

ONLINE CHAPTER - 10

FUNDAMENTALS OF AYURVEDA

YOUR BODY

- ▶ Your body comprises of organs
- ▶ According to the functioning of these organs, they have been classified into systems

YOUR BODY

We totally have 10 systems

- ▶ Digestive system
- ▶ Circulatory system
- ▶ Lymphatic system
- ▶ Excretory system
- ▶ Respiratory system
- ▶ Nervous system
- ▶ Skeletal system
- ▶ Muscular system
- ▶ Endocrine system
- ▶ Reproductive system

DIGESTIVE SYSTEM

Our digestive system comprises of;

- ▶ Mouth
- ▶ Salivary glands
- ▶ Oesophagus
- ▶ Stomach
- ▶ Gall Bladder
- ▶ Liver
- ▶ Pancreas
- ▶ Duodenum
- ▶ Jejunum

WHAT CONSTITUTES IMPROPER DIGESTION

Improper digestion is caused by

- ▶ Improper food type
- ▶ Improper food combinations
- ▶ Not chewing adequately
- ▶ Drinking water before, during and after meals
- ▶ Eating sweets after food
- ▶ Eating more than required
- ▶ Eating at inappropriate times
- ▶ Consuming liquor
- ▶ Emotions of fear, anger, sorrow
- ▶ Watching television, mobile, reading
- ▶ Controlling urges

END OF CHAPTER - 10

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