



## Ayurveda For Improving Memory and Mind

Ayurveda provides a safe and lasting impact on your mental health, reducing stress and improving performance.

Psychological health or a healthy state of mind depends on the sense organs and their functions like awareness, sharpness, focus and attention which leads to good memory and decisiveness.

According to Ayurveda, there could be many causes for poor memory and IQ, the primary ones being malnutrition and chemical imbalances in the brain functions which could be physiological or influenced by drugs and antibodies.

Ayurveda explains that the Kapha dosha (water and earth element) of the body is responsible for memory problems as vitiated kapha dosha leads to a dull mind or disinterestedness.

## 14 Healthy Eating Tips

Similarly, vitiated Vata dosha (air element) also leads to stress and confusion, leading to the obstruction of knowledge and memory. Vata dosha is responsible for all nervous functions and memory.

So, in order to improve your memory, both Vata and Kapha dosha should be balanced. A combination of Vata and Kapha improves the memory. Pitta Dosha (fire element) plays a major role in improving sharpness and IQ.

## Diet

Even though Ayurveda recommends a personalized diet, the following basic qualities are considered before considering any diet recommendations:

1. A diet which is light and detoxifying helps to remove the unwanted Kapha blocks and improves the Vata passages; a light diet improves the Pitta functions hence improves the IQ

2. Eat a balanced fresh, green vegetables, beans, carrots, oranges, nuts and ghee
3. Avoid cheese and meats
4. Ayurveda recommends palm sugar or honey as a long term diet to improve the balance between Vata, Pitta and Kapha in order to improve memory and IQ
5. Limited use of coffee helps improve memory and IQ



## Lifestyle

1. Increased physical activity improves brain function and coordination
2. Studies show that exercise for 30 minutes a day sharpens the mind than those who do no exercise.
- 3.. Yoga helps improve memory
4. Ayurveda recommends the application of Bramhi oil and Himasagara Thailam to improve blood circulation and remove toxins. Massage and shirodhara therapy reduces anxiety, and improves concentration and IQ.

## Herbs

The following herbs are very effective in improving concentration, memory, IQ and in reducing stress and anxiety, etc

A. Bramhi – Helps to improve blood circulation to the brain – especially improves the cerebral blood vessels.

B. Bringaraj – Enhances psychological tolerance; improves memory and IQ



C. Shanka Pushpi – Improves concentration, memory and IQ

D. Triphala – Improves the detoxification process, metabolism and bio assimilation of nutrients to the brain and body cells

## Yoga



Yoga helps to improve blood circulation to the body and provides better oxygen availability to brain cells. Please remember not to perform any asana unless you are being guided by a qualified yoga instructor.

1. Sun salutations: 6-12 times of this improves brain functioning
2. Inverted Camel position: Improves IQ
3. Shoulder and Head Stand Positions: Improves blood circulation to the brain, concentration, IQ and destresses
4. Meditation and Pranayama – Helps to destress and provides better oxygen to the body and brain

Want to know more contact Yogamaya at [www.vedicworld.org](http://www.vedicworld.org) or call her on 352 629 3156