

THREE SEASONS AYURVEDA



Bulk Herbal Inventory

Herbal Pricing:

Capsules: Denominations of 100:

Triphala & Digestive Formulas: 22¢ ea.

All Others (except below): 25¢ ea.

Shilajit, Guggulu's, Kutki, Saffron, Boswellia, Vidanga, and Chinese Herbs: 33¢ ea.

Churna (powders): Per oz. (4-oz. min.):

Triphala, Digestive Formulas, and Spice Blends: \$4.50 per oz.

All Others (except below): \$5 per oz.

Shilajit, Guggulu, Kutki, Saffron, Boswellia, Vidanga, and Chinese Herbs: \$8-112 per oz., contact for price.

Teas (sift and cut herbs): Per oz. (4-oz. minimum)

Submit an order for pricing. Western teas cost: \$4-5 per oz.

Ayurvedic Herbs		Western Herbs		Culinary Spices
Ajwan	Gurmar	Alfalfa	Lemon Grass	Ajwain
Aloe	Haritaki	Arnica	Licorice	Basil
Amalaki	Hingwastika	Artichoke	Linden	Bay leaf
Arjuna	Jatamamsi	Barberry	Maca	Cardamom
Asafoetida	Kalamegh	Bayberry	Marshmallow	Cayenne
Ashoka	Kapi Kacchu	Bilberry	Meadowsweet	Cinnamon
Ashwagandha	Kutki	Bladderwrack	Milk Thistle	Cloves
Avipattikar	Lotus	Burdock	Moringa	Corriander
Bacopa	Manjistha	Calendula	Motherwort	Cumin
Bakuchi	Musta	Chamomile	Mullein	Dill
Bala	Nigella	Chrysanthemum	Nettle Leaf	Fennel
Bhringaraj	Nirgundi	Coltsfoot	Oat Straw	Ginger
Bhumyamalaki	Pippali	Comfrey	Passion Flower	Juniper Berry
Bibhataki	Punarnava	Cyrsantham	Peppermint	Mustard-Yellow
Bitter Melon	Rose	Dandelion	Psyllium	Mustard-Black
Boswellia	Sandalwood	Echinacea	Red Clover	Nutmeg
Brahmi	Saraswathi Churna	Elder	Red Raspberry	Oregano
Calamus	Sarsaparilla	Eleuthero	Rhubarb	Pepper, Black
Cascara	Senna	Eucalyptus	Saw Palmetto	Pepper, Long
Dashmoola	Shankapushpi	Fenugreek	Schinzandra	Pepper, White
Gokshura	Shatavari	Feverfew	Skullcap	Peppermint
Gota Kola	Shilajit	Frankincense	Slippery Elm	Rosemary
Guduchi	Sienna	Gymnema	Spearmint	Saffron
Guggulu	Sitopaladi Churna	Goldenseal	Spikenard	Sage
Guggulu-Gokshura	Trikatu	Hawthorne	Stevia	Spearmint
Guggulu-Kishore	Triphala	Hibiscus	Vitex	Star Anise
Guggulu-Kanchaanara	Tulsi, Krishna	Horsetail	Willow Bard	Stevia
Guggulu-Yogaraja	Turmeric	Jasmine	Yarrow	Turmeric
Guggulu, Triphala	Valerian	Lavender	Yellow Dock	Salts
	Vidanga			Himalayan
				Black
				Siddhiyau
Chinese Herbs: Astragalus, Cordyceps, Ginko, Ginseng, He So Wu, Ling Ho, Rhodelia				

Herbal Formulas and Store List

Herbals Formulas

Triphala- *Renowned for clearing toxins and supporting digestion, assimilation, and elimination.*

Capsules: Available in 100-count increments- 22¢ each

Churna (powders): Minimum quantity is 4 ounces- \$4.50 per oz.

Vata: Haritaki, amalaki, bibhitaki, and coriander

Pitta: Amalaki, haritaki, bibhitaki, and cumin

Kapha: Bibhitaki, haritaki, amalaki, and ginger

Tridoshic: Amalaki, bibhitaki, haritaki and cardamon

Digestive Health

Capsules: Available in 100-count increments- 22¢ each

Churna (powders): Minimum quantity is 4 ounces- \$4.50 per oz.

Vata Digestive

Warming and grounding stimulate the digestive fire, appetite, and the assimilation of nutrients.
Corriander, ajamoda, ginger, black cumin, asafoetida, and salt.

Pitta Digestive

Strengthens digestion without aggravation while balancing, cooling, and soothing the GI tract.
Fennel, cumin, cardamon, amala, licorice, and pippali.

Kapha Digestive

Enkindles the digestive fire, burns fat and toxins, and supports healthy metabolism and assimilation.
Ginger, fenugreek, cinnamon, fennel, turmeric, and black pepper.

Trikatu

It Stimulates sluggish, heavy, and cool digestion and benefits leaky gut syndrome and IBS symptoms.
Ginger, pippali, and pepper.

Hingwastika

Benefits digestive disturbances: gas, bloating, hiccups, constipation, and helps apana vayu.
Ginger, pippali, cumin, ajamoda, black cumin, and hingu.

Dosha Balancing Formulas: *(These formulas balances the body, mind & spirit)*

Capsules: Available in 100-count increments- 25¢ each

Churna (powders): Minimum quantity is 4 ounces- \$5 per oz.

Vata Balancing

Balances the cool, dry, and light qualities of Vata and supports overall health and well-being.
Brahmi, jatamamsi, shankapushpi, bala, kappikacchu, and cardamom.

Pitta Balancing

Balances pitta dosha without aggravating vata or kapha cool while balancing the mind and emotions.
Gotu kola, sandalwood, bhringaraja, manjistha, fennel, and pippali.

Kapha Balancing

Balances kapha and supports overall health with warming and astringent herbs that help the system.
Eleuthero, tulsi, purnavarna, chitrak, turmeric, and ginger.

TSA Proprietary Formulas

*The following formulas are **NOT** dosha specific, but are for the specific systems and conditions.
Schedule an herbal consultation to discuss specific clients requirements (i.e. dry vs. wet
respiratory condition) to design a specific formula.*

Capsules: Available in 100-count increments- 25¢ each

Churna (powders): Minimum quantity is 4 ounces- \$5 per oz.

Cholesterol Buster

Supports circulation, detoxificant and scrapes toxins, reduces bad cholesterol, and rejuvenation. Fenugreek, guggulu, bibhitaki, hawthorn, boswellia, and trikatu.

High Blood Pressure

It helps to reduce cardiac tension and fluid buildup and brings calmness to the body, mind, and spirit. Chrysanthemum, fenugreek, garlic, guggulu, shilajit, and cardamon.

Heart Tonic

Nourishes and strengthens the heart muscle and supports circulation, cleansing, and oxygen supply. Arjuna, kutki, hawthorne, purnavarna , amalaki, and cinnamon.

Kidney Health

Rejuvenates the kidneys and adrenals, supports urination. Gokshura, punarnava, guduchi, vidari, cinnamon and fennel.

Urinary Tonic

Benefits the Mutravaha srota and the bladder, soothes membranes, and promotes urination. Gokshura, shilajit, coriander, sandalwood, and cinnamon.

Liver Rejuvenation

Improves liver function, increases bile production and is a rasayana (rejuvenative). Kutki, kalamegha, bhumyamalaki, chrysanthemum, and licorice.

Skin Tonic

Benefits all skin conditions and is balanced for all three doshas. Gotu Kola, manjistha, guduchi, neem, and rose.

Adrenal Boosting

Natural adaptogens help the body cope with stress and promote balanced energy levels. Ashwagandha, kappikacchu, gokshura, tulsi, licorice, and ginger.

Respiratory Tonic

A lung tonic that strengthens and supports the respiratory system. Bala, vasaka, licorice, bibhitaki, pippali, and ajwan.

Arthritic Formula

Deeply-penetrating resins that detoxify, lubricate, and rejuvenate the bones, cartilage, and muscles. Guggulu, boswellia, guduchi, punarnava , turmeric, and pippali.

Clarity & Focus

Support mental function, improves memory, concentration, cognitions and learning capacity. Gotu Kola, eleuthero, jatamamsi, lemon balm, spearmint and ginger

Cleansing Formula

Traditional Ayurvedic herbs formulated to assist with the detoxications process for the blood and liver. Guduchi, bhumyamalaki, triphala and ginger.

Calm & Tranquil

Reduces anxiety and stress promoting calmness and balance without creating dullness or drowsiness. Ashwagandha, bhringaraj, passionflower, chamomile and fennel.

Sugar Buster

Kapha reducing formula created to support blood sugar levels and the proper function of the pancreas. Gurmar, guduchi, neem, turmeric, pippali, and cinnamon.

Relaxation and Sleep

Natural muscle relaxants release stress and tension, creating a sense of groundedness and relaxation. Valerian, gokshura, ashwagandha, skullcap, and nutmeg.

Immunity Protector

Powerful Ojas builder that boosts immunity and reducing accumulated toxins.
Ashwagandha, echinacea, guduchi, kalamegha, and ginger.

Allergy Relief

Benefits allergic and inflammatory responses, natural detoxificant, and soothes respiratory system.
Mullein, Chrysanthemum, nettles, ashwagandha, and trikatu.

Women's Balance

Supports healthy menses, balances hormones, rejuvenates the mind, and brings balance and stability.
Musta, Shatavari, Gokshura, Vidari Kanda and Cardamom

Dosha Spice Blends

Churna (*powders*): *Minimum quantity is 4 ounces-* \$4.50 per oz.

Vata: Warming and grounding, benefits gas, burping, bloating.
Cumin, coriander, fennel, turmeric, basil, ginger and asafoetida.

Pitta: Benefits digestion with aggravation bring balance and coolness to the GI tract.
Coriander, cumin, fennel, turmeric pippali, dill, and spearmint.

Kapha: Heating, stimulating and energizing for a colder and sluggish digestion.
Cumin, coriander, fenugreek, turmeric, cinnamon, clove and ginger

Six Tastes: Contains all of the six tastes and is balancing for all the doshas.
Cumin, coriander, dill, fennel, cardamon, turmeric, salt, and citric acid.

Teas

Powders and Teas (sift and cut): *Minimum quantity is 4 ounces-* \$4.50 per oz.

Avipattikar:

Digestive tonic, antacid and laxative. Benefits the heat, thirst and acidity of pitta.
Ginger, pippali, bala, triphala, cinnamon, vidanga, cardamom and sugar.

Sitopaladi:

The "cough powder", benefits respiration, bronchodilator, asthmatic and allergenic.
Cardamon, cinnamon, pippali, vamsa lochana, and rock sugar.

Jeff's Goodnight Lassi:

Super adaptogens (adapts to stress), nutritive, builds immunity, and grounding.
Ashwagandha, shatavari, rose, turmeric, maca, licorice, pippali and nutmeg.

Jeff's Chai Tea: (*decaffeinated*)

Decafe black, cardamom, anise, ginger, licorice, pepper, cinnamon, clove, and nutmeg.

Guggulu's

Capsules: *Available in 100-count increments-* 33¢ each

Churna: (*powders*): *Minimum quantity is 4 ounces-* \$8-10 per oz.

Triphala Guggulu

Detoxificant, blood purifier, super respiratory tonic and anti-inflammatory.

Yogaraja Guggulu

Arthritic, clears obstructions and ama, and benefits nerve disorders.

Kanchanar Guggulu

Destroys ama and growths, heals ulcers, and bleeding disorders.

Gokshura Guggulu

Purifies blood, antidiabetic, neurological, urinary and kidney tonic.

Purnavarna Guggulu

Reduces cholesterol, cardiogenic, benefits gout, prostate and urination.

Kaishore Guggulu

Arthritic, skin, and respiratory tonic, anti-inflammatory, and alterative.

Ghees (medicated)

8-ounce bottles- \$34

Triphala

Digestive, improves sluggishness, bloating, flatulence, and constipation, and benefits assimilation.

Brahmi

Improves memory and concentration, brain, nerve, urinary, and heart tonic, and increases longevity.

Turmeric

Scrapes toxins, benefits diabetes, has anti-arthritic qualities and purifies the blood.

Shatavari

Rasayana, promotes menses and fertility, increases ojas, respiratory and nerve tonic, and Rasayana.

Ashwagandha

Builds Ojas, promotes intellect, improves sleep, pain reliever, and benefits respiratory issues.

Licorice

Nerve tonic, anti-inflammatory, heals ulcers and wounds, benefits respiratory conditions, grounding.

Tikta (*Vegan and Cholesterol Friendly*)

For cleansing and Snehana (daily internal oiling).

Ayurvedic Oils

4-ounce bottle- \$14

8-ounce bottle- \$23

Vata Oil

Warming, nourishing, and grounding promote calmness and strength.

Ashwagandha, bala, vidari, brahmi, tulsi, haritaki, dashmoola, sesame oil, cinnamon, and lavender

Pitta Oil

Cooling, calming, soothing, relaxes tension, and promotes clear, healthy skin.

Neem, manjishta, brahmi, mint, chamomile, bhringaraja, sesame-sunflower, and lavender essentials.

Kapha Oil

Invigorating and warming, revitalizing, sharpens the mind, and instills lightness.

Punarnava, bibhitaki, mint, turmeric, tulsi, basil, cinnamon, sesame-sunflower oils, and clove.

Tridoshic Oil

Balancing and revitalizing nourishes and rejuvenates body and mind, and spirit.

Ashwagandha, bala, neem, tulsi, manjishta, sunflower-sesame oils, and lavender essentials.

Neem Oil

Cleanses and pacifies heat and irritation, cooling and soothing to pitta, and promotes healthy skin.

Neem, coconut oil & lavender essential.

Brahmi Oil

Supports the nervous system, improves concentration and memory, is cooling and relaxing tonic.

Brahmi, coconut and sesame oil.

Ksheerabala Oil

Natural analgesic, arthritic with anti-inflammatory properties and minimizes deep aches.

Cow's milk, bala, and oil sesame.

Ear Oil

Supports hearing, cleanses and moisturizes the tissues of the ear, calming and grounding to vata. Mullen, calamus, astragalus, echinacea, calendula and sesame oil.

Hair Oil

Supports healthy hair growth, and luster, is rejuvenative and calming, and brings a calm mind. Bhringaraj, manjistha, brahmi, amalaki, rose, sesame and coconut oils.

Nirgundi Oil

Bringing groundedness and warmth, benefits pain, headache, and respiratory inflammation. Nirgundi and sesame oil

Mahanarayan Oil

Soothes and rejuvenates the muscles and joints, warming and penetrating, and balances all doshas. Ashwagandha, shatavari, bala, castor, jatamamsi, cloves, manjistha, mahasudarshan, Saindhav salt, fennel, dashmoola, vidari, turmeric, kutki, guggulu, myrth, eucalyptus, camphor, mind, and sesame oil.

Nasya Oils

1-Ounce Dropper Bottle- \$12

2-Ounce Dropper Bottle- \$20

Nasya (Super)- Moisturizing, lubricating, mind-opening, and energizing. Calamus, lotus, tulsi, sandalwood, and eucalyptus.

Nasya Oil (Goodnight)- Moisturizing, lubricating, calming, and balancing. Brahmi, jatamamsi, shankpusphi and tulsi.

Aromatherapy

4-ounce mister bottles- \$12

Vata Balance- Sweet, warm, grounding, promotes intellect and rejuvenation and builds immunity. Orange, clary sage, and frankincense.

Kapha Balance- Energizing, warming, reduces stagnation-heaviness and improves mental clarity. Tulsi, eucalyptus and clove.

Pitta Balance- Cooling, adrenal balancing, builds immunity, detoxificant, and benefits hyperacidity. Lime, lavender and cedarwood.

Soothing & Calming- Sweet and heavy, balancing, relaxing, and grounding in nature. Cedar, lemon balm and chamomile.

Breathe Easy- Improves respiratory function, a bronchodilator, antibiotic, and harmonizer. Marjoram, thyme and eucalyptus.

Pure Focus- Brain tonic supports focus, memory, and retention and is a nervine stimulant. Tulsi, rosemary, and cedarwood

Headache Relief- Pain reliever, headache, and migraine tonic soothes and rejuvenates. Lavender, rosemary and peppermint.

Tinctures- Herbal Infusions (*Non-Alcoholic*)

1-ounce dropper bottle- \$12

2-ounce dropper bottle- \$20

Super Adaptogen- Promotes health and immunity, nervine, nutritive, and rejuvenative. Echinacea, ashwagandha, red clover, astragalus, elderflower, and tulsi.

Balanced Mind- Improves clarity, relieves stress, brings a sense of balance. Gotu kola, ashwagandha, eleuthero, skull cap, tulsi, and cardamom.

Tranquil and Calm- Nervine sedative, reduces anxiety, stress, tension, and restlessness. Valerin, skullcap, passion flower, chamomile, motherwort and nutmeg.

Focus & Memory- Nervine stimulant improves focus, memory, retention, and cognition. Bacopa, ginko, lemon balm, tulsi, peppermint, and sage.

Super Immunity- Builds immunity and Ojas, inhibits toxins, adrenal tonic, and super adaptogen. Echinacea, ashwagandha, red clover, astragalus, elder flower and tulsi.

Woman's Balance- Adrenal tonic, benefits mensuration, hot flashes, and is a nutritive. Shatavari, motherwort, nettles, red clover, wild yam, and cardamom.

Cold & Flu Buster- Cough suppressant, decongestant, expectorant, and respiratory tonic. Coltsfoot, astragalus, mullen, echinacea, spikenard and licorice.

Smooth Move- Benefits digestion, assimilation, and elimination, and stimulates liver and bile flow. Senna, cascara sagrada, yellow dock, artichoke, aloe, and cardamom.

Headache Relief- Natural aspirin, pain reliever, headache and migraine tonic, soothes and calms. Feverfew, willow bark, eleuthero, ginger and cardamom.

Heart Tonic- Improves circulation, reduces HBP and cholesterol, antioxidant and rejuvenative. Hawthorne, linden, burdock, hibiscus, motherwort, and rose.

Detox- Detoxificant, stimulates liver cleansing, moves bile and lymph, and removes toxins. Dandelion, yellow dock, schizandra, calendula, artichoke, and ginger.

Store Items

Tongue Scraper	Each	\$5
Neti Pot and Salt Kit	Each	\$15
Organic Split Yellow Moong Dal	Per pound	\$8
Organic Basmati Rice	Per pound	\$5
Himalayan Mineral Salt	4-ounces	\$5
<u>Kitchari Kit</u>- Mung Beans, Basmati, Ghee, Doshic Spices & Salt.	Kit	\$35
Organic Ghee	8-ounce	\$14
Eye Wash Cups	Each	\$5
Rose Water	4-ounces	\$5
Triphala Eye Wash	4-ounces	\$5
Lip Balms- Bergamot, chamomile and sandalwood oils	Each	\$5
Pain Salve- A warming pain reliever for muscles and joints.	2-ounces	\$18
3 Butter Balm- Shea, mango, and jojoba butters which is nourishing.	2-ounces	\$18
Chywanprash "Lotus Blooming"	8-ounce jar	\$28



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage-Marma Therapist and AHG Herbalist, Iyengar Yoga instructor, IAYT and AyurYoga Therapist, Certified Nutritional Practitioner, and Cordon Bleu Chef ~ www.threesesonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com