

A woman with long dark hair, wearing a bright yellow robe, stands in a room. She is holding a clear glass of water to her lips with her right hand. In front of her is a large, open suitcase filled with various items, including a white shirt, a pair of white socks, and a small black bag. To her left, another suitcase is partially visible. The room has light-colored wooden walls and a window with a wooden frame in the background. The overall atmosphere is warm and inviting.

Sacred Vitality Travel Kit

A complete Ayurvedic checklist for health-conscious travellers who refuse to leave their wellbeing at home.

This guide brings together everything you need to protect your digestion, nourish your ojas, and anchor your nervous system — wherever in the world you find yourself.

AYURVEDIC TRAVEL GUIDE

HOLISTIC SELF-CARE

Your Core Principle

You're not just packing for convenience — you're protecting your energy, digestion, and nervous system so your body can stay open, steady, and receptive.

Travel disrupts the body's natural rhythms. Changes in time zones, unfamiliar foods, erratic meal times, and the sheer stimulation of new environments can quickly unsettle even a well-balanced constitution. Ayurveda recognises this as a Vata-aggravating phenomenon — dryness, irregularity, and scattered energy become the default state when we move through the world without intention.

This kit is built on a simple but profound premise: when you travel with the right tools and a few non-negotiable rituals, your body retains its ability to digest, rest, and restore. You don't need to bring an entire apothecary. What you need is a curated selection of supports that address the most common travel imbalances — sluggish or erratic digestion, depleted vitality, frayed nerves, and loss of grounding.

Think of this checklist not as a burden to pack, but as a love letter to your future self — the one who arrives feeling steady rather than depleted, and who returns home having genuinely nourished themselves along the way.

Support Digestion Early

Address agni before it becomes a problem, not after discomfort has already set in.

Eat Warm & Regular

Warm, cooked meals eaten at consistent times are the single greatest anchor for a traveller's digestion.

Anchor with Ritual

One or two non-negotiable daily practices carry the thread of home wherever you go.

Rest After Transit

Oil the body and slow down intentionally after travel days to restore what movement depletes.

Introduction & Find Your Dosha

I still remember the first time someone described my constitution back to me. I had spent years believing there was something wrong with me — that my racing mind, my cold hands, my tendency to begin ten things and finish three were flaws to be corrected. Then a teacher looked at me and simply said, "That is Vata. That is the wind moving through you." And something in me exhaled. It was a behaviour pattern of vata. And these patterns, unlike flaws, can be understood and often brought to greater harmony.

This is the heart of Ayurveda, and it is where I would love to begin with you.

Ayurveda — the ancient "science of life" — teaches that each of us is woven from the five elements: earth, water, fire, air, and ether. These elements gather into three living intelligences called doshas, and every woman carries all three within her, in her own unique proportion. That proportion is her constitution — her prakriti — the blueprint she was born with. It shapes how she digests food and emotion, how she sleeps, how she loves, how she burns out, and how she comes back to herself.

In my work, I've come to know these doshas as feminine archetypes, because that is how they actually live in a woman's body and psyche.

Vata, the energy of air and ether, I call the **Mystic Muse** — visionary, creative, quick as birdsong, and prone to scattering when ungrounded. **Pitta**, the energy of fire and water, is the **Focused Flame** — radiant, determined, brilliant at transformation, and prone to burning too hot when she forgets to soften. **Kapha**, the energy of earth and water, is the **Earth Priestess** — steady, nourishing, deeply loyal, and prone to heaviness when life asks her to move and she stays still. And though I speak of these energies as feminine archetypes — yes — the same elemental currents move through men's bodies too. A man can be all wind and vision, all fire and drive, all earth and steadiness. The doshas belong to life itself; the archetypes are simply how I've come to honour their expression.

Here is the reframe I wish someone had offered me sooner: your dosha is not a diagnosis. It is not a box, and it is certainly not a list of everything you must give up. It is a mirror. When you know your constitution, your so-called struggles begin to make sense — the 3am wakefulness, the midday irritability, the afternoon heaviness. You stop fighting your nature and start working with it. Healing, I have found over more than eight years of practice, is far less about fixing and far more about remembering who you already are.

So where do you begin? You begin by meeting yourself. Take a quiet moment, a cup of something warm, and let yourself answer honestly — not as the woman you think you should be, but as the woman you are.

One of the simplest ways to glimpse your constitution is hidden in your own wrist. Wrap the thumb and middle finger of one hand around the opposite wrist. If your fingers overlap easily, your frame carries the light, fine bones of the Mystic Muse — air and ether. If they just touch, tip to tip, you have the balanced, athletic frame of the Focused Flame — fire's precise proportions. And if there's a gap between them, your body holds the generous, sturdy bones of the Earth Priestess — earth's beautiful solidity.

I wonder: when you read the three archetypes above, did you feel one whispered your name?

With love,
Amrita

Digestive Spices — Agni Support

PACK IN SMALL JARS OR TRAVEL TINS

In Ayurveda, agni — the digestive fire — is considered the seat of health. When agni is strong, we assimilate nutrients, process emotions, and clear metabolic waste effectively. Travel is one of the most reliable ways to compromise agni, which is precisely why packing your own spices is one of the most powerful things you can do for yourself on the road. Even a small tin of the right spices can transform a bland hotel meal or a simple bowl of rice into something genuinely nourishing.

These six foundational spices have been used in Ayurvedic cooking for thousands of years. They are warming, carminative, and deeply supportive of the gut-brain connection. Carried in small glass jars or airtight travel tins, they take up almost no space and weigh very little — yet their impact on your digestive comfort can be extraordinary.

Essential Seven

- ☐ Black pepper
- ☐ Cumin seeds
- ☐ Coriander seeds
- ☐ Fennel seeds
- ☐ Cloves
- ☐ Saffron
- ☐ Pink salt

Optional Blend

CCF Tea — a pre-mixed blend of cumin, coriander, and fennel — is perhaps the most beloved digestive tea in the Ayurvedic tradition. Brewed in your thermos each morning or after meals, it gently stimulates agni, reduces bloating, and soothes the gut lining. Consider preparing a small bag of this blend before you travel so it's ready to steep at any moment.

- ☐ Pre-mixed CCF tea (cumin + coriander + fennel)

📖 Best for Mystic Muse (Vata) and Earth Priestess (Kapha). These warming, carminative spices help kindle irregular or sluggish agni and add grounding warmth. Focused Flame (Pitta) can enjoy the CCF tea blend freely, but should use black pepper and cloves more sparingly.

Rasayana Nourishment — Building Ojas

📖 The goal is not perfection — it's having a reliable foundation of nourishment that your body recognises and trusts.

Ojas is the Ayurvedic concept of vital essence — the refined product of complete digestion and the subtle substance that underlies immunity, radiance, mental clarity, and emotional resilience. Travel, with its demands on the nervous system and its tendency to disrupt sleep and digestion, can quietly erode ojas over time. Carrying rasayana foods — traditional vitality-building foods — means you always have access to deep nourishment, even when good options aren't readily available around you.

These foods are not complicated, and many of them travel beautifully. They require no refrigeration, pack light, and can be eaten as snacks, stirred into warm water, or added to whatever simple meal you manage to assemble. The goal is not perfection — it's having a reliable foundation of nourishment that your body recognises and trusts.

Coconut

Chips or flakes. Grounding, sweet, and deeply nourishing for Vata. A perfect travel snack.

Raisins & Goji Berries

Both are classic ojas-building foods. Sweet, easy to carry, and packed with gentle vitality.

Seeds

Chia, sunflower, pumpkin, and sesame — a small pouch of mixed seeds provides protein, healthy fats, and sustained energy.

Ghee & Raw Honey

A small jar of each. Ghee lubricates the gut and supports absorption; raw honey is a gentle rasayana used medicinally in Ayurveda for centuries.

The 7 Non-Negotiable Herbs

These are the essential rasayana herbs to carry when you want a simple, travel-friendly way to protect vitality. A small capsule bottle, powder tin, or tea bag stash can make it much easier to stay nourished, steady, and resilient on the road.

Herb	What It Does	Best Dosha	On the Move
Ashwagandha	Adaptogen that builds resilience to stress and deeply nourishes ojas	Mystic Muse (Vata) & Focused Flame (Pitta)	Take as capsules or stir powder into warm water/milk before bed.
Shatavari	Cooling, nourishing tonic that supports hormonal balance and soothes irritation	Focused Flame (Pitta) & Mystic Muse (Vata)	Powder mixed into warm milk or water, morning or evening.
Triphala	Gentle overnight detox that supports regular, complete elimination	Tridoshic, especially grounding for Earth Priestess (Kapha)	Tablets or powder in warm water 30 minutes before bed.
Tulsi (Holy Basil)	Clears the mind, supports immunity, and eases everyday stress	Tridoshic, especially cooling for Focused Flame (Pitta)	Tea bags travel easily; steep anywhere hot water is available.
Brahmi	Sharpens memory and mental clarity while calming an overactive mind	Mystic Muse (Vata) & Focused Flame (Pitta)	Capsules, taken with breakfast.
Neem	Purifies blood and skin, cooling to inflammation	Focused Flame (Pitta) & Earth Priestess (Kapha)	Capsules, easiest travel-friendly form.
Ginger	Kindles sluggish digestive fire and eases nausea or motion sickness	Mystic Muse (Vata) & Earth Priestess (Kapha); Focused Flame (Pitta) should use in moderation	Fresh slices, crystallized ginger, or tea bags.

USA

- **Banyan Botanicals** (banyanbotanicals.com) — the gold standard for practitioners. They offer triphala as powder, tablets, and liquid extract, all certified organic, plus nasya oil, dosha-specific abhyanga oils, and travel sizes. Free shipping over \$60, and they publish full sourcing transparency. [Banyan Botanicals](https://banyanbotanicals.com)
- **Maharishi Ayurveda / MAPI** (mapi.com) — premium classical formulations; their Triphala Rose is a well-loved traditional formula for digestion and gentle daily detox, and they make an excellent nasya oil. [Maharishi AyurVeda](https://mapi.com)

Europe

- **Amla Natur** (amla.com — Germany, ships EU-wide including Spain) — established since 1998, they cook their oils and ghees in their own manufactory using traditional Ayurvedic methods, and stock a wide range of spices, teas, foods, and accessories for daily Ayurvedic living. Everything is organic and BDIH certified with climate-neutral shipping. Probably your best single EU source. [Amla Natur](https://amla.com)
- **Cosmoveda** (cosmoveda.de — Germany) — beautiful organic taila oils, churnas, and spice blends; their massage oils, including the classical Indian ones, comply with the European Cosmetics Regulation with current EU-standard safety assessments — a genuine advantage, since many imported oils don't. [Amla Natur](https://cosmoveda.de)
- **Ayurdeva** (ayurdeva.de — Germany, English site, ships EU) — a multi-brand retailer that's handy for one-stop travel-kit shopping: they stock Maharishi Nasya Oil in 10ml and 50ml sizes, Cosmoveda churnas, and Classic Ayurveda sesame and massage oils — that 10ml nasya is perfect for carry-on. [AYURDEVA](https://ayurdeva.de)
- **Pukka Herbs** (pukkaherbs.com, UK/EU) — for organic teas and herbal capsules; widely stocked in health-food shops across Spain too, including many herbolarios.
- **Maharishi Ayurveda Europe** (ayurveda-products.eu) — the EU arm of MAPI, so you get their formulations without US import duties.

Fushi Wellbeing — Your UK Source for the Ayurvedic Travel Apothecary

Essential. Organic Triphala capsules (60 caps, Fresh-Ground® from the three fruits) — the ideal TSA-friendly tablet format, taken as two capsules with warm water on an empty stomach before bed. Their organic cold-pressed sesame oil decants beautifully into a 100ml travel bottle for abhyanga.

Recommended. Organic Ashwagandha capsules for a tired and exhausted nervous system in transit. Organic Amalaki capsules — a rejuvenative for the whole body that helps expel excess heat, lovely for the Focused Flame traveller. Their sweet almond oil makes a gentle facial and marma oil.

Nasya oil — order with a 10ml Maharishi Nasya Oil from Ayurdeva or Maharishi Ayurveda Europe to co

Direct from fushiwellbeing.com (the fullest range and freshest stock), or through UK stockists including Maharishi Ayurveda UK (maharishayurveda.com), Healf (healf.com), and most good independent health-food shops across Britain. Fushi ships internationally, so orders reach Spain and the wider EU as well.

Herbal & Digestive Support

Herbal allies are the quiet backbone of any Ayurvedic travel kit. Where food and spices provide daily support, herbs provide targeted therapeutic action when the digestive system needs a more direct intervention. Travel constipation, bloating after unfamiliar foods, or the dull heaviness of jetlag are all situations where a small capsule or warm herbal tea can genuinely shift your experience from suffering to ease.

The herbs listed here are among the most universally applicable and safe for most constitutions. That said, if you have a specific herbal protocol with a practitioner, always prioritise their guidance over general recommendations. These are starting points — intelligent, time-tested ones.

Triphala

Perhaps the most essential Ayurvedic travel herb. A blend of three fruits — amalaki, bibhitaki, and haritaki — triphala gently tones the entire digestive tract, supports regular elimination, and acts as a mild detoxifier. Take 2–3 capsules or a teaspoon of powder in warm water before bed. Especially useful during the first few nights in a new time zone.

Digestive Herbal Blend

A hingvastak or trikatu-style blend provides warming, penetrating action on sluggish or congested digestion. These blends typically combine ginger, black pepper, long pepper, and asafoetida to kindle agni and dispel gas. A few capsules taken with meals can make a significant difference when eating unfamiliar foods.

Ginger

Fresh ginger root or ginger powder is perhaps the most versatile digestive tool available. A few thin slices of fresh ginger with a pinch of pink salt taken before meals stimulates digestive enzymes. Ginger powder stirred into hot water is a simple and effective digestive tea that works at any hour.

Herbal Teas

A small selection of herbal teas tailored to your needs can provide enormous comfort on the road. tulsi (holy basil) for immune support and stress; fennel for bloating and calm; licorice root for soothing an irritated gut or throat. Choose 2–3 that resonate most with your constitution and current needs.

Nervous System & Grounding

Of all the systems disrupted by travel, the nervous system is perhaps the most quietly affected. The constant novelty, stimulation, and unpredictability of being away from home keeps the nervous system in a mild state of activation — a kind of low-grade alert that, over days and weeks, accumulates into exhaustion, anxiety, poor sleep, and emotional fragility. Vata dosha governs the nervous system, and travel is quintessentially Vata-aggravating: movement, dryness, irregularity, wind, and speed.

The three items in this section are not luxuries — they are medicine for the nervous system. They require minimal effort to use and deliver disproportionate returns in terms of how grounded, calm, and embodied you feel throughout your travels.

Sesame Oil or Castor Oil

A small bottle of cold-pressed sesame or castor oil is one of the most powerful grounding tools you can pack. Used for abhyanga (self-massage) or simply rubbed into the soles of the feet before bed, sesame oil is warming, heavy, and deeply nourishing to the nervous system. Even five minutes of foot massage before sleep can noticeably reduce Vata agitation and improve sleep quality while travelling. Castor oil is more penetrating: supportive for Vata balance, detox, digestion, and pain relief. Apply to the belly button, skin, or hair for deep moisture and stronger, healthier growth.

- Sesame oil (for abhyanga / feet massage)
- Castor oil

Magnesium & Essential Oils

Magnesium supports muscle relaxation, deeper sleep, and the regulation of the stress response — all of which are compromised by travel. If magnesium is already part of your daily routine, do not leave it behind.

A calming essential oil — rose, lavender, or sandalwood — applied to pulse points or diffused in your accommodation creates an immediate olfactory signal of safety and calm. The sense of smell bypasses the thinking mind and speaks directly to the nervous system.

- Magnesium (if part of your routine)
- Calming essential oil (rose / lavender / sandalwood)

Daily Ritual Tools — Dinacharya On-the-Go

Dinacharya — the Ayurvedic concept of a daily routine — is considered one of the most powerful health practices available to us. The predictability and rhythm of a consistent morning routine regulates the nervous system, supports digestion, and creates a foundation of self-respect that carries through the entire day. When we travel, it is precisely this rhythm that is most easily lost, and most dearly needed.

You do not need to replicate your entire home routine on the road. The invitation is to identify one or two practices that feel truly non-negotiable — the ones that, when skipped, leave you feeling untethered — and to protect those above all else. The tools below make it possible to maintain the most impactful elements of dinacharya even in a small hotel room or a friend's spare bed.



Tongue Scraper

One of the simplest and most impactful Ayurvedic practices. Scraping the tongue each morning removes the ama (toxic residue) that accumulates overnight, stimulates the digestive organs, and activates taste receptors before breakfast. A stainless steel or copper scraper packs flat and weighs almost nothing.



Anu Thailam, a traditional Ayurvedic nasal oil (Nasya)

Nasya oil that clears congestion, supports sinus health, and eases headaches and migraines. It nourishes the sense organs, enhances mental clarity, and helps balance Vata and Kapha—while also supporting skin tone and helping delay premature greying.



Thermos or Travel Mug

A quality thermos is perhaps the most underrated item in this entire kit. It enables you to brew your CCF tea, herbal infusion, or warm ginger water and carry it with you throughout the day — ensuring access to warm, nourishing liquids regardless of what is available nearby. Warm liquids are one of the most effective ways to maintain agni and keep Vata calm.



Eye Mask & Earplugs

Quality sleep is non-negotiable for ojas and recovery. An eye mask and earplugs cost almost nothing, take up no space, and can be the difference between restorative sleep and a night of shallow, disturbed rest. Do not underestimate these simple tools — they are your sleep insurance policy.

Simple Nourishment Backup

There will be moments when good food is genuinely unavailable — long-haul flights, early morning connections, remote locations, or simply the overwhelm of a new place where you haven't yet found your bearings. These are the moments when having your own backup nourishment is not just convenient but genuinely protective. Eating poor-quality, hard-to-digest food when your agni is already compromised by travel stress is one of the fastest ways to spiral into digestive distress and fatigue.

The items in this section require no preparation, refrigeration, or cooking. They are intelligent, easy-to-digest foods that you can rely on when circumstances make it difficult to eat well from external sources. A small pouch or snack bag tucked into your carry-on can make an enormous difference to how you feel during and immediately after transit.

Essential Backup Foods

- Dates or soaked almonds
- Coconut chips or raisins (from your rasayana pouch)
- Easy-to-digest snacks you personally trust
- A small jar of nut butter or ghee

Dates are one of the finest Ayurvedic travel foods: sweet, grounding, high in natural sugars and minerals, and deeply satisfying. A handful of dates with a few soaked almonds can sustain you through a long transit without burdening digestion.

Warm Meal Planning

- Warm meal plan (even loosely thought through)

Before you travel, take ten minutes to loosely map out where you might access warm, simple meals at your destination. This does not need to be rigid or complicated — even a rough sense of "there's a soup place near the hotel" or "I'll find a market for rice and vegetables" reduces the likelihood of defaulting to whatever processed option appears in a moment of hunger and exhaustion.

Warm, well-cooked, simple food — rice, lentils, soups, steamed vegetables — is infinitely better for a traveller's digestion than raw, cold, or heavily processed alternatives, regardless of how "healthy" those alternatives appear on the label.

Subtle & Emotional Regulation

Travel is not only a physical experience. It moves through us emotionally and energetically — opening us to new perspectives, stirring old memories, confronting us with our own adaptability (or lack thereof), and occasionally making us feel profoundly alone in a crowd. Acknowledging this dimension of travel is not indulgent — it is intelligent. Emotional dysregulation is itself a form of imbalance that affects digestion, sleep, immunity, and the quality of every experience you have on the road.

The items in this section are the subtlest in the kit, but for many travellers they prove to be among the most important. A grounding practice, a familiar object, and a journal together create an internal landscape of continuity — a portable sense of home that you carry within you rather than searching for it outside.



Journal

Writing is one of the most effective tools for emotional processing available to us. A small travel journal — used even for five minutes each evening to note what you experienced, felt, and noticed — helps integrate the enormous amount of sensory and emotional information that travel generates. It also functions as a record of presence: evidence that you were truly there, and truly alive to the experience.



Daily Grounding Practice

Breath or meditation — even ten minutes each morning — is perhaps the single most powerful investment you can make in your wellbeing while travelling. A simple pranayama practice (nadi shodhana, or alternate nostril breathing, is ideal for Vata) or a brief seated meditation that anchors the nervous system before the day's unpredictability begins.



Shawl or Personal Item

Carry something that smells or feels like home. A favourite shawl, a small photograph, a stone from your garden, a mala — anything that your nervous system associates with safety and belonging. This is not sentimentality; it is neuroscience. Wrapped around your shoulders during a long flight or draped over a strange hotel pillow, a beloved shawl can genuinely shift your physiological state.

The Travelling Body Remembers

A 20-Minute Marma Practice for Travel

Practice rhythm

1. Arriving (2 minutes)
2. Crown — Adhipati (2 minutes)
3. Third eye — Sthapani (2 minutes)
4. Temples — Shankha (2 minutes)
5. Base of the nostrils — Phana (1 minute)
6. Ears — Karna (2 minutes)
7. Heart — Hridaya (2 minutes)
8. Hands — Talahridaya and Kshipra (3 minutes)
9. Feet — Gulpha and the sole (3 minutes)
10. Sealing the practice (1 minute)

Travel is a Vata storm — movement, noise, altitude, unfamiliar beds. This practice gathers prana back to centre with gentle pressure on the marma points, the places where consciousness meets the body. You need only your hands. It can be done on a plane, in a lounge, or at the edge of a hotel bed. Oil is optional; touch is the medicine.

Hold each point with the pad of the middle finger (or thumb where noted), using light, steady pressure — like a ripe plum resting in the palm. Circle slowly clockwise, breathe into the point, and move on only when it softens.

Arriving (2 minutes)

Sit with both feet down. Close the eyes or lower the gaze. Rest both palms on the lower belly and take six slow breaths, lengthening the exhale. Silently name where you are: *I am here. My body is here.*

Crown — Adhipati (2 minutes)

Place the middle finger at the crown of the head, above the eyebrows. Hold with feather-light circles. Imagine the scattered threads of travel gathering through this single gate.

Third eye — Sthapani (2 minutes)

Move to the point between the eyebrows. Circle slowly to steady the mind and settle prana vata. Let the forehead smooth and widen.

Temples — Shankha (2 minutes)

Place both middle fingers at the temples and circle gently with the breath. Release the pressure that builds from screens, noise, and fluorescent light.

Continued

Base of the nostrils – Phana (1 minute)

Touch either side of the nostrils where the nose meets the cheek. Make small, tender circles. If you use nasya oil, add one drop in each nostril. This point restores moisture and calm.

Ears – Karna (2 minutes)

Massage each earlobe, then trace the rim of the ear and finish behind the lobe. Cover the ears with warm palms for three breaths. Because the ears are pure Vata territory, this quiets the whole system fast.

Heart – Hridaya (2 minutes)

Place one palm over the centre of the chest and rest the other on top. No circles – just warmth and weight. Breathe into the hands and let any grief or anxiety be met here.

Hands – Talahridaya and Kshipra (3 minutes)

Press the thumb into the centre of the opposite palm and circle. Then squeeze the web between thumb and forefinger for five breaths. Repeat on the other hand. This is where we put the journey down.

Feet – Gulpha and the sole (3 minutes)

If you can, remove your shoes. Circle each ankle bone, then press the thumb into the centre of each sole with slow circles. If you cannot reach your feet, press them firmly into the floor and imagine roots.

Sealing the practice (1 minute)

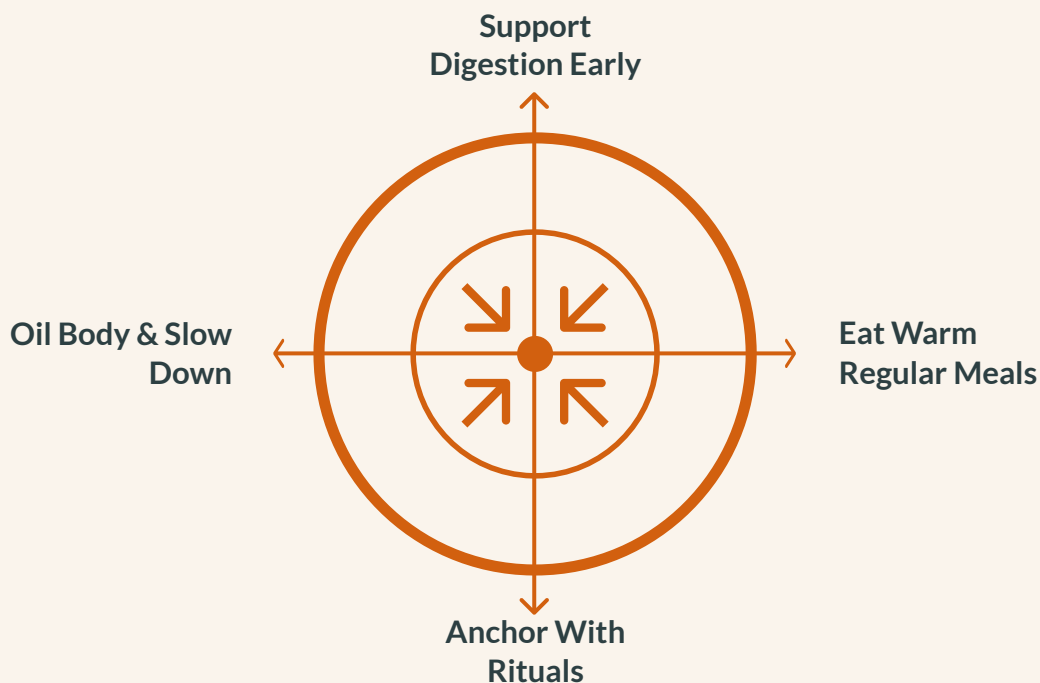
Return both hands to the lower belly. Take three long breaths and offer one silent sentence of gratitude to the body that carries you. Open the eyes softly.

Practising just one of these may work better for you instead of all of them. Pair it with warm water, an early night, and your abhyanga oil the following morning, and even the longest travel day loses its power to scatter you.

How to Use This Kit

The Sacred Vitality Travel Kit is most effective when approached as a living practice rather than a rigid protocol. Not every item will be relevant for every trip. A weekend away requires different preparation than a month-long journey across multiple climates. A business trip has different rhythms than a retreat. Let the nature of your travel inform which elements you prioritise, and trust yourself to know what your particular body and constitution most need.

What follows is the distillation of the entire kit into four guiding principles — the ones that, if you remember nothing else, will carry you through most travel situations with dignity and ease.



These four principles work together as a system. Strong agni means better assimilation of food, herbs, and experience. Regular warm meals maintain agni. Grounding rituals prevent the nervous system depletion that undermines digestion. And post-travel self-care restores what movement takes away. When you tend to all four, you create a virtuous cycle of vitality that sustains you far beyond any individual supplement or practice.

- ✓ Remember: you are not trying to control your travel experience — you are creating the internal conditions in which your body can meet the world with openness, steadiness, and genuine receptivity. Pack with love. Travel with awareness. Return to yourself, again and again.