

1. **Common cold:** The common cold may not be a serious threat to a person's health, but it can seriously hinder the daily schedule. Not to mention, if the condition is not treated early, it can aggravate to serious conditions such as [pneumonia](#), [bronchitis](#), [asthma](#) etc. An Ayurvedic cure for treating common cold includes consumption of [ginger](#) in the form of [tea](#), [black pepper](#), and long pepper. They can reduce inflammation of the lungs and get the mucous out of the body.
2. **Diabetes:** Diabetes is a serious threat to a person of any age. This is attributed to poor lifestyle, bad [diet](#) and lack of exercise. Ayurveda recommends fresh fruits and vegetables in the diet, a healthy lifestyle and quitting caffeine. Apart from this, consumption of herbs such as [turmeric](#) can greatly help to keep the blood [sugar](#) at the optimum level. Practicing of breathing techniques and [yoga](#) can further help to keep diabetes under control.
3. **Acid reflux:** Acid reflux has become a common phenomenon these days. Due to unhealthy eating habits and untimely consumption of food, acid reflux can occur to anyone. If proper care is not taken on time, it can aggravate to [indigestion](#) and heartburn. Drinking a glass of [aloe vera](#) juice regularly can give instant relief from chronic acid reflux. [Basil](#) leaves are another great source of Ayurvedic remedy to treat this condition.
4. **Obesity:** It is estimated that over 13% of the world population suffers from obesity. Obesity can have serious repercussions if the extra pounds are not shedded on time. Some serious cardiovascular and [breathing problems](#) surface from this condition. A good diet and physical exercise help largely to get rid of extra pounds. Ayurveda recommends a juice of honey and lemon in lukewarm water to be consumed daily.
5. **Migraines:** Migraines can wreak havoc on the life of an individual. It takes several days for a chronic migraine to go away and get temporary relief. Ayurveda suggests practicing of yoga and pranayama to get relief from this condition. Apart from this, daily consumption of turmeric in the form of supplement, tablets or as a whole can greatly help to stay away from a migraine in the first place.
6. **Dandruff:** Dandruff is another common problem that many people face in their daily life. It is a condition where the scales get separated from the scalp and makes the head dry. Ayurveda suggests usage of [fenugreek](#) seeds and lime to get rid of this condition. If you wish to discuss about any specific problem, you can consult an Ayurveda.