

eBook

Sattva Reset: *Ayurveda for Moms*

- A Science-Backed Guide to Mental Strength, Physical Vitality & Emotional Balance

By Shvtas – Wellness for the Modern Indian Mother

A Letter From *Shweta*

Dear Strong Mama,

In a world of never-ending reels, rising costs, remote work, shrinking support systems, and overwhelming expectations — being a mom is both beautiful and brutally hard.

You're doing everything: earning, managing the home, nurturing your family, and trying to hold onto yourself. And it's exhausting. That's why I created **Sattva Reset**.

This guide combines the ancient Ayurvedic lens with modern behavioral science to help **you thrive — not just survive**.

Because when you are centered, nourished, and strong — your entire family blossoms.

This isn't about going back in time. It's about **honoring ancient wisdom in a modern context** — where you can still scroll, earn, love, and live with peace, clarity, and power.

This is your reset.

This is your rise.

This is your Sattva.

With love and solidarity,

Shweta Tanwar Mukherjee

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What Is “*Sattva*”?

In Ayurveda, **Sattva** is the quality of clarity, peace, balance, and mental strength.

It is:

- The calm in chaos
- The awareness in reaction
- The compassion in parenting
- The joy of being centered in your truth

When moms embody Sattva, the household breathes easier. Children feel emotionally safe. Health becomes intuitive. Life feels aligned — even in its messiness.

Sattva Reset = Your mind-body-energy cleanse to reclaim emotional strength, clarity, and vitality.



Why *Moms* Today Are *Crashing*

The Modern Mom Matrix

- Hyperconnected, yet isolated
- Financial pressure + emotional labor
- Too many roles, too little rest
- Dopamine overload from social media
- AI replacing jobs = rising anxiety
- One or two-person parenting systems
- No village. No rhythm. No pause.

The Science of Burnout

- Chronic stress = elevated cortisol = hormone imbalance
- Mental overload = decision fatigue
- Blue light + screen time = poor sleep & anxiety
- Multitasking = scattered brain & reduced memory
- Social comparison = low self-worth

The Sattva Reset *Framework*™

3 Pillars of the Sattvic Mom

1. Manas Shakti (Mental Strength)

Your mind is your most powerful ally. You need rituals that nourish it daily.

2. Sharir Bala (Physical Strength)

Your body is not a machine. It needs rhythmic care, not extreme overhauls.

3. Rasa Flow (Emotional Clarity + Joy)

You are the emotional anchor of your family. When your joy flows, your family blooms

Manas *Shakti* – *Rituals* for a *Stronger Mind*

Daily Mental Wellness Practices

1) Phone-Free Mornings (First 45 mins)

- Scientific reason: Reduces cortisol spike
- Ayurvedic reason: Avoids Vata imbalance

2) Pranayama (5 mins)

- Anulom Vilom or Bhramari to balance left-right brain activity

3) Dincharya Anchor

- Same wake-up, sleep, and meal times — helps regulate circadian rhythm and mental balance.

4) Mental Declutter Ritual

- Journaling for 5 minutes each evening
- Prompt: “What am I holding onto that I no longer need?”

5) Sattvic Mind Diet

- Avoid gossip, news overload, violent content
- Consume spiritual talks, soulful music, and **nourishing ideas**

Sharir Bala – Vitality Without Burnout

Ayurvedic Energy-Boosting Hacks

1) Abhyanga (Oil Massage)

- Science: Activates parasympathetic nervous system
- Ayurveda: Balances Vata, strengthens bones, calms anxiety

2) Khichdi Days (Once a Week)

- Gut reset. Gives agni (digestive fire) a break.

3) Cycle-Aware Fitness

- Menstrual: Rest + Yin yoga
- Follicular: Walks + Strength
- Ovulation: HIIT or Dance
- Luteal: Slow stretches + Pranayama

4) Simple Herbs for Everyday Moms

- Ashwagandha: Adaptogen, reduces stress
- Triphala: Detox and digestion
- Shatavari: Hormone balance
- Mulethi: Soothes throat and nourishes skin

5) Hydration Ritual

- CCF (Cumin-Coriander-Fennel) Water
- Sips every 30–60 minutes = steady energy

Rasa Flow – Your Joy is Sacred

Emotional Health Practices for Moms

1) 1 Hour of Joy Per Week

- Non-negotiable. Not about productivity. Just joy.

2) Soul Talk Circle

- 1–2 friends or sisters to speak vulnerably without judgment

3) Nidra for Nervous System Reset

- Try 15 mins of Yoga Nidra midweek for hormonal harmony

4) Play With Your Kids (10 mins/day)

- Play relieves stress, builds connection, and resets your nervous system too.

5) Evening Let-Go Ritual

- Light a candle and release all you couldn't do today with a simple mantra:
- *“I did enough. I am enough. I let it go.”*

Ayurveda in the *Age of AI & Social* Media

Modern-Day Vata Aggravators

- Constant scrolling = scattered prana
- Comparison = mental depletion
- AI-replacement fear = survival stress
- Never-switching-off = depleted ojas (vitality)

Digital Balance for Moms

1) Use technology consciously:

- 1 hour/day cap on social
- One screen-free day per week
- Use apps that track your attention, not steal it

2) Content audit every month

- Who makes you feel anxious or small? Unfollow.

3) Focus on creation, not just consumption

- Create art, words, photos — this returns joy.

Rhythmic Living — The Ultimate Reset

Rituals create safety. Rhythm creates resilience.

Align With Nature

- Wake with the sun
- Eat with the sun
- Wind down with the moon
- Pause on your period
- Celebrate new & full moons

Daily Rhythm Blueprint (for Working Moms Too)

Time	Ritual
6–7 AM	Wake, sip warm water, silence, stretch
7–9 AM	Light breakfast, family connect time
9–5 PM	Work (with breaks, conscious food)
6–7 PM	Nature walk / unplug time
8 PM	Light dinner (soupy, warm)
9 PM	Wind-down: screen off, oil feet, journal

The Sattva Reset *Plan (21 Days)*

Week 1: Reset the Mind

- Phone-free mornings
- Journal each night
- Pranayama every day

Week 2: Fuel the Body

- Abhyanga 2x
- Khichdi on Day 4
- Begin gentle movement

Week 3: Elevate the Emotion

- 1 joy hour
- Candle ritual nightly
- Connect with your circle

Use the printable tracker (included) to log your rituals, mood, and micro-wins.

Final *Reflection* Page

- What have I learned about myself this month?
- What new habits feel like home?
- What am I letting go of for good?
- What would a Sattvic version of me do today?

“You don’t need to be perfect. You just need to be in rhythm. Ayurveda doesn’t ask you to be flawless. It asks you to be in tune.”

