

INDIGESTION AND DIGESTIVE HEALTH

Traditional Ayurvedic Remedies

This document outlines traditional Ayurvedic herbal remedies for Indigestion and Digestive Health. Each remedy includes specific preparation instructions based on classical Ayurvedic texts.

1. Triphala (*Terminalia chebula*, *Terminalia bellirica*, *Phyllanthus emblica*)

Preparation:

For constipation and to promote healthy digestion, mix 1 teaspoon of Triphala powder in a glass of warm water and drink it before bedtime. This acts as a gentle, non-habit-forming laxative.

Source: Synthetic PDF - Charaka Samhita on Rasayana Therapy

2. Coriander (*Coriandrum sativum*)

Preparation:

To alleviate bloating and indigestion, boil 1 teaspoon of coriander seeds in a cup of water for 5 minutes. Strain and drink the tea after meals.

Source: Charaka Samhita

3. Mint (*Mentha spicata*)

Preparation:

For indigestion, nausea, or gas, steep 8-10 fresh mint leaves in a cup of hot water for 5-7 minutes. This soothing tea pacifies an upset stomach.

Source: Bhavaprakasha Nighantu

DISCLAIMER

This information is for educational purposes only. It is NOT a substitute for professional medical advice. Always consult a qualified healthcare provider before using any herbal remedy.