

Ayurvedic Medicine

**Address**

2nd Floor, Vipin Garden, Plot no 8 Near SBI Bank, Dwarka Mor

Contact Person**Mobile Number****Email**

philogicsin@gmail.com

One of the tenets of Ayurveda is that if you are not eating enough food you are going to suffer from an imbalance in your dosha – one or more of your natural forces including Vata, pitta, and Kapha (all Sanskrit words). When this happens, it leads to problems with digestion and absorption, constipation or diarrhea, low immunity levels which can lead to an increased risk for illness; depression; fatigue; insomnia, and weight loss due to improper absorption.

For more details, please visit <https://www.indiabusinessstoday.in/detail/ayurvedic-medicine-central-delhi-557000>
