
Morning Sickness

Care with Morning Sickness

- Don't suppress nausea as it creates more kapha, follow pitta pacifying diet (milk with cardamon, kanji); lie on left side after meals, take more rest; may take salty crackers (several bites) if craving salt
- Take unsalted puffed rice cakes and crush, add to water and sip through day
- Chew one tsp. of either fresh pomegranate or roasted cardamon seeds
- Chew a little fresh amalaki if available or sweet and sour plum
- Take one tsp. sweet and sour orange juice with a little honey or 1-2 tsp. grapefruit juice with sweetener
- Take a few drops of fresh lemon juice mixed with a little honey or warm water with few drops of lemon juice and pinch of black salt
- Nausea persisting after six months: place ½-1 cup red rice in 120ml water and soak for ½ hour, take out 100ml of water (use rice elsewhere) add ¼ tsp each coriander powder and rock sugar or natural sugar, take twice dailys.