

# Dietary Guidance in Ayurveda

In this video we'll discuss the major principles of Ayurvedic dietary guidance. Changes to our Ayurvedic dosha affect how our mind functions, with some imbalances making our minds more disposed to depression or anxiety. By balancing Ayurvedic doshas, we can balance our mind. I'll explain the basic principles that we use when trying to balance our doshas. We'll also provide more detailed dietary guidance through our information section.

## References and further reading

- American Chemical Society. (2009, March 23). Special Yogurt Fights Stomach Ulcer Bacteria. ScienceDaily. [Link](#).
- Payyappallimana, U., & Venkatasubramanian, P. (2016). Exploring Ayurvedic knowledge on food and health for providing innovative solutions to contemporary healthcare. *Frontiers in public health*, 4, 57.

## Glossary

Dosha

Kapha

Pitta

Vata

Prakruti

Vikruti