



BiOMAP

Nurturing Nature to Wellness



UDYAN HERBOMATRIX (P) LTD.

Farm to Pharma

“A Mission for Diabetes Free Society and Healthy Life”



लौकाः समक्ताः आरोग्यः भवन्तु ।

HEALTH GUIDE

मधुमेह मुक्त एवं स्वस्थ समाज....एक अनोखा अभियान



लौकाः समक्ताः आरोग्यः भवन्तु ।

IMMUNITY BOOSTING HERBALS/FOOD



DRUMSTICK - Drumstick is one of the super foods which helps in boosting your immunity and acts as a shield for any virus to grow.



AMLA - Amla is an excellent source of Vitamin C, hence it helps boost your immunity, metabolism and prevents viral and bacterial ailments, including cold and cough. Its nutritional profile also comes studded with a range of polyphenols that are known to fight against the development of cancer cells.



TULSI - Holybasil does wonders, acts as a natural immune system booster and keep infections at bay. It protects against nearly all infections from viruses, bacteria, fungi, and protozoa. Tulsi leaves extract increases the T helper cells and natural killer cells activity, boosting the immune system.



AMRUTHBALLI - It is a powerhouse of antioxidants which fight free-radicals, keep your cells healthy and get rid of diseases. Giloy helps remove toxins, purifies blood, fights bacteria that causes diseases and also combats liver diseases and urinary tract infections. Herb that helps boost immunity. It has heart-shaped leaves that resemble betel leaves.



ASHWAGANDHA - Being a powerful adaptogen, it enhances the body's resilience to stress. Ashwagandha improves the body's defense against disease by improving the cell-mediated immunity. It also possesses potent antioxidant properties that help protect against cellular damage caused by free radicals.

A Mission for Diabetes Free Society and Healthy Life



लौकाः समक्ताः आरोग्यः भवन्तु ।

IMMUNITY BOOSTING HERBALS/FOOD



GARLIC, GINGER & TURMERIC -These three are natural Super foods that will help kill the bad bacteria that thrive within us. Garlic contains compounds that help the immune system fight germs. The anti-inflammatory and antioxidant properties in ginger can improve the immunity of the body. Curcumin helps up in boosting up the immunity and helps to fight against viral replication.



STEVIA - Stevia has anti-bacterial, anti-septic, anti-microbial, anti-glycemic, and anti-hypertensive properties



Rosemary - Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation. Laboratory studies have shown rosemary to be rich in antioxidants, which play an important role in neutralizing harmful particles called free radicals.



COCONUT WATER WITH LEMON – Intake of coconut water should always be fresh. When you add half a lemon to fresh coconut water, vitamin C shoots up by 10 times. Once every day, for the next few days, having coconut water with lemon is a must. (NOTE: Kidney patients should not have coconut water)

A Mission for Diabetes Free Society and Healthy Life

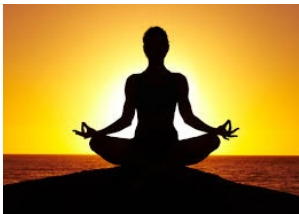


लोकाः समक्ताः आरोग्यः भवन्तु ।

HIGHLIGHT ON HOLISTIC WELLNESS



AVOID STRESS – Stress & fear weakens our immune system. Hence, we should consciously avoid taking any stress as it will directly impact our immune system.



DO PRANAYAM - Being active by practicing yoga or brisk walking will always help. In particular, pranayam works best in strengthening our respiratory system.



TAKE PROPER REST - Good quality sleep every night recharges our immune system.



PRACTICE GRATITUDE & LOVE – Just as sanitizers and masks work as shields on the outside, your healthy thoughts & immunity are your inner shields. Every moment thank God for being safe, strong & healthy. Just like we can spread a disease, we can also spread love and gratitude.



MAINTAIN HYGIENE - Wash your hands at regular intervals - Make this a habit, in every 3-4 hours wash your hands for 10-20 seconds thoroughly.

A Mission for Diabetes Free Society and Healthy Life

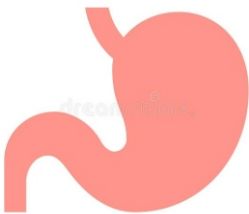


लोकाः समक्ताः आरोग्यः भवन्तु ।

RIGHT EATING PATTERN



COOKED FOOD – Restrict the number of cooked meals to ONLY TWICE A DAY (Lunch and Dinner). Eat more raw vegetables and fruits.



EMPTY STOMACH FRUITS - Empty stomach fruits work miraculously and are highly recommended for making the System alkaline & building good health.



CUCUMBER AND CARROT - One small bowl to be had before lunch and dinner every day for making our body alkaline.



WATER – At least 2 litres of water every day. Drinking sufficient water will not only help flush out toxins but maintain a healthy fluid balance.



NO UNHEALTHY FOOD – Avoid junk foods / dairy/ maida /Non-veg / Deep fried / Packaged food as much as possible.

A Mission for Diabetes Free Society and Healthy Life



लौकाः समक्ताः आरोग्यः भवन्तु ।

WHAT TO AVOID



AVOID HANDSHAKES – The Indian Namaste works best !!



AVOID CROWDED PLACES AND QUARANTINE YOURSELF – We can all do this not only for ourselves but also for the Safety of others too.



AVOID GOING OUT - Use this time constructively at home instead of feeling stressed. Taking risk of going out is not advisable.



AVOID PUBLIC TRANSPORT AND UNNECESSARY TRAVEL – This reduces your chances of catching an infection and the lesser the interaction the better it is.



SOCIAL DISTANCING – Avoid meeting people and Practice Social Distancing for your own safety and the safety of others. This is our foremost responsibility and we must act sensibly now.



DON'T PANIC – Refrain from reading and circulating wrong information and causing fear amongst people.

A Mission for Diabetes Free Society and Healthy Life



लौकाः समक्ताः आरोग्यः भवन्तु ।



Nature's Way to Boost Immunity

A Mission for Diabetes Free Society and Healthy Life



लोकाः समक्ताः आरोग्यः भवन्तु ।



Drumstick

Drumsticks are super foods, one of the best foods for building immunity.

Health Benefits

- Very high on immunity boosting properties.
 - Excellent for diabetes, blood pressure and kidney health.
 - An incredible source of essential minerals, calcium, iron and phosphorus which helps to strengthen bones.
- Very high on antibacterial qualities which help in avoiding infections around the throat and chest area.

Moringa has many important vitamins and minerals. The leaves have 7 times more vitamin C than oranges and 15 times more potassium than bananas. Consumption of drumstick has also proven results in improving bone health due to the presence of an adequate amount of calcium and iron.

How to prepare?

Boil 6-7 pcs of finger-size cut drumsticks in normal water for 15-20 mins.

How to use to consume?

Chew the boiled drumsticks before lunch/dinner and just intake the pulp or may be cooked with other food.

A Mission for Diabetes Free Society and Healthy Life



लोकाः समक्ताः आरोग्यः भवन्तु ।



Fruits

Fruits have to be use on empty stomach. An ideal way to start your day is by having seasonal fruits

Health Benefits

- Adds a lot of fiber to your body.
- Increases your energy levels.
- Tons of vitamins, minerals & antioxidants.
- Helps in bowel movement.
- Helps in weight loss.

Correct way of eating fruits

- * Fruits should not be eaten after meals & Fruits should be eaten only on an empty stomach.

A Mission for Diabetes Free Society and Healthy Life



लोकाः समक्ताः आरोग्यः भवन्तु ।



Herbal Use



AMLA - Amla is an excellent source of Vitamin C; hence it helps boost your immunity, metabolism and prevents viral and bacterial ailments, including cold and cough. Its nutritional profile also comes studded with a range of polyphenols that are known to fight against the development of cancer cells.

AMRUTHBALLI - It is a powerhouse of antioxidants which fight free-radicals, keep your cells healthy and get rid of diseases. Giloy helps remove toxins, purifies blood, fights bacteria that causes diseases and also combats liver diseases and urinary tract infections.



A Mission for Diabetes Free Society and Healthy Life



लोकाः समक्ताः आरोग्यः भवन्तु ।

Herbal Use



ASHWAGANDHA - Being a powerful adaptogen, it enhances the body's resilience to stress. Ashwagandha improves the body's defense against disease by improving the cell-mediated immunity. It also possesses potent antioxidant properties that help protect against cellular damage caused by free radicals. Ashwagandha fruits and seeds are diuretic in nature.

ALOEVERA - Anti aging-Hydrating aloe vera juice may help reduce the frequency and appearance of acne. It may also help reduce skin conditions like psoriasis and dermatitis. Aloe vera is a rich source of antioxidants and vitamins that may help protect your skin.



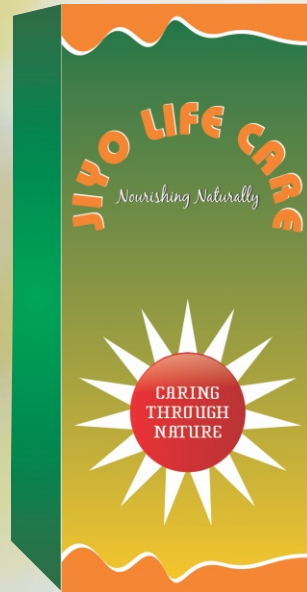
STEVIA - sugar obtained from stevia is considered to be the best alternate source. This sweetener imparts 250 times more sweetness than table sugar and 300 times more than sucrose. It has become a potential alternative source by replacing artificial sweeteners like Saccharian, Aspartame, Asulfam-K etc. Natural Sweetener for Diabetics, Skin Care Blood Pressure and Gibberelic Acid Synthesis etc.



A Mission for Diabetes Free Society and Healthy Life



लोकाः समक्ताः आरोग्यः भवन्तु ।



Jiyo Life Care

- It is the herbal blend of traditional medicinal wealth and modern technology and being developed after years of research by herbal experts to improve general health and longevity of the mankind.
- Jiyo Life Care aims to provide complete health and happiness through mitigating common health hazards of the life. It builds immunity well and has got anti-viral properties.
- It implies the traditional systems of preventing or eliminating general health ailments which may rely particularly on past experience and analysis with scientific validation from generation to generation.

Jiyo life care is the synonymous of wholesome Healthcare through herbals of the nature.

Health Benefits

- Rich in vitamins and minerals.
- Rejuvenates the natural power and acts as a preventive to various viral infections including COVID-19.
- An excellent herbal liquid helps in constipation and fever.
- Helps your body to fight the infection such as cold and flues.
- It can boost your energy levels, mental alertness and prevent heart problems.

It can helps in building body strength to prevent many common ailments.

DIRECTION FOR USE : 2ml or 1 Tea spoon twice a day before meal (morning) and after Meal (evening) along with 100 ml lukewarm water or as directed by physician.

A Mission for Diabetes Free Society and Healthy Life



लोकाः समक्ताः आरोग्यः भवन्तु ।



Yoga/Pranayam

Yoga helps in calming your mind, body and soul. Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold. The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins. This is meant to provide healing physiological benefits.

Health Benefits

- It has been proven scientifically that everyday yoga can prove to be beneficial in numerous ways such as relaxing the nervous system.
- Eases the tensions in the body.
- Increases concentration and balances the hormones in the body.
- Pranayam helps in channelisation of energy to each and every cell in the human body.
- Meditation enhances empathy
- Meditation improves cognition
- Meditation is a natural stress stabilizer
- Meditation promotes emotional health and well-being
- Meditation increases attention by inducing a state of flow



लोकाः समक्ताः आरोग्यः भवन्तु ।



Regular use of anti-viral seeds

Seeds are a great source of healthy fats, vegetarian protein, fiber and antioxidants.

Seeds with vital benefits

Chia Seeds - Chia seeds are full of essential nutrients that are full of essential nutrients that are not produced by our body. Seeds are omega -3 fatty acids that are beneficial for the heart. Helps in weight loss, Enhance energy and stamina, Reduces blood pressure, Good for diabetes, Healthy skin and hair.

Flax Seeds - Flax seeds are very high in fiber and provide good amounts of protein. They are rich in fat and one of the best plant-based sources of heart –healthy omega-3 fatty, Gluten free, Rich source of lignans, lowers blood pressure, contain high quality protein, helps in balancing blood sugar, Lowers unhealthy cholesterol (LDL).

A Mission for Diabetes Free Society and Healthy Life



लौकाः समक्ताः आरोग्यः भवन्तु ।

Cardamom: Cardamom is used for buildup of fat in the liver, diabetes, high cholesterol, antibacterial effects and treat infections and also help with digestive problems, including ulcers. In foods, cardamom is used as a spice. It is also used in soaps, creams, and perfumes.

Ajwain Seeds : seeds are added to several vegetables and curries owing to their digestive properties. They possess antioxidant, antihypertensive, antimicrobial, hypolipidemic, and several other properties. The main component of ajwain oil is thymol, which treats gastrointestinal ailments. Seeds can remedy abdominal issues arising out of indigestion, especially stomach ache or a burning sensation. Seeds have powerful antibacterial and antifungal properties.

Black Pepper : Black pepper and its active compound piperine may have potent antioxidant and anti-inflammatory properties. Black pepper may improve cholesterol levels, blood sugar control, and brain and gut health.

Fenugreek (Methi) : The seeds are used in cooking, in medicine, and to hide the taste of other medicine. Fenugreek is taken by mouth for diabetes, menstrual cramps, high cholesterol, reduces appetite, maintain liver and kidney health. In foods, fenugreek is included as an ingredient in spice blends. It is also used as a flavoring agent in imitation maple syrup, foods, and beverages.

Sunflower : Rich in Vitamin E, are fat soluble antioxidants that help in fight back of diseases- causing free radicals. Sunflower seeds also contain anti-inflammatory properties.

Pumpkin Seeds : these mighty seeds are also packed with cell-protective antioxidants, including carotenoids and Vitamin E. in addition to reducing inflammation, the antioxidants help fend off premature aging and chronic diseases.

How to prepare?

Mix equal quantities of each of these seeds in a box. The individual seed also may be taken for particular health purpose

How to consume?

Have 2-3 tsp of mixed seeds as your evening snacks or early morning.

A Mission for Diabetes Free Society and Healthy Life



Tulsi

It is an excellent way to detox and helps in cleansing the entire system.

Health Benefits

- The leaves help in improving overall immune system of the body.
- It strengthens the liver and heart and is a good appetizer.
- It helps in reducing irritating cough, dysentery and minimizing inflammatory effects.
- An infusion of leaves applied in gastric disorders and as an antipyretic.

How to prepare?

- Pour a glass of water in a pan and let it boil.
- Once it starts boiling, add a few tulsi leaves in it and let it boil until it reduces to half. Turn off the flame and allow it to cool.
- Strain and add a tsp of honey to sweeten it.
- So, go ahead, kick start your day with tulsi water and ensure a healthy and fit self!

How to use to consume?

Have it as a herbal tea 2-3 times in a day.

Can we drink Tulsi water daily?

Consuming tulsi water daily improves bowel movements and fights against acid refluxes as well as indigestion and other digestive problems. It also helps the body flush out dangerous tox

A Mission for Diabetes Free Society and Healthy Life



लोकाः समक्ताः आरोग्यः भवन्तु ।



No to Addictions

Addiction is a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence, health, relationships, jobs and other parts of normal life.

Addiction involves craving for something intensely, loss of control over its use, and continuing involvement with it despite adverse consequences. Addiction changes the brain, first by subverting the way it registers pleasure and then by corrupting other normal drives such as learning and motivation. Although breaking an addiction is tough, it can be done.

Start this day by breaking one bad habit. As we are all aware of the saying “Too much of anything is bad”. We must use this period to de-addict ourselves from anything that we feel we can't do without. Your addiction could range from something as simple as your morning tea/coffee to consumption of alcohol and smoking.

Ways to break addictions –

- Love yourself enough to stop damaging your present and future.
- You are alone responsible for your actions and the consequences that come along with them. Stop for a moment and think about how your decisions could truly affect you.
- Loving yourself is one of the key driving forces in helping get over the long drawn chains of addictions or bad habits.
- Lets detox our body for healthy and happy life.

A Mission for Diabetes Free Society and Healthy Life



लौकाः समक्ताः आरोग्यः भवन्तु ।



Meditation

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Benefits

- The balance of a sharp mind and an expanded consciousness brings perfection
- Decreases any tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems
- Meditation improves cognition
- Meditation improves cognition
- Meditation is a natural stress stabilizer
- Meditation promotes emotional health and well-being
- Meditation increases attention by inducing a state of flow
- Meditation is like a seed. When you cultivate a seed with love, the more it blossoms

A Mission for Diabetes Free Society and Healthy Life



लौकाः समक्ताः आरोग्यः भवन्तु ।



Good and Quality Sleep

Good sleep is important. Striving to have a peaceful night and getting quality sleep and rest is one of the best things you can do for your health and well-being.

Benefits

- Helps in hormonal balance.
- Sleep helps reduce stress
- Sleep can improve your memory
- Sleep can lower your blood pressure
- Sleep helps your body to fight back
- Sleep can help you maintain your weight
- Sleep puts you in a better mood
- Sleep could reduce your chances of diabetes
- Sleep helps keep your heart healthy
- Sleep can be a painkiller
- Sleep can make you smarter

How to do?

- Try to minimize exposure to any stress an hour before you are about sleep. This will help to ensure deep sleep.

A Mission for Diabetes Free Society and Healthy Life



लौकाः समक्ताः आरोग्यः भवन्तु ।



Jiyo DiafreeN

- Our “Jiyo DiafreeN” is pure natural formulation, primarily an extract of Stevia, Aonla, Multi-vitamin plant, Tinospora and many other natural herbs.
 - It also helps in the management of high Blood pressure, acidity and acts as an anti oxidant.
- There are no side effects at all as this is herbal in nature, besides, protective, it also serves as preventive.

Health Benefits

- It can help pancreas cells to secrete insulin & to control Sugar level.
- It also helps in balancing insulin and in regulating blood pressure.
- It enhances hemoglobin content and helps in acidity.
- It may help in detoxifying the body system.
- It works well for digestion and bowel movement.
- Provides vitamins and minerals.

Direction for Use:

2ml or 20 Drops twice a day before breakfast in morning and after dinner in evening along with 100ml lukewarm water or as directed by physician.

A Mission for Diabetes Free Society and Healthy Life

ਸਾਕਾ ਸੰਸਕਾਰ ਕਰਕੇ ਰਹੇ ।



BIOMAP

(Bidar Organization for medicinal and
Aromatic Plants Promotion)



UDYAN HERBOMATRIX (P) LTD.

Farm to Pharma

Corporate office : #9-10-95, Rampure Bank Colony, Opp. Pharmacy College, Gumpa Road, **BIDAR** - 585403, Karnataka, India.
Ph: +91 8482-234911, +91 8105645796 Email: udyanherbomatrix@gmail.com www.udyanherbals.com