



## FREE ONLINE SERIES 2026

### EMOTIONS AND YOUR HEALTH: An Ayurveda Perspective

#### ***How negative/positive emotions affect health: Using Ayurveda to balance the system***

Dr. Somesh N. Kaushik, ND, BAMS, MPH, E-RYT-500  
<https://kaushikclinic.com/>

Headaches, insomnia, high blood pressure, digestive disorders, nervous conditions, excessive fatigue, muscle aches, weight concerns, skin problems, reproductive issues. Could these all have an emotional connection?

Negative emotions – including repressed ones – upset the body's hormonal balance, deplete the immune function, and cause a myriad of acute and chronic situations. Stress shortens our telomeres which accelerates aging. And emotions play a role in our behaviors – including our food choices – which in turn affect our health.

"Ayurveda – which defines health as a balance of body mind, and spirit – has always recognized the body's alignment with nature and the earth's elements," says Dr. Kaushik, an Ayurvedic physician. For the past two years Dr. Kaushik has been offering lecture series on "Food as Medicine: The Art of Using Foods to Heal" and "Eating in Harmony with Nature: Healing the Body and the Environment" exploring how these principles guide us to benefit our health and the planet. In this new series he will explore the role that emotions play in our health and how to keep the body balanced and thriving with Ayurveda's guidance.

In Ayurveda the body consists of the five universal elements – space, air, water, fire, earth – in combinations called doshas: Vata is space/air; Pitta is fire/water; Kapha is earth/ water. We all have elements of these three doshas in our unique profile. Keeping them in balance is key. Choosing foods, herbs, and supplements with the correct elemental properties ensures dosha balancing – keeping emotions balanced as well. Foods and herbs that are fresh promote health, vitality, strength, and long life. Choose foods and herbs with this intent, as well as local and organic. In this way you are helping your body and emotions to stay balanced.

This free monthly lecture series will cover appropriate foods, herbs, and natural supplements to keep every system in the body healthy and well balanced throughout the year. Each month will cover specific emotions, how they affect health and how to keep them balanced. Herbs such as Brahmi, Holy Basil, and Ashwagandha are just three that play important roles in this scenario. The importance of lifestyle modifications, along with meditation and yoga practices, will be highlighted as well. Learning how to "lighten up" helps energy to flow and unblocks "stagnant" negative emotions.

Recall the words of American author Mark Twain: 'Anger is an acid,' Twain wrote, 'that can do more harm to the vessel in which it is stored than to anything on which it is poured.' Put another way, unrelenting hatred is detrimental to the body, the mind, and the soul. Come and explore how to shift to positive emotions without suppressing the negative ones. We hope you will join us for this informative online series and learn how Ayurveda can help to balance emotions!