HOW TO NATURALLY TREAT INDIGESTION

YOGI CAMERON
Indigestion is a condition that is often a symptom of another, underlying condition and is associated with various forms of discomfort in the stomach including pain in the upper abdomen.
Most of us have experienced a form of indigestion at some point in our lives, and others may experience it chronically from day to day. Indigestion (also known as dyspepsia) refers to a difficulty digesting food. Indigestion is a condition that is often a symptom of another, underlying condition and is associated with various forms of discomfort in the stomach including pain in the upper abdomen.

Conditions that can lead to indigestion include gastroesophageal reflux disease (GERD), inflammation of the stomach (gastritis), peptic ulcers, irritable bowel syndrome, and stomach cancer. Indigestion is often accompanied by other symptoms including nausea, vomiting, bloating, belching and gas, and heartburn, and can lead to excessive salivation, debility, fainting and delirium.

In Western medicine, patients can be treated medicinally with the administration of aspirin, antacids, anti-flatulents, and proton pump inhibitors (though such methods have been questionable in their effectiveness). Other Western medical practitioners have suggested sufferers modify their lifestyle by eating less, eating slower, refraining from emotionally eating and under the influence of significant stress, refraining from drinking alcohol, and not smoking.
Ayurveda considers digestion to be central to the balance and health of a person’s physical being, and poor digestion can be the root cause of disease. The incidence of indigestion is therefore considered to be not just a source of discomfort and pain, but a stepping stone to more serious and debilitating forms of illness. Ayurveda teaches us that indigestion stems from unhealthy eating habits (like consuming processed foods) and poor lifestyle habits like eating late at night and getting irregular amounts of sleep.

Unlike other diseases that are primarily associated with one doshic imbalance (e.g. The mucus in bronchitis is predominantly associated with the heaviness of Kapha
and constipation is predominantly associated with the dryness of Vata), indigestion is associated with all three doshas.

If a person’s symptoms are related to a feeling of abdominal pain and the retention of gas, then he or she likely has the dry and frenetic Vata-based form of indigestion.

If a person’s symptoms are related to burning sensations in the stomach and sour belching, they likely have the heated Pitta-based form of indigestion.

If a person’s symptoms are related to a feeling of nausea and heaviness, they likely have the moist and heavy Kapha-based form of indigestion.
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Yogi Cameron Alborzian
How Does Ayurveda Treat Indigestion?

An Ayurvedic practitioner will work with patients to strengthen digestion with the help of an appropriate diet as based on the patient’s constitution, proper lifestyle choices, and certain herbal and other remedies that help to build a strong digestive fire. This fire is what helps to burn toxins and break down food for nutrients and eliminate any waste the body doesn’t need.

**Lifestyle Changes for Indigestion**

When we neglect to establish the root cause of one illness, it can turn into another, stronger illness in the future. The first step in resolving a specific ailment or disease in the body is to assess the nature of our lifestyle and make general modifications. Living our day-to-day life with a deliberate intention to improve
our health will help us to both resolve the disease we are suffering from and prevent further incidence of it and other diseases in the future.

**Here are a few lifestyle changes you can make to help with Indigestion**

Eat only two or three times a day, and eat at the same time every day.

Avoid eating less than three or four hours before going to bed.

Drink a cup of warm water first thing in the morning to build digestive fire.

Eat Slowly
## Food and Drink to Help With Indigestion

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<thead>
<tr>
<th>Consume</th>
<th>Avoid</th>
<th>Consume</th>
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<tbody>
<tr>
<td>Ghee</td>
<td>Corns</td>
<td>Rice (white Basmati)</td>
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<tr>
<td>Hot water, especially during meals and first thing in the morning.</td>
<td>Tomatoes</td>
<td>Sugary or fizzy drinks that blend with the digestive juice and make it weak</td>
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<tr>
<td>Herbal teas to balance each of the doshas.</td>
<td>Cold and frozen drinks.</td>
<td>Alcohol, coffee, and black tea.</td>
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Want More Helpful Information Like This?

For a full comprehensive guide according to your dosha of how to relieve Indigestion, please join the Transform Your Health Inner Circle and get access to Heal Yourself Naturally.

Transform Your Health Inner Circle is an online community and your complete source and support for a healthy and spiritual lifestyle. For more information, click the link below or visit:

https://yogicameron.leadpages.co/ycmembership-sales-lp3/

Heal Yourself Naturally is a comprehensive guide of 51 ailments and how you can relieve the symptoms using ayurvedic techniques including what herbs to take, yoga postures and breathing practices to do and much more.