



567 Thomas Street, Coopersburg, PA 18036

Phone: 484.347.6110

[www.ojas.us](http://www.ojas.us)

## **NON PHARMACOLOGICAL TECHNIQUES FOR KAPHA IMBALANCE\***

### **FAVOR**

- Changing one's routine from time to time.
- Exposure to stimulating colors including: red, gold, yellow, orange and purple.
- Fasting
- Hiking in the mountains, jogging, mountain biking
- Light penetrating aromas including: eucalyptus, sage, cedar, myrrh, camphor, peppermint, and rosemary.
- Massage the body regularly with appropriate oils and powders.
- Moderate exposure to wind.
- Outdoor activities in warm and dry climates
- Selfless service to others, generosity, non-attachment.
- Use foods with the pungent, bitter, and astringent tastes.
- Use of spices of all kinds in the diet.

### **AVOID / REDUCE**

- Attachment to people or objects.
- Dependence upon the affection of others for our peace of mind.
- Excessive sleep, especially in the late morning and during the spring season.
- Excessive exposure to damp conditions.
- Lack of exercise.
- Lack of spices in the diet.
- Over indulgence in cold foods and beverages.
- Over indulgence in sweet foods and beverages.
- Tendency toward excessive ownership and control of property and luxuries.
- Wearing clothing, which is damp or wet.

*\* These recommendations are not intended for use in the diagnosis, treatment, prevention or cure of any disease.*