

3-Day Gut Reset Workshop

By Dr. Dimple Jangda



PRĀNA
BY DIMPLE JANGDA



About the founder

Dr. Dimple Jangda is an Ayurveda Health Coach & Researcher, Founder of Prana Healthcare centre and Prana Academy for Ayurvedic Lifesciences.



PRĀNA
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PRANA HEALTHCARE CENTRE

- Started in 2017, in Mumbai
- Prana has treated 2500+ patients from 49 countries
- for chronic and lifestyle diseases.
- Has a state of art facility for detoxification
- with over 650+ medicines and 1700+ colon formulations made from 3000+ herbs from Kerala.

PRANA ACADEMY FOR AYURVEDIC LIFESCIENCES

- Founded in March 2019
- Prana Academy is a state of the art, smart Learning management system
- Has introduced Ayurveda to 2300+ students from over 56 countries.
- The LMS allows access to self-paced, pre-recorded video based courses, along with online tests, notes and certification along with live Q&A sessions with faculty, which and around the clock.



PRĀNĀ
BY DIMPLE JANGDA



Honorary Doctorate in Ayurvedic Lifesciences

By Presidents & Fellows of
National American
University



INDIA'S MOST TRUSTED HEALTHCARE AWARD, 2019

Gut Health, Colon cleanse
through Ayurvedic
Panchakarma



TIMES BRAND ICON 2021

Gut Health & Ayurveda
Health Coach

40 MOST COVETED
UNDER 40, INDIAN
ACHIEVERS CLUB

SHETHEPEOPLE DIGITAL TV
ENTREPRENEUR OF THE YEAR
UNDER COVID IMPACT
CATEGORY



50+ Articles, 2 TV Shows on Tata Sky

- Authored over 50+ articles in several leading publications
- 2 successful TV Shows - Ayurveda Diaries and Meri Jung, which was broadcasted in English, Hindi and Telugu with over 45+ million views
- Represented India and the Ayush Ministry at German Consulate's Ayurveda Festival and several conferences and workshops in India and overseas.

TIMES BrandIcons 2021
Circulated with The Economic Times, Mumbai POWERED BY ET Panache Thursday, September 9, 2021 An Optimal Media Solutions Initiative, A division of Times Internet Limited

Felicitating Industry Icons

The Covid-19 onslaught has wreaked havoc on businesses across sectors; however, there are some shining beacons, visionary businesses & individuals who have emerged as industry icons.

TIMES BRAND

Times Brand Icons 2021 - an initiative by Optimal Media Solutions - A division of Times Internet Ltd - our recognitions are aimed at boosting the morale and providing a further impetus to businesses that have emerged as industry icons.

mbhar, Celebrity Anchor

Esha Gupta, Celebrity Actress

"This is the first time I have attended the event and I have paid so much attention to it. Because of the media, we are always in the limelight. Whatever we are doing is always spoken about and people get inspired by that. Felicitations like this are about brands and what they are contributing towards the society which people generally don't get to know, whether it is mental health, finances, real estate or physical health."

Kunal Kapoor, Actor

"It is the validation of the work that people do and today when you talk about brands, two things are important first originality and second authenticity. A lot of brands that were felicitated are original and authentic, so I think it's a wonderful platform."

Dimple Jangda was felicitated by Esha Gupta as an Ayurvedic Health Coach & Gut Health expert

Dimple Jangda is an Ayurveda Health Coach, public speaker, awarded 40 most influential under 40 by Indian achiever's club, shepeople digital TV award. She is the Founder of Prana Healthcare centre, that has treated 2500+ patients from 49 countries, and awarded India's Most Trusted Healthcare Centre for Gut Health & Colon Cleanse through Panchakarma. Dimple is also the founder of Prana Academy for Ayurvedic Lifesciences, certified by Jain online, that has introduced Ayurveda to 2300+ students from over 56 nationalities. She has been featured in over 50+ publications, and has 2 successful TV Shows. Ayurveda Diaries and Meri Jung, which was broadcasted in English, Hindi and Telugu with over 45+ million views. She represented India and the Ayush Ministry at German Consulate's Ayurveda Festival and several conferences and workshops in India and overseas.

"This is the era of Immunity & Preventive healthcare practices. We at Prana are proud to be of service to the society and community at large during these time's. Thank you for the honor, we hope to continue creating a legacy to impact the society's collective health at large. I am humbled and honoured to receive this award. I hope with my team Prana to continue making Ayurveda a global phenomenon and a household practice."

Dimple Jangda, Founder of Prana Healthcare

Veda Rehabilitation and Wellness
Kapoor for Excellence in Mental Wellness
Veda is one of India's Luxury Reh operated by Veda Rehabilitation : De-addiction Care and Rehabilitation

by Esha Gupta as an Health expert
Health Coach, public speaker, under 40 by Indian achiever's club. She is the Founder of Prana Healthcare Centre, that has treated 2500+ patients from 49 countries, and awarded India's Most Trusted Healthcare Centre through Panchakarma. Dimple is also the founder of Prana Academy for Ayurvedic Lifesciences, certified by Jain online, that has introduced Ayurveda to 2300+ students from over 56 nationalities. She has been featured in over 50+ publications, and has 2 successful TV Shows.

2 Successful TV Shows

**Ayurveda Diaries and
Meri Jung,**

Broadcasted in English, Hindi
and Telugu

With over 45+ million views



Ayurveda Diaries

BACK TO NATURE SERIES

TV Show On Ayurveda With

Ms Dimple Jangda



TOPICS COVERED

Ayurveda for Gut Health | Ayurveda for Skincare | Ayurveda for Mental &
Emotional Health | Ayurveda for Fertility | Ayurveda for Weight Loss and Detox

TELECASTED IN

English Hindi Telugu to 45 Million Viewers

2 Successful TV Shows

**Ayurveda Diaries and
Meri Jung,**

Broadcasted in English, Hindi
and Telugu

With over 45+ million views



MERI JUNG

REAL PEOPLE REAL STORIES

TV SHOW ON FITNESS WITH
Ms Dimple Jangda



FITNESS JOURNEYS TO INSPIRE & MOTIVATE

FACE TO FACE WITH THOSE WHO FOUGHT TO GET THEIR MIND & BODY FIT.

TELECASTED IN

English Hindi Telugu to 45 Million Viewers

*“Our Vision Is To Make Ayurveda A Worldwide
Phenomenon And A Household Practice”*

PRESS PUBLICATIONS



20,000 + Participants

300 + workshops seminars
interviews

50+ Workshops Conducted For

**20,000+ Participants From
Corporates & Jain (Deemed-to-be University)**



Consulate General of India

Widenmayerstrasse 15, 80538 Munich, Germany



OYO WORKSPACES



eazydiner*



FURLENCO
A Different Furniture Company

42GEARS



Indegene

METRO
Cash & Carry

Millennium

nabler



TEDx
HRCollege
x = independently organized TED event



SOHO HOUSE



Prana Ayurveda League



Juhi Chawla
Bollywood Actress



Anjali Tendulkar
Pediatrician, Wife of Sachin Tendulkar



Dev Patel
Actor



Late Sushant Singh Rejput
Actor



Ehsaan Noorani
Musician



Aditi Govitrikar
Actor



Azgar Shakoor Patel
Founder of Patel Roadways
(45th Richest Indian in UAE)



Dr. Chenraj Jain
Chairman, Jain Group of
Institutions & Jain University



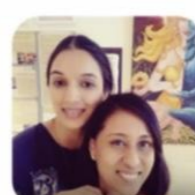
**Christina Diamanti
& Franze Modesta**
Alta Moda Specialist (Left)
& Global Manager, Dolce & Gabbana
(Right)



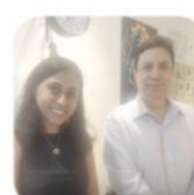
Hansaji Jayadev
Founder & Director, Yoga Institute



Jackie Shroff
Actor



Ira Trivedi
Yogini, Rated 100 Most
Influential Women By BBC



Keki Mistry
CEO & Vice Chairman, HDFC



Cindy Jourdain
Celebrity Fitness Coach



Priyanka Bose
Actor



Steven Conquy
Asia Pacific Director, Pierre Fabre
(Second Largest Dermo-Cosmetic Company
in the World)



**Rakeysh
Omprakash Mehra**
Director



Priya Dutt
Politician



Nam Wook
Celebrity Fitness Trainer



Urvashi Sharma
Actress



**Padma Vibhushan
Pandit Ram Narayan**
Sarangi Player



Pandit Brij Narayan
Recipient of Presidents Medal



**Mustafa Husain &
Najma Husain**
Restaurer, Son of World of
Famous Artist Late MF Husain



Harsh Narayan
Sarangi Player



Anish Mehra
Director



Bijay Anand
Actor & Yoga Guru



Connrie Larkin
Ontologist, Author & TV Personality



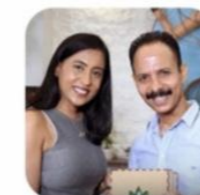
**Poppy Jabbal &
Karan Grover**
Actors



Eshaa Amin
Celebrity Stylist



**Joe Eva & Kelly
Wardingham**
General Manager, Soho House
& Manager, Soho House



Dr. Mickey Mehta
Global Holistic Health Guru



Mynoo Maryel
Renowned International Speaker,
Author & Life Coach



Sonalli Seyghal
Actor



**Shalini Kapoor &
Rohit Sagar**
Actors



Sunaina Rekhi
Yogini, Represented India at UN



Tony Fernandes
VP, Appco Group, San Francisco



**Vicky Thawani
& Navin**
Actor & Cowboys Farm



Kalyan Karmarkar
Food Blogger



Tulsi Chellaram
Owner of Rajasthan Royals



Sandiip Sikkand
TV Producer



Reema Sanghvi
Founder of Pinkathon



Megha Gupta
Actor



Ojas Rajani
Celebrity Makeup Artist



Mansi Parekh
Actor



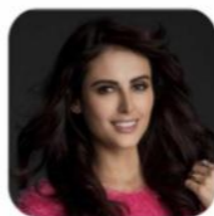
**Dr. Apparna Santanam
 & Dr. Rajam Iyer**
Dermatologist & Pulmonologist



Vicky Ratnani
Celebrity Chef



Divyak D'souza
Celebrity Stylist



Mandana Karimi
Model & Actor



Sonia Singh
IPS Officer



Elizabeth Gilbert
Author of Eat Pray Love



Sangram Singh
*World's Best Pro Wrestler
 Common Wealth Heavyweight
 Champion 2015, 2016*



Rajesh Rai
*Founder Being Strong &
 Jeral Fitness Equipment's*



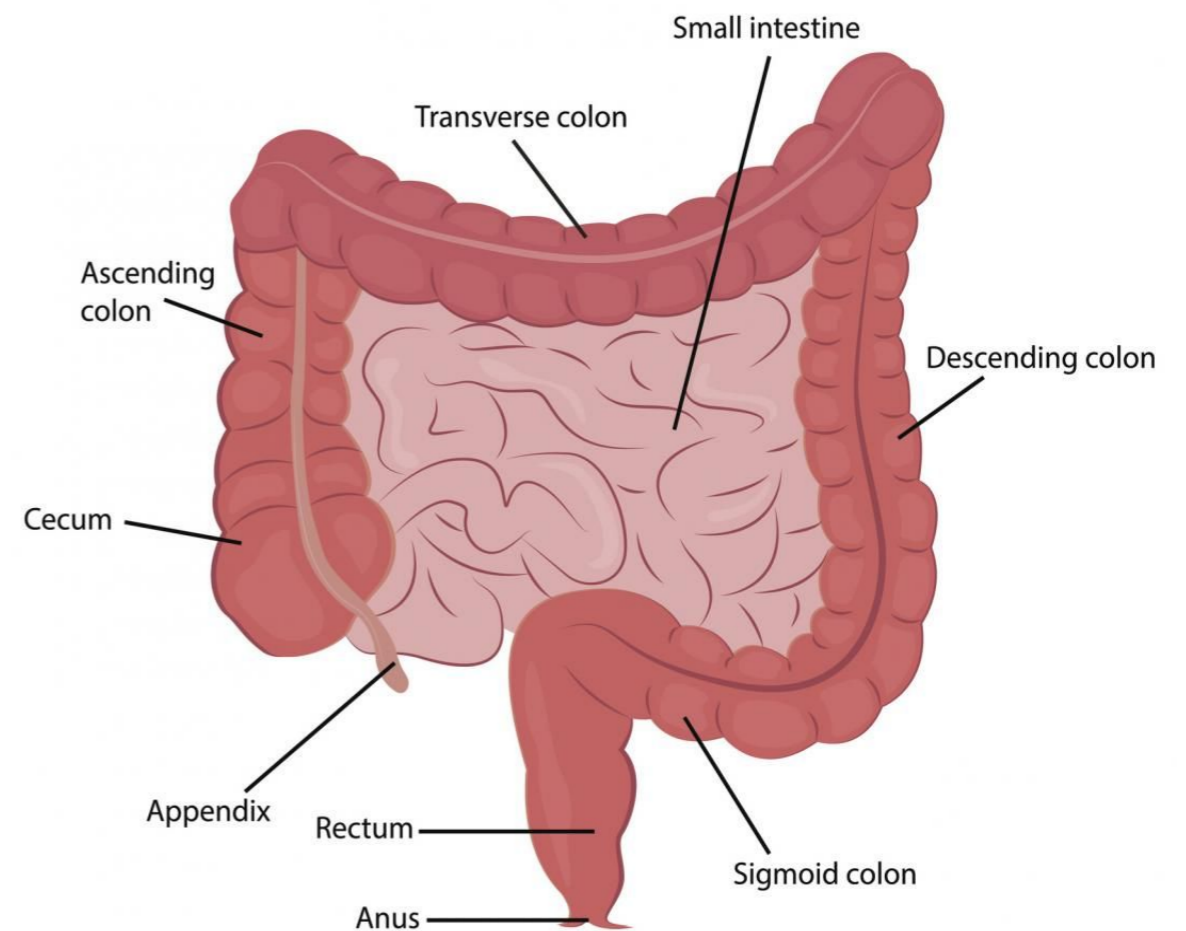
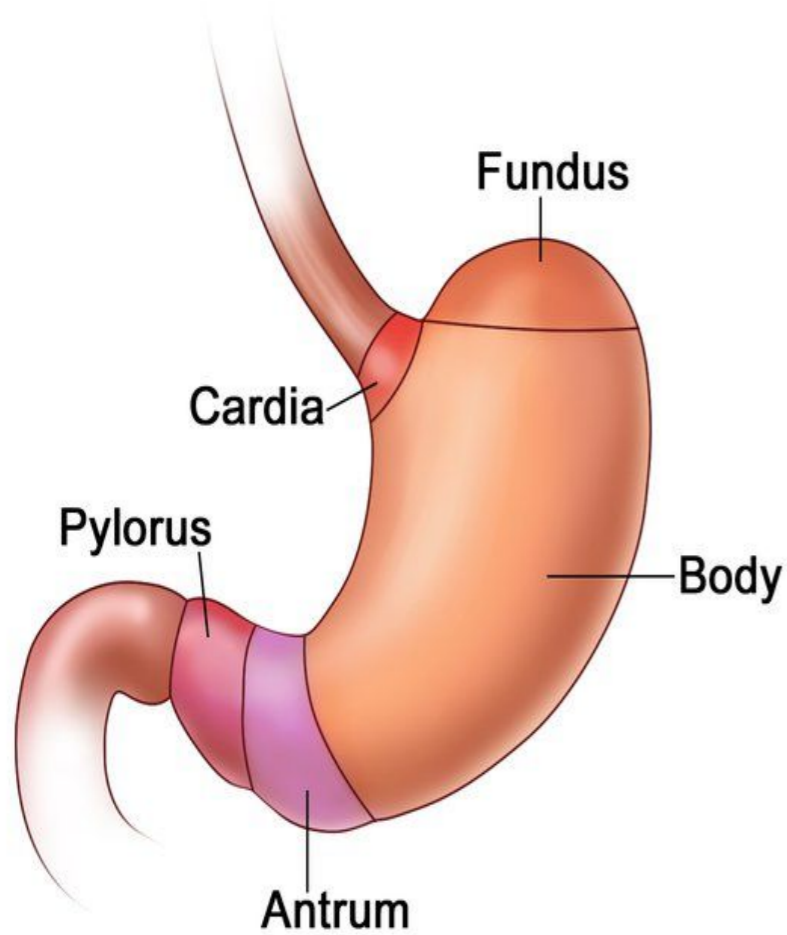
Chahatt Khanna
*Social Media Influencer,
 Actor & Founder of Amaresh Industries*



Elizabeth Gilbert
*Founder IGI
 (International Gemological
 Institute)*

WHAT IS GUT?

Stomach or Intestines?



WHAT IS GUT?

- Gut is where **food passes after digestion.**
- Others say: gut includes everything from the mouth all the way through to the anus
- Mouth is where digestion begins
- Intestines is where food is absorbed and assimilated
- Colon eliminates waste
- Role of the gut is to absorb the nutrients
- Making improvements to the digestive system



WHICH ONE SOUNDS RIGHT?

A. I have a HEART feeling

B. I have a GUT feeling

C. I have a Brain feeling

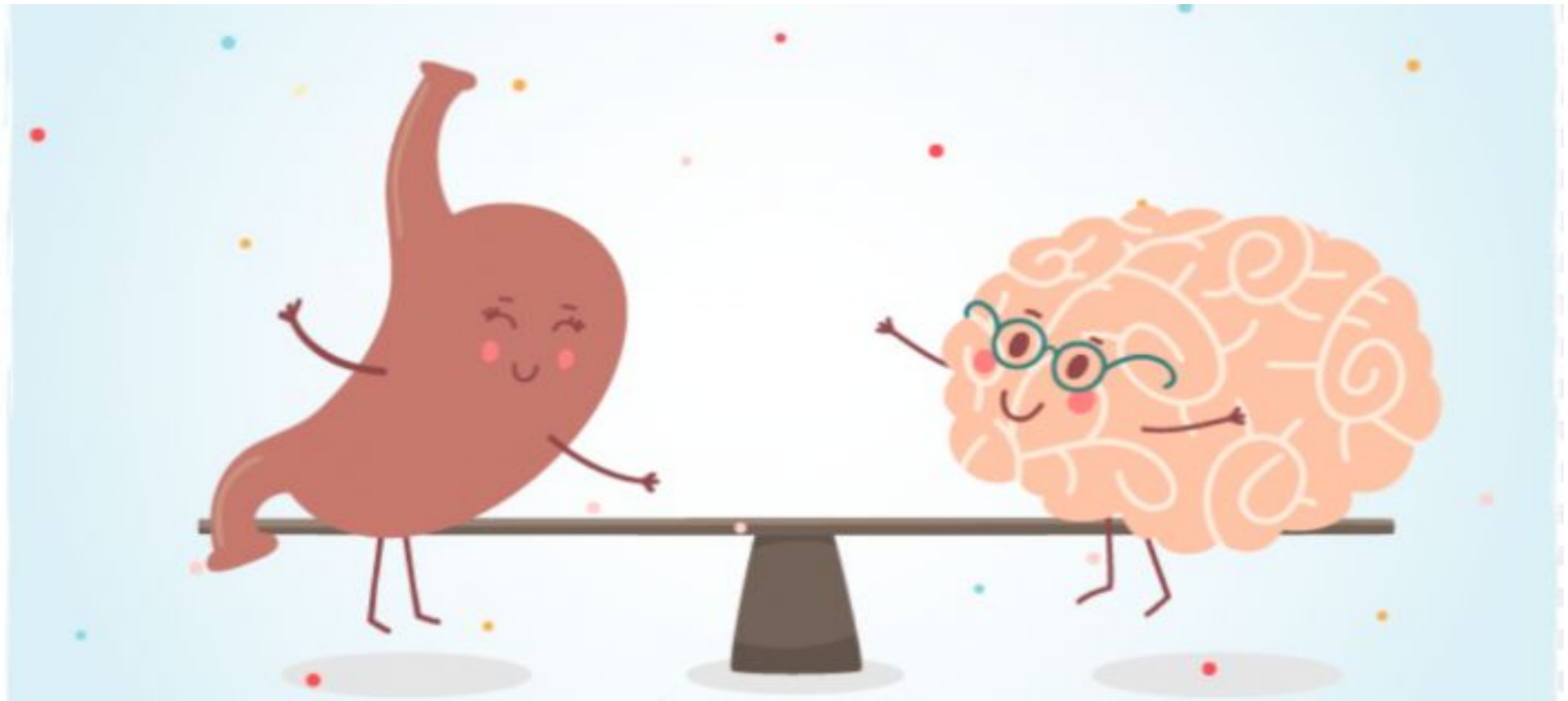


Gut is where Emotions are created / stored
When u feel... anxious, scared, excited, happy,
where do u feel it first?



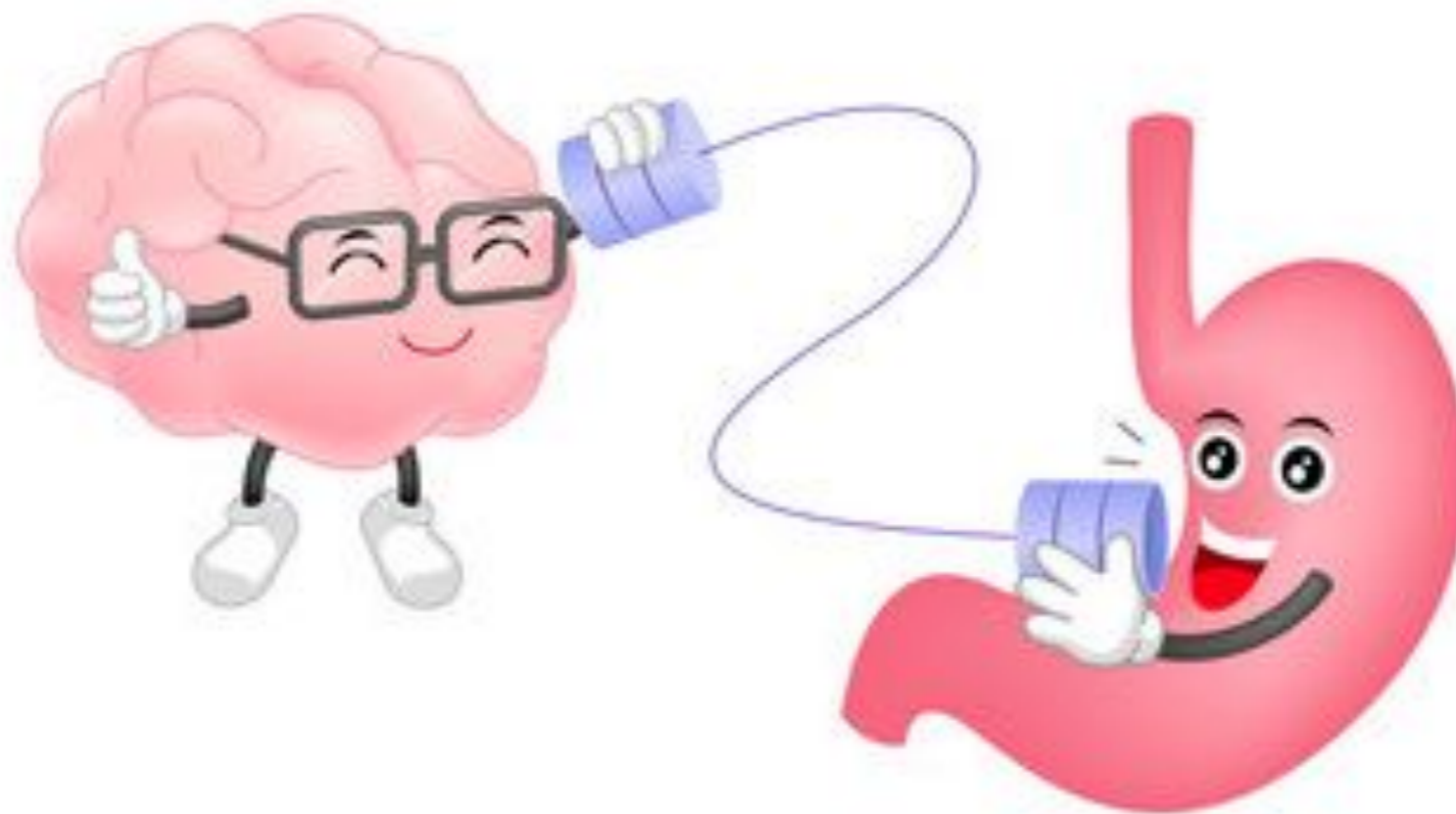
GUT Vs BRAIN

Gut is called the **Second Brain**



GUT Brain connection

Gut is directly connected to the brain through a neurosis that sends signals every micro million second

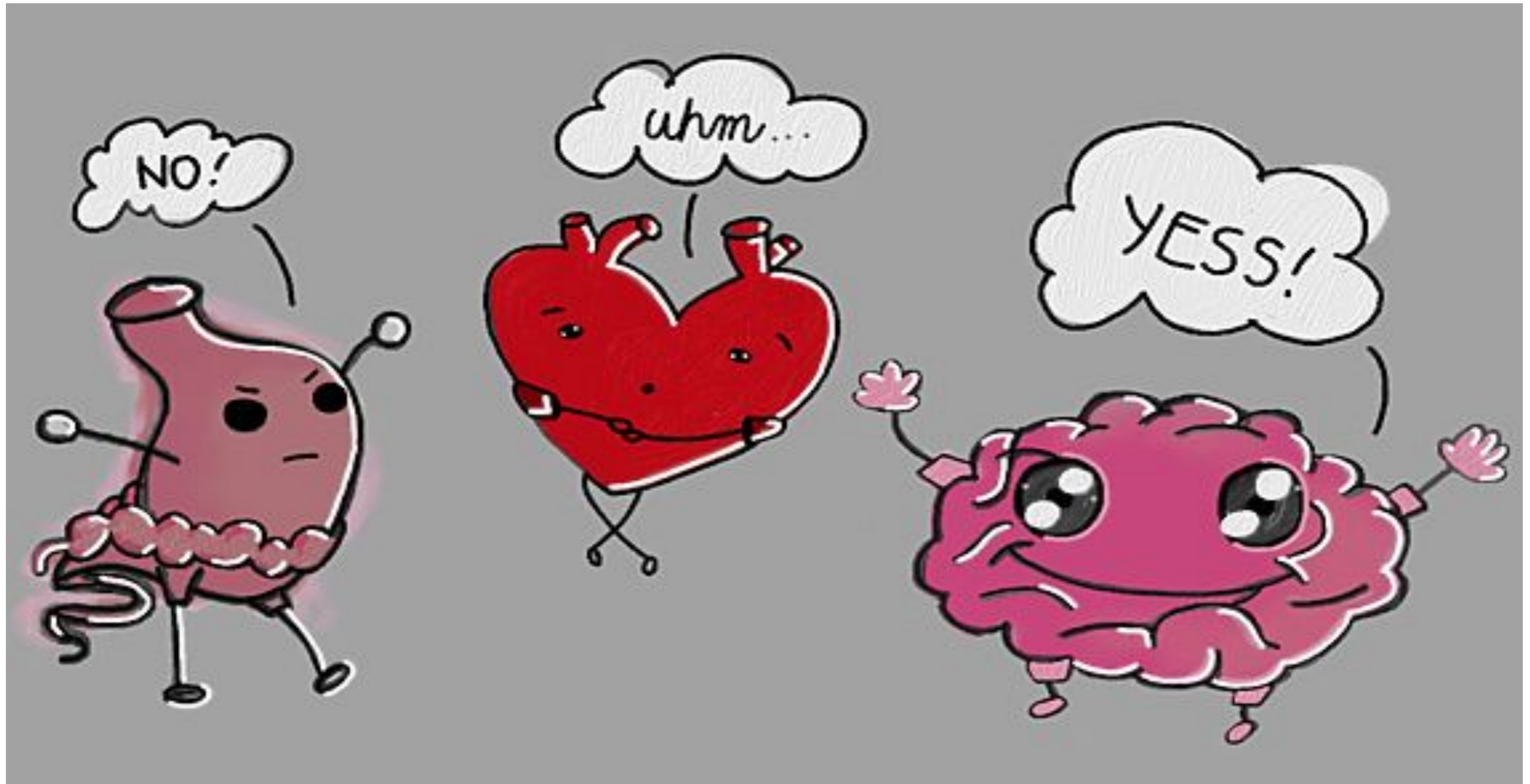


Gut-brain connection

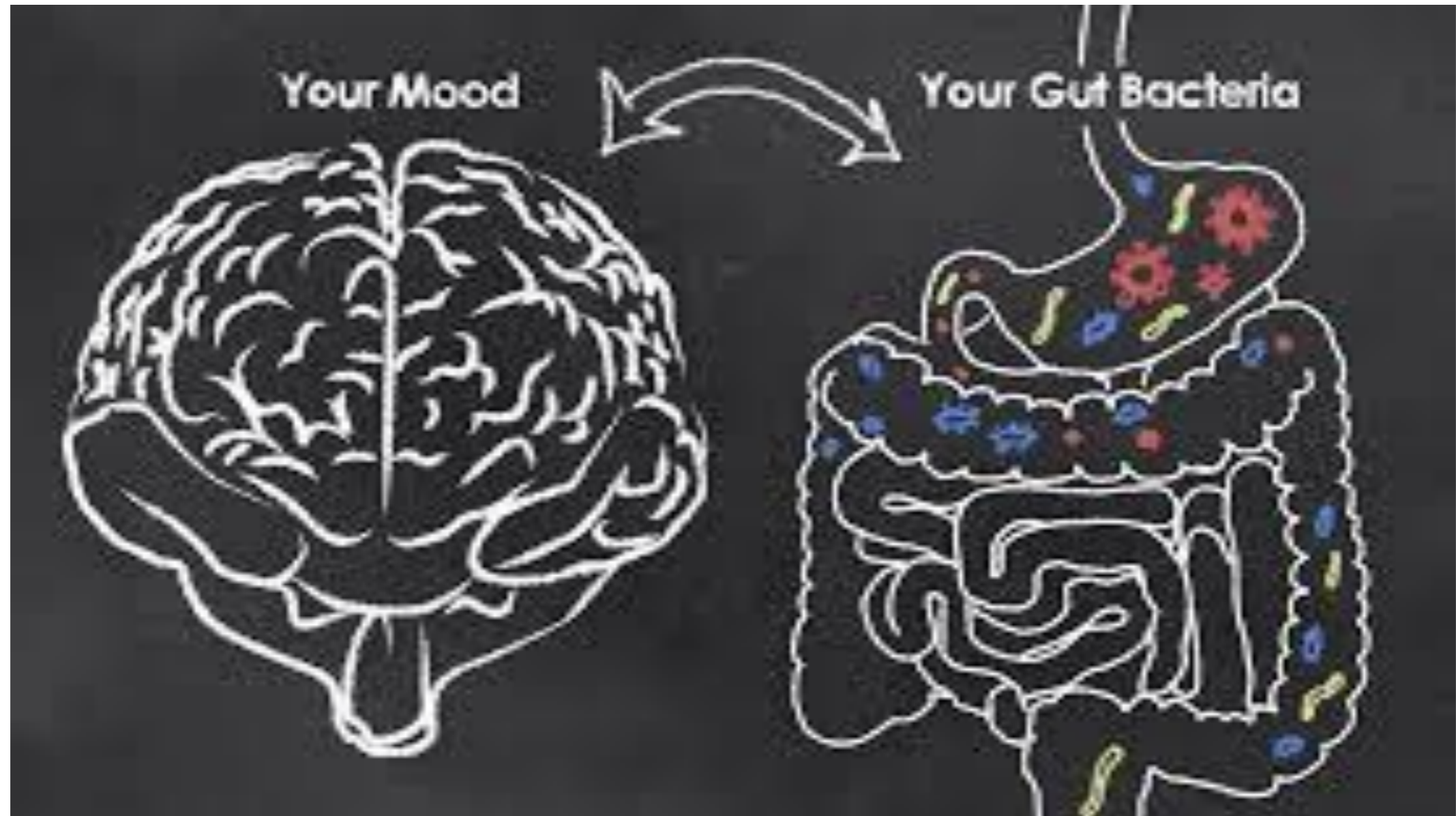
- The gastrointestinal tract is sensitive to **emotion**.
- The brain has a **direct effect** on the stomach and intestines.
- A troubled intestine can also send signals to the brain
- Therefore, a person's stomach can be the cause of **anxiety, stress, or depression**.
- **That's because the brain and the gastrointestinal (GI) system are intimately connected.**



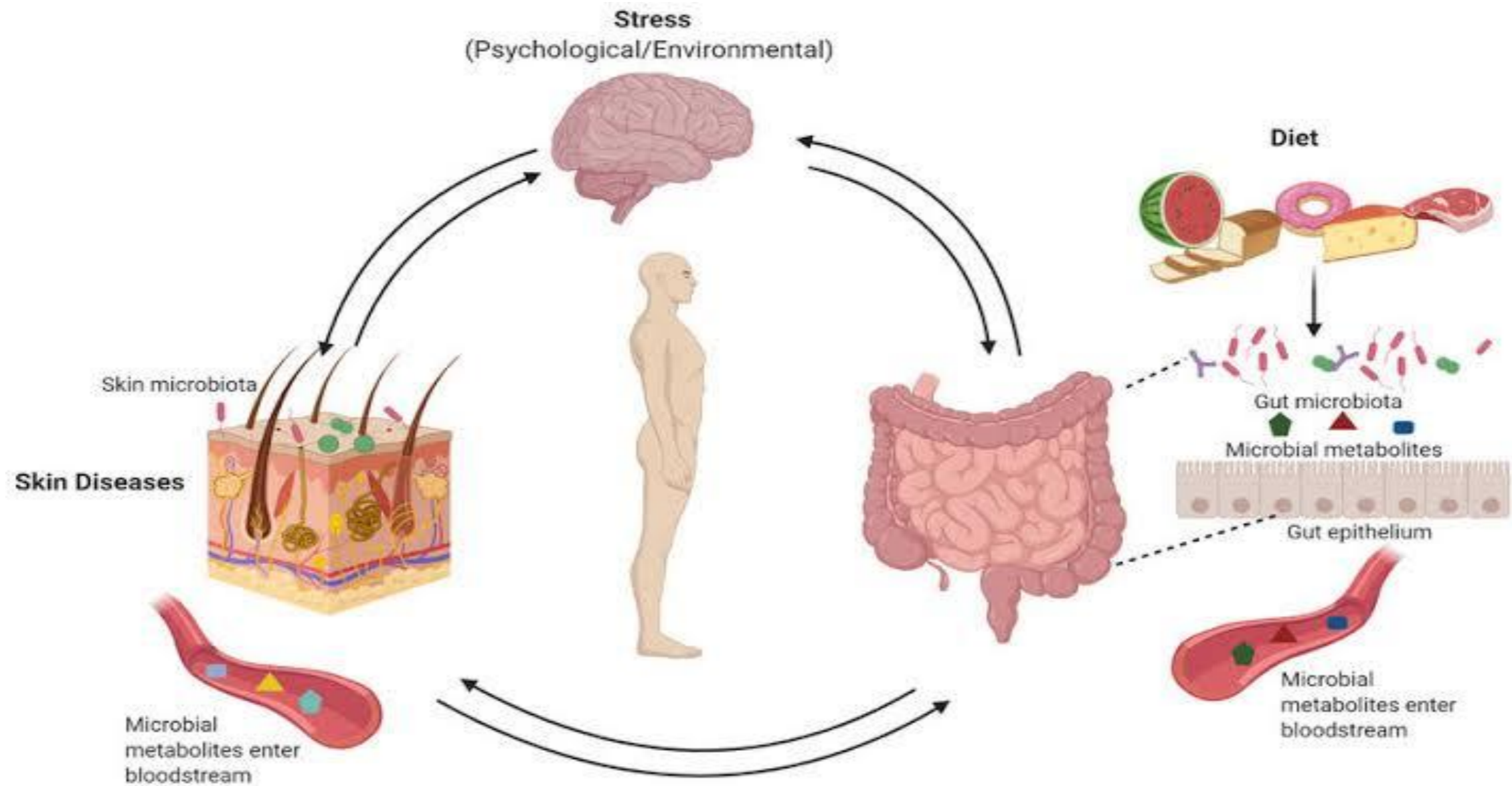
Gut has more neurons in its lining than the brain... **intuition** comes from the Gut



Gut affects neurological and psychosomatic health



Gut is directly connected to skin & hair

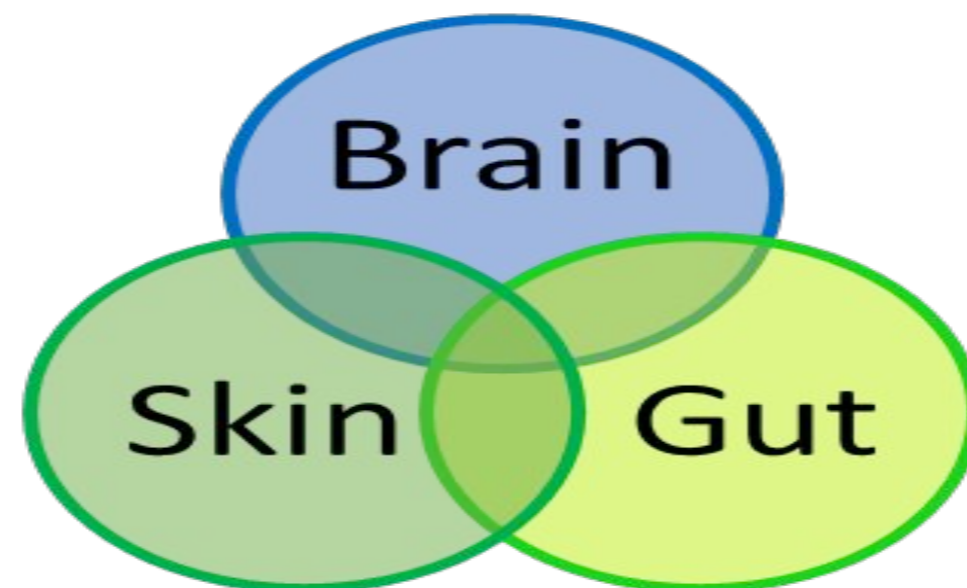


Gut Skin Connection

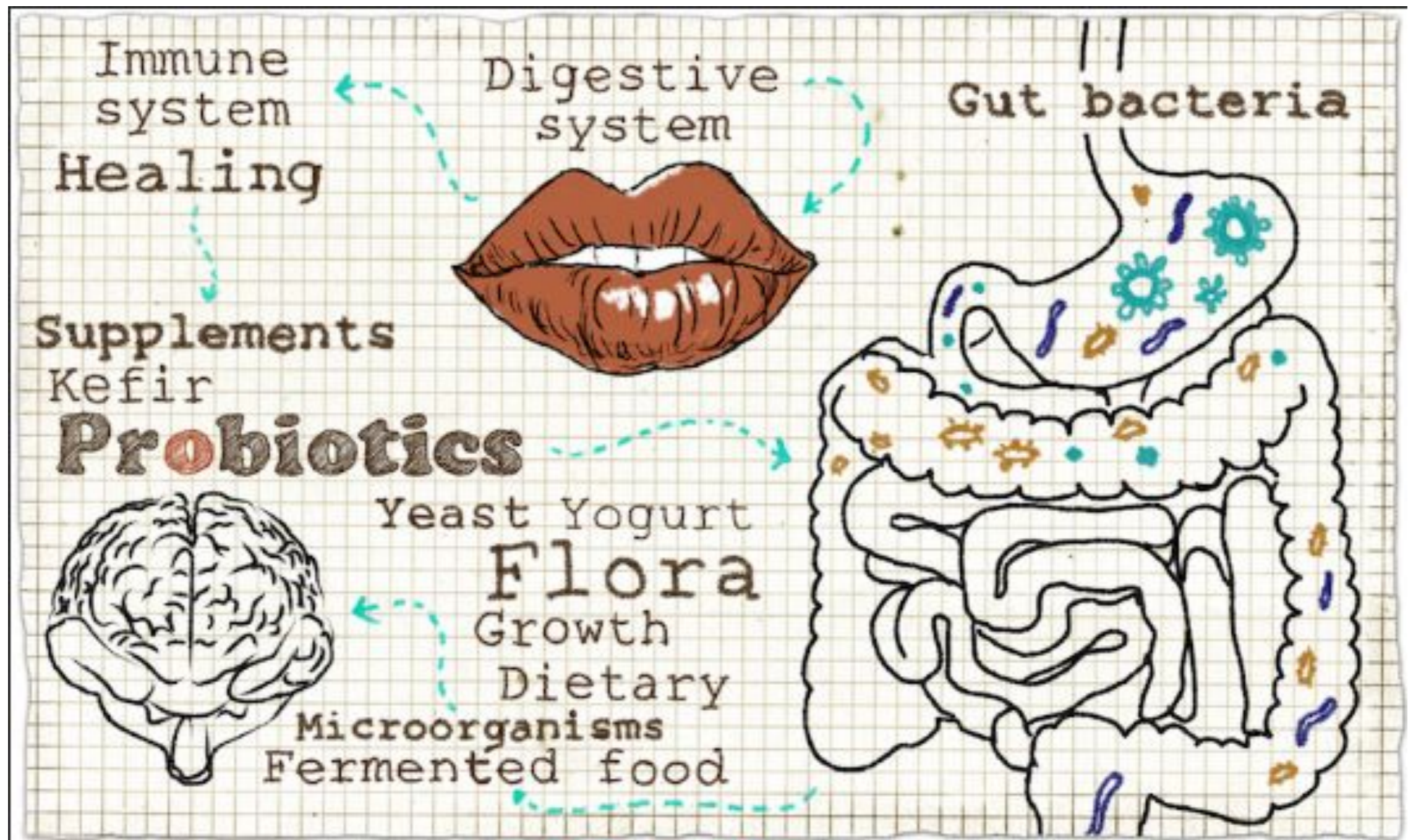
- Skin is a great indicator of health.
- A nutrient rich diet does wonders for our skin's appearance from inside.
- Our skin is the largest organ in our body
- All skin conditions which can have the same root cause; **poor gut health and gut function.**

Gut Skin Connection

- There are many things that inhibit proper absorption of nutrients
- Our **hair, nails and skin** are usually the first places where we notice changes.
- This is because when nutrients are in short supply, the body drives nutrients towards **essential organs like the heart, brain and liver.**



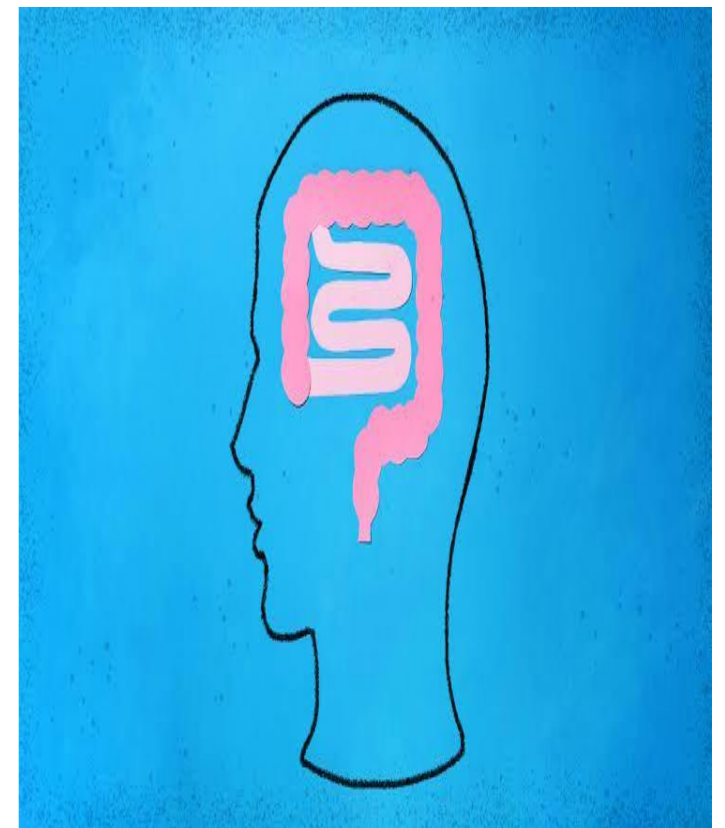
Gut Flora > connected to your mental emotional health



Gut Bacteria = Mental & Emotional Health

What is gut bacteria?

- Gut bacteria have a massive influence on the health of our body
- Ideally you want to have **85% good bacteria to about 15% bad bacteria.**
- This is an ideal ratio to keep the gut healthy and functioning optimally.



Gut Health & Anxiety

Gut health, and anxiety

- Psychosocial factors influence the actual physiology of the gut
- In other words, stress affects movement and contractions of the GI tract.
- Many people with functional GI disorders perceive pain more acutely.
- Stress can make the existing pain seem even worse.



Colon / Gut disorders



Trouble in paradise!

Indigestion, bloating, gases,
Flatulence, hyper acidity, acid
reflux, burning sensations, IBS,
diarrhea...

Can u even focus at
work?



Diseases connected to an Unhealthy Colon

Allergies
Flu Susceptibility
Nasal Congestion/ Discharge
Nasal Itching
Asthma
Hay Fever

Constipation
Diarrhea
Gas
Irritable Bowel Syndrome
Anemia
Malnutrition
Spastic Colon
Malabsorption Syndrome
Rectal Itching/ Burning
Diverticulitis
Leaky Gut Syndrome
Crohn's Disease
Colon Polyps
Cancer

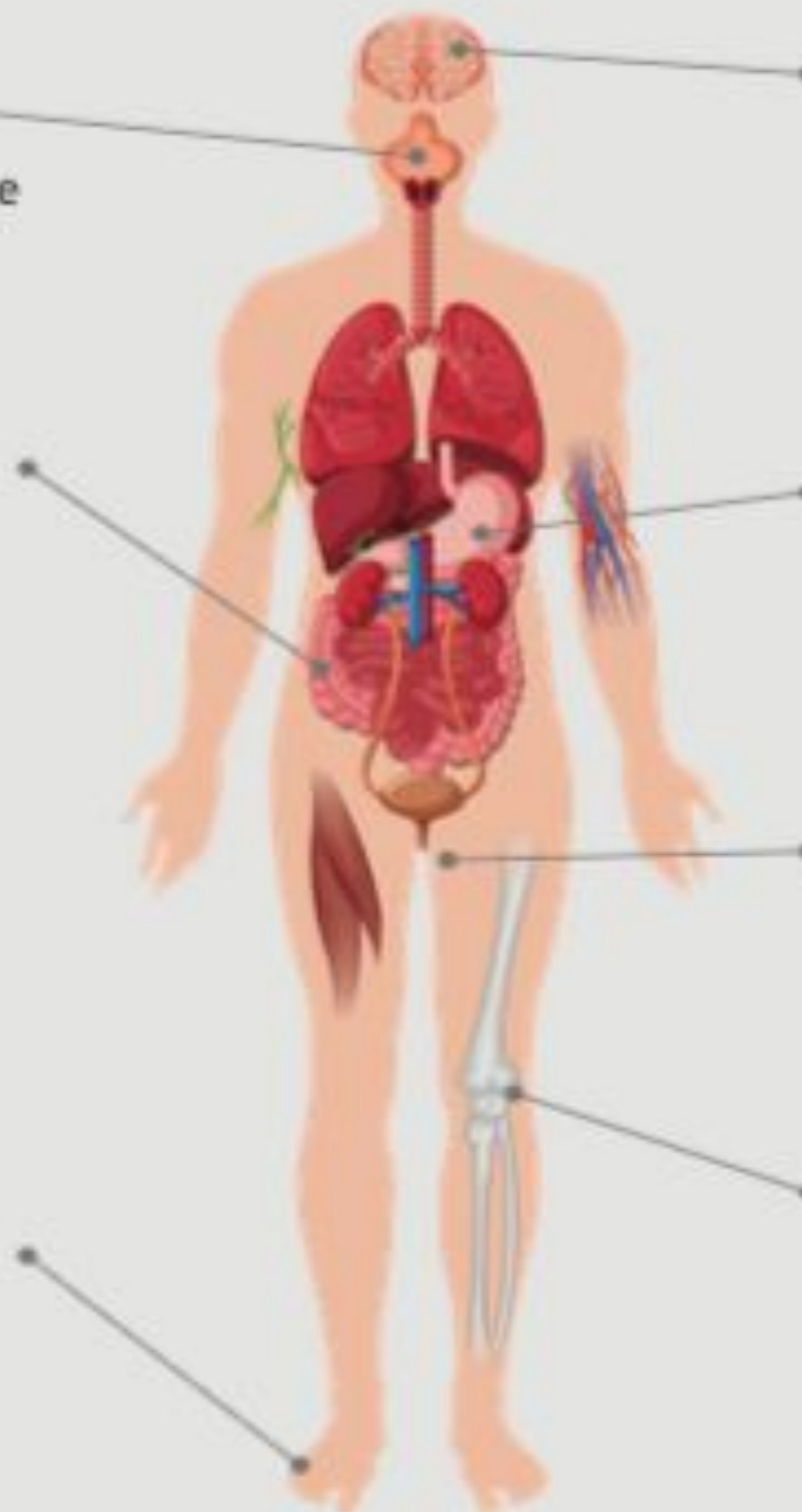
Cold Extremities
Athlete's Foot
Toe Nail Fungus

Depression
Chronic Fatigue Disorders
Lack of Coordination
Lack of Concentration
Mood Swings
Irritability

Abdominal Pain
Burping
Bloating
Esophageal Reflux
Heartburn

Vaginal Discharge/Burning
Worsening of PMS
Yeast Infections
Bladder Infections

Varicose Veins
Arthritis
Muscle Aches
Psoriasis
Eczema



Leaky gut syndrome



Leaky gut syndrome

What causes leaky-gut syndrome?

- A lack of helpful gut bacteria can lead to an **overgrowth of bad bacteria.**
- The gut wall is made up of lots of cells, and each of these cells are held together by a **‘tight-junction.’**
- Harmful bacteria can damage these junctions and cause gaps to form.
- When the junctions have gaps between them, contents of the gut are able to pass through the cell wall and into the bloodstream.
- Molecules of food, bacteria and parasites are then able to pass into the bloodstream



Leaky gut syndrome

How does leaky gut syndrome affect our body?

- Many autoimmune conditions as well as skin conditions are triggered by leaky gut syndrome.
- When **harmful substances make their way into the bloodstream**
- The body triggers an immune reaction in response to these substances, which can cause redness, swelling and breakouts.

Leaky gut syndrome

How to prevent leaky gut syndrome?

- Taking a high quality probiotic and eating probiotic rich foods
- It's equally important to remove the substances that are causing the damage
- In which you can drink ghee with water in an empty stomach
- **Gluten, alcohol, refined sugars and processed foods** all contribute to gut damage.



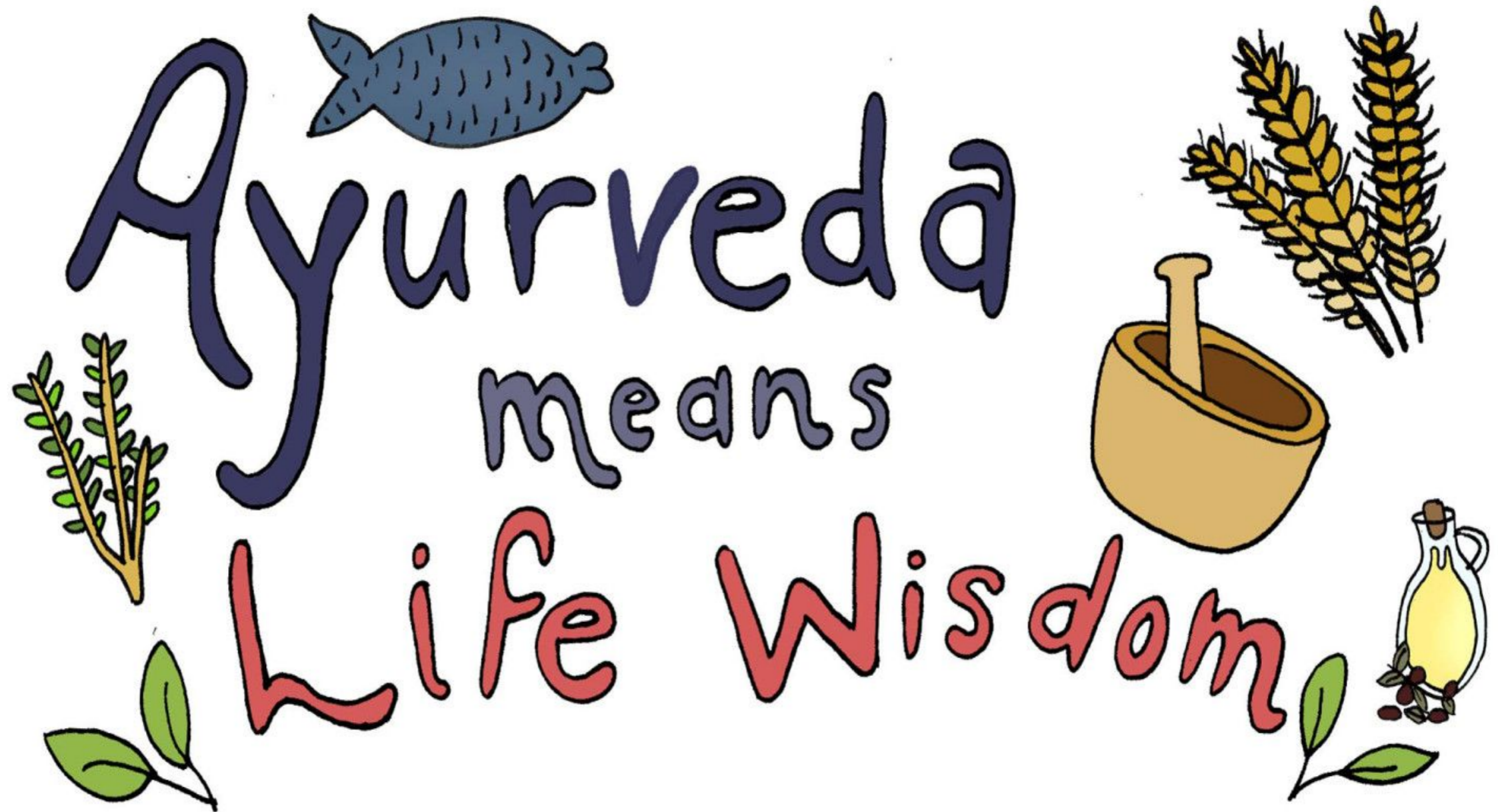
Solution for 90% of diseases in the World!



Marrying
5000 year old Traditional
Ayurveda with
Research based Modern
Science



What is Ayurveda?



Pancha-mahabhoot

5 Elements

EARTH



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WATER



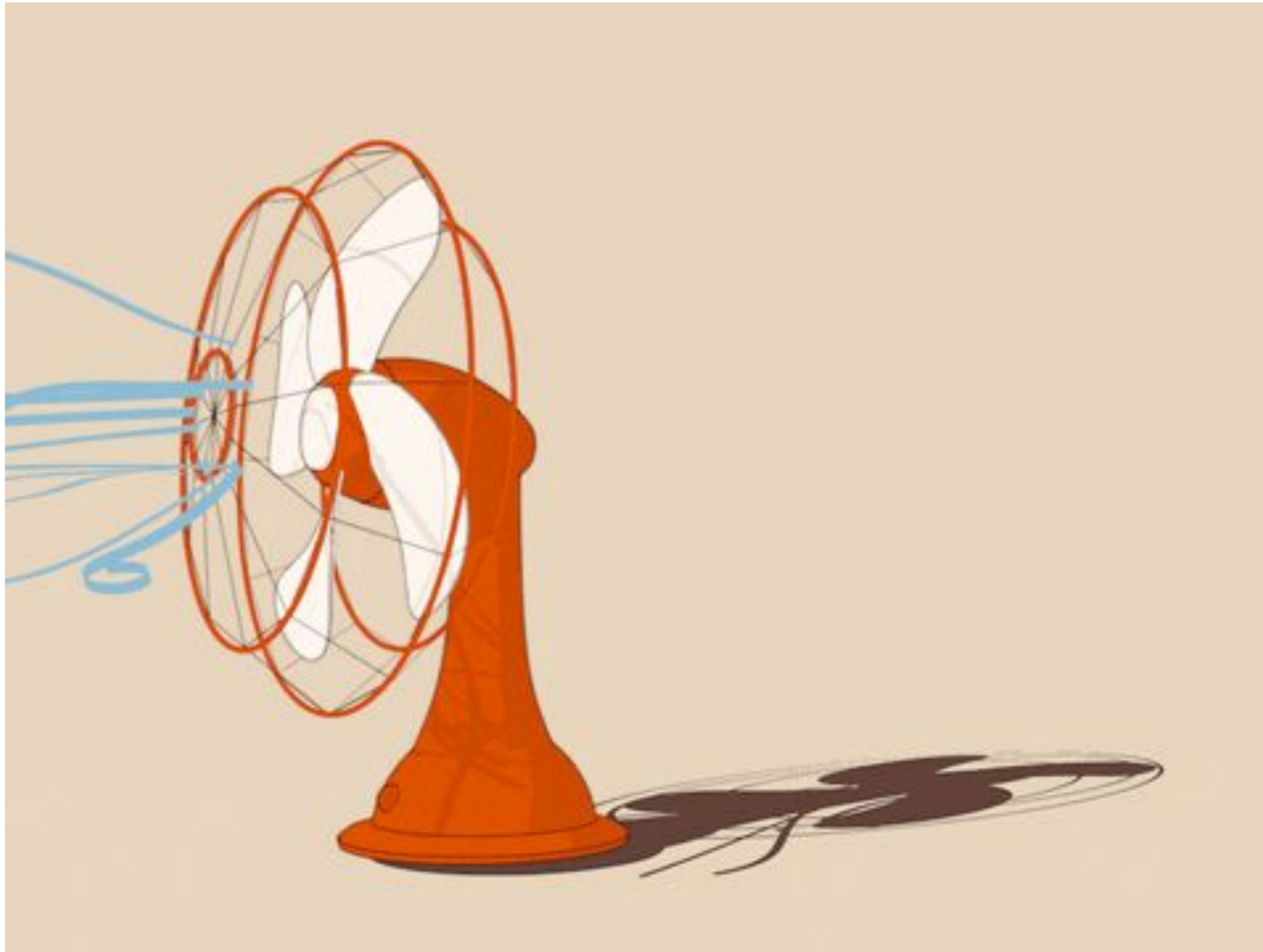
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FIRE



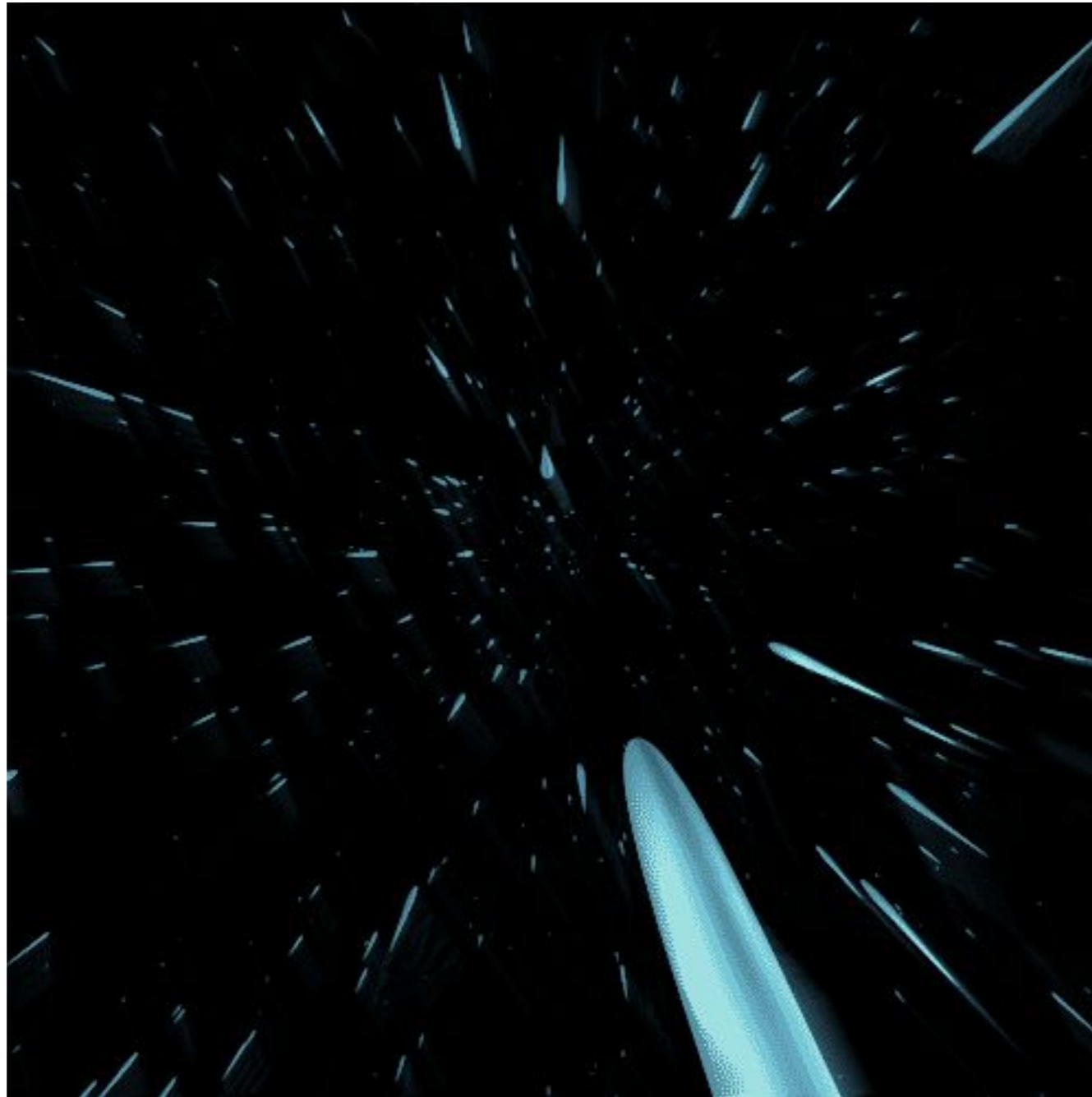
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AIR



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ETHER / SPACE



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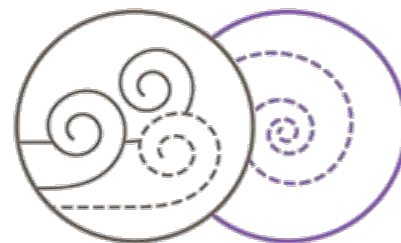
DOSHAS



5 Elements = 3 Doshas



VATA



Air

Ether

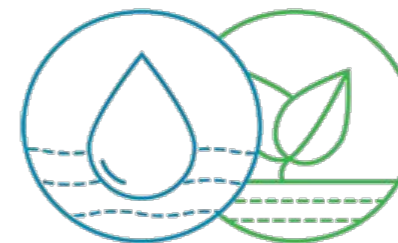
PITTA



Fire

Water

KAPHA

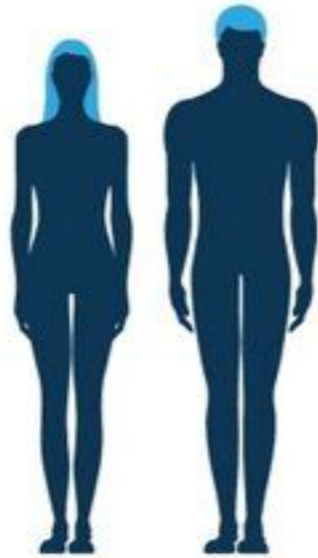


Water

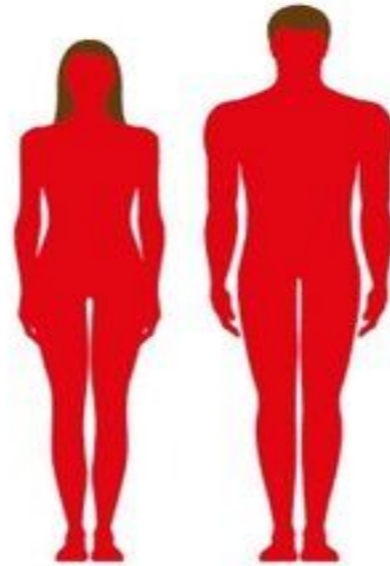
Earth



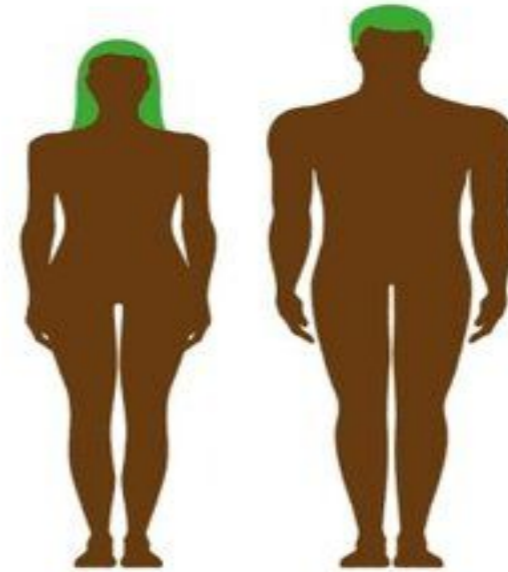
3 dosha and 7 Body Types



VATA | Ether & Air



PITTA | Fire & Water



KAPHA | Water & Earth

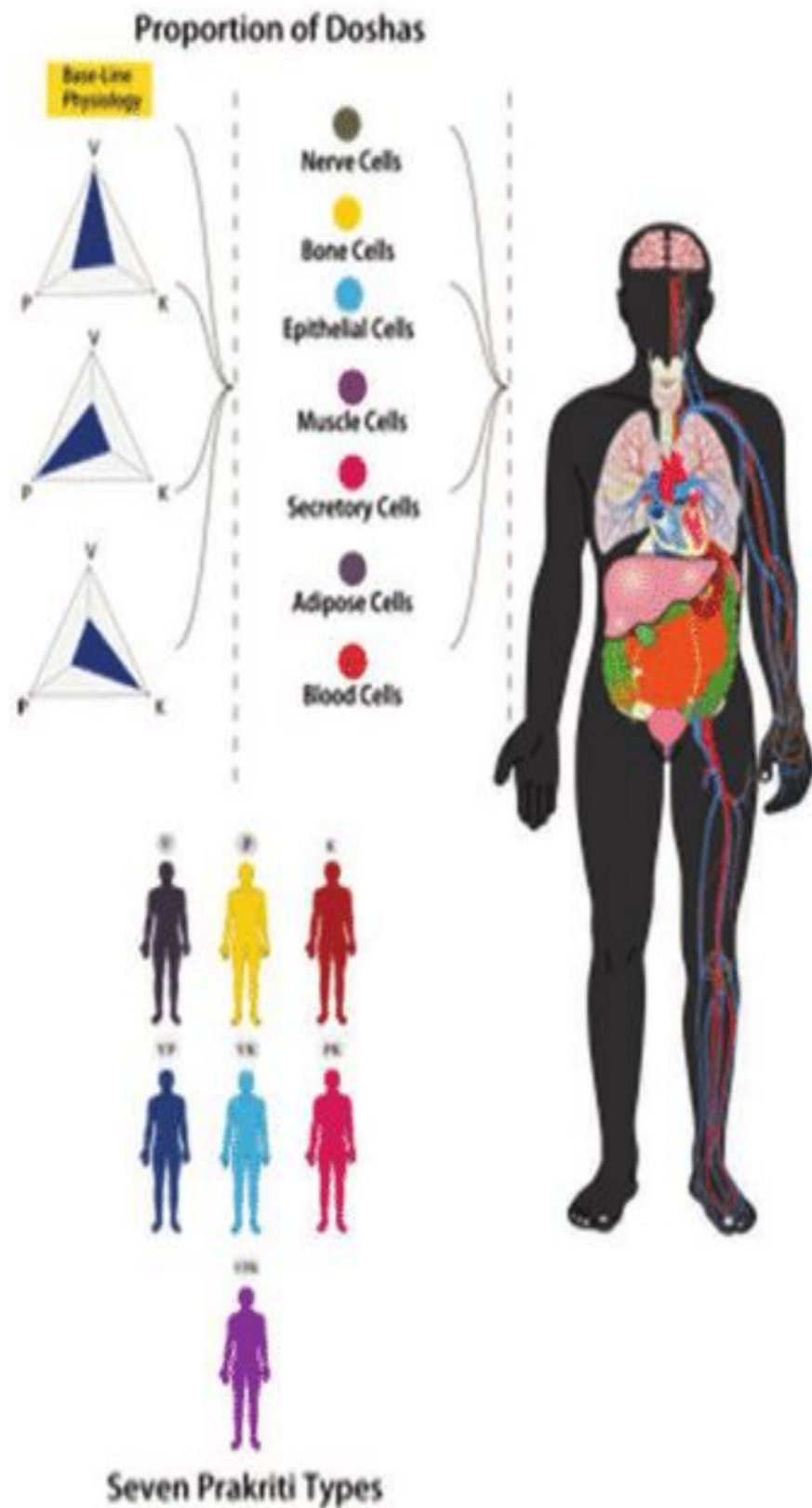


DOSHAS

Kapha - Top part

Pitta - middle part

Vatta - lower part



Vata

Pitta

Kapha

Tissue/Organ/System	Phenotypic features/ Classifying various Prakritis
Brain & Peripheral Nervous System	Movements, Walking, Working Style, Memory Communication abilities
Lower Gut	Bowel & Bladder movements, Stool consistency
Bone Tissue	Body frame-length, Breadth, Shape, Symmetry, texture of Hair, Teeth, Nails
Ear	Auditory memory
Skin	Pigmentation, Moisture, Melanin, Erythema Elasticity, Temperature
Liver & Digestive System	Appetite frequency & amount, Taste, Body weight, Liver function and digestive capacity
Blood	Blood cell counts, Platelet counts, Blood coagulation
Eye	Visual memory
Joints & Covering of Organs	Size, Bulk, Strength of joints
Lungs & Throat	Physical strength/endurance, Lung function (vital capacity)
Adipose Tissue	Body build, Bodyweight gain tendencies, WHR BMI, Skin folds, Lipid serum
Tongue	Gustatory memory, Electrogustometry

Dosha - Age



Kapha
0-14 years

Pitta
14-40 years

Vatta
40+ years



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Dosha Clock

KAPHA

6 am - 10 am

6 pm - 10 pm

PITTA

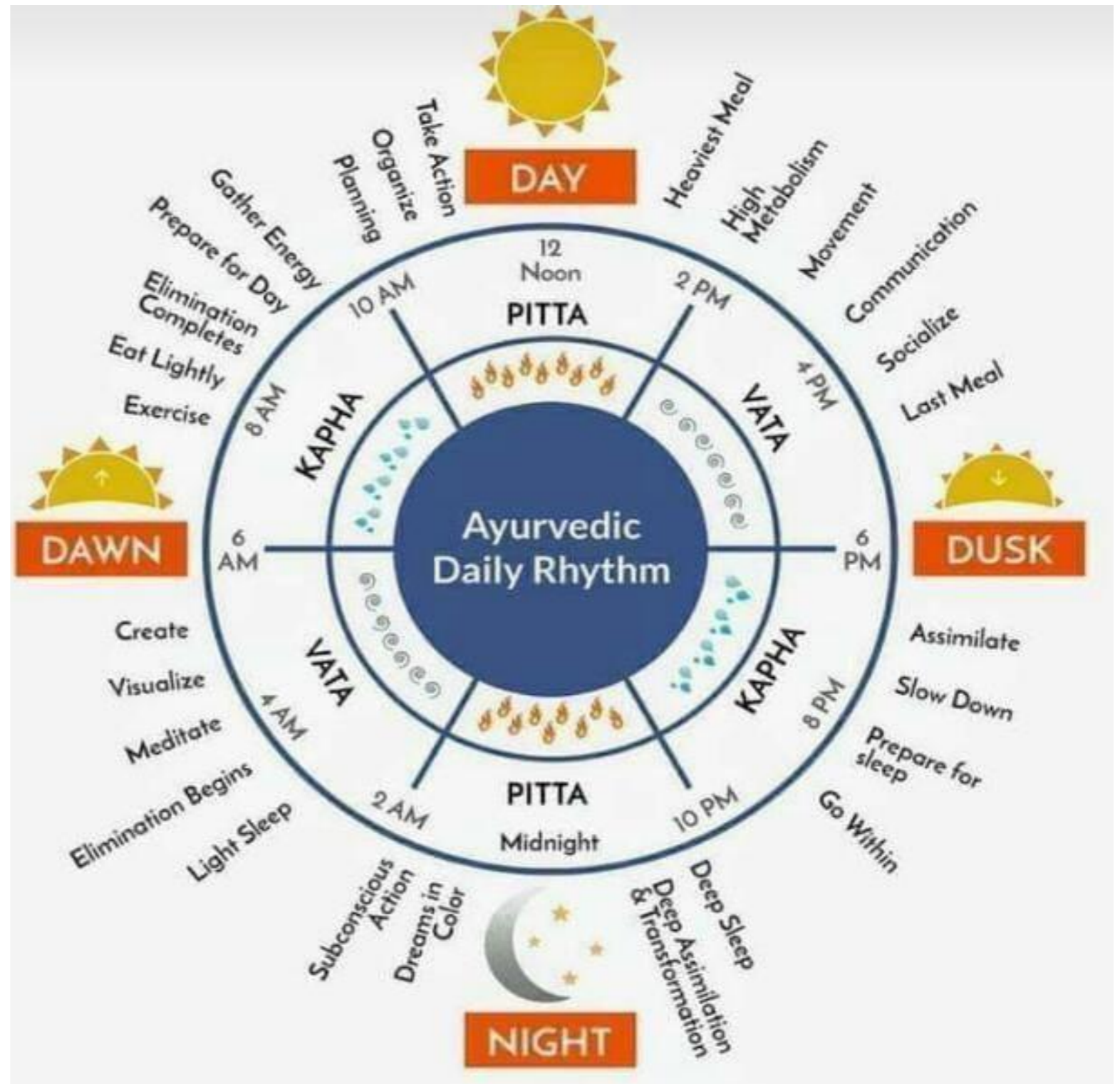
10 am - 2 pm

10 pm - 2 am

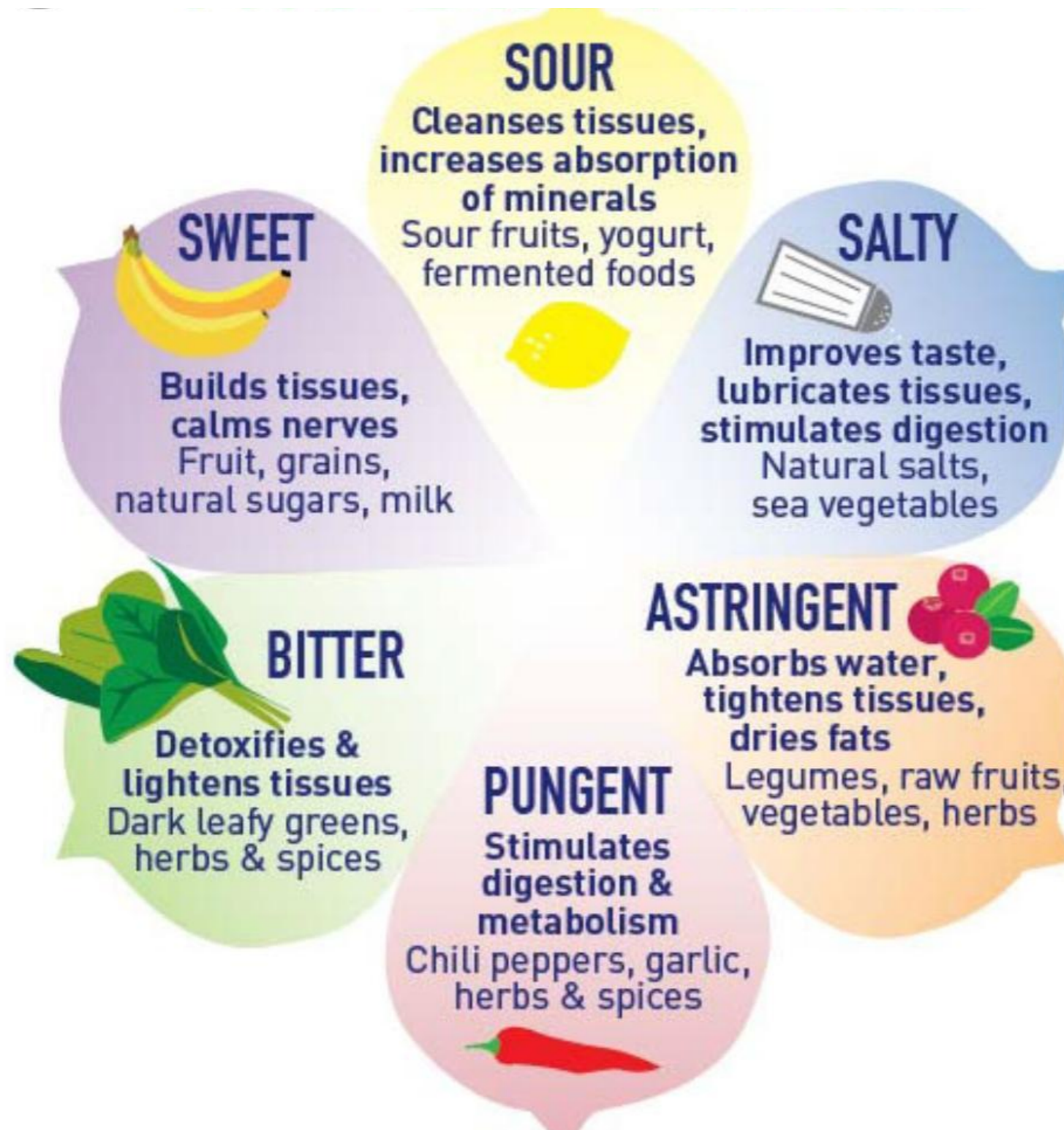
VATTA

2am - 6am

2pm - 6pm



the SIX tastes



Understanding the signs from your body



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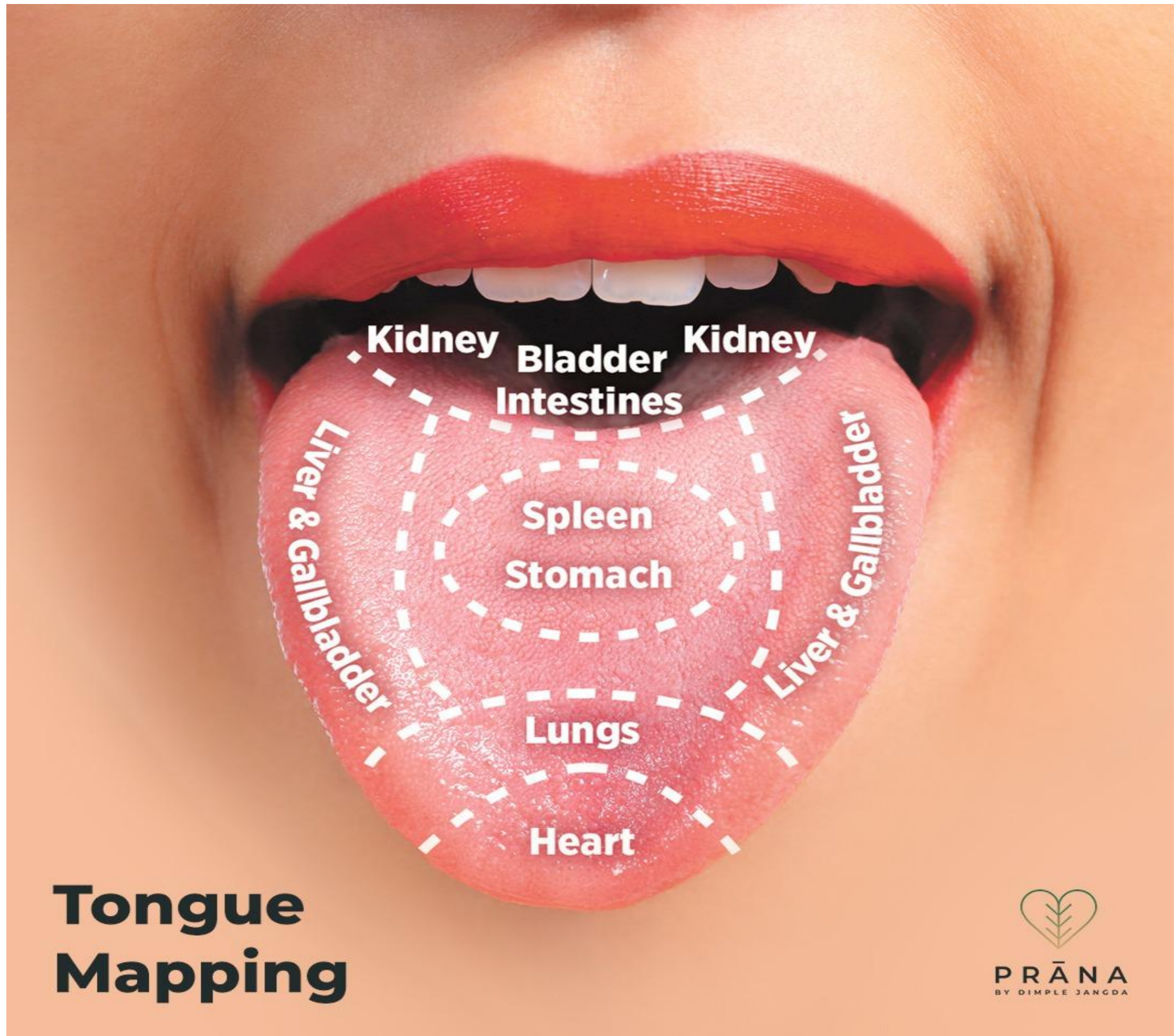
Face Mapping

What does acne reveal about your health?



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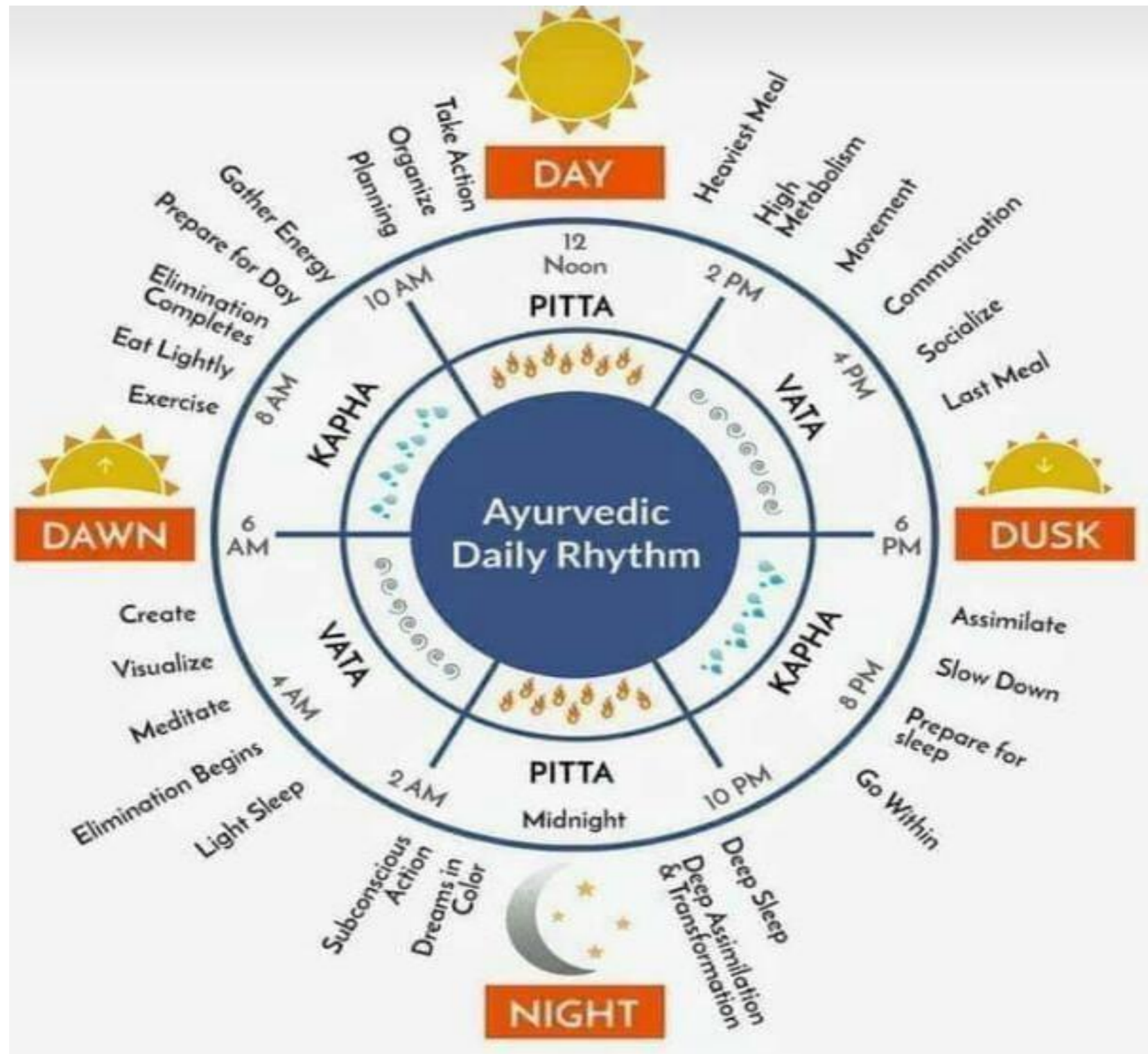
Color of Particle	Material or Area of the Body Being Detoxified
Black	Detoxifying from liver
Black Flecks	Heavy metals
Brown	Detoxifying from liver, cellular debris, tobacco
Dark Green	Detoxifying from gallbladder
Orange	Detoxifying from joints
Red Flecks	Blood clot material
White cheese-like particles	Most likely yeast
Whiter Foam	Detoxifying from Lymphatic system
Yellow-Green	Detoxifying from kidneys, bladder, urinary track, female/prostate area

LET'S RESET YOUR GUT



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Step 1: internal Body Clock



Did u know colon is most active between 5-7am?

- Vata : the downward movement of wind is predominant between 2 to 6am
- Downward movement of wind inside the colon becomes active and remains active btw 5-7 am
- Post that body focuses on metabolic fire to prepare for breakfast, digestion absorption tasks.



Circadian Rhythm

- 5-7 am Meditate, Yoga, stretching, drink 200 ml warm water with ghee
- 7-9am Herbal teas fruits, breakfast, nuts seeds
- 12-2pm biggest meal of the day followed by a probiotic
- 4pm fruits and herbal teas
- 6:30pm soups and well cooked small dinner



Circadian Rhythm

- Begin by following the circadian rhythm of the sun
- After sunrise, finish your workout, and begin the day with herbal teas





Circadian Rhythm

- You can also have a bowl of steamed salads one hour before lunch
- The biggest and heaviest meal should be had between 10am and 2pm
- At 4pm you can have a bowl of fruit as a snack.
- Have the smallest meal before sunset.



Step 2 : Changing your lifestyle

1. Eat only when hungry
2. Eat 80% of your appetite
3. Chew your food 32 times
4. Drink your solids and eat your liquids (sitting down)
5. Do not drink water, watch tv or use mobile when eating

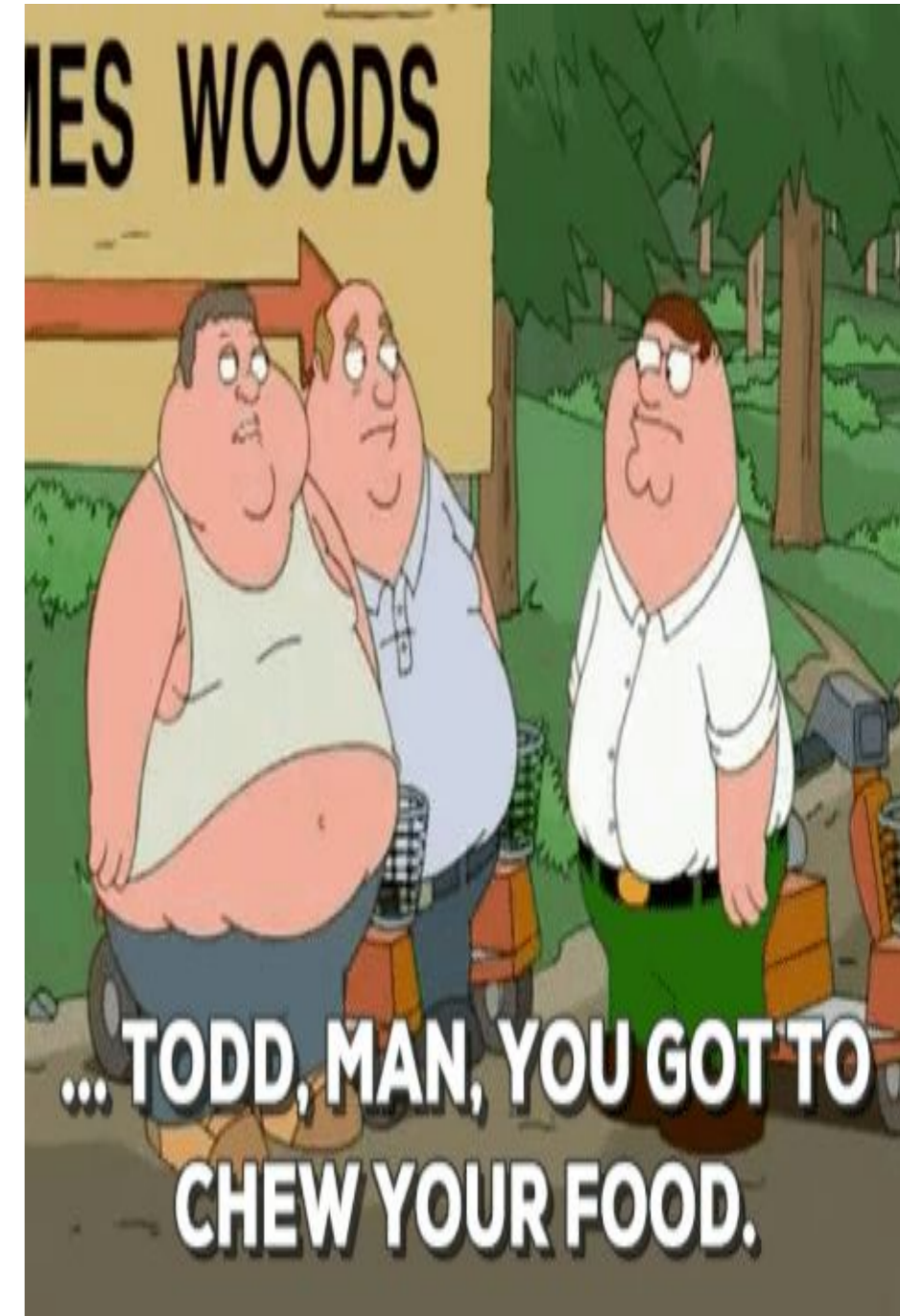
Use your hands to eat food so the body can receive information before you take a bite

Chew your food

To increase our ability to absorb as much goodness as possible from your food, and the easiest of these is to **chew our food**.

The first place digestion starts is in the mouth.

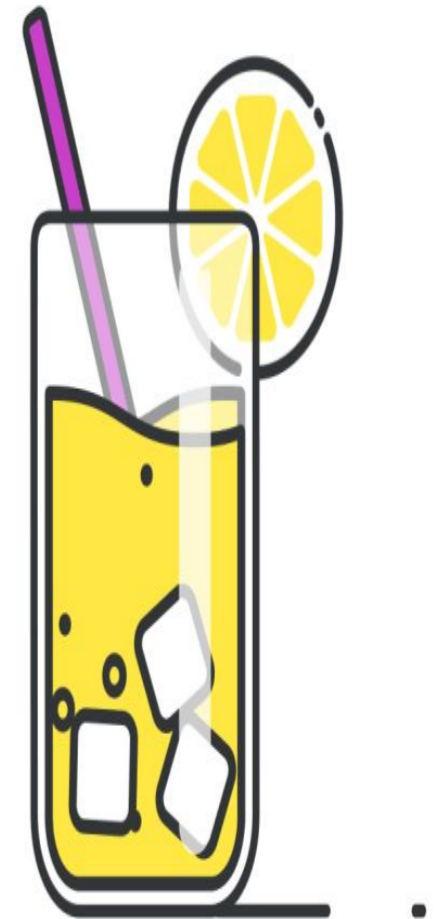
Large pieces of food take much longer to break down than small well chewed pieces.



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BY DIMPLE JANGDA

Digest It Well

- An important part of early digestion process - our **stomach's acid and digestive enzymes**
- Many people don't make enough stomach acid
- **Remedy for low stomach acid production is to have the juice of half a lemon in a small amount of water (50-75mls) before meals.**
- Limit drinks around meals, as this dilutes stomach acid



Step 3 : Food Pyramid

Food Pyramid



20% spices herbs
condiments salt
oils and ghee

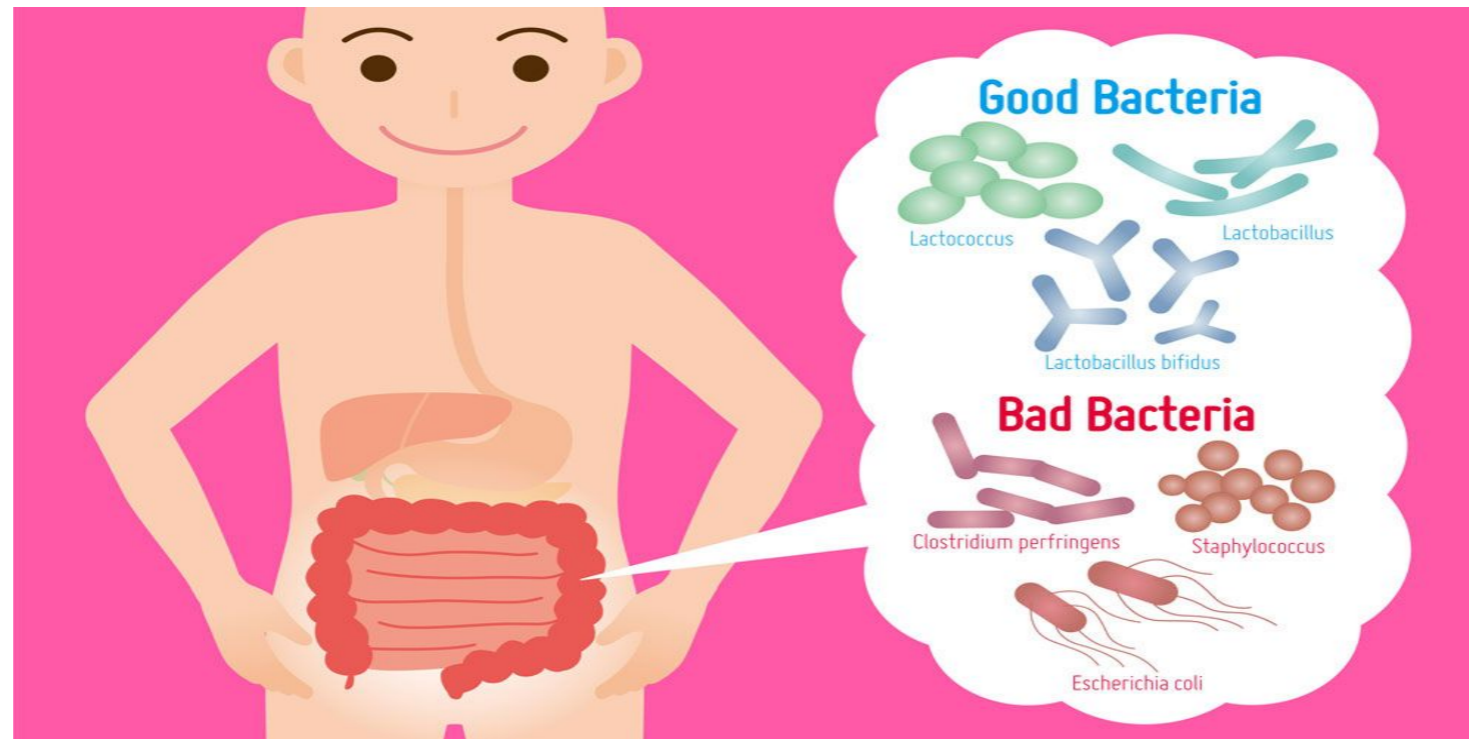


30%, Grains, Legumes,
Lentils Nuts and seeds



50% Fruits and Vegetables

Invest in your Gut Flora



Include Probiotics in your meals



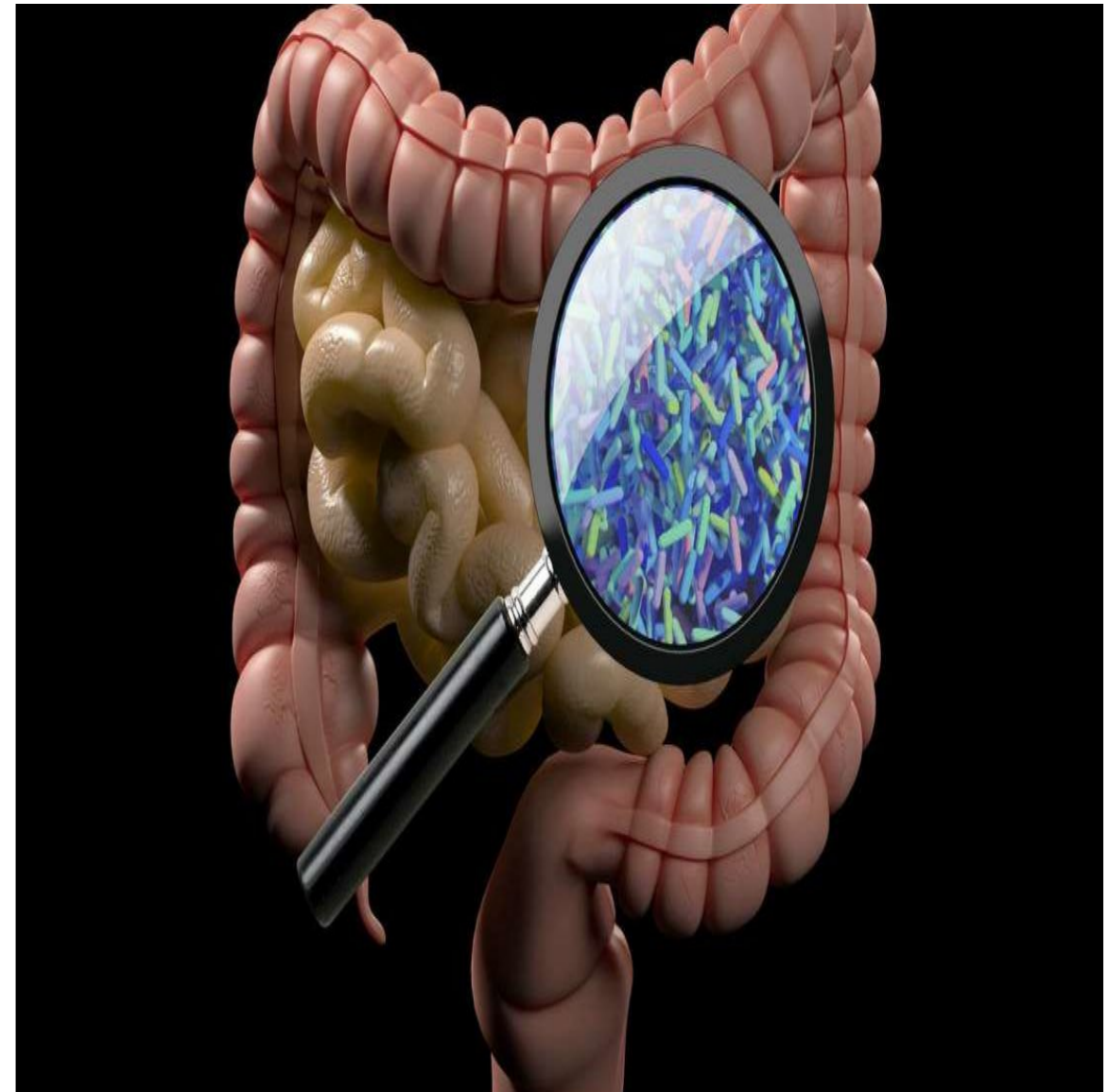
Gut Healthy foods

- Make sure that our body is getting all of the nutrients it needs through a diet including a **variety of coloured plant foods**.
- **Fruits and vegetables** are the richest sources of nutrients
- Other foods to include are whole grains, lentils, beans, nuts etc.



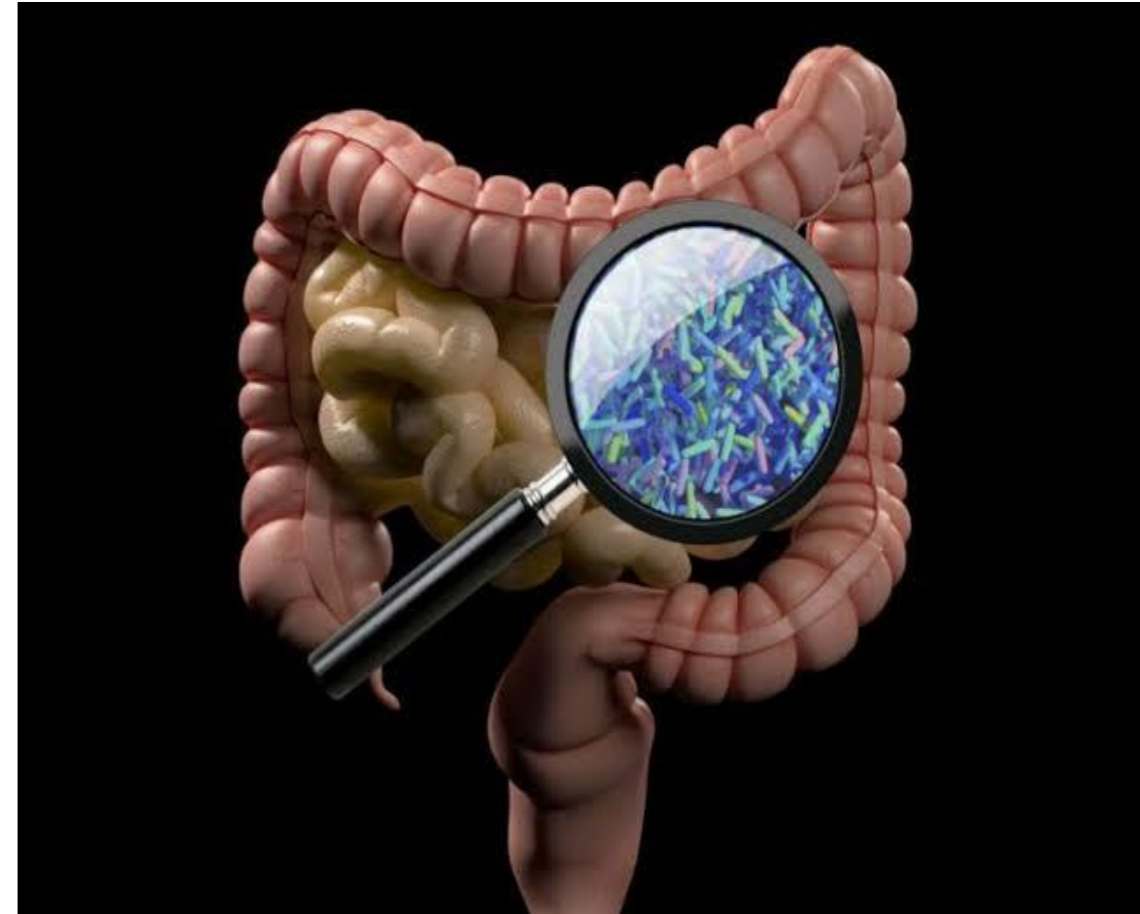
Invest in your Gut Flora

- Fruits – active bacterial enzymes
- Avoid juices / smoothies / milkshakes
- Avoid white sugar, white salt, processed foods
- Pre soak dry fruits
- Pre soak nuts
- Pre soak lentils
- Steamed vegetables
- Mildly spicy foods
- Mildly salt foods
- Well cooked foods



Invest in your Gut Flora

- Fermented foods
- Yoghurt – avoid if you have acid reflux
- Buttermilk
- Jeera tea
- Idli dosa dhokla kombucha kefir sauerkaut



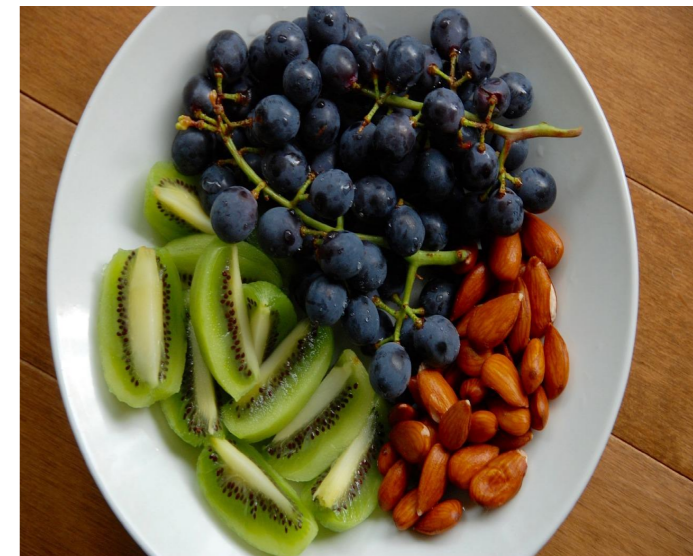
Invest in your Gut Flora

Steamed vegetables Vs Raw Salads



Foods to have empty stomach

- **Raw fruits**
- **Fruits reduce water retention in the body**
- **The imbalance in the mouth and gut bacteria is the reason we suffer from imbalances in the mind, body and emotion.**
- **The gut flora is directly linked to mental and emotional health.**
- **Have well-cooked foods and avoid raw salads.**



Foods to avoid when there is excess body heat

- **Avoid salty foods**
- **Avoid pungent and spicy foods**
- **Drinking wine during this season**
- **Stay away from deep-fried oily foods**



Spices and Herbs

Condiments: chilly, ginger, garlic, fenugreek, ajwain, hing, mustard seeds, jeera, saunf, coriander seeds, salt



Step 4: Digestion period of Foods

Fruits : 1/1/1

Vegetables : 2/2/2

Grains & Pulses : 6/6/6

Milk and Nuts: 6/6/6

Non Veg: 24/24/24

Step 5:Virudhahar

- **Fruits** : DO not mix with milk / Yoghurt / vegetables / grains and pulses / meat
- **Vegetables** : DO not mix with fruits / milk
- **Grains & Pulses** : pre soak them
- **Milk and Nuts** : DO not mix with fruits / vegetables / meat
- **Non Veg** : DO not mix with fruits / milk

Step 1 : circadian rhythm

Step 2 : changing your lifestyle

Step 3: food pyramid

Step 4: understanding digestion time

Step 5: virudha ahar

DETOXIFICATION

PANCHKARMA

- Vaman
- Nasyam
- Sneha Basti
- Virechanam
- Kashaya Basti



BONUS

RECIPES FOR THE GUT

Foods to have empty stomach

- warm water and 1 tsp ghee
- Prana Digestive Tea
- Prana Metabolism Tea
- Prana Kada
- Prana virgin toddy
- tender coconut water
- warm water with lemon



Spices and Herbs

Empty stomach rituals

Constipation / IBS : Ghee in 1 glass warm water

Bloating: Jeera tea recipe

Weight loss : metabolism tea

Alkalise the body: Tender coconut water / lemon water

Bedtime: milk and ghee / milk and haldi / milk and nutmeg

Vegan milk: coconut milk / almond milk





Eliminate constipation issues

Ghee for constipation problems

- Ghee is a rich source of **butyric acid**
- According to many scientific studies : consuming butyric acid improves the metabolism of the intestine and helps in the movement and frequency of stool.
- **Reduces abdominal pain, bloating, and other symptoms of constipation.**
- Helps in **reducing Vata imbalance.**

So how can you fix your constipation with ghee?

Drink 200 ml of warm water with a teaspoon of ghee mixed in it every morning in an empty stomach.



Prana Digestive Tea

If you have been feeling bloated, heavy, gaseous, and general food intolerances, then Prana Digestive Tea is the perfect drink for you!

Made with a concoction of Indian spices:

- Cumin
- Cardamom
- Carom Seeds
- Fennel Seeds

This drink will help improve your digestion so you can enjoy your favorite meal. It is best to have it before meals!



Contact us on:

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PRĀNA
BY DIMPLE JANGDA

Prana Metabolism Tea

If you have been feeling slow, sluggish, or low on energy, then give yourself a boost with the Prana Metabolism Tea.

Made with a concoction of warm Indian spices:

- Cinnamon
- Cardamom
- Clove
- Grated Ginger
- Pepper

Star Anise, Lemon Grass

This drink will help your energy increase and dissolve some of that extra holiday weight. It is best to have it post meals!

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Prana Virgin Toddy

If you have been watching your weighing scale and need to lay off the sugary drinks and burn that holiday weight, then the January Virgin Toddy is perfect for you!

- Tangerine
- Cinnamon
- Cardamom
- Clove
- Grated Ginger
- Pepper
- Apple juice

This drink is sure to boost your metabolism and immunity, while secretly helping you fit back into your favorite old clothes!



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Prana Spiced Buttermilk

If you just went a tiny bit overboard with your lunch, then you need a boost of Indian digestive made with a special concoction of beat curd and indian spices to aid your digestion.

- Beat Curd
- Cumin
- Cilantro
- Asafoetida
- Desi Ghee
- Mustard Seed
- Curry Leaf
- Ginger, Chilly

This indian probiotic drink is perfect after lunch and right before your power nap, as it helps improve gut flora and release serotonin!



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Kada recipe

To reduce kapha (sluggishness in the body) and improve pitta (metabolic fire)

Kada - remedy for flu, sinus, cold, cough

1 cinnamon stick +

1 cardamom +

1 tsp black pepper +

1 tsp grated ginger +

1 clove +

5-6 basil leaves +

pinch of turmeric

Instructions: add ¼ tsp heated gee + 1 glass of water and drink the concoction warm.



Prana Immunity Booster

If you been feeling lethargic and weak from all the jet setting, then seize the day after having the Prana Immunity Booster.

Made with a concoction of Indian spices:

- Desi Ghee
- Cinnamon
- Cardamom
- Clove
- Turmeric
- Ginger
- Pepper

This drink will help you fight the common flu, allergies and common cold due to its anti inflammatory and anti bacterial properties.



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Honey, Ginger, Pepper 🍯

*Effective remedy to reduce **Kapha dosh** in the head and chest region.*

*Take 1 teaspoon of **Organic Honey**, add 1/2 tsp of **grated Ginger**, 1/4 tsp of crushed **Black Pepper**.*

Hold the concoction in your mouth for a few seconds before you swallow it. Honey has a sticky property that effectively removes allergens from your throat area, while ginger and pepper have anti-microbial, anti-bacterial, and anti-inflammatory properties that can help relax and drain the sinus glands.

(Do not mix Honey with water or milk because it has a sticky anti-allergic quality that breaks down when mixed in fluids).

Dimple Jangda

Founder, Prana Healthcare Centre



PRANA ACADEMY FOR AYURVEDIC LIFESCIENCES

- Level 1 Ayurveda Masterclass - Design your own diet
- Level 2 Understanding Ayurvedic rituals for detoxification
- Prenatal care
- Skin and haircare
- Gynaecology
- Herbalism
- Yoga Mudra
- Sports Nutrition

Ayurveda Masterclass

Level 1

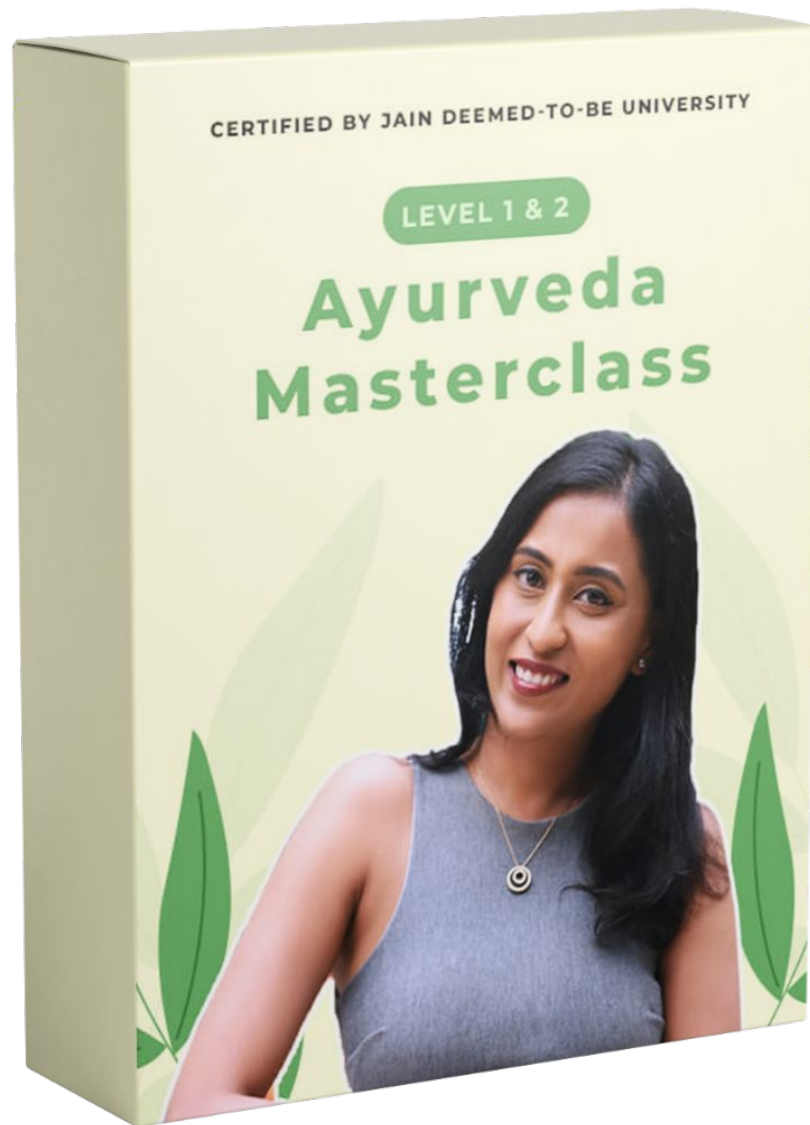


- Tridosha concept (3 body types)
- Panchamahabhoot (5 elements)
- Prakriti analysis (Body constitution)
- Herbal tea recipes
- Dinacharya (daily routine based on circadian rhythm)
- Ritucharya (understanding different seasons)
- Theory of Saptadhatu (seven tissues)
- Intermittent Fasting & Circadian Rhythm
- Agni (digestive fire)
- Food guidelines for each dosha/body type
- Concept of ama (toxins)
- 20 Gunas (20 qualities)
- Koshta (bowel movements)
- Shadarasa (six tastes)
- Panchakarma (5 ways of detoxification)

**Use code PRANA20 to get 20% off
valid only this week**

Ayurveda Masterclass

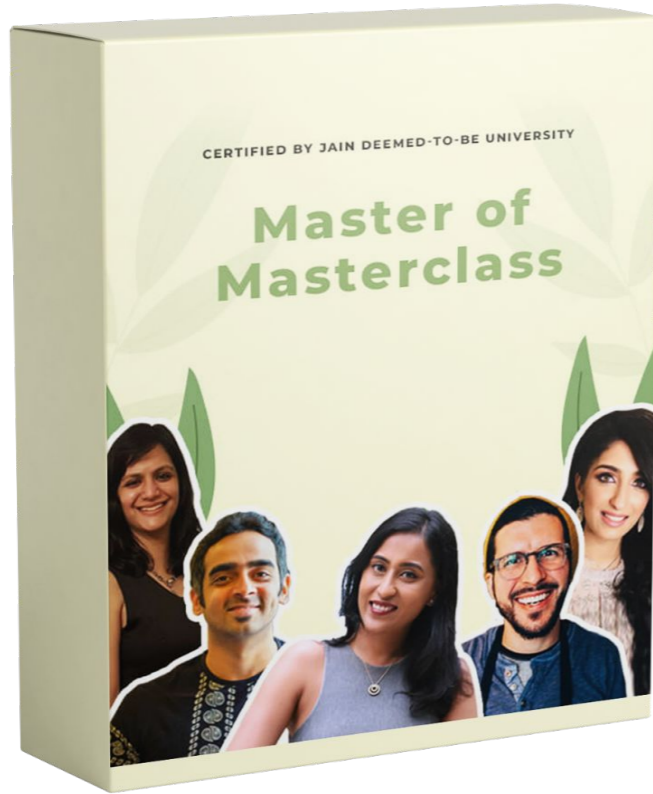
Level 2



- Includes everything in Ayurveda Level 1
- Learn Dinacharya, Ritucharya (Daily & seasonal Ayurvedic regime)
- Learn Saptadhatu & Dhatu related diseases
- Learn about Agni (digestive fire), Ama (toxins) and elimination of toxins
- Learn about Koshta and Panchakarma (5 ways of detoxification)
- Top 10 Herbs to maintain in your kitchen

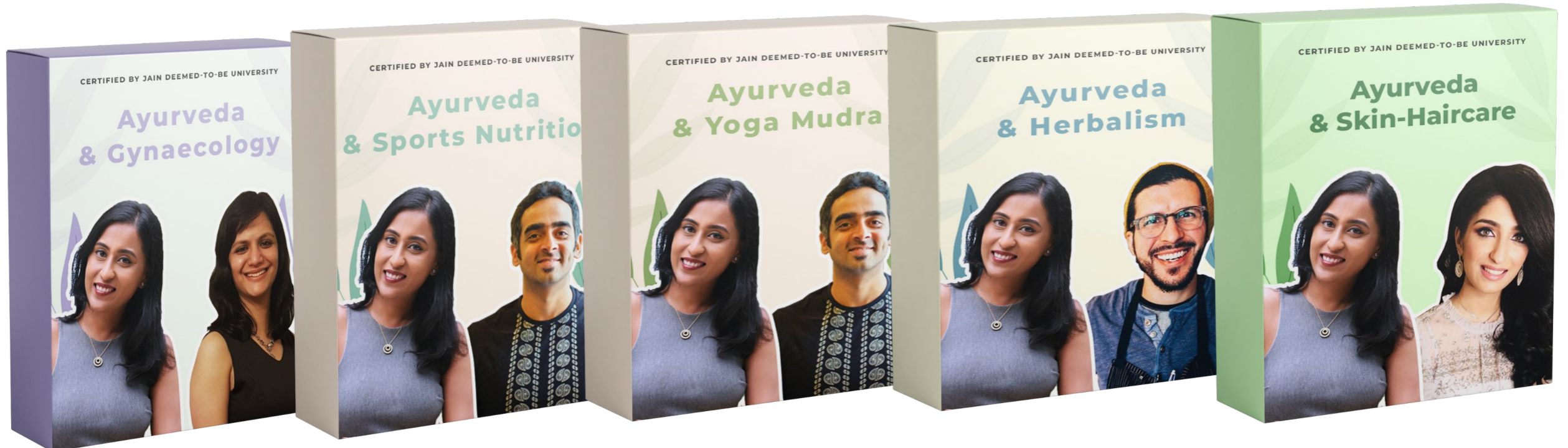
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Master of Masterclass



- Includes all the programs of Prana Academy
- Ayurveda
- Gynaecology
- Herbalism
- Yoga Mudras
- Fitness Nutrition
- Skin & Haircare
- Prenatal Care

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Consultation



Gut Health



Weight Loss



PCOS/PCOD



Infertility



Gastro Intestinal



Digestion Issue



Skin Disease



Kidney Constipation

Use code CONSULT10 to get 10% off
Valid only this week

PRANA Healthcare Centre

GUT Health | Colon Cleanse | Chronic Disease Care Management



document down

Prana Healthcare centre is a **unique and holistic treatment centre**, that marries 5000+ year old Traditional Ayurvedic science with Modern Medical Science,

To provide expertise in Gut Health, Gut-Brain, Gut-skin connection, Colon cleanse, Detoxification, & Chronic disease care Management

Thank you



The collage features three distinct images. The top image depicts a person receiving a massage, with hands visible applying pressure to their back. The bottom-left image shows a woman lying down, smiling, with her eyes closed, suggesting a state of relaxation or sleep. The bottom-right image displays a collection of Prana Healthcare products, including bottles of oil, cream, and face pack, along with a box featuring the Prana logo and the text "Prana Healthcare Centre, Bandra West, Mumbai". The products are arranged on a light-colored surface, surrounded by decorative elements like flowers and a wooden spoon.

