



Ayurvedic Tips for Nausea in Early Pregnancy - The Keyajee Way to Gentle Relief



+44 7588 891 824



www.keyajee.com

CONTACT US

Introduction

Morning sickness – or more accurately, all-day sickness – is one of the earliest and most common signs of pregnancy. While it's a natural part of your body adjusting to new hormonal changes, the constant nausea can make even the simplest tasks feel exhausting. Ayurveda, the ancient Indian system of holistic health, offers time-tested remedies that are gentle, safe, and effective for expectant mothers. At Keyajee, we believe in harmonizing ancient wisdom with modern well-being, and this is especially important during pregnancy – a sacred time for nurturing both body and mind.

Understanding Nausea in Ayurveda

In Ayurveda, early pregnancy nausea is often linked to an imbalance in Pitta dosha (the fire element) and Vata dosha (the air element). When these energies become aggravated, digestive fire (Agni) weakens, leading to symptoms such as nausea, bloating, loss of appetite, and sensitivity to smells. The key to managing this imbalance lies in calming the stomach, grounding Vata, and cooling excess Pitta.



1. Start the Day Gently

Instead of rushing out of bed, take a few minutes to sit up slowly and breathe deeply before standing. Ayurveda recommends beginning your morning with a small, grounding bite – such as a dry cracker, roasted puffed rice, or a few soaked almonds. This helps balance blood sugar levels and prevents the sudden onset of nausea.

2. Sip on Ginger Tea

Ginger (*Zingiber officinale*) is one of the best-known Ayurvedic remedies for nausea. Its warming and digestive properties help regulate Agni and calm queasiness.

How to use:

Boil a few slices of fresh ginger in water for 5–10 minutes. Sip this tea slowly throughout the day, especially before meals. If fresh ginger feels too strong, try mild ginger-infused water or add a few drops of lemon juice for freshness.

Keyajee Tip: Always consult your healthcare provider before consuming large amounts of ginger during pregnancy, as individual tolerance may vary.

Final Thoughts

Nausea in early pregnancy is temporary, but its effects can be challenging. Through Ayurveda's nurturing wisdom, you can find safe, natural relief that supports your body's needs. Always remember to consult your healthcare provider or an Ayurvedic practitioner before starting any new herbal remedy or routine during pregnancy.

At Keyajee, we're here to guide you through this journey – helping you honor your body, connect with your inner strength, and welcome new life with calm confidence.