

disorder and activity disorder in her teens, Nadia had ongoing digestive problems and body image issues throughout her twenties..... until Ayurveda and Yoga changed her life.

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Mallika Varma, holds a bachelor's degree, B.A.M.S. from State Ayurvedic college and Hospital, Lucknow and a postgraduate degree M.S. in Kshara Sutra Avum Anushastra Karma from Sri Venkateswara Ayurvedic College, Tirupathi.

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A History of Wellness - mywellnesstest.com

Sattvic diet is a diet based on foods in Ayurveda and Yoga literature that contain the quality sattva. In this system of dietary classification, foods that decrease the energy of the body are considered tamasic, while those increase the energy of the body are considered rajasic.. A sattvic diet is meant to include foods and eating habits that are "pure, essential, natural, vital, energy ...

Sattvic diet - Wikipedia

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