



Constipation is a huge problem with the people.due to life style and less exercise Â lots of patients are habitually constipated.Â Many people doesnâ€™t Â know how to come out from it. Lots many medicines are available but permanent solution is difficult.

For permanent recovery we have to search the basic reasons behind it .Â Ayurvedic medicinal formula is effectively working on it with repeated panch karma treatment .

We are using powder formula which can be safely taken for many days with any side effects.