



AYURVEDIC DIETETICS

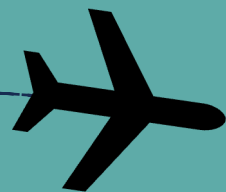
Session 1: Health, disease, and their delicate balance

Presented by Sandhya Gopalakrishnan

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July 20th 2023

Who and why?

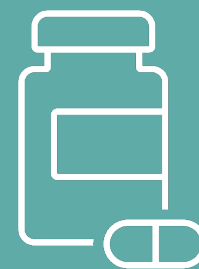


Ph.D. in chemistry



Who and why?

40



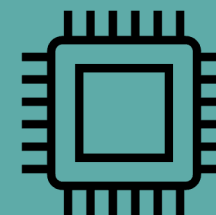
Aging parents



Family



Career



DASH diet Mediterranean Glycemic index

Frozen

Mg, Ca, Fe

Puri

Phytoestrogens

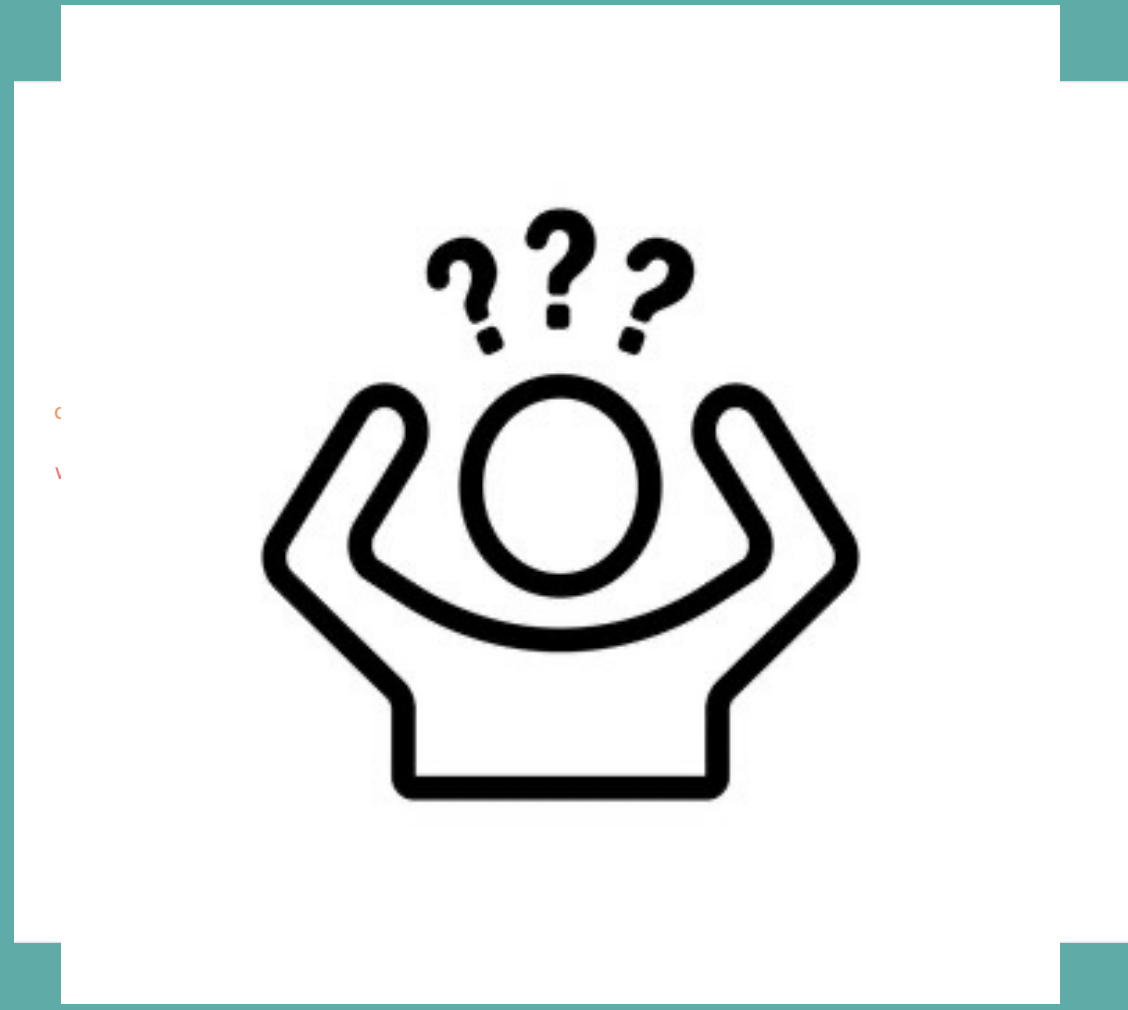
Gluten

Soy

Nightshades

Oils

White, red, brown rice



Ayurveda offers a system to make decisions

IS

- ✓ A universal healthcare system
- ✓ Knowledge system empowering individual to control health
- ✓ Rooted in Vedic philosophy
- ✓ Based on logical principles
- ✓ Focused on preservation of health
- ✓ A lifestyle

ISN'T

- x A diet – vegetarian etc.
- x Indian food: khichdi ...
- x Taking herbal supplements like ashwagandha, turmeric, ...
- x A bunch of unexplainable rules
- x Based on treating symptoms alone

My journey of learning

Started in 2020

- Reading English translations of ancient texts
- Books by current authors – Vasant Lad, Maya Tiwari, Acharya Shunya ...
- Papers on Ayurveda published in journals
- Classes on Ayurveda

Issues

- Too much theory
- Too much Sanskrit
- Too prescriptive without reasoning
- Not well adapted to globalized way of life

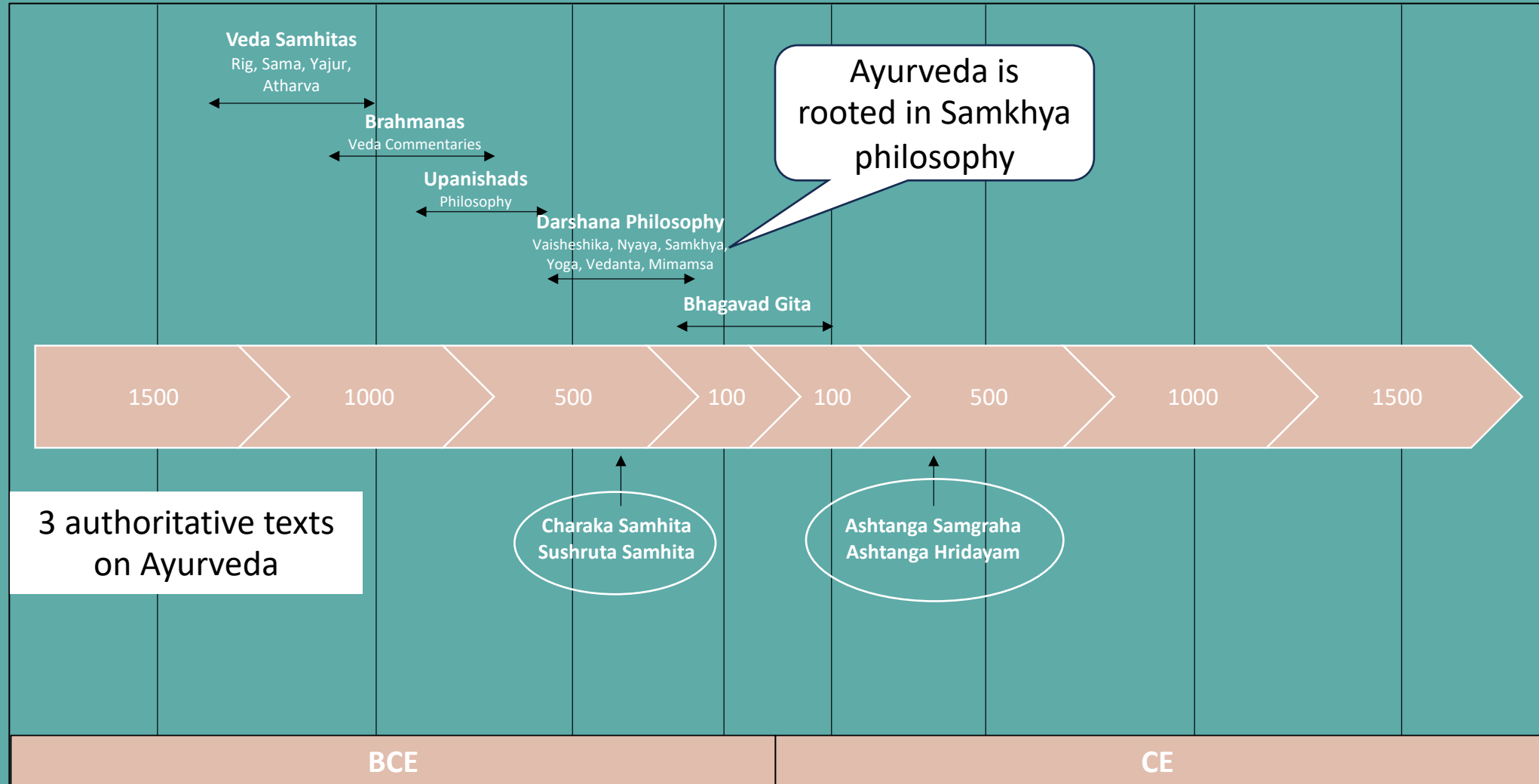
My goal

- Make leading a healthy life effortless for others (my kids) – don't wait to burn out
- Simple, practical, relatable in modern times



Origins of Ayurveda

Timeline of important Indian knowledge systems



Purpose of Ayurveda

THE 4 GOALS OF HUMAN LIFE



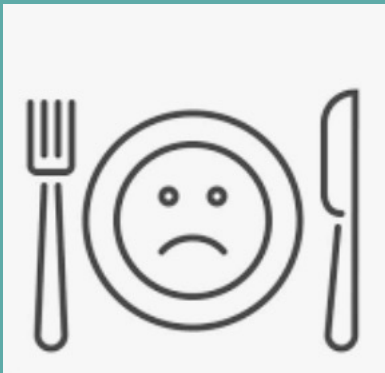
Enable a long and healthy life to fulfill the 4 goals

However

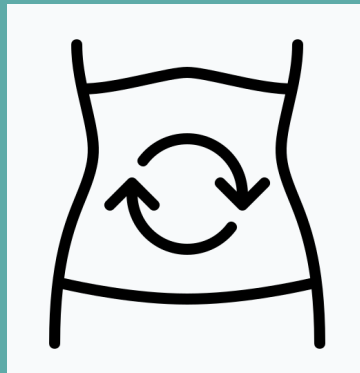
A healthy detachment from the body is needed to fulfill the primary goal of life

8 indicators of good health

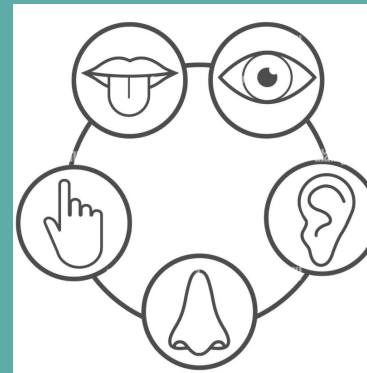
Feeling hungry
before mealtimes



Proper digestion



Well functioning
senses



Waking up well
rested



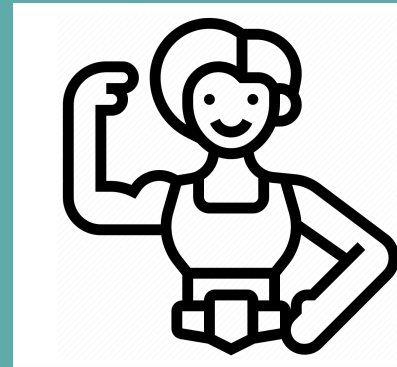
Proper evacuation



Lightness in body



Physical endurance



Peace of mind



Types of diseases

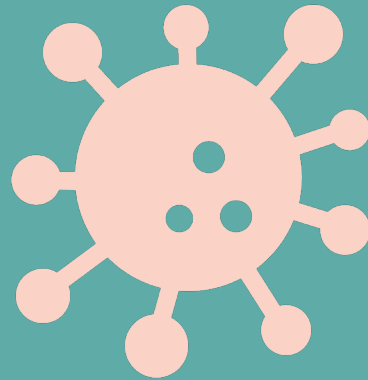
INTERNAL

Ex. Chronic diseases



EXOGENEOUS

Communicable



PSYCOLOGICAL

Mental illness



An Ayurvedic lifestyle helps maintain inner balance → Health

Definition of health

WHO: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

AYURVEDA: "Health is a balance of **doshas, dhatus, digestion, proper excretion** of waste, and a **peaceful and contented mind**". -- Shushruta Samhita

A person with dreadlocks and glasses is shown in profile, writing on a whiteboard. They are wearing a light blue t-shirt and a black backpack. The whiteboard has several sheets of paper pinned to it, some with colorful charts and graphs. The background is a plain wall with some faint markings.

Now a little bit of theory –
what is Dosha?

Qualities of substances

- Matter is described by its qualities, not constituents
- Represented by 5 elements in various proportions
- Space, air, fire, water, and earth
- Associated with qualities perceived by our senses

Element	Property
Space	Porosity
Air	Movement
Fire	Temperature
Water	Viscosity
Earth	Mass



Earth and space qualities

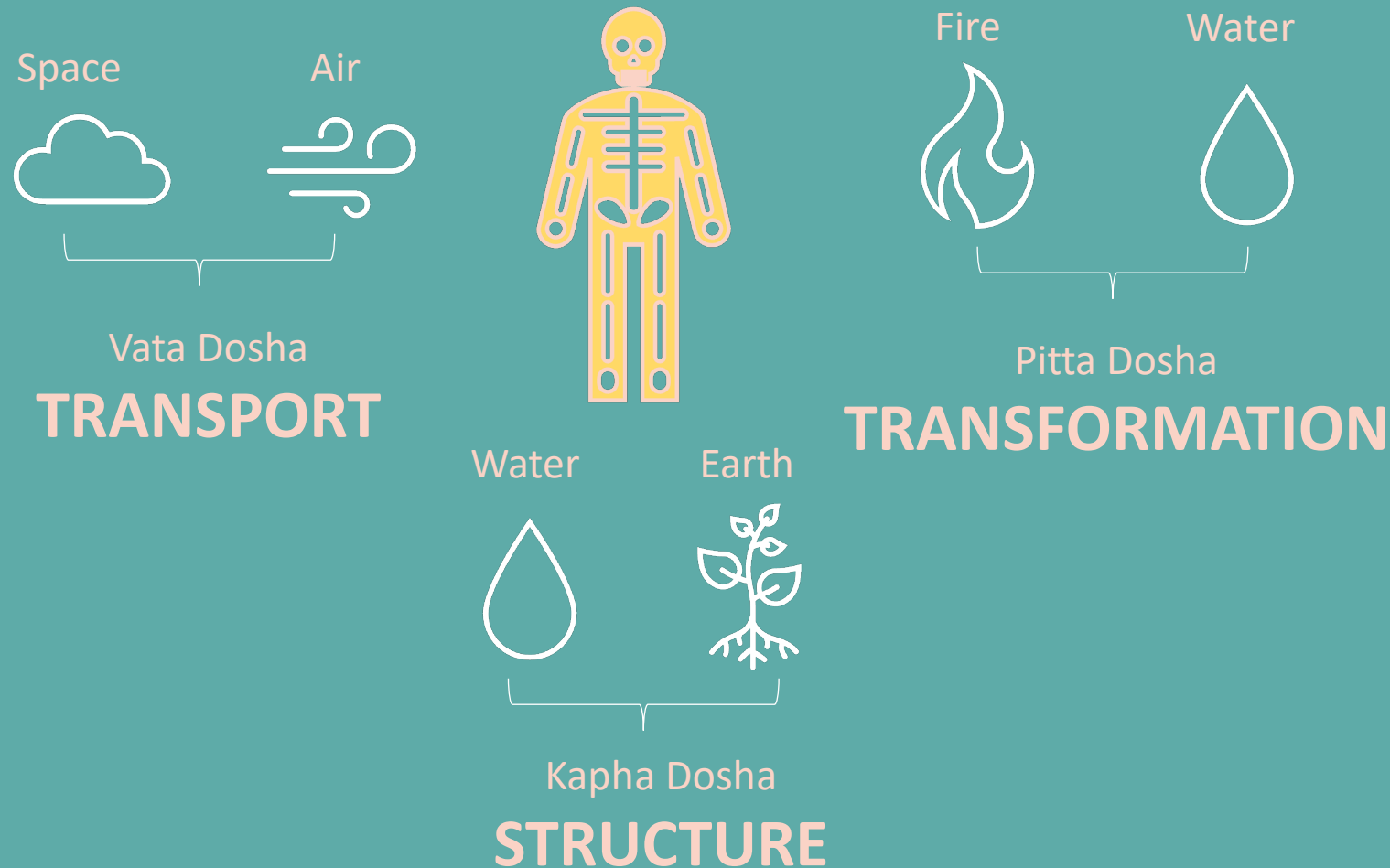


Water, fire, and air qualities



Earth quality

Biology regulated by Doshas

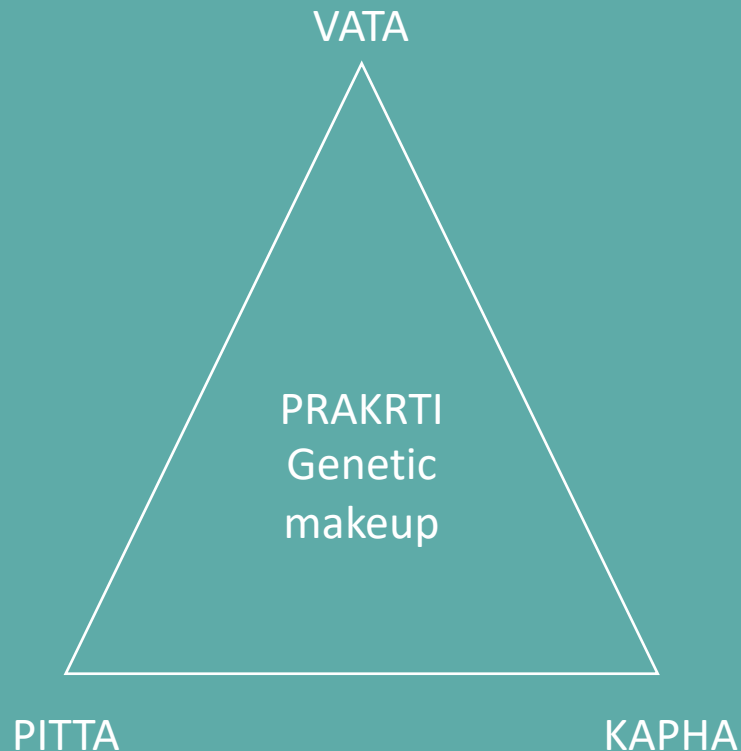


- Vata governs breathing, circulation, cell membrane transport, excretion of wastes – catabolic processes
- Pitta controls digestion, body temperature – metabolic processes
- Kapha is responsible for formation of muscle, bone, fat, and lubrication – anabolic processes

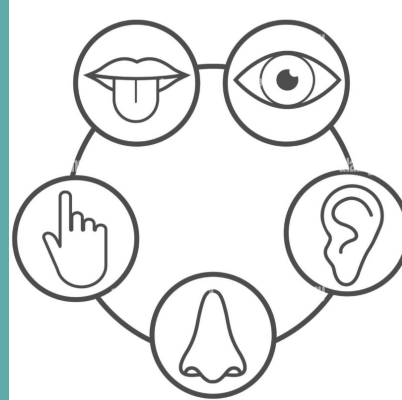
Meaning of balanced doshas

Each individual is born with a unique proportion of three Doshas - Prakrti

- When this proportion is maintained, there is health
- When this proportion changes, disease ensues



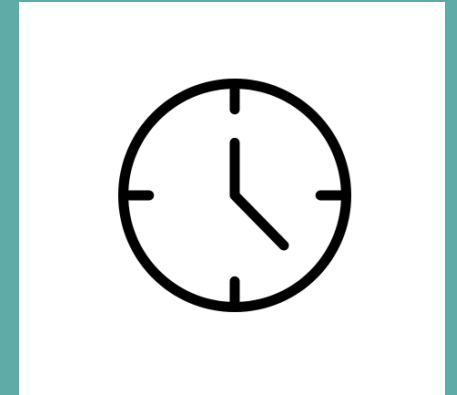
What causes dosha imbalance?



Improper input to senses

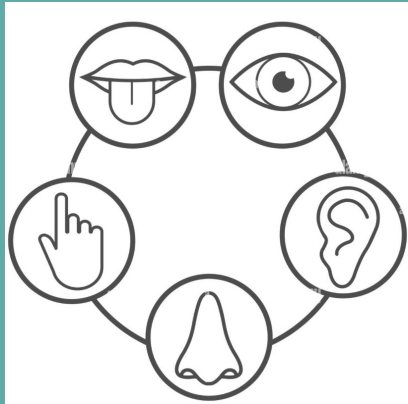


Improper use of intellect



Time of day/seasons

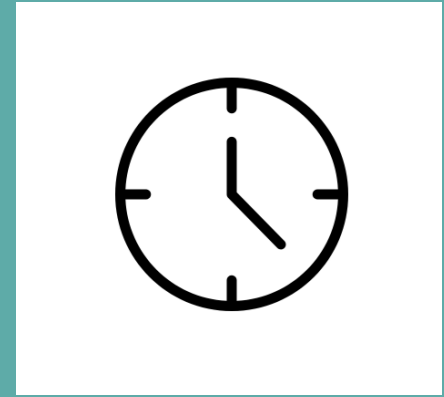
Practical guidelines to keep Doshas balanced



DAILY ROUTINES
Dinacharya



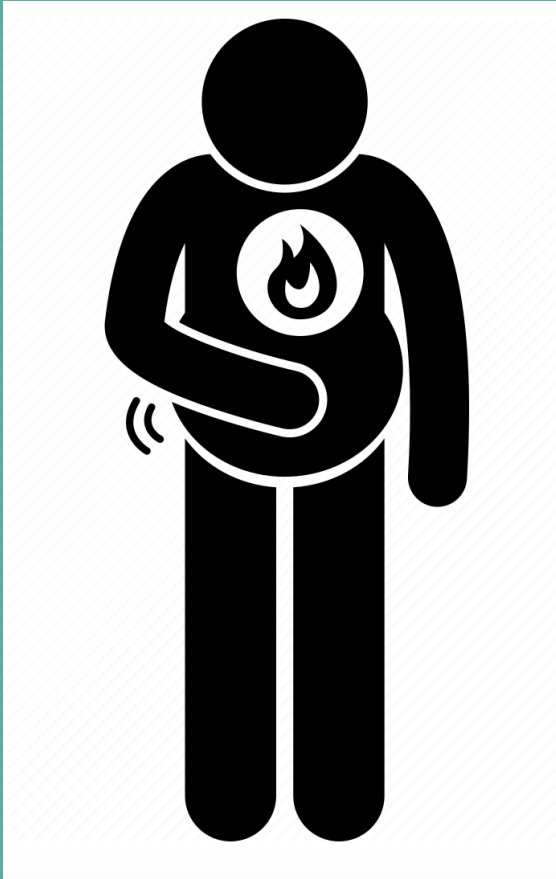
CODE OF CONDUCT
Sadvritta



SEASONAL ROUTINES
Ritucharya

Use food, lifestyle, and spirituality to restore balance of Doshas

First stage of endogenous disease is indigestion



1. Irregular: Variable appetite and hunger, gas, bloating, constipation, cramps, inability to put on weight
2. Acidic: Heartburn, acid reflux, loose stools, sometimes several times a day, inability to tolerate hunger
3. Dull: Loss of appetite, feeling heavy and dull, clumpy mucus laced stools, inability to lose weight despite best efforts

Food is the first step to restore balance

Core point of Ayurvedic dietetics

Rank these in order of good to bad (for health)



What metrics did you use?

Top habits of women who look decades younger than their age

They do not eat refined salt or sugar since both are responsible for higher inflammation.

Instead they use rock or sea salt and brown sugar/jaggery.

[Visit Instagram Profile](#)



Core point of Ayurvedic dietetics



GI Index	50	65	84	55	65-80
Nutrients	Carbs, minerals, vitamins, antioxidants	Carbs, some minerals and B vitamins	Carbs, some minerals	Carbs, antioxidants, vitamins, minerals	Carbs
Digestion	Easy	Easy	Hard	Easy	Easy
Quality	Heating	Cooling	Very heating	Cooling	Cooling
Preparation	Should not be heated	Can be heated	Can be heated		Can be heated
Prakrti	Vata, Kapha	Vata, Pitta	Vata	Vata, Pitta	Vata, Pitta

There is no substance that is good; no substance that is bad. It depends on context.

Next session

- A lifestyle of balance
 - Daily routines
 - Seasonal routines
 - Code of conduct
- Food
 - How to eat food
 - Foods to be eaten regularly
 - Foods to be avoided