

BATH POWDER

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You can use below all ingredients mix powder while taking bath instead of bath soap (received in one of the author book – Manish Kondap)

• Awlakali – 100gm	आवळाकाठी
• Nagarmotha – 100gm	नागरमोथा
• Vala – 50gm	वाळा
• Lodhra – 50gm	लोध्र
• Manjishta – 50gm	मंजिष्ठा
• Ambe halad – 25gm	आंबेहळद
• Kadulimb- 25gm	कडुलिंब
• Anantmul – 25gm	अनंतमूल
• Masurdal – 2kgs.	मसूर डाळ

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation