



MATSYA VEDA<sup>®</sup>  
HERBALS





Digestion-Pro contains several phytochemicals that have laxative, Antacid, Anti-flatulent, anti-inflammatory and anti-oxidant properties and thus act as a digestive stimulant. It treats various stomach problems such as IBS, acidity, constipation, gas, indigestion, etc. It supports the proper elimination of waste & toxins from the body and keeps the digestive system healthy. It removes “Ama” or the toxic metabolites that accumulate in our body as a result of faulty lifestyle and eating habits (“Ama” also causes issues such as Joint Pain). It works like an antispasmodic drug, relaxing contracted digestive muscles that cause the discomfort of IBS and other problematic gut disorders. Digestion-Pro also reduces the level of bad cholesterol (LDL) deposition along the inner walls of the arteries and veins, which can lead to serious cardiovascular issues like arteriosclerosis, heart attacks, and strokes. More importantly, it helps to raise the levels of healthy cholesterol (HDL), which works as a preventative line of defense against a number of dangerous conditions.

Digestion-Pro is a gentle bowel tonic, being helpful in digestion, and supporting regular bowel movements. It supports not only the GI system, but also bolsters a healthy immune and cardiovascular system. It boosts the activity of the gastrointestinal (GI) tract which in turn stimulates enzyme secretion that help to break down food. The active enzymes in Digestion-Pro help in boosting digestive functions by facilitating the release of gastric juices, thus speeding up the digestion process. It alleviates upset stomach, abdominal pain, intestinal gas, intestinal worms, flatulence and irritable bowel syndrome (IBS). It heals the lining of a damaged intestinal tract, healing and/or preventing leaky gut syndrome. It also contains Senna, which is an FDA-approved nonprescription laxative.

### **WHERE TO USE (INDICATION)**

IBS (Irregular Bowel Syndrome), Acidity, Constipation, Gas, flatulence, Indigestion, Abdominal Pain.

## HOW TO USE (DOSAGE)

2 capsules after meal twice a day or as directed by your physician.

It is safe for long term use and is Non-Habit forming.

## NET CONTENT

30 and 60 Veg Capsules.

## COMPOSITION

Each Capsules contains :

Common Name	Botanical Name	Quantity
Harad	Terminalia citrina roxb	121mg
Methi (fenugreek)	Trigonella foenum graecum	61mg
Dhania Sabut (coriander)	Coriandrum sativum linn	61mg
Triphala	Latin name of harad, baheda and amla	61mg
Saunf (Fennel)	Foeniculum vulgare mill	24mg
Black Pepper	Piper nigrum linn	24mg
Rose Leaves	Rosa centifolia linn	24mg
White Jeera (cumin)	Cuminum cyminum linn	12mg
Black Jeera (cumin)	Carum carvi linn	12mg
Ajwain	Carum capticum benth & hook	12mg

Laung (Clove)	Caryophyllus aromaticus linn	12mg
Heeng (Asafoetida )	Farula narthex biosis	12mg
Ginger	Zingiber officinale	61mg
Garlic	Alluim stivum	61mg
Black Salt	Unazua sodium chloride	48mg
Rock Salt	Sodii chloridium	24mg
Aloe Vera	Aloe barbadenesis mill	48mg
Sanai	Cassia angustifolia	48mg
Tulsi (Basil)	Ocimum sataum linn	24mg

## CONTRADICTIONS

Not to be used in Pregnancy.

## SIDE EFFECTS

None Reported.

## SUGGESTIONS

Recommend to drink 2-3 L of water daily. For faster relief, open the capsule and take the powder with lukewarm water.



## COMPATIBILITY

It can be taken with other medicines.



## MEDICINAL PROPERTIES OF INGREDIENTS

Based on scientific research and practices followed from past 5000 years, each herb has been added to Digestion-Pro for its medicinal value.

### Harad | *Terminalia citrina roxb*

It has laxative properties that is good to treat various stomach problems such as acidity, constipation, indigestion etc. It removes toxins from the body and keeps the digestive system healthy. It is used for its anti-inflammatory, analgesic and antipyretic properties. Haritaki or *Terminalia chebula* contains several phytochemical (chemical compounds that occur naturally in plants) constituents, including chebulic acid, gallic acid, ellagic acid, tannic acid, amino acids, flavonoids like luteolin, rutins and quercetin etc. These chemicals gives the tree its therapeutic values. The fruits of tree are antioxidant, carminative, astringent, expectorant, gentle purgative, laxative, antibacterial, antiviral, and antifungal.

### Methi | *Trigonella foenum graecum*

Fenugreek helps with numerous digestive problems, such as upset stomach, constipation and inflammation of the stomach. For instance, the water-soluble fiber in fenugreek, among other foods, helps relieve constipation. It also works to treat digestion and is often incorporated in an ulcerative colitis diet treatment plan due to its anti-inflammatory effects. Fenugreek helps in reducing the body's production of cholesterol, especially low-density lipo protein (LDL or bad cholesterol). It also decreases the absorption of triglycerides from fatty foods. According to studies fenugreek helps to reduce cholesterol level, especially that of the low density lipoprotein (LDL). They are known to be rich source of steroidal saponins that prevent the absorption of cholesterol and triglycerides. This is due to interaction of saponins and bile acids, resulting in formation of large micelles which are not absorbed in digestive tract, this further results in increased faecal bile acid and cholesterol excretion.

### Dhania Sabut | *Coriandrum sativum linn*

it works like an antispasmodic drug, relaxing contracted digestive muscles that cause the discomfort of IBS and other problematic gut disorders. Some of the acids present in coriander, like linoleic acid, oleic acid, palmitic acid, stearic acid and ascorbic acid (vitamin C) are very effective in reducing cholesterol levels in the blood. They also reduce the level of bad cholesterol (LDL) deposition along the inner walls of the arteries and veins, which can lead to serious cardiovascular issues like arteriosclerosis, heart attacks, and strokes. More importantly, coriander helps to raise the levels of healthy cholesterol (HDL), which works as a preventative line of defense against a number of dangerous conditions.

#### **Triphala | Latin name of harad, baheda and amla**

Triphala is most commonly known for its use as a gentle bowel tonic, being helpful in digestion, and supporting regular bowel movements. The combination of the three fruits has a synergistic effect to bolster many other systems as well. Triphala supports not only the GI system, but also bolsters a healthy immune and cardiovascular system. It positively affects normal cell life cycles and promotes healthy lipid and cholesterol levels.

#### **Saunf | Foeniculum vulgare mill**

Fennel seeds are one of the important medicines used for treating inflammation of the stomach. Fennel seed powder is commonly used to treat gastritis symptoms. It modulates the secretions of gastric acid and soothes the mucosal lining of the stomach. The carminative action helps to relieve belching and gas. The antispasmodic action helps to alleviate abdominal pain. Its antiemetic action helps to cure nausea and vomiting. It has gastric secretion modulation action, which helps to reduce acidic taste and sour taste in the mouth.

#### **Black Pepper | Piper nigrum linn**

Pepper increases the hydrochloric acid secretion in the stomach, thereby facilitating digestion. Pepper also helps to prevent the formation of intestinal gas, and when added to a person's diet, it can promote sweating and urination, which remove toxins from the body. It release hydrochloric acid, which is needed to digest protein, and pepper's ability to stimulate digestive enzymes in the pancreas.

#### **Rose Leaves | Rosa centifolia linn**

Rose petal tea is efficient in cleansing the gall bladder and liver, and it helps improve bile secretion.

#### **White Jeera | Cuminum cyminum linn**

Enzymes present in cumin help to break down food and thus aid in digestion. Due to its high fibre content, cumin boosts the activity of the gastrointestinal tract which in turn stimulates enzyme secretion. This is why cumin powder is commonly used as a natural laxative

**Black Jeera | *Carum carvi* linn**

The presence of thymol and other essential oils in cumin seeds stimulate the salivary glands thereby helping in the digestion of food. Apart from this, it strengthens a sluggish digestive system.

**Ajwain | *Carum capticum benth & hook***

The active enzymes in ajwain help in boosting digestive functions by facilitating the release of gastric juices. It enhances the release of gastric juices in order to speed up the digestion process. Ajwain contains high levels of thymol, a chemical, which aids the release of gastric juices from the stomach and thus, speed up the process of digestion. This is the reason, why ajwain plays a key role in relieving indigestion, flatulence, nausea and colicky pain in babies.

**Laung | *Caryophyllus aromaticus* linn**

Cloves help relax the smooth lining of the GI tract. It reduces gas pressure in the stomach and supports the proper elimination of waste. When added to foods it increase carminative properties and reduce the risk of flatulence caused by certain dietary ingredients. Cloves are also good for reducing dyspepsia, flatulence, gastric irritability and nausea.

**Heeng | *Farula narthex biosis***

Asafoetida is digestive stimulant. Its action is on digestive juices. Its anti-inflammatory and anti-oxidant properties alleviate upset stomach, intestinal gas, intestinal worms, flatulence and irritable bowel syndrome (IBS).

**Ginger | *Zingiber officinale***

The phenolic compounds in ginger are known to help relieve gastrointestinal (GI) irritation, stimulate saliva and bile production, and suppress gastric contractions as food and fluids move through the GI tract. At the same time, ginger also appears to have beneficial effects on the enzymes trypsin and pancreatic lipase, and to increase motility through the digestive tract. This suggests ginger help prevent

colon cancer and constipation. Ginger is a very strong carminative, meaning that it induces excess gas to leave the body. Ginger has been discovered to be a facilitator of the digestive process.

**Garlic | Allium stivum**

Garlic exercises a beneficial effect on the lymph, aids in elimination of noxious waste matter in the body. It stimulates peristaltic action and the secretion of the digestive juices.

**Black Salt | Unazua sodium chloride**

Black Salt reduces intestinal gas and flatulence due to its anti-flatulent characteristic. It also helps heaviness in the abdomen after meal. It reduces acid reflux and balances the acid production in the stomach.

**Rock Salt | Sodii chloridium**

Rock salt naturally boosts metabolism and an improved metabolism stimulates enhanced functioning of the body. It is Antacid, Anti-flatulent. Rock Salt has digestive stimulant properties, which is due to its trace minerals. It promotes digestion and improves appetite.

**Aloe Vera | Aloe barbadensis mill**

Aloe vera gel can help heal the lining of a damaged intestinal tract, healing and/or preventing leaky gut syndrome. This is crucial because when a person's gut lining is damaged, toxins can enter the bloodstream. This can lead to system-wide inflammation and initiate an immune response in the body. Aloe vera is considered a laxative-acting food. The gel-filled plant increases intestinal water content, stimulates mucus secretion and contains enzymes that help the body break down food. Then the plant's soothing effects help to easily move that food through the intestines, encouraging regular bowel movements. Along with its rich nutrient content, aloe vera has antibacterial and anti-viral properties. For this reason, aloe vera helps rid the body of harmful toxins and food buildup.

**Sanai | Cassia angustifolia**

Senna is an FDA-approved nonprescription laxative. It is used to treat constipation and also to clear the bowel before diagnostic tests such as colonoscopy. Senna is a herb that is generally used for its laxative properties. It works by interacting with the bacteria in the digestive tract, resulting in intestinal contractions. These contractions are caused by the anthraquinone that is contained in senna. These

dimeric glycosides anthraquinone derivatives are known as Senna glycosides or sennosides. These compounds work as a laxative by smoothing the muscles as digested food moves through the intestines. This helps to enhance the stool volume and move it out of the colon. The process is caused by the chain of fatty acids that promote digestion, fermentation, and successfully converting the glycosides into a purgative agent.

#### **Tulsi | *Ocimum sataum linn***

Holy basil tea facilitates healthy liver function, which is a must for improving digestive health. It also helps in proper metabolism, absorption and assimilation of lipids, carbohydrates and proteins.

#### **Lemon | *Citrus limon***

The citrus flavonoids in lemon aids the acid in the stomach in breaking down food, which improves overall digestion. Lemon water is effective for smooth functioning of stomach and digestion process. Lemon contains citric acid up to 8% in its juice which aids in digestion. Lemon juice is extremely useful for proper formation of bile in liver thereby helps in digestion. It cures phlegm and eases from excessive wind from the stomach. It prevents acidity and vomiting too. Though lemon is acidic in nature, but inside the body, it is good alkaline in characteristics. It leaves alkaline residues in the body and eases from symptoms of acidosis.

## **METHOD OF PREPARATION**

Digestion-Pro takes 21 days for preparation. As per Ayurvedic principles, medicine under goes under 9 stages of *Bhavana* (lavigation) to increase the efficacy. The method of preparation has been followed as described in ancient Ayurveda text that dates back to 5000 years.

All the fresh herbs are first washed and then sun-dried & powdered. Then the herbs are mixed together and undergoes 9 stages of *Bhavana* (lavigation) where they are grinded slowly with various liquids using a Mortar and Pestle. Finally the processed paste is sun dried and powdered again, and filled in capsules.

## RESEARCH REFERENCES

Scientific research has proven that the herbs used in Digestion-Pro helps treating IBS, Acidity, Gas and Constipation.

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