

Ayurveda for Depression

In this video, I explain the Ayurvedic perspective on depression. Depression doesn't manifest the same in every person, but rather can vary depending on your inborn constitution and genetics. We find that the Ayurvedic perspective on depression maps very well onto modern scientific variants of depression. Once we have an understanding of our subtype, we can start to develop targeted strategies (see dietary guidance in Ayurveda for more details) towards our depression.

References and further reading

- Benazzi, F. (2006). Various forms of depression. *Dialogues in clinical neuroscience*, 8(2), 151.
- Fava, M., & Rosenbaum, J. F. (1998). Anger attacks in depression. *Depression and anxiety*, 8(S1), 59-63.
- Dey, S., & Pahwa, P. (2014). Prakriti and its associations with metabolism, chronic diseases, and genotypes: Possibilities of new born screening and a lifetime of personalized prevention. *Journal of Ayurveda and integrative medicine*, 5(1), 15–24. [Link](#).

Glossary

Ayurveda

Neurovegetative Symptoms

Dosha

Kapha

Pitta

Vata

Meditation Videos



P09 – Yoga Nidra