



GUT & MIND



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Why Is Your Gut So Important?



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Unhealthy Gut Bacteria

Your gut is full of tiny, helpful bacteria. When you lose too many of these good bacteria, bad bacteria take over. This causes swelling (inflammation) in the body and prevents your brain from working its best.



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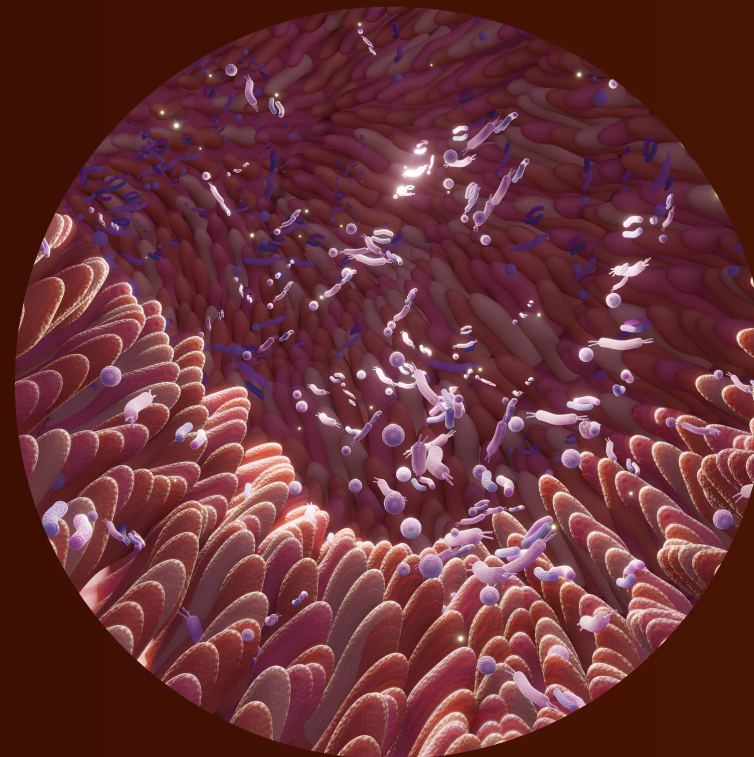


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Leaky Gut

The walls of your gut are supposed to keep harmful things inside your digestive system. If those walls get weak, toxins can leak out into your blood. This triggers inflammation that travels all the way to your brain.



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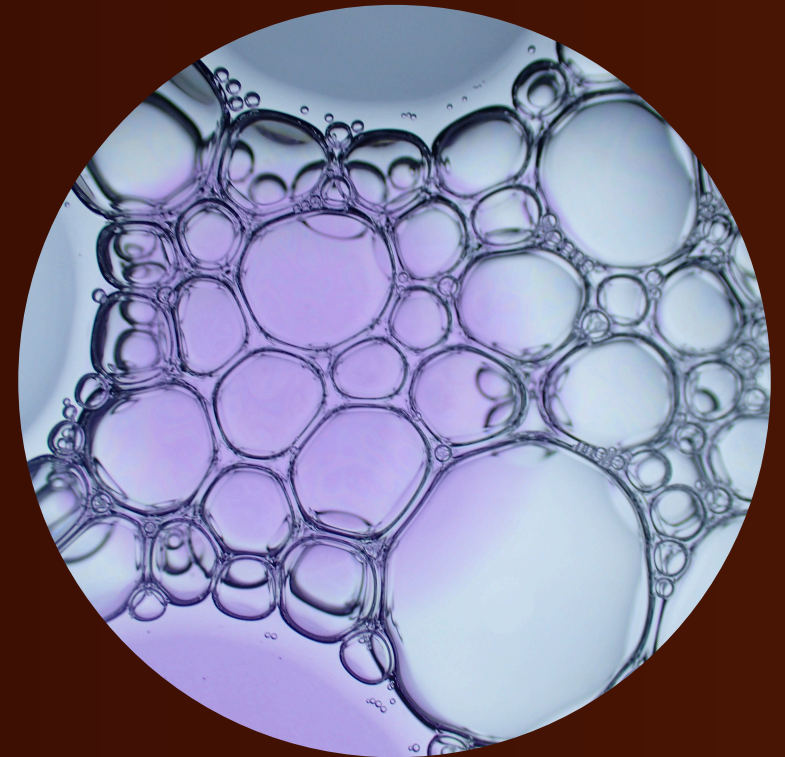
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Less Serotonin (The "Happy" Chemical)

Serotonin helps control your mood, sleep, and emotions. Surprisingly, about 90% of it is made in your gut. An unhealthy gut produces less serotonin, leaving you feeling unhappy or stressed.



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Constant Swelling

When your gut is irritated and inflamed for a long time, that swelling can spread to your brain. This can lead to cognitive and emotional issues like anxiety, depression, forgetfulness, and mood swings.



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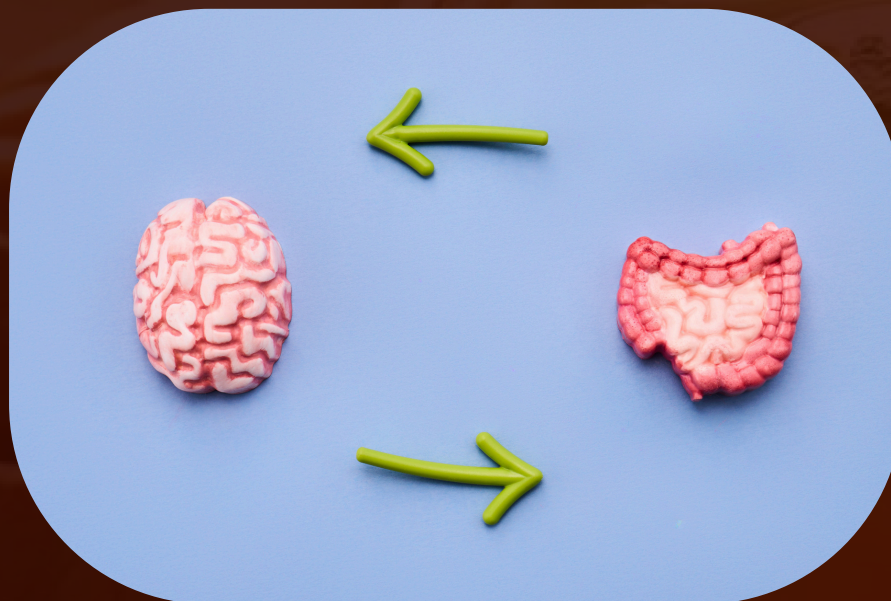
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How Gut Health Shapes the Mind ?



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In clinical practice, mental health conditions are rarely viewed as mere "broken brains," but rather as systemic imbalances often rooted in the gut. Research increasingly links microbiome disruption to a wide spectrum of disorders:

Condition	The Gut-Brain Link
Depression	Low serotonin levels, systemic gut inflammation, and persistent brain fog.
Anxiety Disorders	Cortisol dysregulation, a documented link to IBS, and a heightened stress
OCD	Microbiota-driven changes in brain circuits and localized gut inflammation.
Bipolar Disorder	Reduced microbiome diversity and mood instability linked to gut-driven
Schizophrenia	Altered gut bacteria and neuro-inflammation impacting cognitive symptoms.
Autism (ASD)	High frequency of GI disturbances and a distinct microbiome-social behavior
ADHD	Challenges with dopamine production and nutrient absorption impacting focus.
Insomnia	Disrupted melatonin pathways and altered microbiome diversity impacting



The Three Dimensions of Distress



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When the microbiome is compromised, signals manifest across physical, mental, and emotional spectrums.

Physical Signs

- Bloating, gas, and abdominal pain.
- Constipation, diarrhea, or irregular bowel habits.
- Acid reflux and indigestion.
- Muscle aches and frequent headaches.
- Chronic fatigue and weakened immunity.
- Unexplained weight changes and food sensitivities.



Mental Signs

- Brain fog and mental fatigue.
- Poor concentration and increased distractibility.
- Memory difficulties and slower information processing.
- Reduced productivity and difficulty making decisions.



Emotional Signs

- Anxiety, excessive worry, and increased stress sensitivity.
- Persistent sadness or feeling emotionally drained.
- Irritability, frustration, and mood swings.
- Reduced resilience and emotional overwhelm.



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PILLAR 1 Ahara (Food as Medicine)



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Ayurvedic healing is centered on Agni (the digestive fire). When Agni is strong, we transform food into vital energy. When Agni is weak, we accumulate Ama, metabolic toxins that cloud the mind and trigger inflammation.



Strong agni



Leads to



Healthy person



Weak agni



Leads to



unhealthy person



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The Ayurvedic Kitchen Guide



Recommended	Avoid
Freshly prepared, warm meals	Processed and packaged foods
Eating strictly to your digestive capacity	Incompatible food combinations
Regular, disciplined meal timings	Excessive sugar and refined flour
Digestive spices (<i>cumin, ginger, turmeric</i>)	Cold foods and chilled beverages
Warm water throughout the day	Heavy, oily, or fried foods



PILLAR 2 Vihara (Healthy Daily Habits)



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The Rhythm of Healing



A consistent daily routine (Dinacharya) aligns our internal clock with the natural world, calming the nervous system and stabilizing the gut-brain axis.

- **Daily Practices:** Consistent wake/sleep times, daily meditation, and intentional time spent in nature.
- **Habits to Release:** Late-night sleeping, a sedentary lifestyle, and excessive screen time before bed.
- **Mindful Eating:** Avoid eating while stressed, distracted, or looking at screens.





Yogic Integration

Postures (Asanas): Vajrasana (ideally for 10 minutes immediately after meals), Pavanamuktasana, and Bhujangasana.

Breathing (Pranayama): Diaphragmatic breathing and Nadi Shodhana (alternate nostril breathing).



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PILLARS 3 & 4

Shamana & Shodhana

(Balancing & Cleansing)



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When lifestyle adjustments are not enough, deeper clinical interventions are required to restore the gut-brain axis.

Shamana (Pacification)

When lifestyle adjustments are not enough, deeper clinical interventions are required to restore the gut-brain axis.



Vata, Pitta & Kapha: The Three Ayurvedic Body Types



According to Ayurveda, every person is made up of three fundamental energies called Doshas: Vata, Pitta, and Kapha. These energies govern our physical, mental, and emotional well-being.

Vata (Air + Space)

Vata is responsible for movement in the body and mind. It governs breathing, circulation, communication, creativity, and nervous system functions.

Balanced Vata: Energetic, creative, enthusiastic, adaptable.

Imbalanced Vata: Anxiety, overthinking, insomnia, dry skin, constipation, fatigue.

Pitta (Fire + Water)

Pitta controls digestion, metabolism, intelligence, and transformation. It is the energy behind focus, ambition, and body temperature regulation.

Balanced Pitta: Intelligent, confident, determined, good digestion.

Imbalanced Pitta: Irritability, anger, acidity, inflammation, excessive sweating.

Kapha (Earth + Water)

Kapha provides structure, stability, strength, and nourishment. It supports immunity, emotional calmness, and physical endurance.

Balanced Kapha: Calm, compassionate, patient, strong immunity.

Imbalanced Kapha: Weight gain, lethargy, congestion, attachment, low motivation.

Symptomatic Management (Shamana Chikitsa) in Ayurveda



In psychiatric and psychological conditions, Shamana therapies may be used to help manage:

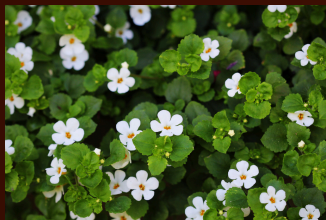
- Anxiety disorders
- Depression
- Stress-related disorders
- Sleep disturbances
- Attention and concentration difficulties
- Psychosomatic illnesses



Symptomatic Management (Shamana Chikitsa) in Ayurveda

Commonly used herbs:

- Brahmi
- Ashwagandha
- Jatamansi
- Shankhapushpi
- Mandukaparni (Gotu Kola)



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Shodhana (Panchakarma Detoxification)

For deep-seated imbalances, we utilize 5 targeted systemic purifications:

Vamana: Therapeutic emesis to clear the upper digestive tract.

Virechana: Therapeutic purgation to clear excess Pitta and deep-tissue toxins.

Basti: Medicated enema—the "gold standard" for restoring the microbiome and balancing Vata.

Nasya: Nasal administration to directly support the nervous system and brain health.

Raktamokshana: It is an Ayurvedic bloodletting therapy used to remove vitiated blood and reduce toxins, inflammation, and diseases associated with aggravated Pitta and Rakta.



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7 Steps to Gut-Brain Harmony



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- Eat a diverse, fiber-rich diet: Feed your beneficial bacteria with whole grains and legumes.
- Include fermented foods daily: Use curd, Buttermilk, or idli to naturally enrich your microbiome.
- Stay well-hydrated: Sip warm water to keep Agni strong throughout the day.
- Exercise and practice yoga: Improve gut motility and actively lower stress hormones.
- Manage stress actively: Commit to Pranayama and meditation to calm the axis.
- Prioritize adequate sleep: 7–8 hours of quality rest is non-negotiable for microbiome restoration.
- Seek professional guidance: Consult an Ayurvedic physician for a personalized healing plan.



Thank you

**Ancient wisdom. Modern science.
One path to wholeness.**



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