

Ayurvedic Wellness Plan

Migraine

Below 16 – Pita

Treatments

- Boil Heart leaved moonseed (Iramusu) roots and Bael flower (belimal) in water. It helps cool the body, clean the blood, and prevent migraine
- Fresh Aloe vera juice and Bee honey helps reduce Pita heat and soothes headaches
- Boil coriander seeds in water, cool it and mix with Gotu kola juice. It helps cool the liver, major parts of pitta imbalance
- Drinking fresh coconut water cools the body and reduce migraine attacks
- Apply a mix of coconut oil and sandalwood paste on the head before bedtime
- Betel Leaf paste for headache relief

Diet

- Cooling hydrating foods
- Rice and coconut milk curries, ripe bananas & papaya (balance pita), Green gram porridge, Cucumber and watermelon(Hydrating fruits for pitta)
- Avoid Spice foods like chilli, pepper, too much onion, deep fried snacks and too much salt (those increase Pitta heat and worsen migraine)
- Avoid processed sugar and caffeine based soft drinks
- Reduce Sour Foods

Lifestyle

- Early bedtime (lack of sleep increases pita and worsen migraines)
- Too much heat and sun increases pita. Encourage indoor activities during peak sun hours
- Deep breathing and meditation for relaxation
- Less Screen time before sleeping(increases pita and trigger migraines)
- Skipping meals or irregular eating patterns increases pitta and lead to migraine attacks

Below 16 – kapha

Treatments

- Boil fresh ginger slices and coriander seeds in water. It helps improve digestion, reduce kapha and prevent migraines
- Take chitraka and aralu powder with honey in the morning to remove excess mucus and clear sinus related headaches
- Crush fresh betel leaves mix with black pepper powder and apply to the forehead
- Add a few drops of eucalyptus oil or crushed cloves to boiling water and inhale steam. (clears nasal blockages and reduces pressure.
- A gentle massage with dry herbal powder like Tripala and Chitraka helps stimulate circulation and reduce kapha heaviness

- Warm mustard oil with crushed garlic and apply to the scalp

Diet

- Eat warm, Light and spicy foods
- Warm soups, lightly spiced curries and herbal drinks balance kapha
- Favour ginger, cumin, mustard seeds, garlic and turmeric in meals.
- Avoid cold, oily, heavy and dairy rich foods like yoghurt, cheese, curd.
- Reduce sweets with rice, bread and potatoes which increase mucus formation
- Include bitter vegetables like bitter gourd and drumstick leaves

Lifestyle

- Early wakeup up time. Sleeping late increases stagnation and worsen headaches
- Ensure to stay on warm, well-ventilated spaces.
- Too much sleep during kapha and lead to more headaches

Age below 16 – Generic

Treatments

- Boil Gotukola and Brahmi leaves in water, strain, and give $\frac{1}{2}$ cup once a day. Improves memory, reduces stress, and soothes migraine pain.
- Boil 1 tsp coriander seeds + $\frac{1}{2}$ tsp fennel seeds in warm water. Relieves headaches caused by Pitta heat and digestive issues.
- If the child has constipation, mix $\frac{1}{4}$ tsp Triphala powder with warm water at night. Good digestion prevents Vata-based migraine triggers.
- Mix 1 tsp ginger juice with 1 tsp honey in warm water and give once a day. Reduces Kapha-related headaches and improves digestion.
- Mix coconut oil + sandalwood paste and massage on the child's head before bed. Calms nerves, cools the head, and prevents migraine pain.
- Make a paste of nutmeg powder + warm milk and apply to the forehead. Reduces stress and promotes deep sleep, preventing migraines.
- Boil water with mint leaves & eucalyptus and let the child inhale the steam. Clears sinuses and relieves migraine pressure.
- Massage warm ghee onto the child's feet before bedtime. Balances Vata dosha and improves sleep quality.

Diet

- Milk & Ghee – Nourishes the brain and improves digestion.
- Fruits – Ripe bananas, apples, and papayas help balance doshas.
- Vegetables – Pumpkin, carrots, and leafy greens improve brain function.
- Whole Grains – Red rice, finger millet, and oats provide steady energy.
- Mild spices – Turmeric, cumin, and cinnamon support digestion.
- Avoid Junk food – Chips, processed snacks, and fast food.
- Avoid Cold drinks & ice cream – Worsens Migraine
- Avoid Too much sugar – Leads to Pitta-related migraine headaches.
- Avoid Caffeine & chocolate – Can trigger migraines in sensitive children.

Lifestyle

- Proper Sleep Routine. Ensure the child sleeps before 9 PM to balance body rhythms.
- Limit mobile, TV, and computer use, especially before bedtime.
- Use coconut oil or Brahmi oil to massage the child's head and feet.
- Simple yoga poses & breathing exercises (Pranayama) can prevent migraines.
- Ensure the child drinks enough warm water & herbal teas throughout the day.

Age 16 – 50, vata imbalance

Treatments

- Boil ginger and cinnamon in warm water and drink 2 times a day. It improves the circulation, warms the body and relieves headaches caused by vata
- Take Ashwagandha powder mixed with warm milk before bed. Calms the nervous system, reduces stress levels.
- Bamiththa and gotu kola boil in water and drink in the morning. Effect the brain function, memory and relaxes the mind
- Warm turmeric and black pepper in milk and drink in night.
- Warm sesame oil and massage it into scalp, temples and forehead before sleep. Reduces dryness, nourishes nerves and relieves migraine pain
- Grinch betel leaves and sandalwood powder into a paste and apply to the forehead. Provides cooling relief
- Use a warm compress with boiled herbal leaves (Beheth Endaru) on the forehead and neck.

Diet

- Warm, less oily and easily digestible foods
- Whole grains like red rice, kurakkan, and green gram
- Soups, herbal porridges and ghee
- Spices like cumin, coriander, ginger and cinnamon
- Avoid cold, dry and raw foods (ice cream, crackers, dry nuts)
- Avoid Caffeinated drinks (tea, coffee) and aerated sodas
- Avoid Fried and processed foods that cause irregular digestion

Lifestyle

- Regular sleep and wake up routine. Sleep before 10PM and wake up early before 6AM to regulate Vata
- Avoid excessive screen time before bed
- Full body massage before bath calms the nervous system and reduces migraine frequency
- Anulom Vilom (Alternate Nostril Breathing) and deep meditation help calm Vata
- Keep the body warm and avoid windy, cold Environments

Age 16 – 50, Pita imbalance

Treatments

- Boil coriander seeds and fennel seeds in water and drink twice daily to cool the body and reduce pita related heat
- Make tea using Gotu kola leaves and Lunuwila(Brahmi) powder improves memory reduces stress and calms migraines
- Mix fresh Aloe Vera Juice with roasted cumin(Suduru) powder and drink in the morning cools pita related inflammation and soothes digestion.
- Mix Brahmi oil with coconut oil and massage on the scalp before sleep.
- Apply a cold compress soaked in mint and cucumber juice on the forehead reduces heat and relieves headaches instantly.

Diet

- Cooling foods like cucumber, coconut, watermelon and leafy greens.
- Mild, Sweet and bitter foods such as mung beans, red rice and pumpkin
- Ghee in meals
- Add spices like Coriander, fennel, cardamom to the meals
- Fresh milk, buttermilk, and coconut water for hydration
- Avoid Spicy, sour, and fried foods (chili, vinegar, tomatoes, pickles)
- Avoid Fermented foods (yoghurt, alcohol, and aged cheese)
- Avoid Caffeinated and acidic drinks (tea, coffee, soft drinks, and alcohol)
- Avoid Overheated, processed, and oily foods (deep fried snacks, excessive red meat)

Lifestyle

- Wake up before 6 AM and practice gentle breathing.
- Avoid working in direct sunlight for long hours.
- Massage coconut oil, sandalwood oil, or Brahmi oil to the scalp daily
- Practice Moon salutation instead of Sun Salutations
- Meditate for at least 10 minutes daily with a focus on cooling visualization.
- Stay in cool, airy environment and avoid excessive sun exposure

Age 16 – 50, Kapha imbalance

Treatments

- Boil ginger, black pepper, and cinnamon in water. Drink twice daily. Improves circulation, clears mucus, and reduces Kapha-related heaviness.
- Boil Tulsi leaves with long pepper and ginger for a warming drink. Helps break down excess mucus and boosts metabolism.
- Take $\frac{1}{2}$ tsp Trikatu (Pippali, Black pepper, Ginger) powder with honey before meals. Enhances digestion, reduces Kapha heaviness, and clears nasal passages.
- Soak fenugreek(Uluhal) and cumin(Suduru) seeds overnight, boil the water, and drink warm. Detoxifies the body and improves circulation to prevent Kapha migraines.
- Boil water with eucalyptus leaves(Kapuru), mint, and Tulsi and inhale the steam. Clears Kapha-related congestion and relieves migraine pressure.

- Apply 2 drops of Anu Taila (herbal nasal oil) or sesame oil into each nostril. Helps clear mucus buildup and relieves sinus headaches.
- Make a paste using clove(Karabu Neti) and cardamom(Enasal) powder with warm water and apply to the temples. Clears nasal congestion and relieves migraine pressure.

Diet

- Warm, light, foods to stimulate digestion.
- Ginger, garlic, black pepper, turmeric, and cinnamon – natural Kapha-reducing spices.
- Light grains like millet, barley, and red rice instead of wheat.
- Vegetables like bitter gourd spinach, and mustard greens to detoxify Kapha related Migraine.
- Honey instead of sugar – helps break down mucus.
- Avoid Cold, heavy, and oily foods – dairy products, deep-fried foods, and sweets. It triggers Migraine.
- Avoid Excess wheat, rice, and starchy foods – lead to congestion.
- Avoid Bananas, dairy, and processed sugars – increase mucus and Kapha imbalance.
- Avoid Cold beverages and refrigerated foods – aggravate Kapha-related Migraine.

Lifestyle

- Avoid oversleeping as it increases Kapha heaviness.
- Drink warm water with ginger and honey first thing in the morning.
- Engage in brisk walking, yoga, or cardio exercises to activate circulation.
- Prefer Sun Salutations (Surya Namaskar) to increase internal heat.
- Use a dry brush or coarse cloth to massage the body before showering. Helps stimulate circulation and reduce Kapha sluggishness.
- Avoid Heavy Naps & Late-Night Eating
- Do not sleep immediately after eating, as it slows digestion.
- Inhale warm steam with eucalyptus and mint to keep airways clear.

Age 16 – 50, Generic

Treatments

- 1 tsp dried Gotukola + 1 tsp Brahmi(Lunuwila) in hot water. Drink daily to calm the nervous system & prevent migraines.
- Soak 1 tsp coriander seeds + $\frac{1}{2}$ tsp fennel(Mahaduru) in warm water overnight. Drink in the morning for Pitta-based migraines caused by heat.
- Boil $\frac{1}{2}$ inch ginger + 5 Tulsi leaves in water. Good for Kapha & Vata migraines caused by sinus or cold weather.
- 2 tbsp fresh aloe vera juice before meals. Helps cool Pitta migraines caused by heat & acidity.
- Mix coconut oil + sandalwood paste, massage head before bed. Soothes migraine pain & relaxes the mind.
- Apply nutmeg(Sadikka), milk paste on the forehead during a migraine attack. Relieves tension headaches & improves sleep.

- Boil water with mint leaves & eucalyptus(Kapuru), inhale steam. Clears sinuses & relieves migraine pressure.

Diet

- Milk & Ghee – Nourishes brain cells & calms stress.
- Coconut water & Herbal teas – Hydrates & balances Pitta.
- Fruits – Ripe bananas, apples, pomegranates (refreshing & cooling).
- Vegetables – Pumpkin, carrots, leafy greens improve digestion.
- Whole Grains – Red rice, finger millet and oats provide steady energy.
- Mild Spices – Turmeric, cumin, coriander, cinnamon prevent toxin build-up.
- Avoid Spicy & Oily Foods – Triggers Pitta migraines.
- Avoid Processed Food & Junk Food – Increases toxins & weakens digestion.
- Avoid Cold Drinks & Ice Cream – Worsens Vata migraines.
- Avoid Caffeine & Alcohol – Dehydrates & triggers headaches.

Lifestyle

- Sleep before 10 PM to avoid hormonal imbalances.
- Reduce mobile, TV, and computer use, especially before bedtime.
- Use coconut oil or Brahmi oil to massage the head & feet.
- Simple yoga poses & breathing exercises (Pranayama) prevent migraines.
- Drink warm water & herbal teas throughout the day.

Age 50+, Vata imbalance

Treatments

- Heat cow's milk with turmeric, nutmeg, and a little jaggery(Hakuru) and drink before bed. Promotes relaxation, nourishes the brain, and reduces Vata dryness.
- Drink ginger tea with a teaspoon of warm sesame oil in the morning. Lubricates the body, improves circulation, and soothes Vata-related headaches.
- Mix $\frac{1}{2}$ tsp ghee with warm water and black pepper and drink on an empty stomach. Strengthens digestion, lubricates the intestines, and calms Vata.
- Massage warm sesame oil onto the scalp, temples, and feet before bed. Deeply nourishes Vata, relieves stress, and prevents migraines.
- Boil water with eucalyptus(Kapuru), mint, and ginger and inhale the steam. Opens airways, relieves congestion, and improves circulation to the brain.
- Mix coconut oil with Brahmi (Lunuwila) powder and apply to the scalp. Soothes nerves and prevents migraine triggers caused by stress.

Diet

- Warm, soft and well-cooked foods – soups, porridges, stews.
- Healthy fats – ghee, sesame oil, and coconut oil for brain nourishment.
- Sweet & grounding foods – root vegetables like pumpkin, carrots, and sweet potatoes.
- Mild warming spices – cumin, turmeric, ginger, cinnamon to aid digestion.
- Nuts & seeds – almonds, walnuts, and sesame seeds for brain health.

- Hydration – warm herbal teas, milk, and warm water (avoid cold drinks).
- Avoid Cold, dry, and raw foods – salads, crackers, popcorn.
- Avoid Caffeine & stimulants – coffee, alcohol, and carbonated drinks.
- Avoid Spicy, pungent foods – excess chili, black pepper (can aggravate Vata).
- Avoid skipping meals & fasting – irregular eating worsens Vata imbalance.

Lifestyle

- Use warm sesame oil for body massage to prevent dryness.
- Follow a Fixed Daily Routine Sleep early and eat meals at regular times to avoid Vata aggravation.
- Gentle Yoga & Breathing Exercises. Pranayama (breathing exercises) like Anulom Vilom help relax the nervous system.
- Yoga poses like Child's Pose (Balasana) and Forward Bend (Paschimottanasana) help Vata headaches.
- Take a bath with ginger or Tulsi-infused water to relax muscles and calm the mind.
- Meditation & Stress Management. Regular meditation, journaling, and gentle music help reduce Vata-related stress triggers for migraines.

Age 50+, Pita imbalance

Treatments

- 1 tsp Gotukola + 1 tsp Brahmi (Lunuwila) in hot water. Cools down Pitta & prevents heat-induced migraines.
- Soak 1 tsp coriander seeds + ½ tsp fennel overnight & drink in the morning. Reduces Pitta-related acidity & stress-induced migraines.
- 2 tbsp Aloe Vera juice mixed with 1 tsp Amla juice in the morning. Cools excess heat & strengthens digestion.
- Steep ½ tsp licorice (Wel-Mee) root powder in hot water. Soothes headaches caused by excess heat.
- Drink warm milk with ½ tsp ghee (Githel) before bed. Calms the nervous system & prevents night-time migraines.
- Apply cooling coconut oil + sandalwood paste on the head before bed. Cools down excess Pitta heat & soothes headaches.
- Inhale steam from boiled eucalyptus (Kapuru) leaves + mint leaves. Clears sinus pressure & reduces heat-related headaches.
- Place cold cucumber slices dipped in water on the eyes. Reduces eye strain & heat-related migraines.

Diet

- Light & Warm Foods – Soups, steamed vegetables.
- Spices – Ginger, turmeric, black pepper, cumin.
- Bitter Greens – Gotukola, neem leaves, bitter gourd.
- Grains – Red rice, barley, millet (avoid wheat).
- Fruits (Except sour fruits)
- Avoid Cold & Heavy Foods – Ice cream, cheese, yogurt.

- Avoid Deep-Fried & Oily Foods – Pakoras, chips, fast food.
- Avoid Sugary & Starchy Foods – Sweets, white bread, pastries.

Lifestyle

- Wake Up Early (Before 6 AM). Prevents morning heaviness & sluggishness.
- Drink Warm Water Throughout the Day. Flushes out mucus & toxins.
- Avoid overworking & stress in the evening to prevent Pitta migraines.
- Drink coconut water & herbal teas throughout the day.
- Wear a hat, sunglasses & stay in the shade.

Age 50+, Kapha imbalance

Treatments

- Boil 1 tsp grated fresh ginger + $\frac{1}{4}$ tsp black pepper in water. Drink warm in the morning to improve circulation & clear congestion.
- Take $\frac{1}{2}$ tsp Triphala (Aralu, Bulu, Nelli) powder with warm water before bed. Flushes out toxins & improves digestion, preventing Kapha accumulation.
- Soak 1 tsp fenugreek (Uluhal) + $\frac{1}{2}$ tsp cumin (Suduru) seeds in warm water overnight. Drink in the morning to prevent mucus buildup & balance Kapha.
- Boil 3-4 cloves (Karabu Neti) with a pinch of dry ginger in hot water. Clears sinus congestion & relieves pressure headaches.
- Inhale steam from boiled eucalyptus (Kapuru) leaves + camphor oil. Clears sinus blockages & reduces Kapha-related headaches.
- Heat dry ginger + rock salt in a cloth pouch & apply to the head. Relieves pressure & opens up blocked sinuses.

Diet

- Light & Warm Foods – Soups, steamed vegetables, herbal teas.
- Spices – Ginger, turmeric, black pepper, cumin, fenugreek.
- Bitter Greens – Gotukola, neem leaves, bitter gourd.
- Grains – Red rice, barley, millet (avoid wheat).
- Fruits – Banana, pomegranates, oranges.
- Avoid Cold & Heavy Foods – Ice cream, cheese, yogurt.
- Avoid Deep-Fried & Oily Foods – Fast food, heavy curries.
- Avoid Sugary & Starchy Foods – Sweets, white bread, pastries.
- Avoid Heavy Meats – Red meat, oily fish, pork.

Lifestyle

- Wake Up Early (Before 6 AM). Prevents morning sluggishness & reduces Kapha buildup.
- Yoga, brisk walking, or light stretching to avoid stiffness.
- Drink Warm Water Throughout the Day. Flushes out mucus & prevents congestion-related migraines.
- Prevents increased Kapha accumulation.

- Practice Deep Breathing & Meditation. Clears nasal blockages & reduces migraine severity.

Age 50+, Generic

Treatments

- $\frac{1}{2}$ tsp coriander + $\frac{1}{2}$ tsp fennel (Mahaduru) boiled in water – Reduces inflammation & improves digestion.
- Gotukola Herbal Tea. Drink daily to improve brain function & reduce headaches.
- Boil fresh ginger & turmeric with warm water. Improves blood circulation & removes toxins from the body.
- Coconut Water & Aloe Vera Drink. Cools down the body, reduces acidity & prevents heat-induced migraines.
- Soak 1 tsp fenugreek (Uluhal) + $\frac{1}{2}$ tsp cumin (Suduru) overnight & drink in the morning. Helps reduce bloating, improves digestion & prevents headaches.
- Apply cold buttermilk (Kiri Moru) with turmeric on the forehead for cooling relief.
- Inhale steam from peppermint leaves or eucalyptus (Kapuru) oil to open nasal congestion & reduce headaches.

Diet

- Fruits: Bananas, mangoes.
- Green Vegetables
- Mild Spices: Fennel, coriander, turmeric, cumin.
- Healthy Fats: Ghee, sesame oil, coconut milk.
- Cooling Grains: Rice, barley, wheat.
- Avoid Spicy & Fried Foods – Increases heat & inflammation.
- Avoid Caffeinated Drinks (Tea, Coffee) – Triggers headaches & dehydration.
- Avoid Fermented & Processed Foods – Causes digestive issues & toxin buildup.
- Avoid Cold & Heavy Foods – Dairy-heavy dishes, ice cream, and frozen foods.

Lifestyle

- Daily Head Massage with Ayurvedic Oils. Prevents dryness, improves sleep & blood circulation.
- Meditation, yoga & pranayama (breathing exercises) help reduce migraine frequency.
- Drink plenty of water, coconut water, herbal drinks & avoid direct sunlight.
- Sleep before 10 PM & wake up early to maintain hormonal balance.
- Improves blood circulation & prevents Vata-related headaches.

Gastritis

Age below 16, Vata imbalance

Treatments

- Coriander & Cumin (Suduru) Herbal Drink. 1 tsp coriander + $\frac{1}{2}$ tsp cumin boiled in 1 cup of warm water. Reduces bloating, cools the stomach & improves digestion. Drink 30 minutes before meals
- 1 tbsp aloe vera gel mixed with $\frac{1}{2}$ cup fresh coconut water. Cools stomach lining, heals ulcers & reduces acidity. Drink in the morning on an empty stomach
- Fresh ripe Bael (Beli) fruit pulp + warm water + a little honey. Soothes stomach inflammation & prevents gas. Best taken before breakfast
- 1 tsp licorice (Wel-Mee) powder in warm water or milk. Coats stomach lining, reduces acid reflux & heals ulcers. Drink before bed
- $\frac{1}{2}$ cup buttermilk (Kiri Moru) + $\frac{1}{4}$ tsp cumin (Suduru) + pinch of asafoetida (Perumkayam). Aids digestion & prevents bloating. Drink after meals
- Warm castor oil & gently massage the stomach clockwise. Relieves gas, bloating & constipation. Do this before bedtime
- Warm Rice Bag Compress on the Stomach. Helps in soothing stomach pain & improving digestion

Diet

- Cooked Rice Porridge— Made with coconut milk & a pinch of turmeric.
- Boiled Vegetables – Pumpkin, ash gourd, carrots.
- Ripe Bananas & Papaya – Natural antacids & improve digestion.
- Moong Dal Soup with Ghee – Soothes the stomach lining.
- Avoid Spicy & Fried Foods – Increases acidity & bloating.
- Avoid Carbonated Drinks & Artificial Juices – Irritates the stomach lining.
- Avoid Cold & Raw Foods – Salads, ice cream, yogurt (best to consume warm).
- Avoid Processed Sugary Foods – Worsens inflammation.

Lifestyle

- Regular Meal Timings – Eat at the same time daily to balance digestion.
- Avoid Overeating & Eating Late at Night – Prevents indigestion.
- Drink Warm Water (Not Cold) – Aids digestion & reduces Vata imbalance.
- Encourage Mindful Eating – Avoid distractions like TV while eating.
- Gentle Yoga & Deep Breathing – Helps in reducing stress-related gastritis.

Age below 16, Pita imbalance

Treatments

- Aloe Vera Juice – 2 tablespoons on an empty stomach in the morning to soothe the stomach lining.
- Licorice (Wel Tea – Mild decoction to reduce acidity and heal ulcers.
- Coriander and Cumin (Suduru) Water – Boil 1 teaspoon each in a glass of water, cool, and drink after meals.

- Nelli (Indian Goos Juice – 1 teaspoon daily to balance Pitta and improve digestion.
- Buttermilk (Kiri Moru) with roasted cumin powder helps digestion.
- A mild juice made from Gotu Kola helps cool the body and support digestion.
- Bael, papaya, cucumber fruit juice is effective in reducing acidity and soothing the stomach.

Diet

- Cooling foods - Cucumber, coconut, ripe bananas, melons, pomegranates
- Cooked vegetables - Bottle gourd, ash gourd, ridge gourd, carrots
- Dairy - Boiled milk with a pinch of turmeric or cardamom
- Grains - Rice, oats, wheat
- Light lentils - Moong dal (yellow lentils), red lentils
- Herbal drinks - Fennel tea, coriander water, buttermilk
- Avoid Spicy, fried, and oily foods
- Avoid Sour fruits like oranges, lemons, and tomatoes
- Avoid Fermented foods (yogurt, pickles)
- Avoid Caffeinated and carbonated drinks

Lifestyle

- Early bedtime (before 10 PM) – Helps in proper digestion.
- Regular meal timings – Avoid skipping meals to prevent acid buildup.
- Light yoga & breathing exercises (Pranayama, Anulom Vilom, Sheetali pranayama) to cool the body.
- Avoid excessive exposure to sun & heat – Pitta increases with heat.

Age below 16, Kapha imbalance

Treatments

- Boil 1 teaspoon cumin (Suduru) and 1 teaspoon coriander seeds in a cup of water and let it cool. Give 2-3 tablespoons after meals to soothe acidity and improve digestion.
- Aralu (Terminalia chebula), Beli Mal (Bael flower), and Iramusu (Hemidesmus indicus) help balance acidity, detoxify the stomach, and reduce Kapha build up. Boil these herbs in water and give $\frac{1}{2}$ cup of mild tea once a day.
- Aloe Vera (Komarika) soothes inflammation and heals the stomach lining. Give 1 tablespoon fresh Aloe Vera juice mixed with water on an empty stomach in the morning.
- Mix $\frac{1}{4}$ teaspoon Licorice (Wel-Mee) powder in warm water or honey and give it to the child before meals to coat the stomach lining and reduce acid reflux.
- Tulsi leaves with a few drops of fresh ginger juice help clear excess mucus and improve digestion. Give a few teaspoons of the juice before meals.

Diet

- Easily Digestible Warm Foods – Light, freshly cooked meals such as rice porridge, lightly spiced lentils and vegetable soups.

- Cooling & Alkalizing Fruits – Bananas, papaya, pomegranate, and fresh coconut water help reduce acidity and soothe the stomach.
- Medicinal Herbal Teas – Coriander, cumin, and fennel tea support digestion and balance Kapha.
- Warm Herbal Porridges – Sri Lankan Kola Kanda (Herbal Porridge) made with Gotu Kola, Heen Bovitiya, or Polpala helps soothe gastritis and improve digestion.
- Avoid Cold and heavy foods like yogurt, ice cream, and cheese.
- Avoid Spicy, oily, fried, or highly acidic foods (e.g., tomatoes, processed snacks, and carbonated drinks).
- Avoid Sugary foods and cold beverages, which worsen Kapha imbalances.

Lifestyle

- Encourage daily play, light yoga, or walking to prevent Kapha stagnation.
- A gentle daily massage with warm sesame oil keeps digestion balanced and supports growth.
- Eating early ensures food is fully digested before bedtime, reducing acidity.
- Keeping the body warm and avoiding cold exposure helps in balancing Kapha.

Age below 16, Generic

Treatments

- Beli Mal Tea - Soothes acidity and inflammation.
- Iramusu Tea - Detoxifies and cools the stomach.
- Koththamalli Water - Helps with digestion and reduces acidity.
- Komarika Juice - Heals the stomach lining and reduces acid reflux.

Diet

- Rice porridge (Kenda) Light and cooling.
- Papaya, bananas, pomegranate
- Warm herbal teas – Coriander, cumin, or fennel tea.
- Avoid Spicy, fried, and acidic foods (e.g., tomatoes, pickles).
- Avoid Processed foods, carbonated drinks, and sugar.

Lifestyle

- Regular mild exercise (walking, yoga) to aid digestion.
- Early dinner (before 7 PM) for proper digestion.
- Proper hydration throughout the day.

Age 16-50, Vata imbalance

Treatments

- Bael Flower (Beli Mal) Tea Reduces acidity and strengthens digestion.
- Sarsaparilla (Iramusu) Detoxifies and soothes the stomach.

- Pavetta (Pawatta) Helps in healing gastric ulcers.
- Coriander (Koththamalli) Improves digestion and reduces bloating.
- Aloe Vera (Komarika) Juice Helps in acid balance and heals the stomach lining.

Diet

- Warm, soft, and easy-to-digest meals (e.g., rice porridge, mung dal soup).
- Cooked vegetables (pumpkin, carrots, bottle gourd).
- Healthy fats (ghee, sesame oil) to lubricate digestion.
- Coconut water – Soothing and cooling.
- Herbal teas – Cumin, coriander, and fennel tea.
- Avoid Raw, dry, and cold foods (e.g., crackers, salads, cold drinks).
- Avoid Caffeine and carbonated drinks.
- Avoid Spicy, fried, and fermented foods (pickles, vinegar, chili).
- Avoid Excess legumes and beans (can increase bloating).

Lifestyle

- Regular meal times. Eating at the same time every day improves digestion.
- Eat slowly & chew properly. Avoid rushing meals.
- Drink warm water throughout the day (avoid cold beverages).
- Oil massage (Abhyanga) with warm sesame oil before a bath.
- Practice stress reduction (Yoga, Meditation, Pranayama).
- Sleep early (before 10 PM) to avoid late-night acidity.

Age 16-50, Pita imbalance

Treatments

- Asparagus (hatavari) Powder Drink– A cooling herb that soothes stomach lining and reduces excess Pitta.
- Licorice (Wal-mee) Powder Drink– Heals ulcers, reduces acidity, and protects the stomach lining.
- heart-leaved moonseed (Rasakinda) drink– Balances Pitta and detoxifies the liver.
- Aloe Vera Juice – Naturally cools the stomach and prevents acid reflux.
- Coriander & Fennel (Mahaduru) Tea – Reduces acidity and helps digestion.
- Coconut Water – Naturally alkaline, cools excess heat in the stomach.
- Boiled or Raw Ash Pumpkin (Alu Puhul) Juice – A Sri Lankan home remedy to reduce acidity.
- Jeeraka Arishtaya – A Sri Lankan herbal tonic that improves digestion and reduces acid reflux.

Diet

- Easily digestible, cooling foods: cooked rice, soft khichdi, wheat chapati
- Mild, well-cooked vegetables: Bottle gourd, ridge gourd, pumpkin, okra, ash gourd
- Sweet fruits: Ripe bananas, melons, pomegranates, pears, apples
- Cooling drinks: Coconut water, warm milk with ghee, herbal teas
- Dairy products: Fresh cow's milk, homemade yogurt (in moderation)

- Healthy fats: Ghee (small amounts), coconut oil
- Avoid Spicy & hot foods – Chili, garlic, onions, pepper, mustard, pickles
- Avoid Fermented & processed foods – Vinegar, ketchup, soy sauce, processed meats
- Avoid Caffeinated & carbonated drinks – Coffee, tea, sodas, energy drinks
- Avoid Citrus & sour fruits – Oranges, pineapples, tomatoes, lemons
- Avoid Excess salty & oily foods – Deep-fried foods, chips, fast food

Lifestyle

- Avoid skipping meals or overeating
- Drink warm water with meals. Helps in digestion, but avoid drinking too much water immediately after eating
- Avoid excessive exposure to sun/heat. Stay in cool environments, wear light clothes
- Sleep early. Late sleeping increases Pitta imbalance
- Chew Mahaduru seeds after meals – Helps digestion & prevents acidity

Age 16-50, Khapa imbalance

Treatments

- Triphala (Aralu, Bulu, Nelli) Churna, supports digestion, reduces bloating, and detoxifies the stomach.
- Dry Ginger Powder, warms digestion and prevents acid reflux.
- Turmeric & Black Pepper Tea, reduces inflammation and strengthens the stomach lining.
- Coriander & Dry Ginger Tea, Helps with acid reflux and bloating.
- Thippili Powder – Stimulates metabolism and reduces mucus build up.
- Black Myrobalan (Aralu) & Baeli Flower (Beli Flower) Decoction – Traditional Sri Lankan remedy to soothe digestion.
- Fennel (Mahaduru) Water – Soaks overnight and consumed for improving digestion.

Diet

- Warm, light, and dry foods (Millets, barley, brown rice)
- Easily digestible vegetables (Bitter gourd, pumpkin, carrots, spinach, bottle gourd)
- Warm spices in food (Ginger, black pepper, cumin, cinnamon, mustard seeds)
- Fruits (avoid citric fruits)
- Herbal teas Ginger tea, cumin-fennel tea, cinnamon tea
- Fermented foods (in moderation) Buttermilk, probiotic yogurt
- Light lentils Moong dal, horse gram soup
- Honey (instead of sugar) – Helps reduce Kapha buildup
- Avoid Cold & heavy foods – Ice creams, cold drinks, fried foods
- Avoid Dairy products – Cheese, excessive yogurt, cold milk
- Avoid Refined carbs & sugars – White rice, white bread, pastries, sweets
- Avoid Oily & greasy foods – Fried snacks, fast food, excess ghee
- Avoid Salt & excess water intake at night – Causes bloating and water retention
- Avoid Red meat & heavy proteins – Difficult to digest for Kapha individuals

Lifestyle

- Eat warm, freshly cooked meals – Avoid stale, refrigerated food
- Drink warm water throughout the day – Helps digestion & Kapha balance
- Exercise daily – Walking, yoga, pranayama (Kapalabhati, Bhastrika)
- Avoid sleeping right after meals – Leads to indigestion & acid reflux
- Use warm oil massages (Abhyanga) with mustard or sesame oil – Balances Kapha
- Wake up early (before 6 AM) – Kapha imbalance increases with late waking
- Consume meals at regular intervals – Avoid heavy meals at night
- Chew cloves or fennel seeds after meals – Helps digestion

Age 16-50, Generic

Treatments

Aloe Vera Juice, Soothes the stomach lining and reduces acidity.

Cumin (Suduru) Water, Aids digestion and prevents gas formation.

Licorice (Wal-mee) Tea, Coats the stomach lining and heals ulcers.

Aralu & (Baeli Flower) Beli Mal Decoction – Traditional Sri Lankan remedy for acidity relief.

Coriander Water, Reduces Pitta and cools the stomach.

Fennel (Mahaduru) Water, reduces acid reflux when consumed on an empty stomach.

Aloe Vera Juice – Naturally cools the stomach and prevents acid reflux.

Diet

- Soft-cooked rice or warm Kanda (porridge)
- Lightly cooked vegetables (Pumpkin, bottle gourd, carrot, spinach)
- Fruits (Ripe bananas, pomegranates, apples, pears)
- Cooling dairy (Buttermilk, fresh curd in moderation)
- Mild spices (Turmeric, coriander, fennel, cumin)
- Moong dal & Kollu soup – Light on digestion
- Tender coconut water – Reduces acidity
- Avoid Spicy & oily foods (Chilies, deep-fried items)
- Avoid Sour foods (Excessive tamarind, vinegar, pickles)
- Avoid Caffeinated drinks (Coffee, black tea, sodas)
- Avoid Processed foods (Instant noodles, fast food, artificial sweeteners)
- Avoid Citrus fruits (Lemons, oranges (in excess)
- Avoid Heavy legumes & beans (Hard to digest for gastritis patients)

Lifestyle

- Eat smaller, frequent meals. Avoid long gaps between meals.
- Drink warm water. Helps with digestion & prevents acidity.
- Avoid lying down immediately after eating. Helps prevent acid reflux.
- Practice stress management. Meditation, yoga, and breathing exercises.

- Walk for 15-20 minutes after meals. Improves digestion.
- Get enough sleep. Reduces stress-related gastritis.

Age 50+, vata imbalance

Treatments

- Bael Flower (Beli Mal) Tea Cools the stomach and reduces acid reflux.
- Sarsaparilla (Iramusu) Decoction Detoxifies and calms digestive inflammation.
- Coriander (Koththamalli) Water Improves digestion and reduces bloating.
- Licorice (Wel-mee) Powder Soothes the stomach lining and heals ulcers.
- Aloe Vera Juice Supports digestion and reduces acidity.
- Triphala (Aralu, Bulu, Nelli) Churna Taken at night with warm water to support digestion and prevent constipation.
- Ashwagandha (Amukkara) - Reduces stress-related gastritis and improves digestion.

Diet

- Warm, soft, and well-cooked foods (rice porridge, moong dal soup).
- Boiled or steamed vegetables (pumpkin, carrots, bottle gourd, ridge gourd).
- Healthy fats (ghee, sesame oil) to improve digestion and lubricate the stomach.
- Milk with turmeric & cardamom – Helps in soothing acidity.
- Coconut water – Naturally cools the stomach.
- Warm herbal teas – Cumin, coriander, and fennel tea aid digestion.
- Avoid Cold, raw, and dry foods (salads, crackers, dry fruits in excess).
- Avoid Caffeine & carbonated drinks (coffee, tea, soda).
- Avoid Spicy, fried, and fermented foods (pickles, vinegar, chili, alcohol).
- Avoid Too many legumes & beans (causes bloating & gas).

Lifestyle

- Eat meals at the same time daily to regulate digestion.
- Avoid skipping meals or eating late at night (causes acid reflux).
- Drink warm water throughout the day (avoid ice-cold drinks).
- Oil massage (Abhyanga) with warm sesame oil before a bath (reduces dryness and calms Vata).
- Gentle yoga & pranayama (deep breathing) for digestion and relaxation.
- Maintain early bedtime (before 10 PM) to balance Vata.

Age 50+, Pitta imbalance

Treatments

- Bael Flower (Beli Mal) & Sarsaparilla (Iramusu) Tea - Cools down excess Pitta, soothes digestion.
- Licorice (Wal-mee) Tea - Coats the stomach lining, heals ulcers.
- Aloe Vera Juice - Reduces stomach acidity and heals gastritis.

- Coriander & Fennel (Mahaduru) Infusion - Cools the digestive system and reduces acidity.
- Coconut Water - Natural coolant that reduces acidity.
- Heart leaved moonseed (Rasakinda) Decoction - Balances Pitta and boosts immunity.
- Manuka Honey with Warm Water - Soothes inflammation in the stomach.

Diet

- Rice gruel (Porridge/Kanji) - Soothing and easy to digest.
- Boiled & steamed vegetables - Pumpkin, ridge gourd, ash gourd, and carrots.
- Herbal teas - Beal flower, licorice tea.
- Cooling dairy - Buttermilk, fresh curd (in moderation).
- Soft fruits - Ripe bananas, pomegranates, pears, melons.
- Moong dal & light vegetable soups - Easy to digest.
- Mild spices - Turmeric, coriander, Cumin, Fennel.
- Avoid Spicy & oily foods - Chilies, deep-fried items.
- Avoid Sour foods - Vinegar, pickles, excessive tamarind.
- Avoid Caffeinated drinks - Coffee, black tea, sodas.
- Avoid Highly acidic fruits - Excess citrus (lemon, oranges).
- Avoid Fermented foods - old cheese, stale food.
- Avoid Heavy proteins - red meat, aged beans, processed foods.

Lifestyle

- Eat smaller, frequent meals - Avoid large meals that stress digestion.
- Stay hydrated with warm water - Avoid very cold drinks.
- Practice meditation & gentle yoga - Reduces stress-induced gastritis.
- Avoid late-night eating - Helps digestion before sleep.
- Walk after meals - Supports digestion and prevents bloating.
- Oil massage (Abhyanga) with coconut or sunflower oil - Cooling for Pitta imbalance.
- Good sleep schedule - Helps in managing stress and digestion.

Age 50+, Kapha imbalance

Treatments

- Trikatu (Ginger, Black Pepper, Long Pepper (Thippali)) Powder - Boosts digestion, burns excess Kapha.
- Cinnamon & Ginger Tea - Improves digestion and prevents mucus build up.
- Turmeric Milk (Golden Milk) - Heals the stomach lining and reduces inflammation.
- Coriander, Cumin (Suduru) & Fennel (Mahaduru) Infusion - Enhances digestion and reduces Kapha heaviness.
- Honey & Lukewarm Water - Helps break down mucus and aids digestion.
- Neem (Kohomba) & Myrobalan Aralu Powder - Detoxifies the digestive tract and prevents sluggish digestion.

Diet

- Light grains - Barley, millet, and warm rice porridge.

- Steamed vegetables - Spinach, bottle gourd, carrots, bitter gourd.
- Spices to enhance digestion - Ginger, black pepper, cumin, turmeric.
- Fruits in moderation
- Warm herbal teas – Ginger, cinnamon, tulsi, cardamom.
- Light soups & dals – Moong dal soup, vegetable broth.
- Fermented foods in moderation – Buttermilk, probiotic curd.
- Avoid Spicy & oily foods – Chilies, deep-fried items.
- Avoid Sour foods – Vinegar, pickles, excessive tamarind.
- Avoid Caffeinated drinks – Coffee, black tea, sodas.
- Avoid Highly acidic fruits – Excess citrus (lemon, oranges).
- Avoid Heavy proteins – Red meat, aged beans, processed foods.

Lifestyle

- Eat smaller, frequent meals – Avoid large meals that stress digestion.
- Stay hydrated with warm water – Avoid very cold drinks.
- Practice meditation & gentle yoga – Reduces stress-induced gastritis.
- Avoid late-night eating – Helps digestion before sleep.
- Walk after meals – Supports digestion and prevents bloating.
- Oil massage (Abhyanga) with coconut or sunflower oil – Cooling for Pitta imbalance.
- Good sleep schedule – Helps in managing stress and digestion.

Age 50+, Generic

Treatments

- Aloe Vera Juice - Soothes stomach irritation and heals ulcers.
- Licorice (Wel-mee) Tea - Reduces acidity and protects the stomach lining.
- Coriander, Cumin (Suduru) & Fennel (Mahaduru) Tea - Aids digestion and relieves bloating.
- Ginger & Honey Water -Reduces nausea, inflammation, and improves digestion.
- Turmeric & Warm Milk (Golden Milk) - Reduces inflammation and acidity.
- Basil Tea - Prevents acid reflux and strengthens digestion.
- Bael (Beli) Fruit Juice - A traditional Sri Lankan remedy for gastritis.

Diet

- Easily digestible grains - Rice porridge, oats, barley.
- Cooked vegetables - Carrots, pumpkin, bottle gourd, ridge gourd.
- Mild spices - Cumin, coriander, fennel, turmeric.
- Non-citrus fruits - Bananas, apples, pears, pomegranates.
- Cooling herbal teas - Licorice, fennel, tulsi, chamomile.
- Mild dairy - Buttermilk, diluted warm milk.
- Homemade soups - Moong dal soup, vegetable broth.
- Avoid Spicy & oily foods - Fried food, excessive chilies, garlic, onions.
- Avoid Caffeine & carbonated drinks - Coffee, tea, sodas.
- Avoid Citrus & sour fruits - Lemons, oranges, tomatoes, vinegar.

- Avoid Processed foods - Packaged snacks, canned foods, artificial sweeteners.
- Avoid Heavy dairy products - Cheese, full-fat milk, creamy foods.
- Avoid Red meat & heavy proteins - Difficult to digest for older individuals.

Lifestyle

- Eat small, frequent meals - Prevents excess acid buildup.
- Drink warm water throughout the day - Helps with digestion.
- Avoid eating late at night - Reduces acid reflux.
- Practice yoga for digestion - Vajrasana, and gentle stretches.
- Manage stress with meditation & deep breathing - Reduces acid secretion.
- Lack of sleep can worsen gastritis symptoms.

Diabetes

Age 16-50, Vata imbalance

Treatments

- Consume bitter gourd (karawila) juice or bitter gourd vegetable regularly as it helps in controlling blood sugar levels.
- Soak 1-2 teaspoons of Fenugreek (Uluhal) seeds in water overnight and consume the soaked seeds in the morning.
- Add 1/2 teaspoon of cinnamon powder to your daily tea or sprinkle it on your food.
- chew 1-2 leaves of Gurmar (Muwa kiri wel)
- Mix 1/2 teaspoon of turmeric powder with warm water or milk and consume it daily.

Diet

- High-fibre foods - Whole grains (barley, oats), legumes, beans, and lentils.
- Leafy greens
- Low glycaemic fruits
- Healthy fats - Avocados, olive oil, nuts (almonds, walnuts), and seeds (chia, flax).
- Root vegetables - Carrots, sweet potatoes, and beets (eaten in moderation).
- Mild spices - Ginger, cumin, turmeric, coriander, and cinnamon (helps with digestion).
- Fermented foods - Homemade curd, kimchi, sauerkraut (supports gut health).
- Avoid Refined sugars & processed foods - Sweets, sugary drinks, refined grains, and fast food.
- Avoid Excessive caffeine - Coffee, tea, and sodas (these can aggravate Vata and disrupt blood sugar levels).
- Avoid Fried and greasy foods - Potato chips, deep-fried snacks, and heavy oils.
- Avoid Excessive dairy - Cheese and full-fat milk.
- Avoid Excessive fruits - Mangoes, bananas, and pineapples (as they can spike blood sugar levels).
- Avoid White flour and white rice - These foods have high glycemic indexes and cause sugar spikes.

Lifestyle

- Regular Exercise -Yoga (especially poses like Vajrasana, Pavanmuktasana) and light walking. helps regulate blood sugar levels and balances Vata dosha by enhancing circulation and digestion.
- Drink warm water or herbal teas like ginger tea and cinnamon tea throughout the day. Hydration helps to maintain Vata balance and improves digestion.
- Practice relaxation techniques like meditation, deep breathing (pranayama), and yoga. Stress can increase Vata imbalance, disrupt digestion, and worsen blood sugar fluctuations.
- Eating at regular intervals helps manage blood sugar levels and prevents Vata imbalance from causing excess gas, bloating, or digestive issues.
- Ensure 7-8 hours of quality sleep each night to manage both Vata imbalance and blood sugar effectively. Adequate rest reduces stress, restores Vata balance, and supports blood sugar regulation.

Age 16-50, Pita imbalance

Treatments

- Chew 2-3 fresh neem leaves (Kohomba) on an empty stomach or drink neem leaf tea. Neem is bitter and helps lower blood sugar while detoxifying the body
- Mix 1 teaspoon of turmeric powder with 1 tablespoon of fresh aloe vera juice and drink in the morning. Aloe vera cools excess Pitta, and turmeric has anti-inflammatory and blood sugar-regulating properties.
- Drink bitter gourd (karawila) juice (1/2 glass) every morning or eat it as a cooked vegetable. Why it Works: Bitter gourd has insulin-like properties and is effective in lowering blood sugar levels.
- Boil 1 teaspoon of Heart Leaved moonseed (Rasakinda) powder in water and drink as herbal tea once a day. Heart Leaved moonseed (Rasakinda) is cooling, supports digestion, and balances Pitta dosha.

Diet

- Cooling grains - Barley, oats, quinoa, whole wheat, and brown rice.
- Leafy greens
- Low glycaemic fruits
- Cooling dairy - Buttermilk, fresh homemade yogurt (in moderation).
- Mild spices – Turmeric, coriander, fennel, and cumin (avoid spicy foods).
- Bitter vegetables – Bitter gourd, bottle gourd, and ash gourd.
- Healthy fats – Ghee, flaxseeds, and coconut oil (helps cool excess Pitta).
- Avoid Spicy, oily, and fried foods – Chili, garlic, onions, and deep-fried snacks.
- Avoid Acidic foods – Tomatoes, vinegar, and fermented foods.
- Avoid Excessive caffeine – Coffee, tea, and sodas.
- Avoid Sugary foods – Artificial sweeteners, soft drinks, and high-sugar fruits like mangoes and bananas.

- Avoid Alcohol and smoking – These increase Pitta and blood sugar levels.
- Avoid Red meat and processed foods – Increases inflammation and disrupts digestion.

Lifestyle

- Engage in Cooling Exercises. Sheetali Pranayama (cooling breath), Moon Salutations, and restorative yoga. Swimming, walking in nature, and cycling. Cooling exercises balance Pitta dosha and regulate blood sugar.
- Drink coconut water, herbal teas (like fennel tea), and plenty of room-temperature water.
- Practice meditation, deep breathing, and relaxing activities like music or journaling. Stress can aggravate Pitta and increase blood sugar levels.
- Stick to a consistent meal schedule with light and cooling meals. Prevents blood sugar spikes and helps digest food efficiently.
- Get Enough Rest & Sleep Avoid late-night work and ensure 7-8 hours of uninterrupted sleep.

Age 16-50, Kapha imbalance

Treatments

- Take 1 teaspoon of Triphala (Aralu, Bulu, Nelli) powder with warm water before bed. Detoxifies the body, improves digestion, and balances Kapha.
- Mix 1 teaspoon of turmeric with a pinch of black pepper in warm water and drink before meals. Turmeric improves insulin sensitivity and black pepper enhances absorption.
- Soak 1 teaspoon of Fennel (Mahaduru) seeds overnight and consume them in the morning on an empty stomach. reduces Kapha-related heaviness and regulates blood sugar.
- Take 250-500 mg of Guggulu powder with warm water once a day. Burns excess Kapha fat, reduces cholesterol, and improves sugar metabolism.

Diet

- Warm, light, and dry foods - Roasted or steamed vegetables, light grains.
- Spicy and bitter foods - Ginger, black pepper, turmeric, mustard, and radish.
- Leafy greens
- Low glycaemic fruits
- Legumes & pulses - Lentils, chickpeas, and mung beans.
- Healthy oils - Mustard oil, sesame oil, and flaxseeds.
- Warming spices - Cinnamon, cardamom, cumin, cloves, and bay leaves.
- Avoid Heavy, cold, and oily foods – Dairy, fried foods, and excessive fats.
- Avoid Sugary foods - Sweets, artificial sugar, and processed foods.
- Avoid Cold and damp foods - Ice cream, cold drinks, and heavy yogurt.

- Avoid Wheat & starchy foods - Limit rice, white bread, and potatoes.
- Avoid Excessive salt - Retains water and increases Kapha heaviness.

Lifestyle

- Daily Exercise & Movement. Running, cycling, cardio workouts, and strength training. Sun Salutations, Kapalabhati (breath of fire), and twisting poses. Reduces Kapha sluggishness, promotes fat burning, and controls sugar.
- Try intermittent fasting (12-14 hours) to reduce Kapha heaviness. Eat light dinner before 7 PM to avoid Kapha accumulation overnight.
- Avoid sleeping late in the morning, as Kapha energy is high at that time.
- Use chickpea flour or dry herbal powders to massage the body before bathing. Stimulates blood circulation and reduces Kapha congestion.
- Steam Therapy. Helps remove Kapha toxins, clears sinuses, and enhances metabolism.

Age 16-50, Generic

Treatments

- Drink $\frac{1}{2}$ glass of fresh bitter gourd (karawila) juice every morning on an empty stomach. Contains plant insulin that helps lower blood sugar naturally.
- Soak 1 teaspoon of fenugreek (Uluhal) seeds overnight and consume in the morning. Improves insulin function and reduces sugar absorption.
- Boil $\frac{1}{2}$ teaspoon of cinnamon and 1 teaspoon of ginger in water, drink twice daily. Regulates glucose levels and boosts digestion.
- Take 500 mg of Gurmar (Muwa madu wal) powder daily or drink as tea. Reduces sugar cravings and helps regulate blood sugar.
- Take 1 teaspoon of Triphala (Aralu, Bulu, Nelli) powder with warm water before bed. Detoxifies the body and improves metabolism.
- Chew fresh neem and Bael (Beli) leaves in the morning or drink their juice. Helps regulate blood sugar and purifies the blood.

Diet

- Low-glycaemic vegetables - Bitter gourd, spinach, moringa leaves, drumstick leaves.
- Whole grains
- Legumes & pulses - Lentils, chickpeas, green grams.
- Healthy fats - Nuts (almonds, walnuts), coconut oil, mustard oil.
- Herbal teas - Cinnamon tea, ginger tea, coriander tea.
- Fermented foods - Buttermilk, homemade yogurt (in moderation).
- Avoid Sugary foods - Sweets, artificial sugar, processed foods.

- Avoid Refined carbs - White bread, pasta, white rice.
- Avoid Fried & oily foods - Deep-fried snacks, heavy dairy products.
- Avoid Cold & heavy foods - Ice cream, excessive dairy, cold drinks.

Lifestyle

- Brisk walking, yoga, cycling, cardio, strength training. Sun Salutations, Kapalabhati (breath of fire), and twisting poses.
- Try intermittent fasting (12-14 hours) to regulate sugar levels. Eat light dinners before 7 PM to prevent sugar spikes.
- Drink warm lemon water in the morning. Include coriander water (soak coriander seeds overnight and drink).
- Practice meditation & breathing exercises (Pranayama). Ensure 7-8 hours of sleep to balance blood sugar.

Age 50+, Vata imbalance

Treatments

- Eat Moringa (Murunga) leaves in meals or drink 1 teaspoon of Moringa powder with warm water. Boosts insulin sensitivity and provides energy.
- Take 1 teaspoon of Shatavari (Hatavari) powder with warm milk. Strengthens the nervous system and improves digestion, balancing Vata.
- Take 1 teaspoon of Triphala (Aralu, Bulu, Nelli) powder at bedtime with warm water. Detoxifies the intestines and regulates digestion.
- Boil ½ teaspoon of cinnamon and 1 teaspoon of fenugreek seeds in water, drink twice daily. Enhances insulin function and improves digestion.
- Apply Heartleaf Sida (Wal babilia) oil mixed with warm ghee on joints and feet before bed. Improves circulation and prevents diabetic neuropathy (nerve pain).

Diet

- Whole grains - Brown rice, oats, millet, ragi.
- Cooked vegetables - Carrots, pumpkin, sweet potatoes, bottle gourd.
- Healthy fats - Ghee, coconut oil, sesame oil.
- Proteins - Lentils, mung beans, paneer, almonds, walnuts.
- Spices - Turmeric, ginger, cumin, coriander, fennel.
- Dairy (in moderation) - Warm milk with turmeric, buttermilk.
- Avoid Raw salads, cold drinks, white sugar, white bread.
- Avoid Fried & processed foods, excessive coffee & tea.
- Avoid Excess spicy, bitter, and astringent foods.

Lifestyle

- Walking, yoga, and light stretching. Avoid excessive cardio (drains Vata energy).
- Daily sesame oil massage before bathing to prevent dryness.
- Sleep before 10 PM to balance Vata. Meditate and practice deep breathing (Pranayama).
- Drink warm water with ginger throughout the day. Avoid cold water and aerated drinks.

Age 50+, Pitta imbalance

Treatments

- Boil 1 teaspoon Heart leaved moonseed (Rasakinda) powder in warm water, drink twice daily. Detoxifies, supports immunity, and regulates digestion.
- Take Neem leaf (Kohomba) powder (500 mg) or chew fresh leaves daily. Detoxifies blood, reduces Pitta heat, and controls sugar levels.
- Prepare a Sarsaparilla (Iramusu) decoction (boil the root in water) and drink daily. Cools the body, supports kidney health, and improves digestion.
- take $\frac{1}{2}$ teaspoon Licorice (Wel-mee) powder with warm water before meals. Soothes inflammation, prevents acidity, and regulates sugar levels.

Diet

- Cooling whole grains – Barley, basmati rice, oats.
- Non-spicy, cooling vegetables – Cucumber, zucchini, bottle gourd, pumpkin.
- Proteins – Mung beans, chickpeas, coconut milk, almonds.
- Sweet fruits (in moderation) – Pears, apples, pomegranates.
- Dairy (in moderation) – Fresh buttermilk, ghee.
- Cooling spices – Fennel, coriander, turmeric, cardamom.
- Herbal teas – Iramusu tea, coriander tea, Amla juice.
- Avoid Foods to Avoid (Heating & Pitta-Aggravating)
- Avoid Hot, spicy, and oily foods (chili, deep-fried foods, pickles).
- Avoid Sour & fermented foods (vinegar, tamarind, curd).
- Avoid Excess caffeine, alcohol, processed sugar.
- Avoid Red meat, excessive salt, and highly acidic foods.

Lifestyle

- Cooling Yoga Poses – Moon Salutation, Shitali Pranayama (Cooling Breath). Avoid excessive sun exposure (exercise in the morning or evening).
- Apply coconut oil or sandalwood oil before a bath to calm Pitta.
- Drink room temperature or warm water (avoid ice-cold drinks). Herbal drinks like Iramusu water, coriander water is ideal.
- Meditate and practice deep breathing to reduce stress (reduces blood sugar fluctuations).

Age 50+, Kapha imbalance

Treatments

- Take $\frac{1}{2}$ teaspoon Triphala (aralu, Bulu, Nelli) powder with warm water before bed. Improves digestion, detoxifies, and balances blood sugar.
- Mix $\frac{1}{4}$ teaspoon each of black pepper, dried ginger, and turmeric in warm water. Drink before meals. Stimulates digestion, boosts metabolism, and reduces Kapha.
- Soak 1 teaspoon Fenugreek (Uluhal) seeds overnight and drink the water in the morning. Reduces insulin resistance and improves glucose absorption.
- Take $\frac{1}{2}$ teaspoon Trikatu (Ginger, Thippili, Black pepper) powder with warm honey daily. Boosts metabolism, breaks down fat, and balances Kapha.

Diet

- Light whole grains - Barley, millet, quinoa.
- Bitter & pungent vegetables -
- Legumes & proteins - Mung beans, lentils, chickpeas.
- Spices to boost digestion - Ginger, turmeric, cinnamon, black pepper.
- Fruits
- Warm herbal teas - Ginger tea, fenugreek tea, Trikatu tea.
- Avoid Foods to Avoid (Heavy, Sweet, Mucus-Forming)
- Avoid Dairy & cold foods (curd, ice cream, cold drinks).
- Avoid Refined sugar & processed foods.
- Avoid Wheat & starchy foods (white bread, potatoes).
- Avoid Excess salt & fatty meats (fried foods, red meat).

Lifestyle

- Regular Exercise & Movement. Morning walks, yoga, or light jogging (best during sunrise).
- Use dry herbal powders (chickpea flour + turmeric) for body massage before a bath.
- Drink warm water throughout the day to clear toxins & reduce Kapha.
- Skip heavy dinners; try intermittent fasting (last meal before 7 PM).

Age 50+, Generic

Treatments

- Take $\frac{1}{2}$ teaspoon Triphala (Aralu, Bulu, Nelli) powder with warm water before bed. Detoxifies the body, improves digestion, and regulates blood sugar.
- Drink fresh bitter gourd (karawila) juice in the morning (30 ml). Helps regulate blood sugar and improve insulin function.
- Soak 1 teaspoon Fenugreek (Uluhal) seeds overnight and drink the water in the morning. Reduces insulin resistance and stabilizes glucose levels.
- Add $\frac{1}{2}$ teaspoon cinnamon powder to herbal tea or warm water. Lowers blood sugar and enhances metabolism.
- Boil 5-6 neem (Kohomba) leaves in water and drink it on an empty stomach. Purifies the blood and lowers blood sugar levels.

Diet

- Whole grains – Barley, millet, red rice.
- Bitter & astringent vegetables – Bitter gourd, spinach, fenugreek leaves.
- Protein sources – Lentils, chickpeas, mung beans.
- Healthy spices – Turmeric, ginger, cinnamon, black pepper.
- Fruits (in moderation) – Pomegranate, guava, berries.
- Warm herbal teas – Ginger tea, fenugreek tea, Trikatu tea.
- Avoid Foods to Avoid
- Avoid Refined sugar & processed foods (sweets, white bread, bakery items).

- Avoid Excess dairy & cold foods (curd, ice cream, cold drinks).
- Avoid Fatty & fried foods (red meat, deep-fried items).
- Avoid High-starch vegetables (potatoes, yam, tapioca).

Lifestyle

- Morning walks & stretching to improve circulation.
- Yoga for diabetes – Sun Salutation (Surya Namaskar), Pranayama (breathing exercises).
- Use warm sesame oil for daily self-massage before a bath.
- Drink warm water throughout the day to flush out toxins & improve digestion.
- Avoid late-night eating; finish dinner by 7 PM.
- Light, easily digestible dinner to prevent blood sugar spikes.

Common Cold

Age below 16, Vata imbalance

Treatments

- Boil 4-5 Tulsi leaves in water, add honey, and give 1-2 teaspoons warm tea 2-3 times a day. Acts as a natural expectorant, reduces congestion, and soothes the throat.
- Mix $\frac{1}{4}$ teaspoon ginger juice with $\frac{1}{2}$ teaspoon honey and give twice daily. Warms the body, relieves mucus build up, and strengthens immunity.
- Mix a pinch of black pepper powder with 1 teaspoon honey. Give twice a day. Clears mucus, improves digestion, and reduces cough.
- Warm 2 tablespoons mustard oil with a few crushed garlic cloves and apply on the chest, back, and feet before bedtime. Improves circulation, reduces congestion, and helps with breathing.
- Boil water with Tulsi leaves, eucalyptus (Kapuru) oil, or Turmeric, coriander, pas panguwa and let the child inhale the steam. Opens blocked sinuses and relieves cold symptoms.

Diet

- Warm soups - Lentil soup, rice porridge, or vegetable broth.
- Spiced herbal teas - Ginger tea, Tulsi tea, Cumin tea.
- Easy-to-digest grains - Rice, wheat, ragi porridge.
- Fruits rich in Vitamin C - Guava, oranges (in moderation), pomegranate.
- Healthy fats - Ghee, sesame oil (to balance Vata).
- Avoid Cold and refrigerated foods (ice cream, cold drinks).
- Avoid Heavy, oily, or fried foods.
- Avoid Excessive sweets or sugary snacks.

Lifestyle

- Keep the Child Warm. Ensure they wear warm clothes and avoid exposure to cold winds.
- Give warm water, soups, and herbal teas to keep them hydrated.
- Apply warm sesame oil to the child's body to calm Vata and improve immunity.

- Put 1 drop of warm ghee or sesame oil in each nostril to relieve congestion.

Age below 16, Pita imbalance

Treatments

- Boil 1 teaspoon coriander seeds and 5-6 fresh mint leaves in 1 cup of water. Strain and let it cool slightly. Give $\frac{1}{2}$ cup, twice daily (warm, not hot). Reduces excess heat in the body, clears congestion, and boosts immunity.
- Boil $\frac{1}{2}$ teaspoon Licorice (Wel-mee) powder in 1 cup of water for 5 minutes. Strain and cool slightly before drinking. Give 2-3 teaspoons, twice a day. Soothes the throat, reduces cough, and cools excess Pitta
- Add $\frac{1}{4}$ teaspoon turmeric powder to warm coconut milk and mix well. Give $\frac{1}{2}$ cup at bedtime. Reduces inflammation, soothes the throat, and balances Pitta.
- Mix 1 teaspoon fresh aloe vera juice with water. Give once daily in the morning. Cools down the body, detoxifies, and balance Pita.

Diet

- Cooling foods – Cucumber, coconut water, pomegranate, and ripe bananas.
- Mild herbal teas – Mint tea, coriander tea, licorice tea.
- Easily digestible foods – Rice porridge, barley soup, moong dal soup.
- Dairy alternatives – Coconut milk, almond milk (instead of cow's milk).
- Natural sweeteners – Jaggery, honey (in moderation).
- Avoid Spicy and fried foods (aggravates Pitta).
- Avoid Sour foods (pickles, citrus fruits in excess).
- Avoid Excessive dairy (can cause mucus buildup).
- Avoid Processed and refined sugar items.

Lifestyle

- Keep the Child in a Cool, Well-Ventilated Space. Avoid direct exposure to heat and sunlight, which can aggravate Pitta.
- Give fluids like coconut water and herbal infusions to calm Pitta.
- Apply coconut oil or sandalwood oil to the head and body to calm Pitta.

Age below 16, Kapha imbalance

Treatments

- Boil 5-6 fresh Tulsi leaves and $\frac{1}{2}$ teaspoon grated ginger in 1 cup of water. Strain and let it cool slightly. Give 2-3 teaspoons, twice daily (warm). Clears mucus, improves immunity, and warms the body.
- Mix a pinch of black pepper powder with 1 teaspoon of honey. Give twice a day after meals. Helps remove phlegm and warms the respiratory system.
- Heat 1 teaspoon mustard oil with 1 garlic clove. Let it cool slightly and massage gently onto the child's chest and back. Improves circulation, clears congestion, and warms the lungs.

- Boil water with Tulsi leaves, Kapuru oil, or Turmeric, coriander, pas panguwa and let the child inhale the steam. Opens blocked sinuses and relieves cold symptoms

Diet

- Light, warm, and dry foods – Moong dal soup, vegetable broth, rice porridge.
- Spices that reduce Kapha – Ginger, black pepper, cinnamon, and turmeric.
- Warm herbal drinks – Ginger tea, tulsi tea, warm honey water.
- Fruits with less moisture – Apples, pomegranates, and pears (avoid bananas).
- Avoid Cold and heavy foods (ice cream, cheese, yogurt, excess dairy).
- Avoid Processed and sugary foods (cakes, candies, chocolates).
- Avoid Oily, fried, and starchy foods (potatoes, white bread).

Lifestyle

- Keep the Child Warm & Dry. Dress the child in warm clothing and avoid exposure to cold air.
- Light stretching or playful movement helps balance Kapha.
- Ensure the child sleeps on time, preferably by 9 PM, to support immunity.
- Boil water with basil leaves and let the steam fill the child's room.

Age below 16, Generic

Treatments

- Paspanguwa (ginger, vasaka (Adhatoda vasica), kottamalli pathpadagam and venivel). This relieves congestion, fever, and body aches.
- Koththamalli (Coriander Tea)Boil coriander seeds in water and give warm sips to the child to relieve nasal congestion and throat irritation.
- Long pepper (Thippili) and Honey Long pepper powder mixed with honey soothes cough and clears mucus.
- Bee honey with raw garlic juice: Helps fight infection and boosts immunity.
- Iramusu (Hemidesmus indicus) and Belimal (Bael flower) Tea: Acts as a natural coolant and detoxifier, reducing inflammation in the throat.
- Tulsi (Holy Basil) Tea: Crush a few basil leaves and boil in water; add honey for taste. Tulsi helps clear mucus and soothes the throat.
- Turmeric Milk (Golden Milk): Warm milk with turmeric and a pinch of black pepper helps reduce inflammation and congestion.
- Ginger and Honey Syrup: A few drops of ginger juice with honey help ease cough and sore throat.
- Cinnamon and Clove Tea: Helps relieve congestion and soothes the throat.

Diet

- Warm soups and herbal porridges (like rice porridge with garlic and coriander) help digestion and boost immunity.
- Avoid cold and oily foods as they increase mucus production.

- Fresh fruits rich in Vitamin C (amla, orange, pomegranate) support recovery.
- Increase hydration with warm water, herbal teas, and light soups.

Lifestyle

Age 16-50, Vata imbalance

Treatments

- Paspanguwa (ginger, vasaka (Adhatoda vasica), kottamalli pathpadagam and venivel). This relieves congestion, fever, and body aches.
- Mix 1/2 tsp long pepper powder with 1 tsp honey. Take it twice a day. This can also be taken in warm water. Relieves dry cough and throat dryness associated with Vata imbalance.
- Boil fresh ginger in water, strain, and add honey and lemon for extra soothing properties. Warming and soothing for Vata-related cold symptoms.
- Boil coriander seeds, cinnamon sticks, and ginger in water. Drink this warm throughout the day. Helps clear congestion and reduces dryness.
- Use warm sesame oil or mustard oil with crushed garlic for massaging the chest. This soothes dry cough, warms the body, and clears congestion.

Diet

- Warm, grounding foods like rice porridge (kenda) with ghee, garlic, and coriander help balance Vata and soothe a cold.
- Soups made from mildly spiced vegetables (carrots, spinach, and sweet potatoes) are easy to digest and nourishing for the body.
- Ghee in cooked food adds lubrication to the respiratory system, preventing excessive dryness.
- Warm herbal teas with ingredients like cinnamon, ginger, and licorice root can be consumed to soothe the throat and improve digestion.
- Avoid cold, dry, and raw foods such as salads, crackers, and ice creams, which aggravate Vata.
- Warm liquids (soups, broths, herbal teas) help in hydration and provide warmth to the body. Avoid cold water or ice drinks.

Lifestyle

- Stay warm: Vata imbalances worsen in cold conditions, so it's essential to stay cozy. Dress warmly and avoid exposure to cold winds.
- Rest: Ensure adequate sleep to support the immune system and allow the body to recover.
- Hydration: Drink warm water regularly to prevent dehydration, which can worsen the Vata imbalance.

- Breathing exercises (like pranayama) help soothe Vata and calm the nervous system, supporting overall health and relaxation.
- Gentle Yoga: Practice grounding yoga poses such as child's pose or seated forward bends to balance Vata energy and relieve symptoms of congestion.
- Oil massage (Abhyanga): Use warm sesame oil for self-massage. This provides grounding and relieves Vata imbalances, particularly dryness.

Age 16-50, Pita imbalance

Treatments

- Paspanguwa (ginger, vasaka (Adhatoda vasica), kottamalli pathpadagam and venivel). This relieves congestion, fever, and body aches.
- Coriander and Fennel Tea. Both are cooling and excellent for reducing the inflammation associated with a Pitta imbalance.
- Licorice (Wel-mee) Root. this is ideal for soothing a sore throat or irritated airways caused by Pitta. Boil licorice root with mint in water. Drink this tea to soothe a sore throat and calm inflammation.
- Chest Massage with sandalwood oil: Sandalwood is cooling and soothing, which can help reduce irritation in the chest. Gently massaging the chest area can alleviate congestion.

Diet

- Cooling, Hydrating Foods: Rice porridge (kenda) with cooling herbs like coriander, mint, and coconut.
- Coconut water is excellent for hydrating and cooling the body.
- Avoid spicy, sour, and oily foods, as they aggravate Pitta. These include chilies, tomatoes, vinegar, and fried foods.
- Light and easily digestible foods: Stick to foods that won't overheat the body, such as steamed vegetables and grains like quinoa and rice.
- Mint tea or rose water diluted in water can help cool the body and clear the throat.
- Warm but not hot liquids: Drink warm (not hot) herbal teas, broths, and soups to stay hydrated and soothe the throat.

Lifestyle

- Rest: Proper rest is crucial for healing. Avoid overexertion and ensure the body has time to restore itself.
- Cool Environments: Stay in environments that are not overly hot. Avoid sun exposure or extreme heat, as it will worsen Pitta.
- Hydration: Stay hydrated with cool herbal teas and fresh fruit juices (but not citrus-heavy) like apple or pomegranate.
- Breathing Exercises (Pranayama): Practices such as Sitali Pranayama (cooling breath) are beneficial for cooling the body and calming Pitta-related fever or inflammation.
- Oil Massage (Abhyanga) with cooling oils like coconut oil helps balance Pitta. Perform this massage gently, focusing on areas of tension like the chest and temples.

Age 16-50, Kapha imbalance

Treatments

- Paspanguwa (ginger, vasaka (Adhatoda vasica), kottamalli pathpadagam and venivel). This relieves congestion, fever, and body aches.
- Ginger, Garlic, and Pepper Tea – Excellent for Kapha-related congestion and heavy mucus. Boil fresh ginger and garlic with long pepper in water. Drink this tea to warm the body, reduce mucus, and stimulate circulation.
- Turmeric and Black Pepper – Known for their anti-inflammatory properties, this combination helps reduce Kapha-related swelling and clear mucus. Boil 1 tsp turmeric and $\frac{1}{2}$ tsp black pepper in water. Drink this tea to reduce congestion and inflammation.
- Licorice Root Tea – Helps soothe the throat and reduce the mucous build-up in Kapha-related colds. Boil licorice root with cinnamon and cardamom for extra warming properties. Drink warm.
- Chest Massage with Mustard Oil: Mustard oil is effective for loosening mucus and improving circulation. Warm mustard oil with garlic, and gently massage it into the chest to relieve congestion and stimulate circulation.

Diet

- Warm, Light, and Spicy Foods: To balance Kapha, opt for spicy, hot foods that help stimulate digestion and reduce mucus.
- Ginger and black pepper can be added to soups and stews.
- Hot broths or spicy vegetable soups made with onions, garlic, and chilies help clear sinuses and relieve congestion.
- Avoid Dairy and Cold Foods: Dairy products like milk, cheese, and yogurt can increase mucus production, especially when Kapha is already imbalanced.
- Avoid cold foods like ice cream or frozen drinks, which will worsen the congestion.
- Fruits and Vegetables: Citrus fruits, apples, pears, and pineapples help clear mucus. Leafy greens, beets, and carrots provide nutrients that support the immune system while aiding digestion.
- Herbal Teas: Drink ginger tea, peppermint tea, or cinnamon tea to reduce mucus and balance Kapha. Peppermint tea helps relieve nasal congestion and reduce excess mucous buildup.
- Lighter, Warming Foods: Choose foods that are easy to digest, such as rice, quinoa, and lentils. Grains that are warm and light in nature will help balance Kapha.

Lifestyle

- Stay Warm: Kapha imbalances often feel cold and damp, so it's important to stay warm. Avoid cold and wet environments, and dress warmly to prevent excess chill and aggravation of Kapha.
- Exercise: Since Kapha is associated with heaviness and stagnation, regular physical activity is important. Cardio exercises such as brisk walking, running, or cycling help stimulate circulation, clear mucus, and warm the body.
- Yoga poses such as Sun Salutations, backbends, and twisting poses help release trapped mucus and stimulate digestion.
- Rest and Sleep: Kapha individuals may feel fatigued during a cold, so it's crucial to get plenty of rest to aid recovery. Avoid over-sleeping during the day, as this can increase Kapha's sluggishness. Try to maintain a healthy sleep-wake cycle.

Age 16-50, Generic

Treatments

Diet

- Drink plenty of warm liquids, such as herbal teas (ginger, tulsi, peppermint), and broths.
- Avoid cold drinks and iced beverages, as they can worsen the symptoms of a cold.
- Spicy and Warming Foods: Garlic, onion, ginger, black pepper, and mustard can stimulate the immune system and clear congestion. Include spicy soups, curries, or stews made with these ingredients to promote sweating and detoxification.
- Vitamin C-rich fruits like oranges, lemons, kiwi, and berries help strengthen immunity and soothe sore throats.
- Leafy greens, beets, carrots, and sweet potatoes provide essential nutrients to support immune health.
- Honey has antimicrobial properties and is soothing for the throat, while lemon is rich in vitamin C. Mix 1 tablespoon honey with 1 teaspoon lemon juice in warm water and sip throughout the day to ease throat irritation.
- Avoid Cold, Heavy, and Greasy Foods: Avoid dairy, fried foods, and excessive sugars as they can increase mucus production and hinder digestion, especially when fighting a cold.

Lifestyle

- Rest and Sleep: Sufficient rest is essential to allow your body to fight off the cold. Sleep helps with immune recovery, so ensure you are getting 7-9 hours of sleep every night.
- Keep yourself warm with light layers of clothing. Avoid exposure to cold winds or extreme cold, as this can make your symptoms worse.
- Perform gentle breathing exercises like Anulom Vilom or Bhastrika to clear nasal passages, improve lung capacity, and calm the respiratory system. Sitali Pranayama (cooling breath) can also help if there's a fever or heat in the body.
- Apply warm sesame oil or coconut oil to your body to promote circulation, relieve congestion, and keep the body warm. This can help clear mucus, especially from the chest and sinuses.
- While exercise is important, rest and gentle movements are more beneficial when you're fighting a cold. Over-exertion can weaken your immune response.

Age 50+, Vata imbalance

Treatments

Ideal for Vata imbalances and boosting immunity in older adults. It has adaptogenic properties that help the body cope with stress and promote vitality. Take Ashwagandha powder (1/2 tsp) mixed

with warm milk or water. It can be taken once daily to enhance the body's resistance and provide warmth.

Diet

- Warm liquids like herbal teas (ginger, turmeric, tulsi), soups, and broths help keep the body hydrated and balance Vata's dryness. Drink warm water with lemon and honey to soothe the throat and support digestion.
- Include foods that are warm, moist, hearty, and nourishing to balance the dryness and coldness of Vata. Soups, stews, and cooked grains like rice, quinoa, and oats are ideal.
- Steamed vegetables like carrots, zucchini, and pumpkin provide nourishment without causing any dryness or heaviness.
- Cumin, coriander, fennel, ginger, black pepper, and turmeric are warming spices that aid digestion and clear the respiratory passages. Add these spices to soups, vegetable stews, and teas to balance Vata and fight the cold.
- Cold foods like ice cream or frozen drinks, and dry foods like crackers or chips, can aggravate Vata and make the cold symptoms worse.
- Avoid caffeine and alcohol, as they can dehydrate the body and further imbalance Vata.
- Incorporate healthy fats like ghee, olive oil, and avocados into meals to maintain moisture and lubrication for dry conditions.

Lifestyle

- Since Vata is cold and dry, it's crucial to keep the body warm and protected from drafts or cold environments. Use blankets, wear layers of clothing, and drink warm teas to balance Vata's cool nature.
- Older adults may need more rest to recover from illness. Allow the body to heal by maintaining a regular sleep routine and getting adequate rest. Ensure 7-9 hours of sleep per night to help boost immunity and facilitate recovery.
- While recovery is essential, gentle movements like walking, yoga, or tai chi can stimulate circulation, prevent stiffness, and support respiratory health. Avoid strenuous exercise while sick, as it could exacerbate symptoms.
- Regular self-massage with warm sesame oil or ghee can provide nourishment and warmth, soothe dry skin, and reduce Vata's coldness. Focus on massaging the chest, feet, and hands to promote relaxation and circulation.
- Perform gentle breathing exercises like Anulom Vilom (alternate nostril breathing) or Bhastrika to help clear nasal passages, improve lung capacity, and calm the nervous system.

Age 50+, Pitta imbalance

Treatments

- Both cinnamon and cardamom are known to have cooling properties, which can soothe Pitta-related symptoms. Boil cinnamon sticks and cardamom pods in water, then strain and drink it warm. This drink can help soothe the throat and clear congestion while providing warmth without exacerbating Pitta.

- Licorice (Wel-mee) is both cooling and soothing, making it ideal for reducing throat irritation and soothing the respiratory system. Steep licorice root in water and sip slowly for relief from sore throat and dry cough.
- Tulsi (Holy Basil) – Tulsi has cooling properties that help reduce fever and inflammation associated with Pitta imbalance. Drink tulsi tea made by boiling fresh tulsi leaves in water. Tulsi is known for its anti-inflammatory and immune-boosting benefits, which are useful in combating a cold.
- Fennel Seeds – Fennel has cooling properties and helps to reduce mucus and throat irritation, which is beneficial for someone with a cold. Boil fennel seeds in water and sip the decoction to relieve congestion and clear the throat.
- Sandalwood oil has a cooling effect that helps soothe the chest and reduces heat and inflammation. Apply sandalwood oil gently to the chest area to help alleviate congestion and promote a sense of calm.
- Salt water is soothing and helps reduce the inflammation in the throat. Gargle with warm salt water to relieve irritation and inflammation in the throat caused by the common cold.

Diet

- Coconut water, mint tea, and rose water are cooling and hydrating, helping to balance the Pitta fire.
- Include cooked foods like steamed vegetables (e.g., cucumber, zucchini, spinach) and grains like rice and barley to reduce internal heat.
- Pitta-Pacifying Foods: Sweet, bitter, and astringent foods are best for Pitta imbalances. Foods like coconut, avocados, leafy greens, sweet fruits (e.g., apples, pears), and ghee are great choices.
- Spices to Reduce Pitta: Coriander, fennel, turmeric, cardamom, and saffron are cooling spices that can help balance Pitta and alleviate symptoms like sore throat or fever.
- Avoid spicy, salty, and sour foods, as they can exacerbate Pitta and increase inflammation.
- Drink plenty of fluids like herbal teas, coconut water, and plain water to stay hydrated and balance the excess heat in the body.
- Avoid alcohol and caffeinated beverages as they can increase Pitta and cause dehydration.

Lifestyle

- Since Pitta is associated with heat, it's important to avoid direct exposure to the sun or hot environments. Keep the body cool, especially during feverish symptoms, and ensure the living environment is well-ventilated and cool.
- Rest is key to recovery, especially in older adults. Ensure that there is adequate sleep and relaxation to allow the body to heal. Aim for 7-9 hours of restful sleep per night to enhance immune function and recovery.
- Practice gentle yoga or walking to keep the body moving without over-exerting, especially when there is fever or inflammation.

- Perform breathing exercises (e.g., pranayama) such as Nadi Shodhana (alternate nostril breathing) to clear the airways, calm the mind, and balance Pitta.
- Abhyanga with cooling oils like coconut oil or rose oil is beneficial for calming the Pitta fire and soothing the skin. Focus on massaging the arms, legs, and chest to promote circulation and reduce inflammation.
- Stress can aggravate Pitta and make the cold symptoms worse. Engage in calming activities such as meditation, deep breathing, or listening to soothing music to help manage stress levels.

Age 50+, Kapha imbalance

Treatments

- Boil fresh ginger in water and add a pinch of black pepper. Drink this tea to stimulate circulation, clear mucus, and reduce the feeling of heaviness.
- Take 1/4 to 1/2 teaspoon of Trikatu(Black pepper, long pepper, and ginger) with warm water after meals to enhance digestion and reduce congestion.
- Inhale the steam from a bowl of hot water infused with peppermint or eucalyptus oil, or apply diluted oils to the chest.
- Steam Inhalation with Dry Herbs
- Gargle with warm salt water several times a day to clear mucus and reduce throat irritation.

Diet

- Warming and Stimulating Foods and Drinks: Hot and spicy foods are excellent for reducing Kapha. Consider adding ginger, black pepper, and mustard to the diet to stimulate digestion and clear congestion.
- Warm soups with turmeric and ginger, or stews with garlic, onion, and lemon can help break up mucus and increase circulation.
- Kapha-Pacifying Foods: Light, dry, and warming foods are best for Kapha imbalances. Bitter greens like spinach, kale, and arugula, as well as astringent foods like apples and pomegranates, help balance the excess of Kapha.
- Avoid foods that are too oily, dairy-heavy, or sweet since they can exacerbate Kapha and contribute to mucus formation.
- Spices to Reduce Kapha: pepper, black pepper, mustard seeds, and turmeric are ideal for reducing Kapha and stimulating the digestive fire (Agni).
- Cinnamon and cloves are also warming spices that help clear congestion and reduce Kapha accumulation.
- Drink plenty of warm fluids, such as herbal teas with ginger, peppermint, or cinnamon to keep the body warm and reduce congestion.
- Avoid cold beverages and sweetened drinks, as they can increase Kapha and worsen mucus buildup.

Lifestyle

- Since Kapha is associated with cold and heaviness, it's important to keep the body warm and avoid cold environments. Ensure proper warmth in the living space, especially during cold weather.
- Engage in light exercises like walking or yoga to keep the body moving and stimulate circulation. Exercise is also helpful for clearing mucus and improving respiratory function.
- Ensure adequate rest to help the immune system recover from the common cold. However, avoiding too much rest is also important for Kapha, as excessive rest can lead to lethargy.
- Take naps when necessary but maintain a light daily schedule to avoid exacerbating the Kapha imbalance.
- A dry oil massage (using sesame oil or mustard oil) can be beneficial for Kapha imbalances, especially in cold weather. This will stimulate circulation and remove excess fluid from the body.
- Focus on massaging the arms, legs, and chest.
- Avoid staying in damp or humid environments as Kapha is aggravated by such conditions. Keep the environment dry and ensure proper ventilation in the home.
- Engage in pranayama (breathing exercises) like Kapalbhati or Bhastrika to help clear the nasal passages and stimulate the respiratory system.
- Alternate nostril breathing (Nadi Shodhana) is also great for balancing the Kapha dosha and clearing excess mucus.
- Kapha is more prone to stagnation, so it's important to avoid feelings of heaviness or sadness. Practice activities like meditation, mindfulness, and journaling to help uplift mood and relieve stress.

Age 50+, Generic

Treatments

Diet

- Warm and Hydrating Foods: warm and easily digestible foods like broths, soups, and congee to maintain hydration and soothe the throat.
- Drink plenty of warm fluids throughout the day, such as herbal teas (e.g., ginger, peppermint, lemon with honey) and warm water with turmeric.
- Include spices like ginger, black pepper, and turmeric in your meals. These stimulate circulation, clear mucus, and support the immune system.
- Garlic is also a great addition as it has antimicrobial properties, helping to fight infection.
- Eat light and easily digestible foods, such as boiled vegetables, khichdi, and lentil soup. This helps the digestive system process food better as digestion tends to weaken with age.
- Fruits like pomegranate and oranges can provide important vitamins and antioxidants to support immunity.
- Cold foods like ice cream or chilled beverages can worsen congestion and aggravate the body's cold nature.
- Avoid fried, oily, or heavily processed foods, as they can slow down digestion and worsen symptoms.

Lifestyle

- Adequate Rest is essential for the body to fight off the infection. Sleep helps rejuvenate the immune system, so ensure 7-8 hours of good sleep each night. Avoid over-exertion and stress, as they can weaken the immune system.
- Since older adults may have more coldness in the body, keep the environment warm and avoid drafty areas. Use warm blankets and wear layered clothing to stay comfortable.
- Engage in gentle warming activities, such as sun exposure or a light walking exercise to stimulate circulation and warmth.
- Though rest is important, light exercise such as walking, yoga, or Tai Chi can help improve circulation and strengthen the respiratory system.
- Breathing exercises, like pranayama, can help clear the airways and improve lung capacity.
- Keep the living space dry, as cold, damp conditions can aggravate cold symptoms and lead to further discomfort.
- Use a humidifier to maintain an optimal air quality level, especially during the colder months.