



567 Thomas Street, Coopersburg, PA 18036

Phone: 484.347.6110

www.ojas.us

NON-PHARMACOLOGICAL TECHNIQUES FOR VATA IMBALANCE*

FAVOR

- Calming aromas such as lavender, neroli, bergamot, geranium and orange essential oils.
- Cultivate quiet, peace, and self-love.
- Defusing unwarranted fears and anxieties.
- Gentle exercise such as walking, yoga, tai chi etc.,
- Moderate use of saunas, steam baths and hot tubs if possible weekly once or twice.
- Regular morning and evening meditation.
- Regular warm, gentle, soothing touch using warm sesame, almond or jojoba oils.
- Rhythmic, soft and slow music including classical music, Indian melodies, and chants.
- Tranquil colors used in clothing and the environment such as deep blue, orange, red, green, purple, magenta and yellow.
- Warm, nourishing foods abounding in the sweet, sour and salty tastes.

AVOID / REDUCE

- Excessive consumption of raw vegetables and fruits or green leafy vegetables.
- Excessive indulgence in emotional events one after another.
- Excessive running, jumping, pedaling and other forms of fast-paced exercise created by the desire to lose weight.
- Excessive travel especially by airplane.
- Insufficient periods of quiet, contemplation and meditation.
- Not obtaining sufficient sleep.
- Performing work after dinner that causes mental or physical strain.
- Spending excessive time on the telephone or in front of a computer.
- Staying up late at night.
- Too much contact with friends and acquaintances.

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