nitya naturals pvt. ltd.
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WINERID-CAPSULE/TABLET

INTRODUCTION

Winerid is an ayurvedic formulations which helps to Promote mental stability [**EKAGRATA]** in patients. It is made up of four herbal ingredients i.e Atmagupta (*Mucuna pruriens)*, Apamarg (*Achyranthus aspera)*, Jujube (*Ziziphus jujube)* and Kalimirch (*Piper nigrum)*.

The influence of alcohol is the most prominent reason for heaviness of the head in alcoholic person. Alcoholism can cause some serious mental and physical problems like liver damage, Decrease in kidney functioning, brain fog addiction and withdrawal.

Conclusion- According to the properties of Winerid ingredients we can say this product is useful in alcoholic patients. It is necessary to intake the medicine with honey added milk***** and also follow "**SATVIK AAHAR, VIHAR, RITUCHARYA** and **Spirituality** (Suitable diet and suitable routines based on seasons as recommended by Ayurveda)******. It is also useful in alcoholic withdrawal symptoms.

Recommended Routine (Satmya vihar)	**Seasonal routine-** **Regular routine-** Manage the **DINCHARYA (day routine), RATRICHARYA (night routine), AAHARCHARYA (food diet)**, yoga and pranayam, morning walk and spend time with family etc… **DINCHARYA**- Daily routines like wake up in the morning, morning walk, yoga and pranayam, bath, breakfast and lunch and evening breakfast, Evening walk, dinner, gentle walk after dinner. **RATRICHARYA**- Take proper sleep. 7-9 hours of sleep for an adult. **AAHARCHARYA**- Follow proper diet chart for better results of medicine, breakfast, lunch, dinner etc., times should be fixed into a proper routine.					
Favorable Seasons (Satmya Ritu)	**वसन्त** (Spring) **March to April**	**ग्रीष्म** (Summer) **May to June**	**वर्षा** (Rainy) **July to September**	**शरद्** (Autumn) **October to November**	**हेमन्त** (pre-winter) **December to 15 January**	**शिशिर**(Winter) **16 January to February**
Recommended fruits and vegetable to be consumed in that season.	**Fruits-** watermelon, grapes, orange, pineapple, banana, jackfruit, lemon **Vegetable-** spinach, capsicum, pumpkin, gourd, lady finger, beans, cucumber, tomato, potato.	Fresh homemade fruit and vegetable juices. **Fruits-** kesar, raw-papaya, black jamun, litchi, watermelon, lemon **Vegetable-** spinach, corn, capsicum, sweet potato, lady finger, cucumber.	Boiled water and honey etc. **Fruits-** Cherries, peach, plum, mango, guava, papaya, pomegranate, apple, lemon **Vegetable-** corn , sweet potato, bitter-gourd ,lady finger, cucumber, spinach	Honey etc. **Fruits-** Guava, papaya, custard apple, oranges, passion fruit, pomegranate, kiwi. **Vegetable-** Brinjal, tomato, spring onion, cabbage, cauliflower, French beans.	Honey etc. **Fruits-** Strawberries, orange, sweet lime, guava, pineapple, custard –apple, pomegranate, kiwi, lemon. **Vegetable-** brinjal, tomatoes, spring onions, radish, beetroot, cauliflower, turnip, spinach.	Honey etc. **Fruits-** chickoo, muskmelon, grapes, guava, oranges, strawberries **Vegetable-** broccoli, pumpkin, cabbage, carrot, radish, spring onion, cauliflower.

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Asatmya Aahar

Acidic food Like Junk food, oily food, frozen food, meat and caffeinated drinks, Spicy food etc. should be avoided.

Asatmya vihar

Late night sleep is strictly prohibited. Avoid things that trigger your stress level on a regular basis as they can act as trigger for relapse as well. Do not be deceptive with yourself or make excuses when it comes to working your program.

Detection of chemical constituents:.

Phytochemicals	**Atmagupta (***Mucuna pruriens)*	**Apamarg (***Achyranthus aspera)*	**Jujuba (***Ziziphus jujube)*	**Kali mirch (***Piper nigrum)*
Alkaloids	+	-	-	+
Saponins	-	+	-	-
Oils & Resins	+	-	-	+

Dosage: 1 or 2 capsule twice in a day with honey added milk or as directed by the physician.