

WellnessMantra

सर्वे सन्तु निरामया!



**SELECTED BY EXPERIENCE
TESTED BY EXPERTS**



सर्वे सन्तु निरामया !

WellnessMantra

We Care.
We are your trusted companions,
guiding you towards a healthy life-
naturally!

Wellness Mantra is an offshoot of Anand Ashram Ayurved Private Limited, an Ayurvedic medicine Company based on the model of Social Entrepreneurship. With the primary motive to contribute and serve the Humanity, we at Wellness Mantra strive to provide you the most authentic and efficacious ayurvedic medication for major lifestyle-induced ailments.

Being a socially driven organization, we measure our bottom line through the smiles of end beneficiaries rather than figures. Our values are the essence of every action we take, whether it's ensuring quality products or delivering smiles to the needy. Every Wellness Mantra product is not just a testament to our commitment to societal well-being, but also a tribute to the ancient science of Ayurveda.

"At Wellness Mantra, we believe everyone has a right to good health. That's why a significant part of our proceeds go towards the enrichment and empowerment of the underprivileged members of society. The best part of utilizing a Wellness Mantra product is that every time you heal, the community heals with you."

VISION

To delve into the depth of Ayurvedic wisdom and emerge as a leader in the Ayurvedic therapeutic segment, driven by the values of Quality, Purity, Shraddha, Care, Trust and above all, Service to Humanity.

MISSION

To continually and consistently be a trusted companion of good health for every member of the community and raise the standards of effectiveness, every day.

A R O G Y A Our Wellness Mantra





The Inspiration Behind the Initiative

The seed of Wellness Mantra was sown in 2012 with the inception of Anand Ashram Charitable Trust, a highly respected and progressive NGO fuelled by the ceaseless and selfless dedication, efforts and sheer will of Mr. KS Chhabra, Mrs. Kawaljeet Chhabra and many others.

With 'Service to Humanity' as their anthem and goal, Anand Ashram Charitable Trust, gathered speed and support to emerge as a beacon of hope for thousands of underprivileged individuals.

In 2020, triggered by the COVID-19 pandemic, Mr. & Mrs. Chhabra realized a common threat to society emerging and silently eroding the well-being of the masses i.e. lifestyle-induced diseases. To counter these growing health hazards, Anand Ashram Ayurved Private Limited's Wellness Mantra was incepted in the same year. Wellness Mantra is an offshoot of this endeavour aimed at translating Mr. and Mrs. Chhabra's vast collective experience of nearly 40 years in the Ayurvedic and Pharmaceutical formulations domain and Ms. Amrit Thakkar's youthful exuberance and entrepreneurial acumen into a basket of safe, effective and affordable Ayurvedic wellness solutions.

Wellness Mantra's journey may have just begun, but its altruistic legacy and an unshakable will to serve the ailing Humanity will fuel its purpose, passion and potential for decades to come.



|| Anand Ashram ||
Ayurved Private Limited

The Wellness Mantra Team



Ms. Amrit Thakkar:
Managing Director

With a Gold medal in her Master's Degree in Human Resource Management, Ms Amrit started as a highflying young professional with a lucrative and prestigious job at Hindustan Unilever. She even had stints as an HR Consultant and worked with companies like L&T, Linde and Mahindra Group. But like a seer, she gave it all up and embraced social entrepreneurship. Well-read and travelled far and wide across the globe, she chose to become a messenger of bliss and happiness for the underprivileged. Utilising her competency, she is now driving 'Wellness Mantra' from Anand Ashram Ayurved Private Limited on its mission of serving and eradicating humanity's sufferings through ayurvedic wellness solutions.

Anand Ashram Ayurved Private Limited is a unique social entrepreneurship model with a greater focus on Charity and extending a helping hand to the suffering humanity.



Ms. Kawaljeet Chhabra:
Director

She is a seasoned industrialist who has spent well over 30 years in the Pharma Industry with 15+ years in the field of manufacturing and marketing Ayurvedic formulations.

Managing frontline Managers, Strategy Planners and the workforce is Ms. Chhabra's core strength. She holds a Master's Degree in Economics and is driven by ethics and principles. A taskmaster with a thrust on Time Management, Ms. Chhabra strongly believes in 'Living up to Commitments' thereby ensuring achievement and surpassing of predetermined goals.



Mr. KS Chhabra: Mentor;
Managing Trustee -
Anand Ashram Charitable
Trust

Mr. KS Chhabra was a seasoned Industrialist before he renounced his economic activities for the goal of serving mankind on a full-time basis.

A pharmacist & management professional, Mr. Chhabra has been on the Managing Committees of several Industrial/Management bodies such as Confederation of Indian Industries, Indian Drugs Manufacturers' Association, Federation of Gujarat Industries, Baroda Management Association, to name a few. He has also been the Past President of the Rotary Club of Baroda, Jawaharnagar. On 30th September 2013, Mr. Chhabra renounced his direct relationship with money & business and since then is a full-time Social Worker.





Anand Ashram Charitable Trust, founded by Mr. Chhabra along with few more like minded friends has a phenomenal track record of Services to the Humanity in about 14 Avenues of Sewa, few of them being:

Girl Child Higher Education (Ashayein)

Value Education (Jeevan Mulya)

Helping the underserved School Children with money and material need (Vidya Sahyog)

Serving the under served with food and material

Blinds' Welfare

Happiness Programs:

So far more than 30 probable suicide cases have been prevented through personal counselling

To know more or be a part of the Anand Ashram Charitable Trust journey, visit www.anandashram.ngo At Wellness Mantra of Anand Ashram Ayurved Private Limited, Mr. KS Chhabra is the joining link between the social aspects and the entrepreneurship.

MODERN LIFESTYLE - TAKES MORE THAN IT GIVES

The modern lifestyle is perhaps the deadliest threat to humanity today. Hidden beneath the materialistic perks and pleasures that the modern lifestyle brings us, are a horde of diseases that include cancer, diabetes, obesity, high blood pressure, high cholesterol, cardiovascular diseases, hormonal imbalances and many others.

While most of us have delved in too deep to imagine a life unlike the one we have right now, there are still some subtle changes that we can make to negate its ill effects. For those that are already suffering the consequences of their lifestyle choices, Wellness Mantra is here to help.

OUR PRODUCT PHILOSOPHY – QUALITY JUST AS PURE AS OUR OBJECTIVE

A Wellness Mantra product is created after an in-depth study of priceless age-old Indian scriptures of medicinal secrets decoded by our in-house experts. Made following the ancient processes, each product retains the potency of its pure ingredients, which help restore every individual's mental and physical equilibrium.



PRODUCT
PORTFOLIO

REPLACING
SICKNESS
WITH
SMILES

AYURVEDA'S BLESSING FOR A HEALTHIER HEART



Biohart™

Capsules

Cholesterol & Lipid Care

Cardiac health is amongst the most critical concerns for humanity, worldwide. It is one of the leading causes of deaths across the Globe.

Wellness Mantra's BioHart™ capsules is a unique combination, made from scientifically chosen herbs, well-established to promote cardiac health. BioHart™ is made following the prescribed ancient, authentic ayurvedic shastra, in modern world-class facilities with high standards of testing norms.

BioHart™ comprises of Arjunchhal, Sallaki Guggulu, Haritaki and 7 other wonder herbs that are known to help reduce bad cholesterol, strengthen heart muscles and keep the heart healthy for a happier life.

Benefits

The ingredients of BioHart™ capsules are known to:



Strengthen heart muscles, improve cardiac health



Reduce bad cholesterol, improve the elasticity of blood vessels



Help control high blood pressure, lower the risk of stroke



Control stress, improve blood flow, reduce excess fat deposition



Regulate Lipid Profile efficiently

Ingredients

Arjunchhal, Sallaki Guggulu, Haritaki, Sunthi, Marich, Pipali, Lashoon, Haridra, Dalchini, Methi.

MANAGE DIABETES, IMPROVE QUALITY OF LIFE



AnandAshram's **DM 120**TM Tablets

Carbohydrate Metabolizer

Diabetes is amongst the largest silent killers across the globe. Balanced glycaemic control is essential to avoid immediate as well as long-term complications arising from Diabetes. This medical condition is known to affect the kidneys, heart, eyes, skin, blood pressure, cause infections and so on, if left uncontrolled.

With the established medicinal benefits of Gudmar, Haritaki, Chirayata, Jambubij, Karela, Methi, and several other traditional sugar lowering herbs, Anand Ashram's DM 120TM tablets is an ideal adjuvant therapy for effective sugar control.

Benefits

The ingredients of Anand Ashram's DM 120TM tablets are known to:



Help regularize blood glucose levels without causing Hypoglycaemia



Stimulate pancreas for insulin secretion and activity



Maintain stamina and fight fatigue



Help control diabetes-related long term health complications

Ingredients

Gudmar, Haritaki, Chirayata, Jambubij, Karela, Methi, Mahamejva, Katuki, Indrajav, Amla, Gokshur, Neem Patti, Chandraprabha, Aarogyavardhini, Haridra, Devdar, Daruhaldi, Nagarmoth, Shuddha Shilajit, Galo.

Slmnfit™ Capsules

Fitness Naturally

A SCIENTIFIC AYURVEDIC WEIGHT MANAGEMENT FORMULA



By infusing cutting edge technology into age-old Ayurvedic wisdom, Slmnfit™ Capsules is an ideal, comprehensive fitness formula that helps in boosting metabolism, retarding absorption of fats in the gut, slowing down the body's ability to store fat, generating a feeling of fullness and reducing lipid levels.

Comprising of thoughtfully selected herbs like Medohar Guggulu, extracts of Agnimanth, Punarnava, Gudmar and others, Slmnfit™ capsules is an advanced Ayurvedic formulation to aid healthy weight management, the natural way!

Benefits

The ingredients of Slmnfit™ capsules are known to:



Enhance metabolic rate, burn excess body fat and lipids in the body



Provide a quicker and longer feeling of fullness, reducing calorie intake



Maintain stable energy levels throughout the day by absorbing essential requisite nutrients



Prevent fat build-up in the body and encourage healthy weight loss



Reduce cravings for sugar and neutralize excess sugar in the body

Ingredients

Medohar Guggulu, Agnimanth, Punarnava, Gudmar, Methi, Dalchini, Kokam.

WOMEN'S WELLNESS

Mensucare™ Tablets

Rejuvenates & Energizes Women's Health

GOOD PERIOD,
HAPPY CYCLES!

Menstruation is a natural part of a woman's biological journey and an integral part of her reproductive cycle. The modern woman's increased stress levels, multidimensional responsibilities and a sedentary lifestyle often lead to disturbances in hormonal balance. These imbalances give rise to menstrual disorders like PCOS (Ovarian cysts), Oligomenorrhea (irregular and light menstruation), Amenorrhea (absence of menstruation), Dysmenorrhea (painful menstruation), etc.

Mensucare™ tablets, a wonderful offering from Wellness Mantra is an ayurvedic formulation prepared to care for the modern female. Made by translating age-old Ayurvedic knowledge, it helps to restore hormonal balance, build haemoglobin levels, regulate the menstrual cycle and reduce discomforts associated with it, while lowering stress levels.

Mensucare™ tablets is a potent concoction of 27 most relevant and effective herbs, some of them being Ashoka, Shatavari, Lodhra, Gokshur, Nagkesar and Mandur Bhasma, that together combine ensuring her health remains as high as her ambitions and dreams.

Benefits

The ingredients of Mensucare™ tablets are known to:



Correct hormonal imbalances, especially ones responsible for ovulation and fertility



Help regulate menstrual cycles and flow, treat PCOS and cases of both excess and light bleeding



Reduce white discharge and inflammation in female reproductive organs



Provide relief from abdominal cramps and painful periods



Help lower stress and deal with stress-induced fertility issues



Help prevent iron deficiency

Ingredients

Ashoka, Shatavari, Lodhra, Gokshur, Nagkesar, Mandur Bhasma, Vibhitaki, Taj, Devadaru, Ashwagandha, Aloe vera, Amla, Kanchanar Guggul, Haridra, Godanti Bhasma, Jatamanasi, Kasis Bhasma, Dashmool, Trikatu, Shuddh Guggulu, Shuddha Shilajit, Jambubij, Mochras, Manjistha, Anantmool, Dhaifool, Arjuna.



FEMALE FERTILITY SUPPORTER

ReproFast™

Tablets

Nature's Blessing

TAKE THE FIRST
STEP TOWARDS
COMPLETING
YOUR FAMILY



Motherhood is the ultimate bliss that completes a woman. Today's fast-paced life has increased stress levels and multidimensional responsibilities of women which often lead to hormonal imbalances, many a time causing difficulty in conceiving.

Wellness Mantra's ReproFast™ tablets is a unique Ayurvedic combination, created to help women improve their reproductive health and chances of conceiving. Made from scientifically chosen herbs, ReproFast™ helps in impregnation, strengthens women's internal systems, balances hormones and menstrual cycle and supports gestation.

Combining the goodness of potent herbs like Nagkesar, Putrajivak, Shatavari, Ashwagandha, Gokshur and others, ReproFast™ is made following the prescribed ancient, authentic Ayurvedic Shastra, in modern world-class facilities with high standards of testing norms.

Benefits

The ingredients of ReproFast™ are known to:



Restore hormonal imbalance and improve chances of conception



Help in the treatment of recurrent miscarriage



Keep the reproductive organs strong and healthy



Ensure better nourishment to the foetus and strengthen the uterine musculature



Improve follicular maturity and stabilise irregularities in the menstrual cycle



Help in clearing infections or blocks in the female reproductive system

Ingredients

Nagkesar, Putrajivak, Shatavari, Ashwagandha, Gokshur, Pipal, Garbhpal Ras, Akharo, Bang Bhasma, Anantmool, Indrajav.

BREASTFEEDING: THE ULTIMATE LOVE & NOURISHMENT

KsheerVardhini™

Granules

Safe & Natural Galactagogue

Mother's Milk lays the strongest foundation for the newborn baby's health, developing immunity and ensuring much-needed nourishment.

KsheerVardhini™ granules are made by taking inspiration from grandmother's age-old recipes and supported by the research and findings of modern times. The ayurvedic ingredients of KsheerVardhini™ granules offer a superior solution that not only increases the quantum and flow of mother's milk but also provides adequate nourishment, rejuvenation and immunity build-up for the baby and the mother.

Enriched with Shatavari, Jivanti, Vidarikand, Godanti Bhasma and other specially chosen herbs, KsheerVardhini™ is a safe and natural galactagogue - a boon for the Mother and the precious Child!

Benefits

The ingredients of KsheerVardhini™ are known to:



Help in increasing the production of corticoids and prolactin in the body, the milk-producing hormones, that improve the quality and quantity of breast milk



Vitalize, rejuvenate and build up the immunity of the lactating mother, giving her strength and energy



Be rich in vitamins, minerals and micronutrients essential for a nursing mother, fulfilling the nourishment needs that are required in postnatal care

Ingredients

Shatavari, Jivanti, Vidarikand, Godanti Bhasma, Methi, Suva, Sunthi, Saragava.



KarsiGo™

Capsules

Can Fight, Can Overcome

Cancer, defined as uncontrolled growth of abnormal cells in the body, is one of the biggest causes of mortality in the world today. The reasons for the development of cancer can vary from dietary habits, exposure to carcinogens, hereditary, acquired through habits or many other external factors. It attacks the human immune system, weakening the mental, physical as well as emotional defenses.

KarsiGo™ Capsules is a marvelous ayurvedic combination of precious antineoplastic herbo-minerals, that prevent abnormal growth of cells and tissues. It nourishes the body as a whole, influencing several organs simultaneously. KarsiGo™ Capsules is useful in treating various types of benign, malignant and degenerative conditions and also helps in reducing the side effects of the treatment.

It is prepared by following ancient Ayurveda texts and shastras KarsiGo™ contains potent herbs like Suvarna Vasant Malti and Hirak Bhasma which work on abnormal cell functioning. It also has Rasa Sindoor which works on strengthening the immune system, Rohitak, which is effective in managing tissue swelling along with Haridra, Sarsharp and other herbs that play an important role in the fight against cancer.

SECRETS OF AYURVEDA FOR EFFECTIVE MANAGEMENT OF CANCER



Benefits

The ingredients of KarsiGo™ capsules are known to:



Restore natural cellular health by correcting disturbed intra-cellular functions



Promote autophagy and apoptosis in order to allow generation of new healthy cells and tissues



Boost both innate and humoral immunity thus protects the body from external factors that attack cells and disturb their regular functions



Nourish tissues that regulate multiple body functions thus keeping body organs well-functioning



Support healthy aging and promote physical and mental fitness

Ingredients

Suvarna Vasant Malti, Hirak Bhasma, Rasa Sindoor, Rohitak, Haridra, Sarsharp, Sarveshwar Parpati, Abhrak Bhasma, Punarnava, Vasa, Saragava, Guduchi, Vayavarna, Yashtimadhu, Pipali, Lavang, Kanchnar.

SAY GOOD NIGHT WITH
ANANDLAX TABLETS
FOR A GOOD MORNING!

AnandLax™

Tablets

The Herbal Laxative

The removal of toxins and waste from the body is a natural and on-going process that takes place through faeces, urination and perspiration. When any of these excretions get hampered, it intoxicates the body and results in various ailments.

Nature's best constipation relieving Ayurvedic ingredients have been chosen through extensive research in the making of AnandLax™ tablets. It stimulates bowel movements and relieves the pain and other associated conditions caused by constipation.

Combining pure Aragvadh, Sonamukhi, Nishoth, Triphla, Sunthi and Yashtimadhu, AnandLax™ is prepared from the original texts of Ayurveda and is one of the most suitable resolutions to acute & chronic constipation.

Benefits

The ingredients of AnandLax™ tablets are known to:



Normalize bowel movement and cleanse the body



Eliminate blood toxins, purify the blood



Clear intestinal worms



Treat problems of indigestion



Lower acid levels in the intestine



Improve liver function

Ingredients

Aragvadh, Sonamukhi, Nishoth, Triphla, Sunthi, Yashtimadhu.



IMMUNITY BOOSTER

Biokadha™

Powder

Immunity Enhancer

STRONGER
IMMUNITY,
HEALTHIER LIFE!

A strong immunity system, means a healthy YOU! It can also help in preventing frequent seasonal infections and serious health conditions like pneumonia, cancer and others.

Prepared by the finest practitioners of authentic Ayurveda, Biokadha™ is a powerhouse of antioxidants that help to fight bacteria, virus, and other microorganisms. It detoxifies the body, boosts digestion, reduces stress and effectively treats immune-deficient conditions.

Along with immunity-boosting herbs prescribed by AYUSH Department, Government of India, Biokadha™ combines the goodness of Ashwagandha, Giloy, Sunthi, Tulsi, Ajwain and other herbs, that together deliver the best of the Immunity enhancing properties.

A cup of Biokadha™ a day can keep infections at bay!

Benefits

The ingredients of Biokadha™ are known to:



Increase the T helper cells and natural killer cells activity, boosting the immune system



Help prevent premature aging as it is rich in antioxidants



Fight free radicals and purify the blood, thus reducing the risk of deadly diseases



Provide relief from cough and congestion and also help in removing phlegm deposits from the respiratory tract



Lower cortisol levels and help to reduce stress and stress-related problems

Ingredients

Ashwagandha, Giloy, Sunthi, Tulsi, Ajwain, Pipali, Marich, Dalchini, Haridra.



YOUR WELL-BEING IS JUST A CLICK AWAY!

You can begin your journey towards healthy and holistic well-being by purchasing our products at www.wellnessmantra.co.in

And remember, a part of our proceeds go towards societal welfare.

Every time you buy a Wellness Mantra product, you are not just making a difference in your life, but in society as well.

WellnessMantra

सर्वे सन्तु निरामया!



|| Anand Ashram ||
Ayurved Private Limited

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