

ONLINE CHAPTER - 11

FUNDAMENTALS OF AYURVEDA

PRIMARY SYMPTOMS OF DIGESTIVE SYSTEM

Primary symptoms include;

- ▶ Bad breath with excess salivation
- ▶ Burping
- ▶ GERD (Acidic Indigestion)
- ▶ H-Pilori Bacterial infection
- ▶ Hyperacidity
- ▶ Peptic Ulcer
- ▶ Duodenal Ulcer
- ▶ Mal-absorption
- ▶ Intestinal Infection
- ▶ Diarrhoea
- ▶ Excess Hunger
- ▶ Ulcerative Colitis

SECONDARY SYMPTOMS OF DIGESTIVE SYSTEM

Secondary symptoms include;

- ▶ Upper back pain
- ▶ Migraine
- ▶ Fatty and enlarged liver
- ▶ Hair fall
- ▶ Low back pain
- ▶ Distended abdomen
- ▶ Gall stones
- ▶ Diabetes (type 1, 2)
- ▶ Osteoporosis
- ▶ Fatigue
- ▶ Tamas (excessive sleep)
- ▶ Typhoid
- ▶ Varicose Veins
- ▶ Psoriasis
- ▶ Emotional Distress

END OF CHAPTER - 11

FUNDAMENTALS OF AYURVEDA