

AYURVEDIC DIETETICS

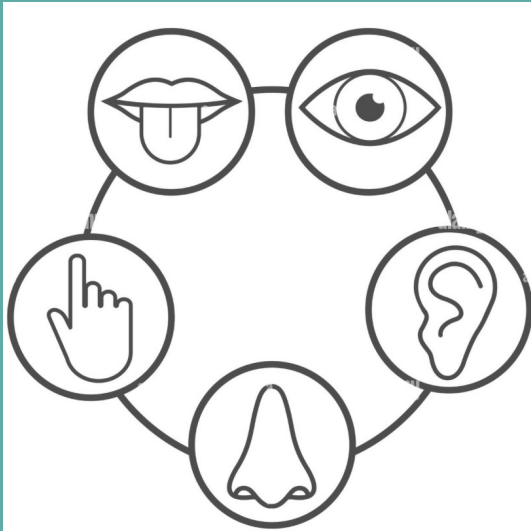
Session 2: The art of balance



Presented by Sandhya Gopalakrishnan
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Recap: Dosha imbalance is the cause of disease

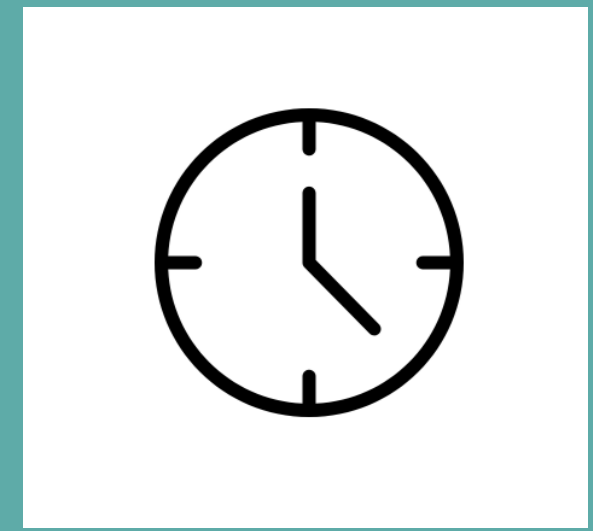
Dosha imbalance is caused by



Improper input to senses



Improper use of intellect



Ignoring circadian/seasonal
variation

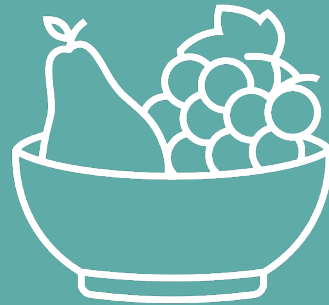
Treating disease: Modern medicine vs. Ayurveda

Modern Medicine



- ✓ Quick action
- x Unwanted side effects

Ayurveda



Food



Lifestyle



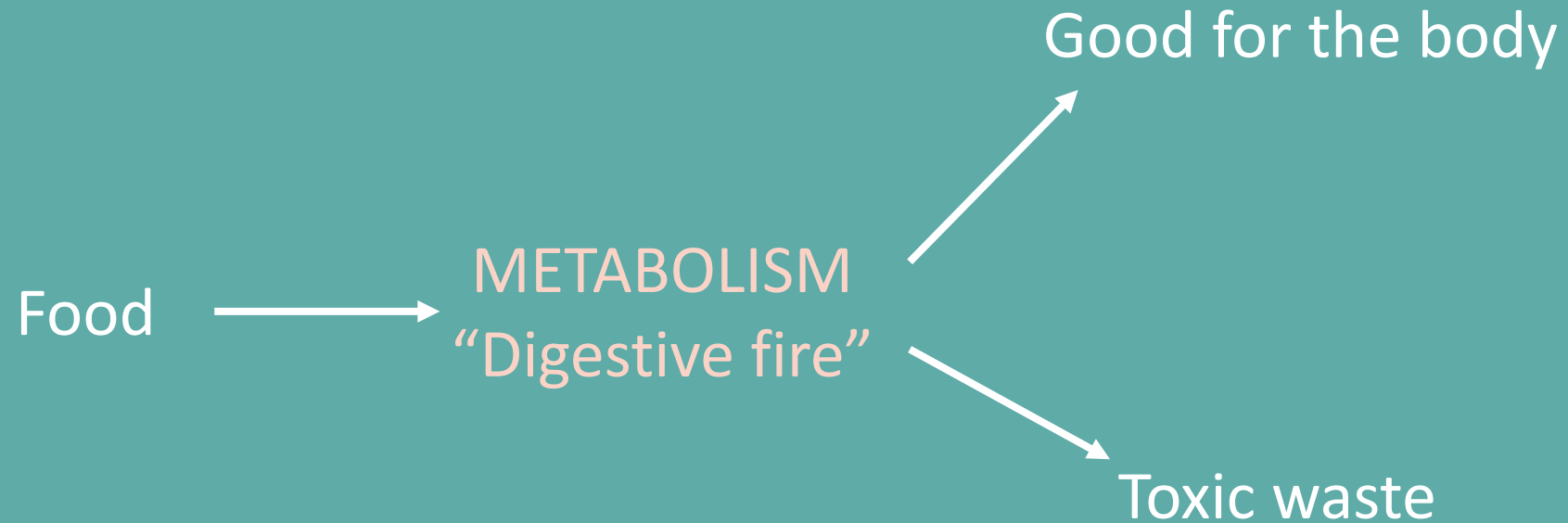
Spirituality



Therapies

- ✓ No harmful side effects
- x Slower acting

How food works in the body



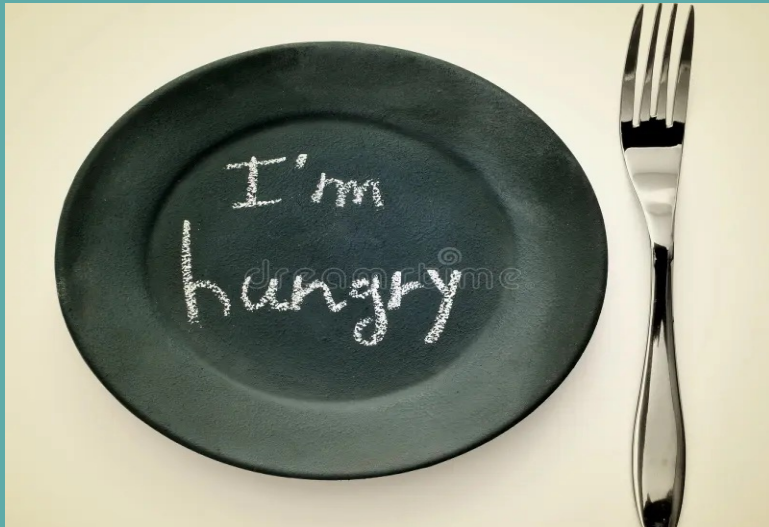
The first sign of dosha imbalance is improper digestion

Let's take a poll

Symptoms of impaired metabolism

- Indigestion – gas, constipation, nausea, diarrhea, bloating
- Lack of appetite
- Excessive salivation
- Thick white coating on the tongue in the morning
- Blockage in the body - blocked nose, blocked excretion etc.
- Frequent colds, sinus infections and other issues in the lungs
- Feeling heavy and dull, including mental fogginess
- Persistent feeling of physical and mental exhaustion
- Feeling lazy and unmotivated to move all the time

Treat food as medicine: when, how, what



Eat only when hungry



In a pleasant ambience



What is suitable for you

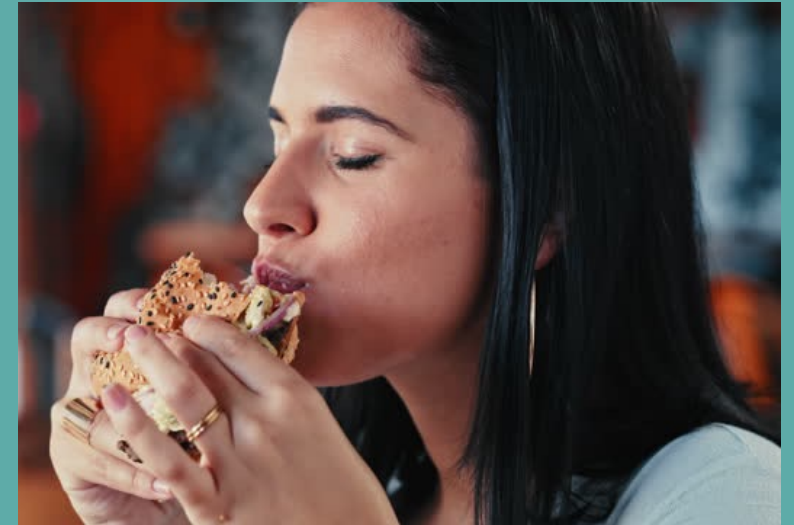
How to eat



Proper food combination



With portion control



At a balanced pace

What to eat



Food that is hot and fresh



Cooked with good fat



Incorporate 6 tastes

Pareto principle for food in modern times

Cut down on these for most benefit

- Overeating
- Eating packaged foods - have added sugar, salt, and acid
- Single grain focus (rice or wheat) – expand to varied whole grain

The six tastes

Sweet

Sour

Salty

Pungent

Bitter

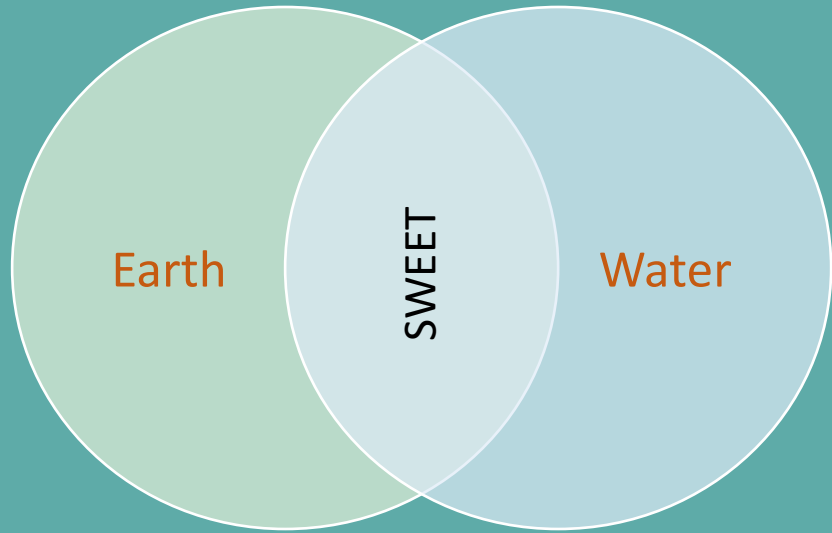
Astringent



Recap: Qualities of substances

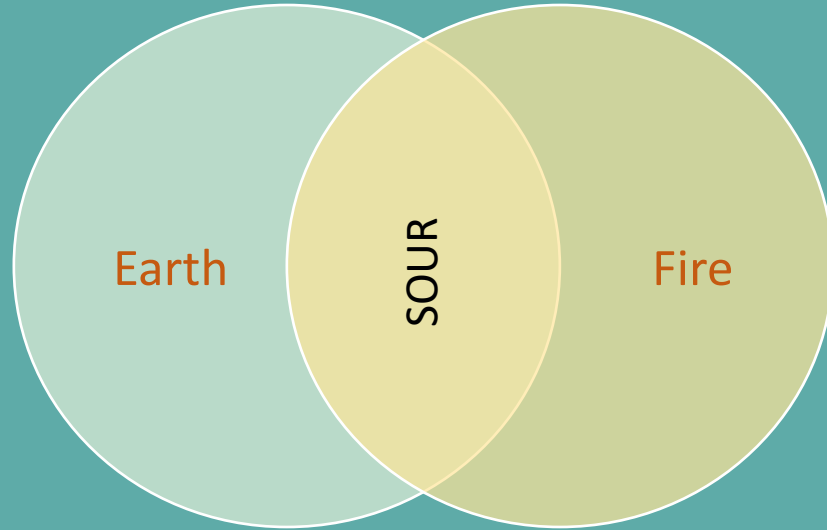
- Matter is described by its qualities, not constituents
- Represented by 5 elements in various proportions
- Space, air, fire, water, and earth
- Associated with qualities perceived by our senses

The science of taste



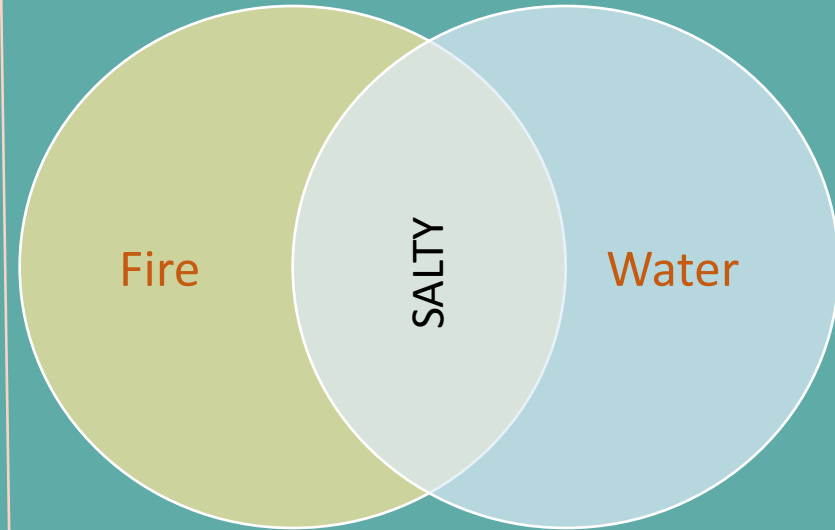
Action in the body:

- Heavy
- Cooling
- Nourishing to tissues
- Fertility enhancer
- Longevity enhancer
- Causes diabetes in excess



Action in the body:

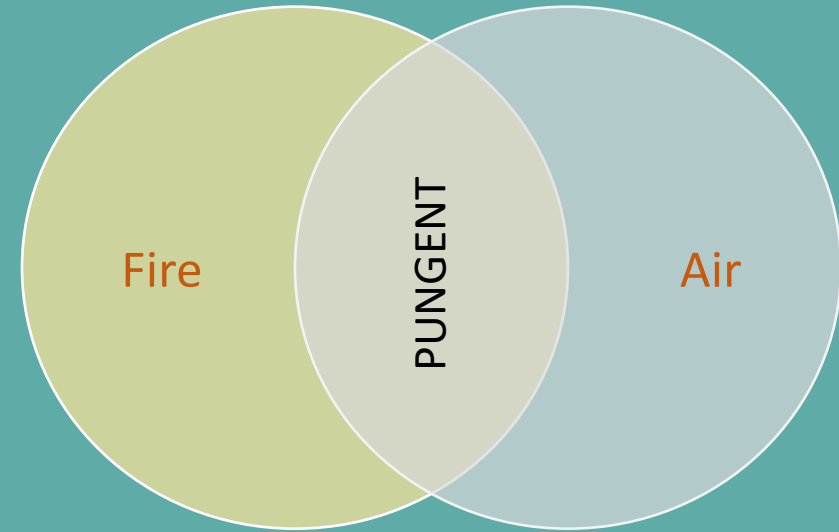
- Light
- Heating
- Stimulates digestion and hunger
- Supports heart health
- Causes acidity in excess



Action in the body:

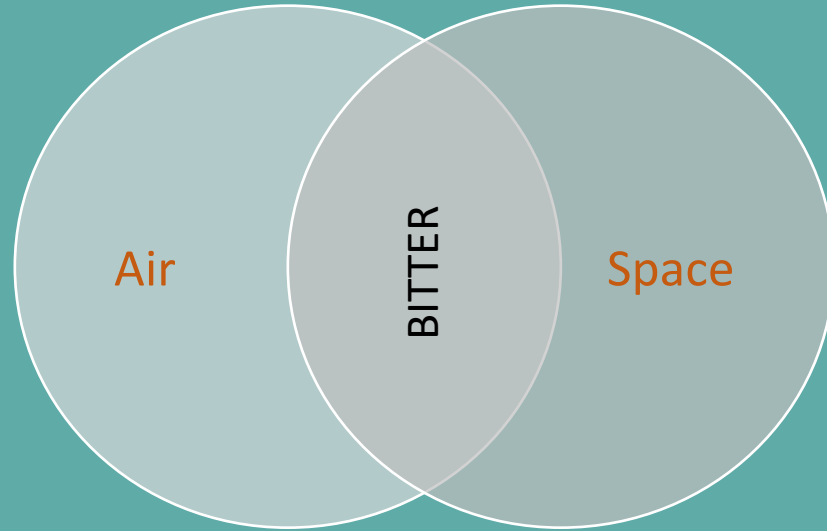
- Heavy
- Heating
- Eases gas
- Stimulates digestion
- Laxative and lubricant
- Causes hypertension in excess

The science of taste



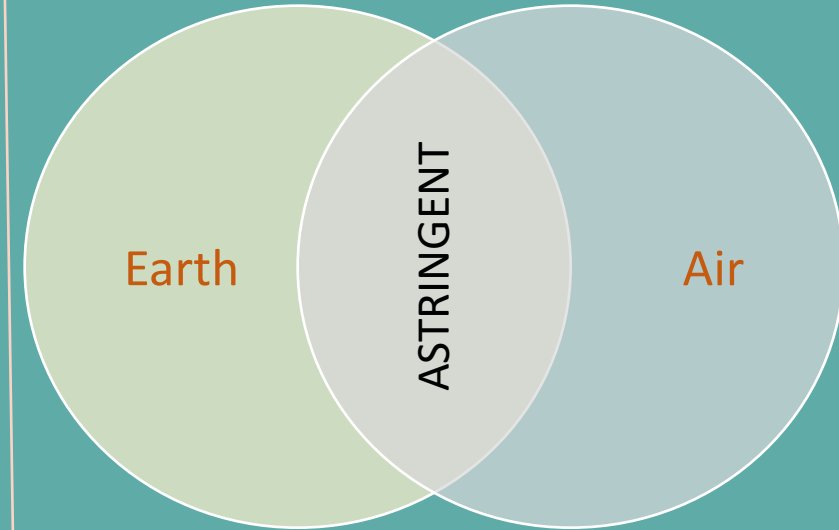
Action in the body:

- Light, drying
- Heating
- Anti-infectious
- Reduces muscle mass
- Clarifies passages
- Causes burning in excess



Action in the body:

- Light, dry
- Cooling
- Anti-toxin
- Reduces fat and other tissues
- Eases nausea



Action in the body:

- Heavy, dry
- Cooling
- Reduces bleeding
- Causes constipation
- Purifies blood and skin
- Wound healing

Proportion of the 6 tastes matters

Choose proportions of tastes in your meal according to:

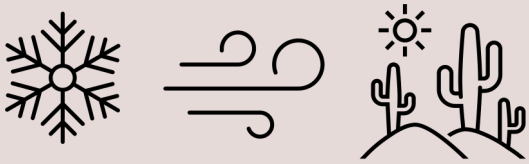
- Seasons
- Prakrti

Eating for the seasons



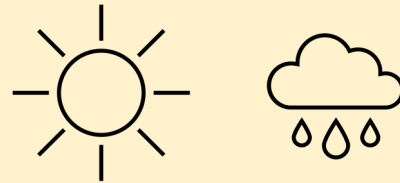
Environment: Understanding the dosha of where you live

COLD, WINDY, DRY → VATA CLIMATE



Arizona, Nevada

HOT AND WET → PITTA CLIMATE



Kerala, Singapore

COLD AND DAMP → KAPHA CLIMATE



Seattle, Scotland

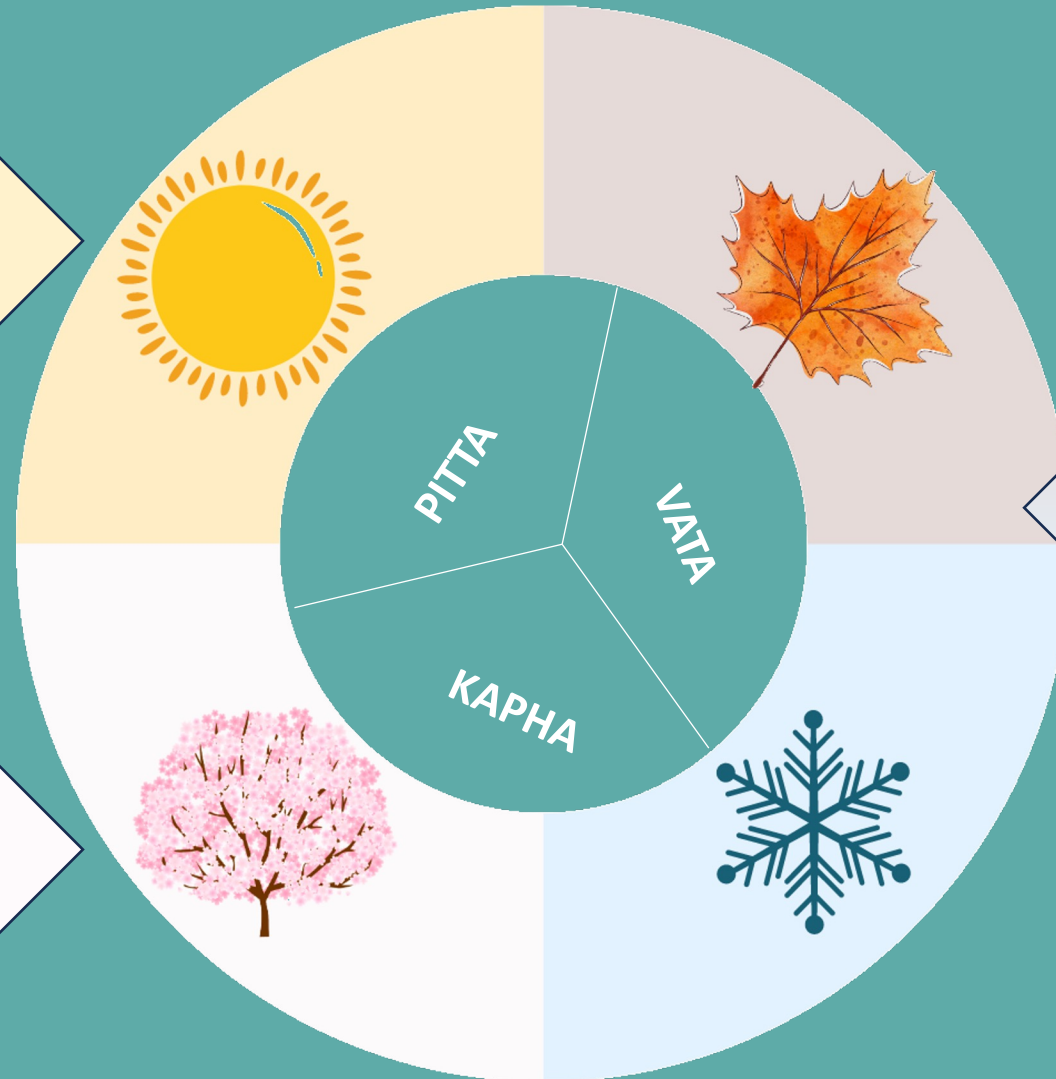
Seasons

- Low digestive power
- Lower energy levels
- Body tends to heat

- ✓ COOL, MOIST and LIGHT foods
- ✓ Sweet; Bitter and Astringent in moderation

- Low digestive power
- Sensitivity to pollen
- Mucus activity

- ✓ DRY and LIGHT foods
- ✓ Bitter, Astringent, Pungent



- Strong digestion
- Viral infections
- Body tends to get dry

- ✓ HOT, MOIST and HEAVY foods
- ✓ Sour, Salty, Sweet

Sweet taste examples



Grains



Fats



Ripe Fruit



Meats

Sour taste examples: acids



Citrus fruit



Fermented
foods



Tomato



Yogurt

Pungent taste examples



Hot peppers



Ginger



Some spices



Radish, raw
onion

Bitter taste examples



Green leafy
vegetables



Bitter melon



Coffee/tea



Turmeric

Astringent taste examples



Lentils and
beans



Some fruit

Pomegranate,
apple, pear,
persimmon



Honey

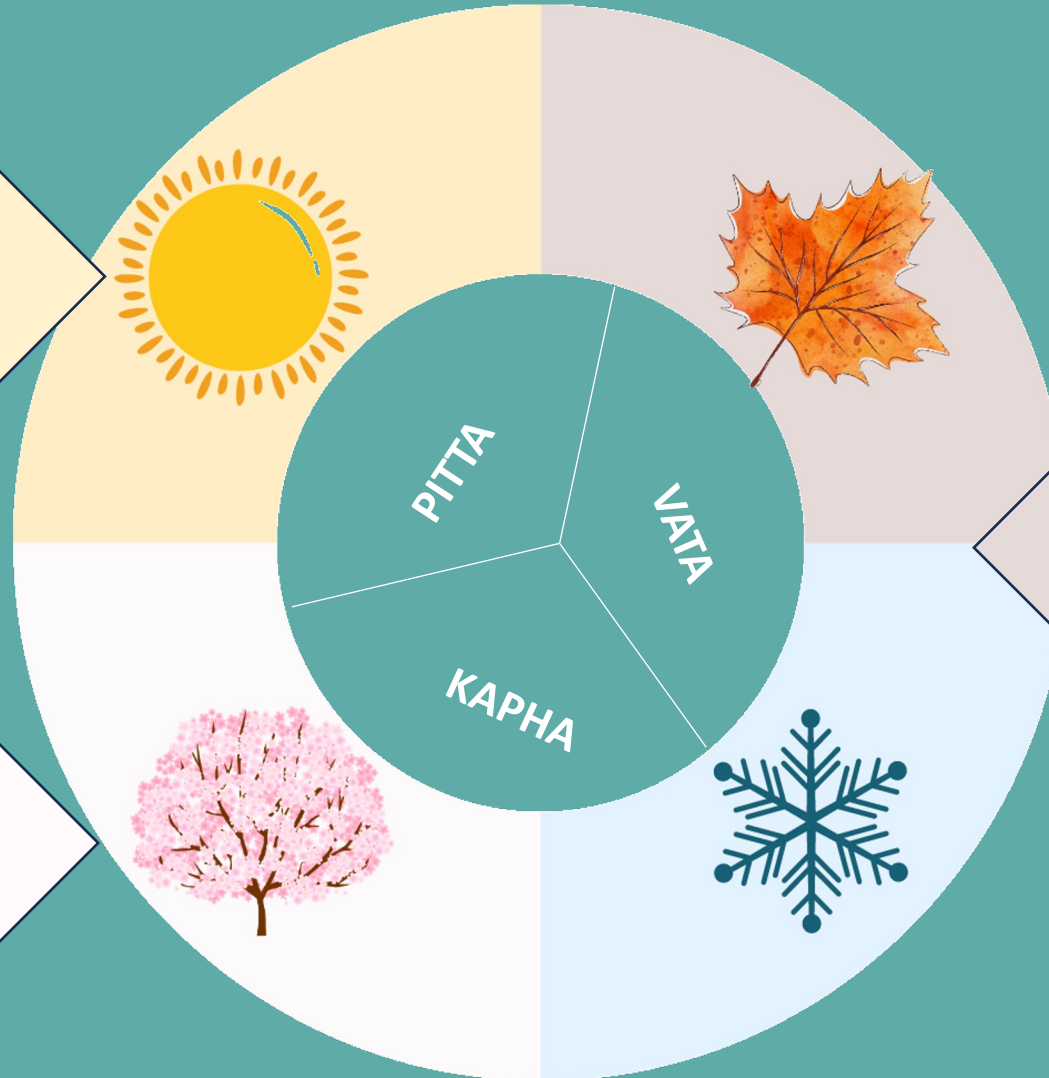


Betel leaf

Eating for the season

- Sweet fruit and juices
- Coconut water
- White rice
- Squashy veggies
- Cilantro, mint, cumin
- White meat
- Red and green lentils

- Brown rice, millets, buckwheat, rye
- Dark leafy veggies
- Coffee and tea
- Honey
- Red and green lentils
- Spice!



- Brown rice, wheat
- Cooked, spiced veggies
- Fermented foods
- Good fats, Avocado
- Alcohol (in moderation)
- Non-pungent spices
- Red meat

