Ayurveda, translated as the “science of life,” is a system of medicine that utilizes various therapies including diet, yoga, and herbal preparations, to restore harmony and balance within the body. The concept of tridosha, or the system of three doshas, Vata, Pitta, and Kapha, each person is born with a unique constitution, called prakruti, that is composed of varying amounts of influence from each of the three doshas.

History of Ayurveda

Ayurveda is one of the most ancient systems of medicine in the world, with its roots reaching back to the 9th century BC. Hindu legend holds that Lord Brahma, the God of creation, upon recognizing the intense suffering of human civilization, taught various spiritual leaders ways to ease this suffering. For thousands of years, these teachings were transmitted orally, but were eventually recorded during the Vedic period of ancient India as Sanskrit poetry and compiled into the classic books known as the Four Vedas.

Disclosure

Nothing to disclose except!

Objectives

Understand the basic principles of Ayurveda as it relates to food choices and combinations.

Discuss the role of Agni (digestive fire) in digestion.

Explore options for menu planning based on various seasons, personal constitution, taste, and lifestyle.

Ayurveda is a system of medicine that utilizes various therapies including diet, yoga, and herbal preparations, to restore harmony and balance within the body.
History of Ayurveda...

- The Rig Veda contains verses on the nature of health and disease and discuss the concept of the three doshas (Vata, Pitta, and Kapha)
- The Atharva Veda, lists the eight divisions of Ayurveda: Internal Medicine, Surgery of Head and Neck, Ophthalmology and Otolaryngology, Surgery, Toxicology, Psychiatry, Pediatrics, Gerontology or Science of Rejuvenation, and the Science of Fertility

Ayurvedic Principles

- Ayurveda views disease as a lack of proper cellular function due to an excess or deficiency of vata, pitta or kapha and/or the presence of toxins
- According to Ayurvedic philosophy the entire universe is an interplay of the energies of the five basic elements—space, air, fire, water and earth
- Vata, pitta and kapha are combinations of the five elements
- Each dosha is composed of all five elements. However, two elements are predominant in each dosha

Vata

<table>
<thead>
<tr>
<th>&quot;Wind&quot; Element</th>
<th>Prakruti (quality)</th>
<th>Vikruti (imbalance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Composed of ether and air</td>
<td>- Dry or rough skin</td>
<td></td>
</tr>
<tr>
<td>- Controls all movement in the body</td>
<td>- Constipation, tension headaches, cold hands and feet</td>
<td></td>
</tr>
<tr>
<td>- Flow of blood to and from the heart</td>
<td>- Anxiety and worry, fatigue</td>
<td></td>
</tr>
</tbody>
</table>
| - Expansion and contraction of lungs that makes breathing possible | - Poor and irregular appetite | - Slight, thin built
| - Contraction that push food through the digestive tract | - Insomnia, arthritis, and difficulty maintaining their ideal body weight | - Demonstrates great enthusiasm, imagination, and vivaciousness
| | - Vatas tend to have irregular eating and sleeping patterns | - Grasp new concepts quickly, but forget things easily

Pitta

<table>
<thead>
<tr>
<th>&quot;Fire&quot; Element</th>
<th>Prakruti (quality)</th>
<th>Vikruti (imbalance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Controls metabolism and digestion</td>
<td>- Ambitious, self-disciplined, enterprising, articulate, intelligent, and outspoken</td>
<td></td>
</tr>
</tbody>
</table>
| - Regulates appetite | - When in balance, they are warm and loving | - Controls appetite
| - Pitta types are often of medium build and medium strength and typically have blond, red, or light brown hair with freckled or ruddy skin | - Out of balance, they can be demanding, sarcastic, critical, argumentative, or jealous | - Kimberlite, sharp, and intense

Kapha is the energy of lubrication and maintain structure.
**Kapha**

<table>
<thead>
<tr>
<th>“Water and Earth”</th>
<th>Prakruti (quality)</th>
<th>Vikruti (imbalance)</th>
</tr>
</thead>
</table>
| - Controls the structures of the body, giving strength and physical form to cells and tissues
- Kapha types are of solid, powerful build and display great physical strength and endurance
- A primary characteristic of the Kapha prakruti is contentment | - Kphas are relaxed, affectionate, serene, slow to anger, forgiving, happy with the status quo, and respectful of the feelings of others
- They tend to require lots of sleep, have slow digestion, and moderate hunger, though they find comfort in eating | - Kphas typically enjoy good health, but tend to become obese more often than Vata or Pitta types
- When out of balance, Kapha types may experience colds and flu, allergies, sinus congestion, depression, lethargy, asthma, and joint problems |

**Prakruti and Vikruti**

- An imbalance between the doshas produces a condition called vikruti, a Sanskrit word that means "deviated from nature".
- According to Ayurvedic principles, each individual’s diet should be suited to his or her prakruti.
- During times of vikruti, or imbalance, the diet can be used to either decrease or increase the three doshas until balance is restored.

**sites of Tridosha**

- Courtesy of Dr. Vasant Lad, Ayurvedic Institute, Albuquerque, NM

**Prakruti and Vikruti**

- The dosha balancing effect of a food is determined by its taste, either salty, sour, sweet, bitter, astringent, or pungent and its other qualities, either heavy, oily, cold, hot, light, or dry.

**Ayurvedic Diet**

- In Ayurveda, diet is one of the key ways to maintain and restore dosha balance.
- According to Ayurvedic principles, each individual's diet should be suited to his or her prakruti.
- During times of vikruti, or imbalance, the diet can be used to either decrease or increase the three doshas until balance is restored.
- The dosha balancing effect is determined by its taste and qualities.

**Ayurvedic Diet...**

- Ayurvedic diet principles does not limit the quantity or variety of food that can be eaten.
- As a result, such a diet is not likely to be deficient in any nutrients, assuming the person is eating enough calories and selecting a wide variety of foods.
- People of all ages and level of health report improvements in their health as a result of following Ayurvedic diet principles.
### Taste and Food Qualities

<table>
<thead>
<tr>
<th>Five Elements</th>
<th>Six Tastes</th>
<th>Six major food qualities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ether (Space)</td>
<td>Astringent</td>
<td>Heavy</td>
</tr>
<tr>
<td>Air</td>
<td>Bitter</td>
<td>Light</td>
</tr>
<tr>
<td>Fire</td>
<td>Pungent</td>
<td>Oily</td>
</tr>
<tr>
<td>Water</td>
<td>Sweet</td>
<td>Dry</td>
</tr>
<tr>
<td>Earth</td>
<td>Sour</td>
<td>Hot</td>
</tr>
<tr>
<td></td>
<td>Salty</td>
<td>Cold</td>
</tr>
</tbody>
</table>

### Attributes of certain food

<table>
<thead>
<tr>
<th>Heavy</th>
<th>Cheese, meats, beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light</td>
<td>Rice, popcorn, poha, sprouts, caffeine</td>
</tr>
<tr>
<td>Cold</td>
<td>Ice cream, chilled milk, mint</td>
</tr>
<tr>
<td>Hot</td>
<td>Chili, pepper, alcohol, tobacco</td>
</tr>
<tr>
<td>Oily</td>
<td>Cheese, Avocado, olive oil, coconut</td>
</tr>
<tr>
<td>Dry</td>
<td>Millet, rye, dry cereal</td>
</tr>
<tr>
<td>Slow</td>
<td>Meat, yogurt</td>
</tr>
<tr>
<td>Sharp</td>
<td>Onions, garlic</td>
</tr>
<tr>
<td>Stable</td>
<td>Ghee</td>
</tr>
<tr>
<td>Mobile</td>
<td>Alcohol, sprouts, popcorn</td>
</tr>
</tbody>
</table>

### Elements and Food

<table>
<thead>
<tr>
<th>Elements</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earth</td>
<td>Wheat, Rice, nuts, mushrooms, Beans, Root vegetables, Sesame and Sunflower seeds</td>
</tr>
<tr>
<td>Water</td>
<td>Milk, Dairy, juicy fruits – watermelon, plums, grapes, cantaloupe, juicy vegetables – cucumber, zucchini, and tomatoes, salts</td>
</tr>
<tr>
<td>Fire</td>
<td>Hot spices! Turmeric, ginger, asafoetida, garlic, onion, sour fruits – pineapple, orange, lemon, cranberries</td>
</tr>
<tr>
<td>Air</td>
<td>Substance that produce gas – cabbage, broccoli, sprouts, raw vegetables, nightshades, beans</td>
</tr>
<tr>
<td>Space</td>
<td>Intoxicating drugs – alcohol, cocaine, tobacco</td>
</tr>
</tbody>
</table>

### Incompatible Food Combining

<table>
<thead>
<tr>
<th>Food</th>
<th>Incompatible with</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>Fruit, cheese, egg, milk, yogurt</td>
</tr>
<tr>
<td>Eggs</td>
<td>As above</td>
</tr>
<tr>
<td>Fruits</td>
<td>As a rule with any other food</td>
</tr>
<tr>
<td>Grains</td>
<td>Fruit, tapioca</td>
</tr>
<tr>
<td>Honey</td>
<td>Ghee</td>
</tr>
<tr>
<td>Hot drinks</td>
<td>Mangoes, cheese, fish, meat, starch, yogurt</td>
</tr>
<tr>
<td>Lemon</td>
<td>Cucumbers, milk, tomato, yogurt</td>
</tr>
<tr>
<td>Melons</td>
<td>EVERYTHING</td>
</tr>
<tr>
<td>Milk</td>
<td>BANANAS, cherries, melons, sour fruits, bread, fish, kichari, meat, yogurt</td>
</tr>
<tr>
<td>Nightshade</td>
<td>Melon, cucumber, dairy</td>
</tr>
<tr>
<td>Radish</td>
<td>Banana, raisins, milk</td>
</tr>
<tr>
<td>Tapioca</td>
<td>Fruits esp. banana and mango, raisins</td>
</tr>
<tr>
<td>Yogurt</td>
<td>MILK, fruit, cheese, egg, fish, hot drinks,</td>
</tr>
</tbody>
</table>

### Taste and Prakruti

<table>
<thead>
<tr>
<th>Taste and Prakruti</th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astringent – beans, lentils, cabbage, apples and pears</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Bitter – spinach, romaine lettuce, endive, chicory, chard, kale, and tonic water</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Pungent – chili peppers, cayenne, ginger, and other hot-tasting spices</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sweet – table sugar, honey, rice, pasta, milk, cream, butter, wheat and bread</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sour – lemons, limes, vinegar, yogurt, cheese, and plums</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Salty – anything to which salt is added</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
**Major food qualities and Prakruti**

<table>
<thead>
<tr>
<th></th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry</td>
<td>↑⇑⇑</td>
<td>↑⇑⇑</td>
<td>⇐⇓⇓</td>
</tr>
<tr>
<td>Cold</td>
<td>⇐⇓⇓</td>
<td>⇐⇓⇓</td>
<td>↑⇑⇑</td>
</tr>
<tr>
<td>Light</td>
<td>⇐⇓⇓</td>
<td>⇐⇓⇑</td>
<td>⇐⇓⇓</td>
</tr>
<tr>
<td>Heavy</td>
<td>⇐⇓⇓</td>
<td>⇐⇓⇓</td>
<td>⇐⇓⇓</td>
</tr>
<tr>
<td>Oily</td>
<td>⇐⇓⇓</td>
<td>⇐⇓⇓</td>
<td>⇐⇓⇓</td>
</tr>
<tr>
<td>Hot</td>
<td>⇐⇓⇓</td>
<td>⇐⇓⇓</td>
<td>⇐⇓⇓</td>
</tr>
</tbody>
</table>

**To Balance Vata**

- Vata constitution is characterized by swift change and is easily thrown out of balance.
- Vatas should eat plenty of heavy, hearty foods, such as stews, breads and warm desserts, and should drink lots of warm fluids (e.g. herbal tea).
- On the other hand, raw fruits and vegetables and cold beverages should comprise only a small part of a Vata-balancing diet.

**To Balance Pitta**

- When out of balance, Pitta types tend to work excessively.
- As a result, it is important for Pittas to avoid over scheduling and to balance work and other commitments with sufficient recreation and leisure.
- Pittas should avoid skipping meals, and should avoid overeating at meals.
- Pitta types are well-suited to a vegetarian diet, and benefit tremendously from consumption of fruits, raw vegetables and cold beverages.
- Pittas may also eat starchy vegetables, grains and beans, but should eliminate spicy and overcooked foods.

**To Balance Kapha**

- Because Kapha types tend to gain weight easily and have difficulty shedding unwanted pounds, regular exercise is crucial for weight management.
- Instead, Kaphas should consume large amounts of raw vegetables, fruits and beans, and may improve their digestion by drinking hot ginger tea.
- Kapha types should avoid ice cream, butter, milk, rich and sugary desserts, meat, and fried foods.

**The Master Cycle of KPV**

- Regardless of the dominant dosha, Ayurvedic nutrition principles encourage the consumption of fresh, unprocessed foods.
- Ayurvedic principles also govern the timing of meals.
- In the Ayurvedic view, one of the doshas is dominate at all times during the day, a theory called the Master Cycle of Vata, Pitta, and Kapha.

**The Master Cycle of KPV...**

- In the first cycle, Kapha predominates from 6 am to 10 am, Pitta predominates from 10 am to 2 pm, and Vata predominates from 2 pm to 6 pm.
- In the second cycle, Kapha predominates from 6 pm to 10 pm, Pitta predominates from 10 pm to 2 am, and Vata predominates from 2 am to 6 am.
- Because the Pitta dosha is responsible for digestion and metabolism, the ideal time for a large meal is during the period from 10 am to 2 pm when Pitta is dominant.
- As a result, all people, regardless of their dominant dosha, should take their largest meal sometime around 12 noon.
Eat

Avoid

Emphasize the consumption of foods with a salty, sour or sweet taste

Should also eat plenty of foods that are heavy, oily, and hot in quality

More specifically, Vatas do well on a meat-based diet, and can handle lots of dairy products in the diet

In addition, Vatas should eat only well-cooked foods and consume warm beverages instead of cold beverages.

Pittas should emphasize the consumption of foods with a bitter, sweet, or astringent taste

Pittas should avoid foods with pungent, salty, or sour tastes

Pittas are well-suited to a vegetarian diet

Kaphas should avoid foods with a bitter, pungent, or astringent taste

Kaphas need lots of foods that are light, dry, and warm in quality

More specifically, all vegetables are suitable for Kaphas, and because Kaphas tend to have slow digestion, ginger should be eaten every day for its ability to stimulate digestion

Although Kaphas can handle some meat in the diet, it should be eaten on an occasional basis only.

Menu Ideas to balance Vata

<table>
<thead>
<tr>
<th>Cuisine</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continental</td>
<td>Oatmeal with apricots or berries, whole wheat toast and warm milk</td>
<td>Fettucini Alfredo</td>
<td>Chicken breast, rice, well-cooked carrots and green beans.</td>
</tr>
<tr>
<td>Ayurvedic</td>
<td>Upma or creamed wheat porridge, milk for porridge, Chai or breakfast tea</td>
<td>Chapatti or Plain Rice w/soup, Carrot subji, or Mag Dal kithari</td>
<td>Chapatti or Whole wheat tortilla, baked sweet potato with ghee, one egg or roasted ground sunflower seeds over potato</td>
</tr>
</tbody>
</table>

Menu Ideas to balance Pitta

<table>
<thead>
<tr>
<th>Cuisine</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continental</td>
<td>Cold cereal with berries and milk</td>
<td>Greek salad (tomatoes, cucumbers, olives, feta cheese with vinaigrette)</td>
<td>Vegetable stir-fry with tofu and basmati rice</td>
</tr>
<tr>
<td>Ayurvedic</td>
<td>Creamed wheat porridge or oat meal, milk or ghee with porridge if desired, Chai or breakfast tea with maple syrup if desired</td>
<td>Chapatti or plain rice, squash subji, Mung dal Khichari, Kidney beans, digestive lassi or tea, cilantro chutney</td>
<td>Chapatti or Puri, Potato subji, Lentil soup or egg white omlets, squashes of lime, Agni tea</td>
</tr>
</tbody>
</table>

Menu Ideas to balance Kapha

<table>
<thead>
<tr>
<th>Cuisine</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continental</td>
<td>Cooked rice cereal with apples or pears</td>
<td>Vegetable soup, green salad</td>
<td>Vegetable stir-fry (include ginger for digestion) and shrimp or chicken, and rice</td>
</tr>
<tr>
<td>Ayurvedic</td>
<td>Creamed Rye or spuces oatmeal porridge</td>
<td>Corn tortilla or corn bread. Cabbage subji with mung khichari, tofu and vegetable, fresh lime, green mango chutney</td>
<td>Ted rye bread or rye crackers, Poha with potatoes, corn soup, fresh lime, cilantro chutney, masala tea</td>
</tr>
</tbody>
</table>
Agni is the fire element, which governs all transformation. The primary function of agni is the digestion, absorption, assimilation, and transformation of food and sensations into energy. Life is not possible without agni. In Ayurveda, we say a man is as old as his agni – if agni is in optimal condition, a person’s immune system is healthy. When the metabolic fire is robust, a person can live a long and healthy life. When agni becomes slow, the person’s health deteriorates and when this vital fire is extinguished, death soon follows.

**Doshas and Agni**

<table>
<thead>
<tr>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
</table>
| - by its cold quality, can decrease agni  
- can also kindle agni by the dry, light, mobile, and subtle qualities  
- Vata can quickly slow agni but can also quickly kindle it. | - can both increase or decrease agni  
- Agni affected by an increase of the hot and sharp qualities of pitta is called sharp agni  
- However, if pitta is increased by liquid or oily qualities, it can lead to manda agni  
- Pitta, when increased by the liquid quality, becomes like hot water  
- Pouring hot water on a fire slows the fire so pitta can also slow agni | - Agni affected by kapha is called manda agni, slow or dull agni  
- It will often produce long-standing effects and can be slow to return to balance |

**Toxins (Ama)**

- Many factors, such as detrimental lifestyle, diet, bad food combining and repressed emotions, can cause the bodily doshas to become aggravated.  
- This soon disturbs agni, with the result that food cannot be properly digested  
- The undigested food turns into a morbid, toxic sticky substance, called ama.  
- Ayurveda believes that ama is the root cause of many diseases  
- The presence of ama in the system leads to fatigue, and a feeling of heaviness. It may induce constipation, indigestion, gases, diarrhea, bad breath, perverted taste, and mental confusion  
- The tongue gets a thick coating and there may be generalized body ache and stiffness  
- Because of the critical importance of agni in maintaining health, it is important to have balanced agni, called sama agni.

**Factors affecting our health**

- The Doshas  
- Improper eating habits  
- Time of day and seasonal variation  
- Exercise  
- Lifestyle  
- Relationship and Emotions  
- Meditation and Wellbeing

**Improper eating habits**

- Overeating  
- Eating too soon after a full meal  
- Too much water or no water during a meal  
- Drinking very cold water during a meal or anytime  
- Eating when constipated  
- Eating either too early or too late in the day  
- Drinking fruit juice or eating fruit with a meal  
- Eating without hunger  
- Emotional eating  
- Eating improper food combinations  
- Snacking in between meals
### Seasonal Variations

<table>
<thead>
<tr>
<th>Season</th>
<th>(Pitta)</th>
<th>(Vata)</th>
<th>(Kapha)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer</td>
<td>Hot, sharp, and bright</td>
<td>Dry, light, cold, clear, windy</td>
<td>Heavy, cold, dampness</td>
</tr>
<tr>
<td>Autumn</td>
<td>Sunburn, Hot flashes, Acne, Diarrhea, Exhaustion</td>
<td>Aches, Pains, Joint problems, Myalgias</td>
<td>Cough, Cold, Sinus congestion, Psychological – fear, anxious, lonely</td>
</tr>
<tr>
<td>Spring/Winter</td>
<td>Psychological – Anger, Hatred</td>
<td>Psychological – Psychological – Attachment and greed</td>
<td></td>
</tr>
</tbody>
</table>

### Annapurna
- She is the Hindu Goddess of food and nourishment
- An avatar of Parvati, she has the ability to provide as much food as is necessary to as many people as necessary
- Shiva asked her to come to earth in response to a food shortage, and she is often shown with Shiva begging food from her
- Her name, which means “full of food”

### Ayurvedic Kitchen
- Basic principle: each act around food should be in a loving, honoring, and sacred manner
- The loving act energetically transfers to the food and to its recipients
- First offering to the fire at the time of cooking and complete meal offering to the God before tasting
- No food wasting – “dana”
- Treat guests (expected and unexpected) with great respect "Athithi devo bhava”

### Ayurvedic Spices
- **Definition:** Pungent or aromatic seasoning obtained from the bark, buds, fruit, seeds, roots and stem of plants and trees
- **Example:** Pepper corn, fennel, cumin, nutmeg, red chili flakes, cinnamon sticks

### Ayurvedic Herbs
- **Definition:** the fragrance leaves of any of the perennial or annual plants which do not have a woody stem
- **Example:** Bay leaves, cilantro, chive, basil, mint

### Ayurvedic Aromatics
- **Definition:** any of the various plants, herbs or spices that impart a fragrance to food and flavor to drinks
- **Example:** Onion, Garlic, Shallots, chili pepper, fennel, coriander
Six ways of using the Ayurvedic Spices

- Whole
- Ground
- Whole and dry roasted
- Ground and dry roasted
- Whole and stir-fried in oil/ghee
- Dry and stir-fried in oil/ghee

Ayurvedic Spices and Herbs

<table>
<thead>
<tr>
<th>Name</th>
<th>Part used</th>
<th>Medicinal use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ajwain</td>
<td>Seeds (Thymus)</td>
<td>- A carminative and stimulant, it is used for indigestion and flatulence.</td>
</tr>
<tr>
<td>Cloves</td>
<td>Whole and dry roasted</td>
<td>- In India, green cardamom is used to treat infections in teeth and gums.</td>
</tr>
<tr>
<td>Fennel</td>
<td>Fruits, leaves (essential oil)</td>
<td>- In Indian subcontinent, it is used as a breath freshener for fresh breath.</td>
</tr>
<tr>
<td>Cumin</td>
<td>Dried fruit (volatile oil, cumin aldehyde)</td>
<td>- Cumin oil has been reported to have antibacterial activity.</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Dried inner bark (essential oil)</td>
<td>- Cinnamon is carminative, antiseptic, stimulant, and carminative.</td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>Dried inner bark (essential oil)</td>
<td>- Cayenne pepper is used in gastrointestinal disorders.</td>
</tr>
<tr>
<td>Coriander</td>
<td>Fruit and leaves (volatile oil)</td>
<td>- Coriander is used to treat digestive ailments.</td>
</tr>
<tr>
<td>Fenugreek</td>
<td>Fruits, seeds, leaves, roots (volatile oil)</td>
<td>- It has carminative properties. Fenugreek is useful in cold feet and hands.</td>
</tr>
</tbody>
</table>

Cinnamon is carminative, astringent, digestive, antispasmodic, and expectorant. Its water is distilled to cure flatulence, indigestion and low appetite.

Ayurvedic Spices and Herbs...

- Cumin is used in babies to treat colic and gassiness.
- bay leaves are said to have positive effects on the stomach that some medicines cause.
- Cloves are said to have positive effects on ulcers, nausea, flatulence, cold and cough.
- Cinnamon is used as a carminative, it is used for indigestion and flatulence.
- Cumin is used as a carminative, it is used for indigestion and flatulence.
- Cumin oil has been reported to have antibacterial activity.
- It is used as a corrective for the flatulence of large digestion and as a remedy for colic and dyspeptic headache.
Fenugreek seeds
- Seeds and green leaves are used (protein, starch, sugar, mineral, volatile oil and enzymes)

- Traditionally it is used to treat bronchial problems, tuberculosis, gout, swollen glands, skin problems, flatulence and low libido.
- The seeds are also used as carminative, tonic, digestive agent, and a sedative.
- It is also used to increase milk in lactating mothers.
- It is used to cure baldness.

Hing (Asafoetida)
- Oleo gum resin (Resin, gum, volatile oil)
- It is a drug which helps to expel gas from stomach and counteracts any spasmodic disorder.
- It is a nervine stimulant, digestive agent, and a sedative.
- It is also said to be effective in asthma and bronchitis.
- It has broad uses in traditional medicine as an anti microbial and also treats whooping cough, chronic bronchitis as well as reducing flatulence.
- It is also said to be effective in asthma and bronchitis. It is also said to be effective in asthma and bronchitis.

Black Mustard seeds
- Fixed and Volatile oil. Isothiocyanate is the spicy ingredient (Brassica family)
- Digestion
- Congestion and Circulation

Turmeric
- Grounded rhizomes are used (Moisture, protein, fat, carbohydrates, calcium, iron, phosphorus, sodium, potassium, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C and niacin)
- It is also said to be effective in asthma and bronchitis.
- In the Middle Ages fenugreek was recommended to men to cure baldness.
- In Ayurveda turmeric is used for many ailments such as burns, cuts, wounds, acne and piles etc.
- It is used to cure bloating.
- It is also used as an anti-inflammatory agent and remedy for gastrointestinal discomfort associated with irritable bowel syndrome and other digestive disorders.
- Indians use turmeric for various skin ailments and various skin creams make use of turmeric as main ingredient.

Khichari and Ghee
- Khichari: a seasoned mixture of Basmati rice and Mung dal is a balanced food that is tridoshic.
- Sweet and cooling with a sweet after taste
- Easy to digest and nourishes every part of the body
- Used in fasting, mono-fast, and Panchakarma
- Excellent for detox and de-aging of the cells
- 2 parts of rice: 1 part of dal
- Ghee or clarified butter: can be stored for extended periods without refrigeration, provided that it is kept in an airtight container to prevent oxidation and remains moisture-free
- The texture, color, or taste of ghee depends on the source of the milk from which the butter was made and the extent of boiling and simmering

Ayurvedic Spices and Herbs...

Ayurvedic Cooking
- Unique in the world with emphasis on the way of cooking and mixing the spice to achieve maximum digestibility as well as superb taste and food value
- Spices add both flavor and health benefits of healing
- Spices are added to enhance the taste, to stimulate the digestive fire, and to help counteract any food incompatibility

Ayurvedic Thali
- Chapati/Puri
- Basmati Rice/Saffron Rice
- Stir Fried vegetables
- Vegetables with gravy
- Lentils or Beans
- Yogurt/Raita
- Chutneys/Condiments
- Salad
- Papadam
- Pickle
- Desert (Rice pudding, Carrot Halwa)
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