

Knowledge Base Aarogya Vatika

Aarogya Vatika – Ayurvedic Wellness Redefined

Overview

Aarogya Vatika is a modern Ayurvedic wellness platform rooted in over **45 years** of traditional healing wisdom. It was founded by a visionary inspired by her family's multi-generational connection to Ayurveda, with a mission to make natural wellness **accessible, personal, and effective**.



Core Philosophy

Aarogya Vatika blends **ancient Ayurvedic traditions** with **modern wellness support**, focusing on:

- **Personalized healing**
 - **Sustainable and pure products**
 - **Evidence-backed practices**
 - **Holistic care** that addresses mind, body, and spirit
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Key Offerings

- **50+ Pure Ayurvedic Products** – Carefully sourced, natural, and curated.
 - **Expert Doctor Guidance** – Personalized health consultations available.
 - **Educational Content** – Science-backed articles on key wellness topics.
 - **Community Support** – 7,200+ members, 15,000+ readers.
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Wellness Categories

- **Women's Health** – Hormonal balance, menstrual care
 - **Gut Health** – Digestion and microbiome-friendly support
 - **Immunity Boosters** – Herbs like **Ashwagandha**, **Tulsi**, etc.
 - **Diabetes Management** – Herbal support (e.g., **bitter melon**, **cinnamon**)
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Featured Articles (May 2025)

- **Irregular Menstrual Cycles & Ayurveda**
 - **Ayurvedic Fertility Guide**
 - **Beyond “Normal” Period Pain**
 - **Urinary Discomfort: Ayurvedic Perspective**
 - **Pelvic Inflammatory Disease & Ayurveda**
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Testimonials

“Transformed my space with Ayurvedic herbs—delivered pristine!”

– *Emily R., Designer*

“Peace Lily brought calm to my creative process.”

– *Sarah T., Writer*



Marketplace Highlights

- Curated Ayurvedic products from **trusted third-party vendors**
- Transparent sourcing and ethical manufacturing

- Supports multiple payment modes: Cards, UPI, Net Banking, Wallets
 - Free shipping over ₹699, flat ₹79 below that, and ₹50 COD charge
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Shipping & Delivery

- **1–2 days order processing**
 - **3–10 days delivery** depending on location
 - Ships **across India**
 - Allows **multi-vendor shipments**
 - Tracking via SMS/email
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Privacy & Security

- Data collected: Name, contact info, order details, usage stats
 - No data sold or shared without consent
 - SSL encryption for all transactions
 - Rights to access, correct, or delete user data available
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Terms & Policies


- Products sold “as is” with usage guidance
- Refunds for damaged or incorrect items only


- Individual results may vary depending on constitution (Prakriti)
 - Governed by laws of **India**, with jurisdiction in **Noida, U.P.**
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Contact Information

Aumya Naturals LLP

 D-9, Sector-3, Noida, U.P. – 201301

 +91-9910474566

 aumyanaturals@gmail.com

 www.aarogyavatika.com



Why Trust Aarogya Vatika?

- **Authentic Sources:** Classical Ayurvedic texts like *Charaka Samhita*
 - **Practitioner-Reviewed:** Verified by certified Ayurvedic doctors
 - **Root Cause Focus:** Not just symptom relief—true holistic healing
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Our Journey-

For over 45 years, Aarogya Vatika has been rooted in the healing wisdom of Ayurveda, passed down through generations. Our founder, inspired by her family's deep connection to Ayurveda, dreamed of making this natural wellness easy and personal for everyone.

Today, we're proud to support thousands of families with over 50 carefully crafted, pure Ayurvedic products and the guidance of expert doctors. We walk alongside you, offering gentle, personalized care that honors your unique journey.

With a heart for sustainability and authenticity, we're committed to blending ancient traditions with modern support—helping you feel balanced, healthy, and connected to nature every day.

Contact details -

Aumya Naturals LLPD-9,SECTOR-3,NOIDA,GAUTAM BUDDHA NAGAR
U.P-201301
Call us: +91-9910474566
aumyanaturals@gmail.com

Demystifying Ayurveda: A Modern Guide to Ancient Wisdom

Why Ayurveda?

Ayurveda, the 5,000-year-old holistic healing system, emphasizes balance in body, mind, and spirit. Our blog simplifies its principles into actionable insights for modern lifestyles.

Key Offerings

- 7.2k+ Members | 15k+ Readers – Join our growing wellness community.
- Science-Backed Articles – Bridging tradition with evidence-based practices.

Featured Articles

1. Irregular Menstrual Cycles & Ayurveda (May 31, 2025)
 - Explores fibroids (*Granthi/Arbuda*) and natural management strategies.
2. Ayurvedic Fertility Guide (May 31, 2025)
 - Fertility as a marker of overall health, with diet and lifestyle tips.
3. Beyond "Normal" Period Pain (May 31, 2025)
 - Challenges dismissive attitudes and offers Ayurvedic pain-relief solutions.
4. Urinary Discomfort: Ayurvedic Perspective (May 31, 2025)
 - Root causes and herbal remedies for UTIs and imbalances.
5. Pelvic Inflammatory Disease (PID) & Ayurveda (May 10, 2025)
 - Natural approaches to manage symptoms like pain and discharge.

Wellness Categories

- Women's Health: Hormonal balance, menstrual care.
- Gut Health: Digestion, microbiome support.
- Immunity: Herbs like Tulsi, Ashwagandha.
- Diabetes Care: Diet and herbal management (e.g., bitter melon, cinnamon).

Testimonials

- Emily R., Designer: *"Transformed my space with Ayurvedic herbs—delivered pristine!"*
 - James L., Photographer: *"Studio vibes elevated with air-purifying plants."*
 - Sarah T., Writer: *"Peace Lily brought calm to my creative process."*
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Stay Updated

 Subscribe to our newsletter for exclusive wellness tips

Why Trust Us?

- Authentic Sources: Articles cite classical texts like *Charaka Samhita*.
- Expert-Backed: Content reviewed by certified Ayurvedic practitioners.
- Holistic Focus: Beyond symptoms—address root causes.

Privacy Policy -

Last Updated: June 14, 2025

1. Introduction

Aarogyavatika ("we," "us," or "our") operates www.aarogyavatika.com (the "Site"). This Privacy Policy explains how we collect, use, disclose, and protect your personal information when you use our Site or services (collectively, "Services"). By accessing the Services, you agree to this policy. If you disagree, please refrain from using our Services.

2. Policy Updates

We may update this policy periodically to reflect changes in practices, legal requirements, or operational needs. The "Last Updated" date will be revised, and changes will be posted on the Site.

3. Information We Collect

We collect personal information to provide and improve our Services. Categories include:

- Directly Provided Information:
 - Contact details (name, email, phone, address).
 - Order details (billing/shipping address, payment confirmation).
 - Account credentials (username, password, security questions).
 - Customer support communications.
- Automatically Collected Data:
 - Usage Data (IP address, device/browser details, interactions with the Site) via cookies and similar technologies.
- Third-Party Sources:
 - Payment processors (e.g., credit card details).
 - Service providers (e.g., Shopify for e-commerce support).

4. How We Use Your Information

- Service Delivery: Process orders, manage accounts, and provide customer support.
- Marketing: Send promotional communications (opt-out available via email unsubscribe).
- Security: Detect and prevent fraud.
- Improvements: Analyze usage to enhance user experience.

5. Cookies & Tracking

We use cookies to:

- Operate the Site (e.g., cart functionality).
- Analyze traffic and personalize content.
- Enable targeted advertising.

You may disable cookies via browser settings, but this may limit Site functionality.

6. Information Sharing

We disclose personal information to:

- Vendors: Payment processors, shipping partners, IT services.
- Legal Compliance: Respond to subpoenas or enforce terms of service.
- Business Transfers: During mergers or acquisitions.

We do not sell or share sensitive personal information without consent.

7. Data Security & Retention

- We implement industry-standard security measures but cannot guarantee absolute protection.
- Data is retained as needed for legal, operational, or account maintenance purposes.

8. Your Rights

Depending on your location, you may:

- Access, correct, or delete your data.
- Port or restrict processing of your information.
- Withdraw consent or opt out of marketing.
- Appeal denied requests.

To exercise these rights, contact us at ankurmishra51@gmail.com.

9. Third-Party Links

Our Site may link to external platforms. We are not responsible for their privacy practices.

10. Children's Privacy

Our Services are not intended for users under 16. We do not knowingly collect their data.

11. International Transfers

Data may be processed outside your country, with safeguards like Standard Contractual Clauses for EU/UK transfers.

Terms of Service - Aarogya Vatika -

1. Acceptance of Terms

By accessing and using the Aarogya Vatika platform (www.aarogyavatika.com), you agree to be bound by these Terms of Service and our Privacy Policy. If you do not agree, please refrain from using our services.

2. Platform Overview

Aarogya Vatika operates as a curated marketplace for authentic Ayurvedic and wellness products. We carefully source products from trusted vendors but do not manufacture items sold on our platform.

3. Product Information & Usage

3.1 All products are sold "as is" with descriptions provided by manufacturers.

3.2 We recommend consulting with a qualified Ayurvedic practitioner before using any products, especially if you:

- Are pregnant or nursing
- Have pre-existing medical conditions
- Are taking prescription medications

3.3 Results may vary based on individual constitution (Prakriti) and adherence to usage guidelines.

4. Orders & Payments

4.1 We accept:

- Credit/Debit Cards
- UPI Payments
- Net Banking
- Digital Wallets

4.2 All transactions are secured with SSL encryption.

4.3 You agree to provide accurate billing and shipping information.

5. Returns & Refunds

5.1 Due to the perishable nature of Ayurvedic products, we generally do not accept returns except for:

- Products damaged during shipping (must report within 48 hours of delivery)
- Incorrect items shipped

5.2 Refunds will be processed to the original payment method within 7-10 business days.

6. Intellectual Property Rights

6.1 All content including:

- Logos
- Product descriptions
- Website design
- Educational materials

are proprietary to Aarogya Vatika.

6.2 Unauthorized use or reproduction is strictly prohibited.

7. Limitation of Liability

Aarogya Vatika shall not be liable for:

- Any adverse reactions to products
- Individual results from product usage

- Third-party manufacturer claims
- Indirect or consequential damages

8. Modifications

We reserve the right to modify these terms at any time. Continued use after changes constitutes acceptance of the revised terms.

9. Governing Law

These terms shall be governed by and construed in accordance with the laws of India. Any disputes shall be subject to the exclusive jurisdiction of courts in Noida, Uttar Pradesh.

10. Contact Information

For any questions regarding these terms:

Email: aumyanaturals@gmail.com

Address: Aumya Naturals LLP, D-9, Sector 3, Noida, UP 201301, India

Phone: +91-9910474566

Key Improvements:

1. Added legal structure with numbered clauses
2. Included specific recommendations for product usage
3. Clarified payment and refund processes
4. Strengthened intellectual property protections
5. Added jurisdictional information
6. Improved readability while maintaining legal validity

Shipping Policy - Aarogya Vatika -

1. Order Processing

1.1 All orders are processed within 1-2 business days (Monday-Friday, excluding

public holidays).

1.2 Orders placed after 2:00 PM IST will be processed the next business day.

1.3 Orders placed on weekends or public holidays will be processed the following business day.

2. Shipping Timelines

2.1 Standard delivery estimates:

- Metro Cities: 3-5 business days
- Tier 2 & 3 Cities: 5-7 business days
- Remote Areas: 7-10 business days

2.2 Some Ayurvedic products may require additional processing time due to:

- Temperature-sensitive packaging requirements
- Special handling instructions
- Vendor-specific preparation timelines

2.3 These timelines are estimates only and not guaranteed delivery dates.

3. Shipping Areas

3.1 We currently ship throughout India.

3.2 For international shipping inquiries, please contact our customer support team at info@aarogyavatika.in.

4. Multi-Vendor Shipments

4.1 As a curated marketplace, your order may be shipped in multiple packages from different vendor locations.

4.2 You will receive separate tracking information for each shipment.

5. Shipping Charges

5.1 Free shipping on all prepaid orders above ₹699.

5.2 A flat shipping fee of ₹79 applies to prepaid orders below ₹699.

5.3 Cash on Delivery (COD) orders will incur an additional ₹50 charge.

6. Order Tracking

6.1 You will receive tracking information via:

- SMS to your registered mobile number
- Email to your registered email address

6.2 Track your order status through:

- The tracking link provided
- Your Aarogya Vatika account dashboard

6.3 Please allow up to 24 hours for tracking information to be updated after shipment.

7. Delivery Attempts & Failed Deliveries

7.1 We allow 2 delivery attempts for each order.

7.2 If delivery fails after 2 attempts:

- The order will be returned to us
- A refund will be processed (minus any shipping charges)

7.3 Please ensure your delivery address is complete and accurate.

8. Special Circumstances

8.1 During festival seasons or extreme weather conditions, deliveries may experience additional delays.

8.2 For time-sensitive deliveries (gifts, etc.), please contact us in advance.

9. Damaged/Missing Items

9.1 Please inspect your package upon delivery.

9.2 Report any issues within 48 hours of delivery to:

- Email: info@aarogyavatika.in
- Phone: +91-9910474566

Key Improvements:

1. Added clear section headings for better readability
2. Included specific details about COD charges
3. Added policy for failed deliveries
4. Clarified multi-vendor shipment process
5. Added special circumstances clause
6. Included detailed instructions for damaged/missing items
7. Specified exact time cutoffs for order processing
8. Added information about tracking updates