



## Ayurvedic Skin Detox

(formerly SKN-AV)

Stock #1299-6 (100 capsules)

Ayurvedic Skin Detox is an herbal formula designed to help a variety of skin problems and the digestive and eliminative dysfunctions that are often the cause of those problems. Ayurvedic Skin Detox contains a blend of herbs that improve digestion, strengthen liver function, purify the blood, promote elimination via the colon and kidneys, and fight bacterial, fungal, and viral infection. Ayurvedic Skin Detox also helps reduce fever and inflammation and relieves pain.

Ayurvedic Skin Detox is recommended for all types of skin ailments, including abscesses, boils, dermatitis, eczema, herpes, itching, liver spots (age spots), psoriasis, skin ulcers and vitiligo (partial or total loss of skin pigmentation). Ayurvedic Skin Detox is also beneficial for anemia, constipation, diarrhea, dysentery, fever, gastrointestinal problems, hemorrhages, hemorrhoids, joint pain, liver/gallbladder disorders, menstrual irregularities, nausea, respiratory ailments, rheumatism and urinary problems.

**Acacia catechu** has strong astringent and blood-clotting abilities and is also known to reduce blood pressure and fight infection. This herb helps eliminate excess mucus in the nose, large intestine and vagina. Acacia catechu is primarily used for treating chronic diarrhea, dysentery, hemorrhages and chronic skin conditions such as eczema. Acacia catechu can be applied externally for bleeding or infected gums and canker sores. Acacia catechu is not recommended if suffering from kidney inflammation and should not be taken for more than 2-3 weeks at a time.

**Alstonia scholaris** has been shown to stimulate digestive function, purify the blood, destroy intestinal worms, relax muscle spasms, promote menstruation, reduce fever, and to act as an astringent. Alstonia scholaris is typically used for debility, dysentery, flatulence, fever, hepatitis, intestinal worms and malaria. Alstonia scholaris is not recommended during pregnancy as it has a stimulant action on the uterus; however, it does stimulate lactation and can be used to improve breast-milk production while nursing.

**Azadirachta indica**, also known as Neem, is regarded as one of the most important detoxifying agents and blood purifiers in Ayurvedic medicine. Every part of the neem tree is employed in phytomedicine: the astringent bark is used for hemorrhoids; the leaves are used to cool fevers such as malaria and are also used as a treatment for parasites and peptic ulcers; oil obtained from the seeds has been shown to provide antibacterial, anti-fungal, antiviral, anti-inflammatory, immunostimulant and hypoglycemic (blood sugar-lowering) effects. Neem is used internally for arthritis, coughs, diabetes, inflammatory skin conditions, hepatitis, intestinal worms, jaundice, malaria, nausea/vomiting, rheumatism, thirst, tuberculosis and ulcers (internal and external). Neem is not recommended for infants, the elderly, or for those in a debilitated condition.

**Caesalpinia crista**, also known as Nickernut, improves digestion, strengthens liver function, reduces fever and destroys worms. Nickernut is primarily employed in the treatment of colic, convulsions, diarrhea, fever, liver disorders and malaria. This herb also contains substances that appear to exhibit some hormonal activity, reducing the effect of estrogen to decrease fertility.

**Curcuma longa**, also known as turmeric, has been shown by scientific research to help treat digestive and liver problems. Turmeric increases the production of digestive fluids and bile, relieves stomach pain, and provides antibacterial and antioxidant protection. Turmeric has also been found to reduce blood-clotting, cool inflammation, and exhibit hypocholesterolemic (cholesterol-lowering) activity. Studies conducted between 1971 and 1991 showed turmeric's anti-inflammatory action to be more powerful than hydrocortisone. Turmeric's protective action against oxidative damage is due primarily to the presence of curcumin, an antioxidant that is stronger than vitamin E. Turmeric is recommended for arthritis, asthma, gastritis (stomach inflammation), hyperacidity, inflammatory skin conditions, jaundice and nausea.

**Fumaria parviflora** is a bitter herb that demonstrates a stimulant effect on the liver and gallbladder, and also reduces inflammation. This herb also acts as a diuretic and mild laxative. Fumaria parviflora is helpful for biliary colic, migraines associated with digestive dysfunction, and skin problems such as dermatitis and eczema.

**Hemidesmus indicus** cools inflamed tissues and soothes mucous membranes, reduces fever, purifies the blood, and stimulates urine flow to expel toxins and irritants from the body. Hemidesmus indicus is commonly used in Ayurvedic medicine for healing dermatitis and other skin problems, as well as coughs, dyspepsia (indigestion), fever, loss of appetite and rheumatism.

**Holarrhena antidysenterica** improves digestive functions and cleanses the liver and urinary tract. This herb has also been shown to reduce fever, strengthen the lungs, destroy parasites, and exhibit anti-amebic activity. Holarrhena is thus used for cases of amoebic dysentery, chronic diarrhea (particularly in infants), colic, fever, flatulence, hemorrhages, bleeding hemorrhoids and skin diseases.

**Phyllanthus emblica** relaxes muscle spasms, alleviates stomach pain, reduces inflammation, stimulates urine flow, stops bleeding, cools body temperature, relieves thirst, improves digestion, and exhibits antibacterial and antiviral activity. Improved digestion has been shown to reduce blood allergens which contribute to skin diseases. Phyllanthus emblica also acts as an astringent and mild laxative, and is a part of an important Ayurvedic nutritive and rejuvenative tonic known as triphala. Phyllanthus emblica is beneficial for anemia, bleeding disorders, constipation, debility, diabetes, hemorrhoids and hepatitis.

**Picrorhiza kurroa** stimulates circulation, enhances liver function, and increases the production of digestive fluids and bile. Improved digestion has been shown to reduce blood allergens which contribute to inflammatory skin conditions. The herb's cooling properties are also used to reduce fever. Picrorhiza kurroa contains an active constituent that exhibits strong anti-inflammatory activity and reduces platelet aggregation. Picrorhiza kurroa is recommended for acute and chronic infections, anemia, constipation, diarrhea, dyspepsia, dysentery-like disorders, hepatitis, hypoacidity (low stomach acid), jaundice, liver cirrhosis and respiratory problems. Picrorhiza kurroa is also used to treat chronic nutritional impairment in children and autoimmune disease, such as psoriasis and vitiligo.

**Rubia cordifolia** is a bitter, cooling herb that stimulates circulation, soothes inflammation, dissolves and prevents the formation of kidney stones, and is regarded as one of the best blood purifiers in Ayurvedic medicine. This herb corrects stagnant blood conditions, eliminates obstructions in blood and urine flow, stops hemorrhages, promotes healing, and helps dissolve both benign and malignant tumors. Rubia cordifolia is recommended for bleeding disorders, diarrhea, dysentery, gallstones, kidney/bladder stones, liver problems such as hepatitis and jaundice, menstrual and menopausal complaints, and chronic skin problems, including herpes outbreaks.

**Smilax china** is a cooling, slightly bitter herb that purifies the blood and acts as an antibiotic, anti-inflammatory, diuretic and anti-rheumatic. Smilax is recommended for dysuria (difficult or painful urination), enteritis (intestinal tract inflammation), gout, jaundice, rheumatoid arthritis, syphilis (a sexually transmitted disease), urinary tract infections, various cancers, and skin conditions such as abscesses, boils, psoriasis and skin ulcers.

**Swertia chirata** is a strongly bitter herb commonly used to remedy liver problems, stimulate appetite, alleviate stomach pain, destroy parasites and worms, and reduce fever, including malaria. This herb contains an iridoid called amarogentin, which demonstrates a protective action on the liver, while other constituents, known as xanthenes, fight malaria and tuberculosis. Swertia chirata is beneficial for abdominal distension (bloating), constipation, convalescence, debility, dyspepsia, gallstones, intestinal parasites and worms, nausea and weakened digestion.

**Taraxacum officinale**, better known as dandelion, is regarded in Ayurvedic medicine as having a bitter, cooling quality, and the ability to act as an anti-rheumatic, diuretic and laxative. Scientific studies have confirmed dandelion contains substances that help the liver and gallbladder filter toxins and purify the blood, stimulating the removal of these toxins via the kidneys. Dandelion improves digestion and liver function, relieves gallbladder problems and gallstones, soothes inflammation and swelling, eliminates uric acid buildup, and corrects urinary dysfunction. Dandelion is commonly used for acne, age spots, cirrhosis, dyspepsia with constipation, edema (fluid retention) associated with high blood pressure and heart weakness, gout, jaundice, and chronic joint and skin complaints, including abscesses, eczema, osteoarthritis, psoriasis and rheumatism.

**Terminalia bellerica** bears a fruit that contains tannins and anthraquinones, giving the fruit both astringent and laxative properties to cleanse the bowels and improve bowel tone. Terminalia bellerica is primarily used for digestive and respiratory problems and as a tonic. According to Ayurvedic medicine, terminalia bellerica relieves both constipation and diarrhea, dysentery, dyspepsia, hemorrhoids, hepatitis, hoarseness, parasites, piles (hemorrhoids), rheumatism, sore throat, upper respiratory tract infections, as well as skin diseases. This herb is not recommended during pregnancy.

**Terminalia chebula** is an important rejuvenative tonic that focuses special attention on the digestive, nervous and respiratory systems. Terminalia chebula bears an unpleasant-tasting fruit that contains tannins and anthraquinones, providing astringent and laxative properties which enable the fruit to be used to improve bowel function and tighten loose bowels without over-irritating the colon. Terminalia chebula protects intestinal mucous membranes from infection and irritants, improves digestion and absorption of nutrients, neutralizes hyperacidity and heartburn, destroys parasites, reduces bleeding and discharges, and acts as an expectorant. Terminalia chebula is often used for abdominal distension (bloating), constipation, diarrhea, dysentery, digestive dysfunction, edema, hemorrhoids, intestinal worms, jaundice, malabsorption (poor absorption of nutrients), nervous disorders, rectal prolapse,

respiratory problems, spleen disorders, abnormal uterine bleeding, vaginal discharge and skin diseases, including itching. This herb is not recommended during pregnancy or for those suffering from severe exhaustion or dehydration.

**Tinospora cordifolia** stimulates the production of digestive fluids, enhances immunity, reduces fever and acts as a diuretic. Tinospora contains the alkaloid berberine, which has been shown to exhibit antibacterial and amebicidal properties, as well as a sedating action on the central nervous system. Tinospora is used for bronchitis, cough, debility, diabetes, chronic diarrhea, dysentery, dyspepsia, fever, headache, impotence, rheumatism and urinary tract disorders.