

How to Heal Indigestion with Āyurveda



Signs of Balanced Digestion

- Regular hunger, building towards mid-day
- Feeling light, relaxed and energized after eating
- Easy digestion (no burping, belching, gas or acidity)
- Regular daily elimination (shape and consistency of a banana, floats rather than sinks with no foul smell—some types will have a second elimination later in the day)
- No undigested food in your poop
- Mental clarity
- Easy flow of emotions
- Radiant skin and eyes
- Balanced body temperature

How to stay in balance

- Remember, how and when you eat, is more important than what you eat.
- Eat seasonal, whole foods *that you can digest*.
- Minimize packaged food or leftovers beyond a day.
- Sip warm water and teas throughout the day.

Vata Indigestion is irregular with constipation



Signs of Irregular Digestion

- Variable appetite/Skipping meals
- Sometimes can digest food and sometimes can't
- Gas, bloating and constipation
- Anxiety and fear

Dietary treatment

- Include more soups, stews and one pot meals.
- Include sufficient oils in your diet (ghee, olive, coconut, avocado).
- Choose seasonal foods from the [vata foods list](#) which are sweet, sour and salty, all warming, building tastes.
- Reduce or avoid dry, raw and cold food (enjoy salads at room temperature, mid day, with plenty of oil in the dressing).
- Eat a 'ginger pickle' or a cup of ginger root tea 30-min before meals (Pickle: slice of fresh ginger root, dash of rock salt, squeeze of lime).
- Take 1/2 - 1 tsp. triphala powder or 1-2 tablets with warm water before bed.

Pitta Indigestion is sharp with loose stools



Signs of Sharp Digestion

- Huge appetite/ Can't miss meals without becoming irritable
- Acid indigestion, Nausea or sour stomach
- Trouble digesting fats
- Loose stools
- Anger/ Criticism/ Competitiveness

Dietary treatment

- Minimize or avoid fried foods, spicy, salty and sour foods
- Choose seasonal foods from the [pitta foods list](#) which favor sweet, bitter and astringent tastes which are cooling
- Sip on mint tea or licorice tea
- Take 1T aloe gel (from inner file) in a little warm water after meals.
- If loose stools take 1 tsp psyllium in 8 oz water first thing in the am followed by warm water.

Kapha Indigestion is slow, damp and sticky



Signs of Slow Digestion

- No appetite
- Slow, sluggish transit time
- Sticky or mucous-y stools
- Feeling of heaviness and/or fatigue after eating
- Constipation
- Depression/ Attachment/ Sedentariness

Dietary treatment +

- Exercise daily—ideally first thing in the morning.
- Eat two meals at regular times: brunch and early dinner.
- Choose foods from the [Kapha foods list](#).
- Enjoy bitter, pungent and astringent tastes and reduce sweet, sour and salty tastes.
- Include more dry and light foods like salads.
- Avoid excess carbohydrates (dairy, wheat in particular)
- Avoid ice cold foods and drinks.
- Enjoy Tulsi or Cinnamon, cardamon tea with a little stevia or raw honey.
- Use triphala powder or tablets before bed.