



SHREE SAI INDUSTRIES



A Trusted Name in Salt and Spice Industries



MTV BLACK SALT

+

TRIPHALA MIX



What is Black Salt ?

Black salt is a type of rock salt that is generally known as “Kala namak”. Black salt is considered a cooling spice in Ayurveda and is used as a digestive and a healing agent.

According to Ayurveda, Black salt helps improve digestion by increasing the bile production in the liver due to its Laghu and Ushna properties.

Drinking Black salt along with water on an empty stomach in the morning helps to remove toxins from the body and provides relief from constipation due to its laxative property. Black salt is also good for diabetics when taken in balanced quantities as it helps in maintaining sugar level in the body.

Scrubbing Black salt along with coconut oil gently on the body helps prevent infections and relieves inflammation as well as pain. Black salt can also be added to the bathing water to help manage other skin infections such as eczema and rashes.

Excessive intake of Black salt should be avoided as it might cause nausea and vomiting. Consuming Black salt in large amounts may also alter your blood pressure levels.



Benefits of Black Salt

1. Indigestion

Black salt is used to correct indigestion by stimulating bile production in the liver. It also helps control bloating by improving the digestive fire due to its Laghu and Ushna (hot) properties.

2. Constipation

Black salt is good for constipation due to its Rechana (laxative) nature. It softens hard stool and helps in easy excretion.

3. Obesity

Black salt might help manage weight by digesting Ama (toxic remains in the body due to improper digestion) and removing extra fluid from the body due to its Ushna (hot) potency.

4. Muscles spasm

Black salt helps to control muscle spam because of its Vata balancing property. It also has a small amount of potassium which is an essential component for the muscles to work properly.

5. High cholesterol

Black salt helps in controlling high cholesterol level due to its Ama (toxic remains in the body due to improper digestion) reducing property. This is because according to Ayurveda, Ama is the main reason for high cholesterol as it blocks the channel of the circulatory system.



More Benefits of Black Salt



Triphala

Triphala is a good remedy for diabetes, hypertension, migraine, high cholesterol, obesity, constipation and such other numerous lifestyle disorders.



HEALTH BENEFITS OF TRIPHALA

- > Control diabetes
- > Rich in antioxidants
- > Protects against Cancer
- > Improve digestive health
- > Improves dental health
- > Better hair and skincare
- > Helps in weight loss
- > Enhances vision
- > Arthritis and gout
- > Stress and anxiety



MTV Black Salt Triphala Sprinkler



500 Grm.



100 Grm.





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