



benefica®
Celebrating Life!

TAILA	VATA	PITTA	KAPHA	TRIDOSHA
Brahmi				
Coconut				
Dashmoola				
Dhanwantharam				
Eladi				
Karpooradi				
Kottamchukkadi				
Ksheerabala				
Mahachandanadi				
Mahanarayana				
Murivenna				
Pinda				
Sahacharadi				
Anu				
Kumkumadhi				
OLI BASE	VATA	PITTA	KAPHA	TRIDOSHA
Olio di Sesamo				
Olio di Madorle				
Olio di Cocco				
CHOORNA	VATA	PITTA	KAPHA	TRIDOSHA
Gruhadumadi				
Dashmoola				
Triphala				
Thejus				
Rasnadi				