



MAHARISHI
AYURVEDA®



Blissful Sleep Basic



Improving the ability of your mind and body to get the *deepest, most rejuvenating sleep* possible

“I started taking Blissful Sleep Basic a couple of months ago and I can honestly say it has transformed the depth of my sleep – I don’t just get out of bed in the mornings, I bounce out of bed!” - BB



The Blissful Sleep herbal formula has a calming, balancing effect that improves the ability of the mind and body to get the deepest, most rejuvenating sleep possible.

Blissful Sleep

Blissful Sleep Basic is a very precise combination of Ayurvedic herbs that is designed to promote a deeper and more rejuvenating quality of sleep.

Ayurveda identifies prana vata, tarpaka kapha, and sadhaka pitta as the main factors which influence sleep. The ingredients of Blissful Sleep Basic are Rose petals, Indian valerian root, Aswagandha root, Indian spikenard, Aloeweed and Gulanch Tinospora.

This combination is designed to improve the overall balance and calmness of the mind, senses and nervous system (prana vata).

It also helps balance the neuro-humors and cerebral-spinal fluids for healthy brain tissue, and assists in the communication between brain cells and in the stability of the personality (tarpaka kapha).



Basic



(MA1778)

There is also an improved sense of satisfaction and feeling of contentment in order to put the mind and senses at ease (sadhaka pitta).

It also assists in the finest product of digestion and the master co-ordinator between consciousness and the body (ojas).

Quality is more important than quantity

In Ayurveda there is a saying “sleep is the nurse of all living beings”.

Sound, deep sleep is essential for good health because it rejuvenates the mind and body. Deep rest is the basis of dynamic activity, clarity of mind, heightened sensory awareness, longevity, a radiant complexion, and inner and outer beauty.

Poor sleep is one of the most frequent health complaints. No matter how long you sleep at night, if you wake up tired, it’s a sign that your sleep is not deep enough or restful enough.

The Blissful Sleep herbal formula has a calming, balancing effect that improves the ability of the mind and body to get the deepest, most rejuvenating sleep possible.

Herbal Masterpiece

The herbs in Blissful Sleep Basic are combined in exact proportions and prepared in the traditional Ayurvedic way. This improves bio-availability and assimilation of vital nutrients. It also creates synergy - the collective benefit is much greater than isolated, individual herbs.

Recent research has shown that Indian Spikenard (Jatamansi) aids the body’s natural ability to fall asleep.

Aswagandha (Winter Cherry) is well known for helping the body adapt to stress. It also supports nerve function and co-ordination between the mind and senses.

Gulantha Tinospora (Guduchi) and **Aswagandha** are Rasayanas - they promote life extension (Ayushya effect). They also increase the quantity and quality of Ojas. The result is normal, refreshing sleep, especially in relation to aging and free radical damage.

Aloeweed (Shankapashpi) improves mental function and coordination between the mind and senses. It helps adjust mental activity to prepare your mind for sleep (Nidra Janana effect).

Indian spikenard, Gulantha Tinospora and Aloeweed help balance mental functioning (Medhya effect) so you feel more alert and productive when you wake in the morning.

Long Pepper (catkins) enhances bio-availability and assimilation (Yoga Vahi effect).

Associated products:

Blissful Sleep Kapha (MA 1682)

Blissful Sleep Pitta (MA 1684)

Blissful Sleep Vata (MA 1683)

Peace at Night (MA 107)



How to Order

Order online at www.maharishi.co.uk

For further information or to request a catalogue,
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