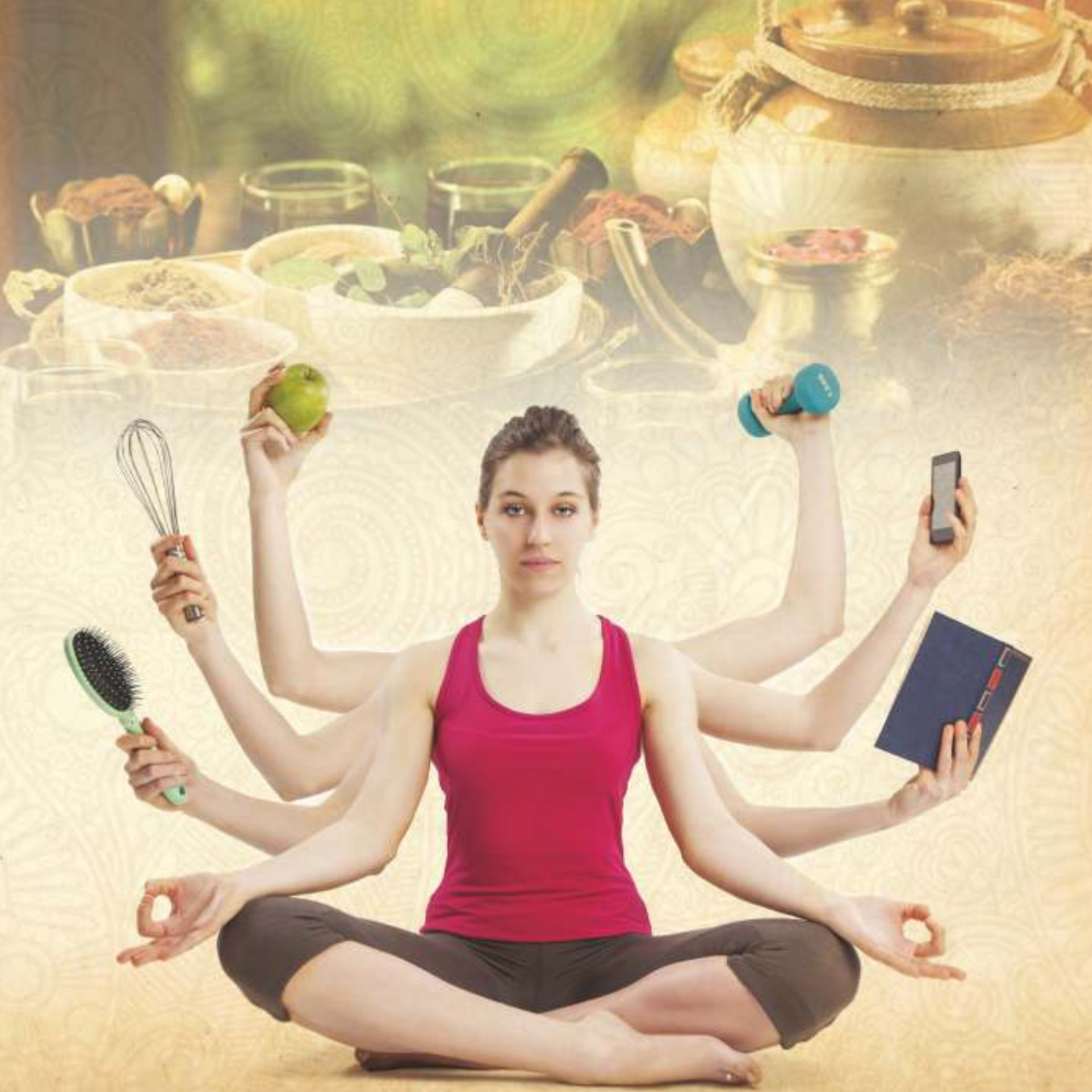




Santulan Ayurveda

Life in Balance



# A Golden Balance

Every day of our lives, from waking until we sleep again, we attempt to achieve a 'balance' between all kinds of pressures. When we sleep too late, we want to add Yoga Nidra to the Yoga or gym class. Lunchboxes have chapatis from home even if one has to order a sabzi from the local restaurant. When we're late in the morning, the children get sandwiches instead of breakfast. If we're stuck in a traffic jam, we're always looking for a shortcut. Fast food on the way instead of an evening snack at home. When we are really tired we order the entire meal in.

Our everyday lives consist of these adjustments. The effects of this balancing act tell on our health. Getting a paunch, acidity with increasing weight, cough, constipation and other small and large problems. Dancing to beat of the modern lifestyle, we lose actual balance as far as health is concerned. We can't stop life. But in this case, what can we do? The answer is simple. The Santulan Golden Balance has the solutions you are looking for.



# That which can help you regain lost balance is effective Ayurveda.

Nowadays, Ayurveda has reached every home. People have seen the side effects of other medical systems and their limitations and turned towards Ayurveda. This is good, because Ayurveda is an ancient health science that has captured the attention of the whole world.

## **It is important to understand Ayurveda in the right perspective.**

Senior Ayurvedacharya, Shreeguru, Dr. Balaji Tambe has devoted his entire life to Ayurveda. His many years of research and experience led to the opening of the Santulan Ayurveda Healing Centre. Patients from all over the world come here for treatment.

## **What is so different about Santulan Ayurveda Healing Centre?**

We are not a factory to develop and sell medicines. We have practiced, proved and cured with Ayurvedic methods. Our curative approach follows the principle 'the person is his constitution'.

Our raw materials are stringently tested in labs. Our GMP certified pharmacy strictly follows ancient Ayurvedic texts for medicines that offer huge benefits to health without any side effects whatsoever. Our medicines, produced with the maximum possible 'samskaar' (culturing) of Ayurveda are invaluable, high quality contributions to your health. They are being exported to Europe since over 30 years. The purpose of Santulan Ayurveda is to offer health to all – beyond geographies and nations.

## **'Santulan' is not a business.**

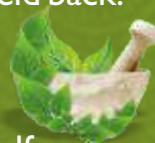
Pollution, poor nutrition in food and many other current problems affect growth in children and lead to poor health in adults. How do we get nutrition into the human body properly in these cases? All our 'shastra'-based ingredients are used fully and properly – herbs, milk, curds and other high quality nutritive elements. We follow ancient instructions of 'agni samskaar', cooking or heating at certain temperatures for a number of hours – processes that increase the efficacy of the formulation. This is the secret behind Santulan's outstanding products. Since this is not a business for us, we don't make any compromises. Instead of inexpensive products of questionable quality, we choose to retain maximum potency that provides path-breaking results. That is why Santulan Ayurveda can claim to recover lost health balance. We are confident of this.



As you look at the clock,  
to tell the time,  
the clock has moved on,  
a few seconds, meanwhile.



Time is the only thing that cannot be held back.  
Therefore, the products we design if  
taken in life at the right time could help  
you compete with great success against time itself.



# Santulan Ayurveda

For everyone, in every home.





Baby Care

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Women

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Men

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Young at Heart Citizens

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Daily Wellness

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Five Senses

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Specific Diseases

## BABY CARE

# A Santulan childhood leads to a healthy happy future...

Growing children experience extremely fast physical and mental changes. Along with a proper diet and exercise, only when the body and brain can be given the exact nutrition it requires can growth be strong and free of disease. Santulan Ayurveda's essentials for children produce great results and offer bright futures.



## **BABY CARE KIT**

Complete shield to protect and help in the general development of your baby. Includes Baal Amrut, Baal Gutti, Baby Massage Oil, Baby Massage Powder, San Anjan Black and Tenderness Dhoop.

## **BAAL AMRUT**

Must have Rasayan for babies containing Gold and Saffron. Promotes all round development.

## **BAAL GUTI**

A blend of herbs that offers protection and supports the child's growth. Aids digestion, prevents worms, strengthens the immune system and facilitates overall development.

## **BABY MASSAGE OIL**

Oil cultured with herbs designed for a baby's daily abhyanga massage. Excellent protection for baby skin. Helps increase immunity and enhance overall growth.

## **BRAHMALEEN OIL**

A special medicated soothing oil to promote sound sleep.

## **BABY MASSAGE POWDER**

Fragrant and delicate herbs prepared into a massage powder. Improves complexion and immunity.

## **BABY CREAM**

Prepared from Baby Massage Oil. For soft and moisturised skin.

## **SAN ANJAN BLACK**

Traditional Ayurvedic formulation for healthy eyes with a shine

## **TENDERNESS DHOOP**

Dhoop or Herbal Smoke with herbs to help prevent infections, cold and cough. Best used after giving the baby a bath.

## **BAAL HERBAL SYRUP**

Delicious syrup for children to improve digestion and appetite.

## **BRAHMALEEN SYRUP**

Syrup with herbs like Brahmi and Kamal known to activate and nourish the brain. Improves concentration and memory.

## **BRONCHOSAN SYRUP**

Fights cold, cough, breathing disorders and throat infections.

## **SAN AGNI SYRUP**

Syrup with herbs that are excellent for the liver. Improves digestion and appetite.

## **CHAITANYA KALPA**

A herbal rasayan that nourishes all 7 dhatus, develops immunity and helps to improve memory



# WOMEN

When Santulan is accepted,  
daily lives become happy lives.

From the break of dawn until time for bed,  
Where is the time to look after myself?  
Ignoring our own small problems,  
we put our entire attention into the well-being of others.  
But if a woman falls ill, the entire house falls ill along with her.  
Her health is key to health being balanced in the family.  
Starting the day with Santulan Ayurveda will ensure  
the rest of it is filled with joy and enthusiasm.



### **STREE SANTULAN KALPA**

A special tonic for girls and women of all ages which is made from potent herbal extracts infused with saffron and anantmool to offer complete nourishment and a glowing complexion.

### **SHATAVARI KALPA**

A tasty Ayurvedic Kalpa with cooling effect especially beneficial for pregnant and lactating women.

### **SAN ROSE RASAYAN**

Improves blood (iron and haemoglobin) and bone health. Very useful before and during pregnancy and also after delivery.

### **DHATRI RASAYAN**

Rejuvenates all the seven dhatus (body tissues) especially rakta and shukra dhatu.

### **SHATANANT KALPA**

A rejuvenating kalpa that reduces excess heat, purifies the blood, improves immune function and reduces fatigue and promotes normal menstrual flow.

### **FEMISAN OIL**

Specially formulated to restore and maintain the health of the reproductive system.

### **SUHRUD OIL**

Useful for care and massage of the breasts

### **FEMININE BALANCE ASAVA**

Useful in hormonal balance and to support the reproductive system.

### **FEMIFIT SYRUP**

A syrup beneficial for the female hormonal system.

### **ASHOKADI GHRUTA**

A traditional medicated ghruta (ghee) for supporting women health which nourishes and purifies uterus and other reproductive organs.

### **CALCISAN TABLET**

A unique blend of Ayurvedic ingredients rich in natural calcium.

### **LACTOSAN TABLET**

Helps to increase the quantity of breast milk being produced after delivery.

### **LOHIT PLUS TABLET**

Tablets containing Loha bhasma, Mandur bhasma, Anantmool and other herbs which help in the intake of iron in the blood.

### **SHATAVARI SAN TABLET**

It rejuvenates and supports the reproductive system.

### **ASHOK-ALOESAN TABLET**

Ashok and aloe are excellent for gynaecological health. Prescribed in strengthening the uterus, leucorrhoea and menopausal state.

### **BALANT LEP**

Accelerates the process of labour and makes it less painful. Promotes natural and normal delivery.



# MEN

When you acquire Santulan,  
habits improve automatically.

We often live according to habit.  
From the morning 'wake-up' cup, to the glass before sleep.  
Our daily habits often lead to slow changes in the body  
That end up inviting unwanted guests,  
in diseases that never want to leave you.  
In such times, a journey with Santulan Ayurveda  
will certainly help things change.



## **PRASHANT CHURNA**

Contains vata balancing and energizing herbs that help in detoxification and strengthening of reproductive cells.

## **U C CHURNA**

Powdered preparation made from blood purifiers like Chopchini and Vavding. Relieves recurring urine infection, skin problems and allergic reactions.

## **GOKSHURADI CHURNA**

Rejuvenates the tissues of the body. Improves degenerating tissue and vata disorders like backache and joint pain.

## **AMRUTSHARKARA KALPA**

Rasayan (tonic) with Gold and Saffron. Improves immunity, complexion and vitality.

## **CHAITANYA KALPA**

Herbal Rasayan for the entire family. Nourishes all seven dhatus (body tissues), helps to increase energy and vigour.

## **PURUSHAM OIL**

External application oil to restore and maintain the health of the male genitals.



## YOUNG AT HEART CITIZENS

When Santulan is attained,  
even old age can be comfortable.

At this point one has to be most careful about health.  
Some problems have made a constant home in the body,  
And some are seasonal visitors.  
Now, more than ever, the powerful support of  
Santulan Ayurveda, is the way forward!  
We can keep disease at a distance,  
and even provide a much needed infusion of energy in life.





### **VAATBAL TABLET**

Tablet for healthy joints, strong bone tissues and to balance vata dosha.

### **CALCISAN TABLET**

A unique blend of ingredients rich in natural calcium for strengthening spine and joints.

### **SHANTI OIL**

Medicated oil processed with a specially chosen blend of herbs for the massage of joints. Lubricates, strengthens and increases the flexibility of the joints.

### **SANDESH ASAVA**

An Asava that helps to balance vata dosha and eases pain, inflammation and stiffness in joints.

### **ABHYANGA (S) OIL**

Full body massage oil which pacifies vata dosha, improves circulation hence beneficial in case of Hypertension and Heart disorders.

### **KUNDALINI OIL**

Massage oil for nourishing the nerves and spinal cord.

### **SAN VATA LEP**

Contains herbs like Punarnava and Lodhra that are effective against swelling and pain.

### **PRASHANT CHURNA**

Contains vata balancing and energizing herbs like Gulvel, Chopchini, Kavach beej and others that alleviate joint and hip pain and improve degenerated tissue.

### **MARROSAN KALPA**

It is an Ayurvedic herbal tonic to increase stamina and remain energetic throughout the day.

### **TRIPHALA CHURNA**

A well-known laxative containing Amla, Hirda and Behada. Balances all three doshas.

### **SANCOOL CHURNA**

Non habit forming mild laxative. Balances acidity and improves digestion.

### **PITTASHANTI TABLET**

A unique formulation containing *Moti (pearl) bhasma* and *Praval (Coral)* for pacifying Pitta dosha and purifying blood.

### **SAN UDAR**

For healthy liver function. Used for relief in reduced appetite, enlarged liver, hepatitis.



# DAILY WELLNESS

When Santulan is brought in,  
lifestyle can remain in balance.

We cannot control the speed of changing times.  
The only thing we can control is how we take care of  
ourselves when living at that pace.  
From inconsistent meal-times  
to hours in front of the mobile or computer,  
when the body gets stressed out  
the mind experiences fatigue too.  
A friend like Santulan Ayurveda  
can infuse your life with a refreshing new style.



## STRESS BUSTERS

### SANTULAN GHEE

Traditional recipe now promoted by the latest research. Increases digestive fire, vitality, life span and provides strength. Good for intelligence and memory.

### AMRUTSHARKARA KALPA

Rasayan (tonic) with Gold (Suvarna) and saffron. Improves immunity, complexion and vitality.

### CHAITANYA KALPA

Herbal Rasayan for the entire family. Nourishes all seven dhatus (body tissues), helps to increase energy and vigour.

### GULKAND

Indian Rose jam. Helps to reduce excess heat in the body. Excellent results in acidity, nausea and headaches.

### GULKAND SPECIAL

Special medicated recipe of Indian Rose jam with *Praval pishti* infused with pure Rose water and cardamom. Better results than Gulkand in acidity, nausea and headaches.

### ABHYANGA (S) OIL

Body-massage oil for daily use to nourish and revitalize the entire body. Regular use helps to improve complexion and balance Vata dosha.

### ABHYANGA (C) OIL

Mild and cooling, full-body massage oil. Ideal for those with sensitive skin.

### KUNDALINI OIL

Oil for spine care. Rejuvenates the spinal cord and nerves. Excellent results in back ache, stiff neck, frozen shoulder, sciatica and spine related problems.

### BRAHMALEEN OIL

Soothing oil to reduce mental stress and promote sound sleep.

### HONEY

Pure honey acquired from honeybees. Honey is Yogavahi - fantastic carrier of medicines that speeds up their healing effects.

## **JALA SANTULAN HERBAL MIX FOR WATER**

Aromatic herbal mix that purifies and enhances drinking water. Provides unique taste. Contains precious herbs such as Sandalwood, Vettiver, *Manjishtha* and many more.

## **PADABHYANGA KIT**

Set of Padabhyanga Ghee and pure kansya metal bowl. The bowl is used to massage the ghee into the soles of the feet. Reduces body heat. Useful in fever, fatigue, headaches, burning eyes.

## **TRIPHALA CHURNA**

A well-known laxative containing Amla, Hirda and Behada. Balances all three doshas.

## **SAN RELAX SYRUP**

Made from Brahmi, Jatamansi and other herbs. Helps reduce mental stress and anxiety. Used to manage disturbed sleep, anxiety and restlessness.

## **COOLSAN SYRUP**

Cooling syrup to reduce excess heat. Especially beneficial in hot flushes and heavy bleeding. Excellent support during chemotherapy.

## **SAMSAN TABLET**

Fortified with *Guduchi*, *Ashwagandha* and *Shatavary*. Supportive in crippling diseases like cancer and Aids.

## **NIDRASAN TABLET**

Fortified with *Jatamansi*, *Brahmi*, *Suvarnamakshik Bhasma*, *Dhamasa* and other potent herbs which reduce stress and promote sound sleep. Does not create dependency in long term use.

## **ASHWA-SARASWA ASAVA**

Contains several potent herbs like *Ashwagandha*, *Guduchi* and *Brahmi*. Helps reduce fatigue and strengthens the mind.



## AGNI SANTULAN (DIGESTIVE FIRE)

### AVIPATTIKAR CHURNA

A classical formulation for quick relief from acidity and indigestion. Promotes easy motions.

### TRIPHALA CHURNA

A well-known laxative containing *Amla*, *Hirada* and *Behada*. Balances all three doshas.

### PITTASHANTI TABLET

A unique formulation containing *Moti* (pearl) *bhasma* and *Praval* (Coral) for pacifying Pitta dosha and purifying blood.

### SAN AGNI SYRUP

A syrup excellent for the liver which improves liver function and digestion.

### SAN PITTA SYRUP

Herbal syrup to balance pitta dosha. Prescribed in metabolic disorders.

### COOLSAN SYRUP

Cooling syrup to reduce excess heat. Especially beneficial in hot flushes and heavy bleeding. Excellent support during chemotherapy and radiation.

### ANANT KALPA

Anant is an aromatic herb that purifies blood. It helps to improve the complexion. Cooling and pacifies allergies.

### GULKAND SPECIAL

Special medicated recipe of Indian Rose jam with *Praval pishti* infused with pure Rose water and cardamom. Better results than Gulkand in acidity, nausea and headaches.

### BILVASAN JAM

Contains herbs that rejuvenate liver cells, hence useful in digestive disorders. Recommended in dysentery, frequent diarrhoea, liver cirrhosis and liver related problems.

### SAN UDAR ASAV

For healthy liver function. Used for relief in reduced appetite, enlarged liver, hepatitis.

### SANCOOL CHURNA

Non habit forming mild laxative. Balances acidity and improves digestion.

### YOGSARAK CHURNA

An effective bowel cleanser containing *Hirada* and Castor oil. Useful in chronic constipation.

## BRAIN & MEMORY CARE

### **BRAHMALEEN SYRUP**

A syrup that contains ingredients like *Brahmi* and *Kamal* which are known to activate and nourish the brain and promote peace of mind.

### **BRAHMALEEN GHRUTA**

A nourishing medicated *Ghruta* infused with precious herbs and *Panchagavya* prescribed in various disorders of the brain and nervous system such as depression, lack of concentration, dementia, epilepsy etc

### **BRAHMALEEN OIL**

Soothing oil to reduce mental stress and promote sound sleep.

### **SAN BRAHMI TABLET**

It's well-known for its calming effect on the nervous system. *Brahmi* is prescribed in anxiety, depression, mental fatigue and lack of concentration.

### **SHATADAAM KALPA**

A kalpa made with *Shatavari* which improves the overall vitality and almonds which are nourishing for the brain.



## SKIN CARE

### **ROSE BEAUTY OIL**

Complete facial care oil. Promotes a glowing complexion and fairness. Prevents premature wrinkles and stretch marks. Treats pigmentation and scars.

### **ABHYANGA (C) OIL**

Mild and cooling massage oil for full body massage that helps to reduce skin irritations and rejuvenates the skin.

### **RADHA FACE OIL**

Facial oil for infected pimples and inflamed acne. Soothing application reduces irritation, dryness or burning sensation in skin disorders.

### **SAN MASSAGE POWDER**

Massage powder prepared from fragrant herbs for improved complexion. Promotes health, glow and firmness in the skin.

### **SAN PITTA FACE PACK**

Herbal face pack that reduces oiliness and excess sebaceous gland activity. Works on pimples, facial eruptions and pigmentation.

### **SAN VATA FACE PACK**

Herbal face pack that reduces roughness and dryness of skin, making it smooth and supple.

### **Y. S. OINTMENT**

Ointment with disinfectant. Promotes healing wounds, excellent for skin and nail infections and non-healing wounds.

### **SANHEAL MALAM**

Ghee based malam made from herbs to clean and heal wounds. Very effective for children.

### **MANJISHTHASAN TABLET**

Manjishtha is one of the best blood purifying herbs. Improves complexion, reduces allergies.

### **MANJISAR ASAV**

Blood purifier that treats various skin disorders.

### **ANANT KALPA**

Anant is an aromatic herb that purifies blood. It helps to improve the complexion. Cooling and pacifies allergies.

### **SHATANANT KALPA**

A rejuvenating kalpa that reduces excess heat, purifies the blood, improves immune function and reduces fatigue and promotes normal menstrual flow.

# FIVE SENSES CARE

## EYE CARE

### **SAN ANJAN BLACK/ GREY/ CLEAR**

Traditional Ayurvedic eye-liner formulation for the health and glow in the eyes. Provides relief from burning sensation, eye watering and Pain caused due to excessive use of computer, pad or mobile screens.

### **SUNAYAN OIL**

Drops for eye care. Relives eyes from harmful effects of computer, pad or mobile screens. Helps improve eye function.

### **SUNAYAN GHRUTA**

Medicated ghee processed with *Triphala* and *Neelkamal* which help improve eye sight. Indicated in eye disorders.

### **PADABHYANGA GHRUTA**

A specially processed ghruta which eliminates dryness, numbness and over sensitivity of the feet. Massaged with *Kansya* bowl reduces body heat. Useful in fever, fatigue, headaches, burning eyes.





## EAR CARE

### SHRUTI OIL

Ear drops for general ear health. Especially useful in tinnitus and deafness due to ageing. Recommended for users of headphones and mobile phones.

## MOUTH CARE

### SUMUKH OIL

Oil containing *Khair* and other oral care herbs. Regular use improves voice, strengthens gums, and prevents infection of teeth and gums. Maintains health of tongue and palate.

### YOGDANTI TOOTH POWDER

Herbal tooth powder for healthy teeth and gums. It improves oral hygiene, alleviates bad breath, bleeding and pus from gums, dental caries and other oral conditions

## NASAL CARE

### NASYASAN GHRUTA

Medicated nasal drops beneficial in case of migraine, vertigo, sinusitis and nose bleeds. *Nasya* is recommended by Ayurveda to improve brain function.

## SKIN CARE

Please refer to page number 23

## SPECIFIC DISEASES

## HAIR CARE

### HAIRSAN TABLET

Tablets for hair care. Extremely effective to reduce hair loss, dandruff, split ends, premature graying and dull hair.

### VILLAGE HAIR OIL

Traditional preparation where coconut oil is infused with precious herbs such as *Brahmi*, *Maka*, *Gulab*, *Mehendi*, *Nimbu* etc. Promotes strong, lustrous and healthy hair growth. Treatment for hair loss, premature greying and dandruff.

## **SUKESHA**

Pure and natural herbal hair wash. Completely free from harmful chemicals. Effective in hair loss, hair breakage, dandruff, and itching in the scalp.

## **SANVATA HAIR PACK**

For beautiful, soft and shiny hair. Effective against split ends, stunted hair growth, lustreless hair and excessive hair loss.

## **SAN PITTA HAIR PACK**

For silky and lustrous hair. Protects the natural beauty and health of the hair. Effective in dandruff, hair loss and premature greying.

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## **HEART CARE**

### **ARJUNARISHTA**

*Arjuna* bark is recommended by Ayurveda in cardiac disorders like blocked arteries, angina, enlarged heart, ischemia etc.

### **DASHARJUN ASAVA**

Pacifies vata dosha and improves blood circulation. *Dashmool* and *Arjuna* are prescribed by Ayurveda in cases of heart problems, low circulation and joint pain.

### **SUHRUDPRASH PLUS AVALEHA**

Rasayan for the heart. Contains *Bhasmas* such as *Suvarna*, *Raupya*, *Abhrakh* etc. Prevention and treatment of blocked arteries, angina, poor circulation and other heart related disorders.

### **CARDISAN PLUS CHURNA**

Blend of potent ingredients such as *Swaskas chintamani*, *Sut shekhar*, *Shwas kuthar* etc. which are highly recommended by Ayurveda for strengthening the heart and entire circulatory system disorders such as blocked arteries and angina.

### **PUNARNAVASAV**

*Punarnava* is known to improve liver and kidney function. Recommended in cases of water retention, reduced urine output and oedema.

## RESPIRATORY CARE

### **SITOPALADI CHURNA**

Renowned traditional powder to balance Kapha. Soothes the bronchi, boosts immunity against common colds and lung infection.

### **BRONCHOSAN SYRUP**

Syrup for cold, cough, throat infection and breathing disorders. Safe and suitable children too.

### **CHYAVANPRASH AVALEHA**

Classical rasayan for kayakalpa (complete rejuvenation). A rich source of vitamin C, especially good for rejuvenation of the spine, blood purification and asthma. An ideal rasayan for the whole family.

### **ATMAPRASH AVALEHA**

Chyavanprash with an advanced formulation blended with *Suvarna, Raupya* and *Abhrakh Bhasma*. Revitalises the entire body and spine to keep one young and fit into the 40s.

### **SAN KAPHA SYRUP**

Syrup formulation to balance Kapha dosha. Strengthens the lungs. Recommended in dry and mucous forming cough.

### **TALISADI CHURNA**

A well-known Ayurvedic formulation for strengthening the respiratory system.



## RASAYANS FOR WELL BEING

### CHYAVANPRASH

Blend of potent ingredients for strengthening the heart and entire circulatory system. Recommended in various heart ailments like blocked arteries, ischemia, angina, stenosis, and enlarged heart.

### ATMAPRASH AVALEHA

Chyavanprash with an advanced formulation blended with *Suvarna*, *Raupya* and *Abhrakh Bhasma*. Revitalises the entire body and spine to keep one young and fit into the 40s.

### MARROSAN KALPA

It is an Ayurvedic herbal tonic to increase stamina and remain energetic throughout the day.

### PRASHANT CHURNA

Contains vata balancing and energizing herbs which helps in detoxification and strengthening of reproductive cells.

### SAN ROSE RASAYAN

Iron supplement to improve haemoglobin and bone health.

### BRAHMALEEN SYRUP

Syrup with herbs like Brahmi and Kamal known to activate and nourish the brain. Improves concentration and memory.

### AMRUTSHARKARA KALPA

Rasayan (tonic) with Gold (*Suvarna*) and Saffron. Improves immunity, complexion and vitality. *Suvarna* is described in Ayurveda as to increase grasping power, vitality, immunity, digestive fire while Saffron is said to improve the complexion and to balance the *tridoshas*. Ideal replacement for Sugar in *Panchamrut*.

### DHATRI RASAYAN

Rejuvenates all the seven *dhatu*s (body tissues) especially *rakta* and *shukra dhatu*.







Santulan  
Ayurveda





## SANTULAN AYURVEDA HEALING CENTRE

Near M.T.D.C. Holiday Resort, Karla, Dist. Pune, Pin 410 405. (INDIA)

☎ 91 - 8380003691 / 92 ✉ dispensary@santulan.in 🌐 www.santulan.in

### INDIAN CENTRES

#### PUNE

Santulan Ayurveda  
Kartik Chambers,  
Modern College Road  
Shivajinagar, PUNE 411 005  
020-25535188  
puneshop@santulan.in

#### NASIK

Santulan Ayurveda  
Shop No. 1 & 2, Chitrabodh Apartment,  
P&T Colony, Boys Town Road,  
Near Sebal Delux Hotel,  
Nashik - 422005.  
Telephone No. 0253 - 2319151  
nasikshop@santulan.in

#### MUMBAI

Santulan Ayurveda  
Shop No. 1, Jyoti Kutir,  
Adarsh lane, off Marve Road,  
Malad (W), MUMBAI 400 064  
022-28637779 / 28657779  
maladshop@santulan.in

#### KOLHAPUR

Santulan Ayurveda  
Sakal Papers Building, 1st floor,  
Near Parvati Talkies, Shivaji Udyam Nagar  
Kolhapur 416 008  
Phone: 0231 2652291  
kolhapurshop@santulan.in

#### AHMEDABAD

Santulan Ayurveda  
G2, Hrishikesh 2,  
Opp. Navrangpura Municipal School  
Navrangpura, Ahmedabad 380009  
M : +918980045588  
ahmedabadshop@santulan.in

### INTERNATIONAL CENTRES

#### AUM KURZENTRUM

Römerstrasse 1 - 3, 74629  
Pfedelbach - Gleichen, Germany  
Tel.: +49 (0) 7949-590, Fax 7949 - 2624,  
Web : www.ayurvedakuren.com  
E-mail : info@ayurvedakuren.com

#### Santulan Ayurveda

Wörthstrasse 13, 81667 Munich, Germany,  
Tel.: +49 (0) 89 - 983773 www.santulan.com

#### Santulan Life Yoga School

Herderstrasse 23, 60316 Frankfurt, Germany.  
Tel.: +49 (0) 69 - 4800 2441, E-mail: info@aumhari.de

For the complete list of authorized dealers please visit us at [www.santulan.in/dealers](http://www.santulan.in/dealers)  
To order products by courier please call on 022-28637779 or email to [maladshop@santulan.in](mailto:maladshop@santulan.in)