

Know These Incredible Benefits Of **Karkidaka Kanji**





Karkidaka Season

According to Ayurveda, Karkidaka is the best period for medical treatments and therapeutic practises. Karkidaka, the final month in the traditional Kerala calendar, often falls between June and August and marks the height of Kerala's rainy season.



The Malayalam month of Karkidakam is extremely special when it comes to adhering to distinct lifestyles and specific cuisines in order to revitalise the body. The body and the mind both benefit from this yearly renewal during the monsoon season.



Karkidaka Kanji

Karkidaka Kanji and Karkidaka Chikitsa are two important things every one must do in Karkidakam for preserving a healthy body throughout the monsoon seasons. The kanji revitalises the body, boosting immunity and assisting in the battle against disease.

The specific Ayurveda combination of herbs, grains, and spices is used to make a medicinal gruel that can protect you from typical rainy-season illnesses while warding off monsoon fevers.



Health Benefits Of Karkidaka Kanji

- ✔ Suitable for diabetes
- ✔ Lowers cholesterol
- ✔ Good for arthritis
- ✔ Helps with digestion
- ✔ Gets rid of bodily toxins
- ✔ Strengthens immunity
- ✔ Gives off energy

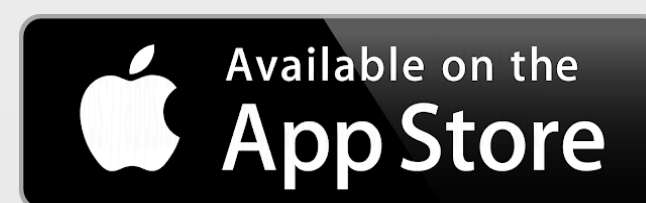




Ready to cook Karkidaka Kanji kits are now available from The Organic Planters Store. You can also visit our website, or even use our mobile app to buy premium Karkidaka Kanji Kit.



Click the link below to **Download:**



Get Subscribed to Good Health Here: <https://organicplanters.in/packages>

Only the best products are sold online. With our mobile app, you may purchase more while spending less.



Contact

THE ORGANIC PLANTERS

11/179 - B, NILAMPATHINJA MUGAL,



RAJAGIRI VALLEY(PO), KAKKANAD 682039

KERALA, +91 0484 4862650, info@jaivamlife.com

