

Please note : Follow instructions of the medicines we have sent you always read the label on the container.

Always massage gently after application for good result each time.

HMK: Small round tablets: Please give one tablet before breakfast or if nausea or vomiting please give 30 mins after breakfast. Then again in the evening on empty stomach. So 1 tablet twice daily.

DBW: DBW Oral: Mix 3 parts pure honey, mix thoroughly, take ½ teaspoon once daily before breakfast and 30 mins after taking TABLET or medicine Oral. Once daily. If any issues take it 30 mins after dinner.

A&NP/AJM/ Pramb/ Mplas application Oil: This should be used in the morning, or if advised, use at night, massage gently each area applied and leave off for atleast 3-5 hours before washing.

A&NP/AJM and Pramb: If applying on lips, apply in the night or morning if advised, lightly massage the lips and leave off.

If we have sent you just the powder (A&NP), then you need to make the application in coconut oil quantity as advised by the doctor, on slow flame add the entire content of the packet, boil it till it turns black. Cool it off to store and use it daily. You can also use it on the lips and inside your mouth

Group B Application powder: Mix in lemon juice (& in case of any rashes or redness due to lemon juice, add water, increase or decrease ratio of water) and apply over the patches, unless the patches are white don't massage, just apply at bedtime and leave for the night and wash off in the morning.

For best result use 1 months medicine (orals) in one month's time otherwise it will slow down the progress.

Group E and F Oral: Please divide each container into 60 parts for a month. Each part twice daily in plain water first before breakfast (30 mns) and again in the evening on empty stomach.

Mixing or using warm water in the morning will enhance the effect.

Yellow Tablets: Take one tablet 30 mnts after dinner daily

Group CC Capsules: Take it either before or after food, once or twice daily.

KU+NK/KU+AV /NK+AV application powder: Mix in vinegar and water increasing or decreasing water ratio depending on any reaction, apply over the lips and inside, before retiring to bed and leave off for the night and wash off in the morning.

A/AV/PQ/RA/NP/KD Application powder: Use for spots/patches anywhere on your body, mix in plain vinegar or for possible enhanced progress please use home made ginger juice and apply over the patches prefer at night, leave off for few minutes and then do gentle massage on each patch/spot for 3-5mins, collect the fallen powder and remix and re apply, wash off in the morning; if not sticking to patches...then you may add few lemon drops or sugar.

How to make Ginger Juice: Take about 500 gms of raw ginger, wash and cut off into small pieces, place in grinder and grind it after adding small quantity of water. Then add 1 glass of water then grind it and again add another glass of water. You can use it directly or you can use after filtration.

Consuming ½ cup to ½ glass of ginger juice twice daily will enhance repigmentation process.

Group B application: You can also use this if there are any rashes on your body other than your lips after using AV or any other application powder. If so please mix in coconut oil or pure ghee (clarified butter) and use till the skin turns normal.

Group A Oral: There are 2 ways to prepare this decoction. First you can take ½ teaspoon of powder and mix it in ½ glass of water, keep overnight, boil in the morning and after filtration, consume it while still warm. Second way is to take 1 teaspoon of powder in 1 ½ glass of water, boiled and filtered, consume half in the morning and other half in the evening on empty stomach.

Take A to Z tablets once daily.

Take 2-5 dried Anjeer (figs) daily

Take ½ cup to ¾ cup home made ginger juice twice daily.

Take Nurokind tablet once daily

Take Astymin forte cap once daily

Take 2 teaspoon of pure or extra virgin olive oil twice daily after food.