

Ingredient	Common Name / Botanical Identity	Potential Side Effects / Harmful Effects
Palm oil	Palm oil	May cause allergic reactions in some individuals. Unsustainable palm oil production contributes to deforestation.
Coconut oil	Nariyal tel	Generally safe, but may cause allergic reactions in some individuals. High in saturated fats.
Palm Kernel oil	Palm Kernel oil	May cause allergic reactions in some individuals. Unsustainable palm kernel oil production contributes to deforestation.
Sodium Hydroxide	Sodium Hydroxide	Corrosive in concentrated form. Used in soap making, but should be fully reacted in the final product.
Aqua	Jal	None
Kaolin	Kaolin	Generally safe, but inhalation of kaolin dust may cause respiratory problems.
Sodium C 14 Olefin Sulphonate	Sodium C 14 Olefin Sulphonate	May cause skin and eye irritation.
Perfume	Sugandh	May cause allergic reactions, skin irritation, and respiratory issues in sensitive individuals.
Paraffin Wax	Paraffin Wax	May cause skin irritation or allergic reactions in some individuals. Derived from petroleum.
Magnesium Sulphate	Magnesium Sulphate	May cause skin irritation or laxative effects if ingested.
Sodium Silicate	Sodium Silicate	May cause skin and eye irritation.
Herbal Extracts	Herbal Extracts	Varies depending on the specific herbs used. May cause allergic reactions or interact with medications.
Colour CI 61565	Colour CI 61565	May cause allergic reactions in sensitive individuals.
CI 12700	Colour CI 12700	May cause allergic reactions in sensitive individuals.
Chitraka	Chitraka	May cause burning sensation, increased body heat, and is contraindicated in pregnancy.
Vanardraka	Vanardraka	Limited information available on side effects. Use with caution.
Sariba	Sariba	May cause gastrointestinal upset in some individuals.

Chopchini	Chopchini	May cause gastrointestinal upset in some individuals.
Nimba twak	Nimba twak	May cause skin irritation in some individuals. Should be avoided by pregnant women.
Dharu haridra	Dharu haridra	May cause stomach upset or allergic reactions in some individuals.
Vacha	Vacha	May cause nausea, vomiting, and neurological effects if taken in large doses. Use with caution.
Usheeram	Usheeram	Generally safe, but may cause mild digestive upset in some individuals.
Dhanyaka	Dhanyaka	Generally safe, but may cause allergic reactions in some individuals.
Jeeraka	Jeeraka	Generally safe, but may cause allergic reactions in some individuals.
Vidangam	Vidangam	May cause gastrointestinal upset in some individuals. Use with caution.
Yashtimadhu	Yashtimadhu	May cause sodium and water retention, leading to high blood pressure and edema with prolonged use.
Kutaja	Kutaja	May cause nausea, vomiting, and abdominal discomfort in some individuals.
Jyothishmathi	Jyothishmathi	May cause gastrointestinal upset, dizziness, and headache in some individuals. Use with caution.
Devadaru	Devadaru	May cause allergic reactions in some individuals. Use with caution.
Krishna jeeraka	Krishna jeeraka	Generally safe, but may cause allergic reactions in some individuals.
Bakuchi	Bakuchi	May cause skin irritation and photosensitivity. Avoid sun exposure after application.
Guggulu	Guggulu	May cause stomach upset, headache, and skin rash in some individuals. May interact with certain medications.