



VATA



PITTA



KAPHA

EDITORIAL STRATEGY & EDUCATIONAL SYSTEMS

Wellness Care Components

Viharam

Recreational
Activities

Aaharam

Dietary
Recommendations

Karma

Purification and
Detoxification practices

Kriya

Self-Care Practices



Oushadhi

Herbal and Supplement
Recommendation

Aacharam

Lifestyle
recommendations

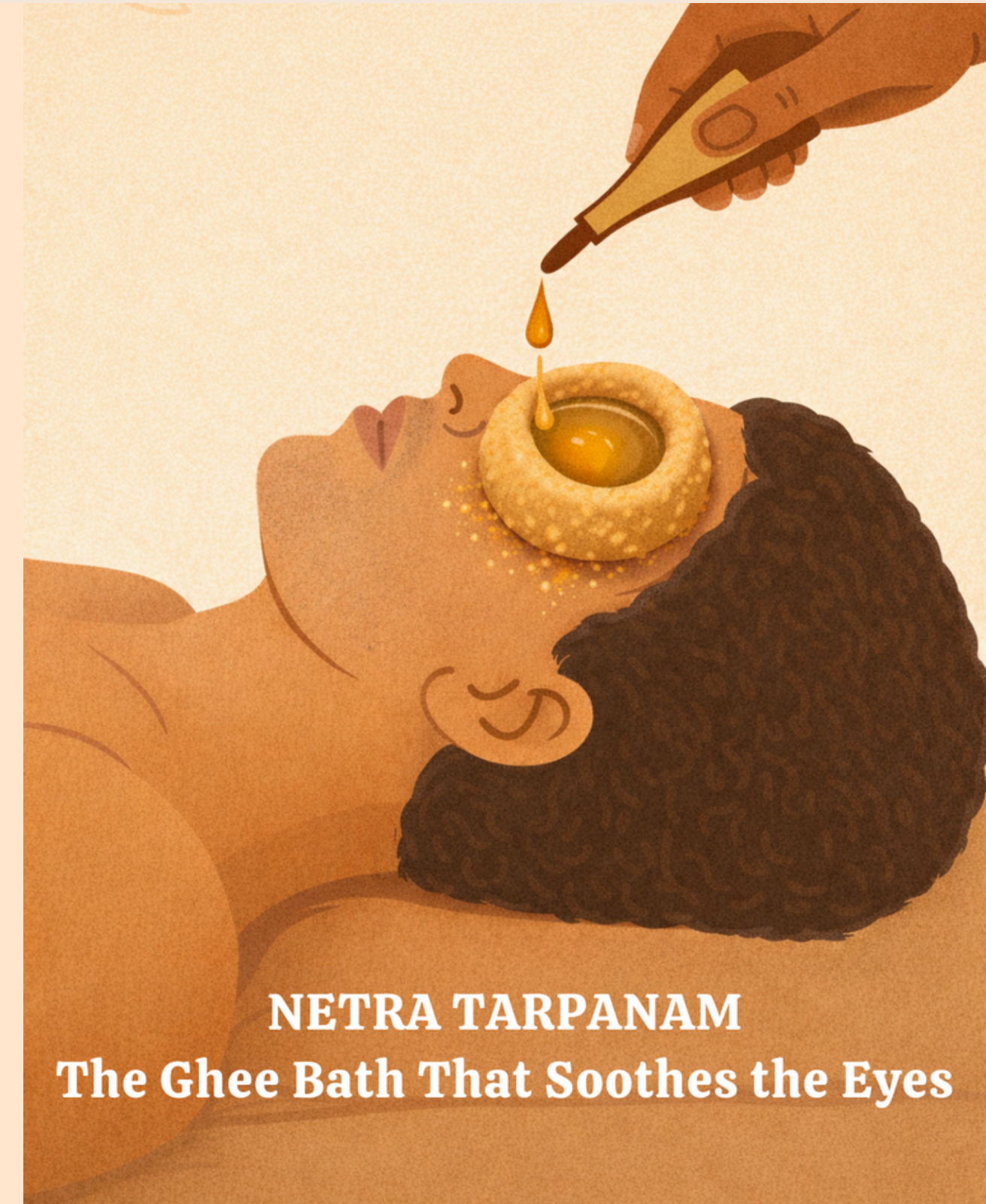
Vicharam

Mindset
Recommendations

Vyayamam

Physical Exercise
Recommendations

Ayurveda Wellness Therapies



Ayurveda Wellness Therapies



ABHYANGA

Warm oil body massage
with Sesame/Coconut
/Castor Oil



SWEDANA

Herbal steam therapy
given to the body
avoiding the head



POTLI THERAPY

Warm, medicated
herbal poultice massage

BATTLING SEASONAL ALLERGY WITH AYURVEDA

DETOX



- Nasya / Jala Neti
- Herbal formulas
- Digestive cleansing



- Clears mucus & toxins



Clears mucus & toxins

PACIFICATION



- Turmeric & Trikatu
- Vasa herb
- Kapha-pacifying diet



Reduces congestion
& irritation



Reduces congestion
& irritation

REJUVENATION



- Immunity tonics
- Pranayama
- Healthy routines



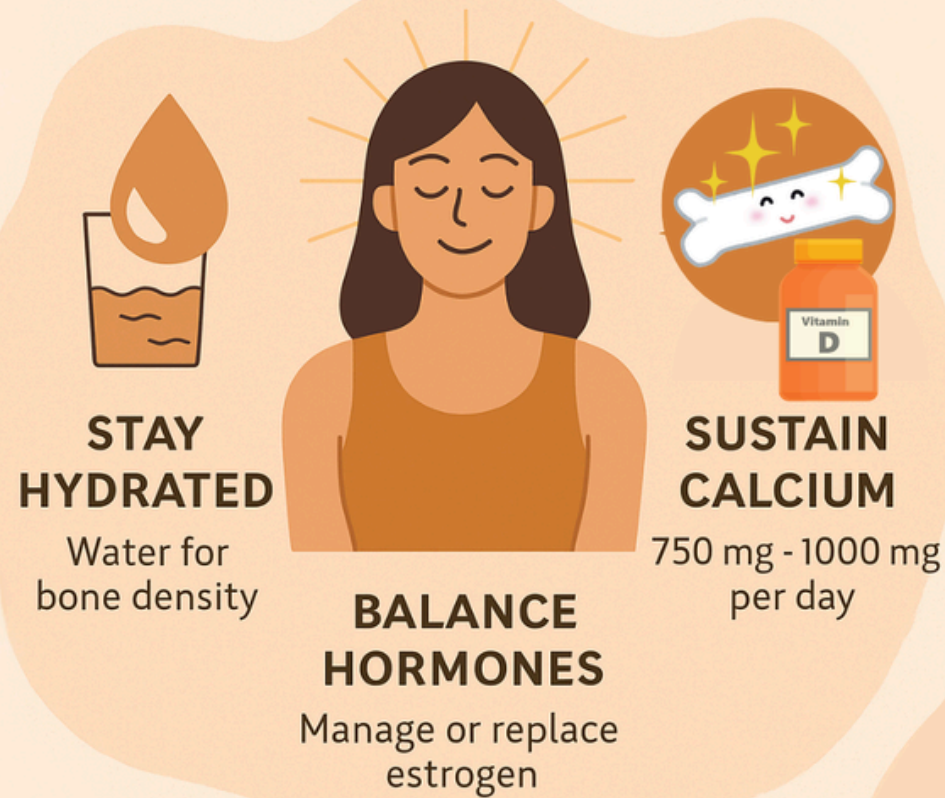
- Strengthens immune system



Strengthens immune system

Menopause Care

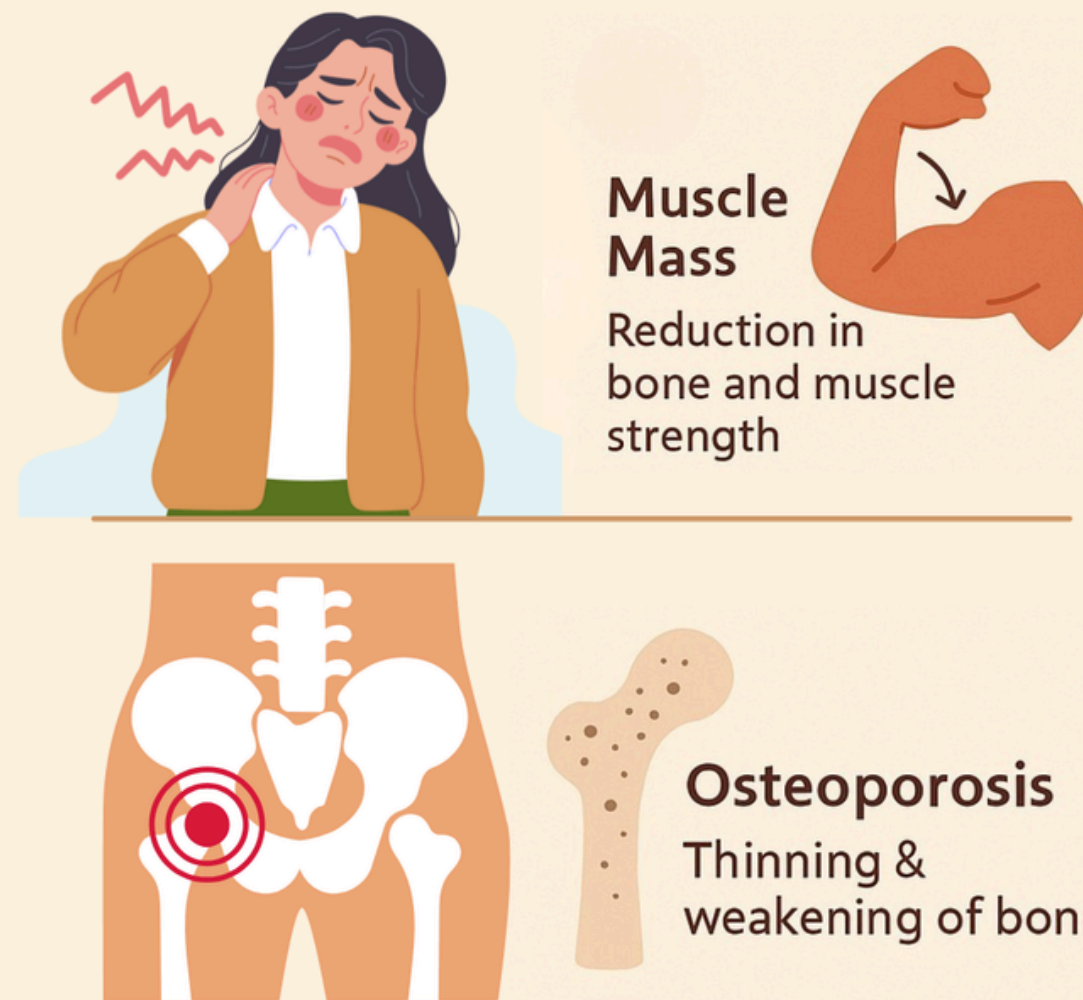
Menopause & Bone Health: Align with these tips



Strengthen bones,
strengthen confidence

www.santhigramfoundation.org

Menopause & Bone Health: Signs to Look For



www.santhigramfoundation.org

Menopause & Bone Health: Homecare Tips



Warmth, movement, and nourishment.
Simple to remember, easy to do.

www.santhigramfoundation.org

Ayurveda Wellness for Winters

AYURVEDIC WINTER SKINCARE

MUKHA ABHYANGA

Ayurvedic Face Massage

- Use either Almond Oil/ Nalpamaradi Oil/ Cow Milk, or combine all, as per your skin sensitivity*

Ayurvedic Face Packs*

- Banana + Honey
- Orange Peel + Yogurt
- Lentil + Rice blend



HYDRATE • NOURISH • GLOW

ABHYANGA

- Warm oil body massage with Sesame /Coconut /Castor Oil

SWEDANA

- Herbal steam therapy given to the body, avoiding the head



*Important considerations:**

Always perform a patch test before applying to your face to check for any allergic reactions. Use plain, unsweetened yogurt for the mask. For best results, use freshly ground orange peel powder. Always follow up with a consistent skincare routine, including cleansing, moisturizing, and sun protection, for overall skin health.

Disclaimer: This information is intended for general Ayurvedic wellness purposes only and not a substitute for medical advice. Consult a qualified healthcare professional for any health concerns

Ayurveda Wellness for Hair Care in Winters



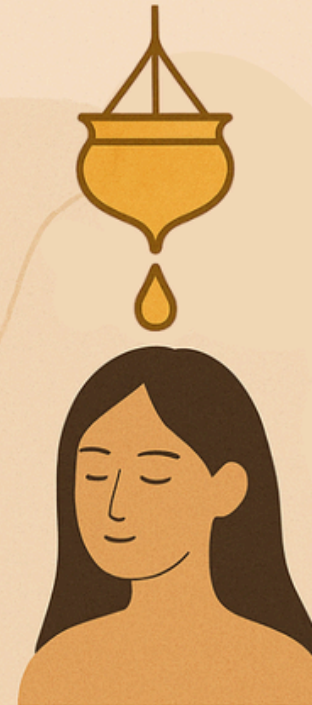
Warm oil scalp
massage



Aloe vera gel
for dandruff



Herbal hair pack
(amla, bhringraj)



Moisturize, strengthen, protect

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Effects of Stress in Women

