



AYURVEDIC DIETETICS

Presented by Sandhya Gopalakrishnan
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Session 4: Strategies to strengthen Agni

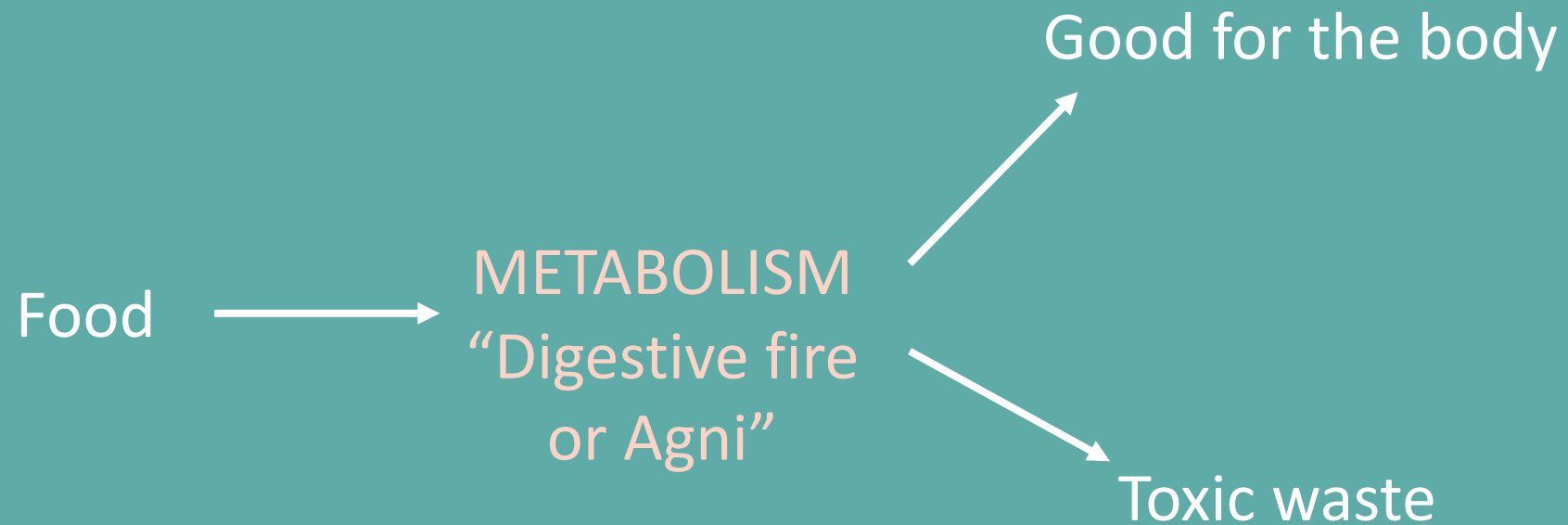
What we've learned so far

- **Session 1**
 - History of Ayurveda
 - Definition of health and disease according to Ayurveda
 - Fundamentals of dosha
- **Session 2**
 - Role of Agni as a key indicator of health
 - The rules of eating – how, when, what to eat
 - The science of Rasa (taste) property of food
 - How to eat for the season
- **Session 3**
 - Properties of food: focus on Guna and Virya
 - Food groups of ayurveda
 - Deep dive on grains

Today's session

- Recap: what is Agni and why is it important?
- Understand your unique Agni
- Strategies to balance Agni

Recap: How food works in the body

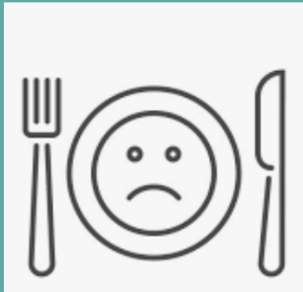


The first sign of dosha imbalance is improper digestion

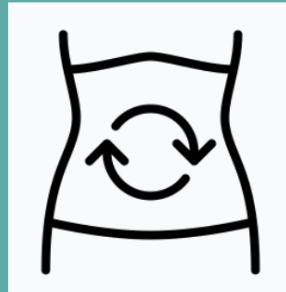
Good Agni = good health

8 indicators of good health

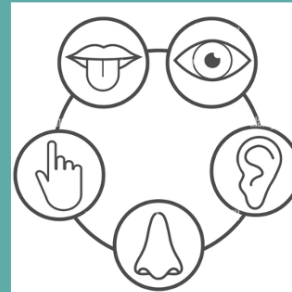
Feeling hungry
before mealtimes



Proper digestion



Well functioning
senses



Waking up well
rested



Proper evacuation



Lightness in body



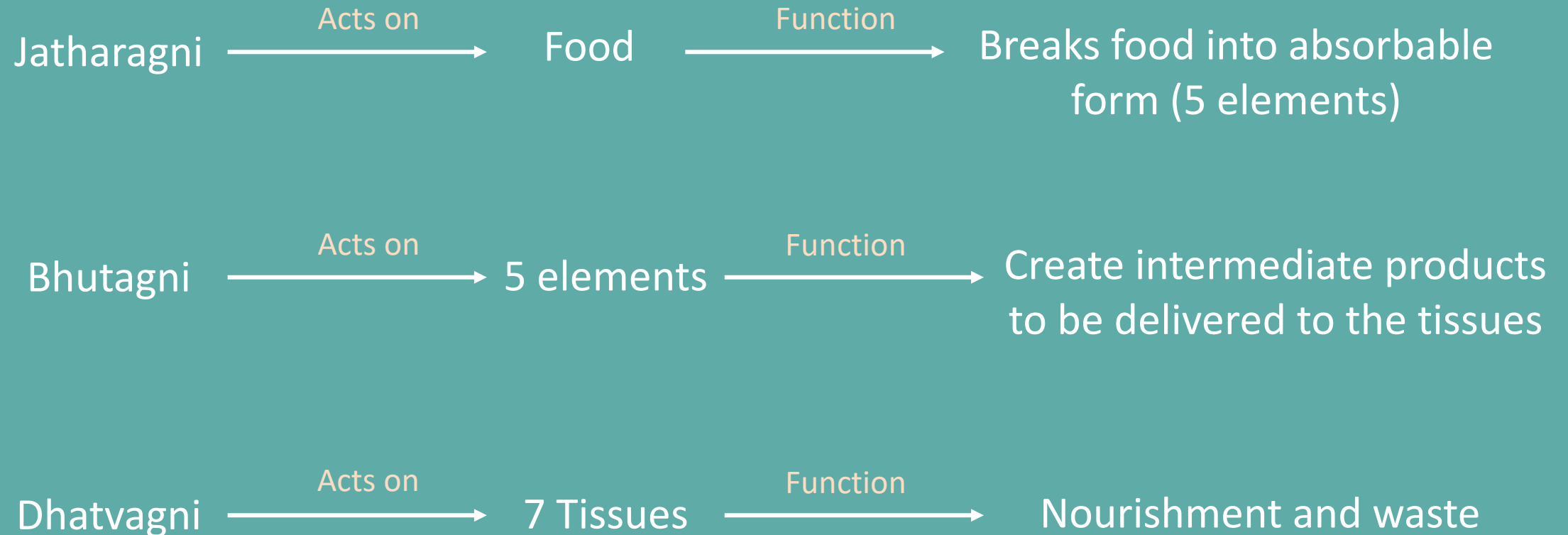
Physical endurance



Peace of mind



Types of Agni and relationship to digestion



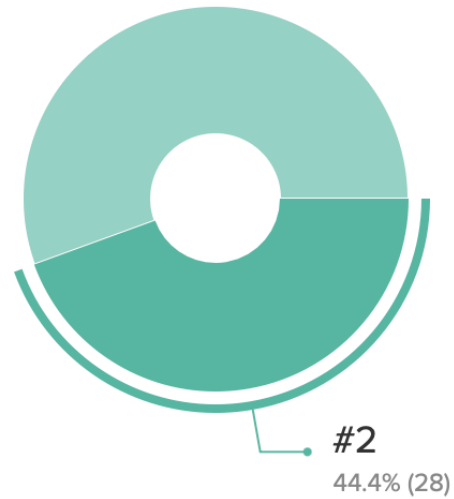
When we say Agni, we are referring to Jatharagni

Four states of Agni

- Variable
- Intense
- Low
- Balanced

Variable and low Agni needs to be strengthened
Intense Agni needs to be balanced

What's your Agni?



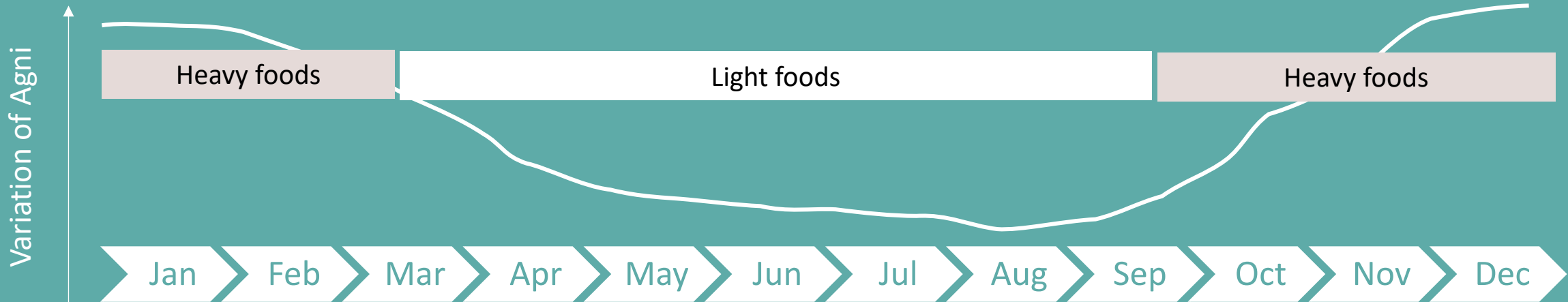
Top Results	# of Impressions
● Samagni	35 55.6%
● Vishamagni	28 44.4%
● Mandagni	0 0.0%
● Teekshnagni	0 0.0%

Key to balanced Agni

Provide just enough fuel (food)

1. Understand how Agni varies, when is it high, low
2. Eat well when Agni is high; eat light when it's low
3. Use tastes that stimulate digestion: sour and salty
4. Hot food stimulates digestion; cold food reduces it
5. Use digestive spices in food to stimulate digestion

1. Agni is dynamic: eat for seasonal variation



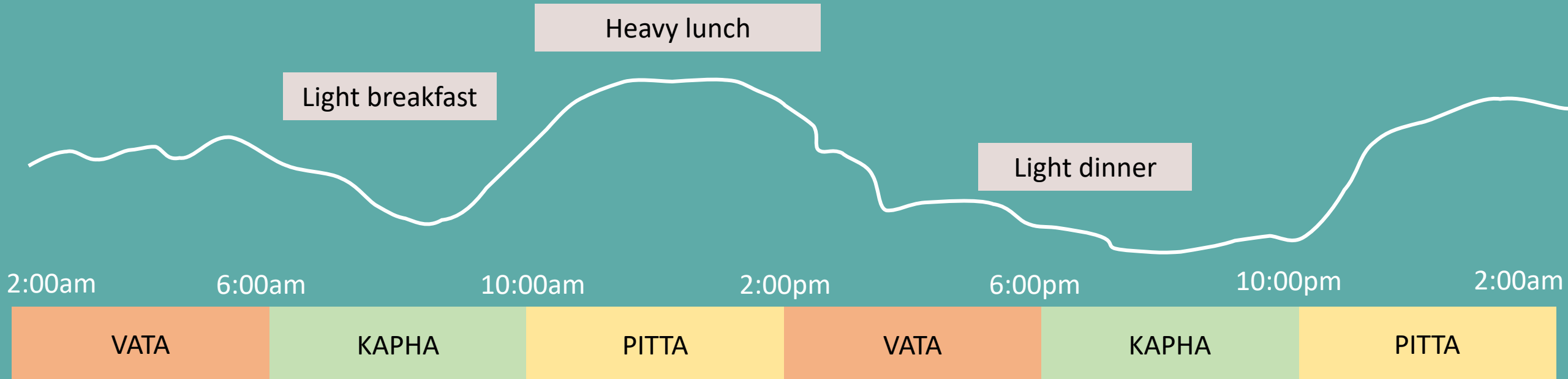
HEAVY

- Dairy – milk, yogurt, ghee, cheese
- Meat
- New grains aged less than a year
- Most lentils
- Fruit like banana, avocado, mango, melons, coconut
- Root vegetables
- Salads (raw vegetables)
- Oils
- Nuts

LIGHT

- Buttermilk
- Roasted rice, barley, millets
- Green moong
- Cooked vegetables, esp green leafy veggies
- Quinoa
- Fruit like apples, pears, berries, pomegranate, persimmon
- Fruit juices
- Spices like turmeric, dry ginger, cumin, coriander

2. Agni is dynamic: eat for diurnal variation



Agni is dynamic: eat for your age



Birth

Puberty

Menopause

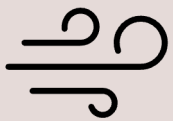
Agni is dynamic: eat for your dosha



Space



Air



Vata Dosha

Variable Agni

Fire



Water



Pitta Dosha

Intense Agni

Water



Earth



Kapha Dosha

Low Agni

Strategies to balance variable digestion: Vishamagni

Follow a strict daily ROUTINE



Add MOISTURE: good fats



Add HEAT: warm water, food



Strategies to balance variable digestion: Vishamagni

- Kindle digestion first thing in the morning
 - Warm lemon water with a pinch of rock salt
- Incorporate sweet, sour, and salt tastes in your diet
 - Grounding whole grains like brown rice, wheat cooked with good fats like ghee or sesame oil
- Incorporate spices like cumin, black pepper, ginger, cardamom, and cinnamon
- Reduce dry, raw, and cold foods like crackers, millets, and salads

Water as a digestive

- Warm water is a digestive; cold water cools Agni
- Drink water between meals, or a little with your meal
- Avoid drinking water right after your meal



Strategies to strengthen Agni: Mandagni

EXERCISE in the morning



HOT, spicy foods



2 meals a day, LIGHT foods



Strategies to strengthen Agni: Mandagni

- Kindle digestion first thing in the morning
 - Fresh ginger coated with a little rock salt
 - Hot chai with fresh ginger, cardamon, and cinnamon
- Incorporate bitter, astringent, and pungent tastes
 - Spices like cumin, cloves, turmeric, fenugreek, and black pepper are great
- Reduce heavy foods like dairy, meat, sugar, and carbs
- Completely avoid processed foods

Strategies to balance intense Agni: Teekshnagni

COOL: stay away from the sun



Cooling foods



Cool your mind



Strategies to balance intense Agni: Teekshnagni

- Start the morning with a room temperature teal of coriander, cumin and fennel
- Incorporate sweet, bitter, astringent tastes and in your diet
 - Choose cooling grains like oats, wheat, basmati rice (or white rice), ghee, buttermilk, gourds, sweet, ripe fruit
- Avoid acidic (sour, fermented), spicy, and excess salt
- Reduce strenuous activity, physical and mental

Next session

- Dosha driven digestive issues