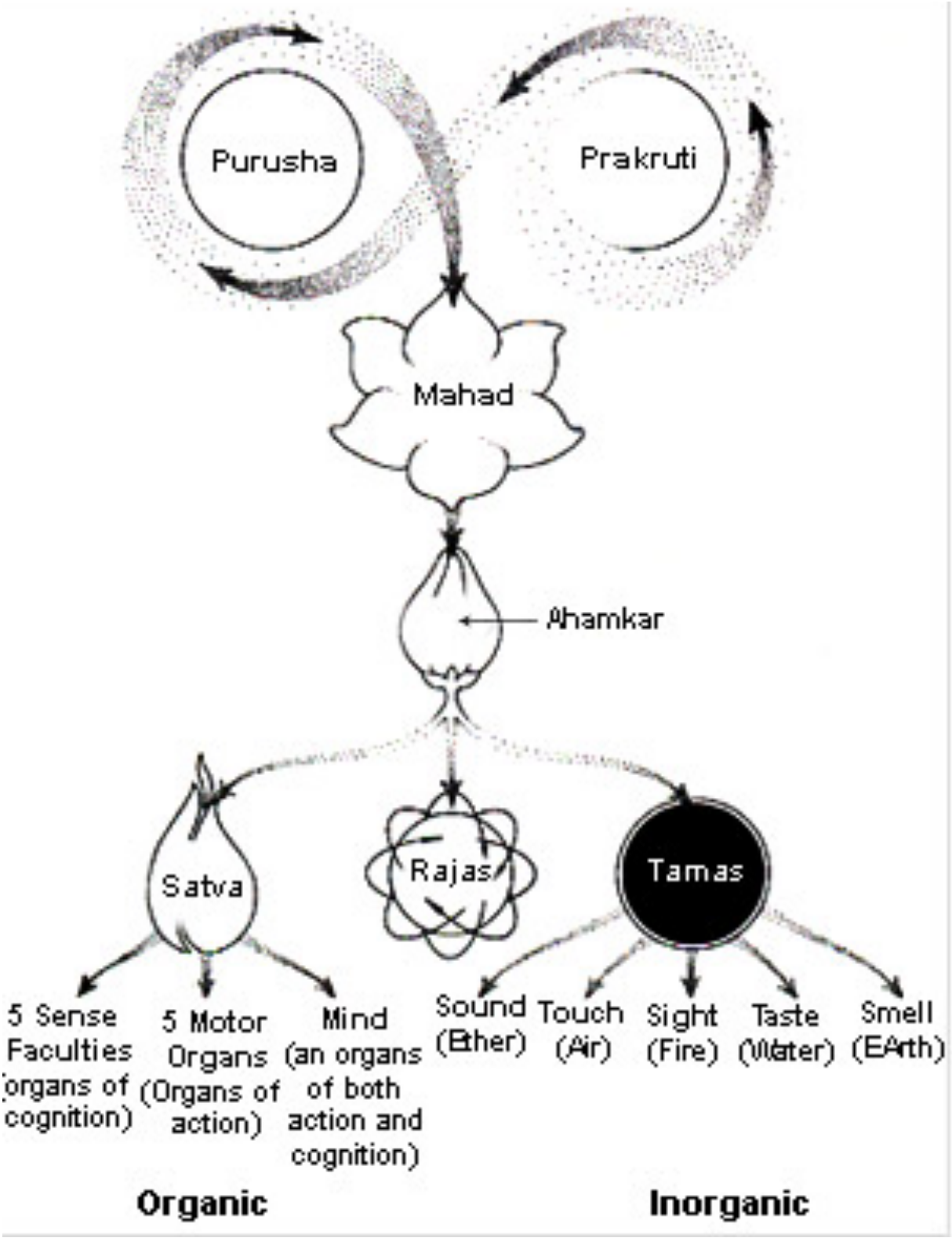

Adapted from Vasant Lad's: Complete Book of Ayurvedic Home Remedies