



*Sundara*  
YOGA & WELLNESS

# Ayurvedic Golden Milk

A Deeply Nourishing Autumn Night Ritual





## A Cup of Calm: Golden Milk for Seasonal Balance & Inner Harmony

Autumn is the season of transition — the trees let go, the air sharpens, and the body instinctively begins to draw inward. In Ayurveda, this shift signals a time for prevention, nourishment, and ritual. Before the full cold of winter arrives, autumn invites us to tend to our inner fire, strengthen our immunity, and settle the nervous system. And there is perhaps no more perfect expression of this than a warm, golden cup of Haldi Doodh — Ayurvedic Golden Milk.

This is not just a drink. It is an act of self-care, a moment of stillness in the lengthening evenings, and a deeply time-honoured Ayurvedic tradition to nurture your body mind and soul.



## Why Autumn Calls for Golden Milk

In Ayurveda, autumn is primarily governed by Vata dosha — the energy of air and movement. As the days shorten and the wind picks up, we can begin to feel its effects: scattered energy, restless sleep, dry skin, irregular digestion, and a subtle undercurrent of anxiety. This is the season when prevention is everything. Warming, grounding, nourishing foods and rituals are your greatest allies.

Golden milk is beautifully suited to this time of year. Its warming spices kindle Agni (your digestive fire), its creamy texture counteracts Vata's dryness, and its calming properties soothe the nervous system in the evenings when the mind tends to race. Taken as a nighttime ritual, it becomes a signal to the body: it is time to rest, restore, and receive.



# The Ayurvedic Wisdom in Every Ingredient

Each spice in this blend has been used for thousands of years — not just for flavour, but for its therapeutic properties:

**Turmeric** is the heart of the blend. Anti-inflammatory, antimicrobial, and deeply cleansing, it supports the liver and immune system — both particularly important as we head into the colder months.



**Ghee or coconut oil** enhances the absorption of the fat-soluble compounds in turmeric and nourishes the tissues (dhatus), adding the oily, grounding quality that Vata so deeply needs in autumn.



**Cinnamon** warms from the inside out, supporting circulation and blood sugar balance, and adds a natural sweetness that is deeply comforting.



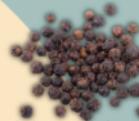
**Cardamom** aids digestion, lifts the mind gently, and brings a lightness that prevents the heaviness that can sometimes accompany rich, warming foods.



**Nutmeg** is the quiet magic of this blend — even a small pinch promotes deep, restful sleep, making it ideal for the evening ritual.



**Black pepper** activates turmeric's bioavailability, increasing its absorption by the body dramatically. A small but essential addition.



**Ginger** (optional, especially recommended for Vata types) adds additional warmth, supports digestion, and clears any early signs of congestion before they take hold.



**Saffron** (optional) is a treasure in Ayurveda — deeply nourishing to the mind, said to cultivate Soma (the quality of divine, lunar nourishment) and support emotional wellbeing. A few strands transform this drink into something truly special.



**Ashwagandha or Shatavari** (optional, as adaptogens) — if you are feeling depleted, run-down, or particularly stressed as the season shifts, these herbs support the body's resilience. Ashwagandha is especially wonderful for Vata and for deep sleep; Shatavari is nourishing and restorative, particularly for women.



## The Golden Milk Night Ritual

This beautiful warm drink is Soma-rich — it invites deep yogic sleep and a sense of divine holding. Make the preparation itself part of the ritual.



## Ingredients :

- ½ tsp ghee or coconut oil
- 1–2 tsp turmeric
- ¼ tsp cardamom
- ¼ tsp cinnamon
- Pinch of nutmeg
- A few strands of saffron (optional)
- 1 cup whole milk, or almond, soy, or hazelnut milk
- ½ tsp ginger (optional, warming for Vata)
- ½ tsp ashwagandha or shatavari (optional, for adaptogenic support)
- Honey or jaggery to sweeten, added off the heat





## Directions :

Place the ghee in a small saucepan and warm on low heat. Add all the spices except the saffron and stir gently until the aroma begins to rise . you will smell when they are ready. Add the milk and saffron and whisk slowly until warm and fragrant. Do not boil. Pour into your favourite mug, sweeten if desired, and sit somewhere quiet.



## Making It a Ritual

The medicine in Golden Milk is not only in its ingredients — it is in the slowing down. In autumn especially, when the world asks more of us, the act of making and drinking this elixir becomes a boundary you draw around the evening. A signal to your nervous system that the day is done.

Light a candle. Put your phone away. Sit with the warmth of the cup in your hands. This is your moment.



## Experience Ayurveda More Deeply

Golden milk is a powerful nightly ritual, and a beautiful way to begin living in alignment with the seasons. At Sundara Yoga & Wellness, we explore these traditions in much greater depth to support you to be in alignment with the seasons and the cycle of nature for a true feeling of wellbeing and wholeness.

