



Ayuamrit Wellness 21 Rules for a Healthy Life

Simple. Scientific. Spiritual.

1. Wake up with Nature. Rise before 6:00 AM – balance hormones, start fresh.
2. Start Your Day with Warm Water Lemon, jeera, or methi water – detoxifies liver, improves digestion.
3. Avoid Sitting for More Than 1 Hour at a Time
Every 45–60 mins, walk or stretch for 2 mins – breaks sugar & fat buildup.
4. Practice Yoga & Breathwork Daily (20–30 mins)
energy, heals glands, lowers stress hormones.
5. Eat Fresh, Local, Seasonal Food.
Your body understands your region – no fancy foreign diets.
6. Follow Fixed Meal Timings
Body loves rhythm. Eat, sleep, and wake up at the same time daily.
7. No White Sugar, Refined Oil, or Maida
These are silent killers – switch to jaggery, cold-pressed oils, millets.
8. Salt in Balance – Not too Little, Not too Much
Use Sendha Namak or Iodized Salt mindfully – thyroid loves balance.
9. Think Positive, Speak Kind, Live Simple
Your body listens to your thoughts.
10. Drink Water Slowly, Sit While Drinking
No chugging. Warm or room temp water only.
11. Light Dinner Before Sunset or by 7:30 PM
Gut needs rest before sleep. Digestion is weak at night.
12. Sleep by 10:00 PM
Melatonin, thyroid, and liver repair happen best before midnight.
13. Avoid Gadgets 1 Hour Before Bed
Blue light blocks healing sleep.
- 14.1 Day Fruit or Detox Diet per Week
Body resets, hormones get a break.
15. Meditate Daily – Even 5 Minutes
Reduces cortisol, increases healing power.
16. Express Emotions – Don't Suppress Them
Emotional constipation = hormonal disturbance.
17. Be in Sunlight 20 Minutes a Day
Vitamin D + mood upliftment.
18. Use Food as Medicine, Not Pills as Lifelong Crutches
Heal with nature first.
20. Learn Something New Every Month
A curious brain stays young, sharp, and happy.
Detox Regularly (Mind + Body + Emotions)
Use fasting, journaling, breathing, herbs – as per your prakriti.
21. Practice Gratitude Before Sleeping
One line daily: “Thank you, body. I trust you.”