

Treating Common Ailments

Symptoms	Qualities That Balance	Ideas to Balance	Dosha most likely off
Acid Indigestion	Cooling, dry, neutralizing, stable	-Fennel -Rose Water -Less stress -Favor cooling foods -Don't skip meals	Pitta
Anxiety	Warming grounding, moist, soft, stable	-Daily routines -Meditation practice -Pranayama breathing -Grounding yoga -Nasya -Oil massage -Bath -Eat soups, stews, root veggies	Vata
Congestion	Warming, dry, light, sharp, penetrating, mobile	-Exercise -Reduce sugar intake -Warming foods -Hot spices -Honey -Eat at the same time -Sleep	Kapha
Constipation	Warming, Grounding, Moist, Oily	-Drink lots of warm water -Avoid raw veggies -Eat fruit -Triphala herb can be taken	Vata & kapha
Dry Skin	Warming, Grounding, Moist, Oily	-Avoid showering daily -Use oils vs. lotions -Consume warm, oily foods	Vata
Gas & Bloating	Warming, grounding, moist, soft	-Pay attention to what foods are causing this -Eat dinner by 7pm -Avoid cold beverages	Vata

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Headaches	Cooling, dry, neutralizing, soft, slow	<p>Sinus headache (kapha)- Favor astringent, bitter & pungent foods. You could also put one drop of eucalyptus oil in a bowl of hot water & cover your head with towel to inhale steam into sinuses.</p> <p>Migraine headache (pitta)- Favor sweet, bitter & astringent. Can also add warm ghee in your nostril at bedtime, rub coconut oil on soles of your feet & scalp.</p> <p>Tension headache (vata)- add more sweet, sour, salty foods to your diet other ideas rub neck & shoulders with warm oil & perform nasya</p>	All doshas
Lethargy, feeling unmotivated	Warming, light, sharp, mobile	<ul style="list-style-type: none"> -Routines to stay motivated -Exercise to move the body -Like increases like (whatever you need to happen do more of it) 	Kapha
Red skin, inflammation	Cooling, dry, neutralizing, stable	<ul style="list-style-type: none"> -Choose sweet, bitter & astringent based foods -Reduce caffeine & alcohol -Reduce stress -Surround yourself with cooling friends 	Pitta

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Sleeping difficulty	Warming, grounding, moist, soft, stable	<ul style="list-style-type: none"> -Understand which guna is off -Evening routine -Take a bath -Cup of turmeric milk or chamomile tea -Massage your feet & scalp with warm oil -Eliminate screen time in the evening -Eliminate stimulants -Evening book -Early dinner 	Vata or pitta
Water retention, puffiness	Light, dry, sharp, penetrating, mobile	<ul style="list-style-type: none"> -Reduce salt intake -Potassium rich food -Perform legs up the wall -Epsom salt bath -Lemon juice -Regular massage -Exercise & yoga 	Kapha