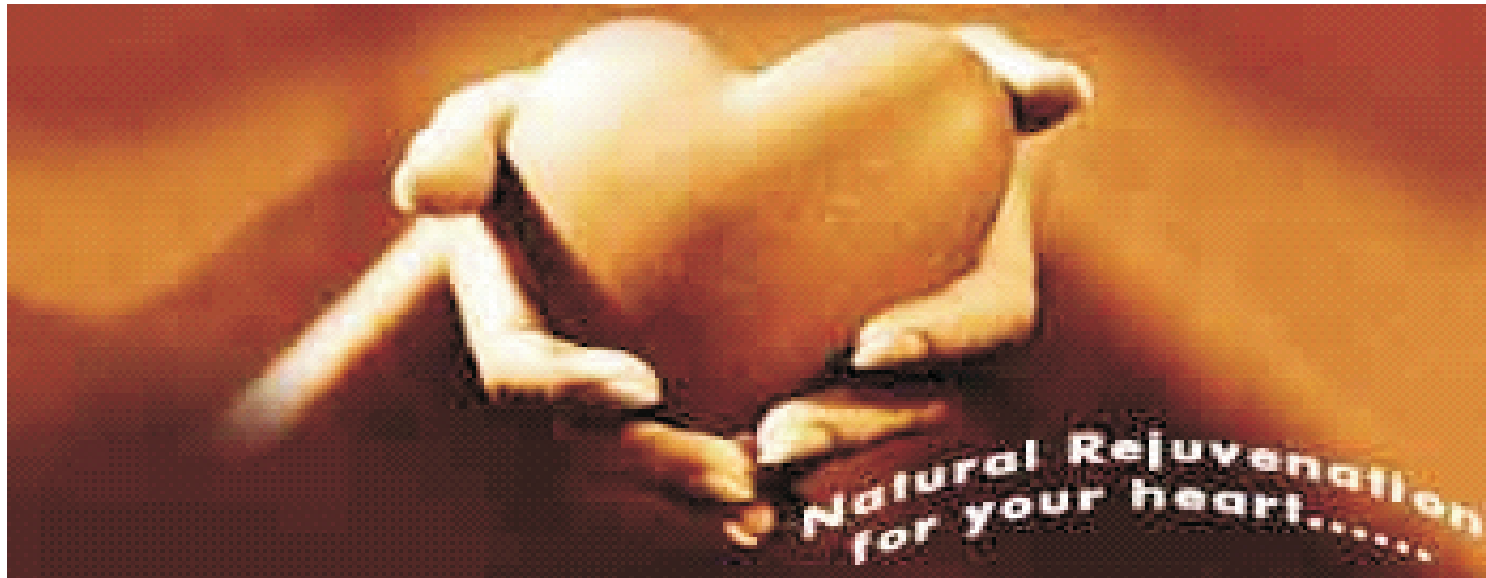


# ARJUN TEA

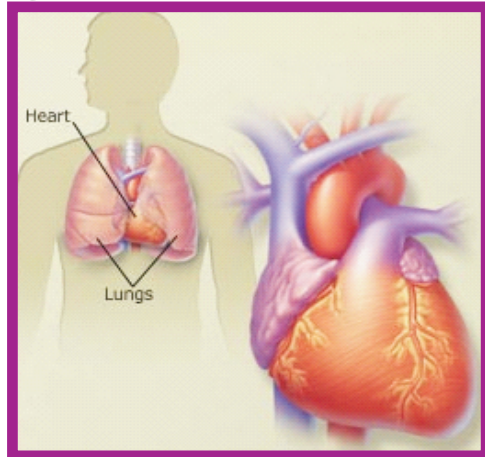
(Natural Co-Q 10 for your Heart)



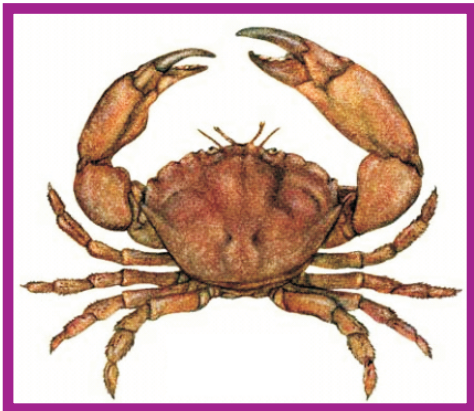
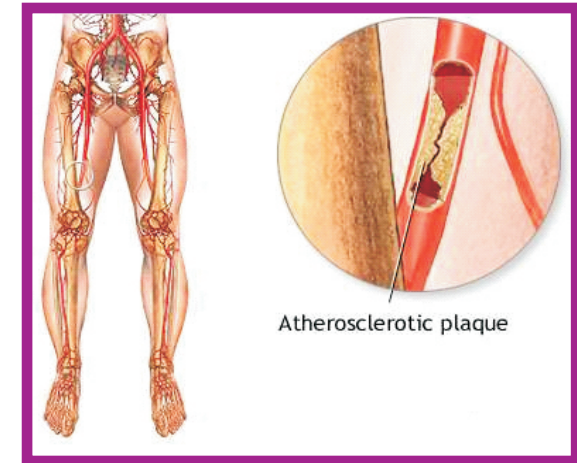
Presentation By - Dr. Vikram Chauhan [ MD - Ayurveda ]

# Arjun Tea Fights Many Chronic Diseases Like

## High Cholesterol



## Ageing process



## Cancers



## Hypertension



## Diabetes

# INTRODUCTION

## Herbs in Arjun Tea

Terminalia arjuna



**Terminalia arjuna** - Arjun tree grows in plains of India along river sides. Indians use the bark of this tree for its medicinal virtues. It contains natural alkaloids, flavonoids, glycosides which support the heart function. "Arjun Ksheer Pak" is described in Ayurveda as an Ancient (5000 BC), heart support remedy. A lot of literature about Terminalia arjuna is available on internet, which is good to read.\*\*

Ficus religiosa



**Ficus religiosa (Sacred Fig)** - Commonly known as "Pipal tree" in India, has very much religious value for Budhists, Hindus and Jainis. It is worshiped in India as it is known to be the habitat of angels like Budha and others. Tradition says - sitting underneath this plant increases age as this tree is full of oxygen. This tree is rich in natural anti-oxidants.\*\*

Boerhavia diffusa



**Boerhavia diffusa (Punarnava)** - is a creeper growing in most parts of the world. "Puna" means Again and "Nava" means New. Ancient ayurvedic scholars described this herb as detoxifying and rejuvenative\*\*

Cinnamomum zeylanica



**Cinnamomum zeylanica** - Known in the west for its wonderful flavor, in the east for its amazing healing properties. In Ayurveda, it is used to clear "Kapha" blockages.\*\*

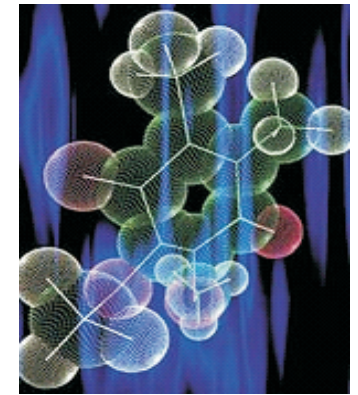
Elettaria cardamom



**Elettaria cardamom** This is a spice native to India, Sri lanka and is famous worldwide for its flavour.\*\*

# What is Co-enzyme Q 10

- \* Co-enzyme Q 10 is a fat soluble Vitamin like substance present within mitochondria - the energy producing unit of the cells.
- \* It is concentrated particularly in heart muscle cells.
- \* It is an essential factor in mitochondrial electron transport chain, a vital step for production of ATPs i.e., Energy for the Body.
- \* In other words, it provides energy to the body in the form of the ATP's.



Mitochondria Structural Features

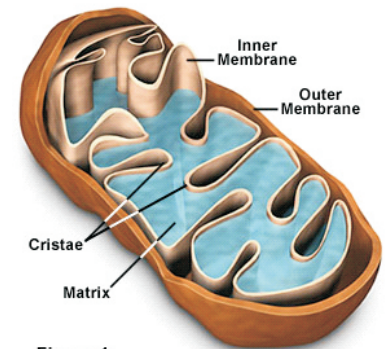


Figure 1



# More about Co-enzyme Q-10

- \* Co-Q 10 levels decrease significantly after the age of 30 in every individual.
- \* This can be the reason why most people feel lethargy, fatigue, lack of energy after 30 years of age.
- \* Co-Q 10 not only acts as an Anti-oxidant, but also prevents depletion of Vitamin E and other vitamins in the body.



# Heart Patients and Co-Q 10

Significantly lowered Co-Q 10 levels are found in the blood of people suffering from -

- \* Congestive heart failure (Heart enlargement)
- \* Myocardial infarction (Heart attack)
- \* Coronary artery disease (Blocked arteries)
- \* Diastolic dysfunction (Weak heart muscles)



Note : The heart requires more energy in resting phase than in pumping phase.

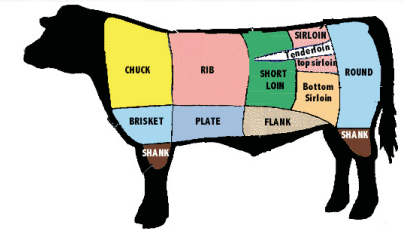
# Arjun Tea is rich in Co-Q 10

## AMAZING FACTS ABOUT CO-Q 10

500 gm of Sardines - A kind of fish



1 kilogram of Beef



1.5 kilogram of peanuts, provide

Only 30 mg of Co-Q 10.



## Terminalia arjuna

The bark of this tree contains  
**10 mg of Co Q 10 in 1 Gm bark !**

# Dosage of Co-Enzyme Q 10

\* Healthy individuals need 30mg to 60mg daily for maintaining their general health and avoid damage to heart.



\* 2 Cups of Arjun Tea in a day provide enough Co-Q 10 for general health and heart patients to prevent heart disease.



# Co-Enzyme Q 10 in USA

- \* All Co Q 10 available today in USA is manufactured in Japan synthetically.
- \* It is sold either in pressed tablets, powder filled capsules or oil-based gel caps.
- \* Arjun Tea contains Co Q 10 in its original & natural form and very safe for consumption by humans.

話題のコエンザイムQ10が、  
超お買い得！

限定50個！

今だけ！  
数量限定の大特価！



2個セット  
¥6,200(税込)

# Intereactions with Modern Drugs

- \* Statins – Statins used to lower cholesterol in fact lower the levels of Co-Q10 as well, because both Cholesterol and Co-Q 10 are made by the same enzyme in the body i.e, HMG-CoA reductase. Statins block this enzyme.

- \* The Statin drugs

Lovastatin  
Simvastatin and  
Pravastatin etc.

They are known to decrease Co-Q 10 levels in Humans.



- \* Anti-diabetic Medications –

Co-Q 10 also improves sugar control in Diabetics.



# Drug Interactions

\* **Beta Blockers** : Some beta blockers, in particular propranolol, have been reported to inhibit Co-Q10 dependent enzymes.



\* Piperine: Piperine, found particularly in black pepper, may increase plasma levels of Co-Q10.



# Arjun tea to Prince Charles



Dr. Madan Gulati presenting Arjun Tea



Dr. Gulati explaining benefits of Arjun Tea

- \* **Head of Department of Ayurveda, Yoga, Unani and Siddha Medicine - Dr. Madan Gulati –MD (Ayurveda) gave this presentation to Prince Charles of UK and a pack of Arjun tea.**



## [Web Links For More Details](#)

[www.planetayurveda.com](http://www.planetayurveda.com)

[www.krishnaherbals.com](http://www.krishnaherbals.com)

[www.arjuntea.com](http://www.arjuntea.com)

FINAL MESSAGE FROM THE FOUNDER DR. VIKRAM CHAUHAN [ MD-AYURVEDA ]



- Arjun tea provides the “precious” Co-enzyme Q-10 in natural form, without causing any side effects.
- Enjoy 1 - 2 Cups of Arjun Tea – Daily... It gives your body 60 mg of Co-Q 10 per day!



THANK YOU