

Ayurvedic treatment on indigestion, vomiting, stomach ache etc.

(Includes treatment for mouth and teeth ailments)

Preface

According to Ayurveda weakening of the digestive power is the root cause of all ailments. For a healthy life, the digestive system has to function in flawlessly. Detail analysis on the functioning of the digestive system and the ailments associated with the digestive system in day-to-day life, have been given in the texts, 'Ayurvedic treatment for indigestion, vomiting, stomach ache, etc.' and 'Ayurvedic treatment for dysentery, constipation, piles, worms, etc.' For the reader to understand the Ayurvedic perspective in an appropriate manner, the Allopathic perspective is also mentioned at the respective places. For understanding the entire subject, both the abovementioned texts are worth reading.

According to Ayurveda, good digestive power is an individual's asset; because, if the digestion is good, we obtain energy from the food. These texts are useful for students, Vaidyas and general people. Human beings in general do not have control over their tongue, and hence, they suffer from some or the other ailment associated with the stomach. Therefore, we pray at the Holy feet of Agnidevata - 'May the readers study this Text and abide by the rules mentioned for preserving good health and thus, lead a healthy life'.

- Authors

Index

(An asterisk (*) sign has been placed alongside important points)

Preface	12
Unique preface with spiritual terminology	13
1. Digestion of food and digestive power	17
1. What is digestion ?	17
2. How is food digested by the digestive juices ?	17
3. What are the causes of increased or reduced digestive power ?	18
2. Qualities of food	21
1. Hot (ushna) and cold (sheeta) food items	22
2. In which individuals are hot food items indicated and contraindicated ?	23
3. In which individuals are cold food items indicated and contraindicated ?	23

4. What is meant by heavy (guru) and light (laghu) food items ?	24
5. What is meant by dry (ruksha) and wet (klinna) food items ?	24
6. What is an incompatible diet ?	25
3. Appetite	27
1. Why are many children fussy about food ?	27
2. Why do most mothers coax their children to eat more ?	28
3. How to create an interest in a child to eat ?	29
4. How to get rid of the habit of some children of eating only when fed by the mother ?	29
5. Should a child be allowed to eat a stomachful of his favourite dish ?	30
6. What is an incompatible diet ?	31
7. Why do most children appear lean and thin ?	31
8. Should tonics be routinely given to growing children ?	32
9. How does 'balkadu' help children ?	33
10. Loss of appetite or taste of tongue is lost (arochaka)	34
11. What are the causes of excessive appetite ?	38
12. Trushna (excessive thirst)	39
4. Dental health	44
5. Mouth	48
1. Function of the mouth	46
2. Necessary diet for a healthy mouth	46
3. Brushing is important to prevent mouth diseases	46
4. Spiritual treatment for mouth diseases	
6. Stomach - Vomiting	48
1. What are the functions of the stomach ?	48
2. What is heart burn ?	48

3. What is nausea ?	48
4. Why do infants regurgitate, that is bring out small quantities of milk or curds through the mouth ?	48
5. What is motion sickness ?	49
6. What is the significance of green or yellow vomiting ?	49
7. What are the causes of haematemesis, that is blood in the vomitus ?	50
8. How should one handle a baby who has vomiting ?	50
9. Causes of vomiting	51
10. Ayurveda has classified vomiting as vataja, pittaja and kaphaja types depending on which dosha (humour) is predominant.	52
11. Diet in vomiting	57
12. Vomiting	58
13. General recommendations and restrictions to be followed in vomiting	59
14. Rasakshaya (dehydration)	60
15. Spiritual therapy (karmavipak)	60
16. Spiritual remedies according to Astrology	61
17. Food poisoning : What is poisoning through intake of food ?	61
18. Food allergy	63
7. Indigestion (Ajirna)	66
1. Causes and types of indigestion	66
2. Medicines useful in indigestion	67
3. Vishtabhdha ajirna (vataja indigestion)	69
4. Vidagdha ajirna (pittaja indigestion)	71
5. Ama ajirna (kaphaja indigestion)	73
6. Diet in indigestion	74
7. Indigestion - Spiritual therapy (karmavipak)	75
8. Abdominal distension - Gaseous (anaha and adhma)	76

8. Abdominal pain	77
1. Causes of abdominal pain	77
2. What are the causes of severe or unbearable pain in the abdomen ?	78
3. What investigations are undertaken to find out the cause of pain in the abdomen ?	79
4. Why is it often difficult to diagnose the exact cause of abdominal pain ?	81
5. Ayurvedic approach to pain in the abdomen (shula)	82
6. Diet beneficial in abdominal pain	91
7. Spiritual therapy (karmavipak)	92
8. What is appendix ?	93
9. What is appendicitis ?	93
9. Conclusion	96
1. Which factors affect the digestive system and digestive power ?	96
2. What measures should be taken to maintain and improve the digestive power ?	97
3. Spiritual therapy to maintain good health and get cured from diseases of the stomach, intestines, liver and the spleen	98
4. Spiritual therapy to maintain good health and prevent diseases of the large intestine, rectum and the anus	98