



Blood Pressure Wellness

by Dr. Muni Adarsh

30-Day Guided Program with Prasuk Diet • Herbs • Kayashram • Kayklesh • Kayotsarg

Free with your BP Wellness Kit Purchase



Sukhshata Bharat Pvt.LTD.



Understanding Blood Pressure & Your 30-Day Reset Journey

What is Blood Pressure?

Blood pressure is the force with which blood flows through your blood vessels. When this pressure becomes too high or unstable, it puts extra strain on: The heart, Blood vessels, Brain, Kidneys...

Over time, unmanaged BP can lead to fatigue, anxiety, headaches, and serious health risks.

Persistent high pressure can damage the delicate arteries in the eyes and extremities, potentially leading to vision loss or decreased mobility. Because it often develops without obvious symptoms, untreated hypertension is frequently called a "silent killer," significantly increasing the risk of sudden heart attack or stroke.



What is HIGH BP?

- High BP (Hypertension) means blood is pushing too hard against vessel walls.
- Often caused by stress, poor sleep, excess salt, inactivity, and mental tension.
- Many people feel "normal" but BP remains high silently.



GOOD NEWS

With the right herbs, movement, breathing, diet, and stress management, blood pressure can be naturally supported and stabilized.



HOW THE BLOOD PRESSURE WELLNESS KIT HELPS YOU

Days 1–30: Amla Arjuna Formula

- Supports heart strength, Improves circulation, Helps maintain healthy BP levels, Reduces stress impact on the heart

Daily Practices Included:

- Kayashram – gentle exercises to release vascular tension
- Kayklesh – BP-friendly asanas for circulation
- Kayotsarg – meditation to calm the heart–brain axis

Together, this creates a mind–body BP reset, not just symptom control.

Your kit is a 30-day natural cardiovascular reset program with one focused herbal phase supported by daily practices.



🌱 How to Manage Blood Pressure Naturally (Simple Daily Formula)

- 🥤 Morning Reset : Herbal BP Shot + warm water
- 🧘 Move Daily : 15 minutes Kayashram & Kayklesh (reduces stiffness, improves circulation)
- 🧘♂️ Breathe & Relax: 10 minutes Kayotsarg meditation (calms stress hormones that raise BP)
- 🥗 Eat Smart : Less salt, more fresh foods, light dinner
- 🕒 Time it Right : Early dinner, regular meal timing
- 💧 Stay Hydrated : Plain water, light herbal infusions
- 😴 Sleep Well : 7–8 hours fixed-time sleep supports BP balance.

🌟 Why This Program Works

- ✓ Calms the nervous system first
- ✓ Supports heart & vessels gently
- ✓ Reduces stress-related BP spikes
- ✓ Builds habits for long-term control

🌟 Key Takeaway

Blood pressure is not just about numbers,
it is about stress, rhythm, and balance.

♥️ This is not just a kit.

IT IS YOUR LIFESTYLE RESET.

Blood pressure is essentially the "power" behind your
circulation. Avoid stimulation to make it natural.

Phase 1 – Foundation & Calm (Days 1–10)



Welcome to the first 10 days of your BP Reset Journey!

In this phase, you will:

-  Take your daily Amla Arjuna shot
-  Practice Kayashram warm-ups
-  Perform gentle BP-safe Kayklesh asanas
-  End with Kayotsarg meditation
-  Follow daily lifestyle tips
-  This phase is about Calm, relaxation, and pressure release

DAY	Date	Shots	Kay Shram	Kay klesh	Kay otsarg	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Phase 1 – Light - Calming - Circulation-Supporting

 Morning (Liquids – Post-Fast):  Ash Gourd (White Pumpkin) Soup (cooling, sodium-balancing, vessel-soothing).  Corn Silk + Hibiscus Infusion (natural diuretic, supports BP regulation).  Coconut Fibre Soaked Water (electrolyte balance, gentle hydration).

 Lunch (Main Solid Meal):  Barnyard Millet or Foxtail Millet Khichdi with curry leaves & cumin (light, heart-friendly).  Bottle gourd–lauki stir-fry with turmeric & sesame (reduces fluid retention).  Moong-dal soup with coriander (supports circulation).  Salad: cucumber + tomato + basil + coriander (no root veggies, no added salt).

 Evening (Light Liquids):  Barley water with mint (cooling, pressure-stabilizing).

 Clear ridge-gourd or ash-gourd soup with jeera (calms nervous system).

DAY	WATER	BREAKFAST	LUNCH	DINNER
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Phase 2 – Circulation & Strength (Days 11–20)



Now your body is calmer, it's time to improve circulation and heart efficiency.

Each day:

- 🌿 Take your Amla Arjuna shot
- 💪 Do Kayashram warm-ups
- 🧘 Practice circulation-supporting asanas
- 🧘 Deepen Kayotsarg meditation
- 🥗 Apply BP-friendly lifestyle habits
- 💡 This phase is about Flow, stability, and confidence

DAY	Date	Shots	Kay Shram	Kay klesh	Kay otsarg	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Phase 2 – Ignite & Energize: Spices, Flavors, & Power Foods

☀ Morning (Liquids – Post-Fast) : 🍲 White Pumpkin Soup 🌿 Fennel & coriander seed water infusion (reduces bloating, calms BP spikes) 🥥 Tender coconut water

🍲 Lunch (Main Solid Meal) : 🌾 Bajra or Jowar roti 🥬 Spinach-lauki or spinach-methi curry 🥕 Mixed vegetable curry (ridge gourd, bottle gourd, pumpkin, drumstick) cooked lightly with coconut or sesame base 🍲 Moong dal with ginger, cumin & curry leaves 🥗 Fresh salad : (cucumber, beetroot optional small, tulsi leaves, lemon dressing – no added salt)

🌙 Evening (Light Liquids) : 🍋 Jeera–coriander warm tonic 🌿 Corn silk infusion

🍵 Cinnamon–cardamom herbal tea (warm, calming, improves circulation)

DAY	WATER	BREAKFAST	LUNCH	DINNER
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Phase 3 – Stabilize & Maintain (Days 21–30)



Welcome to next 10 days your Reset Journey!
This phase trains you to maintain BP balance independently.

- 🌿 Daily herbal shot
- 🏃 Consistent movement
- 🧘 Comfortable asanas
- 🧘 Longer meditation
- 🥗 Stable lifestyle rhythm
- 💡 This phase is about Confidence, routine, and prevention

DAY	Date	Shots	Kay Shram	Kay klesh	Kay otsarg	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Phase 3 – Balance & Nourish: Sugar Regulation Plan

☀️ **Morning (Post-Fast, 9 AM – Liquids)** 🥤 Fresh vegetable juice (bottle gourd + coriander leaves + a few drops of lemon) 🍵 Herbal tea (tulsi + rose petals or tulsi + chamomile – calming, BP-friendly) 🍴 **Lunch (Main Solid Meal)** : 🍚 Red rice or little millet 🍲 Masoor dal or thin vegetable dal with cumin & curry leaves 🥬 Light sabzi (any one): snake gourd / ridge gourd / pumpkin / cabbage (steamed) 🥛 Diluted buttermilk with roasted cumin & curry leaves (no salt, no chilli)

🌙 **Evening (Light Liquids):** 🍲 Warm vegetable broth (vegetables + pinch of turmeric + cumin – no salt) 🌿 Soaked flaxseed water or light coriander seed infusion 🍵 Herbal tea: (tulsi + licorice OR tulsi alone)

DAY	WATER	BREAKFAST	LUNCH	DINNER
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				