

AYURVEDIC WISDOM ON FOOD AND NUTRITION

TO SUPPORT DIGESTIVE HEALTH

BALANCE

YEAR 2022



SELINA RAI

NTM, NFC

Table of Contents

PART I

INTRODUCTION TO AYURVEDA

Agni and Ama

How emotions affect digestion

Tongue Mapping

Taste

The Twenty Gunas(qualities)

The five Elements

PART II

THE DOSHAS AND YOUR BODY TYPE

Vata Dosha

Pitta Dosha

Kapha Dosha

Bringing All The Dosha Together and

Combinations Of Doshas Imbalances

Understanding Imbalances

PART III

Ayurvedic Recipes With Some Tweaks In the
Ingredients- To Alleviate Digestive Imbalances

According To The Dosha

CONCLUSION

References

Book references

Photo references



BY SELINA RAI

PART I

Ayu + Veda = Ayurveda

"The sacred knowledge of life and longevity."

INTRODUCTION TO AYURVEDA

Ayurveda as a science of medicine is believed to have been practiced since the Vedic period of ancient India, dating back over five thousand years. [1]

Ayuh + Veda = Ayurveda "The sacred knowledge of life and longevity."

The word "Ayurveda" is derived from two Sanskrit words, "ayuh" meaning life or longevity, and "Veda" meaning sacred knowledge or science. Hence the definition of Ayurveda as per the translation "is the science of longevity" or "the sacred knowledge of life." [2]

The foundation of Ayurveda was recorded in a very large book in Sanskrit literature that originated in India called the Vedas. Vedic sciences are teachings covering overall human mental, spiritual, and physical potential. As per Vedic science, Yoga is also known as Ayurveda's sister science.[3]

Ayurveda's definition of Health is "Svastha" as in the Sanskrit Original Script (Sutra)-

"Sama dosha sama agnischa sama dhatu mala kriyaaha|

Prasanna atma indriya manaha swastha iti abhidheeyate" – Sushruta Samhita [4]

Translation in English- The one who is established in self, who has balanced three doshas (Vata, Pitta, and Kapha), balanced agni (digestion, assimilation, and metabolism), properly formed dhatus (all the body tissues and components), proper elimination of malas (the physiological functions of urination and defecation), properly functioning bodily processes, and whose mind, soul, and senses are full of bliss, is called a healthy person.[5]

Ayurveda tries to understand the root cause of imbalances that cause health problems and believes in healing from within. According to Ayurveda, the root cause of most health problems is an imbalance in the digestive system. The digestive system is also closely associated with the detoxification system and when digestion is not functioning smoothly, the ability to detox is also impacted.[6]

Five thousand years ago, in a non-toxic world, Ayurvedic experts designed one of the most sophisticated detoxification programs in the world, called panchakarma. Today, we live with highly digestive-compromising stress and increasing environmental toxicity. Resetting digestive strength and regular detoxification is more important than ever and remains a critical part of Ayurvedic treatment.

AGNI AND AMA

AGNI (DIGESTIVE FIRE)

The concept of Digestion in Ayurveda is vast. Any food in its natural form contains solar energy and is utilized by our body through digestion. Digestion transforms external food into tiny substances that are absorbed and nourish our cells and tissues. Many enzymes play important roles in this transformation process and Agni is the term Ayurveda uses to describe the digestive enzymes and the metabolic processes involved.

Intestines represent the fireplace and the Agni is the “fire”. Food digested a day before is the energy and fuel that feeds Agni or “fire”. This fuel also provides energy to the intestinal cells to discharge digestive enzymes. The stomach is the cooking pot and gastric mucosal secretion is water. The most important of all is Prana, the organizer because without Prana nothing is accomplished.

The balanced state of Agni brings vitality, good health and preserves the life-breath (Prana). Whereas when Agni is not functioning at its best, one begins to feel weak, unwell, and the “vital fire” also starts to weaken causing sickness and disease.

Sama Agni	Balanced; Tridoshic
Vishama Agni	Irregular; usually associated with Vata
Tiksha Agni	hyper; usually associated with Pitta
Manda Agni	hypo; usually associated with Kapha

Table 1.1 Different types of Agni

AMA (METABOLIC WASTES)

Ama is the toxic, sticky substance that undigested food turns into. It can be the root cause of diseases. The heavy presence of ama in the digestive system can cause indigestion, gases, diarrhea, and constipation leading to fatigue, and a feeling of heaviness. Bad breath, perverted taste, and mental confusion are the signals of ama accumulating in a different part of your system. One easy way to diagnose ama accumulation is by looking at your tongue in the mirror. Your tongue should be pink in color. Any discoloration or thick white coating is the presence of ama. The Ayurveda and Chinese medicine practitioners have been using this method of diagnosis for a long time. I have attached a colorful diagram 1.1 below, which gives a general overview of how the tongue can be easily mapped related to different body systems, and each part is associated with different doshas, tastes, and emotions.

DIGESTIVE FIRE	V/S	METABOLIC WASTE
 AGNI Fire element, regulates temperature, breaks down food, absorbs and assimilates nutrients, and transforms food into energy or consciousness. QUALITIES OF AGNI <ul style="list-style-type: none">• Hot• Dry• Sharp• Light• Clear• Non-sticky• Fragrance• Good taste• Healthy cravings		 AMA Raw, uncooked toxins, impairing the body or mental functions and can be physical, as in undigested food, or mental as in any undigested thought, experience or emotion. QUALITIES OF AMA <ul style="list-style-type: none">• Cold• Dull• Wet• Heavy• Cloudy• Sticky• Foul smell• Perverted taste• Perverted cravings

Table 1.2 AGNI VS AMA

HOW EMOTIONS AFFECT DIGESTION:

WHAT ARE EMOTIONS?

Emotions are energy. It is the information we are receiving from the different senses, like vision, hearing, touch, taste, and smell. These will then be processed in the brain from sensory information to cognitive information. Those cognitive thoughts then bring up sensations in the body, raised sensations create feelings, and feelings manifest as emotions; emotional energy flowing through us. If we do not process these emotions they are stored in the body. According to Ayurveda, different organs in our bodies house unprocessed emotions. Some organs have an affinity to particular emotions. A “processed emotion” example: the emotion of sadness may be processed by the act of crying and thus the energy is “vented” or “released” from the body.[7]

SOME EXAMPLES OF THE EMOTIONS ASSOCIATED WITH ORGANS RELATED TO THE DIGESTIVE SYSTEM:

The lungs and heart are associated with grief, sadness, and sorrow. If you observe, when we are processing these emotions, we feel “choked up” in these areas. The longer these emotions are present, the more “grief, sadness, and sorrow energy” accumulates in the heart/lung space.

Similarly, as you go lower in the body (the stomach, the pancreas, and the liver) these are all associated with nervousness. When you feel nervous, some have stomach indigestion, gurgling in the stomach, or even diarrhea. The liver is associated with blood, detoxification, and filtering of everything in the body. The liver is associated with the energy of anger, judgment, and criticism. The pancreas makes pancreatic juices called enzymes that help to digest carbohydrates, sugar, and fats. The pancreas is associated with envy and attachments. Diagram 1.2 is a quick reference sheet showing the organs and associated emotions.[8]

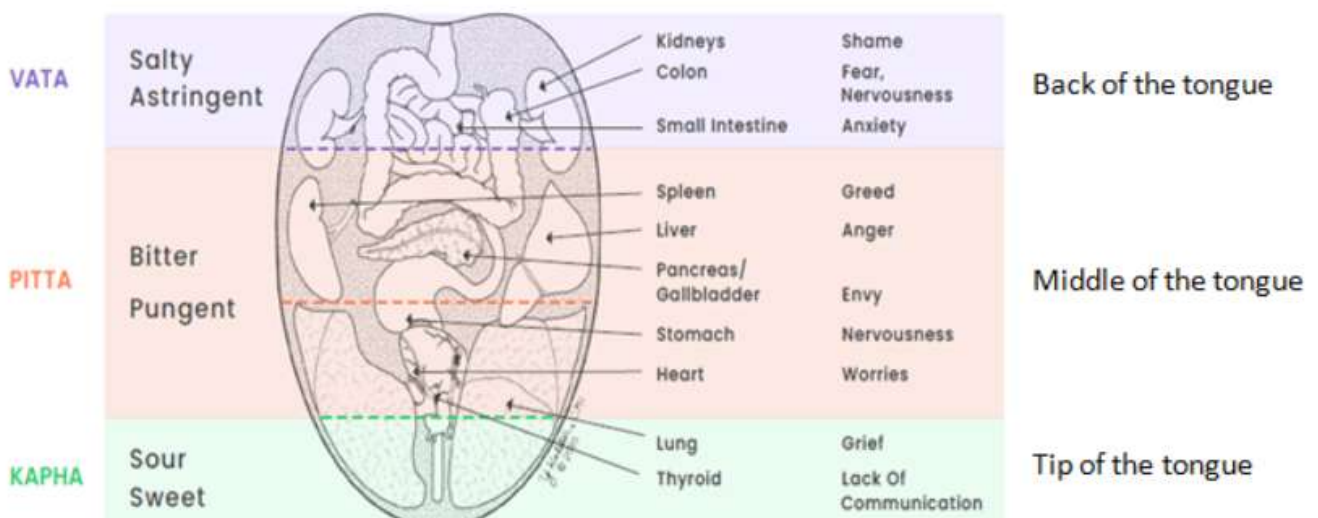


Diagram 1.1 Tongue, Organs, And Associated Emotions[9]

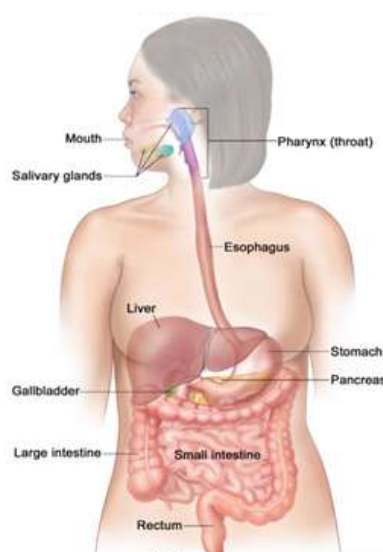


Diagram 1.2 Digestive System[10]

TONGUE MAPPING

Diagram 1.1 is a quick reference sheet showing the tongue, organs, and associated emotions. The tongue is used as a roadmap for our digestive tract. The tip of the tongue starts with the heart and lungs and then goes into the stomach. Sides of the tip are the lungs. Pass the stomach gets into small intestines right in the center, on the sides are liver and pancreas. At the back sides are kidneys, and to the back sits the colon. [11]

We should monitor the tongue for any whites, yellows, greyish discolorations, or cracks, as this indicates toxins (Ama) build-up from digestion issues. Gas, bloating, acidity, indigestion, burping, reflux, heartburn, and constipation are common but not normal to have and are signs of built-up ama in the body. If your bowel movements are irregular, smell, the feces stains the toilet; these are additional signs of ama. Similarly, if your urine has a foul odor, clothing is discolored by sweat, joint pains, low back pains, and knee pains; these are more signs of ama in the body. Ama is present because you are not digesting properly thus manifesting itself throughout the body. [12]

TASTE

Our body is very smart and knows what it needs. When there is ama in the system, our cravings start becoming perverted. When Agni /digestive fire is in balance, whatever we eat tastes good, the proper breakdown of food is accomplished, nutrients are properly absorbed, and we are satisfied by what we have eaten.

The 6 tastes that Ayurveda identifies are:

Sweet

Pungent

Sour

Bitter

Salty

Astringent

Table 1.3 The 6 tastes

Ayurveda shows, that when each taste is used collectively or individually in the appropriate dose, this helps to bring balance to all the bodily systems and bring good health and happiness to all beings. But it can also cause harm when used improperly.[13]

Light	Heavy
Sharp (Penetrating)	Slow (Dull)
Mobile	Stable
Hard	Soft
Liquid	Dense
Subtle	Gross
Rough	Smooth
Dry	Oily
Hot	Cold
Clear	Cloudy (Sticky)

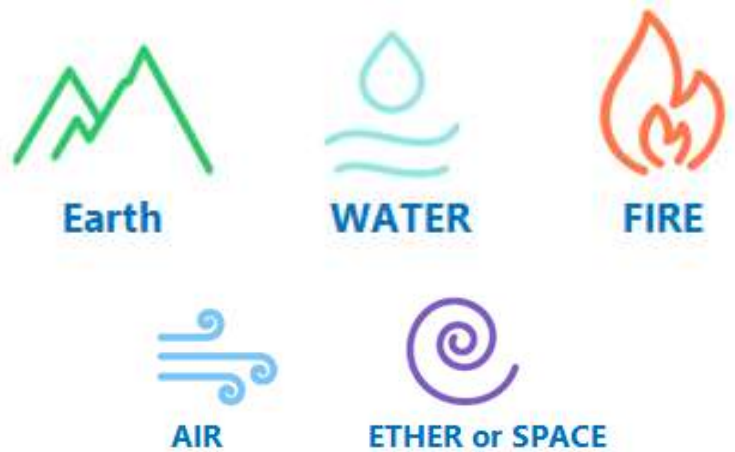
Table 1.4 The Twenty Gunas

THE TWENTY GUNAS (QUALITIES)

There are ten pairs of “opposite qualities” (gunas) that Ayurveda identifies to describe every substance and experience.

THE FIVE ELEMENTS

Ayurveda has recognized, that the below five elements are the fundamental building blocks of nature. Ayurveda believes every substance contains these five elements, and one or two elements can typically dominate the others.



Ayurveda's World View



PART- II

THE DOSHAS AND YOUR BODY TYPE



As mentioned above, Ayurveda is built around the five elements- air, ether, fire, water, and earth. Doshas are made from the unique combination of these elements which are known as constitutions of the three doshas Vata, Pitta, and Kapha.[14] Every individual has a combination of doshas that we are born with, called our “constitution”, and the Ayurvedic body type, Prakriti (in Sanskrit).

Identifying individual doshic composition dictates what and how you should eat, the kind of exercise you need, how and when you should sleep, and even the most preferable place to live depending on weather and temperature.

Doshas in Ayurveda are also known to influence the creation, maintenance, breakdown of body tissues, and elimination of wastes. It also controls psychological aspects like love, understanding, and emotions. Balance in doshas means all bodily systems are functioning properly. Imbalance can occur when any one of the doshas increases due to lifestyle, habit, or diet changes. Knowledge of Ayurveda can help restore harmony when imbalances occur.

Don't know your Dosha yet?

Click any of the links below and take a quiz to learn more.

<https://kripalu.org/content/whats-your-dosha>

https://lifspa.com/body-type-quiz-dosha-ayurveda/#gf_9

<https://www.banyanbotanicals.com/info/dosha-quiz/>

In the following chapters, I will provide more detail about the dosha: Vata, Pitta, and Kapha, combinations of doshas imbalances, and some recipes for ayurvedic cooking with some tweaks in ingredients to combat digestive imbalances according to the Dosha type.



VATA DOSHA

Vata is said to be the most important of the three doshas. When it is unbalanced it can lead to Kapha and pitta complications. . Vata type is represented by the winter season.



FUNCTION OF VATA DOSHA

It is a principle of movement. It controls mental and physical movements including respiration, heartbeat, contraction of muscles, natural urges, and motivation. It also governs the nervous system, controls motor functions, and relays sensory inputs to the brain. Vata also assists with metabolism(Agni) in the body, the transformation of tissues, and eliminations like sweat, feces, urine, semen, and fetus placenta.[15]

VATA QUALITIES	VATA REDUCING QUALITIES	SIGNS AND SYMPTOMS OF VATA DIGESTION
<ul style="list-style-type: none"> • Dry • Light • Cold • Rough • Subtle • Mobile • Clear • Brownish 	<ul style="list-style-type: none"> • Oily • Heavy • Hot • Sunny • Gross • Static • Cloudy • Sticky • Soft 	<ul style="list-style-type: none"> • Vishama Agni (Irregular Metabolism) • Erratic Agni • Irregular Appetite • Indigestion • Constipation • Gas • Bloating • Abdominal distention • Vague abdominal pain • Constipation • Gurgling intestines

TASTES OF VATA DOSHA

Taste that pacifies Vata Dosha



SWEET



SOUR



SALTY

Taste that aggravates Vata dosha



PUNGENT/SPICY



BITTER



ASTRINGENT

PITTA DOSHA

Pitta is known as heat or fire dosha. Pitta type is represented as a summer body.



FUNCTION OF PITTA DOSHA

It is the principle dosha of metabolism, digestion, and the transformation of nutrients that the body absorbs, including transforming information into knowledge, judgment, and reasoning. It maintains proper body temperature through thermogenesis, vision, and complexion by giving color and softness to the skin.[16]

PITTA QUALITIES	PITTA REDUCING QUALITIES	SIGNS AND SYMPTOMS OF PITTA DIGESTION
<ul style="list-style-type: none"> • Hot • Sharp • Light • Liquid • Subtle • Mobile • Oily 	<ul style="list-style-type: none"> • Dry • Cool/Cold • Heavy • Soft • Dense • Grounding 	<ul style="list-style-type: none"> • Tikсна Agni (Hyper Metabolism) • Strong Appetite • Feels hypoglycemic if meals are not taken on time. • Acid indigestion • Heartburn • Hyperacidity • Nausea, vomiting • Loose stools/ Diarrhea • Fever • Hot flashes • Irritability • Hives, Rash, Urticaria, Acne

TASTES OF PITTA DOSHA

Taste that pacifies Pitta Dosha



SWEET



BITTER



ASTRINGENT

Taste that aggravates Pitta dosha



PUNGENT/SPICY



SOUR



SALTY

KAPHA DOSHA

Kapha is known as the heaviest of all the doshas, as it provides lubrication and structure to the body. The Spring season represents the Kapha type.



FUNCTION OF KAPHA DOSHA

The principle of cohesion and nourishment. Kapha provides strength and energy through moistness and lubrication. Brings stability when needed for grounding in both mind and body. Adds structure, mass, and fullness to bodily tissues. Kapha maintains fertility and virility.[17]

KAPHA QUALITIES	KAPHA REDUCING QUALITIES	SIGNS AND SYMPTOMS OF KAPHA DIGESTION
<ul style="list-style-type: none"> • Heavy • Slow • Cool • Oily • Liquid • Slimy • Soft • Dense • Cloudy • Static • Gross • Hard 	<ul style="list-style-type: none"> • Light • Sharp • Hot • Subtle • Dry • Mobile • Clear • Rough 	<ul style="list-style-type: none"> • Manda Agni (Hypometabolism) • Poor Appetite • Sluggish Digestion • Slow Metabolism • Heaviness In Stomach • Cold, Cough, Congestion • Lethargy • Excessive Sleep • Cold Clammy Skin • Tendency To Hyperglycemia

TASTES OF KAPHA DOSHA

Taste that pacifies Kapha Dosha



Taste that aggravates Kapha dosha



"HEALTH IS THE BALANCE OF AGNI."

BRINGING ALL THE DOSHA TOGETHER, AND COMBINATIONS OF DOSHAS IMBALANCES

Each individual's nature reflects a unique combination of the doshas and Each individual's composition reflects a unique combination of the doshas and the ratio between the doshas can vary greatly.

Ayurveda recognizes seven basic types of constitutions/ combinations of doshas:

- i. **Vata Type**- Individuals who have a higher amount of Vata and fewer amounts of Pitta and Kapha.
- ii. **Pitta Type**- Individuals who have a higher amount of pitta and fewer amounts of Vata and Kapha.
- iii. **Kapha Type**- Individuals who have a higher amount of Kapha and fewer amounts of Vata and Pitta.
- iv. **Vata-Pitta (Pitta-Vata)Type**- One who has a greater ratio of Vata and pitta and less of Kapha
- v. **Pitta-Kapha (Kapha-Pitta) Type**- One who has a greater ratio of Pitta and Kapha and less of vata
- vi. **Kapha-Vata (Vata-Kapha) Type**- One who has a greater ratio of both Kapha and Vata, and less pitta
- vii. **Tridoshic (Vata-Pitta-Kapha) Type** – One who has equal amounts of all the three doshas.[18]

UNDERSTANDING IMBALANCES:

How are these combinations manifesting mentally or physically? Vrikriti in Sanskrit is the state of imbalance that represents the elevated doshas within our body. When doshas accumulate beyond the healthy limits determined by one's constitution, they cause wreak havoc on an individual's health. The state of balance as per one's constitution does change over time when we move to different seasons, climates, lifestyle changes, and stages of life. (Banyan Botanicals Ayurvedic Products, 2021) . [19]



VATA IMBALANCE OCCURS WITH EXCESS OR LOW VATA.

Balance Vata :

- To increase Vata, eat less astringent, bitter, pungent, and spicy food. Excess Vata can be balanced by adding more sweet, salty, oily, heavy, and hot food like soup and herbal tea. eating
- Follow regular sleep, exercise, mealtimes, and rest.
- Ashwagandha and Turmeric are some of the herbs used to balance Vata.



PITTA IMBALANCE OCCURS WHEN PITTA IS HIGH OR LOWER THAN REQUIRED.

Balance Pitta:

- To decrease Pitta, eat less pungent, spicy, sour, salty, hot, light, and dry food. To increase Pitta, eat more sweet, bitter, cold, heavy, oily, astringent food like salads, fruits, steamed vegetables, and coconut oil.
- Keeping hydrated is the key, sip room-temperature water with cucumber, or drink coconut water.
- Brahmi Brain, Amalaki, and Neem are some herbs useful to balance Pitta.



KAPHA IMBALANCE OCCURS WITH EXCESS OR LOW KAPHA.

Balance Kapha:

- By adding more pungent, spicy, astringent, light, bitter, dry, and warm food like brothy soups, and steamed veggies when excess Kapha. When deficient in Kapha eat less sweet, salty, heavy, cold, and oily foods like ice cream, fried foods, and dairy.
- A short-term, cleanse under the expert's observation is helpful.
- Turmeric, Tulsi (holey basil), and Manjistha are helpful for this dosha balance.

AYURVEDIC RECIPES WITH SOME TWEAKS IN THE INGREDIENTS

TO ALLEVIATE DIGESTIVE IMBALANCES
ACCORDING TO THE DOSHA TYPE

PART- III



PHOTO- TULMAN GURUNG



Digestive Aid Ginger Pickel

Recipe by Selina Rai

SERVINGS: 2

PREPPING TIME: 10 MIN

Ingredients

3 tablespoons	ginger, peeled sliced or shredded
3 teaspoons	lime juice (To taste)
To taste	pink Himalayan salt

Consuming Ginger pickles before eating a meal helps to kindle your digestive fire, and easily digest what you eat in your meal. It is suggested to start with a teaspoon of Ginger pickle and as you build up a tolerance, you can eat about 2 teaspoons to 1 tablespoon.

Directions

Add the three ingredients to a small plate. Mix all the ingredients. It is that easy to make a fantastic digestive aid.

Notes:

- **Lime**- is considered cooling in Ayurveda. Good for Pitta dosha.
- **Lemon**- in Ayurveda is considered slightly more 'heating'. Good for Vata and Kapha dosha.
- **Ginger**- is warming in nature and a great natural stimulant that helps to secrete digestive juices.



GOLDEN MILK

Helps boost sleep quality and mood. Turmeric milk helps to stimulate the secretion of melatonin. Milk is also a natural source of Tryptophan. Pineal Gland synthesizes the tryptophan into serotonin and melatonin. So drinking milk before going to bed helps induce calm, reduce anxiety, relieve depression, and promotes sound sleep.

Recipe by Selina Rai

SERVINGS: 2

COOKING TIME: 10 MIN

INGREDIENTS

3 cups	whole Milk
½ teaspoon	turmeric powder
½ teaspoon	cinnamon powder
½ teaspoon	sugar/ honey

DIRECTIONS

1. Add milk to the pot and turn on the heat to medium.
2. Once the milk heats up add turmeric, and cinnamon and stir to mix.
3. As it starts to boil add sugar or choice of sweetener to the milk and stir.
4. Now turn down the heat to low- low medium and let it simmer for about 2 minutes. Pour it into your favorite cup ready to serve.

NOTES

- **Turmeric-** is anti-bacterial, antiviral, and antiseptic and also has medicinal values.
- **Cow's milk-** can easily be substituted with any homemade full-fat nut milk, like coconut milk, almond, or cashew milk.
- If you are using honey as a sweetener, just add it after pouring it into the glass before serving.



HEART WARMING GINGER TEA

You can drink this tea at any time of the day, especially if you wake up a little sluggish, lethargic, or congested. It is also good to have during lunch or dinner to get the digestive fire going.

When you have a fever or lose appetite, this tea is very beneficial for recovery time. This tea helps to cut the toxins and improve appetite.

Recipe by Selina Rai

SERVINGS: 2

COOKING TIME: 10 MIN

INGREDIENTS

2 cups	water
1 inch	peeled and shredded/ slices of fresh ginger
1/2 of	lime juice (to taste)
1 teaspoon	local organic honey

NOTES

- **Honey-** in its natural form is cleansing, which removes toxins, congestion, and ama from the body. When we add honey to something super hot or cook with it, heat denatures honey's cleansing abilities in the body.
- **Ginger-** is 'heating' in nature. Dry ginger powder is too concentrated for tea.
- **Lime-** with fresh thin skin has more juice in it than the dryer-skinned ones. Roll the lime to soften it and it will be easier to squeeze the juice.

DIRECTIONS

1. Add water to the pot and turn on the heat medium.
2. As the water starts to heat add ginger. Ginger is heating in nature.
 - For Pitta, only ½ teaspoon of ginger is enough as there is already a lot of heat in their body. Just tame it down a little bit for pitta dosha.
 - If you have more Kapha making you sluggish, and slow with more congested Ama in the body add 1 whole teaspoon of ginger.
 - Vata is usually cold in nature ginger tea is beneficial as it helps to hydrate and warm.
3. Let it simmer for about 2 to 3 minutes.
4. Then strain it into a cup.
5. Add a few drops of lime.
6. Waiting about 1 minute before adding honey will bring the tea down from the boiling point. Now add honey once it cools a little bit right before you drink it.



LEMONGRASS MINT TEA

Recipe by Selina Rai

SERVINGS: 2

COOKING TIME: 10 MIN

Ingredients

2.5 cups	water
1 tablespoon	lemon grass/ dry or fresh
1 teaspoon	fresh Ginger, peeled and shredded
¼ teaspoon	cardamom whole or ground
1 teaspoon	fresh mint, cut into small pieces
¼ teaspoon	lime juice (to taste)
To taste	organic honey
1 tablespoon	small piece of fresh mint, cut into small pieces

Directions

1. Add water to the pot, and turn the heat to medium.
2. Then add lemon grass, ginger, and cardamom and as it starts to boil turn the heat down to low medium and let it simmer. As it starts to simmer add fresh mint and let it simmer for 2-3 minutes.
3. Strain your tea in a cup. Add a few drops to ¼ teaspoon of lime juice.
4. Add honey at last, after the temperature cools down a little bit.
5. The other really easy way to make this tea is to prep ahead and add everything in a pot, except honey and let it soak overnight. This helps to infuse and pull beneficial essence into the water. And all you need to do is turn on the heat and simmer for 2 to 3 mins and it's ready to serve with some honey.

Notes

- **Lemon Grass-** Is 'heating' in nature. Helps to fight yeast and bacteria, cleanse the blood, and is also used a lot as an essential oil for blood circulation. It adds a good fragrance to the tea.
- **Fresh Ginger-** Is also 'heating', so limit to 1/2 tsp if sensitive to hot and spicy food, acidity or you have Pitta issues (a lot of heat). You can always add more if you are cold, (Vata related), or have a tendency toward slow and sluggish digestion (Kapha related).
- **Cardamom-** warming', digestive spice perfect for all doshas when used in moderation.
- **Mint-** Is cooling in nature.

TAKRA- DIGESTIVE AID YOGURT DRINK



Recipe by Selina Rai

Considered a great drink after lunch. Great for summertime when pitta dosha is aggravated due to heat. It is also good for Vata as it is a digestive drink. Kapha type can also enjoy this drink in moderation as yogurt is diluted with water.

SERVINGS- 2

PREPARING TIME - 10 MIN

Recipe by Selina Rai

INGREDIENTS

- 1-2 teaspoon cumin, dry roasted, and ground
- 1 cup full fat yogurt
- 2 cups water
- ¼ teaspoon Himalayan salt, to taste (black mineral salt optional)
- 1 tablespoon Cilantro, finely chopped

DIRECTION

1. In a pan dry roast cumin, in medium heat constantly stirring. When it is a fragrant and darker brown turn off the heat and moves it to a small bowl. Once it cools grind it to powder. You can store excess cumin powder in a small glass jar.
2. Take yogurt and water in a bowl, and add 1 ½ teaspoon cumin powder, and salt. Wisk all nicely, then add cilantro before serving.

NOTES

- Cumin: roasting helps to bring the essential oil out, and fragment. It is cooling in nature and helps in digestion.
- Yogurt: homemade yogurt is cooling, and sweeter so it helps to bring Pitta heat down, and is also great as a probiotic.
- Salt: helps bring the retrograde Vata down. When Vata goes up causes sneezing, burping, gas, and bloating going upward direction instead we want Vata to go down. So salt in moderation brings the Vata down to its natural flow. It is also digestive.
- Cilantro: is cooling in nature.

DATE SHAKE



Recipe by Selina Rai

The thicker the shake is, the heavier to digest but more grounding for Pitta and Vata dosha. But if you want lighter, liquidy, and easier digestion for Kapha dosha, which can be done by substituting cow milk with water or nut milk of your choice. This is a perfect drink to have in the morning as a light breakfast or a snack for the mid-morning / mid-day cravings. Also, ground spices like nutmeg, clove, cardamom, and cinnamon are all digestives that will help Kapha and Vata dosha, but can also be more heating for Pitta so cut down as needed.

SERVINGS- 2

PREPARING TIME - 10 MIN

Recipe by Selina Rai

INGREDIENTS

4 pieces	pitted dates
20 pieces	of raw Almond, soaked and skin removed
¼ teaspoon	ground cinnamon
¼ teaspoon	ground nutmeg
¼ teaspoon	ground cardamom
¼ teaspoon	ground clove
3 cups	water or milk as the base, (or nut milk)

DIRECTIONS

1. Add dates, almonds, cinnamon, nutmeg, cardamom, and milk in a blender. Turn the blender on medium to medium-high speed for 4-5 minutes or until everything blends smooth consistency.
2. Serve it in a medium-size glass and sprinkle a pinch of ground spice of choice for garnish.

NOTES

- Dates- sweetness, grounding fantastic for pitta dosha. It can be slightly heavy to digest for Vatta dosh, so we are adding all the spices to help digestion. Kapha loves the sweetness of dates but is also a little heavier so you can cut back on dates.
- Almond- skins have tannins which is pitta inducing increasing so we soak them overnight and remove it. Almonds are a good source of antioxidants, blood, and cell builders.
- Water - is easier to digest and lighter so Kapha is suggested using water as the base.
- Milk- is sweet and cooling so suitable for Pitta to bring down and heat.
- Cardamom, cinnamon, cloves, and nutmeg are all 'warming', digestive spices perfect for all doshas when used in moderation. Cinnamon especially is fantastic for Vatta dosha who complains about cold hands, feet, and nose, as it helps with circulation.



CASHEW POHA

Perfect an easy-to-digest meal! Poha is flattened rice, which is partially boiled or roasted in the flattening process. This makes it fast to cook and very easy to digest

Recipe by Selina Rai

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 30 MIN

INGREDIENTS

For blooming

2 tablespoons	ghee or coconut oil if dairy intolerant
1 teaspoon	cumin seeds
1 teaspoon	fennel seeds
1 teaspoon	mustard seeds
2 teaspoon	cashews
2 teaspoon	raisins
1 teaspoon	flax seeds
10 leaves	curry leaves
2 pieces	of green chilies (optional)
1/2 teaspoon	turmeric
1 cup	red onion, finely chopped
2 teaspoons	ginger, shredded
½ cup	carrots, finely chopped
½ cup	green beans, finely chopped)
2 cup	poha (rinse one time in the water)
To taste	pink Himalayan salt
4 teaspoon	lime juice

For garnish

2 teaspoon	cilantro, finely chopped
------------	--------------------------

NOTES

- If you are making this for cleansing skip nuts. Sweet potatoes, potato, cabbage, spinach, or any greens can be added to the recipe.
- Potato- considered nightshade and is not suitable for Vata.

DIRECTIONS

1. Wash the poha To start with, add pressed rice to a strainer and wash it under running water. Keep the strainer aside. Take a chopping board and chop coriander leaves and onions.
2. Prepare for blooming, heat a medium size pan, and add oil. To the hot oil, add cumin seeds, turmeric powder, onions, green chilies, fennel seeds, and curry leaves. Sauté until the onions turn transparent.
3. Add the nuts Next, mix in raisins, and cashews. Sauté for 1-2 minutes. Then add carrots and beans, and let it cook until 3-4 minutes, on medium heat until it gets tender.
4. Now add poha and sauté for just a few minutes until the pressed rice gets well coated with the spices. Add lime juice and mix again.
5. Garnish with cilantro and serve hot.

Veggie Packed Kitchari

A RECIPE BY SELINA RAI

Servings 4

Prep Time 10 minutes

Cook Time 45 minutes

Kitchari is a staple of healing Ayurvedic cooking since the rice, lentils, and vegetables are easily digestible and the base is layered with digestion-supportive spices and ginger. It is a popular recipe used during the Ayurvedic cleanse. Depending on the season, spices, lentils, and vegetables can be modified but the method stays the same.

Ingredients


1 cup	dried yellow split peas or lentils
1/2 cup	long-grain brown rice
3 tablespoons	ghee or coconut oil
1 tablespoon	grated fresh ginger
2 teaspoons	ground cumin
1 teaspoon	ground coriander
1 teaspoon	fennel seeds
1 teaspoon	ground fenugreek
1 teaspoon	ground turmeric
1 teaspoon	sea salt
5 cups	vegetable stock or water
2 cups	broccoli finely chopped
1 cup	zucchini coarsely grated
1 cup packed	baby spinach roughly chopped
1/4 cup	cilantro leaves

Directions

1. Rinse the yellow split peas or lentils and rice 3 times, in a fine mesh colander under cold water until the water runs clear.
2. In a large lidded saucepan over medium-high heat, heat the coconut oil or ghee. Add the ginger and cook, stirring, for 30 seconds. Add the cumin, coriander, fennel seeds, fenugreek, and turmeric. Cook for another 30 seconds, until fragrant.
3. Add the split peas or lentils and rice and stir to coat in the spices. Add the salt and pour in the water or vegetable stock. Bring to a boil, cover, and reduce the heat to medium-low. Simmer for 35-45 minutes, stirring occasionally, until the peas/lentils are tender but not mushy and most of the liquid has been absorbed. (You may need to add more water if the mixture becomes too dry or begins to stick to the bottom of the pan).
4. Stir in the broccoli. Cover and cook for another 4-5 minutes. Stir in the zucchini and spinach, then remove from the heat and leave to stand for 5 minutes.

Recipe by Selina Rai

CONCLUSION



None of the Dosha's are good or bad. We need all of them and we are all made of different combinations of them. But at different times, days, stages of life, varying seasons, and environments, we go through transitional phases which influence our Dosha's and may cause imbalances to occur. If it is one thing I would like you to walk away with, is to understand what is happening within the body, and why it is happening. You can always refer back to this E-book as a tool to determine the cause of and alleviate the imbalances covered. This will help you to make conscious decisions about how to cook, modify food, when to eat, how to eat, and what to eat. You will be able to make those decisions based on body awareness.


We don't have to eat Indian food exclusively to embrace an Ayurvedic lifestyle. I help my readers to understand the basics of Ayurvedic cooking and nutrition, enabling them to bridge ancient wisdom with modern living.

Asian-style stir fry, Italian-style risotto, or French-style braised vegetables can also be prepared with Ayurvedic methods. How? By applying ancient principles and selecting high-quality ingredients. These dishes will not only be delicious but support the balance of your body and mind.

TIPS TO ALLEVIATE SLOW AND SLUGGISH DIGESTION

- Eat only when you are hungry
- Ginger pickle, ginger tea,
- Sipping on hot water throughout the day starts burning that ama and kindles the digestive fire and helps with digestion. The quality of hot water and Agni / digestive fire are the same. What happens when you dump a bucket of cold water on fire? It puts the fire out. We do not want to put the digestive fire out by drinking ice cold water.
- Pranayama or take a walk.
- Begin watching your emotions- why are you eating?
- Anytime you are sitting to eat, take 30 seconds to a minute and take 3 deep breaths in and out, which helps to kick in the parasympathetic mode and relax which helps release different enzymes and chemicals which help to digest what we eat and the emotions we have been going through that day verses being stuck in there.

"Ayurveda gives us the blueprint to find our way to health. It is not one rule that fits all. It is about knowing the unique nature and composition of YOUR body and tuning into it. Usually, this involves 'calming what has become aggravated', 'clearing what has become stagnant, and 'rejuvenating what has become toxic. It is "inner work" and a process that links the physical body to the subtle body; the mind to the senses; the emotions to the heart."



REFERENCES

1. Chevallier, Andrew. The encyclopedia of herbal medicine - Amazon Official Site pg- 36; Encyclopedia of Herbal Medicine: 550 Herbs and Remedies for Common Ailments;; Published by DK, 2016, ISBN 10: 1465449817 / ISBN 13: 9781465449818
2. Lad Usha (Author), Dr.Lad Vasanta, BAM&S, MASc (Author, Illustrator). Ayurvedic Cooking for Self Healing Paperback . Second edition. October 31,1997, ISBN-10: 1883725054; ISBN-13: 978-1883725051
3. LifeSpa Staff. <https://lifespaspa.com/intro-ayurveda/ayurvedic-philosophy/intro-to-ayurveda-ebook/> . June 11, 2021
4. Indus Valley Ayurvedic Centre India Staff. Definition of Health. <https://www.ayurindus.com/ayurveda/definition-of-health/> (Date is not provided in their website)
5. Dr. Basisht Gopal, Ayu. Exploring insights towards definition and laws of health in Ayurveda: Global health perspective. 2014 Oct-Dec; 35(4): 351–355. doi: 10.4103/0974-8520.158975. PMID: 26195894. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4492016/>
6. https://lifespaspa.com/intro-ayurveda/ayurvedic-philosophy/intro-to-ayurveda-ebook/#Get_the_eBook
7. Dr. Lad Vasant, BAM&S, MASc.; Sneha Raichada. Nourished Self - Ayurvedic Cooking & Nutrition Immersion; <https://learn.liveayurprana.com/courses/take/nourished-self-ayurvedic-cooking-immersion-03-15-2022>
8. Dr. Lad Vasant, BAM&S, MASc.; Sneha Raichada. Nourished Self - Ayurvedic Cooking & Nutrition Immersion; <https://learn.liveayurprana.com/courses/take/nourished-self-ayurvedic-cooking-immersion-03-15-2022>
9. Dr. Lad Vasant, BAM&S, MASc.; Sneha Raichada. Nourished Self - Ayurvedic Cooking & Nutrition Immersion; <https://learn.liveayurprana.com/courses/take/nourished-self-ayurvedic-cooking-immersion03-15-2022>. Digram1.2
10. <https://nci-media.cancer.gov/pdq/media/images/797836.jpg>- Diagram 1.2
11. Dr. Lad Vasant, BAM&S, MASc.; Sneha Raichada. Nourished Self - Ayurvedic Cooking & Nutrition Immersion; <https://learn.liveayurprana.com/courses/take/nourished-self-ayurvedic-cooking-immersion-03-15-2022>
12. Wild, Donna Burka. Book name- The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies. Chapter 2: The Tongue. Page 31 to 47. Published by Unique Perspective Press, 2013- ISBN 10: 0615601219 / ISBN 13: 9780615601212
13. Lad Usha (Author), Dr.Lad Vasanta, BAM&S, MASc (Author, Illustrator). Ayurvedic Cooking for Self Healing Paperback . Chapter 3- Taste and Digestion. Second edition. October 31,1997, ISBN-10: 1883725054; ISBN-13: 978-1883725051
14. Kripalu Center for Yoga & Health, editor@kripalu.org. The Ayurvedic Doshas. <https://kripalu.org/resources/ayurvedic-doshas> (dates not available)
15. Dr. Douillard's John,DC, CAP, LifeSpa Staff. Vata (Winter) Body. https://lifespaspa.com/intro-ayurveda/ayurvedic-philosophy/intro-to-ayurveda-ebook/#Get_the_eBook; June 11, 2021

16. Dr. Douillard's John,DC, CAP, LifeSpa Staff. Pitta (Summer) Body. https://lifespaspa.com/intro-ayurveda/ayurvedic-philosophy/intro-to-ayurveda-ebook/#Get_the_eBook; June 11, 2021
17. Dr. Douillard's John, DC, CAP, LifeSpa Staff. Kapha (Spring) Body https://lifespaspa.com/intro-ayurveda/ayurvedic-philosophy/intro-to-ayurveda-ebook/#Get_the_eBook; June 11, 2021
18. LEARNING AYURVEDA, UPDATED 2021. Introduction to Ayurveda-Embrace Health & Embody Your True Potential. <https://www.banyanbotanicals.com/info/ayurvedic-living/learning-ayurveda/intro-to-ayurveda/>
19. LEARNING AYURVEDA, UPDATED 2021. Introduction to Ayurveda-Embrace Health & Embody Your True Potential. <https://www.banyanbotanicals.com/info/ayurvedic-living/learning-ayurveda/intro-to-ayurveda/>

BOOK REFERENCES

1. Lad Usha (Author), Dr.Lad Vasanta, BAM&S, MASc (Author, Illustrator). Ayurvedic Cooking for Self Healing Paperback . Second edition. October 31,1997, ISBN-10: 1883725054; ISBN-13: 978-1883725051
2. David Frawley (Author), Vasant Lad (Author). The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine Paperback – January 25, 1986. ISBN-10-0941524248, ISBN-13-978-0941524247
3. By Donna Burka Wild (Author). The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies Paperback – January 17, 2013. ISBN-10-0615601219, SBN-13-978-0615601212
4. . Edited and published by Kaviraj Kunja Lal Bhishagratna.- An English translation of the Sushruta Samhita, based on original Sanskrit text. With a full and comprehensive introduction, translation of different readings, notes, comparative views, index, glossary, and plates. https://rarebooksocietyofindia.org/book_archive/Sushruta%20Samhita%201.pdf

PHOTO REFERENCES

Title page photos, and the rest of the images not mentioned below or referenced above, were captured and designed by me using free Canva elements.

1. Introduction page photo- Free photo from Canva by LORNA ALVARADO
2. Lemongrass Mint Tea- <https://www.healthshots.com/>
3. Poha- Picture by Manali, Posted on January 14, 2020, <https://www.cookwithmanali.com/potato-peas-poha/>
4. The cover photo and page 13- photo by Tulaman Gurung