AAMLA TRAIL

WOMEN'S AYURVEDA

Everyday Ayurveda for Women

A simple companion for noticing your routines, making room for care, and preparing for a personal conversation.

01 Rhythm, rather than perfection

Ayurvedic daily routine is often called dinacharya. Use the idea as an invitation to notice your daily rhythms, rather than a strict checklist.

02 Food that fits your life

Notice when you eat, what feels satisfying and how meals fit around your work and home. Write down questions about your individual nutrition needs.

03 Make space for rest

Consider a repeatable evening pause: a quieter activity, a comfortable environment, or time away from demanding tasks.

04 Care begins with observation

Keep a brief record of energy, sleep, meals and questions. Patterns can be useful to discuss with a qualified practitioner.

An original introductory guide created for Aamla Trail. It is educational, not a treatment plan. It does not diagnose a dosha or prescribe herbs, fasting or medicines.

A softer daily rhythm

Choose one small practice to explore. Adjust it to your health, preferences and responsibilities.

AM

A morning check-in

Ask yourself: How did I sleep? What do I need today? Consider a few unhurried moments before starting your usual routine.

MID

A pause around meals

Where practical, make time to sit for a meal and notice hunger, comfort and satisfaction. Keep questions about persistent symptoms for your clinician.

PM

A transition into rest

Choose a calming activity you enjoy. Make the routine flexible enough to fit family life, shift work or infant care.

YOU

One intention for the week

Choose something small and realistic: a regular meal break, asking for help, or keeping a consistent opportunity to rest.

During pregnancy, while trying to conceive, or after birth, discuss new herbs, supplements, fasting, cleansing practices and major dietary changes with your qualified care team.

Continue your usual medical care. If you have new or concerning symptoms, seek medical assessment rather than relying on a wellness routine.

Your personal care notes

Bring this page to a consultation. You can print it or keep your answers in your own notebook.

The chapter I am in: preconception / pregnancy / postpartum / general wellbeing

My three most important questions

My current medicines, supplements and care team

One routine that feels supportive - and one that feels difficult

What I would like help understanding

A personal next step

Consultation with Dr. Kavya: 60 minutes | INR 1,499. Explore care at Aamla Trail and discuss what support might suit your needs.