

## Water Imbalance

### Excess water

Too much water, watery, moist, oily or sweet food can dampen the agni and impair digestion, cause an increase in *Kapha* or *Ama* and a sense of heaviness; it can also lead to obesity, dullness, depression, edema or dilute sodium levels (and in some cases, white, itchy rashes and yeast infections). Try vigorous exercise or vigorous yoga so you sweat, sun salutations, twisting and digestion-strengthening *asanas*, eat dry, light foods or a *Kapha*-pacifying diet and have ginger tea.

### Deficient water

Water deficiency causes dryness of the skin, lips, eyes and mucous membrane, yellow or dark-colored urine, weight loss, constipation, bitterness and feeling disconnected. This need not be merely an intake issue, it could be because water is not being absorbed, *Agni* may be low or there may be *Ama* blocking the passage of water, or it could indicate *Vata Vikruti*. Strengthen the *Agni*, drink more water, milk, coconut water, do *abhyanga*, have *vata*-pacifying foods, do *vata*-pacifying *asanas* and *yoga nidra*.

### Health Conditions

Individuals suffering from poor digestion, tumors of the abdomen, anaemia, anal fissures and IBS should consult their *Vaidyas* and Doctors about water consumption (they may need to have less or fortified water).