easy motion. Indicated in heartburn, acidity, piles, haemorrhoids, constipation.

Sitopaladi

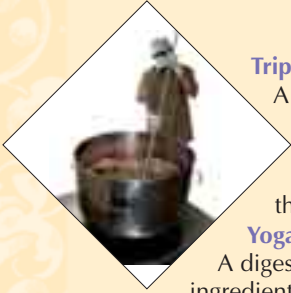
A renowned traditional Ayurvedic powder for balancing Kapha. Soothes the bronchi, boosts immunity against common cold & lung infection. Indicated in allergic cold, recurrent throat infection, cough, hoarse voice.

Talisadi Churna

A well-known Ayurvedic formulation for strengthening the respiratory system. Prevents and cures respiratory tract infections (even if chronic or recurring). Helps in cases of a hoarse voice, throat infection, and frequent cold and cough.



*To be taken on prescription only.



Triphala Churna

A well-known preparation that is made from Avala, Hirda and Behada. Helps to balance all three doshas, cleans the bowels and improves digestion. When taken with ghee and honey it helps improve eyesight and reduce the hair loss.

Yogasarak

A digestive preparation made from castor oil, Hirda and other ingredients. Indicated in constipation, indigestion etc. An ideal laxative for cleansing the stomach, once a week.

Tooth Powder

Yogadanti

An excellent Ayurvedic preparation for healthy teeth and gums. It is prepared by mixing substances like the bark of babool and saal, clove and in accordance to the old school of thought, the powder of the shell of almonds. Its use results in shiny white teeth and clean and strong gums. It improves oral hygiene, helps to remove excessive mucous and phlegm from the throat, alleviates bad breath, bleeding and pus from gums, dental caries and other oral conditions.

Anjan

San Anjan Black/Grey/Clear

a traditional ayurvedic formulation for healthy eyes. It is highly effective in maintaining the health and shine of the eyes. It negates the harmful effects of dust, smoke and pollution on the eyes. It provides relief from burning sensation, watering and pain in the eyes. It is very useful in young children as well. Available in 3 types- Black, Grey and Clear (especially designed colourless kajal for men).



Avaleha & Rasayan

Atmaprash

Special rasayan for revitalizing the entire body and spine to keep one young and fit. Rasayan for lungs and heart.

Chyavanprash

Special formula made as per Ayurvedic traditional recipe for kayakalpa. Ayurveda say's that the regular intake of Chyavanprash helps to improve vitality and memory and gives a long life span. Especially good for rejuvenation of the spine, blood purification, asthma and cough. It is a rich source of vitamin C and hence recommended rasayan for the whole family.

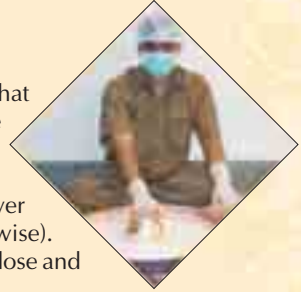
Suhrudprash

Contains a wealth of important ingredients needed to maintain the health of the heart. Indicated in blocked arteries, angina, poor circulation and other heart related disorders.

Suhrudprash Plus Similar to Suhrudprash in action, but its lower sugar content renders it suitable for diabetics. Indicated for diabetics with blocked arteries, angina, poor circulation or any other heart related disorders.

Bilvasan

A jam made from Belphal and other digestive herbs that rejuvenate cells in the liver and corrects digestive disorders. Recommended in cases of dysentery, frequent diarrhoea, hepatitis, ascitis, cirrhosis of the liver and other liver related problems (alcoholic or otherwise). Helps in cases of synthetic drug overdose and side-effects of medicines.



Dhatri Rasayan

An Ayurvedic rasayan with a cooling effect. Rejuvenates all the seven dhatus (levels of tissue), especially rakta (blood) and shukra (seminal fluid) dhatu. Improves stamina and aids quick recovery in case of a long term or heavy illness or a major surgery etc.

Marrosan

Marrosan is a tasty Rasayan (Ayurvedic Herbal Tonic) that is recommended for all age groups and can be taken regularly. It increases stamina, nourishes shukra dhatu and helps to remain energetic throughout the day. Marrosan is a rich source of natural calcium. Indicated especially in osteoporosis.

San Rose

Improves blood (iron and haemoglobin) and bone health. Excellent rejuvenating tonic for both men and women. Promotes hormonal balance, improves stamina, improves immune function and contributes to a glowing complexion. Very useful before and during pregnancy and also after delivery.

Santulan Baal Amrut

Suvarna varkha and saffron are the most precious ingredients in Baal Amrut. Suvarna is described in Ayurveda as to increase mental grasping power, vitality, immunity, promote longevity, while saffron is said to improve the complexion and develop good immunity. Santulan Baal Amrut consist of these two important ingredients which help in all round development of the child.



Syrup

Baal Herbal Syrup

A delicious Ayurvedic herbal syrup for children. Helps to improve digestion and appetite. Indicated in lack of appetite, metabolic disorders, frequent cold and cough.



Brahmaleen Syrup

Syrup that contains ingredients like brahmi & kamal, which according to ayurveda, are known to activate and nourish the brain and promote peace of mind. Indicated in memory loss & lack of concentration.

Coolsan Syrup

Herbal syrup to reduce excess body heat. Recommended for women experiencing hot flushes & heavy bleeding. It is indicated during chemotherapy for its quality of reducing body heat. It also acts as a blood purifier.



Femifit Syrup

A syrup beneficial for the female gynaec system. Helps balance hormones, especially useful in heavy bleeding during menstruation.

San Agni Syrup

A syrup fortified with Bhringraj, Bhoomyamalki, Punarnava and other ingredients excellent for the liver. Improves liver function and digestion. Helps alleviate symptoms such as reduced hunger, nausea and tastelessness. Useful as an appetite stimulant.

San Kapha Syrup

A special formula that balances Kapha dosha and strengthens the lungs. Indicated in dry and mucus forming cough, as well as chronic coughs and colds.

San Pitta Syrup

An Ayurvedic herbal syrup to balance Pitta dosha. Contains herbs like Gorakhchinch and Daruhalad, which are known for strengthening the liver and stabilizing the metabolism. Indicated in liver and metabolic disorders, lack of appetite and nausea.

San Relax Syrup

Contains renowned herbs like Jatamansi and Brahmi which are known to reduce mental stress & anxiety. It is beneficial for adults and children alike. Indicated in disturbed or insufficient sleep, anxiety, restlessness.



Lep & Herbal Packs



Baby Massage Powder

it is a mixture of Anantmool, rose petals, sandalwood and eight fragrant herbs. This powder is especially designed for the delicate skin of the newborn. It not only helps to improve the complexion of the baby but also prevents skin eruptions, allergies and rash. The powder should be mixed with either milk or milk cream and be used instead of soap while bathing.

Balant Lep

it promotes natural and normal delivery. It accelerates the process of labour and makes it less painful.

San Massage Powder

it is a powder prepared from fragrant and complexion improving agents like Ashtagandh and sandalwood. It provides health, shine and flexibility to the skin. It decreases excessive sweating and prevents body odour. It also acts on excess body fat and reduces it. Unlike soap it does not leave the skin dry. This 100% natural product is recommended for every day use and long lasting freshness!

San Vata Lep

it constitutes of Punarnava and Lodhra like herbs that are effective against swelling and pain. Its useful in sprains, closed injuries leading to swelling, pain etc. it also relieves swelling of the feet.



San Pitta Face Pack

for normal to oily skin. It contains herbal ingredients like Rose, Sandalwood, Aloe etc. decreases oiliness and sebaceous gland activity. Works on pimples, facial eruptions, pigmentation leaving behind a healthy and glowing complexion.

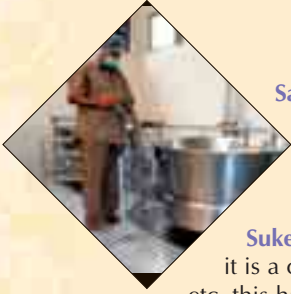
San Vata Face Pack

for dry skin. It is a special pack made up of Anantmool, Jyeshthamadh, Sandalwood etc. it decreases roughness of the skin making it smooth and supple. By decreasing pigmentation, wrinkles and fine lines and also decreasing dry skin, it improves the complexion, texture and colour of the skin.



San Pitta Hair Pack

for long, thick and silky hair. Protects the natural beauty and health of the hair. Useful for dandruff, hair loss and premature graying.



San Vata Hair Pack

for beautiful, long, soft and shiny hair. It is effective for split ends, stunted hair growth, lustreless hair, and excessive hair loss.

Sukesha

it is a cent percent natural mixture containing Shikakai, Amla, etc. this hair wash is completely free from any harmful chemicals and hence their side effects. It is used in hair loss, hair breakage, premature graying, dandruff, itching etc.

Asava & Arishta

Arjunarishta

The main herb used in Arjunarishta is Arjun, which according to Ayurveda the herb of choice for cardiovascular health. Arjunarishta is indicated in cardiac disorders such as blocked arteries, angina, enlarged heart, ischemia etc.

Ashwasaraswa

It contains several potent herbs like Ashwagandha, Guduchi, Shatavary etc. Helps reduce fatigue. Useful in psychological disorders.

Dasharjuna

Pacifies vata dosha and improves blood circulation. Prescribed in cases of heart problems, low circulation, rheumatism, arthritis etc.

Feminine Balance / Feminine Balance plus

Feminine Balance is specially created for the well being of a woman. Is useful to balance hormones and supports the female reproductive system. Indicated in cases of menstrual discomfort and irregularities and menopause.



Manjisar

Helps to purify blood and treating various skin disorders. Recommended in psoriasis, black pigmentation, eczema, allergic tendencies etc.

Punarnavasav

Punarnava is well-known for its quality to improve liver and kidney function. Indicated in cases of water retention, reduced urine output, oedema related to heart disorders.



Punarsan

An asav that contains a number of hepato-protective and diuretic herbs. Prescribed in liver and kidney disorders, generalized oedema, urinary tract infection etc.

Sandesh Asav

An asav that helps balance Vata dosha. Eases pain, inflammation and stiffness in joints. Prescribed in osteoarthritis, rheumatoid arthritis, sciatica, backache etc.

Ghruta

Ashokadi Ghruta

A traditional Ayurvedic formulation for supporting gynec health. Nourishes and purifies the uterus and other female reproductive organs. Indicated in cases of menstrual disorders, infertility, abortions and other gynec disorders.



Brahmaleen Ghruta

A nourishing medicated ghruta (ghee) for the brain and nerves. Indicated in various disorders of the brain and nervous system such as depression, lack of concentration, dementia, epilepsy, paralysis, delayed milestones.



Nasyasan Ghruta

Medicated nasal drops for relief in breathing difficulties and promotes sound sleep. Helps in cases of nosebleeds, sinusitis, colds due to allergies, vertigo and migraines. Regular use will help reduce the tendency to snore while sleeping and improve the functioning of the brain.





Padabhyanga Ghruta

A specially processed ghruta (ghee), which eliminates dryness, numbness and over-sensitivity of the feet. Beneficial in heel pain, cracks in the feet, burning sensation in feet & eyes due to excess heat.

Used for padabhyanga (a special therapy in which Padabhyanga Ghruta is applied on the feet and a foot massage is given using a *kansya* bowl.) It is having an exceptional cooling effect on the entire body and can be indicated in fever, fatigue, body pain, headache and burning eyes. It deeply relaxes and promotes healthy sleep.

Sunayan Ghruta

Medicated ghruta (ghee) for the eyes processed with renowned herbs like Triphala and Neel-kamal that are well-known for nourishing the eyes and strengthening the eyesight. Indicated in Eyestrain due to excessive reading or work fatigue, weak vision, retinal disorders, optic nerve degeneration.

Tablets

Annayog

Improves the digestive fire, digests aam, enables proper absorption of food. Recommended for daily use. Indicated in cases of flatulence, indigestion, nausea, abdominal distensions, constipation.

Ashok- Aloe San

Ashok and Aloe are useful for gynecological health. Indicated for strengthening the uterus, menorrhagia, recurring abortions and menopausal problems.

Calcisan

An unique blend of Ayurvedic ingredients rich in natural calcium. Nourishes and strengthens Asthi dhatu (bones) as well as joints. Recommended during pregnancy and after delivery. Indicated in osteoporosis, fractures, body ache, and fatigue.



Hairsan

Special formulation for hair care. Provides natural calcium, thus revitalizing dull and lusterless hair. Indicated in hair loss, dandruff, split ends, premature graying and dull hair.

Hrudsan

A composition of all important herbs like Draksha and Punarnava which according to Ayurveda, support the heart function and have cardio - protective properties. Hrudsan is an ideal adjuvant in all heart disorders.



Manjishthasan

Manjishtha is one of the best blood purifying herbs in Ayurvedic medicine. Pacifies Pitta and Kapha dosha, improves the skin complexion, reduces allergic tendencies. Indicated in pimples, freckles, discoloration, urticaria, menstrual disorders.



Pittashanti

An unique formulation for pacifying Pitta dosha & purifying blood. Contains ingredients such as Pearl ash and Oyster shell ash, which are well-known for reducing excess body heat and promoting detoxification. Indicated in migraine, sunstroke, hyperacidity, nausea, giddiness, allergic tendencies.



Samasan

It is an energy and immune enhancing formulation made from herbs like Ashwagandha and Gulvel. It is very effective in crippling diseases like cancer, HIV/AIDS. It helps in strengthening the immune system hence helps in diseases like swine flu, chikangunya etc.



San Brahmi

Brahmi is well-known for its quality to increase the efficacy of all the mental functions, while retaining its calming effect on the nervous system. Indicated in anxiety, depression, mental fatigue and lack of concentration.

Shatavary San

Shatavary is a renowned herb that rejuvenates the body, improves memory. It especially acts on the female reproductive system and promotes proper body development. Indicated in cases of menstrual irregularities, general debility, infertility.

Vaatbal

Ayurvedic medicine for healthy joints. Contains ingredients like Guggul and Erand sneha that are renowned to balance Vata dosha and strengthen bone tissues and joints. Indicated in osteoarthritis, rheumatoid arthritis, spondylitis, slip disc, degenerative changes in spine and joints, muscular strain.



Y.S. Ointment

An ointment with disinfectant ingredients such as kankol, sulphur etc. Helps eliminate infections and encourages healing. Recommended in skin and nail infections, non healing wounds, chronic ulcers etc.

Malam

The information in this catalog is for medical practitioners, pharmacies, medical institutions and general awareness. Medicines mentioned herein should be taken on advice from medical practitioners only.



ATMASANTULANA THERAPY CENTRE

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