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Acidity or Ulcer:

General symptoms: indigestion, heaviness in the body, burning sensation in the chest and abdomen, loss of appetite, nausea, bitter and sour taste burping.

According to ayurveda: pitta aggravating diet and lifestyle , acidic diet, negative emotions, Chemicals, Drugs fasting, skipping the meals or remaining empty stomach for a long time.

Remedy: herbal supplements like supitta and apitta helps to reduce acidity. Daily consumption of mixture of Cumin, coriander and Fennel seed powders in water 3-4 times a day helps to reduce acidity as well as for healing the ulcers

panchkarma procedures like virechan removes toxins and excess acid through therapeutic purgation.

Avoiding pitta aggravating diet, lifestyle, smoking and alcohol helps in reducing hyper acidity.

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ADD (Attention Deficit disorder) ADH / ADHD (Attention Deficit Hyperactivity Disorder)

General Symptoms - inattention, hyperactivity , wandering of mind, intellect, consciousness, knowledge, Memory inclination, Manners, activities, conduct , impulsive behavior in children's

According to ayurveda – Vata aggravating lifestyle, too much sugar intake, excessive TV watching, and even Chemical toxicity during pregnancy

Remedy- Herbs like Ayurvedha, Happimento, Brahmi and Arjun helps in Calming the brain focusing and alertness

Applying ghee on the temples as well as pressing the marma point in between both the eyebrows for 6 times gives miraculous help.

Many times This problems are wrongly diagnosed in children and they are given chemicals which harm them in long term .The simple cause of hyperactivity in children as per our practice and knowledge is



Worms or Parasites in the stomach .The children's are not able to explain what is happening to them and they become hyperactive .Just by giving anti worms home remedy like taking Ajawain 2 pinches and jaggery 2 pinches mixed together in the shape of small balls the worms come out and the children's become normal .This kinds of children's Pulse is like catching the neck of a Bunny or Rabbit very fast feels like vibrating and soft .so we find out first by checking the pulse if they are really ADD / ADHD or they have worms

If the Pulse is showing lots of vata or air moving up in the head then we give Vata pacifying Diet, Life style, herbs and Home Remedies to balance the excess vata which is the root cause of Hyperactive disorders

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Adrenaline dysfunction:

General symptoms: sleep disturbances, low sex drive, nervousness, depression, food and environmental allergies, slow recovery from any physical or mental stress.

According to ayurveda: consumption of alcohol, smoking, vata aggravating diet and lifestyle are the basic causes of adrenaline dysfunction.

Remedy: herbal supplements like happimento, brahmi ghan vati, Arjun helps in balancing the adrenal functions

Panchakarma procedures like medicated oil massages, shirodhara, heartdhara, Head massages is very beneficial

Avoiding smoking, alcohol, tension, late night sleeps and vata aggravating diet and lifestyle is very important.

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Ageing:

General symptoms: baldness , graying and thinning of hair, wrinkles, darkening of skin, double chin, insomnia, loss of memory, generalized weakness, osteoporosis commonly in women.

According to ayurveda: childhood stage is dominated by kapha, adulthood by pitta, and old age by vata. Therefore vata aggravating diet and lifestyle, stress, lack of sleep, smoking, drugs, accelerates the ageing process.

Remedy: herbal supplements like arjun ghan vati, hrudraj improves circulation. Herbal supplements like happimento, Ayumedha and brahmi ghan vati are given for loss of memory and insomnia. Arthronav, simhanad guggul, yograj guggul, are given for osteoporosis. Herbs like vikesh and calciamrit are given for hair growth. Herbs like supitta and apitta are given for improving metabolism. Daily massage of vata reducing oils and panchakarma procedures like medicated oil massages, medicated enemas and shirodhara helps in reducing ageing process.

Along with this avoiding vata aggravating diet and lifestyle is very helpful in reducing the ageing process.

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Alzheimer:

General symptoms: symptoms are gradual, and disease is slowly progressive. Disease starts with loss of concentration, apathy, tendency to withdraw from social interactions. Gradually symptoms like abstract thinking, irritability, quarrelsomeness and finally leading to confusion and disorientation.

According to ayurveda: vata aggravating diet and lifestyle, consumption of drugs, alcohol, smoking, and trauma are causes of Alzheimer.

Remedy: herbal supplements like brahmi ghan vati, happimento helps in balancing vata in brain. panchakarma procedures like vata reducing oil massages, enemas and nasyas helps in balancing vata. Also procedures like shirodhara, heart dhara of vata reducing oils helps in balancing vata. Applying ghee on the temples at bedtime helps for improving focus and memory. Use 2-3 tsf ghee in the food

Soak 4 almonds and 2 Dates at bedtime in the morning throw the water and grind with milk or water and consume along with the breakfast for improving memory.

Also avoiding vata aggravating diet and lifestyle, negative emotions is also helpful.

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Anger:

General symptoms: feeling of displeasure and aggression is called as anger.

Other symptoms associated with it are irritability, restlessness, indigestion, anxiety, headache, mood swings, hairfall and loss of sex drive.

According to ayurveda: pitta aggravating diet and lifestyle, too much hot climate , working in sun ,



smoking, consumption of alcohol, stress and hormonal changes are the root cause of anger.

Remedy: herbal supplements like supitta and apitta reduce the heat in the body which is the root cause of anger. Also supplements like Ayurvedha , happimento and brahmi help in mind relaxation.

Panchakarma procedures such as shirodhara and heartdhara help in relaxation. Application of cow ghee on the temples helps in better sleep and relaxation

avoiding pitta aggravating diet and lifestyle is beneficial in reducing anger.

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Arthritis:

General symptoms: Pain, Swelling, Redness , Limitation of motion, early morning stiffness, warmth in a joint, weakness combined with pain, increased pain when weather changes, cracking sounds from joints, unexplained fever.

According to ayurveda: vata aggravating lifestyle, stress, improper digestion, sedentary

lifestyle, wrong postures and improper sleep are the causative factors of ayurveda.

According to ayurveda arthritis is basically of two type's aamvata or rheumatoid arthritis and sandhivata or osteoarthritis. Aamvata or rheumatoid arthritis is due to accumulation of toxins or aam in the joints along with depletion of calcium and synovial fluid thus causing restricted movement, severe pain, swelling, unexplained fever and warmth in the joints due to the toxins. Sandhivata or osteoarthritis is due to excessive vata aggravation in the joints and depletion of calcium thus causing moving pain swelling degeneration and deformities in joints.

Remedy: herbal supplements like arthronav, simhanad guggul, ayusandhi and amritprabha helps in reducing the aamvata.

While herbal supplements like arthronav, yograj guggul, lakshadi guggul, calcimrit and aayusandhi helps in curing osteoarthritis.

home remedies such as ½ tsp castor oil with warm water or ginger tea before bed and consumption of 2 tsf white sesame seeds empty stomach in the morning helps in arthritis.

Also avoiding vata aggravating diet such as too much citrus, fermented and heavy beans Avoiding vata aggravating lifestyle and stress will help in healing this disease.

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[Atherosclerosis:](#)

General symptoms :numbness ,weakness, headaches, Dizzy spells , Memory problems, Poor concentration, Mood changes, fatigue, cramping of hands and legs, pain in hips and thighs.

According to ayurveda: smoking , too much alcohol consumption, high-fat , salty diet,

consumption of soft drinks, wheat, refined flour, lack of exercise and stress, heredity, indigested food which turns into sticky unwanted toxins called aam in ayurveda and accumulates in the channels thereby build up in the inner lining of the arteries. leading to fast ageing process and degeneration

Remedy: According to ayurveda digestion of the aam which builds up in the arteries helps to stop atherosclerosis.

Herbal supplements like Colocare, medohar guggul,kaishore guggul helps in digestion of aam. arjun ghan vati, hrudraj and Hrudraj helps in improving circulation. Along with this avoiding stress, kapha and vata aggreivating diet and lifestyle helps in reducing it.

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Breast glands:

General symptoms: suspicious lump, discharge from breast, early menarche and late menopause, skin dimpling, nipple retraction.

According to ayurveda: wrong combination of diet, smoking, alcohol consumption, stress, hormonal imbalance, according to type vata aggravating or kapha aggravating diet and lifestyle.

Remedy: herbal supplements like kanchanar guggul and kaishor guggul are given in this disease. For pain in breast glands rasnadi guggul is given. If breast glands are predominantly of vata type supplement apan is given. Along with this avoiding vata and kapha aggravating factors helps

Wrong combination of food habits should be avoided.

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Breast Under developed or small:

General symptoms: no growth of breast, small size of breast, small size of nipples all comes under underdeveloped breast.



According to ayurveda: smoking, hormonal imbalance, vata aggravating diet and lifestyle, fasting for long time, eating less food are causes of breast growth.

Remedy: herbal supplements like kaishor guggul, cyclonav, are given in case if a lack of growth is due to hormonal imbalance .for other reasons supplements like ashwagandha, actinav are given for breast growth. panchakarma procedures like uttar basti, and vata reducing oil massages and enemas are given in hormonal imbalance.

Along with this avoiding smoking and vata aggravating factors is beneficial.

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Childcare:

Common problems faced in childhood: parasites or worms, asthma, cough, cold, ADD, poor concentration, poor memory, unexplained diarrhea and vomiting.

According to ayurveda: childhood is dominated by kapha. Therefore kapha aggravating diet such as ice creams, soft drinks, refined foods, excessive sugar intake causes asthma, cough cold.

Vata aggravating diet and lifestyle such as watching TV late nights and playing video games for longer duration causes ADD, poor concentration, poor memory.

Also junk food and excessive sugar intake causes worms which cause loss of appetite, diarrhea, vomiting, and loss of memory.

Remedy: herbal supplements like pulmotone, Suswas and kasno are given in cough, cold and asthma. brahmi happimento, memonav syrup are given in ADD, poor memory and poor concentration. Gloderm is given if there are worms. Along with this avoiding kapha and vata aggravating diet and lifestyle is also helpful.

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Crohns disease:

General symptoms: abdominal pain, diarrhea, constipation, vomiting, weight loss or weight gain, skin rashes, arthritis, redness of the eye.

According to ayurveda: excess of vata and pitta aggravating diet and lifestyle, Lack of Immune system, smoking, stress, alcohol consumption, wrong combination of food, worms and Too much Citrus, fermented and spicy food are the basic causes of this disease.

Remedy: herbal remedies are colocare, apan and easigo if bleeding stools is there then then bandhan is given.

Panchakarma procedures like Pichcha Basti along with oil massage and steaming helps in healing the intestines

Avoiding pitta and vata aggravating diet, lifestyle and wrong combination of food helps

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Gas or Flatulence

General symptoms: belching, abdominal bloating, constipation, loss of appetite, nausea, vomiting.

According to ayurveda: fasting or remaining empty stomach for a long time, over eating, vata aggravating diet and lifestyle, Heavy beans, Fermented food , late night sleeps, stress, negative thinking are the root causes of stress.

Remedy: herbal supplements like apan and triphala helps in curing gastric bloating. Drinking ginger water helps in improving digestion and digesting the mucus. drinking ajwain 2 pinches with a cup of water helps in removing gas.

Application of hingashtak powder or hing paste with water on the abdomen reduces bloating to a great extent.

Avoiding vata aggravating diet and lifestyle helps in reducing gas.

For getting rid of constipation which is the root cause of gas easigo, castor oil or triphala is given at bedtime.

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Hairfall:

General symptoms: sudden hair loss of about more than 50 hairs per day, and graying of hair.

According to ayurveda: pitta aggravating lifestyle and diet, late night sleeps, stress, use of chemicals on the hair , menopause, hormonal imbalance and to some extent vata aggravating diet and lifestyle are the main causes of falling of hair. Also some skin infections like Dandruff and fungal infections of the scalp causes hairfall.

Remedy: herbal supplements like vikesh, calciamrit helps in reducing hairfall. Supitta and apitta are also given to reduce the heat. In skin infections of the scalp herbs like gloderm or manjistha are given according to the type of skin infection.

2 tsp of white til seeds early in the morning empty stomach helps in improving natural calcium necessary for hair growth. In small c



children worms is one of the cause of hairfall. in such cases gloderm or neem is given in half doses .also avoiding pitta aggravating diet and lifestyle ,avoiding late night sleeps and stress helps in reducing hairfall.

Hormonal imbalance:

General symptoms: fatigue, weight gain, feeling depressed , mood swings, irritability, headache, loss of sex drive, anxiety , palpitation in both males and females and hot flushes, night sweats, vaginal dryness , irregular periods ,fibroids in females.

According to ayurveda: hormonal imbalance is of three types.Vata aggravating diet and lifestyle will give symptoms like nervousness, anxiety, insomnia, depression, poor skin tone, scanty painful and late menses occurs.

Pitta aggravating diet and lifestyle will give symptoms like short temper, angry outbursts, hot flushes and night sweat, early and heavy menses occurs.

kapha aggravating diet and lifestyle will give symptoms like weight gain, sleepiness, sluggishness, slow digestion , water retention and scanty late menses with dull ache

Remedy: herbal supplements Amritprabha, amritkala ,Shatavari happimento, brahmi helps in balancing the hormones.

Panchakarma procedures like shirodhara, heartdhara, shirobasti also help

Eating light, steamed, soupy and balancing diet and avoiding smoking and alcohol is important.

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Hot flushes:

General symptoms: A hot flush is a feeling of warmth that spreads over the body, but is often most strongly felt in the head and neck regions. Hot flashes may be accompanied by perspiration or sweating.

According to ayurveda: menopause, hormonal imbalance, pitta aggravating diet and lifestyle , smoking, consumption of alcohol are the basis causes of hot flushes.

Remedy: herbal supplements like supitta, apitta, amritkala,shatavari helps in reducing hot flushes.

Consumption of 1/4 tsp soaked sabja (Tukhmaria) seeds with milk early morning on empty stomach helps in hot flushes.

Avoiding pitta aggravating diet and lifestyle, avoiding smoking, alcohol consumption non veg, hot, fermented and spicy foods helps in curing hot flushes.

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Infertility:

General symptoms: inability to conceive after one year of attempting is called infertility.

According to ayurveda: due to pitta aggravating lifestyle and diet, stress excess of heat is produced in the body due to which infertility occurs. also hormonal imbalance is one of the basic causes of infertility.

Remedy: herbal supplements like supitta, apitta are given to reduce heat. Also mixture of cumin, coriander and fennel seeds powders helps in reducing heat. cyclonav, femnika are given in hormonal imbalance in females. Kaishor guggul, kanchanar guggul is given for hormonal imbalance in males. For good sperm count and good quality of sperms herbs such as urjan and umang are given. Panchkarma procedures such as virechan, yoni dhavan and uttar basti helps in curing infertility to a great extent. Also avoiding pitta aggravating diet and lifestyle helps in curbing infertility.

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Insomnia:

General symptoms: difficulty falling asleep, irritation, loss of memory, poor concentration, fatigue, depression.

According to ayurveda due to excess of vata and Pitta aggravating diet and lifestyle, Pitta with the help of vata enters in the brain which is like hot air moving inside the brain due to which there is difficulty in falling asleep.

Remedy:

Herbal supplements such as Somayu, brahmi ,Ayumedha and Jatamamsi helps in calming the brain.

Application of cow ghee on the temples helps in attaining good sleep.

Drinking warm milk with 2 pinches of Nutmeg also helps for better sleep

Avoiding of vata and Pitta aggravating diet and lifestyle, avoiding stress, avoiding late night sleeps helps in curing insomnia. For reducing excess of heat herbs such as supitta are given.

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Limping:

General symptoms: walking with a limp or gait problem, numbness and tingling in affected limb, difficulty in balancing is known as limping.

According to ayurveda: trauma, poor posture, vata aggravating diet and lifestyle causes vata imbalance in brain or in the limb is the basic cause of limping.

Remedy: herbs like arthronav, amritsandhika, yograj guggul, simhanad guggul helps in improving movements of legs. Herbs like brahmi ghan vati and happimento helps in balancing vata in the brain. Panchakarma procedures like vata reducing oil enemas and vata reducing oil massages helps in balancing vata in the limb. Shirodhara and vata reducing oil nasya helps in balancing vata in brain.

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Avoiding vata aggravating diet and lifestyle is also helpful.

Paralysis:

General symptoms: Pain or restriction in movements of affected parts of the body, loss of memory, loss of sensory movements, numbness and tingling, difficulty in balancing, difficulty in speech.

According to ayurveda: trauma, stress ,Anger ,Too much Worries, Sudden mental Shock, High Blood Pressure Pitta and vata aggravating diet and lifestyle are the basic causes of paralysis.

Remedy: herbal supplements like Arjun , Hrudraj , amritsandhika, arthronav, helps in paralysis. Herbs like brahmi ghan, happimento to be taken with honey helps in calming the brain. Herbs like arjun ghan, hrudraj helps to improve circulation. pachakarma procedures like vata reducing oil enemas, along with daily massage of vata reducing oils helps in improving muscle tone in paralysis. Shirodhara and nasya of vata reducing oils helps in removing excess vata from brain.

Along with this vata reducing diet and lifestyle is helpful.

Restlessness:

General symptoms: agitation, excitement, excessive alertness, restless legs, low concentration, loss of memory.

According to ayurveda: vata aggravating diet, lifestyle, hormonal imbalance and stress creates vata imbalance in the brain and causes lack of sleep and restlessness

Remedy: herbal supplements like brahmi, happimento ,Hrudraj , Ayumedha and Ashwagandha helps in reducing restlessness. if restlessness is due to hormonal imbalance herbs such as Amritprabha , ashwagandha and shatavari for both men and women and herbs such as cyclonav in females helps restlessness in females.

Application of cow ghee in the temples helps in restlessness.

Also avoiding vata aggravating diet and lifestyle, avoiding late night sleeps, stress helps in curing restlessness.

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Snoring:

General symptoms: Snoring is a sound resulting from turbulent airflow that causes the tissues of the nose and throat to vibrate during sleep. The turbulent air flow is related to a narrowing at some point in the nose, mouth, or throat. Different people who snore may have various reasons for the narrowing of the air spaces leading to snoring.

According to ayurveda: snoring is due to common cold, obesity, sinus infection, sleep apnea , sinusitis, heart problems, Bronchitis, Obesity Indigestion, Gases, Respiratory problems, ageing

and not sleeping in a proper position.

Remedy: herbal supplements like pulmotone, kasno helps in respiratory problems arjun , Somayu , Brahmi ,Ayumedha and Happime



nto helps in Heart and Mental issues and herbs like medohar guggul , Slikona and Triphala Guggul will helps in obesity.

Sleep apnoea:

General symptoms: breathing stops during sleep, pauses in breathing, called apneas, can occur hundreds of times a night and are more likely to occur in certain positions, particularly when sleeping on the back, experiencing choking sensation, excessive body movements during sleep, loss of concentration, headaches, lack of interest in sex.

According to ayurveda: consumption of alcohol, smoking, vata aggravating diet and Lifestyle, stress, late night sleeps are basic causes of sleep apnoea. Also wrong sleeping position is the basic cause of sleep apnoea.

Remedy: herbal supplements like Basil, Pulmotone, Ayumedha and Suswas helps in sleep apnoea. Application of cow ghee on the temples and avoiding vata aggravating lifestyle and stress helps in sleep apnoea.

Avoid sleeping on the back Lie on the left side which is also called left lateral Position will help the oxygen to enter properly and allows the organs to relax

Reducing weight also helps in sleep apnoea.

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Stress:

General symptoms: chronic anxiety, overwhelming, worry, difficulty to take decisions, difficulty in thinking clearly, nail biting, loss of confidence, palpitations, heavy breathing, headache, sleep disorders, irritability, depression, digestive problems.

According to ayurveda: vata aggravating diet and life style, smoking, alcohol consumption, chemicals, drugs, emotional ups and downs, hectic lifestyle are the root causes of stress.

Remedy: herbal supplements like happimento, brahmi ghan vati, ayumedha and ashwagandha help in reducing stress and relaxing the mind. Also daily application of oil in the scalp helps in better sleep and focus.

Panchakarma procedures like shirodhara, heartdhara , head massage and oil massages helps to combat stress.

Application of cow ghee on the temples helps in reducing stress.

Avoiding vata aggravating diet and lifestyle is very important

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Wavering mind:

General symptoms: loss of concentration, loss of sleep, excessive worrying, irritability, mental fatigue, panic attacks, trembling, loss of sex drive, under eating or overeating, loss of appetite, headaches.

According to ayurveda: vata aggravating diet and lifestyle, smoking and alcohol consumption causes imbalance of vata in brain due to which the above mentioned symptoms occurs. Also to some extent hormonal imbalance is the cause of wavering mind.

Remedy: herbal supplements like brahmi, happimento helps in wavering mind. Application of cow ghee on the temples helps to focus.

panchkarma procedures like oil massage, shirodhara, heartdhara also is the best for more focus, concentration and alertness

Avoiding late night sleeps, tension, worries, too much thinking, smoking, alcohol and avoiding vata aggravating diet and lifestyle helps in reducing wavering mind.

