

The Vata Stress Guide

A simple Ayurvedic routine to manage stress, hair fall & dryness



Do you find yourself:

- Feeling scattered, anxious, or emotionally drained?
- Finding it difficult to fall asleep?
- Noticing unusual **hair fall, breakage, or skin dryness**?
- Dealing with **constipation, bloating**, or patchy skin darkening?

These are classic signs of **Vata-based stress** — a state of imbalance when the Vata dosha (governed by air and space) becomes aggravated due to overstimulation, cold, irregular routines, or excess movement.

Vata stress leaves you feeling **ungrounded** — and Ayurveda gently helps bring you back to centre.

1. Ahara (Food & Diet)

Eat warm, nourishing food at regular times.

- Favour soft, well-cooked vegetables like **carrots, beets, and sweet potato**
- Add good fats like **desi cow ghee**, **cold pressed sesame oil**, and gentle spices like **jeera, ginger, and pepper**

- Include **well-churned , fat removed buttermilk** with meals

Avoid: raw food, salads, cold smoothies, cabbage, cauliflower, and gassy dals like rajma, channa — they all aggravate Vata.

Food should feel like a warm hug — grounding, moist, and easy to digest.

2. Avoid Cold, Wind , Excess Travel, & AC Overexposure

Prolonged exposure to wind, cold environments (like AC offices), and excess travel (especially multiple flights) increases Vata.

Try to:

- Limit travel wherever possible and over-scheduling
- Cover your ears and head if it's windy
- Reduce time in cold, dry indoor spaces

This protects your skin, nervous system, and gut from going into overdrive.

3. Stick to a Consistent Daily Rhythm

Vata thrives on chaos. Hence **routine balances Vata Dosha**.

- Eat meals at the same time daily
- Wake and sleep at consistent hours
- Avoid late nights, overstimulation, and excess screen time
- Finish dinner by 8:30 PM

Even small shifts in rhythm can have a big calming effect.

4. Support the Body with Abhyanga

A warm oil massage helps anchor Vata and reduce dryness.

- Do a **full abhyanga** once a week with the **Krya Intense Abhyanga Oil**
- Add **mini abhyangas 2x/week** on lower back and abdomen, legs, and arms
- Post abhyanga have a warm water bath using the **Krya Intense Ubtan**

This simple ritual strengthens the nervous system and improves sleep and digestion.

5. Scalp and Foot Oiling

Oiling the **scalp and feet** is deeply therapeutic for Vata imbalance.

- Apply **a few drops of Krya Kshema Hair Oil** to the scalp 4x/week
- Do **pada abhyanga (foot massage)** nightly with Krya Intense Abhyanga Oil
- These practices calm the nervous system, reduce hair fall, and improve rest

6. Gentle Mind Rituals Before Bed

Instead of forcing meditation, try:

- Journaling your thoughts
- Gazing softly at the moon for 3–5 minutes

Let your nervous system **calm down** before you sleep.

7. What to Expect When Vata Balances

- Hair fall and Hair dryness reduces
- Skin feels softer, more even-toned
- Digestion improves
- You sleep deeper and wake up more centred
- Your anxiety becomes more manageable — not overwhelming

Ayurveda doesn't fight symptoms — it brings you back to harmony.