

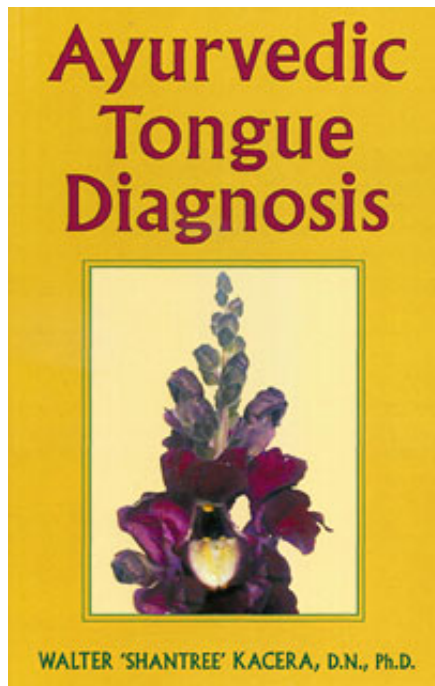
Walter 'Shantree' Kacera Ayurvedic Tongue Diagnosis

Reading excerpt

[Ayurvedic Tongue Diagnosis](#)

of [Walter 'Shantree' Kacera](#)

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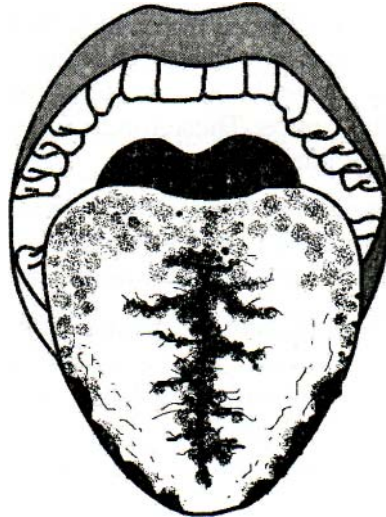
13 Constitutional Case Studies

- A Case of Vata Imbalance
- A Case of Pitta Imbalance
- A Case of Kapha Imbalance
- An Ayurvedic Case Study: Pitta Prakruti Woman with Insomnia & Vata Vikruti

13.1 A Case of Vata Imbalance

A 76-year-old male patient came to our clinic for his dizziness, headaches and irregular heartbeat. He had been experiencing excessive flatulence and constipation. His physical build was tall and thin, his skin was dry and cool, and his pulse was irregular and weak. Mentally, he was anxious and very worried about his state of health.

His routine had been disturbed while he was on vacation and his erratic schedule continued after he returned home. His meal time was different everyday, he ate mostly steamed vegetables



and some rice and beans. He was drinking two to three cans of carbonated drinks a day and his sleep was light and interrupted.

TONGUE DIAGNOSIS	
Prakruti-Body Color:	Pale with slightly reddish at sides
Prakruti-Body Shape:	Deep central crack extending to the tip, numerous other cracks radiating outward from it, swollen along central crack, tooth marked
Vikruti-Tongue Coating:	Dry, thin, grayish and murky appearance

This is a typical case of a Vata imbalance. This person's physical and mental characteristics and symptomatology fit into the Vata type. The irregularity in his diet and sleep, as well as his diet and carbonated drinks disturbed his Vata constitution. In Ayurvedic medicine, constipation is the result of blocked Apana vayu (downward Vata energy). This blockage results in energy moving upward, cause irregular heartbeats, headaches and dizziness.

Recommended Treatment Protocol

Dietary advice: Eat three meals regularly, at the same place and at the same time as often as possible. Chew food completely. Reduce the overly cooked vegetables, beans and carbonated drinks, which create excess flatulence. Eat warm, fresh juices, green leafy vegetables, sprouted and warmed mung beans and vegetable soups. These foods are warming and easily digestible. Drink plenty of water.

Lifestyle: Create regularity in sleeping and daily activities. Stay warm. Take a warm bath. Get plenty of rest and exercise daily in the great outdoors such as walking or swimming.

Cleansing technique: Retention enema with sesame oil. The colon is a seat of Vata energy, so a warming enema relieves excess Vata. Every morning, drink hot water with freshly squeezed lemon and a little honey and salt to stimulate the colon and relieve constipation.

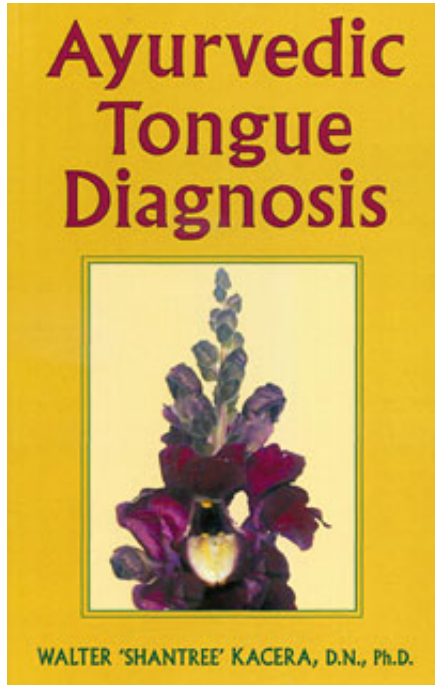
Ayurvedic remedies: The balancing tastes for the Vata constitution are Sweet, Sour and Salty, so the Ayurvedic remedies that balance Vata contain foods, spices and herbs with these tastes. Drink Triphala tea daily to relieve constipation.

Results: After following this regimen for one week, the patient's constipation improved. His heart rate slowed down and became regular. He no longer experienced dizziness and headaches. The routine relaxation/meditation and spending time outdoors helped him relieve his anxiety and improve his sleep. Vata types need regularity in diet, lifestyle and sleep. Warm fluids, warm baths, calming exercise, movement activities and relaxation help keep Vata in balance.

13. 2 A Case of Pitta Imbalance

A 37-year-old female who was a workaholic executive manager complained of severe heartburn, which she had experienced for over a year. She has been to numerous health practitioners but with no relief. Her heartburn extended from her stomach to the throat. The symptoms were worse when lying down. She had previously taken numerous medications and antacids to relieve her symptoms, but they no longer helped and she was experiencing numerous side-effects from them. The heartburn was aggravated by fried oily foods and Sour, Pungent, and spicy food. She also had an unpleasant bitter taste in her mouth and moderately high blood pressure for the last six months.

Physically, she had a medium build with fair complexion. Her hair is a reddish-brown color and her eyes are greenish in color with a sharp intensity to them. She was very impatient and seemed to be irritated by the way her day was going. She kept complaining about numerous people who were present in her life. Her diet mainly consisted of fast food, including hamburgers, pizza, tacos, chili, french fries with ketchup, coffee and colas. She also smoked cigarettes on a regular basis, about half a pack a day.



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