Contents for the treatment of black spots or pigmentation

Composition	*Wt (%)*
Pterocarpus santalivus	10%
Symplucos recemosa	10%
Santalum Album	10%
Inula racemosa	10%
Nelumbo nucifera	10%
Berberis aristata	10%
Myristica fragrans	10%
Termanalia Arjuna	10%
Multani	10%
Khapariya	10%

Contents for the treatment of sperm production

Each capsule contains	*Wt/unit*
(Cressa Cretica)	200 mg
Mineral Pitch	200 mg
Mucuna Prurita	200 mg
Withania Somnifera	100 mg
Asparagus Racemonus	100 mg
Zinc	100 mg
Boitite	50 mg
Iron	50 mg

Contents for the treatment of hypertension

Each capsule contains	*Wt (%)*
Rauwolfia serpentina	150 mg
Convolvulus pluricaulis	100 mg
Santalum album	50 mg
Symplocos racemosus	50 mg
Tinospora cordifolia	50 mg
Terminalia Chembulla	25 mg
Piper Longum	100 mg
Termanalia Arjuna	25 mg
Hyoscymus niger	25 mg

Biological Activity Evaluation

Bitterness values, astringency, swelling factor, form index, hemolytic index, etc.

Toxicological Evaluation

Pesticide residues, heavy metals, microbial contamination like total viable aerobic count, pathogens like *E. coli,* Salmonella, *P. aeruginosa, S. aureus*, Enterobacteria, etc.

Aflatoxins

The presence of aflatoxins can be determined by chromatographic methods using standard aflatoxins B_1, B_2, G_1, G_2 mixtures. Aflatoxin is a product of the microbial strain *Aspergillus flavus*.

Radioactive Contaminants

Therapeutic Evaluation

Classical evaluation as per Ayurvedic literatures

Classical therapeutical attributes like Rasna, Guna, Virya, Vipaka and Karma classical formulations, doses, storage conditions.

The quality of the raw materials can be tested according to the following format:

Name of the drug (English, Regional names, Exact botanical nomenclature)

Part of the plant used

Area of collection

Distribution details

Season of Crop

Time and year of collection

Pesticide and insecticides

Condition of the drug (fresh or dry)

Form of the drug (powdered or intact or cuttings like, etc.)

CONCLUSION

The subject of herbal drug standardization is massively wide and deep. There is so much to know and so much seemingly contradictory theories on the subject of herbal medicines and its relationship with human physiology and mental function.

For the purpose of research work on standardization of herbal formulations and nutraceuticals a profound knowledge of the important herbs found in India and widely used in Ayurvedic formulation is of utmost importance.

India can emerge as the major country and play the lead role in production of standardized, therapeutically effective Ayurvedic formulation. India needs to explore the medicinally important plants. This can be achieved only if the herbal products are evaluated and analyzed using sophisticated modern techniques of standardization, such as UV-visible, TLC, HPLC, HPTLC, GC-MS, spectrofluorimetric and other methods.

Composition: Each 10 ml contains *(Contd.)*

Sr. No.	*Drug name*	*Latin name*	*Qty.*
6.	Manjistha	Rubia Cordifolia	20 mg
7.	Chaturjaat		20 mg
8.	Trifla		20 mg
9.	Katu		15 mg
10.	Shatawari	Asparagus Racemosus	50 mg
11.	Akarkara	Anacyclus Pyrethrum	30 mg
12.	Jaiphal	Myristica Fragrans	22 mg
13.	Vidarikand	Pueraria Tuberosa	35 mg
14.	Shilajeet	Asphaltum	15 mg
15.	Musli Safed	Asparagus Ascendens	25 mg
16.	Preservatives		

Risizyme Syrup

Leveraging on our enriched domain experience, we are engaged in offering a huge gamut of Risizyme syrup. This syrup is highly recommended by famous doctors, medical personnel and health care workers. These products are highly effective in giving immediate relief from digestive problems like indigestion, gastritis and flatulence. The recommended dosage in adult is 10 ml twice a day and in children it is 5 ml twice a day.

Composition: Each 10 ml contains

Sr. No.	*Drug name*	*Latin name*	*Qty.*
1.	Yastimadhu	Glycrhizza Glabra	425 mg
2.	Saunf	Foeniculum Vulgare	200 mg
3.	Harataki	Terminalia Chebula	175 mg
4.	Pitpapra	Fumaria Parviflora	110 mg
5.	Jeera	Cyumin Cummi	100 mg
6.	Pipali	Piper Longum	50 mg
7.	Badi Elaichi	Amomum Subulatum	100 mg
8.	Tulsi	Ocimum Sanctum	50 mg
9.	Ajwain	Trachyspermum Ammi	95 mg
10.	Saunth	Zingiber Officinale	105 mg
11.	Kali Marich	Piper Nigrum	55 mg
12.	Dalchini	Cinnamomum Zeylanica	50 mg
13.	Punarnava	Boerrhavia Diffusa	100 mg
14.	Pudina	Mentha Spicata	60 mg
15.	Saindha Namak		10 mg
16.	Kala Namak		20 mg

7 Energy Kilojoules/ Kilocalories

Food charts list: beverages cereals, biscuits, cakes, deserts egg and cheese dishes fats and oils fish and seafoods fruit meat and meat products milk and milk products nuts sauces and condiments soups (as served) sugars, jams and spreads sweets vegetables.

Energy has traditionally been expressed as calories or kilocalories. More recently, the units of energy have been changed to kilojoules. There are 4.2 kilojoules in 1 kilocalorie. For convenience, both units are shown on the chart. Someone having 2000 kilocalories each day would be having 8400 kilojoules, also known as 8.4 megajoules. The energy value of a food indicates its value to the body as a fuel. This may be less than the heat value obtained experimentally by 'burning' the food outside the body in what is called a 'bomb calorimeter'. After a food is ingested, some of its energy may be 'lost' during digestion and metabolism. Although the energy value of some foods has been found by combustion in a bomb calorimeter, more usually the amounts of the macronutrients—fat, protein, **carbohydrate** and alcohol (ethanol) - in a food are taken into account when assessing the total energy value of the food. The energy value for each macronutrient must be known, and an allowance made for body losses. The first system for giving energy values to the macronutrients was described by Dr WO Atwater in 1899. Modified, the '**Atwater factors**' are:

	Kilojoules per gram	Kilocalories per gram
Fat	37	9
Alcohol	29	7
Protein	17	4
Carbohydrate	16	4

The energy value of a particular food is calculated from a knowledge of macronutrient composition and the modified Atwater factors for these macronutrients. The energy values shown in the chart have been obtained with this approach.

Fat is the most energy-dense macronutrient, followed by alcohol, protein and carbohydrate. For example, one double Scotch has about twice as many kilocalories as a glass of soft drink; a glass of full-cream milk has about twice the kilocalories as a glass of soft drink or of skimmed milk. Dietary fibre or roughage is not usually ascribed an energy value for humans, but it is now recognized that some dietary fibre components are used as fuels by the microflora (bacteria) of the gut, especially in the large intestine. Some of the products of dietary fibre digestion may provide energy for the gut lining and some may