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Ayushakti launches Healthiime Detox Challenge

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Conducted online via closed Facebook group, the 28-day Detox programme has over 70 participants from across the US, the UK, Austria, London and Europe



Ayushakti co-founded by Ayurveda expert Dr Smita Naram has launched a global digital programme on Facebook, called Healthiime Detox challenge. The Healthiime Detox Program is being conducted via closed groups on Facebook, keeping in mind the current pandemic situation. The detox challenge has over 70 participants across the US, the UK, Austria, London and Europe. The Healthiime Detox challenge kit includes 3 X 30 minutes online personal consultation (Pre-Detox, During Detox, Post Detox) with Ayushakti Vaidya and day wise meal plan for 28 days with various food recipes, information and guidance about daily Routine - Dincharya to follow and access to the online platform with all information and guidance for Heathiime Detox.

Speaking on the current digital initiative, Dr Smita Naram, Co-Founder, Ayushakti said, “We are glad to launch this digital 28-Day Healthiime programme and provide powerful Ayurvedic treatments. Digital has a medium has immense potential to reach across audiences globally and with the help of Facebook groups we hope to reach maximum people possible.”

“The programme has been launched after conducting an immense amount of research and testing by our Ayushakti*Vaidyas*, and we are glad that we finally made it live. This is the first of the many more coming in the future and we look forward to building this digital property”, she further added.

Ayushakti recently partnered with Mumbai Police to offer a month-long free pulse reading camp and provide medicines to these police force at a discount of 20 per cent. The company aims to spread natural healing methods of Ayurveda by conducting various programmes globally to help remove the root cause of illness through the Ancient Indian history of Ayurveda.