



Remove the Causative Factors *Nidanam Parivarjanam*

1. Diet

- a. Unwholesome food or food lacking freshness (e.g., leftovers, fast food, junk food, processed food, packaged food)
- b. Not properly cooked: too much raw food, or raw food taken at improper times (evening, morning)
- c. Not enough time for meals: rushed, eating before previous meal is digested, dividing the mind while eating (working, watching TV, etc.)
- d. Too much (or too little) quantity of food
- e. Cold foods and drinks
- f. Taking milk with mixed tastes
- g. Too much heavy food, or taking heavy foods at inappropriate times (breakfast, late supper)
- h. Rushing immediately after meals
- i. Large amounts of Rajasic and Tamasic foods: e.g., red meat; very spicy, sour, or salty foods; root vegetables (carrots OK)
- j. Impure foods: pesticides, additives, genetically modified
- k. Improperly cooked: overcooked, undercooked, microwaved

2. Behavior and Routine

- a. Irregular routine
- b. Too hectic, rushed routine; not enough time for relaxation
- c. Bedtime too late (after 11 p.m.)
- d. Arising too late (after 7 a.m.)
- e. Daytime sleep
- f. Night vigil
- g. Too little, too much, or untimely exercise (after meals, after sundown)
- h. Insufficient attention to elimination functions
- i. Suppression of natural urges
- j. Chronic exposure to stress and stressful situations (at work, at home)
- k. Insufficient attention to inner spiritual development (the Self, Atma, meditation)

3. Other causative factors

- a. Lack of regular (seasonal) physiological purification (*Panchakarma*)
- b. Imbalances related to the near environment: Improper orientation of home or workplace (*Vastu*)
- c. Imbalances related to the distant environment: Influence of cosmic cycles (*Maharishi Jyotish*)