

HEALING SYSTEMS DECODED

AYURVEDA + FUNCTIONAL
MEDICINE FOR BALANCED
TEEN HEALTH

Author- Zainab Mustafa Bharmal



TABLE OF CONTENTS

1. Two Systems, Same Purpose

2. What Are Doshas?

3. Agni & Ojas Explained

4. Functional Medicine Basics

5. Ayurveda + Science Together

6. Backed by Research

Two Systems, Same Purpose

Ayurveda and Functional Medicine both focus on treating the root cause —not just symptoms. While one is ancient and the other modern, they work best together.

Key ideas:

- Both see the body as connected
-
- Both personalize health solutions
- Both aim to restore balance, not just fix problems

Mini Tasks:

1. Write one health issue you're dealing with.
2. Ask: Could it be linked to food, sleep, or stress?

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

What Are Doshas?

Ayurveda says we all have three energies:

- Vata = air + space
- Pitta = fire + water
- Kapha = earth + water

When Doshas are off balance, problems show up—like acne, anxiety, or fatigue.

Mini Tasks:

1. Take a Dosha quiz online and note your dominant type.
2. List one daily change to help that Dosha stay balanced.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Agni & Ojas Explained

Agni is your digestion. Ojas is your glow and immunity. When digestion is weak, you feel tired, heavy, or dull.

Key points:

- Strong Agni = energy, clarity
- Weak Agni = bloating, fatigue
- Ojas depends on how well you digest, not just what you eat

Mini Tasks:

1. Avoid cold drinks at your next meal.
2. Try a cup of warm water in the morning.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Functional Medicine Basics

Functional Medicine asks why a problem exists. It doesn't just treat symptoms.

It checks for:

- Gut problems
- Stress overload
- Nutrient gaps
- Hormonal imbalances

Mini Tasks:

1. Write one unhealthy habit you know affects your energy.
2. Replace it with a better option for one day.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Ayurveda + Science Together

These systems may use different words, but they share the same approach:

- Find the root cause
- Treat the whole person
- Use food, rest, and daily habits to heal

Mini Tasks:

1. Write one habit from Ayurveda (like warm meals).
2. Write one habit from science (like gut care). Try combining them.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Backed by Research

Modern science supports both traditions:

- Turmeric and Ashwagandha help with stress & inflammation
- Lifestyle changes reverse hormonal issues like PCOS
- Gut health affects skin, mood, and focus

Mini Tasks:

1. Add turmeric or tulsi to one meal this week.
2. Reflect on one thing from this e-book that surprised you.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

ABOUT THE AUTHOR



Zainab Mustafa Bharmal is an IBDP Year 2 student at The Galaxy School, with a strong academic foundation and a passion for pharmaceutical sciences, biotechnology, and life sciences. A national topper in Geography and an all-A* IGCSE achiever, Zainab has pursued her interests through internships with medical professionals, research-based summer programs, and science-led awareness campaigns. She has led impactful projects on juvenile diabetes, curriculum design for under-resourced schools, and conducted fieldwork in naturopathy and nutrition. Her portfolio includes awards in sports, arts, MUNs, and international competitions like the Biology Bowl and Duke of Edinburgh Award. Through her capstone project and this e-book series, Zainab combines the wisdom of Ayurveda with modern health science to make preventive wellness accessible, evidence-based, and teen-friendly.