



2	AYURVEDIC LIFESTYLE AND DIETARY CONSULTATION
3	CHANGING FROM A BALANCED DIET TO A BALANCING DIET
4	STAPLES OF AN AYURVEDIC DIET
5	KITCHEN AIDS TO GETTING STARTED AND RECIPES
6	HERBAL DOSAGES
8	COMMONLY USED HERBS & THEIR ACTIONS
14	AN EXPLANATION OF PANCHAKARMA THERAPIES
16	KITCHEN CABINET HOME REMEDIES
19	HOLISTIC HEALING WITH AYURVEDA
20	VATA DIETARY GUIDELINES
22	PITTA DIETARY GUIDELINES
24	KAPHA DIETARY GUIDELINES
26	AYURVEDA'S SIX TASTES & THEIR EFFECTS ON THE DOSHAS
28	NOTE PAGES



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Client's Name

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Clinic Location

Date seen

## GREETINGS and WELCOME

*Welcome to our Holistic Health Center from all of us at Amrita Veda! We wish you good health and know that your visit here will inform and inspire you in ways that will achieve your health goals.*

*We have prepared this booklet to help you understand more about Ayurveda as, from today, you begin to incorporate some of its guiding principles into your life. Please refer to it often and bring it with you on your next visit.*

*Thank you for coming! Amrita Veda Ayurveda*

## AYURVEDIC LIFESTYLE AND DIETARY CONSULTATION

If this is your first visit, the *Vaidya* will go over some guidelines and give you further instructions about taking your recommended herbs.

### WHEN FIRST TAKING HERBS

Always remember that you should take the herbs within 15 minutes of your meals, *unless otherwise directed*; if you can, chewing the tablets is recommended. When you first take the herbs and your body is adjusting, you may experience some mild reactions. Please note that there are never dangerous "side effects" with Ayurvedic herbs.

The herbs are cleansing and detoxifying, and some eliminate toxins through the digestive system, specifically the intestines. So you may experience bloating, gas or loose stools for a short time.

Not everyone experiences such effects, but if you happen to, please note that

these conditions are only temporary and indicate the herbs are doing their work.

**Ayurveda is a preventative therapy that goes to the root of the problem. It is a gradual process that balances the body on many levels and can take time, so remember to have patience with the process.**

### FOLLOW UP

Should questions arise while you are taking the herbs for which you feel you need more guidance, please feel free to contact us or any of the *Vaidyas* directly. Our frequently asked questions article can be found at [www.amritaveda.com](http://www.amritaveda.com)!

We will inform you by e-mail about future visits in plenty of time to book your appointment, so please sign up for our email newsletter – for upcoming events, specials and new products. Please make sure you have written your contact information clearly and correctly in your file, including your email address – so we may be in touch!

## NOTES AND QUESTIONS



(888) 883-8332  
[www.amritaveda.com](http://www.amritaveda.com)  
[info@amritaveda.com](mailto:info@amritaveda.com)



## A BALANCING DIET

### *What is a good diet?*

A good diet is a diet that nourishes you and gives you energy and strength. Eating is a joyful and natural process that is central to the preservation of life itself. But sometimes this goes wrong, we get unbalanced and our body tells us we have to pay better attention to the when, what and how much of what we are putting in our mouths on a regular basis.

### *Changing one's diet*

Changing one's diet takes time. Our food habits are quite central to our sense of self, socially, culturally and historically. Getting started takes some courage and commitment, as mental and emotional energies have to be engaged and, in the beginning, a special effort may be required to find new recipes and experiment with purchasing, cooking and eating foods that are unfamiliar.

When faster healing, better health and improved quality of life are the rewards, these benefits give the energy and enthusiasm to go on. We experiment further, find what works for us and what doesn't, and even get confident enough to share some of our new-found recipes when family and friends come over!

Eating a balancing diet may be just as much fun in the end, but we have to allow ourselves some time to adjust. So take your time, experiment, have fun and enjoy the fruits of your efforts.

## ALTERNATIVE CHOICES

A good way to start the process is to find alternative ingredients for the recipes that you already know. In the following examples, suggestions are given for foods that are easier to digest and foods that actually help with digestion.

### *Wheat and Pasta*

Replace couscous with millet or buckwheat.

Replace regular wheat pasta with pasta made from rice, spelt, quinoa, buckwheat, mung or kamut. These ancient varieties contain less gluten than wheat and of a type that is easier to digest.

Serve pasta with a vegan pesto sauce or make a white sauce with soy, almond or coconut milk, and add a fresh cheese such as sheep's milk feta or goat chevre.

### *Bread*

Try rice, kamut, rye or spelt bread instead of wheat and preferably toast it to stop the yeast fermentation process that is still slightly active and to make the bread lighter, thereby aiding digestion. Add ghee to toasted bread or you can buy or make bread with out yeast, which is the best.

### *Cereals*

There are plenty of wheat-free cereals on the market but be aware of their sugar content. You can also try oats, but remember to add cardamom to decrease the *Kapha* increasing properties. (Amaranth can be added to oatmeal by soaking it overnight in water with some raisins.) If you want to eat muesli, then soak it for as long as possible before eating, otherwise the grains and fruits are too hard to digest. Remember to warm your milk and to use milk that is equivalent to 1/2 of the cereal. In addition, savory (spicy) cereal is ideal in the morning to jump start digestion.

### *Pancakes, Cakes and Chapatis*

Cook sweet or savory pancakes using rice flour or gluten-free flour instead of wheat flour. This flour also works well in all sweet or savory cakes. However, when using it to substitute self-raising flour, baking powder must be added. Rice flour that is finely ground will also make excellent chapatis, however you need to add ghee to the dough and into the pan.

## Milk

Soy, almond or goat milk are excellent replacements for cow's milk or yogurt. Coconut milk, in small quantities, is excellent for nourishing *Vata* imbalance.

Almond milk is made from ten blanched almonds and a cup of water so it becomes 'milk'. You can also buy a blanched almond paste (similar to peanut butter). Add two teaspoons into your recipe, stirring in some water or soymilk.

In Indian stores and many supermarkets, you can buy coconut milk in cartons (not tins!), or coconut cream in a hard block, which you shred and add with a little liquid, either water or soy milk, just before the dish is cooked.

Cook risottos using soy or almond milk as a base.

## Sugar and Honey

Try jaggery (also known as *gur* which is available in Indian stores) or *rapadura* (found in health food shops), which are both solidified sugar cane juice, a natural sweetener, that can be used in baking, cooking and in tea, etc.

**Remember that honey is not heat-stable and becomes poisonous when baked or boiled.**



## STAPLES OF AN AYURVEDIC DIET

1. *Ghee*
2. *Spices*
3. *Breakfast Drink*
4. *Mung dal*
5. *Khichadi*
6. *Vegetable Soup*
7. *Fruit*

### *Ghee*

Of all dairy products, organic *cow's ghee*, clarified butter, is the best; it is highly *pitta*-reducing and can be cooked with and added to practically every dish. Make it at home or try Amrita Veda's own – made from 100% organic butter.

### *Spices*

Most essential is the use of spices such as cumin, coriander, fennel and saffron for balancing the doshas and increasing the digestive fire. They should be used liberally, however please see your dosha guide for more details on pages 20-25.

*Black pepper, ground black cardamom, turmeric, cinnamon, cloves, mustard seeds, nutmeg*, all fresh herbs, particularly cilantro (fresh coriander), ginger, as well as onions, garlic can also be used – see your dosha guide for more details on the best spices for *your* constitution.

Asafoetida, also called Hing, reduces *Vata* and should be added when cooking pulses, cabbage and beans to reduce their gassy effect.

We have also created specialty spice blends made of 100% organic Dosha Balancing Masalas as well as 100% organic Dosha Balancing Teas. Try them today. They re-balance your particular dosha.

## KITCHEN AIDS TO GETTING STARTED

To follow an Ayurvedic balancing diet, you can start quite simply with a few ingredients and standard kitchen equipment. We find that a hand-blender can be used to grind seeds and fresh spices, while a coffee grinder is best for dried herbs and spices. In addition, a rice cooker (with a stainless steel lining) can greatly ease the cooking process of sweet or savory khichadi for breakfast or dinner!

### *Moderation is the Key*

We have found that going "cold turkey" doesn't work for most people, as the all or nothing approach seems to turn you off from even trying. If you look at the suggestions and find your diet is way off course, try moving your diet in the right direction a little bit at a time and enjoy your food!

### BREAKFAST DRINK

Taken daily for improving memory, intellect and concentration, this also boosts immunity and is good for anemia.

- 1) Soak 3-6 almonds, 2 teaspoons fennel seeds, 3 cardamom pods (without the shell) in water overnight and drain in the morning.
- 2) Pitta/Vata types can add 3 dates.
- 3) In the morning, blend with 4 oz. additional water and drink.

### GREEN MUNG DAL SOUP- Serves 4

- 1) Soak 1 cup whole green mung beans for 1 hour in hot water.
- 2) Drain and wash them two-three times with fresh water, until the water runs clear.
- 3) Cook beans in a **pressure cooker** with 2 cups water and 1 teaspoon salt until tender, around 25 minutes, according to your pressure cooker. The beans have to become mushy. If there is no pressure cooker, cook without salt for at least 1 hour in a large deep saucepan. Add the salt later, so long as soft.

- 4) Chop and finely grate 2 teaspoon ginger root and 2 teaspoon garlic (optional).
- 5) Heat the ghee in large saucepan and add the seeds of 1/2 teaspoon cumin and 1/2 teaspoon mustard. When seeds pop, add 1 pinch asafetida and 1/2 cinnamon bark and 1 bay leaf and stir.
- 6) Place the cooked beans and water into the pan. Add 2 cups fresh water.
- 7) Bring to a boil and add your dosha spice. Simmer for a few minutes.
- 8) Add salt to taste.

### KHICHADI - Serves 4\*

Rinse 1/2 cup basmati rice and 1 cup yellow split mung beans two or three times in cold water, until the water runs clear.

- 1) Saute 1 tablespoon ghee with 1 teaspoon of your dosha spice.
- 2) Add the rice and mung to 3 cups water with chopped vegetables (optional).
- 3) Add salt, 1/4 teaspoon turmeric powder, 1/2 tablespoon each of ginger and garlic – both should be fresh and finely chopped.
- 4) Cook until soft.

\*If there is low digestion, add a squeeze of lime and freshly chopped green cilantro.

### VEGETABLE SOUP

Choose soup combinations such as *pumpkin, carrot and coriander, swede, spinach and nutmeg, leek and potato*. Make a large pot of soup in the morning and take the rest to work in a thermos flask. Eat with rice and a bit of ghee.

### FRUIT - STEWED, POACHED OR BAKED

To ensure these dried fruits (preferable without sulphur) are prepared in an easily digestible manner, make a syrup on low heat with a bit of water to 1/2 cup jaggery (found in Indian stores), 1 teaspoon of Amrita Veda's Dry Ginger (special preparation needed), 1/2 teaspoon crushed black pepper, freshly grate 1/2 nutmeg, 1/2 teaspoon ground cardamom, 1 teaspoon black sesame seeds with 1 tablespoon of ghee and then add 1/2 cup of dry fruits.

## HERBAL DOSAGES

No.	HERBAL COMBINATION	AFTER BREAKFAST	AFTER LUNCH	AFTER DINNER
	Acharya	1		1
	Agni	1		1
	Agniyog	1		1
	Amalaki	1		1
	Anavamala	1		1
	Ashoka	2		2
	Ashwagandha	1		1
	<b>Avayu (with ghee)</b>	<b>1</b>		<b>1</b>
	Ayunadi	1		1
	Bandhan	1		1
	Beeja	1		1
	Bhumisukta	1		1
	<b>Castor Oil</b>			<b>2-6 at bed</b>
	Chakra	1		1
	Devi	1		1
	Dyani	1		1
	Ekana	1		1
	Gandak Rasayan	1		1
	Ganga	2		2
	Godavari	2		2
	Hamsa	2		2
	Homa	3		3
	Jeevan	1		1
	<b>Jivika (on empty stomach)</b>	<b>2</b>		<b>2</b>
	Jyoti	1		1
	Kaishoor Guggul	2		2
	Kanchanaar Guggul	1		1
	Keshayu	1		1
	Kundalini	1		1
	Lactoved	1		1
	Lakshadi Guggul	1		1
	<b>Malaved</b>			<b>2-4 at bed</b>
	Manipur	1		1
	Margved	1		1
	Medha	2		2
	<b>Moksha</b>			<b>2+ at bed</b>

Herbs are best taken 15 min. after food, unless otherwise directed.

No.	HERBAL COMBINATION	AFTER BREAKFAST	AFTER LUNCH	AFTER DINNER
	Mudra	1		1
	Mukti Pisti	1		1
	Nadived	1		1
	Narmada	3		3
	Netraved	1		1
	Nirogi	1		1
	<b>Nirvana</b>			<b>1-4 at bed</b>
	Premen	2		2
	Pujanam	1		1
	Purnaved	1		1
	Rajved	1		1
	Rasa	1		1
	Rasayana	1		1
	Rasnadi Guggul	1		1
	Sahaja	2		2
	Samana	1		1
	Shakti	1		1
	Shanti	2	2	2
	Shatavari	1		1
	Shravana	1		1
	Shreeved	1		1
	Sudharma	2		2
	Sundar	1		1
	Suprana	1		1
	Tadasana	1		1
	<b>Triphala</b>			<b>2 at bed</b>
	Tulsi	1		1
	Udanyog	1		1
	Urived	1		1
	Vairag	1		1
	Vishudha	1		1
	Viveka	2		2
	Yamuna	1		1
	Yogika	1		1
	Yograj Guggul	2		2

## COMMONLY USED AMRITA VEDA HERBS & THEIR ACTIONS

*To help you understand more about the herbs you will be taking and what they do, we have listed the most commonly recommended formulations. Keep in mind that all the herbs work synergistically – in combination with other herbs in your protocol.*

*They work with the Ayurveda doshas of Vata (wind), pitta (fire) and kapha (earth/water) to balance imbalances that exist in your body.*

### **Acharya - Aids Healthy Blood Sugars**

This combination decreases *Vata* and *Kapha* and is useful for conditions due to excess *Vata*, *Kapha* and *Aam*. It stimulates metabolic fires and helps to remove blocks in the pancreas, easing passage of insulin when used as part of your diet it helps in maintaining healthy blood sugar levels.

### **Agni - Digestive Support**

This formula regulates digestive and metabolic fires, essential to health in the Ayurvedic system. It reduces *Aam* and rectifies movement of *Vata*, penetrating deeply through blocks created by *Aam*. It reduces excess *Pitta* and *Vata* in the digestive tract, increasing the digestive fire, stimulating gastric enzymes and increases the appetite. It also breaks up blocks created by *Aam*.

### **Agni yog - Digestive Formula**

This formula is useful for indigestion, gas, poor appetite, occasional constipation and sour stomach due to *Vata*. It reduces excess *Pitta* and *Vata* in the digestive tract, increasing the digestive fire, stimulating gastric enzymes and increases the appetite. It eliminates *Aam* and helps remove toxins, affecting the mind and emotions in a positive way.

### **Anavamala - Helps Eliminate Toxins**

This formula converts *Aam* in all *Dhatu*s and in the digestive tract. It helps regulate elimination and increases gastric enzymes and appetite. Anavamala reduces abdominal

discomfort and pain from piles, balances loose bowel movements due to bacteria and worms and aids the purification of the skin.

### **Ashoka - Bone Support**

This formula aids the elimination of disturbed (vitiated) *Vata* from the bones and joints, while helping nourish the bone tissue, it may strengthen tooth enamel and promote hair growth.

### **Ashwagandha - Tranquility Formula**

*Ashwagandha*, or Winter Cherry, is a well known Ayurvedic herb that is recommended for its excellent tranquil effects; it helps reduce stress levels and relieves anxiety. This herb balances all three *Doshas* -*Vata*, *Pitta* and *Kapha* and also helps nourish the *Dhatu*s.

### **Avayu - Abdominal Organ Support**

This formula supports and strengthens the digestive system while decreasing *Vata* and *Aam* (toxins). It aids the removal of blocks in the digestive system and relieves abdominal discomfort.

### **Ayunadi - Nervous System Support**

This combination helps rejuvenate and strengthen the nervous system and is useful for conditions like paralysis which are caused by excess *Vata*, *Pitta* and *Aam*. It removes blocks caused by *Aam*.

### **Bandhan - Circulatory Support**

These herbs, and according to Ayurveda, may help reduce excessive bleeding while balancing the *Pitta dosha*.

### **Beeja - Rejuvenation Formula**

This herbal blend is a *Rasayana*. It increases the quality of the *Dhatu*s and is a rejuvenator for the reproductive system by helping to balance motility problems. In Ayurveda, sperm motility is governed by *Vata*.

### **Bhumisukta - General Health Tonic**

This formula is a general tonic that nourishes *Rasa* and *Rakta Dhatu*s as well as other tis-

sues throughout the body. It also helps to increase weight gain.

#### **Castor Oil Gels - Vata Reducer**

This traditional home remedy is meant for lubricating the joints internally and reduces *Vata* and occasional constipation. This is usually used by those with *Vata* imbalance, joint pain or to prevent jet lag. This can also be helpful for certain cases of *Pitta* imbalance. Gels can be taken with warm milk or water.

#### **Chakra - Aids the Immune System**

This combination helps cleanse the body and increases *Ojas* (life energy). It reduces inflammation and helps rejuvenate and nourish all tissues and increases youthful energy and enthusiasm. It also helps do away with conditions caused by viral problems. It is cooling in nature and flushes out *Pitta*.

#### **Devi - Female Health Support**

This formula is mildly *Pitta* increasing and may help to increase menstrual flow as well as help regulate amenorrhea.

#### **Dyani - Rejuvenation Formula**

This formula aids the rejuvenation of degenerated *Rasa* and *Rakta Dhatu*s (tissues). It helps to increase immunity and aid the formation of good quality *Doshas* and *Dhatu*s in the body.

#### **Ekana - Digestive Support**

This formula helps balance gastric conditions, stimulates liver secretions, reduces abdominal discomfort and decreases sour and burning sensations. It helps reduce *Pitta* and bring it in a downward direction, aiding its removal through the stool; it induces *Vata* to move in a natural path.

#### **Gandak Rasayan - Aids Healthy Skin**

The herbs in this formula help relieve itching in the skin and may aid the management of various chronic skin conditions.

#### **Ganga - Circulatory Support**

This formula nourishes the nervous system, calms the nerves and helps relieve troublesome emotions. It helps rectify the *Doshas*

and helps normalize blood circulation, reducing the root cause of hypertension. It increases *Agni*, stimulates gastric enzymes, digests *Aam* and reduces *Vata* and *Pitta*.

#### **Godavari - Aids Circulatory Health**

This formula increases fire within the *Dhatu*s, rectifies *Pitta* movement and balances *Vata* and *Kapha*. It helps remove blocks in the circulatory and lymphatic channels; helps reduce swelling of organs and tissues; stimulates metabolic and digestive fires, as well as increases the appetite.

#### **Hamsa - Joint Health Support**

This formula increases joint mobility and reduces inflammation and pain associated with the joints; builds up muscular tone around the joint and can even be helpful in sciatica.

#### **Homa - Dieter's Aid Support**

This formula helps prevent the accumulation of excess *Medha Dhatu* in the body and rectifies metabolism, nourishes bone, brain and reproductive tissue. This combination helps reduce adipose tissue by igniting digestive fire, scraping away and digesting *Aam*.

#### **Jeevan - Liver Support**

This formula helps remove blocks, caused by *Aam*, in the lymphatic and circulatory channels, which reduces overall body swelling; stimulates metabolic and digestive fires, increases appetite and reduces *Pachak Pitta* (bile) through feces, which rectifies *Pitta* movement downward and increases immunity.

#### **Jivika - Immune Support**

This rasayana increases immunity due to its antioxidant, antiviral and antimicrobial properties. It increases the digestive power and reducing upward moving *Vata*.

#### **Jyoti - Supports Healthy Skin**

This formula removes excess *Pitta* and *Kapha* from the blood and helps remove blocks and *Aam*. It promotes the elimination of toxins and *Pitta* through the skin by opening the sweat channels and it improves digestion and *Rasa Dhatu* by removing excess *Pitta* and *Kapha*. It balances all three *Doshas*.

### **Kaishoor Guggul - Aids Joint Health**

This formula helps remove toxic blocks and increases joint health. In Ayurveda, excess *Pitta* creates the retention of acid fluid and inflammation in the joints, as in the case of gout and arthritis. These herbs reduce this inflammation, cleaning the blood of excess *Pitta*, which can reduce skin afflictions.

### **Kamayyu - Male System Support**

This formula enhances circulation around the reproductive system while removing blockages in the *Shukra Dhātu* (semen), providing strength and sexual vitality. It enhances circulation and reduces fatigue during and after coitus. (Note: *Pitta* reduces semen). Also nourishes the nervous system, uplifting emotions.

### **Kanchanaar Guggul - Female Support**

The herbs in this formula have a scraping effect on *Aam* and *Kapha* stuck in the muscle tissues. It eliminates excess *Vata* and reduces *Medha Dhātu*.

### **Keshayu - Healthy Hair Support**

This formula is a rejuvenating tonic that helps stimulate hair growth by reducing excess *Vata*, *Pitta* and transforming *Aam*. It nourishes bone tissues and promotes osteogenesis. According to Ayurveda, bone tissue is responsible for hair growth, while hair loss is due to extreme heat (excessive *Pitta*).

### **Kundalini - Supports Immune System**

This formula decreases *Vata* in tissues and rectifies its movement. It reduces burning sensations in the body by reducing *Pitta*. It nourishes *Dhatus* and reduces inflammation due to excess *Pitta*. It is a great immune booster and rectifies symptoms related to low immunity.

### **Lactoved - Female Health Support**

This formula regulates *Pitta* and increases quality and quantity of milk in lactation. It nourishes *Rasa Dhātu*, improving memory, intellect, enthusiasm and physical

energy while reducing dryness of fluids in the body.

### **Lakshadi Guggul - Aids Joint Health**

This formula's main function is to support the joints and bones. It decreases *Vata Dosha*.

### **Malaved - For Occasional Constipation**

This formula's main action is to remove excess of all three *Doshas*: *Vata*, *Pitta* and *Kapha* through the colon; reduces *Aam* and breaks through obstructions created by *Aam* and *Kapha*, increases digestive enzymes and appetite. It also helps with occasional constipation.

### **Manipur - Aids Abdominal Organs**

This formula aids any problems from the navel downwards. It balances all three *Doshas*; it gives strength, rejuvenates and maintains circulation. It increases perspiration and stimulates gastric enzymes and increases appetite, balancing the emotions. It also acts as a tonic, reducing weakness.

### **Margved - For Occasional Constipation**

This formula removes blocks from *Pitta*, *Kapha* and *Aam*, which according to Ayurveda, may hinder blood flow. It has a mild dehydrating effect which removes mucus-obstructions from excretory channels and relieves constipation; may reduce discomfort of hemorrhoids and increases digestive fire.

### **Medha - Relaxation Support**

This formula helps improve memory by enhancing blood circulation. It promotes alertness and aids in the relief of stress. It helps promote sound sleep as well as relieving depression and reducing migraines.

### **Moksha - Aids Elimination of Toxins**

This combination is useful for swelling, burning sensations, excessive sweating and weakness. It cleanses the blood of toxins and removes excess *Pitta* and *Aam* through the stool. All its actions stimulate the metabolic fire, reducing the cause of some skin irregularities and acidity.



### **Mudra - For Minor Pain**

This formula balances all *Doshas* in head region and removes them in stool, nourishing nerves and removing blocks produced by *Aam* or *Kapha* by its dehydrating/scraping effect. It stimulates gastric enzymes, thus improving digestion. It reduces *Vata* and *Pitta* and calms nerves and restlessness.

### **Mukti Pisti - Cooling Formula**

This formula is helpful for all conditions caused by excess heat. It is a brain tonic that rejuvenates and nourishes the *Dhatus*. It lubricates organs, increases calcium and stimulates the digestive fire, which improves digestion. It removes the sour, hot and sharp characteristics of *Pitta*. It increases *Kapha*.

### **Nadived - Rejuvenation Formula**

This formula re-hydrates and rejuvenates the body, mind and emotions. This *Rasayana* helps strengthen the nervous system, improve memory, intellect, focus and concentration. It increases immunity and tranquility - which increase will power and decision making abilities.

### **Narmada - Circulatory Formula**

This formula helps reduce inflammation in the body and eliminate blocks that prevent *Vata*'s movement in the lymph and blood. It also reduces *Aam* and obstructions created by *Aam*, while increasing *Agni*.

### **Netraved - Eye Health Support**

This formula reduces *Pitta* and toxins in the eyes, helping strengthen eyesight and decrease eye burning. It increases immunity, memory, intellect and physical energy. By lubricating the organs, it acts on digestive enzymes and rectifies the metabolic fire at the tissue level.

### **Nirogi - Aids Elimination of Toxins**

This combination is good for all types of skin problems because it helps purify the blood and muscle tissues while balancing all the *Doshas*. It rectifies the movement of

*Vata*, reduces *Kapha* and removes *Pitta* through the stool and toxins through skin by stimulating the sweat glands. It is laxative in nature.

### **Nirvana - For Occasional Sleeplessness**

This formula is a brain tonic that pacifies excited mental activity (*Manas*), helping induce tranquility of mind and sound sleep. It helps reduce mental blocks created by emotions and *Tama Dosha*. It pacifies *Vata* and *Pitta* and relaxes the nerves while nourishing the nervous system.

### **Pittamarg - Metabolic Coolant**

This formula is good for all conditions due to an imbalance of *Pitta*. It reduces the fluidity, heat and sharpness of *Pitta* in the blood. It is cooling and relieves all kinds of physical, mental and emotional disorders caused by excess *Pitta*. It reduces *Pitta* at the digestive level while increasing *Agni* and appetite.

### **Premen - Male System Support**

This formula enhances circulation around the reproductive system while removing blockages in the *Shukra Dhatu* (semen), providing strength and sexual vitality. It enhances circulation and reduces fatigue during and after coitus. (Note: *Pitta* reduces semen). Also nourishes the nervous system, uplifting emotions.

### **Pujanam - Cardiovascular Support**

This combination helps balance, rejuvenate and strengthen the functions of the heart channels. It decreases *Vata* and rectifies movement of *Vata* and *Pitta*. It reduces excess *Doshas*, increases *Agni* and decreases *Aam*. It also increases digestion and removes blocks.

### **Purnaved - Aids in Healthy Digestion**

This formula helps reduce digestive toxins by converting them into waste or nutrients. It helps regulate elimination by relaxing the intestines and alleviating abdominal discomfort. By balancing this area, this formula stimulates gastric enzymes and appetite, increasing fat and carbohydrate absorption.

### **Rajved - Metabolic Support**

This combination balances all three *Doshas* and reduces *Aam*, especially in channels connecting the senses and intellect with the mind. It also helps toxins move to the digestive tract and from there be released through elimination. Helps reduce anxiety as well as reduce respiratory congestion.

### **Rasa - Immune Support**

This combination stimulates *Agni* and increases immunity and is especially helpful for the elderly.

### **Rasayana - Aids the Immune System**

This combination regulates digestive and metabolic fire so food is properly absorbed, thus increasing appetite. It digests *Aam* and eliminates *Pitta* through stool. It also improves metabolic functions which increase weight and vitality. Nourishes the whole body, mind and emotions.

### **Rasnadi Guggul - For Minor Pain**

This formula helps with conditions due to excess *Vata*. It reduces heat and discomfort caused by excessive *Vata* which lead to other conditions in Ayurveda. It may help relieve joint associated discomfort.

### **Sahaja - Healthy Skin Formula**

This combination balances *Pitta* in the skin, restoring normal skin color and pigmentation. It also cleanses the blood.

### **Samana - Cooling Formula**

This formula reduces all three *Doshas* and *Aam*. It removes toxins through the stool and sweat glands, while stimulating digestive enzymes, increasing appetite. It strengthens the respiratory system by removing excess *Kapha*. It decreases *Vata* which is responsible for bodily discomfort during fever, according to Ayurveda.

### **Shakti - Metabolic Support**

This herbo-mineral formula rejuvenates all tissues – especially blood, bones and marrow. It increases digestive and metabolic fires, improving absorption; this increases hemo-

globin, due to its natural iron content and stimulating effect on the conversion of hemoglobin.

### **Shanti - Relaxation Support**

This commonly used formula is an excellent emotional balancer. It aids blood circulation and removes blocks in the circulatory system. It may also decrease swelling that can affect the circulatory system. It promotes normal movement of *Vata* to encourage normal functioning of the heart and its effects on the nervous system. Note: Ayurveda recognizes an important connection between the heart and emotions.

### **Shatavari - Female Health Support**

This formula is a general health tonic that is extra rejuvenating for females.

### **Shravana - Ear Health Support**

According to Ayurveda, the possibility to perceive sounds depends on the right balance of the element of air and ether. Shravana promotes the correct balance of these elements in the ears, improving hearing; reduces impurities in the ears and eliminates perceptions of abnormal sounds in the ears.

### **Shreeved - Female System Support**

This is a Rasayana with a rejuvenating effect on all tissues that stimulate the mind, enthusiasm and physical strength. It helps with excess mucus and may help reduce swelling and aid tissues of the female reproductive system. It decreases *Pitta* and *Vata*.

### **Sudharma - Kidney Health Support**

This formula is diuretic in nature and normalizes urination and flushes out toxins. It scrapes away *Aam* and *Kapha* stuck on the walls of the urinary channels and vessels. It nourishes all *Dhatus* and aids the regeneration of urinary tissues by reducing *Vata* and *Pitta*.

### **Sundar - Skin Support**

This formula balances all three *Doshas*, mainly *Pitta*. It helps cleanse the blood and expel impurities from the body through the stool. It also helps to remove blocks which release *Pitta* into the skin; nourishes skin and improves skin complexion.

**Suprana - Aids Healthy Respiratory**

This formula decreases *Kapha* in the lungs and therefore helps reduce inflammation in the respiratory tract by removing toxins. It also lubricates and moistens the respiratory tract which enhances respiration by nourishing *Prana* (life force). It promotes digestion and decreases toxins and blocks.

**Tadasana - Joint Health Support**

This formula helps remove discomfort in the joints, due to excess *Vata*. It helps reduce swelling by removing *Aam* and blocks by transforming them into nutrients and waste products. It improves metabolic fire and appetite, reducing toxins accumulated in the abdomen and nourishes bone.

**Triphala - Constipation Formula**

This formula is a laxative, used for occasional constipation; also a general health tonic that decreases all doshas.

**Tulsi - Liver Support**

This combination removes blocks of *Aam* from bile and liver channels, converting them into waste. Stimulates bile secretion and decreases *Vata* and *Pitta*.

**Udanyog - Respiratory Support**

This formula lubricates constricted respiratory tracts and moistens dryness, removing blocks that clog the respiratory tract. It prevents the production of as well as stimulates the excretion of mucus from food. It increases *Agni* and reduces the formation of further toxins and *Vata* by stimulating digestion.

**Urived - Urinary Health Support**

This combination reduces mucus and helps remove blocks, stones and discomfort caused by *Aam* in the urinary tract. These herbs rejuvenate the urinary system and its tissues, rectifying excess *Doshas*, correcting their movement; reduces *Vata* and *Pitta* in the urinary tract.

**Vairag - Aids Healthy Blood Sugars**

This formula rejuvenates while helping remove blocks of *Aam* in order to rectify catabolic effects on the pancreas due to excess *Vata*. Used as part of your diet, this combination helps to maintain healthy blood sugar levels.

**Vishudha - For Throat Health**

This combination breaks up obstructions created by *Aam* or *Kapha* in the respiratory path. It lubricates and moistens the throat and reduces all three *Doshas* while improving the voice.

**Viveka - Tranquility Formula**

This formula is a tonic that nourishes all *Dhatus*, especially the nervous system. It ensures mental equilibrium and improves memory, enhances intelligence and calms the nerves which relieve troublesome emotions. It removes toxins and improves digestion by reducing excess *Vata* and *Pitta*.

**Yamuna - Circulation Support**

This tonic regulates *Vata* and decreases circulatory blocks and those affecting the heart.

**Yogika - Cooling Formula**

This tonic regulates secretion of *Pitta*, so it cleanses and reduces the liquid toxins. It can help calm down blood pressure due to too much fluid; reduces inflammation in the female reproductive system and minimizes heavy menstrual flow. Also promotes the normal functioning of digestive system.

**Yograj Guggul - Joint Health Support**

This tonic strengthens the entire body. It stimulates *Agni*; helps to regulate metabolism and other bodily functions. It expels excessive *Vata* that is responsible for joint discomfort and swelling.

## AN EXPLANATION OF PANCHAKARMA THERAPIES

### SHIRODHARA

Continuous and Steady Flow of Warm Oil on the Forehead

- The best possible relaxation technique for all *Dosha* types
  - Stimulates pineal gland
  - Helps to reduce *Vata* in the nervous system
  - Helps de-stress the mind and body
- 

### NASYA NASAL CLEARING

Herbal Oil Sinus Clearing

- Best way to administer herbs for the *Kapha* region of the body (head and shoulders)
  - Helps to keep ear, nose and throat oiled
  - Can be used to prevent migraines
  - Cleanses the sinuses
  - Useful for allergies
  - Can be used to release frozen shoulder
- 

### ABHYANGA

Full Body Massage and Steam with Herbal Oils and Ghees

- Helps improve blood circulation
  - Helps lymph drainage
  - Improves digestion
  - Often combined with Pindaswed
- Main preparation required before beginning seasonal and in-depth Panchakarma
- 

### LOCAL DHARA AND BASTI

- Heart Dhara
- Netra (Eye) Basti
- Neck Basti
- Kati Basti

### VAMAN

- Controlled Process of Emesis
- Normalizes *Kapha*
- Helps reduce cholesterol
- Helps in chronic respiratory symptoms
- May be recommended for some *Pitta* imbalances

Sessions are given during seasonal or in-depth Panchakarma

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### VIRECHAN

Controlled Process of Purgation

- Best way to normalize *Pitta* region of body (shoulders to navel)
- Improves longevity
- Purifies body channels
- Promotes digestion and flushes out *Aam*
- Helps chronic acidity

Sessions are given during seasonal or in-depth Panchakarma

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### BASTI

Herbal Oils Enemas

- Best way to normalize *Vata* region of body (below navel to feet)
- Nourishes the colon by expelling *Aam* and toxic fecal matter
- Relieves constipation
- Excellent therapy for all types of arthritis
- Daily and weekly maintenance Basti can counteract the aging process
- Soothes the nerves and calms the mind



## THREE TYPES OF PANCHAKARMA

### *Day Spa Sessions*

- Weekly, bi-weekly or monthly maintenance
- For people who are healthy and want to manage stress and increase longevity
- For mothers to manage and tone the body after giving birth

### *Seasonal Transitions (7-10 days)\**

- Week-long sessions, 3-4 times per year
- For people who are healthy and want to manage stress and increase longevity
- For people with chronic symptoms who want to detoxify and rejuvenate
- For people with proper Ph balance, see Vaidya for details

*\*Not for women who are pregnant, nursing or who may become pregnant*

### *In-Depth (14-28 Days)\**

- Customized for your body type to remove symptoms at their root
- For people who are healthy and want to manage stress and increase longevity
- For people with chronic symptoms who want to detoxify and rejuvenate
- For people with proper Ph balance, see Vaidya for details

*\*Not for women who are pregnant, nursing or may become pregnant*

*\*Not for mothers who have given birth within two years*

*NOTE: Certain conditions, such as Ph level, medical history and pregnancy may mean your body is not suitable for seasonal or in-depth Panchakarma. Please check with our Vaidyas to see when your body is ready for any of the longer Panchakarma sessions.*



## KITCHEN CABINET HOME REMEDIES (ORGANIC INGREDIENTS RECOMMENDED)



### ACIDITY

Use this remedy when indigestion or burning is felt two hours after eating (i.e. no aam). Blend all ingredients together and drink in the morning on an empty stomach.

- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 20 black raisins  
(soaked over night then drain all water)
- 1/2 teaspoon ghee
- 1 pinch black pepper
- 1/2 teaspoon raw sugar cane juice (if desired)
- 1/2 cup water

Use this remedy when burning is felt two hours after eating (i.e. when aam is present). Mix all ingredients together and wash down with warm water in morning on an empty stomach.

- 1 pinch black pepper
- 1/2 teaspoon ghee
- 1/2 teaspoon ginger powder

### ANGER (OR IMPULSIVE BEHAVIOR)

*\*Recommendation: Shirodhara regularly*

Boil everything together for 5 minutes, remove from heat and keep covered for 20 minutes. Filter and drink the following mixture:

- 1 teaspoon coriander powder
- 1/2 teaspoon fennel seed powder
- 20 rose petals
- 1 teaspoon raw cane sugar
- 1 cup water

### ACNE

Add enough rose water to make a paste. Apply a thin layer of paste over face. Wash off with water when it is dry. Apply at least 3 times a week.

- 2 teaspoons marigold flower juice
- 2 teaspoons fuller's earth
- 1/2 teaspoon coriander powder
- 1/2 teaspoon calamus root powder
- 1/2 teaspoon sandalwood powder

## ALLERGY (POLLEN)

Mix together, chew well and wash down with warm water in the morning on an empty stomach.

- 5-7 basil leaves - juiced
- 2 pinch black pepper or 3 crushed peppercorns

## ARTHRITIS

- Take 2 to 6 castor oil gels at bedtime with warm water.

OR

- Take 1 to 3 teaspoons castor oil with ginger powder.

## CHOLESTEROL (TO REDUCE)

Mix the following ingredients together and take 1 teaspoon twice daily of:

- 3/4 tablespoons cinnamon powder
- 1/2 cup honey

## COLD

Cut 3-4 slices of fresh ginger root and add to a pan of water. Bring to a boil and simmer for at least five minutes. Strain and drink.

- Chew on fresh turmeric root.
- Avoid fans and air conditioning.

Make a steam inhalation mixing 1 drop of eucalyptus oil to a large bowl of steam-water.

## COUGH - WET

Extract juice from fresh ginger root and from basil leaves and mix with crushed black pepper and honey. Drink 2-3 times daily.

- 1 teaspoon basil juice (approx. 7-9 leaves)
- 1/4 teaspoon black pepper (or 3 peppercorns)
- 1/2 -1 teaspoon honey

## COUGH - DRY

Make into a paste and eat 2-3 times daily. Use ghee rather than oil to increase *Agni* (digestive fire) and turmeric to liquefy mucus.

- 1/2 teaspoon dry ginger powder
- 1 teaspoon jaggery (*gur* in Indian shops)
- 1/2 teaspoon ghee
- 1/2 teaspoon turmeric powder

OR

Crush cardamom and mix all ingredients together. Eat 2-3 times daily.

- 1/2 teaspoon turmeric powder
- 3 cardamom
- 1/2 teaspoon ghee
- 1 teaspoon honey

## COURAGE AND STRENGTH BUILDER

Crush dates and roast them for one minute in the ghee. Add the spices and mix together into a ball. Allow to cool and enjoy as a sweet.

- 4 fresh dates
- 1/4 teaspoon ghee
- 1/4 teaspoon cinnamon
- 1/4 teaspoon fennel seeds
- 1 pinch ground cardamom

## DIARRHEA

Soak in a little water overnight. Make into a paste and eat. Enjoy 2-3 times daily.

- 1 teaspoon poppy seeds
- 1 pinch nutmeg

OR

- Drink small amounts of ginger water throughout the day.

## INDIGESTION

- Eat at regular times.
- Avoid over-eating.
- Eat only when hungry.
- Take a short walk after your evening meal to stimulate digestion.
- Drink half a glass of ginger water before meals.

## EYESIGHT STRAIN

Crush the ingredients and make into a paste. Eat in the morning on an empty stomach. Crush the ingredients and make into a paste. Eat in the morning on an empty stomach.

- 3 almonds
- 6 cardamom
- 1 teaspoon ghee

OR

Make mixture of the following and at bed-time eat 1/2 teaspoon and also apply 1/4 teaspoon to your feet.

- 1 triphala tablet
- 3/4 teaspoon of ghee

## INSOMNIA

*\*Recommendation: Shirodhara regularly*

Make a paste of the following and massage gently on forehead, temples and around eyes.

- 1 pinch ghee
- 1 pinch nutmeg

OR

Massage sesame (or *Vata* oil), almond or coconut oil on the temples and across forehead and eyes at bedtime.

## OBESITY

*\*Recommendation: See Vaidya for Panchakarma Session referral.*

- Drink 1 glass water with 1 teaspoon honey daily.
- Drink 1 teaspoon ginger in 4 cups water.
- Take 1 teaspoon castor oil (or 2-8 castor oil gels) with 1 teaspoon fenugreek seeds with warm water at bed time, daily.
- Eat mung soup regularly.

## SORE THROAT

Mix together the following and gargle with it in the morning and evening.

- 1 cup warm water
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon salt

## STUTTERING

Crush the garlic and mix into paste with jaggery. Chew, but don't swallow. It exercises the muscles and the garlic reduces *Vata* in the mouth.

- 2-3 cloves garlic
- 2 teaspoon jaggery

## SIDDHA PASTE

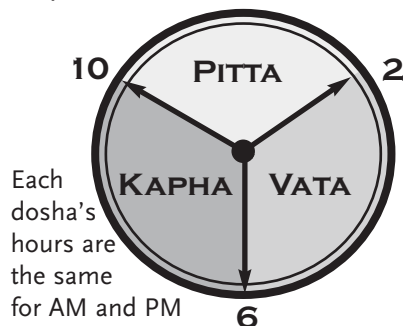
The sharp and penetrating qualities of its ingredients makes siddha and excellent medium for transporting any kind of medicine to the place in the body where it is needed.

Chop the onion and put it into a blender with the garlic and all the spices. Push everything through a strainer in order to make a fine paste. Crush the medicines, if you have them, and add the pulp. Apply on the stomach all around the navel area. This paste is also an excellent remedy to apply on any area that is painful, such as the lower back or on strained or aching joints, muscles and tendons. Leave for at least 15 minutes or until paste goes dry.

- 1 small onion
- 1/2 teaspoon dry ginger powder
- 1/2 teaspoon ajwain powder
- 1/4 teaspoon black pepper
- 2-4 cloves garlic
- 2 pinch asafetida
- 2-4 tabs Shanti (optional)
- 2-4 tabs Agni (optional)

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## Specific Hours for Each Dosha





## HOLISTIC HEALING WITH AYURVEDA



All Ayurveda seeks to restore balance within the body. **Diet plays a primary role in achieving this balance, as it is food that gets digested to create new tissues while herbal remedies aid this process.** When food is not properly digested, it leads to the build up of toxins, or *aam*, in the body.

According to Ayurveda, **everyone is born with a unique combination of the five elements** (or the three *doshas*) – this is our *prakruti*. **When this inborn constitution becomes imbalanced through diet, lifestyle, time of day, time of life and climate, it is called *vikruti*.** Therefore, Ayurveda suggests the use of different qualities and substances to bring these elements back into balance. Any particular individual may be primarily one *dosha*, or any combination of the three (i.e. *Vata*, *pitta*, *kapha*). Typically, it is our strongest *dosha* that gets imbalanced.

Part of the beauty of the **Ayurvedic dietary consideration is the wisdom that links a particular taste and quality of food with its effect** – whether aggravating or pacifying – on a particular *dosha*.

In Ayurveda, the concept that **‘like increases like’** means that a person with too much heat, or *pitta*, would not try and achieve bal-

ance by eating foods that are heating or that increase *pitta*; rather they would balance this *dosha* by eating foods that have the cooling qualities of water or earth and ether.

Upon seeing an Ayurvedic practitioner you will be given dietary recommendations that are specific to your constitution so that you may restore balance through what you eat and how you live. What follows are general guidelines for understanding the *doshas* and their particular dietary recommendations.

### TREATING DOSHA IMBALANCE WITH FOOD AND DIET

When the diet is not balanced, that is, when it does not contain all six tastes, it can lead to experiences like feeling hungry after finishing a large meal, feeling weak and tired in the late afternoon, or developing cravings for certain foods.

Ayurveda recommends that we eat a balanced diet (with all six tastes) regularly. Each taste contains nutritional factors that the body needs for proper functioning. However, if you clearly have the symptoms of an imbalance in one of the *doshas*, you should favor foods that decrease that *dosha* and avoid the ones that aggravate it.

## VATA IS MOVEMENT

### VATA QUALITIES

**This dosha represents ether (sky) and air (wind).** It is movable, creative, cold, rough, drying and light. Vata types move and act more than other doshic types as well as tire more easily. They are erratic and their appetite, digestion and elimination vary. **To help ground and balance this aggravated dosha, it is important to establish a routine to ensure regular meals and snacks are eaten to give sustained energy and aid in creating healthy, regular eating habits.**

### VATA DIET

The tastes that increase *Vata* are pungent (hot or spicy), bitter, and astringent – due to its drying effect. **To pacify *Vata* you need to eat more of the sweet, sour and salty tasting foods and make sure foods are well cooked and warm when eaten. *Vata* needs stability, warmth and regularity.**

### DAILY VATA

You may notice the effects of a *Vata* imbalance when you wake up early in the morning and cannot fall back to sleep or you find that your mind has difficulty focusing in the afternoons? **This is due to the fact that from the hours 2-6 (am and pm) everyday are when *Vata* reigns the day!** It is important to



notice the effect your dietary habits and lifestyle choices have on your sleep, digestion and sense of well-being.

### SEASONAL VATA

Fall and early winter are high *Vata* season(s). Just as the leaves dry up and fall from the trees, our bodies also have to combat the windy, dry and cool nature of fall – all signs of *Vata*.

**It is also beneficial for *Vata* to be where it is warm. Be sure to keep your body and feet warm in rainy or wet weather.**



### AGE OF VATA

From 50 to death – when things begin to dry out and separate is governed by *Vata*; this may result in dry skin, joint stiffness, neurological problems, anxiety, fear, confusion, bowel irregularity and constipation – which are great indicators of excess *Vata* and can be assessed on a daily basis. **Try taking castor oil gels at bedtime to regain normal bowel movements as well as helping to alleviate joint stiffness and pain due to *Vata*!** Ayurveda seeks to balance *Vata*'s drying qualities with opposing elements; therefore, regular applications of *Vata* oil on the body, high quality fats, warm nourishing food and a more easeful lifestyle help re-balance an aggravated *Vata* dosha.

### PANCHAKARMA RECOMMENDATIONS

Sessions for *Vata* are:

- Shirodhara
- Basti
- Pindaswed

Stay dry and warm especially during rainy weather.

## VATA PACIFYING DIET\*

A *Vata pacifying diet* favors warm, cooked foods and hot beverages. Soft and oily foods, such as pasta, cooked cereals and soups should be favored over dry and crunchy foods. Raw vegetables should be avoided, except in small amounts. Avoid cold drinks and frozen desserts such as: ice cream, popsicles, frozen yogurt, etc.

### FAVOR THE FOLLOWING FOODS

- **IN GENERAL:** Sufficient quantity, adequate amount of oil, warm foods and drinks. Have more sweet, sour and salty tasting foods.
- **GRAINS:** Rice, cooked oatmeal, bulgar, quinoa, spelt, whole wheat and whole grain breads (toasted).
- **LEGUMES:** Yellow split mung beans (green skin removed), whole mung beans, red lentils and tofu at lunch only.
- **VEGETABLES:** Zucchini, asparagus, carrot, beets, sweet potatoes, artichokes, cucumber, yellow squash, okra, parsley, green peas, fennel, spinach in small amounts and cooked coconut. **All should be cooked well so they are soft.**
- **SPICES:** Cumin, ginger, mustard seeds, ajwain, celery seeds, fenugreek, coriander, bay leaves, basil, saffron, hing (asafoetida), cinnamon, cardamom, cloves, anise, fennel, black pepper (in small amounts), rock salt, lemon juice, dill, mint, garlic, tamarind and soy sauce. All other spices in small amounts.
- **FRUITS:** All ripe, sweet, and juicy fruits. Dried fruit is better boiled or soaked in water prior to eating. Sweet grapes, banana, melons, plums, cherries, kiwi, peach, apricot, mango, papaya, pomegranate, sweet pineapples, raisins, prunes, sweet oranges, grapefruit, dates and figs, avocado. Apples and pears only if sweet and juicy.
- **OILS:** All types, however best if organic ghee is sautéed with *Vata* stabilizing spices. Use *Vata* oil for daily massage before bathing.

### REDUCE THE FOLLOWING FOODS

- **IN GENERAL:** Light, dry, and crunchy foods. Cold foods and drinks. Pungent (hot and spicy) bitter and astringent tastes.
- **GRAINS:** Corn, rye, buckwheat, raw oats, millet.
- **LEGUMES:** Chick peas (garbanzo beans), kidney beans, soy beans.
- **VEGETABLES:** Green leafy vegetables, peas, potatoes, broccoli, cauliflower, cabbage, celery, sprouts, onion, radish, and raw vegetables and lettuce.
- **SPICES:** Avoid cayenne, chili peppers and other very hot and drying spices.
- **FRUITS:** Unripe/sour fruits. Guava, cranberries, persimmon.
- **DAIRY & BEVERAGES:** Soy milk can be taken in small quantities(not cold) with *Vata* pacifying spices.
- **SWEETENERS:** White or processed sugar.
- **NUTS & SEEDS:** Peanuts, unless you remove fine skin under husk.

- **DAIRY & BEVERAGES:** Organic cow or goat milk (brought to boil and served hot), butter, ghee, cream, non-aged cheeses (such as ricotta, cottage cheese, and cream cheese), paneer (homemade cheese), rice and almond milk.
- **SWEETENERS:** Whole, natural/raw cane sugar (in small amounts,) raw honey, jaggery, date sugar.
- **NUTS & SEEDS:** All nuts and seeds (e.g. pistachio, almonds, walnuts, pumpkin, sesame and sunflower), soak in water to soften them so they are easier to digest. Only five at a time.

\*These are generic guidelines. A diet specific to your needs will be given at your consultation

## PITTA IS TRANSFORMATION

### PITTA QUALITIES

**This dosha represents fire and water.** Pitta is fiery, hot, quick, sharp, and intense with a strong appetite that digests food quickly and has good elimination.

### PITTA DIET

The tastes that increase pitta are sour, salty and pungent. **Ayurveda seeks to balance these hot or heating foods with their opposites; therefore, eating cooling foods such as zucchini, a watery vegetable, and sweet juicy fruits (i.e. melons, plums, grapes) as well as foods that taste bitter, astringent and sweet help re-balance and pacify the hot nature of *Pitta*.**

### DAILY PITTA

Ever notice when you miss a meal you become irritable or grouchy, especially around lunchtime? Or when you stay up watching television or working on the computer at 10 pm you get a 'second wind' and cannot manage to fall asleep for hours? **This is because from 10-2 (in the morning and the evening) pitta reigns the day! When the sun reaches its height at mid-**

**day our internal fire/heat is also at its peak.**

Remember to eat regular meals so as not to have excess pitta on an empty stomach.

### SEASONAL PITTA

Pitta prefers cool climates and tends not to like hot weather or does not do well with too much heat during summer, when it is high pitta season.

### AGE OF PITTA

From 18 to 50 – when the body is undergoing the most intense time of activity and transformation, even ambition, is governed by pitta. A pitta type is prone to acid reflux, ulcers, colitis, gall bladder problems and headaches. It is important for pittas to avoid spicy, salty and fermented foods, despite cravings for them, as they all aggravate pitta. Being determined and uncompromising can cause a pitta type to get too busy to even eat. **Be sure to eat regular meals, with lunch being the biggest of the day, along with enjoying organic ghee, cooling teas of mint or fennel and massaging cooling *Pitta* oil before you bathe.** These are all satisfying ways to cool, calm and re-balance the *Pitta* mind.



### PANCHAKARMA RECOMMENDATIONS

Sessions for *Pitta* are:

- Shirodhara
- Virechan
- Vaman (for some)

## PITTA PACIFYING DIET\*

*A pitta pacifying diet favors juicy, cooling foods with high water content while avoiding hot spices, alcohol, vinegar, fried foods, tomatoes, yogurt and cheese. Foods should be fresh and organic, if possible. Avoid left overs, packaged, canned or bottled foods, processed foods, preservatives, artificial ingredients and salty foods.*

FAVOR THE FOLLOWING FOODS	REDUCE THE FOLLOWING FOODS
<ul style="list-style-type: none"> <li>• <b>IN GENERAL:</b> Cool to lukewarm drinks according to preference. Favor bitter, astringent and sweet tastes.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>IN GENERAL:</b> Pungent (i.e. hot and spicy) foods such as chilies, cayenne, jalapeno peppers, sour and salty tastes such as vinegar, alcohol and acidic foods.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>LEGUMES:</b> Mung beans, small kidney beans, non-fermented soy bean products; tofu is okay, as are other beans, in moderation, however avoid tempeh.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>LEGUMES:</b> Fermented soy bean products, tempeh.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>GRAINS:</b> White rice (basmati, jasmine, etc.) barley, oats, quinoa, kamut, amaranth, millet, whole wheat, whole grain bread (toasted).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>GRAINS:</b> Corn, rye, buckwheat, brown rice.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>NUTS &amp; SEEDS:</b> Blanched (i.e. peeled) almonds in small amounts, sunflower seeds and figs</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NUTS &amp; SEEDS:</b> Peanuts and cashews.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>VEGETABLES:</b> Yellow squash, zucchini, cucumber, bok choy, winter squashes, asparagus, artichokes, okra, green beans, potatoes, sweet potatoes, peas, cilantro, sprouts, parsley, sweet corn, alfalfa sprouts, mushrooms, all non-leafy green vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>VEGETABLES:</b> Tomatoes and tomato sauce, radish, beets, spinach, raw onions, kale, cauliflower, broccoli, cabbage, lettuce, chard, brussels sprouts.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>FRUITS:</b> Sweet grapes, sweet mango, coconut, melons, sweet plums, persimmon, pomegranate, sweet apples, sweet pears, raisins, dates and figs, avocado.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>FRUITS:</b> Avoid sour fruits such as grapefruit, olives, orange, peach, sour grapes, pineapple, berries, prunes, banana, lemon, lime, cherries.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>DAIRY:</b> Organic milk (boiled and served cool or warm), ghee, cream, butter, paneer (home-made cheese), soy milk, rice milk, fresh butter-milk (not sour) and cottage cheese.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>DAIRY:</b> Yogurt, salted cheese (especially aged and such as feta or blue cheese), sour cream, cream cheese, ice cream.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>SWEETENERS:</b> Whole, raw sugar cane (in small amounts), date sugar, maple sugar, jaggery.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>SWEETENERS:</b> Molasses, brown sugar, honey (only add after heating is complete).</li> </ul>
<ul style="list-style-type: none"> <li>• <b>OILS:</b> Ghee is best; or coconut oils. For mas-sage, use pitta or coconut oil.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>OILS:</b> Almond, corn, safflower, sesame, canola.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>SPICES:</b> Coriander, cilantro, cumin, turmeric, saffron, fennel, cardamom, parsley, fresh basil, mint and nutmeg.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>SPICES:</b> Chili peppers, cayenne, onion, garlic, mustard seeds, cloves, celery seeds, fenugreek, ketchup, mustard, asafoetida (hing), ginger, black pepper, soy sauce, tamarind mint.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>NON-VEGETARIAN:</b> Fresh water fish only and lamb.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NON-VEGETARIAN:</b> Seafood, fish, beef, pork, chicken, turkey and egg yolk.</li> </ul>

\*These are generic guidelines. A diet specific to your needs will be given at your consultation

## KAPHA IS COHESION

### KAPHA QUALITIES

**This dosha represents water and earth.**

*Kapha* is stable, moist, cool and heavy.

*Kapha* types are slow and grounded, even serene. An imbalance in *kapha* leads to congestion and excess weight.

### KAPHA DIET

The sweet taste strengthens *kapha*, yet too much will create an imbalance. ***Kapha* types can use heating and pungent spices that would not be advisable for the *Pitta* type.**

### DAILY KAPHA

Have you ever noticed that if you stay up too late it can be hard to wake up before sunrise? Or maybe you find yourself feeling like lounging around the house at the end of your day? **From 6-10 (am and pm) is when *kapha* rules the day.**



### SEASONAL KAPHA

*Kapha* types benefit from a warm, dry climate and need regular activity and exercise to balance their natural tendency towards lethargy.

### AGE OF KAPHA

From birth to maturity, when the body is growing unit by unit, is governed by *kapha*. It is very common for children and young adults to experience the effect of excess *kapha*, which manifest as sinus problems, chest colds, asthma and diabetes. **Therefore, eating a lighter diet of less rich foods, such as hot lentil soup with gingered vegetables – despite cravings for fried foods, dairy products and sugar – helps re-balance *kapha*, leaving the body feeling lighter and more energized.**

### PANCHAKARMA RECOMMENDATIONS

Sessions for *Kapha* are:

- Vaman
- Nasya
- Virechan
- Pindaswed



## KAPHA PACIFYING DIET\*

*A kapha pacifying diet favors warm foods and hot beverages. Eat a minimum of oil and fat. Avoid cold drinks, cold food, and frozen desserts, such as: ice cream, popsicles, frozen yogurt, etc. Avoid leftovers, canned, bottled, or packaged foods, frozen foods, processed foods, rich, creamy foods, sweets, salty foods and alcohol.*

*Eat mainly freshly prepared vegetable and legume dishes, with proportionately smaller amounts of grains and fruits. The food should be spiced according to taste.*

FAVOR THE FOLLOWING FOODS	REDUCE THE FOLLOWING FOODS
<ul style="list-style-type: none"> <li>• <b>IN GENERAL:</b> Enjoy a lighter diet of less rich foods. Favor dry, light and crunchy foods. Favor pungent (hot, spicy), bitter and astringent tastes.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>IN GENERAL:</b> Avoid large quantities of food—especially at night. Avoid oily and greasy (deep fried) foods, cold (raw) or re-heated foods, heavy foods such as frozen or canned foods and sweet, sour and salty tastes.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>LEGUMES:</b> Mung, lentils &amp; beans.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>LEGUMES:</b> Tofu, tempeh, chick peas and soy.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>GRAINS:</b> Barley, millet, corn, buckwheat, rye, quinoa, couscous and oats and whole grain breads (toasted).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>GRAINS:</b> Wheat, rice, all yeasted or sourdough breads.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>VEGETABLES:</b> All green leafy vegetables, carrot, beets, white potatoes, artichoke, broccoli, corn, celery, cabbage, cauliflower, peas, bell pepper, green beans &amp; peas, sprouts, tender radish. In small amounts: tomato, asparagus, zucchini.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>VEGETABLES:</b> Sweet potatoes, tapioca and cucumber.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>FRUITS:</b> Apples, pears, figs, papaya, guava, pomegranate, cranberries, persimmon and dry fruits (sulfur free).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>FRUITS:</b> Strictly avoid avocado and banana unless you add ginger powder.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>DAIRY &amp; BEVERAGES:</b> Organic skim milk (boiled and served hot), small amounts of ghee. Tea, herbal tea, spice or cinnamon tea.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>DAIRY &amp; BEVERAGES:</b> Cold water or drinks, cheese, ice cream, sour cream and yogurt.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>SPICES:</b> Ginger, black pepper, cumin, mustard seeds, ajwain, saffron, hing, cinnamon, cardamom, cloves, anise, fennel, coriander, dill, mint, garlic, nutmeg, tamarind, sea salt, lemon juice.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>NUTS &amp; SEEDS:</b> Small portions of sunflower, sesame and pumpkin seeds, pecans and walnuts.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>OILS:</b> Mustard, corn, sesame, olive, flaxseed (all used sparingly). Ghee in small amounts. Use <i>Kapha</i> oil for daily massage before bathing.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>SWEETENERS:</b> Raw honey which is not baked or cooked. (only add after heating has ceased) and jaggery.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>SWEETENERS:</b> White, refined sugar, cake and chocolate.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>NON-VEGETARIAN:</b> Chicken.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NON-VEGETARIAN:</b> Eggs, meat, seafood.</li> </ul>

\*These are generic guidelines. A diet specific to your needs will be given at your consultation

## AYURVEDA'S SIX TASTES & THEIR EFFECTS ON THE DOSHAS

• Pungent, Bitter, Astringent:	Increase <i>Vata</i>	Decrease <i>Kapha</i>
• Sweet, Sour, Salty:	Increase <i>Kapha</i>	Decrease <i>Vata</i>
• Sweet, Bitter, Astringent:	Decrease <i>Pitta</i>	
• Sour, Salty, Pungent:	Increase <i>Pitta</i>	

### *Earth and Water*

#### **Sweet: V↓ P↓ K↑**

- Most grains like rice, barley, corn, wheat, etc.
- Milk and sweet milk products like ghee, cream, butter
- Sweet fruits like coconuts, dates, figs, grapes, pears, mangoes and especially dried fruits (without sulphur)
- Cooked vegetables like potato, sweet potato, carrot, beet root, cauliflower, string beans
- Sugar in any form—raw, refined, brown, white, molasses, sugar cane juice, etc.

### *Earth and Fire*

#### **Sour: V↓ P↑ K↑**

- Sour milk products like yogurt, cheese, whey, sour cream, etc.
- Sour fruits like lemons, limes, oranges, pineapples, passion fruit, cherries, plums
- Fermented substances like wine, vinegar, soy sauce, cabbage
- Carbonated beverages

### *Water and Fire*

#### **Salty: V↓ P↑ K↑**

- Any kind of salt like rock salt, sea salt, salt from the ground
- Any food to which salt has been added (i.e. pickles, nuts, chips)

### *Fire and Wind*

#### **Pungent: V↑ P↑ K↓**

- Hot spices like chilies, black pepper, mustard seeds, ginger, cumin, cloves, cardamom, garlic, etc.
- Mild spices like turmeric, anise, cinnamon, and "fresh" herbs like oregano, thyme, mint, etc.
- Raw vegetables like radish, onion, cauliflower





## *Earth and Wind*

**Astringent:** V↑ P↓ K↓

- Turmeric, honey (do not heat hotter than lukewarm water), walnuts, hazelnuts
- Pulses, or legumes, i.e. beans, lentils, peas, dahl
- Vegetables like sprouts, lettuce, green leafy vegetables, most raw vegetables
- Fruits like pomegranate, berries, persimmon, lemon, cranberry, most unripe fruits

## *Sky and Wind*

**Bitter:** V↑ P↓ K↓

- Fruits like olive, grapefruit
- Green leafy vegetables like spinach, green cabbage, brussels sprouts
- Spices like fenugreek, turmeric

We strongly suggest that you apply the dietary guidelines given by your practitioner to re-balance your *Dosha(s)*. **Remember that all three *Doshas* are always present in the body. There is simply a different degree of predominance – depending upon your habits, your age, the season and climate where you live.**

Therefore, you may have an imbalance of one dosha, however some people have two or three doshas that need to be brought back into balance.

## HOW FOOD QUALITIES AFFECT VATA, PITTA AND KAPHA

Remember when consciously favoring or avoiding foods to help balance our doshas, we should maintain a balanced diet with all six tastes so as not to aggravate, or imbalance, another *Dosha*.



## NOTES FROM YOUR CONSULTATION