



benefica®
Celebrating Life!

TAILA	VATA	PITTA	KAPHA	TRIDOSHA
Brahmi	Yellow	Red		
Coconut		Red		
Dashmoola	Yellow		Blue	
Dhanwantharam	Yellow			Green
Eladi		Red	Blue	
Karpooradi	Yellow		Blue	
Kottamchukkadi	Yellow		Blue	
Ksheerabala	Yellow	Red		
Mahachandanadi		Red		
Mahanarayana	Yellow			
Murivenna	Yellow			
Pinda	Yellow	Red		
Sahacharadi	Yellow		Blue	
Anu				Green
Kumkumadhi				Green
OLI BASE	VATA	PITTA	KAPHA	TRIDOSHA
Olio di Sesamo	Yellow			Green
Olio di Madorle	Yellow			
Olio di Cocco		Red		
CHOORNA	VATA	PITTA	KAPHA	TRIDOSHA
Gruhadumadi			Blue	
Dashmoola	Yellow			Green
Triphala				Green
Thejus				Green
Rasnadi	Yellow		Blue	