



HEALTHY AYU

www.healthyayu.com — Ayurveda, Nutrition & Natural Healing, Made Simple

A Beginner-Friendly Look at Ayurvedic Wellness

Healthy Ayu turns classical Ayurvedic wisdom into practical, everyday habits. In this deck, we walk through four of our most-read guides — the three doshas, the seven bodily tissues, cooling foods for hot weather, and simple ways to strengthen your gut.

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AYURVEDA BASICS

Tridosha in Ayurveda

- Ayurveda explains the body through three biological energies — Vata, Pitta and Kapha — together called the Tridosha.
- Vata rules movement and the nervous system; Pitta drives digestion, metabolism and vision; Kapha gives structure, stability and immunity.
- Every person carries all three doshas in a unique ratio, and wellbeing is really just keeping that personal ratio in balance.
- Knowing your dominant dosha makes it much easier to choose the right food, routine and lifestyle for you.

[Read the Full Beginner's Guide →](#)





AYURVEDA BASICS

Sapta Dhatus

- Beyond the doshas, Ayurveda also maps the body through seven layers of tissue known as the Sapta Dhatus.
- They build in sequence — Rasa (plasma), Rakta (blood), Mamsa (muscle), Meda (fat), Asthi (bone), Majja (marrow) and finally Shukra, the reproductive tissue.
- Each layer nourishes the one after it, so a weakness at one dhatu tends to show up further down the chain over time.
- Caring for these seven tissues through food and daily routine is at the heart of building real, lasting vitality.

[Dive Into the Beginner's Guide →](#)



AYURVEDIC NUTRITION

Cooling Ayurveda Foods

- When Pitta rises — from heat, stress or spicy food — Ayurveda leans on naturally cooling ingredients to bring it back into balance.
- Watermelon, cucumber, coconut water and pomegranate all carry a cooling quality that calms excess internal heat.
- Fresh mint, coriander and fennel seeds are classic additions that ease digestion through warmer months.
- Building everyday meals around foods like these keeps Pitta steady, so you feel calmer, lighter and more comfortable in the heat.

[See the Foods That Cool You Down →](#)





GUT & DIGESTION

How to Improve Gut Health

- A balanced gut microbiome sits at the center of good digestion, a strong immune system and even a steady mood.
- Fermented foods such as kimchi, sauerkraut and yogurt introduce beneficial bacteria that support a healthier gut lining.
- Fibre-rich staples like oats, leafy greens and berries feed those good bacteria and keep digestion moving smoothly.
- Small, consistent changes on your plate — not drastic diets — are what actually rebuild gut health over time.

[Get the Complete Gut Health Guide →](#)



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Thank You — Let's Grow Healthier, the Ayurvedic Way

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