

IKIGAI

INTEGRATIVE HEALTHCARE

Personalized Medical Nutrition and Ayurvedic
Therapeutics for Sustainable Lifestyle Disease Reversal

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B.A.M.S. | Integrative Lifestyle & Metabolic Health Consultant

Founder, Ikigai Integrative Healthcare

Founder's Note

Ikigai Integrative Healthcare was created to bridge the gap between symptom-focused care and sustainable, root-cause healing. With over seven years of clinical experience in chronic metabolic and hormonal conditions, it became clear that fragmented care often leaves people unsupported in their healing.

At Ikigai, care is continuous, structured, and personalized. Clients receive daily support, whether supporting hormonal balance, restoring metabolic rhythm, or addressing early markers of chronic disease through structured care. The goal is always to return the body to its natural rhythm.

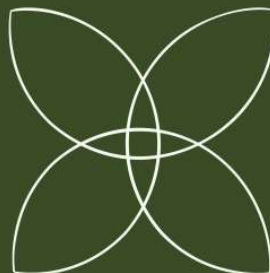


The model blends Ayurvedic diagnostics such as prakriti, agni, and ojas with modern tools like hormone mapping, micronutrient analysis, and metabolic profiling. This enables plans that are both precise and adaptable.

Recognizing that many cannot access in-clinic care, Ikigai offers high-touch, clinically guided programs fully online. This brings depth and accountability directly into each individual's daily life.

Because food is more than nourishment. It is instruction. With structure and clarity, the body doesn't just heal. It transforms

THIS ISN'T A JOB. IT'S MY IKIGAI.





CLINICAL ETHOS & PHILOSOPHY

Ikigai Integrative Healthcare combines classical Ayurveda with functional nutrition to deliver personalised, constitution-based care for chronic lifestyle and metabolic conditions.



INTEGRATIVE CARE APPROACH

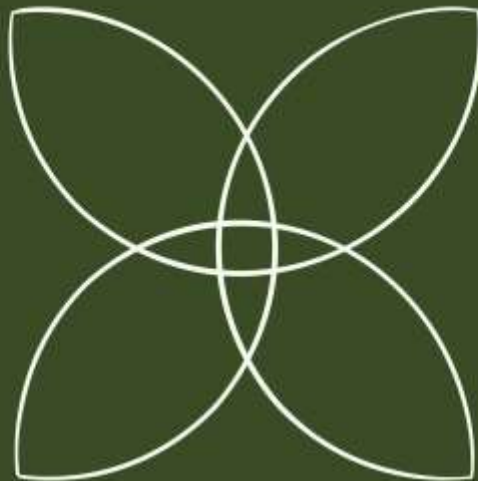
We unify Ayurvedic principles like agni and dosha with clinical data insulin resistance, inflammation, and hormonal markers to offer structured, phase-wise healing that's both evidence-based and culturally rooted.



VISION FOR WOMEN'S HEALTH

We design cyclic nutrition plans based on the four menstrual phases to restore hormonal balance, improve ovulation, and support emotional wellbeing. Health is not just a metric, but a rhythm.

FOUNDATIONAL PILLARS OF CARE





Integrative, Diagnostic-Guided Care

Combining Ayurvedic diagnostics (prakriti-vikriti, agni, ojas) with functional labs (thyroid panels, metabolic profiles, hormone levels) to understand root causes.



Deep Personalization Beyond Templates

All meal plans and interventions are personalized daily, aligned to symptom progression, cycle phase, digestive tolerance, stress levels, and seasonal transitions.



Therapeutic Ayurvedic Nutrition

We center Indian foods, dal, roti, ghee, sabji, chutney, adapted therapeutically for hormonal balance, liver detox, gut health, and micro nutrient recovery.



Phase-Specific Female Nutrition

Plans for menstruating women are synchronized with cycle phases, incorporating dosha-specific foods, rasayana during the luteal phase, and agni-supportive strategies during menstruation.



Clinical-Grade Support & Monitoring

Progress is reviewed using both subjective symptoms (bloating, fatigue, cycle quality) and objective trends (lab values, glucose curves, CRP shifts), with iterative plan updates.



Structured Autonomy-Building

Our phased model transitions clients from guided healing to internalized, constitution-aligned lifestyle maintenance.

THERAPEUTIC FOCUS AREAS

ENDOCRINE & HORMONAL DYSFUNCTION



Polycystic Ovarian Syndrome (PCOS), Hypothyroidism, Hashimoto ' s Thyroiditis, Cycle Irregularities, Premenstrual Syndrome (PMS), Perimenopause, Fertility Concerns

METABOLIC & HEPATIC HEALTH



Type 2 Diabetes, Insulin Resistance, NonAlcoholic Fatty Liver Disease (NAFLD), Metabolic Fatigue, Postpartum Metabolic Dysfunction

DIGESTIVE & GUT-IMMUNE AXIS



Irritable Bowel Syndrome (IBS),
Dyspepsia, Bloating,
Gastroesophageal Reflux Disease
(GERD), Constipation, Microbiome
Imbalance, Leaky Gut Syndrome

INFLAMMATORY & IMMUNE CONDITIONS



Chronic Low-Grade Inflammation,
Early Autoimmune States,
Fibromyalgia, Inflammatory Skin
Disorders

WOMEN'S INTEGRATIVE HEALTH



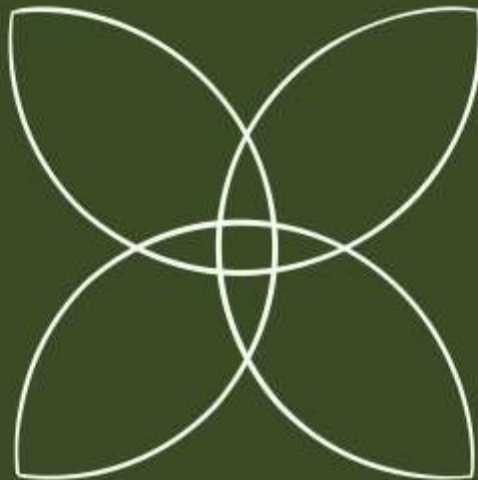
Postpartum Depletion,
Breastfeeding Support, Hormonal
Recalibration, Stress Response,
Adrenal Dysregulation

CARDIOMETABOLIC RISK FACTORS



Hypertension, Dyslipidemia,
Visceral Adiposity, Elevated C-
Reactive Protein (CRP)/
Homocysteine, Early Vascular
Inflammation

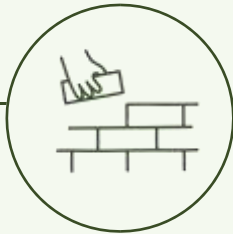
IKIGAI TIERED PROGRAM OPTIONS



Programs

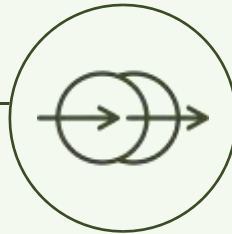
Foundational OJAS PLATINUM

Eliminate pro-inflammatory inputs, stabilize blood sugar, restore digestive fire (Agni), identify food-symptom links, initiate detox and Rasayana, establish clinician-guided rhythm



Transitional OJAS GOLD

Strengthen consistency, apply food education practically, manage eating in unstructured settings, maintain Doshic alignment in variable conditions



Self sufficiency SATTVA LITE

Sustain internal balance, prevent regression, adapt to seasonal and Prakriti-specific needs, and recalibrate through intuitive corrections



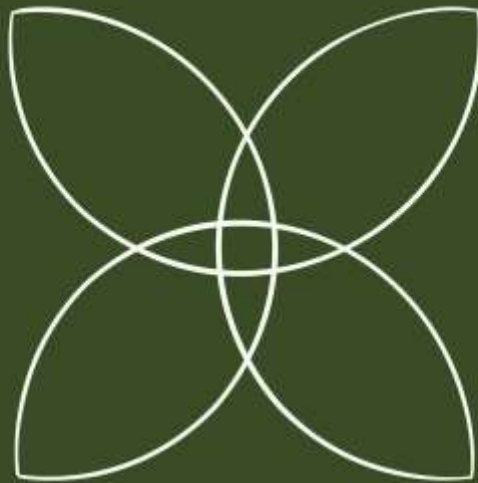
Precision-personalized, expertly tailored fitness programs starting at
₹15999

| Phases | Foundational OJAS PLATINUM | Transitional OJAS GOLD | Self sufficiency SATVA LITE |
|--|--|---|--|
| Primary Clinical Intent | Intensive therapeutic care, detoxification, and metabolic reset under full clinician supervision | Transition to guided autonomy, nutritional literacy, and behavioral reinforcement | Long-term maintenance, seasonal recalibration, and intuitive self-regulation |
| Ideal For | Chronic conditions, metabolic dysfunction, inflammation, autoimmune imbalances | Stabilized symptoms, seeking flexibility and nutrition mastery | Stabilized symptoms, seeking flexibility and nutrition mastery |
| Meal Planning Frequency | Daily therapeutic plans (Mon–Sun); dynamically updated | Daily plans (Mon–Fri); Sat–Sun self-guided using clinician-set rhythm | Structured plans for 2 weeks; then self-designed with monthly review |
| Meal Precision & Portioning | All food components specified by weight (grams) | Key meals measured; partial flexibility allowed | Intuitive guidelines without measurements |
| Macronutrient Structuring | Custom-calibrated protein–fat–carb distribution aligned with diagnostic goals | Weekly macro refinement to support stability and progress | Basic macronutrient awareness |

| Phases | Foundational OJAS PLATINUM | Transitional OJAS GOLD | Self sufficiency SATVA LITE |
|---|--|--|--|
| Micronutrient Integration | Clinically tracked via food matrix and symptomology | Integrated at a general level; used to correct common patterns | Self-regulation focused, micronutrient integrated |
| Ayurvedic Constitution Alignment | Full Prakriti Parikshan, 1:1 interpretation consult | Dosha typing with food and lifestyle recommendations | Verbal Doshic identification only |
| Meal Design Education | Teaching of digestion timing, glycemic balance, and food synergy | Label reading, timing optimization, Ayurveda food logic | Reinforcement of previously learned practices |
| Detox & Rasayana | Rasayana formulations personalized to season and Prakriti | Rasayana protocols if needed | General dietary Rasayana advice only |
| Therapeutic Recipe Access | 15+ functional recipes/month, tailored to diagnosis and season | 10–15 curated seasonal recipes/month | Continued use of earlier seasonal recipes, no curated inputs needed. |

| Phases | Foundational OJAS PLATINUM | Transitional OJAS GOLD | Self sufficiency SATVA LITE |
|--|---|---|--|
| Mindful Eating & Behavioral Nutrition | Appetite mapping, hunger–satiety awareness, behavior cue training | Social context adaptation, travel strategies | Self-regulated discipline and improvement |
| Tracking & Feedback | Daily food, mood, and symptom logs with clinical adjustment | Weekly review of meal logs and symptom reflection | Monthly adherence feedback and recalibration |
| Communication & Consults | WhatsApp support (Mon–Sun, 9 AM–9 PM) + 30-min consult/month | WhatsApp support (Mon–Fri, 10 AM–6 PM), text only | One text check-in/ week (Thursdays only) |

PATIENT TESTIMONIALS



“

I remember you telling me that this isn't just a diet but a lifestyle we're building, and honestly, I didn't fully get it at first. But now, every time I eat something, I automatically think about how it will affect my body, my skin, and my overall health. That mindset shift has been huge for me! Even with occasional cheat meals, my weight has stayed consistent, and I can feel that my hormonal imbalances have reduced a lot—which is so clear from my skin and my regular periods.

-Anjana R, Sr Design Engineer Geotechnical, Bangalore

“

As a school principal, understanding all these details has also transformed how I approach nutrition for the kids. The way you've helped me rethink my own health and diet has given me fresh insights on how important it is to educate children on building healthier eating habits for life. Thank you so much for that.

-Dhanashree K, Principal and Early Childhood Education Expert, Pune

“

Many known and unknown people came up to compliment my weight loss. They were genuinely amazed to learn that this transformation was achieved without any popular GLP-1 RAs or intense workouts—just through mindful diet monitoring under your expert guidance. Kudos to you, Dr. Priyanka! Truly grateful.

-Medha K, Research Executive, Dubai

“

From an HbA1c of 12.7 to 6.4-thanks to Dr. Priyanka's guidance, I'm healthier, happier, and in control of my diabetes! With her support, I've made lasting changes that have transformed my health and my life!"

-Mansi B, Equity Trader, Pune

“

वाटतं ते छोटं ग्रॅम मध्ये भाज्यांचे वजन, खाताना कळतं जात नाही सारं जेवण
सगुतीने सारे तिच्या मदतीने करताना, वजन काटा खुश झाला पाहतोय वजन सरताना सव्वा महिन्याचा
लोटला कालावधी, वजन काट्याने केली दहा किलोची वजाबाकी
असं मस्त वाटतंय म्हणून सांगू, पुढचा पल्ला गाठायला शिकस्तीने लागू!

-Prajakta P, Branch Manager SBI, Poet Mumbai


“

The change is so prominent, everyone is asking what I am doing! I sleep better, feel lighter, and my face looks healthier than ever. I have more energy than I ever imagined. I am so grateful!

-Merin F, Logistics Specialist, Mumbai

THANK YOU!

Get in touch today.

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