

Who We Are

Background

In recent years, lifestyle conditions like diabetes, weight gain, thyroid imbalances, PCOS, hypertension, and joint pain have become part of daily life for many people—even at a young age. While medication helps manage symptoms, true and long-term health often begins in the kitchen.

Values

Āhāurveda believes in the healing power of everyday foods, simple ingredients, natural herbs and easily available kitchen spices.

Our approach blends traditional food wisdom with modern nutrition principles to help you manage lifestyle conditions naturally and effectively.

Goals

To help you manage your health better using real food, local kitchen spices, and time-tested medicinal herbs. Because sometimes, the most powerful medicine is already on your plate.

Choose *Āhāurveda*

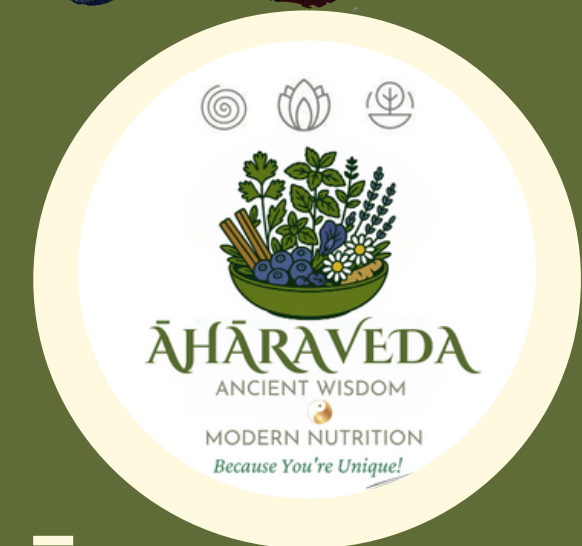
Traditional Wisdom for Modern Nutrition

At Āhāurveda, there are no crash diets. No one-size-fits-all plans.

Every meal plan is designed keeping **YOUR** body type, medical condition, lifestyle, and goals in mind.

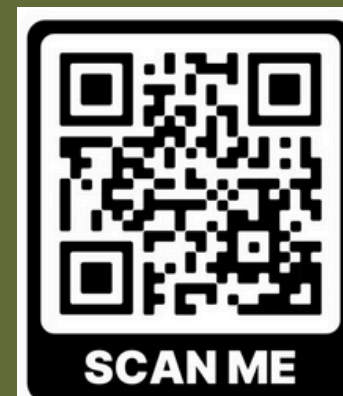
We help you manage...

- **Diabetes**
- **Thyroid issues**
- **PCOS / PCOD**
- **Hypertension**
- **Weight Loss / Weight Gain**
- **Joint Pain & Inflammation**
- **Cancer Nutrition Support**
- **Dyslipidemia (High Cholesterol)**
- **Post-Steroid Weight Management**
- **Anxiety / Gut Health / Constipation**



Āhāurveda

Nutrition that Heals



Have a question?

Scan the WhatsApp QR code to connect with me directly.

Success Stories...



Jan 2025



Mar 2025

Mrs Vijayalakshmi, Hyderabad

I, Vijaya Lakshmi, have been working as an HR professional. For the past nine months, I was experiencing severe knee pain, which led me to consult an orthopedic doctor. An X-ray revealed wear and tear in my knees. The diagnosis left me devastated—I cried for two days and confided in my best friend, EV Kiranmayee.

One day, she called me with a suggestion: focus on weight loss through a structured diet. She shared a questionnaire and the contact details of Ms. Arundhati. After two days, I reached out to her. From our very first conversation, she was incredibly kind, patient, and understanding. She listened carefully to my medical history and designed a personalized diet plan to support my healing.

Many of the recommended foods, such as Brazil nuts and nettle tea, were new to me. Initially, I had countless doubts and often reached out to her, but she always responded with warmth and clarity, even sharing links to help me source various items. Along with dietary adjustments, she suggested breathing exercises, which I gradually increased beyond her initial recommendations.

One major issue I faced was snoring, but after using Anu Thailam, my snoring has significantly reduced—I can now count the occurrences on my fingers. The transformation in just one month has been incredible! My hands and leg swelling have subsided, my knee pain has eased, and I feel much more energetic and happy. Despite losing 8 kg, the overall improvement in my well-being has been remarkable.

I am truly grateful to Arundhati for her patience, guidance, and unwavering support throughout this journey.

Thank you, Arundhati!



Tapasvi, UK

"Arundhati has been an absolute Godsend in my journey towards better health. After struggling with chronic health issues for 25 years, I'm immensely grateful for her guidance and expertise. Within just one month of following her personalized Ayurvedic diet plan, I witnessed remarkable changes in my body. I had no idea that nutrition tailored to my body type could have such a profound impact. The beauty of this approach lies in its simplicity, utilizing normal food items present in our kitchen, and being free from side effects.

Thanks to Arundhati, I now have a deeper understanding of my body's needs. I've learned what foods to embrace and avoid, as well as the optimal timing for certain meals. This knowledge has been transformative, especially considering my history of severe pain that even painkillers couldn't alleviate. Now, I experience little to no pain, and when discomfort does arise, I can manage it effectively with herbal teas. Arundhati has provided simple yet effective solutions to ailments that modern medicine cannot resolve.

Words cannot fully express my gratitude to Arundhati. Her holistic approach and compassionate care have not only improved my physical health but have also empowered me to take control of my well-being. Thank you, Arundhati, for this life-changing experience."



Uma Maheshwari, Hyderabad

"Āhāurveda" is a gift for one's well-being and good health. Arundhati's guidance was holistic and meticulous at every stage detailing the best food sources that complement Ayurvedic supplements and healthy lifestyle practices to overcome the ailment successfully. Now I believe miracles do happen. Thank you.

About me



I'm Arundhati, a Certified Clinical and Vedic Nutrition Consultant with a BSc in Biochemistry & Human Genetics and a Master's in Biomedical Sciences (UK).

Having faced lifestyle health challenges myself, I found lasting solutions by blending Ayurvedic wisdom with modern nutrition science—an approach that now shapes my work with clients.

Choose what suits you...



Starter Plan
(15-Day Guidance)

- Basic body type assessment
- Personalized 15-day diet plan
- Quick, actionable tips for immediate lifestyle improvements
- No long-term follow-up or ongoing support



Comprehensive Nutrition
Support (1-Month Plan)

- Detailed health and lifestyle assessment
- Customized dietary advice for managing multiple lifestyle conditions
- Ongoing progress tracking for one month
- WhatsApp support for queries and follow-up guidance



Holistic Lifestyle Reset
(12 weeks or more)

- Focus on deep healing and addressing root causes
- Ideal for those with long-standing or multiple health concerns
- Step-by-step dietary and lifestyle changes for lasting impact
- Regular progress tracking and plan adjustments
- Personalized habit-building support for sustainable results
- Ongoing WhatsApp guidance and scheduled follow-ups
- Emphasis on creating long-term balance and wellness

PRODUCT	PRICE
Starter Plan	₹ 1000
Comprehensive Support	₹ 2000
Holistic Lifestyle Reset	₹ 5000

How It Works

- Book a Consultation
- Fill Your Case History and body type assessment form - We'll understand your body, lifestyle, medical history.
- Start Your Personalized Plan tailored to your taste, region, lifestyle, and medical goals

Ready to begin?

Let's Get Started!

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