Sadhana Aushadhalaya offers natural cures for every ailment. PHOTO: PRABIR DAS



The Hamdard factory in Gazipur.
PHOTO COURTESY: HAMDARD



Sadhana Aushadhalaya's factory in Gandaria.
PHOTO: PRABIR DAS

medicine lives on through Sadhona. Even now, our oldest clients are moved to tears whenever they talk about his benevolence or recall the brutal manner in which he was killed," says Banik.

While talking about the benefits of Ayurveda, Banik explains that the basic principle of the practice is to treat patients after acquiring a holistic understanding of the mind, body and spirit. As nature is the driving force of every life, it will also help us fight against various diseases, he adds. Treatment is offered after the practitioners are able to identify the basic source of the ailment, and then patients are treated accordingly.

Different kinds of herbal plants and trees are cut and processed in Sadhana's factories, and then used to form tonics or tablets where natural components such as cardamom, cinnamon cumin, cloves, bay leaves and even raisins are added. Hygiene is of utmost importance in ayurvedic practice, says Banik as he stresses on the importance of regular bathing, skin care and oral hygiene.

When asked about the most popular medicines offered by Sadhana, Chitta Ranjan Das pulls out a list of names that are in huge demand by regular clients. "Dashamula Risht, a health tonic is