

## **Musli Power X-tra Instant Coffee - The Ingredients and it Benefits**

### **1. SAFED MUSLI (*Chlorophytum borivilianum*) Extract**

It contains about 30% alkaloids, Natural steroid saponin (10-20%), polysaccharoids (40 to 45%), carbohydrates and proteins (5% to 7%), vitamins, potassium, calcium, magnesium, phenol, resins, polysaccharides etc

**Uses : Aphrodisiac** - Reported to increase the semen volume and total sperm count. It also enhances the sexual desire and makes the act more pleasurable. **Anti-ageing** – rich with Antioxidants, It is said to be endowed with Rasayana properties i.e. it delays the ageing process by rejuvenating the entire system. **Enhances working capacity** - Safed Musli increases the capacity to work owing to its Balya properties. It is also useful in **Rheumatoid Arthritis, Diabetes Mellitus, Piles**. It is also used for betterment of both physical and mental health in children. It is useful in various **Gynaecological** diseases as it corrects hormonal disturbances. **Nutraceutical** It can be used as a nutraceutical, in powder or extract form, to better general health, sexual health and to delay the ageing process.

**Processed Foods** Safed musli can be transformed into Drinks, Energy Powders.

#### **Reference:**

- **K. L. Bhisagratna, Sushruta Samhita, vol. 2 of An English Translation Based On Original Sanskrit Texts, Varanasi, India, 2nd edition, 1963**
- **1992. Wealth of India—A Dictionary of Indian Raw Material, vol-3 (Ca-ci). CSIR, New Delhi.**
- **K.H., Laddha, K.S., Jayakumar, B., 2010. Extraction of saponins from safed musli. Pharmacognosy Journal 2, 561-564**

### **2. Asvagandha (*Withania somnifera*) Extract**

**Traditional use: *Withania somnifera*** popularly known as 'ASHWAGANDHA' is one of the major herbal components of geriatric tonics mentioned in Indian systems of medicine. In the traditional system of medicine Ayurveda, this plant is claimed to have potent aphrodisiac rejuvenative due to the Antioxidants and life prolonging properties. It has general animating and regenerative qualities and is used among others for the treatment of nervous exhaustion, memory related conditions, insomnia, tiredness potency issues, skin problems and coughing. It improves learning ability and memory

**Internal uses: Nervous system:** As it is a sedative and nerve tonic, it helps in atonic nerves, fainting, giddiness and insomnia. **Digestive system** The bark powder is appetizer. carminative and anthelmintic and hence is used in abdominal pain, constipation and worms. **Circulatory system** : It has an effect on the heart, purifies the blood and reduces oedema. So it is used for the weakness of heart, blood disorders and oedema. Its decoction is used in rheumatoid arthritis. **Respiratory system** : It is an expectorant and has antiasthmatic property due to which it is useful in cough. Ashwagandha ash along with ghee and honey is effective in asthma, If phlegm is thin, it is used in the form of ash or its alkaline extract is used. Decoction of bark should be given in low dose for cough and asthma. It is also used as a tonic in the above conditions. **Reproductive system** Ashwagandha is well known for its aphrodisiac property. It is used in semen disorders and leucorrhoea caused due to endometritis.

#### **Reference:**

**Ayurvedic Pharmacopeia of India Part - 1 , Vol - 1 Page No: 15**

### **3. Kapikacchu (*Mucuna pruriens*) Extract**

**uses**

**Nervous system:**-The roots and seeds are tonic for the neurons- The root is useful in hemiparesis and facial palsy. The seed - powder is useful in Parkinson's disease. **Digestive system:** The legumes are anthelmintic for roundworm. Trichome 0.3 - 0.5 gm. is given mixed with butter, jaggery or honey. Next day a laxative is given-The round worm are killed and expelled out. **Reproductive system:** The seeds are very useful in oligospermia and impotence. Seeds soaked in the root extract relieve vaginal laxity. The oil from seeds is useful in leucorrhoea. **Urinary System:** The root has diuretic property, renal dysfunction.

#### Pharmacology

*Mucuna pruriens* seeds contain high concentrations of **levodopa**, a direct precursor of the neurotransmitter **dopamine**. It has long been used in traditional **Ayurvedic** Indian medicine for diseases including **Parkinson's Disease**.<sup>[15][16]</sup> In large amounts (e.g. 30 g dose) it has been shown to be as effective as pure **levodopa/carbidopa** in the treatment of Parkinson's Disease, but no data on long-term efficacy and tolerability is available.

In addition to levodopa, *Mucuna* also contains **serotonin** (5-HT), **5-HTP**, **nicotine**, **N,N-DMT** (DMT), **bufotenine**, and **5-MeO-DMT**. As such, it could potentially have **psychedelic** effects, and it has purportedly been used in **ayahuasca** preparations.<sup>[18]</sup>

The mature seeds of the plant contain about 3.1-6.1% L-DOPA,<sup>[12]</sup> with trace amounts of **5-hydroxytryptamine** (serotonin), nicotine, DMT-n-oxide, bufotenine, 5-MeO-DMT-n-oxide, and **beta-carboline**.<sup>[19]</sup> One study using 36 samples of the seeds found no tryptamines present in them.<sup>[20]</sup> The leaves contain about 0.5% **L-DOPA**, 0.006% **dimethyltryptamine** (DMT), 0.0025% **5-MeO-DMT** and 0.003% DMT n-oxide.

#### **Reference:**

**Warrier, P.K., V.P.K. Nambiar, and C. Ramankutty. 1996. Indian medicinal plants Vol. 4. page. 68-72.**

#### **4. Amalaki (Emblica officinalis) Extract**

##### **Uses**

**Nervous system:** - Strengthens bone marrow and any weakness of sense organs. **Digestive system:** It acts in loss of taste & appetite, anorexia, constipation, liver disorders, peptic diseases ascites and piles through its properties of digestion, laxation and rasayan. Its juice is given in haematemesis and epistaxis. A paste of chandan + amalaki is best in pittaj vomiting. Leaf juice useful in haemorrhagic dysentery **Circulatory system:** Useful in heart diseases, Haemorrhagic diseases. Loha bhasma + amalaki, leaves best in anaemia **Respiratory system:** Used in diseases like cough, asthma, tuberculosis etc. being a rejuvenating agent. Amlaki is a good brain tonic and it is rich with Antioxidants. **Reproductive system:** It is useful in spermatorrhoea, menorrhagia, and uterine debility. **Urinary system:** Fresh amla juice is used in dysuria and prameha. **Skin:** In skin diseases and erysipelas, it is given internally for longer period. **Temperature:** Useful in chronic fever, thirst, burning sensation etc

#### **Reference:**

**Ayurvedic Pharmacopeia of India Part - 1 , Vol - 1 Page No: 5**

#### **5. Sigru (Moringa oleifera) Extract**

##### **Uses**

**Nervous system:**-As it is tikshna and ushna, it is a nerve stimulant. The non crystalline part of the bark is very strong and it acts through afferent nerves on the body. Because of this, it causes hypertension, increases heart rate and contracts the blood vessels. It tones the function of muscles in respiratory as well as digestive system. Dilatation of pupil occurs similar to the

action of adrenalin and ephedrine. Tender plant root is useful in epilepsy. **Digestive system:** As it is pungent and tikshna, it improves appetite, is digestive. Vidahi. grahi Induces motility), analgesic, antibacterial and deworming agent. Madhu shigru is viscous and sweet and so it is purgative. In unassimilated internal abscess. madhu shigru is used in lunch, drink and in external application also. It is useful in lass of appetite, tastelessness, pain in abdomen, ascites, gulma and worms. **Circulatory system:** Due to ushna guna it acts as a stimulant to heart, creates hypertension and is anliinflammrnatonj. It is used in weakness of heart and inflammation. **Respiratory system:** Kaphaghna. Useful in kaphaj.kasa. Seed powder is useful for shodhan nasya. Urinary system: As it is ushna. tikshna. it stimulates the kidneys and increases the quantity of urine. It is useful in dysuria and in increased acidity in urine. In calculi its decoction is useful. It is not used in hydronephorsis, as it irritates the kidneys and increases inflammation. **Reproductive system:** It stimulates menstruation and as it is ushna and anti inflammatory, it is useful in dysmenorrhoea and obstructed menstruation. **Skin:** Tikshna and ushna, induces sweating. Therefore its hot infusion is used in skin diseases. If there are maggots in the wound fresh bark paste is applied and banded on the wound. Due to its smell, all maggots come out. (Turpentine and resin ad similarly)

**Reference:**

**Ayurvedic Pharmacopeia of India Part – 1 , Vol – 4 Page No: 114**

**6. Kokilaksha (Hygrophilla auriculata) Extract**

Seeds contain 31 % viscous principle. 20 to 25 % yellowish, sweet stable oil. Apigenin-7-0-glucoside, 7-0-glucoside, Histidine, Lysine, Phenylalanine, Linoleic acid, Palimtic acid, Stearic acid, Xylose, Uronic acid, Polysaccharides, Xylan, Protease, Lupeol, Betulin, Phytosterol, Ascorbic acid, Nicotinic acid, Betulin

**USES**

Seeds: are used in weakness of the nerves. vata disorders, rheumatoid arthritis, dysentery, seminal weakness, impotency, dysuria. calculi and cystitis.

Leaves: are used in jaundice, hepatomegaly and gout as a vegetable. Root: dysuria. calculi, cystitis, inflammation, bleeding disorders, gout and anaemia,

Dose: Juice of panchang - 24 to 50 ml.; .decoction - 60 to 100 ml.; seeds - Ito 3 gms.: kshar - 2 to5 ratti.

Its seeds are used in tonic preparations.

**Reference:**

**Ayurvedic Pharmacopeia of India Part – 1 , Vol – 2 Page No: 93**

**7. Jatiphala (Myristica fragrans) Extract**

**Use**

**Central nervous system:** It analgesic and vatashamak. Excessive dose is intoxicant. The actions of camphor and nutmeg on brain are similar. It is useful in insomnia. It also alleviates vata disorders like pain, convulsions etc. **Digestive system:** Nutmeg reduces bad breath temporarily. It improves the taste, it is a stimulant. an appetizer, digestive, liver stimulant, carminative, astringent and anthelmintic. Hence it is used along with other medicines in anorexia. Indigestion, liver disorders, diarrhoea, colitis and helminthiasis. It reduces the foul smell and blackness of stools. Nutmeg is given in excessive thirst and emesis. In cholera, water boiled with nutmeg is used (after cooling). **Circulatory system:** Low dose acts as a circulatory stimulant, Respiratory system: Being an expectorant and kaphaghna, it helps in chronic rhinitis. Cough, dyspnoea, hiccoughs. **Reproductive system:** Being an aphrodisiac and stimulant of menstruation, it is used in impotency and premature ejaculation. It is also used in dysmenorrhoea. **Temperature** Nutmeg is used when fever and diarrhoea occur simultaneously. **Satmikaran:** it is used as a tonic in post diarrhoeal weakness and post- sprue debility.

**Reference:**

**Ayurvedic Pharmacopeia of India Part – 1 , Vol – 1 Page No: 53**

## 8. **Goksura (Tribulus terrestris) Extract**

### **uses:**

**Nervous system:** Analgesic and vatashamak. Therefore used in neural debility, painful conditions and vata disorders. **Digestive system:** Stomachic, astringent, anthelmintic, but laxative in large dose, appetite, piles and helminthiasis. **Circulatory system:** It is a cardio tonic, anti-inflammatory and helps in haemorrhagic Fruit juice is useful in amoebiasis and splenomegaly. **Respiratory system:** - used in cough and asthma. **Reproductive system:** useful in preventing abortion, vaginal disorders, impotency and post-natal discharges. **Urinary system:** Diuretic dissolves calculi and amorphous calculi. Therefore useful in urinary calculi, dysuria and cystitis,

### **Reference:**

**Ayurvedic Pharmacopeia of India Part – 1 , Vol – 1 Page No: 40**

## 9. **Shilajit (Rock asphaltum) Extract**

### **Health Benefits of Shilajit**

- Shilajeet works as anti-inflammatory substance. It works very similar to as the working of betamethasone a glucocorticoid.
- It is an effective remedy in arthritic conditions like rheumatoid arthritis, osteoarthritis, gout and other joint related problems and back pain.
- It helps in strengthening our nervous system there by very helpful in nervous disorders like paralysis, hemiplegia etc.
- It is also used in disorders like depression, mental stress, epilepsy and mental fatigue.
- It helps in promoting intelligence level and also works in promoting mental concentration thereby enhancing the learning skills.
- Shilajit (mineral pitch) is also effective in piles and fistula related problems.
- It helps liver to work normally therefore helps in proper secretion of all the juices and enzymes important for proper metabolism in body.
- It helps in purifying blood due to its anti microbial action.
- It helps in building body's natural immunity thereby useful in providing natural strength to the body.
- It is very effective in disease related to heart as it a pitta moderator.
- It is also effective in controlling blood pressure levels by bringing it to normal levels.
- It has also been found effective in asthmatic condition.
- Shilajit helps in increasing strength and endurance power in men. It works as an aphrodisiac agent thereby helps in increasing sperm count and also helps in bettering the quality of sperms.
- It is also used in treating diabetes cases, as it is very helpful in metabolizing glucose in blood stream.
- It helps in relieving from symptoms like dysurea and burning micturation.
- It helps in scrapping away of extra fat accumulated in body thus helps in providing slim and healthy looks to the body.
- It is use to maintain physical and mental strength and to maintain youth and to attain long life.

### **Reference:**

**Charaka Samhita Chikitsa Stana, Chowkambha orientalia. 1996:E; 25-26**

## 10. **Instant Coffee (Robusta + Arabica)**

### **Uses**

Coffee Can Improve Energy Levels and Make You Smarter  
Coffee Can Help You Burn Fat  
The Caffeine Can Drastically Improve Physical Performance  
There Are Essential Nutrients in Coffee

Coffee May Lower Your Risk of Type II Diabetes  
Coffee May Protect You From Alzheimer's Disease and Dementia  
Caffeine May Lower The Risk of Parkinson's  
Coffee Appears to Have Protective Effects on The Liver  
Coffee Can Fight Depression and Make You Happier  
Coffee Drinkers Have a Lower Risk of Some Types of Cancer  
Coffee Does Not Cause Heart Disease and May Lower The Risk of Stroke  
Coffee May Help You Live Longer

**Reference**

Internet : <https://authoritynutrition.com/top-13-evidence-based-health-benefits-of-coffee/>