

AYURVEDA & TATVA

Ayurveda bases on its theory of the existence of five elements – basic principles or building blocks, which are the basis of life of the whole universe (the macrocosm), as well as our body (the microcosm), and are known as the five great elements: space/ether (ākāśa); air/wind (vāyu); fire (tejas); water (jala); earth. Ayurveda believe every person is made of five basic elements found in the universe: space, air, fire, water, and earth the TATVA

Ayurveda advices eating according to one's inherent type – These combine in the human body to form three life forces or energies, called doshas. They control how your body works. They are Vata dosha (space and air); Pitta dosha (fire and water); and Kapha dosha (water & earth) the three Doshas, called one's Prakriti – which are, Vata, Pita and Kapha, with the attributes of Space and Air, Fire and Water, Earth and Water, respectively. Though all of us represent & exhibit all three Doshas, the primary Dosha is supposed to guide you in your food habits.

Our traditional Indian food, cutting across all regions, is balanced, extremely beneficial, and nutritionally dense, containing antioxidants, essential minerals, and vitamins that help in digestion and speed up metabolism, and improve cholesterol and blood glucose levels. Indian spices and herbs have medicinal and therapeutic values-apart from imparting delicious taste, flavour, and aroma!

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Our TATVA products are the highest form Spice extracts & arrangement of natural cure or solution make up of Indian spices, herbs and plants. We are using natural spices in liquid which are extracted from raw spices having purity and richness of nature in every drop.

In this COVID 19 era we recommend use our TATVA products it may be use full to you and you can enjoy your good heath TATVA shall contribute more to your over-all well-being. TATVA may also to add to your complete fitness, do please practice Yoga and Meditation to regain your evenness and serenity.

As per our philosophy of working we are doing service and supply of our very high premium product for both domestic and global markets, we are following domestic & global standards of clinical validation and trial we are working within the purview of the Food Safety and Standards Act of India (FSSAI) to comply with international regulations such as World Health Organization - Good Manufacturing Practices (WHO-GMP), Good

Manufacturing Practices from Ministry of AYUSH (AYUSH - GMP), Manufacturing license from Ministry of AYUSH, ISO 14001:2015 and HALAL & other certifications.

TATVA

MANUFACTURING UNIT (A GMP certified unit)

