

Instructions about Medicines

PLEASE NOTE:

- Please save the date of first consultation; you may need it for future reference.
- Kindly shift all the medicines in airtight jars at room temperature and keep them away from sunlight and moisture.
- All the medicines are to be taken an hour (or more) before or after meals, unless advised otherwise.
- Chew/Crush the black pills before intake.
- If any other health condition develops during the course of treatment, please inform about the same. Ongoing line of action might need a change.
- For the continuation of medicines, kindly inform at least 7-10 days (for pan India parcels) and 30 days (for International parcels) in advance, so that the next set of medicines reaches you in time, before the current lot finishes off.
- Cost of medicine depends upon the cost of raw material and may be revised, as and when needed, without any prior notice.
- Kindly inform the patient's health status at least on monthly basis or as suggested.

It is the combination of three – *Aahar*, *Vihar* and *Aushadh* (diet, lifestyle and herbal medicines) that gives optimum health – ensure regularity with all the three.

Kindly acknowledge on receiving the parcel.