

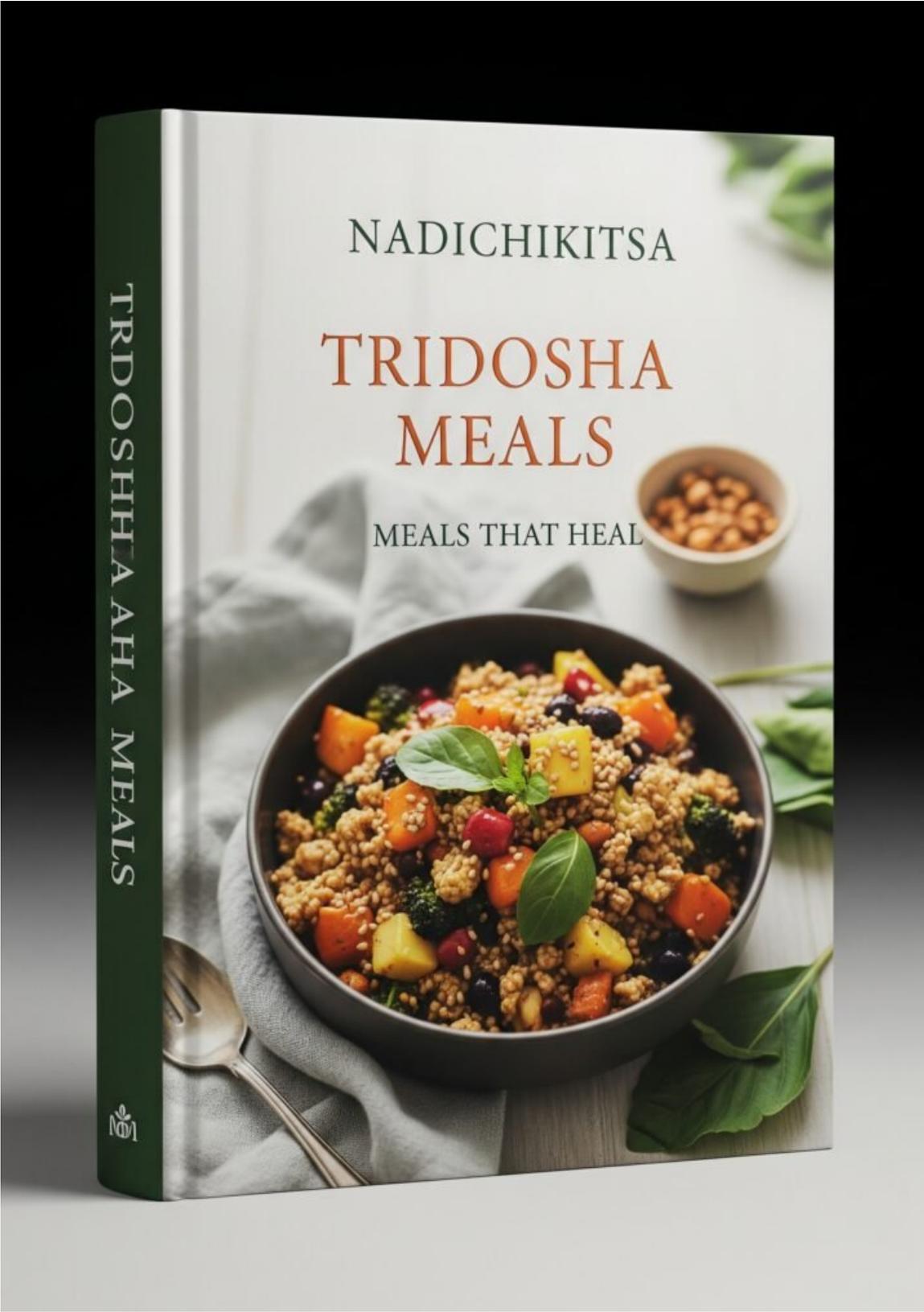
Welcome to

tridosha meals

About us

NadiChikitsa just launched TridoshaMeals.com, your new go-to for personalised Ayurvedic eating! Say goodbye to diet confusion and hello to delicious, balanced meals prescribed for your unique dosha. Finally, healthy eating is made simple and truly yours, guided by ancient wisdom for modern life.

[Read More](#)



Since 1999

Our History

How it all started

At Nadichikitsa, our journey towards tailored menus began with Dr. Mahesh's insightful observation. He realised that true healing transcended medicines, encompassing the body's unique dietary needs. Thus, our 'pathya' — personalised diet plans — were born, deeply rooted in 'Ayurveda' principles, honouring each individual's 'dosha' for holistic well-being.

Our Full History

[sample menu for Dosha Types](#)

[Sample TRIDOSHA DISH](#)

why our menu

Why is the ayurvedic diet important to follow?

[explore](#)