

HERBAL QUEEN – DR. MEDHA MEHENDALE

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Abstract : Every woman is strongest only the thing required is to realize herself, her strong points & work accordingly. One of the lady Dr. Medha Mehendale from Thane, has become director of Tanvi Collection (India) Pvt. Ltd. Her journey from employee of Andhra Bank to director of Tanvi Collection (India) Pvt. Ltd. is very interesting.

Dr. Medha Mehendale is basically commerce graduate. After her marriage. She is residing in Thane since 1981. Culture of Thane provoked her into different activities like conducting hobby classes for students during their holidays. She has conducted hobby classes with strength of 100 students for 7 years. Simultaneously she was working with Andhra Bank.

INTRODUCTION

Under guidance of Dr. Sudhir Ranade, she has done study of Ayurveda & Naturopathy. Dr. Medha observed that people don't want treatment of 1 tablespoon oral dose of herbal powder. Nobody wants bitter taste of powder when already they are having health problem & nausea. Then she did research & developed Tanvipathy with herbal concentrates on all hair-skin & health complaints. Her devotion for Ayurveda & business inspired her for variety of business proposals like Sari shop, Proline franchisee shop, Zodiac franchisee shop & then into Tanvi Herbs manufacturing & clinic set up.

A pinch size Tanvi tablet started giving faster and best result in minimum dose without any side effects. She has developed medicines for all ailments from cholesterol, heart blockages, diabetes, asthma, arthritis, knee pain, cough cold allergies, psoriasis, hair fall, pimples to acidity, piles, sinus, migraine, hormonal imbalance, etc. FDA approve Tanvi tablets, oils, liquids, packs made revolution in ayurvedic treatments & people started using Tanvi in day to day life to keep themselves fit & healthy.

The best results of Tanvi Herbal products give immense work satisfaction to their project. Like grandma's remedies Tanvi combinations are working well as herbal home doctor. Without any side effects Tanvi started great health revolution. That's why without getting panic patients start Tanvi treatments with the help of Tanvi doctors & do get best & fast results. "For last 5 years I have not used any other medicine than Tanvi" these words show tremendous faith on Ayurveda & confidence in Tanvi. Tanvi project simplified Ayurvedic treatments in the form of Tanvi which are very easy to use in day to days hectic schedule. The principles laid down by ayurveda maharshies like Charak, Sushrut, Vagbhat are of more than 5000 years old and are proven right in today's modern age also. Ayurveda is an ocean so even to start a drop of treatment in the directions of ayurveda will give best result. So to follow ayurveda properly is more important. The same thing Tanvi project is doing with the devotion of Ayurveda. Tanvi project got international priyadarshini award by that times Commerce Minister Ramkrishna Hegde, Maharashtra Chamber of Commerce entrepreneurship award by the hands of cine actress Madhuri Dixit, Udyogshree & many honors have certified Tanvi's passion for Ayurveda. Tanvi's herbal concentrate satva production & promotion has become modern day's key medicine. Many companies are producing Ayurvedic medicines in India. Some emphasis on best quality & standards. Some produce cheap, temporary but fast selling products. Some have used poisonous steroids & spoiled the name of Ayurveda. Food & Drugs authorities of India take strict action against such malpractices.

That's why it is always safe to use branded medicines instead of loose powders & tablets where in case of any adverse results company can be forced to take the responsibilities of the side effects. Branded medicines need to follow strict production procedures & rules of standardization. When Tanvi project was launched, everybody thought what new will be there in Tanvi? But Tanvi produced herbal extract combinations for all health complaints which are giving instant results without any side effects. All Tanvi products are FDA approved & available at selected chemist shops. These effective Tanvi products are famous worldwide. Today's young generation don't want bitter decoctions, big tablets & bitter powders. They feel nautiactic with these forms of medicines so they try to avoid ayurveda only. Then how to bring Ayurveda in young generation's life? For that Dr. Medha has invented Tanvisatva. This small, tiny Tanvisatva tablet can be easily, happily consumed & we can see fast & best results.

Tanvisatva is a combination of herbal concentrates. From 100 kg of any herbs raw material approximately 5 to 10 kg Tanvisatva is derived. Dr. Medha has developed different Tanvi health combinations with the help of Dr. Sudhir Ranade & many other doctors & produced Tanvi herbal Tablets with special modernized techniques. Previously Tanvi was in a pinch size powder form which now is converted into pinch size tablet form. Tanvi tablets, oils, liquids & powders are available at chemists. One can read this book & start using Tanvi. Free health checkup facility is available at different places in Maharashtra i.e. Thane, Dadar, Andheri, Dombivali, Mulund, Kalyan, Vashi, Panvel, Nasik, Latur, Nagpur, Chiplun, Kolhapur, Pune etc. The main object of Tanvi project is to bring Ayurveda in life of people and to make them healthy.

GENERAL BODY KNOWHOW

KNOW YOUR BODY

	Vata	Pitta	Cough
Skin	Dry	Oily	Soft
Gesture	Slim	Fit	Strong
Hair	Thin, Dry	Thin, Grey	Thick, Soft
Sleep	Less, Disturbed	Disturbed	Sound
Hunger	Irregular	More	Perfect
Memory	Best but temporary	Good	Best
Take Food	Sweet, Sour, Salty, Hot	Sweet, Sour, bitter, cold	Bitter, Spicy, Light
Tolerance	Irregular	Less	Best
Colour	Blackish	Fair	Whitish

Know your body tendency. Kapha, Vata, Pitta are the tridoshas in our body which regulate our body functions. Balance the doshas for good health.

ROUTINE SUGGESTED BY TANVI

1. Get up 1.5 hours before sunrise. This is called Brahma Muhurta. a holy time this time is best for sole purification, meditation, studies, concentration.
2. Take Weatagrasso tablet with luke warm water on empty stomach. Wheatgrass extract Tablet is a real immunity tonic.

3. Brush with Dhavalanti powder. Clean tongue. Gargle with Tanviti oil to strengthen teeth.
4. Clear motions at early morning are the way to be healthy.
5. Apply Kajal in eyes.
6. Clean ears, put a drop of Tanviti oil in ear & spread it properly with finger.
7. Lie down. put one drop of Tanviti oil in each nasal, keep it for 2 minutes & then get up & start your day work. If the oil comes in the throat you can throw it away. This nasya is a very good procedure for overall organ strength.
8. Massage full body with Tanviti oil or Coconut oil. Such massage keeps healthy & reflects in shining skin. Massage with oil on scalp, feet also.
9. Apply Keshbala oil on hair & scalp & massage.
10. Do daily exercise but to the half of the body strength.
11. After exercise wet the body & apply Ubtan Joy Liquid & massage for 5 minutes & then wash off & have bath with lukewarm water. Apply Kanaka Lep on wet face & massage face with it & then wash off.
12. After bath spread Aloe Vera Joy powder all over body as an antiseptic skin treatment.
13. Use loose, comfortable, clean cloths.
14. Have your food in happy mood. Take nutritious shad-rasayukta food. Take Tanvishtaa Tablet daily as a best health Tonic.
15. Take 6 to 8 hours natural sleep.
16. Enjoy sex as per the season. Frequent in Hemant season, Medium in Vasant, Sharad & Less in Grishma.
17. Drink Gojiri health drink to energise yourself. It releases excessive heat & gives energy. Daily routine & seasonal routine keeps us healthy & fit.

ROUTINE AS PER SEASON

Mild sun rays gastric problems	Heat, Acidic Conditions	Winter
Varsha Season 22nd June to 22nd August	Sharad Season 22nd August to 22nd October	Hemant Season 22nd October to 22nd December
Less hunger, low digestion, Eat light & digestive food. Eat less Green vegetables. Eat less pickles & Jams. Do not eat fried papad, but eat Rosted. Use less oil & Ghee. Drink lukewarm, hot water.	Take Tanvi Triphala Tablet everyday. Eat Ghee. Use Less Chilly. Take Tanvishata daily. Avoid liquer. Use cotton clothes. Use leather shoes and chapples. Use Umbrella & goggles to prevent from	More cold during this season & perspiration is less. Take oily and heavy food, milk, oil, ghee, wheat, urad, Potatoes Moong, are best to eat in this season. Heavy exercise recommended.
Take bath with hot water. Daily have oil massage. Use polyester clothes. Do less exercise. Limited liquor consumption advisable. Daily take Tanvigorex and Tanvishataa tablets with water.	Include Fenugreek, Turmeric, Onions in your diet. Enjoy sitting in cool open sky. Take Tanvishataa daily. 1 to 4 tablets twice a day as required secure from sunstrokes.	Take massage & then Vigorous bath. Limited liquor consumption of Ayurvedic asava, recommended as it has naturally fermented alcohol. Take Tanvishataa & Tanvigorex daily.
Winter	More Cough Conditions	Summer
Shishir Season 22nd December to 22nd February	Vasant Season 22nd February to 22nd April	Grishma Season 22nd April to 22nd June
In this season Curd also can be taken daily. take Body massage daily. Take Tanvishataa & Tanvigorex. Limited liquor is Okay.	Gargle with salt water. Take Tanvishataa daily. Avoid going in direct sun heat. Cover head with scarf, cap.	Eat seafood, do exercise. Take liquor with water. Day sleep during this season is Okay. Take Tanvishataa daily.

TANVI GROUP OF INDUSTRIES

- * Tanvi Herbal production & distribution.
- * Making of Hindi & Marathi films through Tanvi Productions. 1st children movie zoom zam zomble won Kaladarpan Award. This film was based on a 5th std. boys story. 2nd film Gojiri a love story won many awards. This film won 3 Zee Gaurav Awards, Maharashtra Rajya Puraskar etc. Arun Nalawde, Sunil Barve, Madhura Velankar etc. is the starcast.
- * Tanvi's next hindi film is ready. It is on the life of a teenager orphan girl. Vikram Gokhale, Reemaji, Padmini Kolhapure, Ayub Khan & teenager girl Rucha etc are in this movie. This film will certainly win the hearts of people.
- * Tanvi conducted competition. Loksatta Gojiri Vyaktimatva Spardha.5000 ladies participated in this competition.
- * Tanvigroups Sharda Education society's Usha Mehendale Gurukul Vidyalaya is famous in Thane. This is a JRKG to 10th Std. govt. recognized school to develop idol students for millennium 2020.
- * No school bag. No tiffin. No home work. is the basis of school. Children get fresh hot food at school, Self tuition, arts, crafts, drama, dance, Japanese, chess, career guidance etc. all personality development in school itself.

CONCLUSION:

Dr. Medha Mehendale is an idol for other women entrepreneur. Proper education, know how, decision making and strong wish will make one successful. Her example states that one should avoid unhealthy competition & sky is the limit, one can fly how much one can.

Website: <http://www.tanviherbals.com/tanvi-combinations.html>