

# Ayurveda Integrative Nutrition

Level 1



A deep space photograph showing a vast field of stars of various colors (white, blue, orange) against a dark cosmic background. The stars are densely packed in some areas and more sparse in others. The text "Yatha Pinde Tatha Brahmande" is centered in the image in a white, sans-serif font.


Yatha Pinde Tatha Brahmande






Samkhya





Explosion/Expansion  
Quantum Soup + Hydrogen  
Fusion : Star  
Periodic Elements  
Evolution of Planets

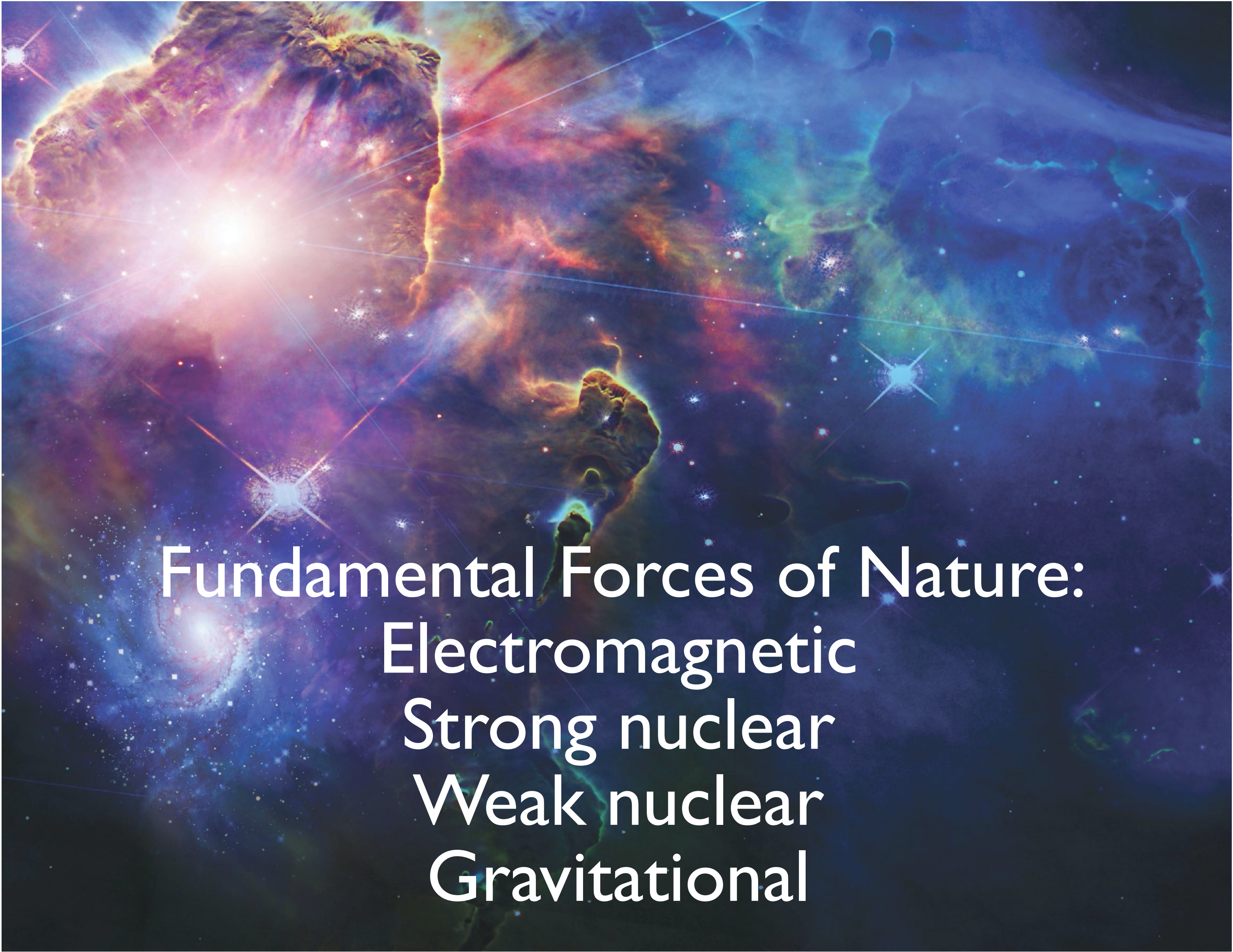




Explosion/Expansion  
Quantum Soup + Hydrogen  
Fusion : Star  
Periodic Elements  
Evolution of Planets

Space  
Air  
Fire  
Water  
Earth





Fundamental Forces of Nature:  
Electromagnetic  
Strong nuclear  
Weak nuclear  
Gravitational



# **Modern Science**

**Fundamental Forces of Nature:**

**Electromagnetic  
Thermodynamics  
Gravitational**

# **Ayurveda**

**Dynamic Forces of Nature:**

**Air  
Fire  
Water**





# Ayurveda

The Science of Life

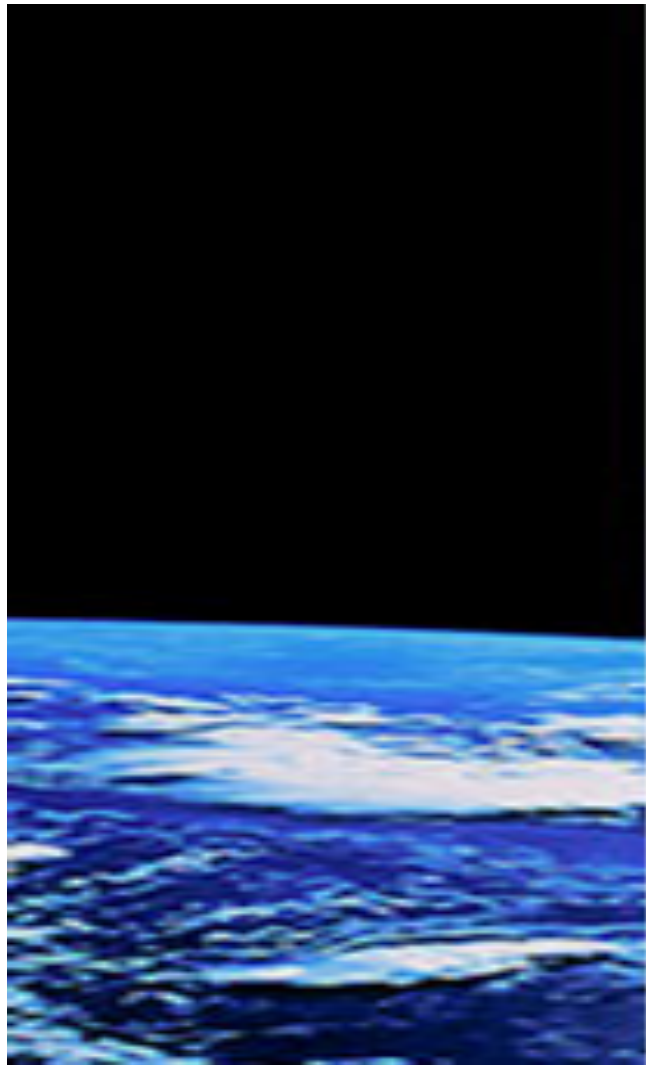




# 5 Elements



# 5 Elements



Space



Air



Fire



Water



Earth





# Properties of Space







# Properties of Air







# Properties of Fire







# Properties of Water







# Properties of Earth







# Prakriti





# Doshas

Vata, Pitta, Kapha





# Vata

## Air & Space







# Vata

Air & Space





# Vata

*You are Vata if...*

- You are tall and thin, with prominent, stiff or creaky joints.
- Your hair is curly, your skin is dry and your feet are cold.
- You are energetic, highly creative, curious about the world.
- You love to move, to travel, to feel free.
- You enjoy new experiences, excitement, and stimulation.
- You are flexible and adaptable to new situations.
- You love to meet people and engage in deep conversations.





# VATA

## Mobility & Freedom















# Pitta

Fire & Water







# Pitta

Fire & Water





# Pitta

*You are Pitta if...*

- You tend to be muscular, with reddish, warm, oily skin.
- Your eyes are piercing and you have fine, oily hair.
- You have good circulation, are often warm and get flushed.
- You have a good appetite, sharp memory and speech.
- You are motivated, warm, determined and courageous.
- You have muscular strength, a strong will, and can overcome many obstacles.





# Pitta

## Transformation







# Pitta

## Sharp & Hot







**LEMON**  
**GINGER**  
**CAYENNE**  
**PEPPER**  
**WATER**

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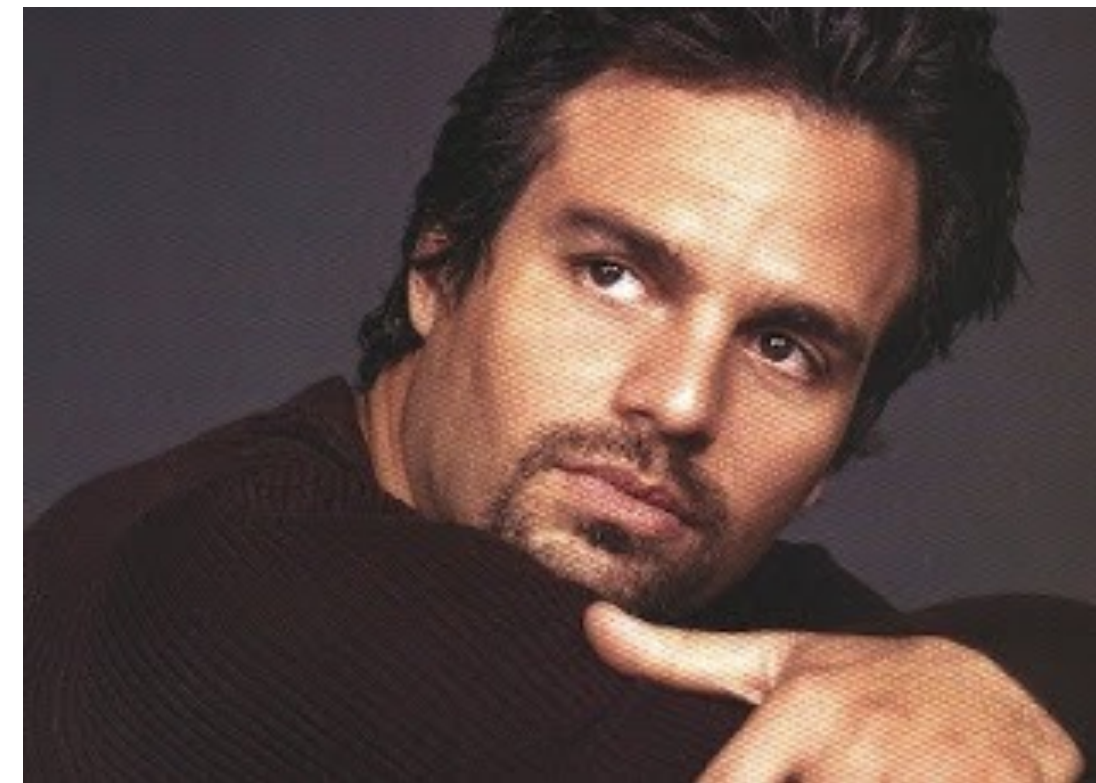


# Kapha

Water & Earth







**Kapha**  
Water & Earth



# Kapha

*You are Kapha if...*

- You are calm, grounded, and stable.
- You are strong, with good immunity, thick wavy hair, strong nails and lustrous milky skin.
- You are considered calm, steady and nurturing.
- You prefer a cozy home and familiar routines.
- You like traditions, are happy with a few close friends and feel uncomfortable as the center of attention.
- You are loyal, loving, caring, and you have a great memory.



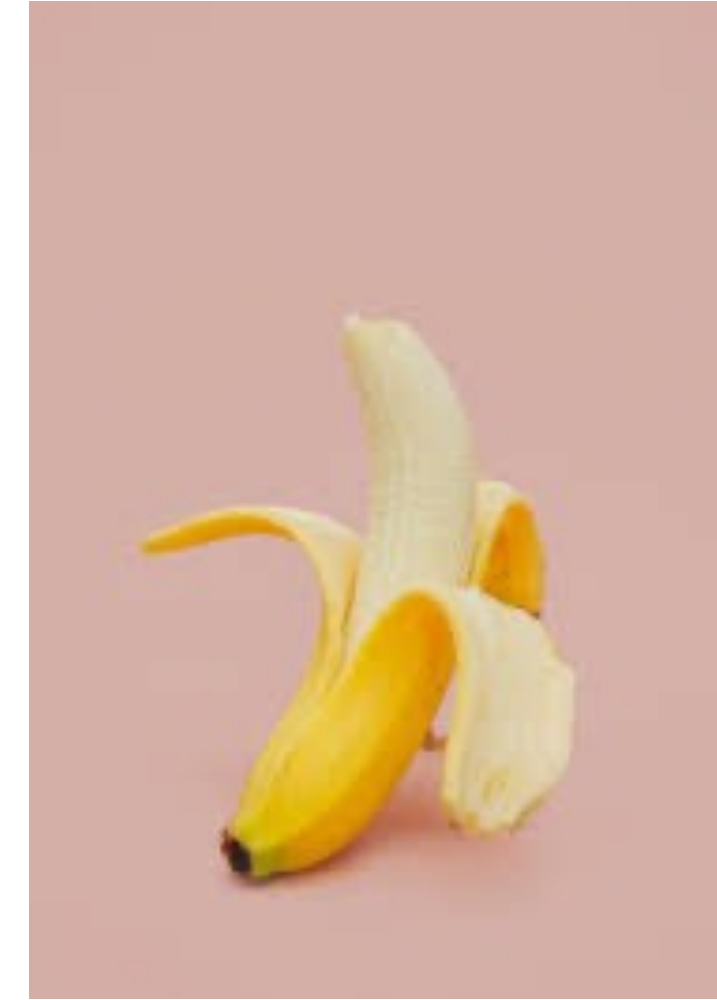


**Kapha**  
Cohesion & Stability



# Kapha

Heavy & Cold















# Doshas in Real Life

People, Places, Things

*Your Home? Your Environment? Your Pet?*





# The Gunas

Sattva, Rajas, Tamas



# The Gunas

**Sattva**

**Rajas**

**Tamas**

Peace

Motion

Inertia

Clarity

Passion

Chaos

Balance

Energy

Apathy

Purity

Activity

Ignorance

Goodness

Drive

Destructive





**SATTVA**

Light

Clarity

Peace

Balance

---



# Rajas



Stimulating

Driven

Intensity

Passion

Chaos

Stress





Tamas

Inertia  
Ignorance  
Destructive  
Rotting  
Dissolution  
Atrophy



DOSHAS	TAMASIC	RAJASIC	SATTVIC
<p><b>VATA</b> (SPACE – AIR) 75% rajas 20% sattva 5% tamas</p> <p><i>Changeable</i> <i>Catabolic</i></p>	<p><b>1. Greed.</b> Delusion, lack of direction, indecisiveness, sadness, grief. <b>Precepts:</b> 2: Stealing taking what’s not given. 4: a.) Lying. b.) Divisive gossipy speech c.) Loose-chitchat-motor-mouth speech – Leaking away Qi / Ojas – Immunity. 5: Caffeine - Cigarette - Drug addiction: techno ecstasy, MaryJane</p>	<p><b>1. Desire.</b> Hyperactivity, fear, nervousness, anxiety, ungroundedness, space-cadet / air-head. Forgetfulness, isolation, loneliness, separation, divorce, non-filial respect: Alzheimer’s Disease</p> <p><b><i>Element - Cognitive-Motor Organ:</i></b> <i>Space: Sounds (Ears-Mouth)</i> <i>Air: Touch (Skin-Hands)</i></p>	<p>Clarity, creativity, lightness, <i>4: Unlimited renunciation / equanimity</i>, aloneness – solitude <b>Spiritual Practice Affinities:</b> <b>Space:</b> Mantra <b>Air:</b> Mudra, Pranayama is natural but should be balanced with reading Sutras (Pitta) &amp; Bhakti (Kapha) and Samantabhadra Great <i>Practice</i> Bodhisattva &amp; Earth Store Great <i>Vows</i> Bodhisattva</p>
<p><b>PITTA</b> (FIRE – WATER)</p> <p>50% rajas 45% sattva 5% tamas</p> <p><i>Intense</i></p> <p><i>Metabolic</i></p>	<p>“Hot-heated” / Rash / Violent <b>2. Anger</b> – hatred (<i>raw garlic, onions, leeks, shallots, chives</i>), envy, jealousy (sour - vinegar) “Hot-blooded” Over-sexed (<i>from cooked garlic, onions, leeks, shallots, chives, hing</i>) <b>Precepts:</b> 1: Killing (Mars - Warrior) 3: Sexual affairs, rape 4: No Harsh Speech (pitta is honest) 5: Alcohol – coffee, sex addiction</p>	<p><b>2. Aggressiveness</b>, competitiveness, power, prestige, name and fame.</p> <p><b><i>Element - Cognitive-Motor Organ:</i></b> <i>Fire: Forms – Sights (Eyes-Feet) – Fancy possessions, luxuries</i></p> <p><i>Water: Tastes (Upper tongue – fancy rich foods – expensive restos)</i> <i>Lower tongue [genitals] – over passionate)</i></p>	<p>Tapas, Samadhi, Wisdom, Knowledge, Understanding, comprehension, Clarity</p> <p><b>Spiritual Practice Affinities:</b> Mandala-Tangkha-Yantra-Trataka-Gazing, Tapasya, Manjushri Bodhisattva Wisdom and Sutra-scripture study is natural but should be balanced with Meditation and 1<sup>st</sup> Precept – No Harm and Guan Yin Avalokiteshvara Great <i>Compassion</i> Bodhisattva, 3<sup>rd</sup> Precept – <i>Brahma</i></p>
<p><b>KAPHA</b> (WATER-EARTH)</p> <p>5% rajas 20% sattva 75% tamas</p> <p><i>Relaxed</i></p> <p><i>Anabolic</i></p>	<p><b>3. Stupidity</b>, Deep confusion, over-sexed (<i>cooked garlic, onions, leeks, shallots, chives</i>), depression, stupor, unconsciousness, coma, “Me Only”</p> <p><b>Precepts:</b> 3: Sexual misconduct, sex addiction. 4: a.) Irresponsible / profane speech. Major obesity, 5: Sleep-Food-Porn-TV addiction (“Couch potato”)</p>	<p><b>3. Ignorance</b>, Foolishness, Attachment, stinginess, gluttony, possessiveness, “My family ONLY”.</p> <p><b><i>Element - Cognitive-Motor Organ:</i></b> <i>Water: Tastes (Upper tongue – candy, cookie, chocolate)</i></p> <p><i>Lower tongue [genitals])</i></p> <p>“If you control your upper tongue (tastes), you will control your lower tongue (sex organs)”</p> <p><i>Earth: Smells</i> <i>Sweet candy, cookie, milky, ghee (Nose and Anus “Kshiti” means earth and hence “Shitty”)</i></p>	<p><b>Generosity , Patience, Vigor, Devotion</b>, Universal love, <i>Unlimited Compassion / Sympathy</i> <i>3: Unlimited Joy</i></p> <p>All living beings as my “family” <b>Spiritual Practice Affinities: Water:</b> Yama, 3<sup>rd</sup> Precept, Forgiveness and repentance (water). <b>Earth:</b> Pure Land Nama Japa, Bakti, Devotion, Earth Store Vows Bodhisattva, Seva, Giving, Caring, Incense, Bowing is natural but should be balanced with Manjushri energy, Sutra study: <i>Wisdom / Prajna</i></p>



# Tridosha Triguna

## Tridosha



**Doshas** are “horizontal,” meaning one is not superior to the other.

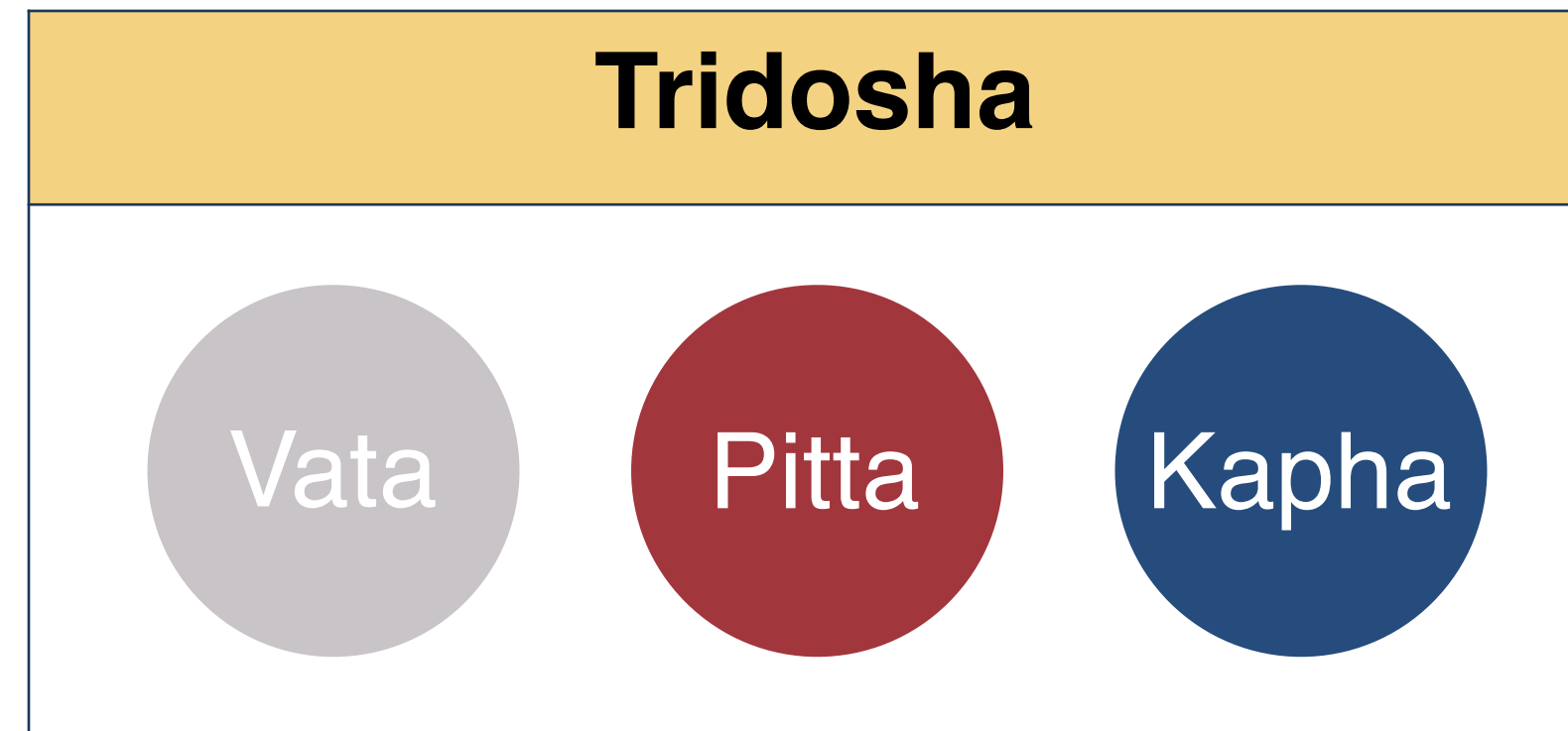
**Gunas** are “vertical,” meaning it is transformative to move from tamas towards sattva in all aspects of life.

## Triguna





# Sattva



The Key to Healing  
in Ayurveda is  
*Sattva*







# Sattvic Vata

Creative, Curious, Inspiring,  
Inventive, Artistic, Playful, Free





# Sattvic Pitta

Courageous, Warm, Focused, Skillful,  
Insightful, Discerning, Perceptive





# Sattvic Kapha

Patient, Calm, Reliable, Kind,  
Nurturing, Forgiving, Attractive





# Sattvic Balance

Harmonious, Adaptable, Considerate,  
Disciplined, Balanced, Peaceful, Positive









*What Dosha Are You?*



*What Guna Are You?*

Sattva

Rajas

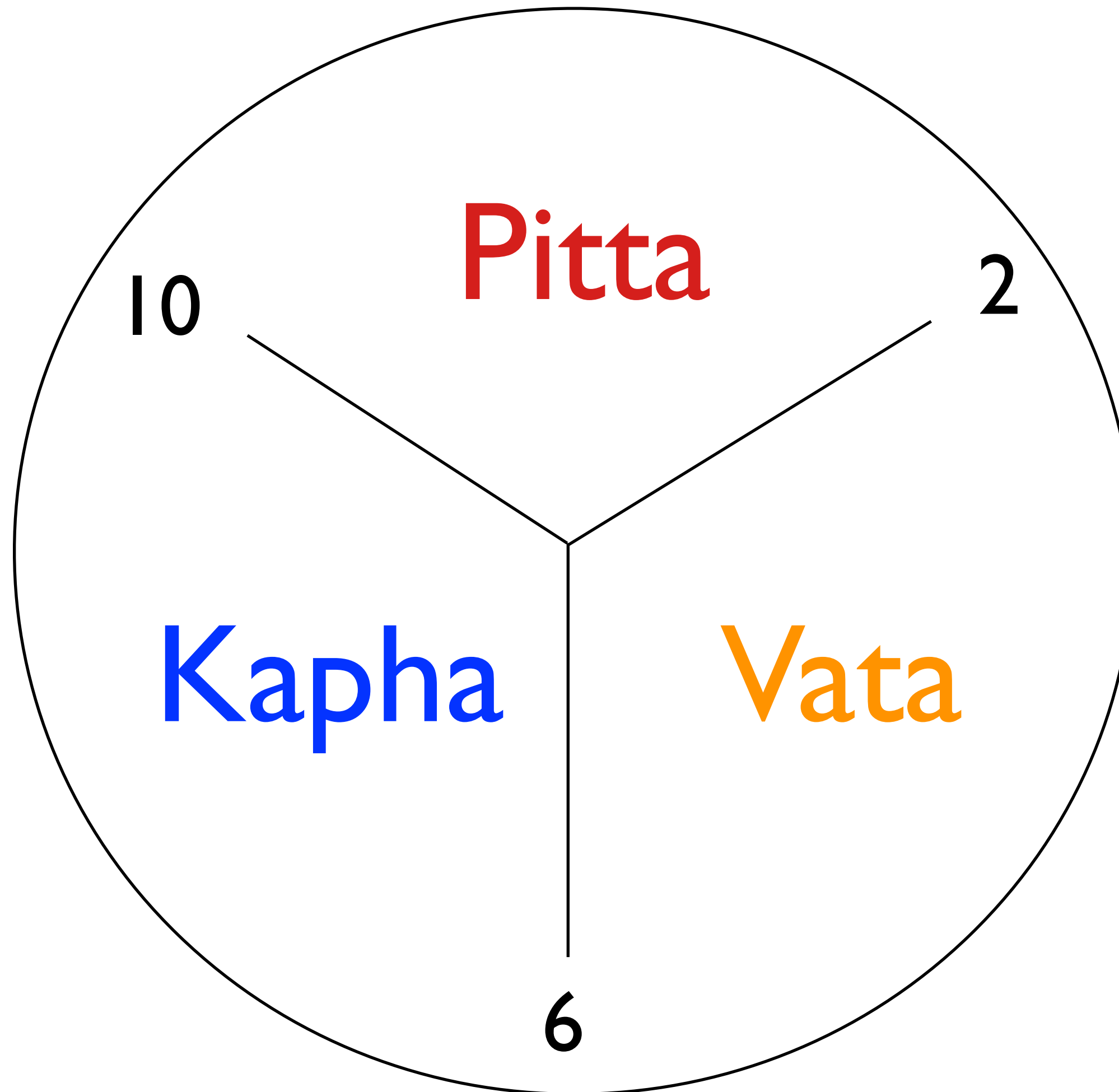
Tamas



Everything  
in Nature  
has a Dosha







Time

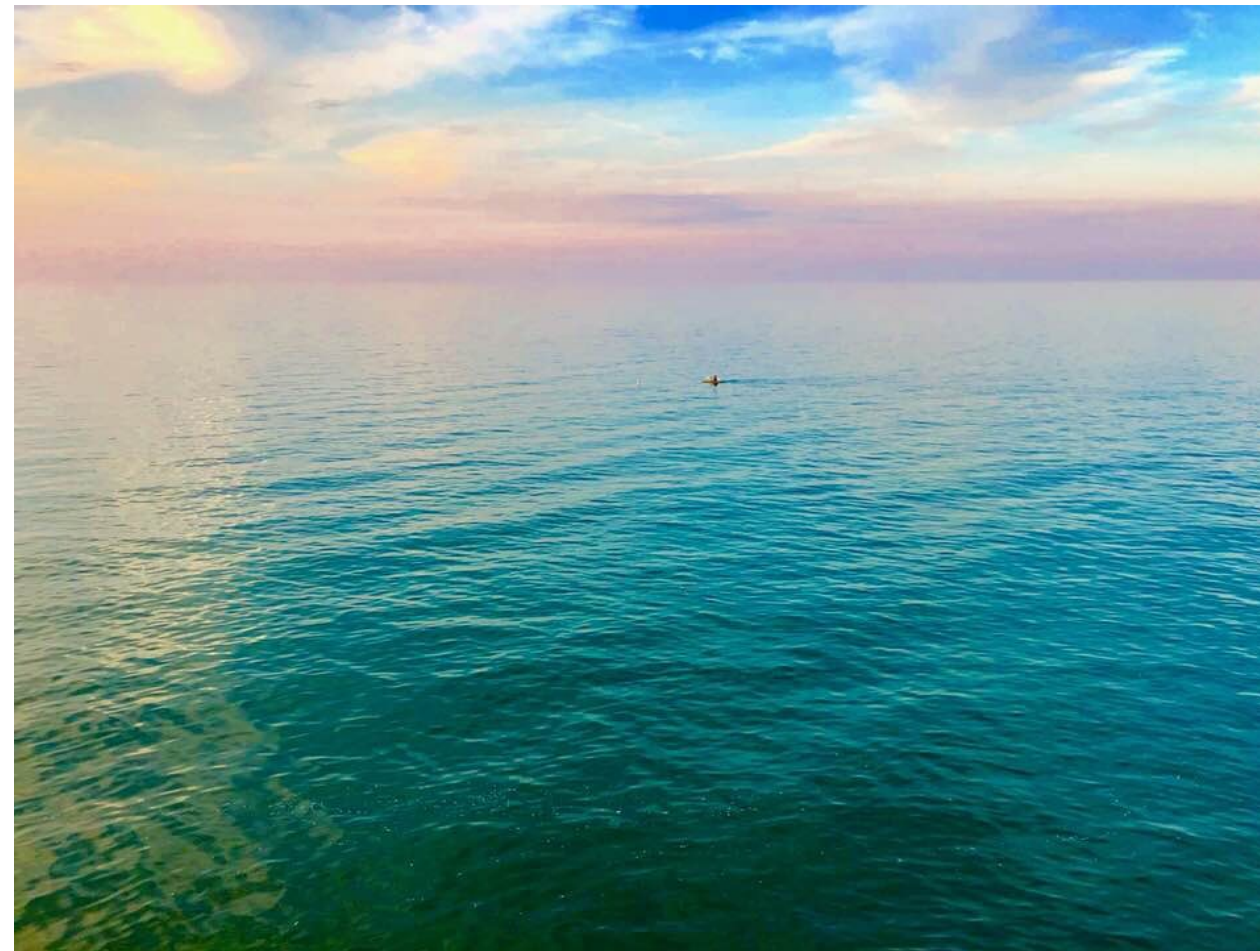


# Seasons

Spring is Kapha  
Summer is Pitta  
Autumn is Vata  
Winter is VK



Kapha



Pitta



Vata



# Basic Tenets of Ayurveda

## I. You Are All Five Elements



# Basic Tenets of Ayurveda

## 2. Like Increases Like



# Basic Tenets of *Ayurveda*

## 3. Seek Sattva



# Application of Opposites

## VATA

What to favor

- If you are Vata?
- If you have a Vata imbalance?
- During Vata Season?



# Attributes



Qualities of Vata:  
Cold, light, dry, irregular, rough, moving,  
quick, changeable



# Application of Opposites

Reduce Vata with its Opposites:

Warm, Heavy, Wet, Regular,  
Stable, Smooth, Slow, Steady

Fire, Water, Earth



# Application of Opposites

## PITTA

What to favor

- If you are Pitta?
- If you have a Pitta imbalance?
- During Pitta season?



# Attributes



Qualities of Pitta:  
Hot, sharp, sour, pungent,  
penetrating, spreading



# Application of Opposites

Reduce Pitta with its Opposites:  
Cool, Wet, Soft, Slow, Relaxed

Qualities of Space, Air, Water:  
Cooling, Sweet, Stabilizing, Hydrating



# Application of Opposites

## KAPHA

What to favor

- If you are Kapha?
- If you have a Kapha imbalance?
- During Kapha Season?



# Attributes



Qualities of Kapha:  
Heavy, Slow, Steady, Solid, Cold,  
Soft, Oily



# Application of Opposites

Reduce Kapha with its Opposites:

Heat, Mobility, Light, Dry, Stimulating

Space, Air, Fire



# Three Pillars of Ayurveda

## **Ahara**

Food

Intake

Impressions

## **Nidra**

Sleep

*Rest*

*Self-Care*

## **Brahmacharya**

Faith

Mindset

Self-Discipline



**AIN 1.4: AGNI**



# AGNI





### According to Charaka:

*Life-span, complexion, strength, health, enthusiasm, corpulence, luster, immunity, energy, heat processes and vital breath - all these depend on body fire (Agni). One dies if this body fire is extinguished, lives long free from disorders if it is functioning properly, gets ill if it is deranged, hence Agni is the root cause of all.*  
- Ch.su.27/349-350

The root cause of all disease lies within the process of digestion, when the digestive system is working at its optimum supported by correct lifestyle and correct quantity and quality of food as per our individual Prakruti. The food we ingest is broken down into the constituents that nourish the tissues and supports our everyday function. When the digestive fire - **Agni**, which burns within our stomach, is affected by incorrect lifestyle and eating habits this ultimately affects the digestive process causing food to be either partially digested or over digested leading to the formation of Ama-toxins. Not only does incorrect digestive fire rise to toxins but it weakens the function behind the digestive process itself.

*How's Your Agni?*



# AGNI

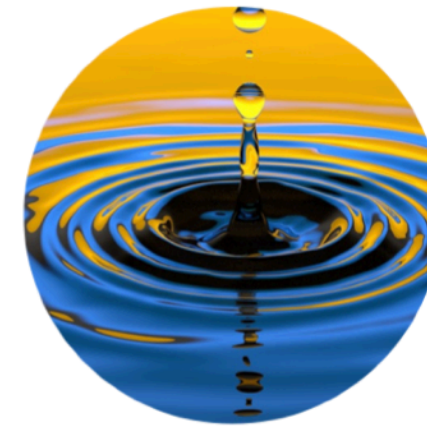
Sama	Balanced
Vishama	Irregular
Tikshna	Sharp
Manda	Slow



AIR



FIRE



WATER



# Sama Agni

- \* Balanced digestion, absorption, and elimination
- \* Balanced and radiant Ojas, Tejas and Prana
- \* Strong immunity
- \* Peace of mind



# Vishama Agni

- \* Irregular appetite
- \* Variable digestion
- \* Indigestion, gurgling intestines
- \* Gas, abdominal distension
- \* Constipation (or alternating constipation & diarrhea)
- \* Colicky pain



# Tikshna Agni

- \* Insatiable appetite, fierce hunger
- \* Hyperacidity, acid indigestion, gastritis,
- \* Heartburn, acidic saliva
- \* Hot flashes
- \* Fever



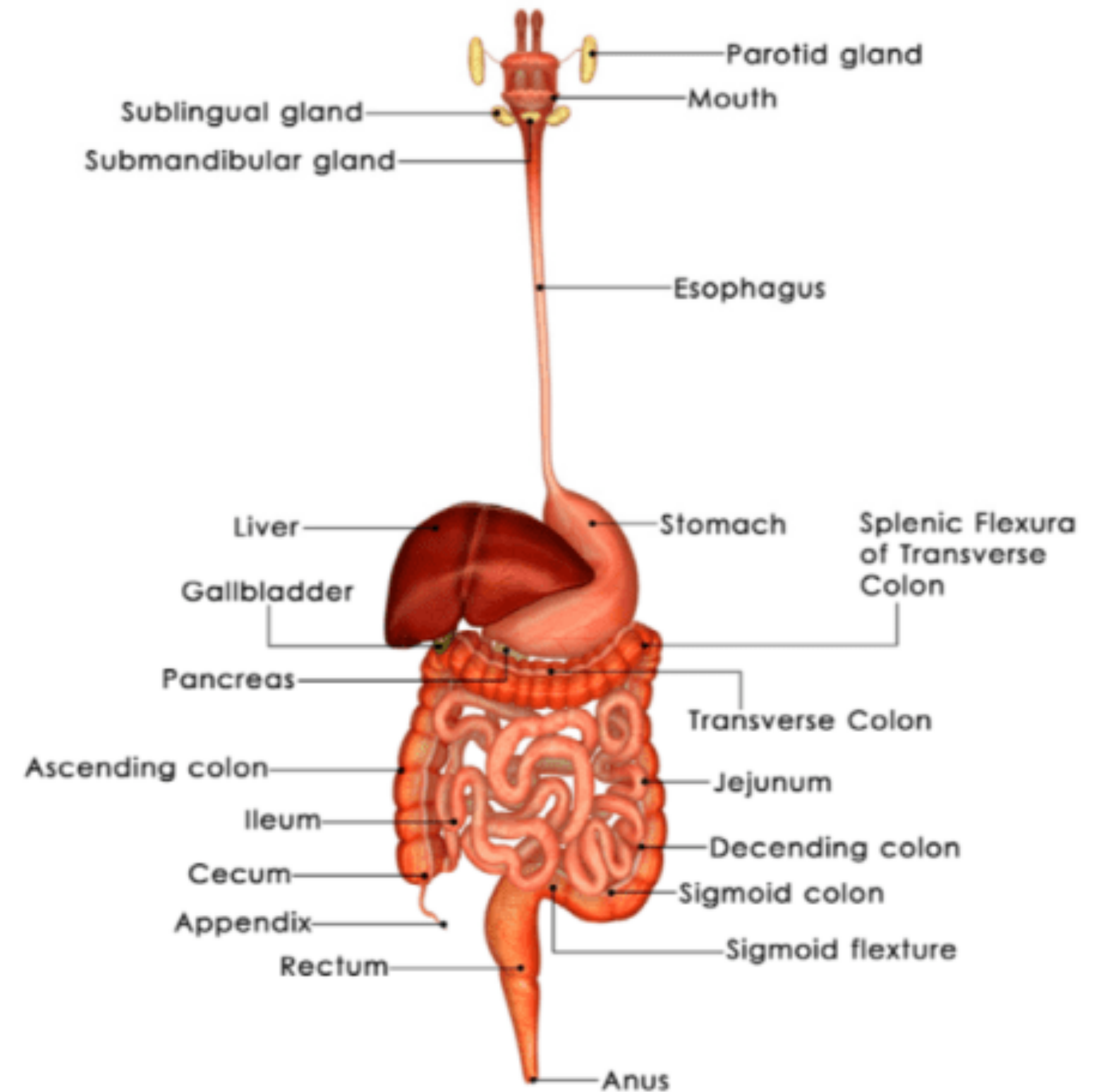
# Manda Agni

- \* Heaviness after eating
- \* Colds, congestion, coughs
- \* Allergies
- \* Edema, lymph congestion
- \* Excess salivation, nausea, mucoid vomiting
- \* Excess weight
- \* Lethargy



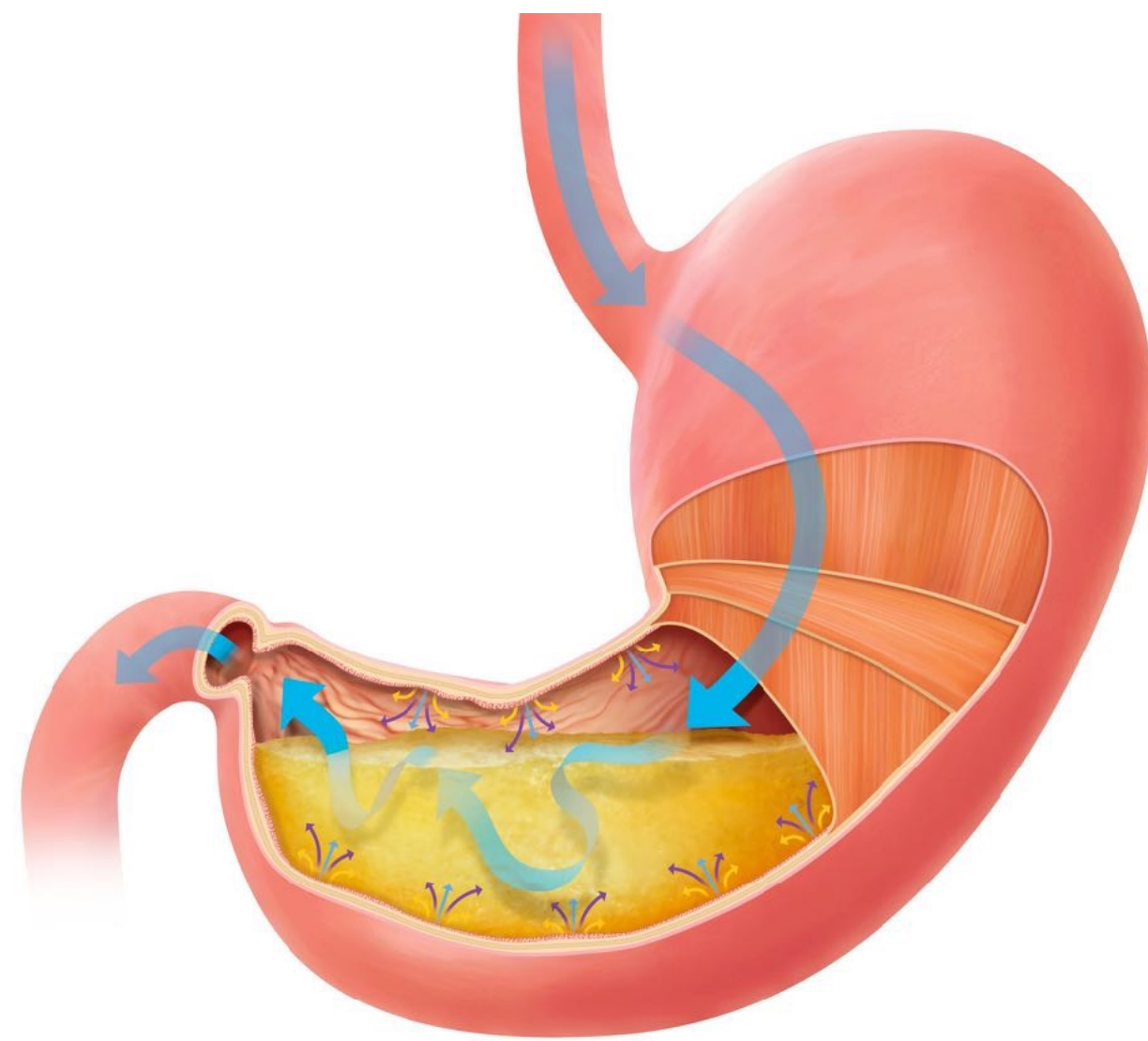
# Stages of Digestion

# DIGESTIVE SYSTEM





# Stages of Digestion



## Stage One

Mouth and upper stomach. This stage takes about 1 ½–2 hours and is associated with kapha, or the Earth and Water elements. At this stage, saliva mixes with food to make it moist, liquidy, and oily so the food can be well digested.

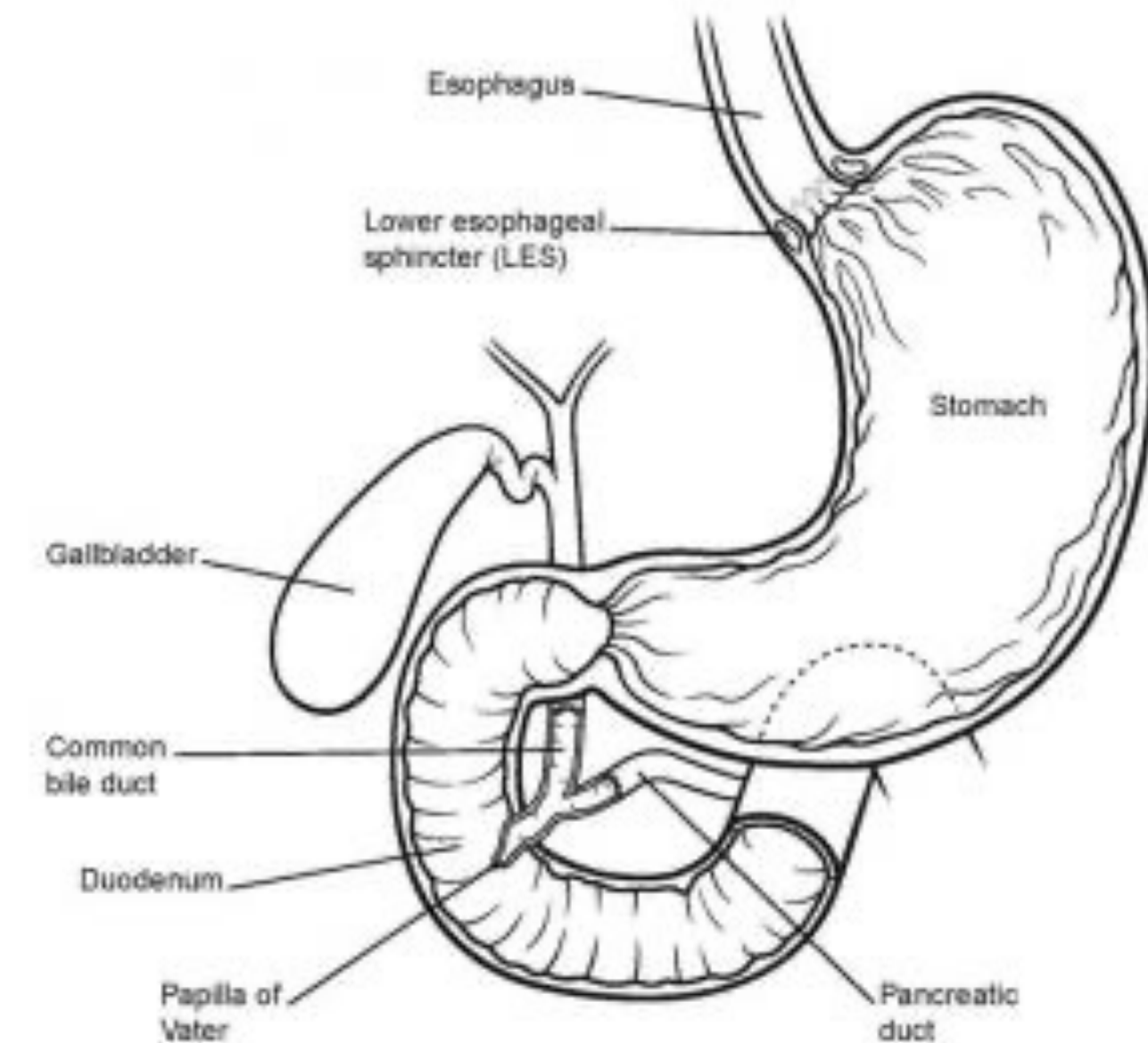
Lethargy for more than an hour after ingesting food indicates that this stage of digestion is compromised and food is staying here too long.



# Stages of Digestion

## Stage Two

Lower stomach and small intestine. This stage takes about 2 hours and is associated with pitta, or the Fire and Water elements. This is when pancreatic secretions further break down the food. Nutrients are sent to the liver to deliver to the bloodstream. Heartburn and acid reflux are related to imbalances in this stage.

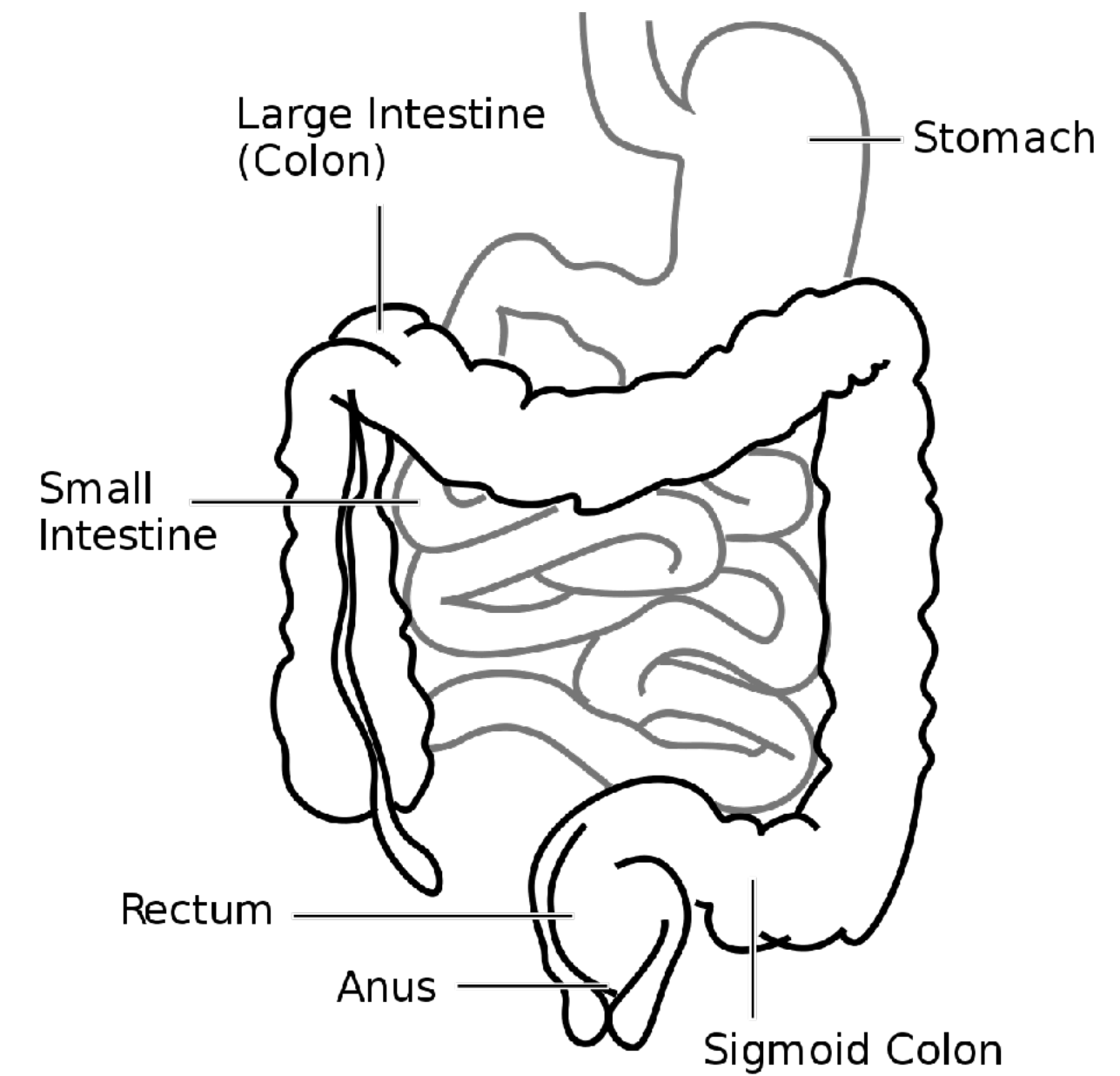




# Stages of Digestion

## Stage Three

Large intestine (colon). This stage takes about 1½-2 hours and is related to Vata, the Air and Space elements. In this stage, water is removed and undigested food is sent to be excreted as waste/mala. Bloating and gas indicate a problem with this stage of digestion.







AIR & SPACE



FIRE & WATER



WATER & EARTH

Erratic Energy  
Irregular Appetite  
Gas/Constipation

Sharp Hunger  
Irritated Eyes  
Loose Stool/Bile

Sluggishness  
Mucus/Weight Gain  
Overindulgence



# Ama





# AMA

Undigested Food Particles

Sticky Substance

Causing Blockage, Stagnation, Toxic Build-up



# AMA

Undigested Food Particles

Sticky Substance

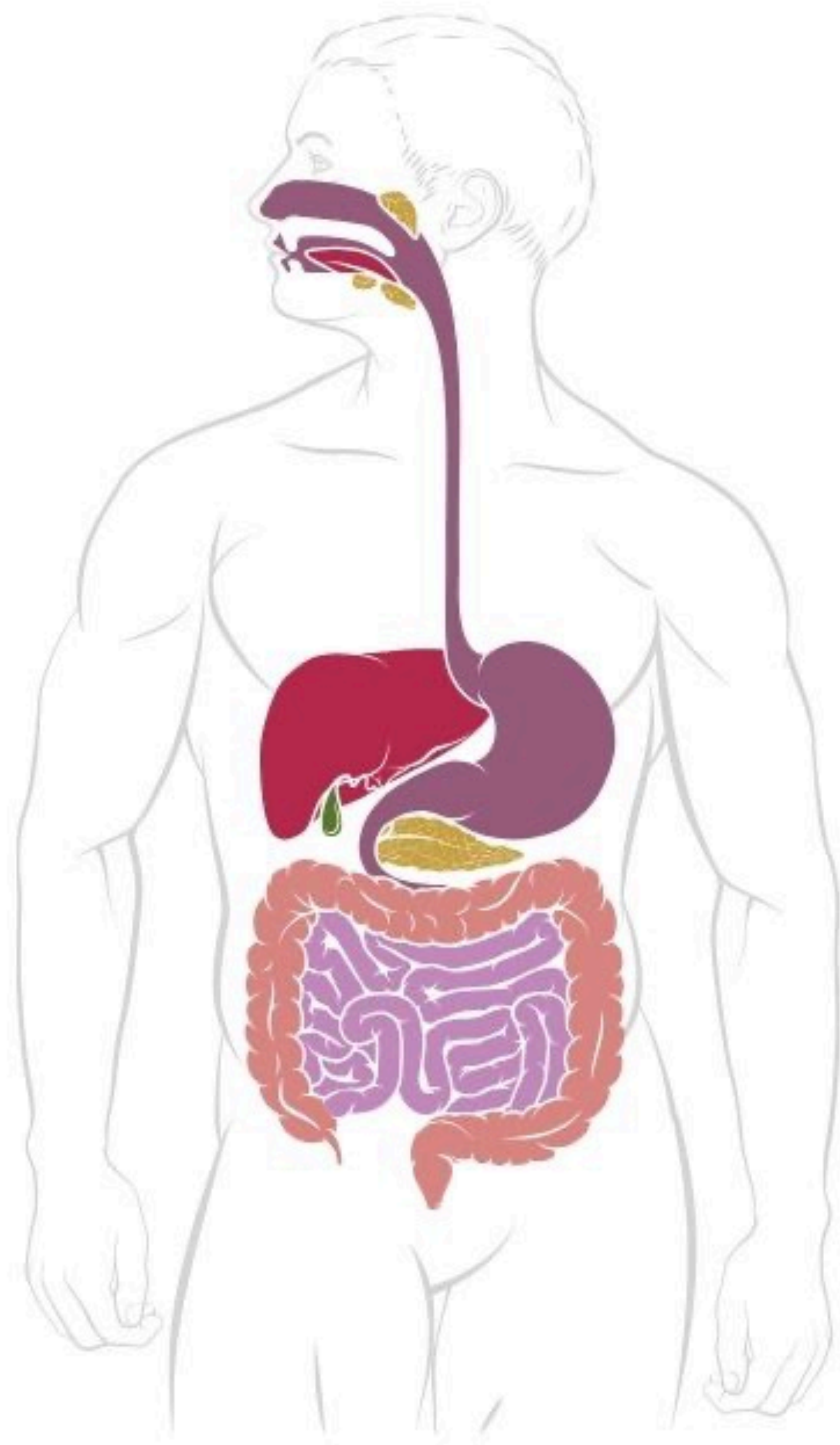
Causing Blockage, Stagnation, Toxic Build-up



# Ama

- \* Ama is a Sanskrit word that translates literally to mean things like *unripe, uncooked, raw, immature* or *undigested*
- \* Essentially, it is a form of un-metabolized waste that cannot be utilized by the body.
- \* Ama is said to be the root cause of all disease.







# Signs & Symptoms of Ama

Generalized signs and symptoms of ama in the body include:

Clogging of the channels (may cause symptoms like sinus congestion, lymph congestion, constipation, fibrocystic changes, etc.)

Fatigue, Heaviness, Indigestion, Stagnation

Abnormal taste, muted taste, or poor appetite

Sexual debility, Mental confusion, Feeling unclean

Abnormal flow of vata (there are many ways this can manifest in the body, but examples include excess upward moving energy causing heartburn or excess downward moving energy causing diarrhea)



# Ama



VATA

AIR & SPACE



PITTA

FIRE & WATER



KAPHA

WATER & EARTH

Erratic Energy  
Irregular Appetite  
Gas/Constipation

Sharp Hunger  
Irritated Eyes  
Loose Stool/Bile

Sluggishness  
Mucus/Weight Gain  
Overindulgence





Agni

Jathara Agni

DhatuAgni

Bhutagni

# Agni & The Mind





# Agni & The Mind

Dharana



# Tenet 3: Seek Sattva

Sattva is the balance of Rajas and Tamas, combining the energy of Rajas with the stability of Tamas.



# Tenet 3: Seek Sattva

Fresh, Local, Seasonal  
Home grown, Hand-picked, Homemade

# Ayurveda recognizes three main causes of disease:

- \* Doshic imbalances
- \* Agni / Ama
- \* Excess Rajas, Tamas
- \* Karmic factors



A close-up photograph of a clear glass cup filled with a golden-brown liquid, likely tea. A tea bag is visible inside the cup, and a spoon is partially submerged. The background is a soft-focus wooden surface. Overlaid on the image is the text 'AYURVEDA INTEGRATIVE NUTRITION' in large, white, sans-serif capital letters, and 'AIN 1.5' in a smaller, white, sans-serif font below it.

# AYURVEDA INTEGRATIVE NUTRITION

AIN 1.5

[lauraplumb.com](http://lauraplumb.com)

*eat, serve, heal*

# Food & The Six Tastes

- Sweet
- Sour
- Salty
- Pungent
- Astringent
- Bitter





# The Sweet Taste

- Grains
- Fruits
- Roots
- Nuts
- Dairy
- Meat



# The Sour Taste

- Citrus
- Yogurt
- Vinegar
- Ferments
- Tomato
- Alcohol





# The Salty Taste

- Salt
- Seaweed
- Sea Vegetables
- Fish



# The Pungent Taste

- **Onion**
- **Garlic**
- **Chilies**
- **Herbs**
- **Watercress**
- **Radish**





# The Astringent Taste

- **Pomegranate**
- **Apple**
- **Cauliflower**
- **Legumes**
- **Tea**
- **Quinoa**



# The Bitter Taste

- **Spinach**
- **Radicchio**
- **Zest**
- **Aloe**
- **Coffee**
- **Dark Chocolate**





# The Six Tastes & Five Elements

- Sweet - Earth & Water
- Sour - Earth & Fire
- Salty - Water & Fire
- Pungent - Fire & Air
- Astringent - Air & Earth
- Bitter - Air & Space

# Fundamentals:

## *I. Eat All Six Tastes*



**Fundamentals:**

***2. Like Increases Like***

# Fundamentals:

## *3. Seek Sattva*



# *I. Eat All Six Tastes*

- Sweet
- Sour
- Salty
- Pungent
- Astringent
- Bitter





# A Six Taste Meal

- **Rice/Fish**
- **Sauce/Lemon**
- **Fish/Salt**
- **Onion/Peppers**
- **Leaves/Bran**
- **Greens**





## *2. Like Increases Like*

**Seek Balance with the  
Application of Opposites**

<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
<b>Fire, Water, Earth</b>	<b>Space, Air, Water</b>	<b>Space, Air, Fire</b>

# How Do Six Tastes Balance Three Doshas?

Vata	Pitta	Kapha
Fire, Water, Earth	Space, Air, Water	Space, Air, Fire
Sweet	Sweet	Pungent
Salty	Astringent	Astringent
Sour	Bitter	Bitter



# Application of Opposites

## VATA

### Foods to favor

- If you are Vata?
- If you have a Vata?
- During Vata Season?

# Attributes



Qualities of Vata:  
Cold, light, dry, irregular, rough, moving,  
quick, changeable



# Application of Opposites

Reduce Vata with its Opposites: Warm, Heavy,  
Wet, Regular, Stable, Smooth, Slow, Steady

## *What Are Ideal Foods for Vata?*

Food with Qualities of Fire, Water, Earth:  
Warm, Heavy, Hydrating, Unctuous, Dense,  
Nourishing

# Vata Reducing Foods

*Tonify, Warm, Hydrate, Strengthen, Boost Immune*

Grains	Roots	Fruits	Fats
Rice	Yam	Banana	Ghee
Wheat	Carrots	Mango	Nuts
Oatmeal	Beets	Lemon	Salmon
Couscous	Sweet Potato	Coconut	Avocado



# Vata Reducing Foods

*Support Digestion with Sour Foods & Sweet Spices*

Sour	Sweet Spices
Yogurt / Lassi	Ginger
Fermented Root Veg	Cardamom
Kvass / Kombucha	Nutmeg
Gentle Vinegars	Cinnamon

# Vata Reducing Spices

<b>Ginger</b>	Boosts digestion /circulation, anti-inflammatory, calms nausea
<b>Cardamom</b>	Carminative, digestive aid, reduces blood sugar, analgesic, anti-spasmodic, halitosis, gum decay, depression
<b>Cinnamon</b>	Coughing, arthritis, sore throat, diabetes, digestive aid,
<b>Nutmeg</b>	Sleep aid, brain tonic, anxiety reducing, detoxification
<b>Coriander</b>	Addresses inflammation, cholesterol, anemia, indigestion, PMS
<b>Cumin</b>	Targets stress, asthma, diabetes, diarrhea, bloating, gas
<b>Basil</b>	Cardiovascular health, cancer prevention, anti-inflammatory
<b>Pink Salt</b>	Reduced sodium, 80+ minerals, hydrates, metabolic aid



# Vata Reducing Meal



Source: [food-lovestory.com](http://food-lovestory.com)

# Vata Reducing Meal



Source: [food-lovestory.com](https://food-lovestory.com)



# Application of Opposites

## PITTA

**Foods to favor**

- **If you are Pitta?**
- **If you have a Pitta imbalance?**
- **During Vata Season?**

# Attributes



Qualities of Pitta:  
Hot, sharp, sour, pungent,  
penetrating, spreading



# Application of Opposites

Reduce Pitta with its Opposites: Cool,  
Soothing, Soft, Slow, Relaxed

*What Are Ideal Foods for Pitta?*

Food with Qualities of Space, Air, Earth: Cooling,  
Sweet, Stabilizing, Hydrating

# Pitta Reducing Foods

*Cool, Soothe, Ease*

Grains	Greens	Fruits	Other
Rice	Kale	Apple	Mung
Buckwheat	Broccoli	Pear	Peas
Oatmeal	Lettuce	Cranberries	Seeds
Quinoa	Celery	Coconut	<i>*Ghee*</i>



# Pitta Reducing Spices

<b>Fennel</b>	Cooling, sweet, bitter: enhances Agni, cleans breath
<b>Mint</b>	Cooling, digestive, nausea, acne, IBS, teeth whitener, breath
<b>Dill</b>	Digestive, diarrhea, insomnia, menstrual, anti-inflammatory
<b>Coriander</b>	Inflammation, cholesterol, anemia, indigestion, PMS
<b>Basil</b>	Cardiovascular health, cancer prevention, anti-inflammatory
<b>Turmeric</b>	Reduced sodium, 80+ minerals, hydrates, metabolic aid



# Pitta Reducing Meal



Source: [food-alovery.com](http://food-alovery.com)



# Pitta Reducing Meal



Source: [food-alovestory.com](http://food-alovestory.com)



# Application of Opposites

Reduce Kapha with its Opposites:  
Heat, Mobility, Light, Dry, Energizing

*What Are Ideal Foods for Kapha?*

Food with Qualities of Space, Air, Fire:  
Heating, Drying, Stimulating, Light



# Attributes



Qualities of Kapha:  
Heavy, Slow, Steady, Solid, Cold, Soft, Oily

# Kapha Reducing Foods

*Fire up, Lighten Up, Boost Metabolism, Energise*

Grains	Vegetables	Fruits	Other
Buckwheat	Okra	Grapefruit	Honey
Quinoa	Broccoli	Lemon	Pepitas
Barley	Spinach	Apple	Popcorn
Wild Rice	Sprouts	Persimmon	Ginger T



# Kapha Reducing Foods

*Support Metabolism with Hot Spices*

Hot & Spicy
Ginger
Black Pepper
Chilies
Cinnamon



# Kapha Reducing Meal



Source: [food-lovestory.com](http://food-lovestory.com)



# Kapha Reducing Spices

<b>Ginger</b>	Boosts digestion /circulation, anti-inflammatory, calms nausea
<b>Cinnamon</b>	Coughing, arthritis, sore throat, diabetes, digestive aid,
<b>Black Pepper</b>	Circulation, cleansing, antioxidant, bioavailability enhancer
<b>Chili</b>	Anti-bacterial, anti-inflammatory, cardiovascular, congestion
<b>Mustard Seed</b>	Relieves stomach pain, gas, cramps, congestion, swelling
<b>Turmeric</b>	Reduced sodium, 80+ minerals, hydrates, metabolic aid
<b>Clove</b>	Digestive, bloating, gas, stomach, lungs, breath, gums, pain

# All Dosha Spices

<b>Ginger</b>	“Universal medicine” IBS, weight loss, arthritis, dilates, stress
<b>Cumin</b>	Antioxidant, digestion, protects against memory loss
<b>Coriander</b>	Digestion, antioxidant, detoxifying, immune, colic, diarrhoea
<b>Mustard Seeds</b>	Pungent, bitter, digestive, cancer, diabetes, cholesterol, detox
<b>Turmeric</b>	Antioxidant, liver, immune, arthritis, regulates blood sugar
<b>Fenugreek</b>	Light, heating, asthma, cough, colic, diabetic neuropathy
<b>Asafoetida</b>	Carminative, bloating, soothing, excellent for beans



# Using Dosha Spices

- **Add fresh spices towards the end of cooking**
- **Add dried spices to an oil and sauté at start**
- **Fresh ground is best**
- **Bio-Availability is improved when cooked**



Rasa  
Virya  
Vipak







Taste  
Energy  
Action



Mango

Rasa

Virya

Vipak



# Pomegranate

Rasa

Virya

Vipak

Apple

Rasa

Virya

Vipak



# Mung Bean

Rasa

Virya

Vipak

Sesame Seed

Rasa

Virya

Vipak



Rice

Rasa

Virya

Vipak





Ayurveda encourages us to learn about the world through our five senses and to cultivate our own personal relationships with food, doshas, nature, and life itself. The following tables give you an overview, but nothing replaces your own body's wisdom, so explore for yourself your best foods and recipes for each season.

Dosha	Tastes That Increase Dosha	Tastes That Balance Dosha
Vata	Bitter, Astringent, Pungent	Sweet, Salty, Sour
Pitta	Sour, Pungent, Salty	Bitter, Astringent, Sweet
Kapha	Sweet, Salty, Sour	Pungent, Bitter, Astringent

**Keeping it simple:** Local foods available in each season naturally balance the dosha of that season, so keep life simple with these three rules: seasonal, sattvic, and six. Including foods that are seasonal and locally grown, sourced, and prepared in a sattvic manner, and balanced in the six tastes at every meal, will naturally support your digestion, metabolism, radiance, and intelligence.

Ayurveda teaches us to fully taste the qualities of life and appreciate the variety of flavors in our meals. The joy of this awareness, tasting each experience, is itself a healing, harmonizing practice.

Season	Dosha	Qualities	Tastes to Decrease Dosha
Spring	Kapha	Cool, Heavy, Wet	Pungent, Bitter, Astringent
Summer	Pitta	Hot, Moist, Light	Bitter, Astringent, Sweet
Autumn	Vata	Dry, Light, Cool	Sweet, Salty, Sour
Winter	Vata-Kapha	Dry, Heavy, Cool	Sour, Pungent

The recipes in this book take all of this into account, so you can head straight to the recipe section, get into your kitchen, and start cooking. Or, if you are curious to learn more, see Appendixes A and B, and Resources.



## Spring Spice Blend

30 MINUTES OR LESS • KITCHEN REMEDY

Spring spices turn up the heat to help melt the Winter freeze. Stimulating digestive fire, boosting circulation, encouraging the inner channels to open and run clear, these spices make Spring cooking sizzle. This blend goes especially well with soups and as a seasoning for vegetables.

**MAKES ¼ CUP**

Prep time: 5 minutes

- 2 tablespoons ground ginger
- 1 tablespoon ground cinnamon
- 2 teaspoons ground turmeric
- ½ teaspoon cayenne or red pepper flakes
- ½ teaspoon freshly ground black pepper

1. Put all the spices in a glass jar. Cover tightly with a lid and give it a good shake.

2. Keep in a cool, dry place close to where you cook so it's handy when you need it.

➤ **Kitchen Remedy tip** Spices are most flavorful and most medicinal when they are fresh. Whenever possible, purchase spices whole and grind them yourself at home. Look for fresh ground spices in your grocer's bulk section, where you can buy only what you need.

🌸 **Season** Spring

🌿 **Dosha** Kapha

## Summer Spice Blend

30 MINUTES OR LESS • KITCHEN REMEDY

Summer calls for a cooler approach to cooking, even while the digestive fires still need stoking. This spice blend increases Summer flavor while reducing any accrued heat from the season.

**MAKES ¼ CUP**

Prep time: 5 minutes

Cook time: 3 minutes

- 2 tablespoons coriander seeds
- 2 teaspoons fennel seeds
- 1 teaspoon dried mint
- 2 teaspoons dried dill
- 1 teaspoon ground turmeric

1. Toast the coriander and fennel seeds in a dry pan over medium heat until they are just fragrant and very lightly golden. Remove from the heat and let cool.

2. Put the toasted seeds in a mortar and pestle or spice grinder with the mint, and grind into a fine powder.

3. Pour into a glass jar. Add the dill and turmeric. Cover tightly with a lid and shake to blend.

4. Store in a cool, dry place.

➤ **Kitchen Remedy tip** For a Pitta-reducing Summer refresher, put 1 teaspoon of the spice blend in a pint jar filled with purified water. Add the petals of a rose, a few slices of cucumber, and fresh mint leaves, and let sit in the morning sunlight for a few hours. Strain and enjoy at room temperature with a wedge of lime.

🌸 **Season** Summer

🌿 **Dosha** Pitta



### DIETARY RECOMMENDATIONS FOR VATA DOSHA

When Vata is dominant, focus on the tastes sweet, sour, and salty, and include foods that are liquid or unctuous like healthy fats, soups, and nut milks to balance dryness; "heavy" foods like root vegetables or bananas to offer sustained nourishment; foods that are smooth, like avocados, to offset roughness; and foods that are warm like ginger and radishes to balance the cool nature of Vata.

**Cooked:** Meals should be hot or warm. Puréed soups, cooked fruit, hot cereal, rice pudding, and hot beverages such as nut milks or warm milk are excellent comfort foods. Avoid or minimize raw foods such as salads and raw sprouts. Raw food is light, dry, rough, and hard to digest, so it aggravates Vata.

**Grains:** Rice, wheat, quinoa, oats, amaranth. Basmati rice is ideal, especially cooked with a little salt and ghee, or even milk. Whole-wheat flour, for chapatis, drizzled with melted ghee, is strengthening and balances well with cooked vegetables or a mild chutney.

**Vegetables:** Carrots, asparagus, tender leafy greens, beets, sweet potatoes, parsnips, daikon, fresh peas, green beans, and Summer squash such as zucchini and yellow squash are good, and best when cooked with Vata-pacifying spices and served with grains or mung beans for a balanced meal. Avoid nightshades and larger beans.

**Fruits:** Avocados, pineapples, papayas, peaches, plums, grapes, mangos, oranges, cherries, all berries, limes and lemons, apples if stewed, coconut, fresh figs, and raisins (soaked).

**Healthy Fats:** Cook foods with a little ghee, which can be heated to high temperatures without affecting its nourishing, healing qualities. Use ghee to sauté vegetables or cook grains. Drizzle extra-virgin olive oil over fresh soft flatbreads, cooked grains, steamed greens. Avoid too many dry foods such as crackers, dry cold cereal, toast. Also avoid foods labeled "nonfat."

**Nuts and Seeds:** Heavy, oily, and unctuous, nuts are great for Vata, especially with spices. Almonds, walnuts, pecans, pistachios, hazelnuts, and cashews make good snacks tossed with cinnamon, curry, paprika, or a little salt. Sesame seeds are tonifying for Vata, as are sunflower, pumpkin, and poppy seeds. Soaked nuts and seeds can be blanched or roasted for warmth and toasty flavor. Nut milks with warming spices are excellent for Vata.

**Dairy:** Whole milk, cream, butter, fresh yogurt (stirred into foods and not taken cold), lassi, cottage cheese, fresh paneer.

**Spices:** Most spices are warming and enhance digestion. Especially balancing to Vata are fresh ginger, coriander, cardamom, nutmeg, cumin, cinnamon, basil, mustard seed, fennel, and fenugreek, with turmeric, ground ginger, and black pepper in smaller quantities.



**Grains:** Basmati rice, wheat, barley, oats, amaranth, all cooked until tender, are balancing for Pitta. Whole-wheat flour, for chapatis or breakfast porridge, is a good dense food for Pitta. Dry cereal, crackers, granola, and rice cakes balance the liquid nature of Pitta.

**Lentils:** Whole and split mung beans, red and brown lentils, small portions of chickpeas, lima beans, black beans, pinto beans.

**Vegetables:** Asparagus, tender lettuces, bitter leafy greens, bitter melon, carrots, celery, green beans, peas, zucchini, squash, cucumber, artichoke, okra, fennel, Brussels sprouts, broccoli, cauliflower, beets, sweet potatoes, parsnips—sweetened by cooking, grilling, sautéing, or roasting—are excellent with rice and dal for sustenance and balance. Avoid nightshades.

**Fruits:** Avocados, pineapples, peaches, plums, grapes, mangos, melons, pears, pomegranates, cherries, all berries, apples, coconut, dates, fresh and dried figs, and soaked raisins make good snacks for Pitta, the only dosha who may need something between meals for hunger pains.

**Healthy Oils:** Ghee is cooling for body and mind. It is the best oil for cooking, as it can be heated to high temperatures without affecting its nourishing, healing qualities. Use ghee to sauté vegetables, cook grains, slather on breads, and stir into warm drinks. Use extra-virgin olive oil for cool-temperature meals.

**Nuts and Seeds:** Nuts are oily for Pitta and generally discouraged with the exception of almonds, soaked and blanched. Sunflower seeds and pumpkin seeds are good alternatives to nuts and add a healthy crunch to salads, soups, and dal.

**Dairy:** Whole milk, cream, ghee, lassi, cottage cheese, and fresh paneer are cooling and soothing for Pitta.

**Spices:** Pitta-balancing spices enhance digestion without heating. Mint, fennel, dill, and small quantities of turmeric, cumin, coriander, cinnamon, cardamom, and basil offer flavor, aroma, and healing wisdom. Turmeric, coriander, small quantities of black pepper, Chinese cinnamon, saffron, sweet orange zest, cilantro, curry leaves, parsley, fresh basil, fresh fennel, and fresh mint.

### LIFESTYLE

While Pitta loves vigorous, challenging exercise, walking, hiking, biking, swimming, and slow Yoga are best. Space and air balance Pitta, so seek expansive vistas and flowing movements.

Breathe deep when things get intense, and focus on long, smooth exhales. Water is cooling, so splash your face or soak your feet in cold water when feeling hot and bothered.



**Meat:** Choose light-colored meats and eat them in moderation. Turkey, bison, chicken, rabbit, veal, and venison are good choices. Avoid pork, beef, lamb, and wild game. The best source of protein is fish.

**Grains:** Choose whole grains and eat them in moderation. Brown rice, quinoa, and buckwheat are good choices. Avoid white rice, wheat, and corn.

**Vegetables:** Choose a variety of vegetables and eat them in moderation. Leafy greens, cruciferous vegetables, and root vegetables are good choices. Avoid potatoes, corn, and beans.

**Fruits:** Choose a variety of fruits and eat them in moderation. Apples, pears, and berries are good choices. Avoid citrus fruits, grapes, and bananas.

**Healthy Oil:** Choose olive oil and use it in moderation. Avoid butter, margarine, and other processed oils.

**Nuts and Seeds:** Choose almonds, walnuts, and flaxseeds. Avoid peanuts and soybeans.

**Dairy:** Choose whole milk and eat it in moderation. Avoid cheese, cream, and butter.

**Spices:** Choose a variety of spices and use them in moderation. Turmeric, ginger, and garlic are good choices. Avoid salt and MSG.

## LIFESTYLE

For optimal health, give yourself a digestion rest one day a week by practicing seated meditation with ginger and cinnamon for breakfast, kitchari for lunch, and steamed vegetables or vegetable soup for dinner.

As and fire balance Kapha, so move, circulate, meet new people, try new things, volunteer at a local service organization, or sign up for a new course.

Exposure to a great Pranayama practice for Kapha. You could do 30 minutes each morning before you meditate to energize body and mind. Google it or learn how.

Visualizing red and orange in your meditation or as you fall asleep are balancing for your mind.

**Quick summary:** To keep Kapha in balance, cultivate light, warm, and stimulating qualities in your mind and in everyday life.





Nature is  
Alive, Intelligent,  
Healing





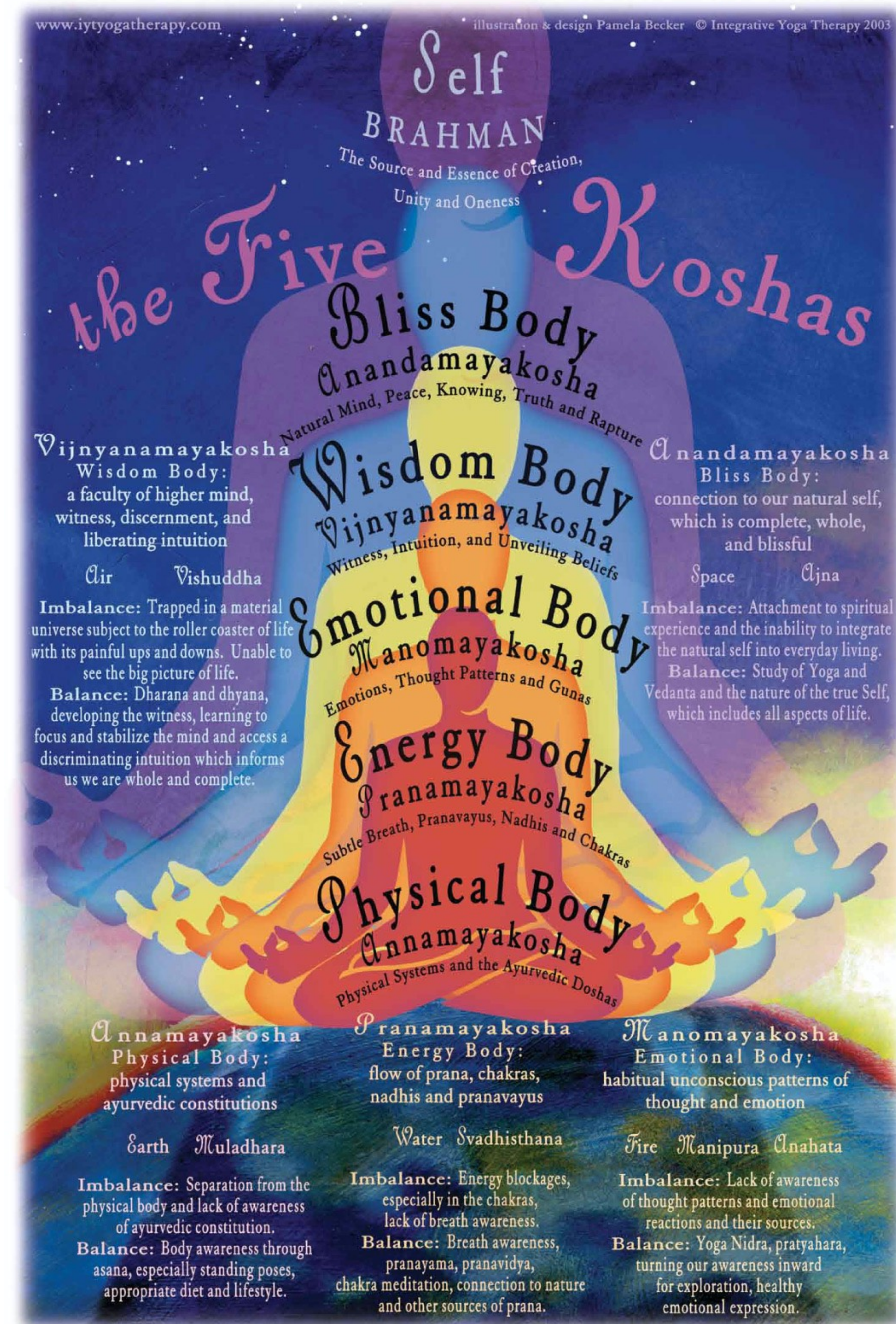


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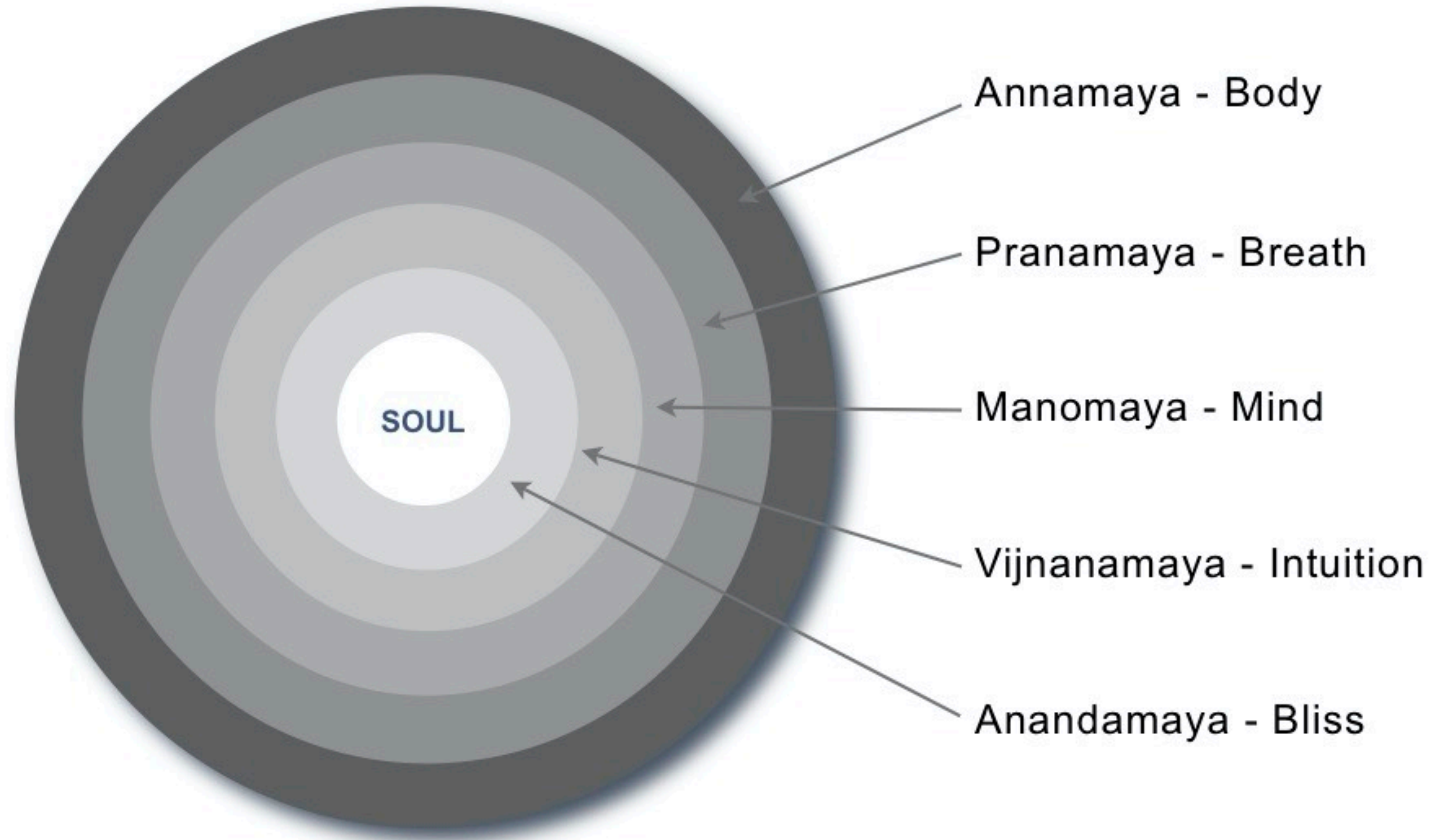
# Koshas

Annamaya Kosha  
Pranamaya Kosha  
Manamaya Kosha  
Vijnamaya Kosha  
Anandamaya Kosha





# Koshas





# KOSHA

## the 5 Psychic Sheaths

**Anandamaya Kosha**  
(Bliss Body)

**Vijnanamaya Kosha**  
(knowledge Sheath)

**Manomaya Kosha**  
(mental Sheath)

**Pranamaya Kosha**  
(Vital Air Sheath)

**Annamaya Kosha**  
(Food Sheath)

**Anandamaya kosha**

Anandamaya means composed of ananda, or bliss. In the Upanishads the sheath is known also as the causal body. In deep sleep, when the mind and senses cease functioning, it still stands between the finite world and the self. Anandamaya, or that which is composed of Supreme bliss, is regarded as the innermost of all. The bliss sheath normally has its fullest play during deep sleep; while in the dreaming and wakeful states, it has only a partial manifestation. The blissful sheath (anandamaya kosha) is a reflection of the Atman which is bliss absolute.

**Vijnanamaya kosha**

Vijnanamaya means composed of vijnana, or intellect, the faculty which discriminates, determines or wills. Chattampi Swamikal defines vijnanamaya as the combination of intellect and the five sense organs. It is the sheath composed of more intellect, associated with the organs of perception. Sankara holds that the buddhi, with its modifications and the organs of knowledge, form the cause of man's transmigration. This knowledge sheath, which seems to be followed by a reflection of the power of the cit, is a modification of prakriti. It is endowed with the function of knowledge and identifies itself with the body.

**Manomaya kosha**

Manomaya means composed of manas or mind. The mind (manas) along with the five sensory organs is said to constitute the manomaya kosha. The manomaya kosha, or "mind-sheath" is said more truly to approximate to personhood than anandamaya kosha and pranamaya kosha. It is the cause of diversity, of I and mine. Sankara likens it to clouds that are brought in by the wind and again driven away by the same agency. Similarly, man's bondage is caused by the mind, and liberation, too, is caused by that alone.

**Pranamaya kosha**

Pranamaya means composed of prana, the vital principle, the force that vitalizes and holds together the body and the mind. It pervades the whole organism, its physical manifestation is the breath. As long as this vital principle exists in the organisms, life continues. Coupled with the five organs of action it forms the vital sheath. In the Vivekachoodamani it is a modification of vayu or air, it enters into and comes out of the body.

**Annamaya kosha**

This is the sheath of the physical self, named from the fact that it is nourished by food. Living through this layer man identifies himself with a mass of skin, flesh, fat, bones, and fifth.

According to the Kosha system in Yogic philosophy, the nature of being human encompasses physical and psychological aspects that function as one holistic system. The Kosha system refers to these different aspects as layers of subjective experience. Layers range from the dense physical body to the more subtle levels of emotions, mind and spirit. Psychology refers to the emotional, mental and spiritual aspects of our being. Together, all aspects make up our subjective experience of being alive.