

AYURVEDIC DIET AND DIETETICS



Dr. Prerak Shah BAMS

AYURVEDIC DIET AND DIETETICS

This book is dedicated to all food lovers, who want to remain healthy.

"Food Nourishes Soul"

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Publisher: Dr. Prerak Shah

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Chapter – 1:

Ayurvedic Dietetics - Introduction

Ayurveda throws light on the time tested dietary habits and patterns. Food produced by healthy seeds, in unpolluted soil, water, air, and environment is considered to be the best. This is due to positive energy and complete nourishment, which are essential for healthy body-mind.

Balanced diet is good for nutrition, energy, maintenance of internal harmony, growth & development and group of other vital functions. The objective of taking balanced diet is not only satiation of body-mind but that also supports other functions with positive energy.

For a health conscious person, it is imperative to know certain details such as:

- Wholesome and unwholesome diet
- Heavy and light diet
- Taste factors
- Constitution of diet in different forms like, i.e. liquid, semi liquid, semi solid, solid
- Effect on systems organs and metabolism
- Nutritional values and effects on physical strength and immunity.

Life span, complexion, health, vigor and immunity all depend on good dietary habits. Further, the outcome of the wholesome diet contributes a great deal in establishing a good psycho-spiritual framework of an individual.

In Ayurvedic texts specific knowledge of *aahar* is described. *Samhitas and 'Nighantus'* are the source of knowledge of food and dietary guidelines. Details about food identification, its quality and actions on the body. For example, *Bhavprakash Nighantu* describes knowledge of food in 24 groups. Few names are like; *Haritakyadi, Mamsa, Pushpa, Fal, Dhanya, Shak, Vari, Dugdha, Dadhi, Takra, Navneet, Ghrut, Tail, Madhu, Ikshu* group etc.

*** The importance of diet:**

In the words of renowned author David Frawley, "As long as we are not living in harmony with nature and our constitution, we cannot expect ourselves to be really healed. Ayurveda gives us the means."

- According to ayurveda the definition of being healthy is: the balance of all Doshas, all seven Dhatus (tissues), Agni (the perfect digestion and assimilation of food) together with the regular and efficient evacuation of excretory materials.

- Food prepared with love, affection, care, by your near and dear provides you more positive energy, which reflects on beauty.
- Food recipes suitable to your body constitution should be preferred and to be consumed without stress, tension, anger or depression to derive more benefits.

Proper well-being of a physique is twofold:

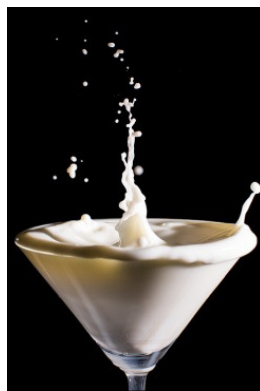
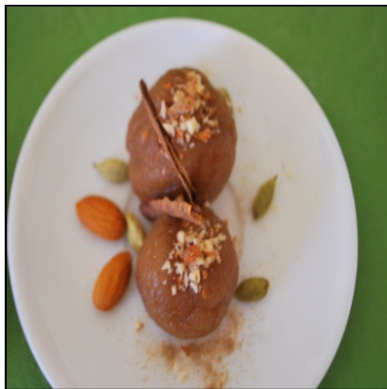
a) Consumption of good diet and

b) Observance of personal, moral, seasonal & spiritual conduct (for different age and personal disposition groups, the rules are well drafted and presented in the books of Ayurveda).

Before we go further to understand ayurvedic dietetics, we must be familiar with basic terminology of Ayurveda.

* According to the books of Ayurveda, food or diet can be divided into two sections, (1) Food for nourishment and (2) food for de-nourishment.

Santarpan: Definition : *By which procedures, body gets nourishment, it is called 'Santarpan'.*



Some examples: Milk, Ghee, Mutton Juice, Drinks, Sharbats, Chocolates, Sharkara, Candies, Biscuits, Sukhadi, Laddu, Sweets, Lassi, Black gram etc.

Apatarpan : Definition : By which procedures, body gets de-nourishment, it is called 'apatarpan'.



Some Examples: Honey, Salt, Juwar, Guggulu, Turmeric, Shilajit, Ginger, Bitter taste, Barley, Neem, Low calorie diet etc.

Furthermore one must know the most common terminology of Ayurveda to discuss diet and its science.

Dosha – Tridosha (Vata, Pitta and Kapha): There are three bio-energies in the body, which governs the body and they are known as Dosha. They are three, viz; Vata, Pitta and Kapha

Dhatu (Tissues) : (more details in chapter 2)

Mala (Waste material) : (more details in chapter 2)

Agni: (Bio-chemical convertors) : (more details in chapter 2)

RASA (The Taste Factor): Based on the individual chemical structure and its effect on taste buds, a food plays important role in enhancing or subduing a *dosha*, thereby -. Maintaining / improving the health and producing a disease.

GUNA (Physical / Physiological Properties): Depending on the physical form of a food / herb like solid, liquid or gas or its interaction with body tissues, 20 specific characteristics have been described. They also have a capacity to increase or decrease the levels of doshas.

VEERYA (Dynamic Property / Potency): The active principle which makes the food/ drug act is known as *Veerya*. While acting on the body, every food/ drug either proves to be hot (*Ushna*) i.e. Stimulating the overall rate of metabolism, or it is cold (*Sheeta*), i.e. Lowering down the metabolic activities.

VIPAKA (Dynamic Alteration / Metabolic Property): The interaction of digestive enzymes with the chemical structures providing the taste brings in certain chemical changes because of which the final outcome tends to change. After interacting with digestive juices, chemical structure of food or drugs with sweet, salty and astringent tastes end up in changing to the sweetish (*Madhur*). *This is a common law*. Final outcome of pungent and bitter substances would be pungent (*Katu*) nevertheless. The sour substances remain unchanged even at end. Exception to this rules also exists.

PRABHAVA (Specific Property): The factor which makes a food/ drug specifically effective in some special condition or on some special body system is known as *prabhava*. This behaves in quite a different manner as compared to other drugs having similar pharmacological details, viz., *Rasa, Guna, Veerya* and *Vipaka*. Typical constituent regarded as unexplainable(*Aachintya*), hence the term *Prabhava* (specific effect).

Chapter 2 FUNDAMENTALS OF AYURVEDA



Dosha : (Body humors)

They are vital humors. When they are in balance, they maintain health. When they are disturbed, they can aggravate other doshas. They are three, viz;

1.) Vata 2.) Pitta and 3.) Kapha

Some referred doshas as bio-energies or vital constituents too.

The Vata: There are five sub-types of Vata dosha

Vata Dosha	Relation with body function
Prana	Respiration, Swallowing
Udana	Speech, Voice, Strength
Samana	Digestion
Vyana	It circulates in whole body
Apana	Excretion of waste products

The Pitta :There are five subtypes of Pitta dosha

Pitta Dosha	Relation with body function
Pachaka	Digestion
Ranjaka	Blood formation
Sadhaka	Psychological functions
Alochaka	Vision
Brajaka	Skin color

The Kapha:There are five sub types of kapha dosha

KaphaDosha	Relation with body function
Avalambaka	Tissue nourishment
Kledaka	Digestion
Bhodhaka	Experience of taste
Tarpaka	CNS
Shleshaka	Strength

Prakriti : (Constitution)

There are two types of prakriti: SharirPrakriti and ManasPrakriti. Sharirprakriti is physical constitution, which again can be divided in seven major types. Vata, Pitta, Kapha, Vata-Pitta (or Pitta-Vata), Vata-Kapha (or Kapha-Vata), Pitta-Kapha (or Kapha-Pitta) and Tridoshikor samadoshik (Vata-Pitta-Kapha).Manasprakriti can be divided in to three types, viz; either Satva, Rajas, Tamas or Satvika, Rajasika, Tamsika

Dhatu : (Tissue)

There are seven kind of Dhatus in the body; viz; Rasa (Plasma), Rakta (Blood), Mamsa (Muscle), Meda (Fat),Asthi (Bones), Majja (Bone marrow), and Shukra (Semen in men and / or menses in women).

Mala : (Excretory material)

Malas are mainly of three kind; Purish (feces or stool), Mutra (urine) and Sweda (sweat or perspiration).

Malas	Relation with body function
Purish	Byproduct of digestive system
Mutra	Byproduct of urinary system
Sweda	Byproduct of meda dhatu

Agni : (The perfect digestion & Assimilation of food)

There are thirteen types of agni: Jatharagni (One), Dhatvagni (Seven) and Maha-Bhutagni (Five).

Agni	Relation with body function
Jatharagni	Formation of Rasa Dhatu, Proper digestion
Dhatvagni	Formation of all Dhatus, proper assimilation
Maha-Bhutagni	Formation of all body organs

Chapter 3 – BASICS OF FOOD

Rasa (The six tastes)

Madhur (Sweet)

Amla (Sour)

Lavana(Salty)

Katu (Bitter)

Tikta (Pungent)

Kashya (Astringent)

The six tastes and its effects on Doshas

<u>Tastes</u>	<u>Doshas</u>
Sweet, sour, salty	Vata pacifying
Pungent, bitter, astringent	Vata strengthening
Sweet, bitter, astringent	Pitta pacifying
Pungent, sour, salty	Pitta strengthening
Pungent, bitter, astringent	Kapha pacifying
Sweet, sour, salty	Kapha strengthening

Balanced Diet: Please keep in the mind that your meals should, as far as possible include all six tastes.

Madhur Rasa (Sweet)

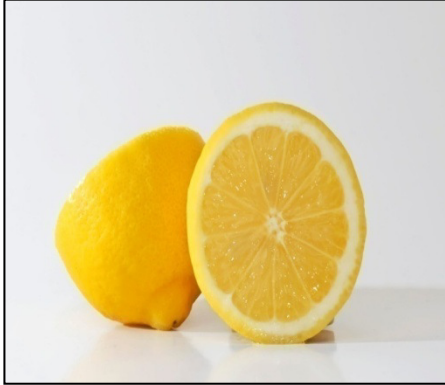


- Drugs and diets having sweet tastes are wholesome to the body and as such they add to the growth of *rasa dhatu*(body fluid), blood, muscle, fat, bone, bone marrow, ojas, semen and longevity.
- Soothing to the sense organs.
- Promote strength and complexion
- Relieve thirst and burning sensation, Promote healthy skin, hair, voice and strength.
- Soothing, invigorating and nourishing to body-mind
- Bring about stability and heal up emaciation and consumption.
- Soothing to the nose, mouth, throat, lips and tongue.
- They are unctuous, cold and heavy.

When use in excessively:-

Cause vitiation of kapha resulting in Obesity, Tenderness, Laziness, Hypersomnia, Heaviness, Loss of appetite, Loss of the power of digestion, abnormal growth of muscle in the mouth and throat, dysuria, cough, coryza(Rhinitis), *alasaka*(intestinal torpor), fever preceded with cold, *anaha*(distention), sweetness in mouth, vomiting, loss of sensation and voice, galgand (Goiter), cervical lymphadenitis, elephantiasis, pharyngitis, eye disease like abhishyanda (conjunctivitis) etc...

Amla Rasa (Sour)



- Stimulate appetite
- Nourish and energize the body
- Enlighten the mind
- Strengthen the sense organs
- Promote strength
- Alleviate Vata
- Nourish the heart
- Cause salivation
- Help in swallowing
- Moistening and digestion of the food
- They are refreshing, light, hot and unctuous.

When use in excessively:-

Thirst, Morbid sensitiveness of teeth, Closure of eyes, Horripilation, Liquefaction of kapha, Aggravation of pitta, Vitiation of rakta, Decomposition of muscle, Odema in patient suffering from emaciation, Consumption, Cachexia, Weakness

Lavana Rasa (Salt)



- Help in digestion as carminative
- Production of stickiness, digestion, excision and incision
- Sharp, mobile, vikasi (clear or antispasmodic) and laxative
- Avakasakara (de-obstruent)
- Alleviate Vata
- Cure stiffness
- Nullify the effect of all other tastes
- Cause salivation
- Liquefy Kapha
- Clarify the channels of circulation
- Bring about tenderness of all the bodily organs
- Cause (brings) deliciousness of food
- Essential ingredients of food
- Neither very heavy, unctuous nor hot

When use in excessively:-

Vitiation of pitta, Aggravation of Rakta, Thirst, Fainting, Heating sensation, Erosion, Depletion of muscle tissue, Sloughing in the parts of the body afflicted with obstinate skin disease including leprosy, Aggravation of poisonous symptoms, Bursting of inflamed parts, Dislodgement of teeth, Reduction of manhood, Obstruction of the function of senses, Production of premature wrinkling, graying and baldness, Also causes disease like Raktapitta, Amlapitta (acid dyspepsia), Visarpa (an acute spreading disease of skin), Vatarakta (gout), Vicharchika (a type of skin eruption), Alopecia etc....

Katu Rasa (Pungent)

- Keep the mouth clean
- Promote digestion
- Help in the absorption of the food
- Cause secretion through nose
- Lacrimation
- Help proper action of sense organs
- Cure disease like intestinal torpor, Obesity, Urticaria, Chronic conjunctivitis
- Help in the elimination of the waste products which are sticky in nature and produce svedana (in fomentation therapies)
- Cause deliciousness in food
- Cure itching
- Allow excessive growth of ulcer

- Kill germs
- Corrode the muscle tissue
- Break blood clots and other obstructions
- Clarify the passages
- Alleviate kapha
- They are light, hot and unctuous.

When use in excessively:-

Destroy man-hood by virtue of their vipaka, Affect potency by their taste, Cause unconsciousness, Weariness, Asthma, Emaciation, Fainting, Chocking, Giddiness, Burning sensation in throat, Production of great heat and thirst, Diminution of strength by virtue of their specific action, Giddiness, Burning sensation, Tremor piercing, Stabbing pain in legs, hands, back etc....

Tikta Rasa (Bitter)



- Bitter taste are by themselves not delicious but when added with other things they promote deliciousness
- Antitoxin and germicidal
- Cure fainting
- Burning sensation
- Itching

- Obstinate skin disease including leprosy, thirst, and fever
- Promote firmness of the skin and muscles, carminative and digestion
- Purify milk
- Cause drying and help in the depletion of moisture, fat, muscle fat, bone marrow, Lymph, pus, sweat, urine, stool, pitta and kapha
- They are unctuous, cold and light.

When use in excessively:-

By virtue of their unctuousness, roughness and non-sliminess they, Deplete the plasma, Blood, Muscle, Fat, Bone-marrow, semen. Produce roughness in the circulatory channels, Reduce strength, because emaciation, Weariness, Unconsciousness, Giddiness, Dryness of mouth, Produce other disease due to vitiation of Vata.

Kashaya Rasa (Astringent)



- Drugs and diet having astringent test are sedative and constipative.
- They produce pressure on the affected part and cause granulation, absorption, and stiffness.
- Alleviate kapha and rakta-pitta
- Absorb the body fluid and are dry, cold and heavy.

When use in excessively:-

Dryness of mouth, Affliction of the heart, Distention of abdomen, Obstruction of speech, Constriction of circulating channels, Black complexion and destruction of man-hood, Get digested slowly and obstruct the passage of flatus, urine, stool and semen, Cause

emaciation, Weariness, Thirst, Stiffness, By virtue of their roughness, dryness and non-sliminess they produce disease like hemiplegia, spasm, convulsion, facial paralysis etc.. due to vitiation of vata.

Gunas

Food has other qualities as well –

- Heavy or light
- Hot or cold
- Dry or moist – that affect the Doshas.
- We need proper combination of all these qualities in our diet to remain in balance.
- **As well as** all the six tastes described in Ayurveda also distinguishes between six Gunas.
- Gunas and its effect on Doshas

GUNAS

DOSHAS

- | | |
|---------------------|---------------------|
| • Heavy, oily, hot | Vata pacifying |
| • Light, dry, cold | Vata strengthening |
| • Cold, heavy, dry | Pitta pacifying |
| • Hot, light, oily | Pitta strengthening |
| • Light, dry, hot | Kapha pacifying |
| • Heavy, oily, cold | Kapha strengthening |

Certain essential prerequisites, which need to be looked into while taking the meals, are well narrated in the age-old text '*Charak Samhita*'. They are of great value even today.

1. Ushna – freshly cooked and warm food.
2. Snigdha – should be little oily to hold good taste.
3. Matra – proper quantity, i.e., neither heavy nor too light.
4. Jirna – to be taken after digestion of food taken earlier, i.e., after 4 – 6 hours.
5. Virya-viruddha – to avoid incompatible food.
6. Isht-desh – to be taken in good environment and hygienic condition.

7. Isht – sarvopkaranam – with clean , neat, hygienic utensils and attractive serving
8. Natidrutam – not to be eaten in haste.
9. Nativilambitam – not to take very long time on dining seat.
10. To be taken with involvement of consciousness and pleasant mind.

Other points to be observed are:

- Realize fully the life-giving properties of water - boiled or cleaned water everyday.
- Select any herb from **Shadang-paniyam**(musta, parpat, ushir, chavya, chitrak and sunthi) and prepare this fragrant water every day. These herbs are water purifier (aqua-guard), especially important during an outbreak of water borne diseases.
- Cinnamon water (for *vata* person), *Ushir* water (for *pitta* person), ginger water (for *kapha* person) is recommended.
- Ayurveda gives more emphasis on liquid / semi solid diet during minor health aberrations.

Following chart represents the properties and effects of the foodrecipes on various health parameters.



Food Tastes	Dosha effect	Food Qualities
Sweet, sour, salty	Vata Pacifying	Heavy, light, hot
Pungent, bitter, astringent	Vata aggravating	Light, dry, cold
Sweet, bitter, astringent	Pitta pacifying	Cold, heavy, dry
Pungent, sour, salty	Pitta aggravating	Hot, light, oily
Pungent, bitter, astringent	Kapha pacifying	Light, dry, hot
Sweet, sour, salty	Kapha aggravating	Heavy, oily, cold

🔪 Cooking in different metal pots (from grandma's diary.....folk knowledge)

- Kansa (Bronze) metal :



Increases mental abilities, increases appetite and good for blood and pitta dosha

- Pittal (Brass) metal :



Removes worms and controls Kaphadosha

- Silver metal:



Controls Pitta and good for eye

- Iron metal :



Relieves swelling, anemia and jaundice, increases blood Hb% and strength

- Wood :



Increases appetite

- Gold metal:



Very good for all in all conditions

- Copper metal:



Antibacterial

- Aluminum metal :



Invites death

- Plastic :



Worst choice to cook or serve the food

Chapter -4 UNDERSTANDING OF DIET



Here are some general guidelines to help you plan your daily diet.

1. Eat in a calm, pleasant atmosphere and think about what you are eating. Do not work, read or watch television while you eat and sit down and have meals
2. Try to eat at the same time each day. Do not gulp your food, but chew it thoroughly.
3. Eat to only 3 quarters of your capacity.
4. Allow 3-6 hours gap between two meals to give yourself time to digest the previous meal properly. If you feel very hungry that is a sure sign that your body needs more food. Nevertheless, do not eat if you are not hungry.
5. Sip water or juice with your meals. Drinks should not be ice-cold as this inhibits digestion. Ideally, drink hot water, preferably with a little ginger added into it.
6. Choose fresh foods, which are produced locally. Three quarter of your menu should be consist of warm freshly-prepared food. This is because warm cooked dishes are easier to digest than cold and raw. A warm, suitably seasoned meal with spices and a little fat is the best choice.
7. At the evening meal avoid sour, dairy products, animal protein and raw ingredients. All of them are hard to digest. Usually Agni is weak in late evening.
8. If possible always eat your main meal at midday since your digestion functions most Efficiently between 12 and 13 hours.
9. Always take time to relax for a few minutes after eating. Vam-kukshi and then walk 100 steps.

10. The surest way to eat well is to trust your own body, which will demand what it needs. Check your own diet and try to integrate the Ayurvedic guide lines for eating into your daily life.

- ✓ Which diet is best for you
- ✓ Adjust your diet to suit the time of year.
- ✓ Adjust the diet according to your constitution.
- ✓ Ginger and other spices should be used liberally according to your agni and constitution.
- ✓ Need to pay attention to the signals your body gives you, since it will crave a particular taste or characteristics to keep its doshas in equilibrium.
- ✓ Choose foods that balance or pacify your predominant doshas.
- ✓ Eat food that reduces the energy of your predominant dosha and fortifies your secondary or subsidiary doshas.
- ✓ For example: If you are a kapha type, your menu should include mainly foods which pacify your Kapha, your main dosha and strengthen secondary or subsidiary dosha Vata and Pitta.
- ✓ According to Ayurveda, the thoughts and emotions become part of your food while you handle it. If you are angry or tense while preparing food, you may transmit this energy. So cook with positive emotions such as love and kindness.
- ✓ In addition, when possible use simple, non-motorized hand tools to prepare the food.
- ✓ The more your hands come into contact with the food, the more opportunity for the food's energy to mix with yours and the closer you feel to food and the earth from which it comes.
- ✓ Most food should be warm or hot- or at least room temperature and cooked.
- ✓ Don't eat reheated or microwaved foods as they have lost their life force or prana.
- ✓ Never sleep immediately after meals.

✚ The right diet is the best medicine

According to Ayurved food is more than fuel to keep you going , more than bunch of chemicals that supply essential vitamins and minerals.

Wholesome food is a total experience that can nourish you physically as well as emotionally.

All foods and beverages are imprinted with a vital memory.

It remembers its whole life and through its DNA.

Food that is organically grown and lovingly prepared carries more positive, nourishing energy(prana) than food that is degraded and adulterated, raised with artificial chemicals, genetically modified and impersonally grown on factory farms.

Food passes through this rich store of knowledge to you when you eat it, providing a form of energy that connects it and you to other people and to the mother earth.

If your natural urge to have such positive emotional connection remains unfulfilled, you may try to get satisfaction by overeating or an excess of material things.

✚ FOOD

- The basis of nutrition - essential for survival.
- Factor behind Growth & Development in young age; physical strength, endurance, vigor and vitality in adult age; sustenance of tissues and general well-being in old age.
- Intelligently chosen food helps in improving immune system, longevity; and in facing stressful situations, diseases, adverse conditions.
- Depending on the effect on health, food with different tastes or biochemistry may increase or decrease the levels of *Vata*, *Pitta* & *Kapha*.
- Two meals a day is normal.
- Gap between two meals should not be too long or too short.
- Small meal is known as *Antar-Bhojan*.
- Eating shortly after meals is called "*Adhyashan*" result into indigestion, obesity, anorexia, etc.

- In general food should be (a) as per the liking, (b) clean, (c) wholesome, (d) lukewarm, and (e) slightly oily.
- Stale, cold and dry food must be avoided.
- Have food in the company of near and dear ones
- Neither be taken too fast nor too slow.
- Eat up to 3/4 of the capacity of stomach and keep 1/4 capacity of stomach empty for movement of *Vata*. Do not drink water before or after meals. During meals it is allowed in small quantity. In large quantity it can be allowed after an hour of meals.
- Avoid physical exertion and strenuous exercise or sexual activities immediately after the meals.
- After the meals it is not desirable to go to bed within 3 – 4 hours.
- Chewing of betel leaves, fennel seeds etc. after the meals, cleanses the mouth, encourages the salivation, enhance digestion, undo flatulence and remove bad breath from mouth.
- Nevertheless, do not eat if you are not hungry.
- Drinks should not be ice-cold as this inhibits digestion. Ideally drink warm water, perhaps with a little ginger, cumin or *ajwain* seeds added.
- A related concept is the idea that specific Doshas have an affinity for certain tastes.
- Certain tastes aggravate Doshas, and other tastes stabilize them.

🍽️ Compatible Diet



- Eat foods that work together in combination.
- *Khichari* is a good combination of rice, *mung* bean, vegetables, spices and little ghee.
- It is light to digest and provides protein, carbohydrate, fat, fiber vitamins and trace minerals as well.

⚠ Incompatible Diet



Try to avoid certain combinations as they create poor digestion, mal-absorption, produce *Aama* which may clogs the channels.

⚠ Diet Incompatibilities. (Viruddhaaahar):-

Definition

- All herbs and food which dislodge the various Doshas but do not expel them out of the body are to be regarded as unwholesome.
- Factors Responsible for diet incompatibilities...
- Herbs and diets which are at variance with place, Season, Digestive Power, Dosage, Habit, Doshas, Mode of Preparation, Potency, Bowel habit, State of Patient's health, Order of eating, Things to be avoided, Things to be observed, Cooking, Combination, Palatability, Richness of meals are Rules of eating.

⚠ Desha-viruddha (Place):-

e.g. Intake of dry and sharp food in deserts lands;

unctuous and cold substance in wet land are example of incompatible diet.

❏ **Kala-viruddha (Season):-**

e.g. Intake of cold and dry substance in winter;

pungent and hot substance in the summer are example of incompatible diet.

❏ **Agni-viruddha (Digestive Power):-**

e.g. Intake of heavy food when the power of digestion is mild (mandagni);

Intake of light food when the power of digestion is high or sharp (tikshnagni).

Similarly intake of food at variance with irregular and normal power of digestion come under this category.

❏ **Matra-viruddha (Proportions):-**

e.g. Intake of honey and ghee in equal quantity is example of incompatible diet.

❏ **Satmya-viruddha (Habit):-**

e.g. Forceful intake of sweet and cold substances in large, to a person, who is accustomed to pungent and hot substance in normal routine is example of incompatible diet.

❏ **Dosha-viruddha :-**

e.g. Utilization of herbs, food or regimen having similar qualities with doshas but at difference with the dosha of the individual.

❏ **Sanskar-viruddha (Mode of preparation):-**

e.g. Herbs and food which when prepared in a particular way produce poisonous effects, for example, meat of peacock roasted on a castor spit.

❏ **Veerya-viruddha (Potency):-**

e.g. Substances having cold potency in combination with those of hot potency.

❏ **Koshtha-viruddha (indigestible for intestine):-**

e.g. Administration of a mild purgative in a small dose for a person of severe constipation and administration of strong purgatives in strong doses for a person having mild-laxative bowel.

❏ **Avastha-viruddha (State of patient's health):-**

e.g. Intake of Vata aggravating food by a person after exhaustion, sexual act and physical exercise or intake of Kapha aggravating food by a person after sleep or drowsiness.

❏ **Kram-viruddha (Order of eating):-**

e.g. If a person takes food before his/her bowel and urinary bladder are clear or when he does not have appetite or after his hunger has been aggravated.

❏ **Parihar-viruddha (Things to be avoided):-**

e.g. Intake of hot things after taking pork etc
and cold things after taking ghee.

❏ **Pak-viruddha (Cooking):-**

e.g. Preparation of food etc., with bad or rotten fuel and undercooking, overcooking or burning during the process of preparation.

❏ **Sanyog-viruddha (Combination):-**

e.g. Intake of sour substance with milk.

❏ **Hridaya-viruddha (Palatability):-**

e.g. Any substance which is not pleasant in taste.

❏ **Sampad- viruddha (Richness of quality):-**

e.g. Intake of substance which are not matured, over matured or putrefied.

❏ **Vidhi-viruddha (Rules of eating):-**

- The fish is incompatible with milk.
- all sour substances are incompatible with milk. Likewise, all the fruits are sour.
- One should avoid drinking milk after taking leafy vegetables.

❏ The combinations which are not good

- Melons.....with any other food
- Sour fruits....with milk or yogurt
- Banana.....with milk, corn, starch or radish
- Fish.....with milk or yogurt
- Meatwith milk, yogurt or eggs
- Raisins....with radishes or corn
- Cucumber....with mango, lemon, potato, tomato or eggplant
- Tomatoes...with lemon, milk or yogurt
- Potatoes..... With milk or yogurt
- Eggplant....with milk or yogurt
- Onion and garlic....with milk or its derivatives
- Sweet....with salt or sour

(Ref. CharakSamhita, Sutra Sthan, Ch. 26, Shloka - 121-22)

❏ Who can consumed incompatible food:-

Who are habituated to regular physical exercise

Who take fatty eatables on a regular basis

Who have strong digestive power

Who are adult as well as strong

The food items though incompatible do not generate diseases

One who has become accustomed by long use of incompatible foods

(A.Hr.Su.7/47)

⌘ Treatment

Treatment of the symptoms produced by intake of the incompatible food
One should apply either the purificationtherapies(emesis, purgation etc.) or palliative therapies to control the troubles arising from consuming of incompatible items.
(A.Hr.Su.7/46)

Try to avoid certain combinations as they create poor digestion, mal-absorption, produce Aam which may clogs the channels

The combinations which are not good

⌘ FOOD RECIPE FOR DISEASED / CONVALESCENTS

To suit to the taste and health of the convalescing patients special food recipes are -

- **Manda** : Boiled cereal essence.
 - **Peya** : Soup slightly mixed with gruel.
 - **Yusha** : Thick consistency soup.
 - **Vilepi** : Soup thickly mixed with gruel.
 - **Yavagu** : Thick gruel.
 - **MamsaRasa** : Meat soup.
 - **Kanjika** : Fermented gruel made of rice.
 - **Takra** : Butter milk / Diluted churned yogurt
-

Chapter 5 –SOME COMMON HERBS

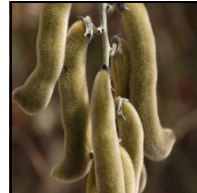
Vata pacifying herbs



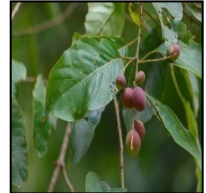
Ashwagandha



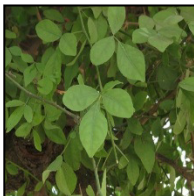
Haritaki



Atamgupta



Bibhitaki



Bilva



Bringaraja

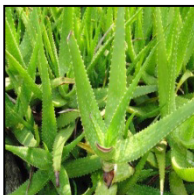


ChitrakChit

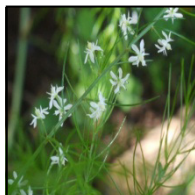


Gokshura

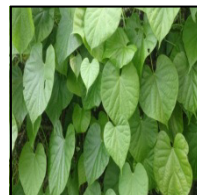
Pitta pacifying herbs



Aloe



Shatavari



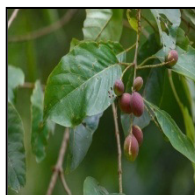
Guduchi



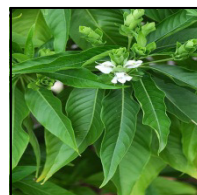
Amalaki



Arjuna



Bibhitaki

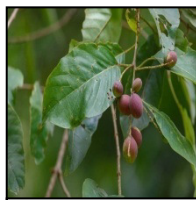


Vasa

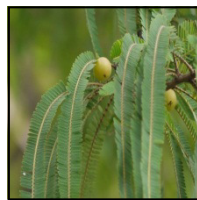
Kapha pacifying herbs



Haritaki



Bibhitaki



Aamlaki



Ginger



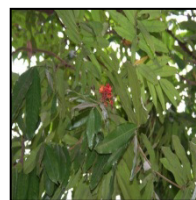
Guggulu



Tulsi



Arjuna



Ashoka

MOST COMMON HERBS

Ashwagandha

Latin Name: Withania Somnifera

Uses:

Anti-anxiety

Relieves insomnia and stress-induced depression

Improve physical performance in both sedentary people

And athletes

Improve the formation of memories

Reduce immunosuppressant



Arjuna

Latin Name: Terminalia Arjuna

Uses:

Disorders of the heart and blood vessels (Cardio vascular disease)

Including Heart disease

High blood pressure

High cholesterol

Dysentery

Diseases of the urinary tract

Skin disease



Bibhitaki

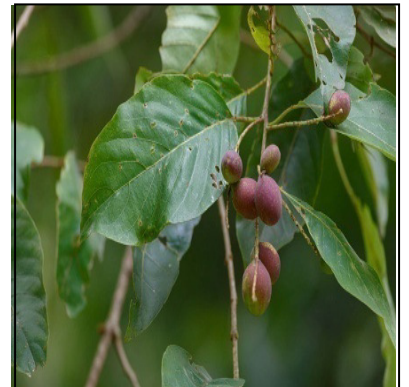
Latin Name: Terminalia Bellirica

Uses:

Respiratory diseases

Bellirica seed oil or fruit paste is applied on swollen and painful parts.

Helps in Loss of appetite, Flatulence, Thirst, Piles and Worms.



Bhumyamlaki

Latin Name: Phyllanthus Urinaria

Uses:

Best in Liver disorder

Skin disease

Acidity



Thirst

Blood Disorder

Endocrine disorders

Bilva

Latin Name: Aegle Marmelos

Uses:

Bael 's fruit serves as stool binding.

In fact it is used in condition like diarrhea, dysentery...

Anti diabetic

Conjunctivitis, Deafness and Leucorrhea



Brahmi (Gotu kola)

Latin Name: Bacopa Moneri

Uses:

It is considered as a great brain tonic.

Alcoholic extract increases the learning performance.

Other pharmacological effects of the extracts include sedative,

anti-epileptic, cardio tonic, vaso constrictor and anti-inflammatory activity.



Bhringraj

Latin Name: *Eclipta Alba*

Uses:

It maintains and rejuvenates hair, teeth, and bones.

It improves memory, sight, and hearing.

It promotes deep sleep.

It improves complexion.

Used for the expulsion of worms.

It is given to children in case of urinary tract infections.

A rejuvenating effect on the body.

A general tonic in cases of debility.



Chitraka

Latin Name: *Plumbago Zeylanica*

Uses:

It is used in most of Ayurvedic medicines for indigestion.

Relieve abdominal colic pain

Useful in skin diseases

Useful in intestinal worm infestation

Useful in cough, cold.

It is very good anti-inflammatory herb.

Absorbent, Absorbs excess moisture from intestines.

Chitrakais one of the powerful digestive and carminative herb of Ayurveda.

Used in the treatment of amenorrhea.

It is used in the treatment of hepatomegaly and splenomegaly.



Giloy or Guduchi or Galo

Latin Name: Tinospora Cordifolia

Uses:

Guduchi is best to cause astringent effect

Promoting digestion

Useful in Raktapitta (bleeding disorders)

Brings about absorptive nature to stomach and intestines.

Improves strength, Improves digestion power

Relieves Aam – indigestion

Relieves excessive thirst (as seen in fever)

Useful in treatment of diabetes, urinary tract disorders, jaundice and related diseases of liver, skin diseases, gout-arthritis, fever, mal-absorption syndrome

Relieves burning sensation in the body. Note that though Guduchi is hot in potency, it helps to relieve burning sensation. This action is brought about by its Madhura Vipaka. (Sweet after-taste). Sweetness is coolant in nature.

Useful to relieve cough

Useful to relieve intestinal worms

Improves vision, good for eyes, useful in eye disorders

Anti-aging, Rejuvenating, Vrushya – Aphrodisiac



Gokshur

Latin Name: Tribulus Terrestris

Uses:

It contributes to overall physical strength by building all the tissues.

It is useful against urinary tract infections and Urinary stones.



Guggulu or Gugal

Latin Name: Commifera Mukul

Uses:

- It is best pain killer – internal as well as external uses
- It is also used for air purifier, having anti-microbial activities.
- It is also described as rasayana herb.



GUGGULU COMPOUNDS

Guggulu is a Oleo-resin of plant commiphoramukul.

Guggulu compounds comes in different combinations like Triphalaguggulu, KanchanarGuggulu, YogarajGuggulu, Chandraprabhavati.

They are used for different purposes according to the combinations.

Kalmegh

Latin Name: Andrographis Paniculata

Uses:

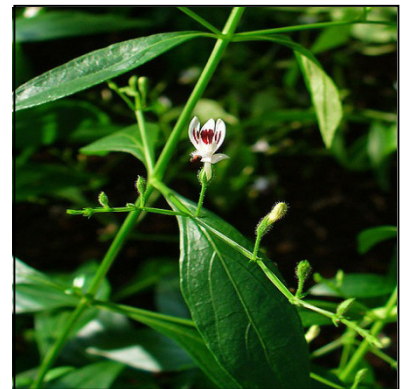
Improve appetite and digestion strength

Useful in skin diseases, Blood disorder, Fever

Used in Hepatomegaly

Anti-inflammatory

Useful in intestinal worm infestation, Constipation



Kapikachchu (Kaunch)

Latin Name: Mucuna Prurita

Uses:

Reduces Vatadoshaso useful in vata disease

Worm infestations

Bone and joint conditions

Muscle pain

Sexual improvement

The hairs lining the seed pods and the small spicules on the leaves contain (serotonin) which cause severe itching (pruritus) when touched.

The calyx below the flowers is also a source of itchy spicules and the stinging hairs on the outside of the seed pods are used in itching powder.



Malkangni (iyotishmati)

Latin Name: Celastru Spaniculatus

Uses:

It is a powerful brain tonic.

It alleviates abdominal ailments.

It has nerving properties and is used for increasing memory retention.



Manjistha

Latin Name: Rubia Cordifolia

Uses:

Improves voice

Improves skin complexion

Useful in the treatment of toxic conditions, poisoning



Inflammatory conditions

Gynecological disorders

Ear pain

Injuries

Diabetes and urinary tract disorders

Eye disorders

Diarrhea with bleeding

Skin diseases

Visarpa (spreading skin disease)

Musta(Nagarmoth)

Latin Name: Cyperus Rotundus

Uses:

Absorbent, useful in diarrhea, IBS

Improves digestion strength

Relieves Ama-Dosha

Relieves thirst

Useful in relieving anorexia

Relieves worm infestation, useful in infected wounds

Useful in blood disorders



Nimb (Neem)

Latin Name: Azadirachta Indica

Uses :

For skin infection, itching, burning, eczema, boils and eruption

neem juice / paste application (anti-bacterial, anti-fungal activities)

Fever : to drink fresh juice for 10 days (anti-viral activities)

Good for natural fertilizer and pesticide



Punarnava

Latin Name: Boerhavia Diffusa

Uses :

It relaxes the smooth muscle cells.

It has the potency of rejuvenating. It can regenerate the damaged cells.

It is a liver stimulant herb and cures digestion.

It improves anaemia.



Sariva

Latin Name: Hemidesmus Indicus

Uses:

Skin diseases

Itching, Pruritus

Fever

Diabetes, Urinary tract disorders

Relieves bad odor



Improves sperm quality and quantity

Useful in diarrhea, dysentery

Relieves Aama

Anti-toxic

Useful in low digestion strength

Useful in respiratory conditions, cough, cold, asthma

Useful in menorrhagia

Shankhpushpi

Latin Name: Clitoria Ternatea

Uses:

It works as a brain tonic.

It is one of the best and prominent natural medicines –
that help in improving memory.

It rejuvenates.

Work as psycho-stimulant and tranquilizer.

Improve the nerve tissues and bone marrow quality.

Effect on overall health and promotes health and weight gain.

Shatavari

Latin Name: Asparagus Racemosus

Uses:

Maintains healthy hormonal balance.

Supports normal function of the immune system.

Improves digestive system.

It has rejuvenated capacity, Nutritive tonic.



Tulsi or Basil

Latin Name: Ocimum sanctum

Uses:

Air purifier: having anti-viral, anti-bacterial, de-odorant properties

For fever, cold, cough with turmeric and honey

For itching: application of fresh juice on affected part

Tulsi tea anti-oxidant and gives freshness

It is a rich source of *beta-carotene, vitamin A, cryptoxanthin, lutein and zeaxanthin* which is essential for vision.

It also contains Vitamin K that helps the bone strengthening function by helping mineralization process in the bones.

Basil herb contains a good amount of minerals like potassium, manganese, copper, and magnesium.

Basil leaves are an excellent source of iron.

It is an immune-modulator thus improves immunity.

It reduces stress.



Varuna

Latin Name: Crataeva Nurvala

Uses:

Diuretic

Anti-lithiatic

Rubefacient (reddening the skin by producing hyperemia)

Anti-inflammatory

Used in U.T.I.

Improve digestive fire



Vacha

Latin Name: Acorus Calamus

Uses:

It is good nerve tonic.

It acts as a tranquilizer, so promotes sleep.

It is good brain tonic, so helps in weak memory.



Vasa (Aradusi)

Latin Name: Adhatoda Vasica

Uses:

Chronic respiratory tract infections, cold and cough

Bleeding disorders, detoxifies blood

Useful in vomiting

Useful in skin disorders

Useful in fever

Useful in excessive thirst

Acts as cardiac tonic

Good for throat

Useful in urinary tract disorders, diabetes

Useful in anorexia



Vidarikand

Latin Name: *Pueraria Tuberosais*

Uses:

It revitalizes the whole body and increases muscle bulk.

it rejuvenates skin.

It strengthens body and boosts its immunity.

Slow down the ageing process.

Eases bowel movement.



TRIPHALA

As name suggest it is a combination of 3 fruits-

Haritaki, Bibhataki and Amlaki.

A traditional herbal cleansing compound

that is used as an all-round tonic as well.

It helps balance all the three Doshas.

Triphala is the mainstay in treating and preventing many conditions.



TRIKATU

As name suggests it is a combination of

threekatu means PUNGENT herbs —

dried ginger, long pepper and black pepper.

It is useful in Kapha and Vata disorders.

It includes the treatment of indigestion, low and weak Agni or digestive fire.

It is used in the treatment of cough, common cold and flu like symptoms.



Chapter 6 – KNOW YOUR SPICES

Vata stabilizing spices:



Ginger



Garlic



Onion



Fenugreek seeds



Ajwain seeds



Cinnamon

Pitta stabilizing spices:



Cumin seeds



Coriander



Mint leaves



Cardamom



Nimba



Sindhva

Kapha stabilizing herbs:



Ginger



Turmeric



Clove



Pepper



Mustard seeds

Ardraka-sunthi

Latin Name: Zingiber Officinale

English Name: Ginger

Commonly known as Sunth

Uses:

Reduce vata and kapha

Deepan (improve appetite)

For digestion, anorexia, spasmodic pain

It is strong antioxidant. It stimulates circulation. Good for heart.

It cleanses colon. Useful in AAMA Condition



-Rheumatism

-Hiccough

It is a rich source of potassium & manganese which builds resistance to disease.

It also contains Vit. A, C, E, B-complex, magnesium, phosphorus, sodium, iron, zinc, calcium, beta-carotene.

Fresh juice of ginger + lemon + rock sugar / salt – good for digestive problems.

Ginger + amlaki + rock sugar – good for hyper acidity Ginger juice + honey – good for cold cough

Chewing of dry ginger pieces, good for voice, throat problems

Ginger tea is good for joint pains, arthritis etc

Ela (Elachi)

Latin Name: Elettaria Cardamomum

English Name: Lesser Cardamom

Uses:

Sweet and Pungent in test

Laghu, Ruksha and Shita

Tridoshshamaka

Deepan(improve appetite)

Pachana(improve digestion strength)

Daha-prashaman(Use in burning)

Used as a mouth-freshener

Respiratory disease

Useful in Breathlessness, Cough, Vomiting.

Good for voice.



Haridra

Latin Name: Curcuma Longa

English Name : Turmeric

Uses:

Reduced pitta and kapha

Anti-septic, anti-biotic properties

Useful in worms, diabetes, itching problems and cough problems.

Good for any allergic conditions

Blood purifier, good for skin problems – external as well as internal use

Complexion promoter – lepan of turmeric with saffron, milk and chick-pea flour

Turmeric powder + milk – good for respiratory problems.



Hingu

Latin Name: Ferula Narthex

English Name: Asafoetida

Uses:

Bitter and Pungent in taste

Laghu, Snigdha and Ushna

Reduced Vata and Kapha, Increased Pitta

Deepan-Pachana (improve appetite and digestion strength)

Saraka

Chakshushya-Improve vision

Hridya-Cardiac tonic

Kriminashaka -Useful in intestinal worm infestation



Shulnashaka-Pain Relevant

Used in Indigestion, Constipation and Flatulence(Gas trouble).

Jirak (Cumin, Jeera)

Latin Name : Cuminum Cyminium

English Name : Cumin Seed

Uses:

Reducing Vata, Pitta and Kapha

Deepan and Pachan (improve appetite and digestion strength)

Best uterine tonic for leucorrhoea in women

Externally in skin problems

Useful in intestinal worm infestation



Lavang

Latin Name: Syzygium Aromaticum

English Name: Clove

Uses:

Bitter and Pungent in test

Having Laghu, Ruksha and Shitta properties.

Reducing Vata, Pitta and Kapha

Deepan and Pachan(improve appetite and digestion strength)

Useful in eyes problems, Hiccough, cough and rhinitis



Marich

Latin Name: *Piper Nigrum*

English Name: Black Pepper

Uses:

It contains a good amount of minerals like potassium, calcium, zinc, manganese, iron, and magnesium.

They are good digestive stimulant.



Methika

Latin Name: *Trigonella Foeniculum-graecum*

English Name: Fenugreek

Uses:

Bitter in test

Laghu, Ruksha and Ushna

Reduced vata and kapha , Increase Pitta

Deepan, Pachana(improve appetite and digestion strength)

Anuloman and Grahi

Shula-prashamna- Pain reliever

It is use in general weakness

All types of Vata disease



Nimba (sweet)

Latin Name: *Murraya Koenigii*

English:- Curry Leaves

Uses:

Natural flavoring agent

Curry leaves help your heart function better

Fights infections

Enliven your hair and skin with vitality

Curry leaves are a rich source of iron and folic acid. Folic acid is mainly responsible for carrying and helping the body absorb iron, and since kadi-patta is a rich source of both the compounds it is your one-stop natural remedy to beat anemia.



Lindi-piper (pippali)

Latin Name: *Piper Longum*

English Name: Long Pepper

Uses:

Deepana-improve appetite

Reduced vata and kapha

Increased pitta

Useful in Worms, cough, anorexia and good for heart.

Good liver tonic

Best immuno-modulator – Vardhmanpippali for long term immunity against all kinds of allergies

Rasayana: Pippali + milk – morning

Anorexia: pippali powder + honey



It contains a good amount of minerals like potassium, calcium, zinc, manganese, iron, and magnesium.

Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

Manganese is used by the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*.

Iron is essential for cellular respiration and blood cell production.

They are also an excellent source of many vital B-complex groups of vitamins such as Pyridoxine, riboflavin, thiamin and niacin & vitamin-C and vitamin-A.

Putiha

Latin Name: Mentha Spicata

English Name: Mint

Commonly known as Phudina

Uses:

Deepan(Improve appetite)

Reduced vata and kapha

Increase pitta

It helps the muscles in the stomach relax and promotes overall digestion.

Boosts immunity.

Beats stress and depression.

Useful in Chronic Fever.



Rajika

Latin Name: Brassica Juncea

English Name: Indian Mustard

Uses:

Bitter and Pungent in test

Deepan(improve appetite)

Pacana(digestion strength)

Shulahara(Pain reliever)

Useful in intestinal worm infestation



Sarshpa

Latin Name : Sinapis Nigra

English Name: Mustard Seeds

Uses:

Deepana(Improve appetite)

Reduced pitta and kapha

Pain killer – lepan with mustard seeds powder –

Externally or mustard oil for massage

Useful in worms



Saffron

Latin Name : Crocus Sativus

English Name: Saffron

Uses :

Dipana, light, hot, pungent-astringent, tridosha pacifying,

Useful in headache, good for coloring agent, good for heart etc.



Taja (twak)

Latin name: Cinnamomum Zeylanicum

English name: Cinnamon

Uses:

Bitter and Pungent in test.

Reducing Vata and Kapha

Increase Pitta

Use in Mukhshosha (Dryness of mouth) and Trishna (Excessive Thirst).

Use in Anorexia. Pachana-Improves digestion Strength

Useful for voice. Use in UTI.



Yavani

Latin Name: Trachyspermum Ammi

English Name: Ajowan

Uses:

Bitter and Pungent in test

Laghu, Ruksha and Ushna



Reduced vata and kapha , Increase Pitta

Deepan(improve appetite)

Grahi

Anuloman

Shulaprashaman- Pain reliever

Useful in hiccough

Krimighna- Useful in intestinal worm infestation

Use in Anorexia

❏ Panchalavana (five kinds of salt)

Saindhvalavana

Saindhva is the best.

Laghu, Snigdha, Shita and Madhura

Reduced Vata and Pitta, Slightly increased Kapha

Deepana (improve appetite)

Pachana(Increase digestion)

Saraka (Laxative)

Hridya (Cardiac tonic)

Cakshuahya(Improve vision)

Tridoshara

Samudralavana

Commonly known as Sea salt

Snigdha

Hridaya(Cardiac tonic)

Agnideepana(Increase digestion)

Vatashamaka

Anorexia

Shulaghna(pain reliever)

Alakaline in nature

SamudraLavana literally means which is produced from the sea.

Internally in small doses it increases the secretion of the salivary and gastric glands, sharpens appetite and promotes digestion of vegetables.

Vida lavana

Vida Lavanaisan artificially prepared salt in dark red shining granules. It contains mainly of Sodium Chloride with traces of sodium sulphate, alumina, magnesia, ferric oxide, and sulphide of iron.

Increase appetite and Anulomana

Use in Indigestion, Flatulence, Constipation, Abdominal pain, Cardiac disease

Romakalavana

RomakaLavana is produced from Sambar Lake near Ajmer. It is a laxative and diuretic. It is the best and purest form of evaporated salts

Ati-ushna, Laghu and Tikshna

Pittavardhaka

Bhedan

Deepana (Improve digestion)

Sukshmasrotogami

Uses in sama condition

Sauvarchala

Commonly known as Black Salt

Deepan(improve appetite)

Pachana(digestion strength)

Bhedana

Reduced vata and pitta

Use in Abdominal pain, Constipation, Flatulence Indigestion, Worms

Sauvarchala Lavana is a dark colored salt made by dissolving Common salt in a solution of crude soda and evaporating it.

Audbhida Lavana

It is produced by itself. It contains principally sulfate of soda with chloride of sodium

Chapter 7 - MOST COMMON KITCHEN HERBS, VEGETABLES& FRUITS

🌱 Beetroot

Beta Vulgaris is commonly known as Beetroot.

It is an excellent source of folates. It is necessary for

DNA synthesis. When given during pre-conception period folates can prevent neural tube defects in the baby.

It is good source of vitamin-C, carotenoids, flavonoids, anti-oxidants, and vitamin A.

It is rich source of B-complex vitamins such as niacin (B-3), pantothenic acid (B-5), pyridoxine (B-6) and minerals such as iron, manganese, copper, and magnesium & potassium.



🌱 Carrot

Daucus Carotais commonly known as Carrot.

Carrot is sweet, bitter, heart tonic

Reduced vata-kapha

Increase pitta

It is powerful natural anti-oxidant.

Application :

-In itching : crush the carrot and add little salt, and boil it without water. Apply it externally on affected part.

-Seeds of carrot crush in water- very good in late menstruation

-Juice of carrot is very good for eye-sight

-Juice of carrot is also very good in worms in duodenum.



-It is rich source of **carotenes and vitamin-A**. 100 g fresh carrot contains 8285 µg of Beta Carotene and 16706 IU of vitamin A.

-It is also good source of vitamin C.

-It is especially rich in many B-complex groups of vitamins such as folic acid, vitamin B-6 (pyridoxine), thiamin, pantothenic acid, etc.

-It is rich source of minerals like copper, calcium, potassium, manganese and phosphorus.

Chilli

Capsicum Annuum commonly known as Chilli.

Pungent in test

Reduced vata (Dry Capsicum)

Reduced Kapha and Increased Pitta

Ruksha and Ushna, Slightly Tikshna

Deepan(Improve appetite)

Lekhana(Scraping)

Useful in Cholera, Worms and Cough.



Cucumber

Cucumber is cold and sweet.

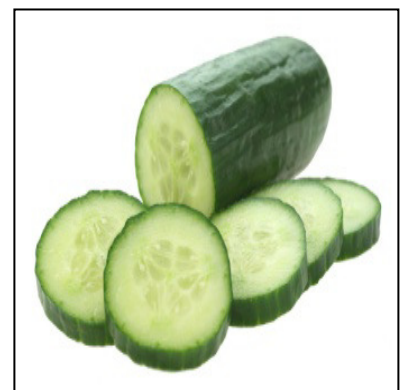
Seeds of cucumber + cumin + sugar with water are very good in urinary track problems.

Seeds of cucumber + rice water is very good in kidney stone

Juice of old cucumber + rock salt + black salt are very good in goiter

Eat cucumber then drink sour tasty butter milk and sit in sun-light with cover – it helps in cold fever

Cucumber seeds + rose + lotus – crush them and drink that with water. It helps in dysuria



Dhanyak

Coriandrum Sativum Commonly known as coriander

Sweet and Astringent in test

Laghu, Snigdha and Ushna

Reduced Pitta and Kapha

Deepana(improve appetite)

Pachana(improve digestion strength)

Grahi

Used for fever and burning sensation(Dahanashaka)

Used in Oligouria-good diuretic

Used in Epistaxis



Erand

Ricinus Communis Commonly known as castor or Ricinus

Sweet and astringent in test

It is kapha-vata pacifier.

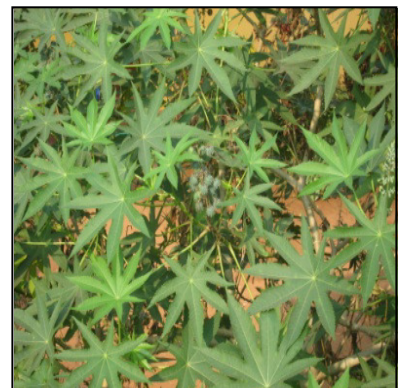
Helps in edema and pain

Worms killer,

Helps in digest AMA,

Heart tonic

Very good in back pain, Rheumatoid arthritis, sciatica, gout.



‡ Nimbu

Citrus Lemon Commonly known as Lemon

Lemon juice + sugar – for general body strength, alertness

Lemon juice + ginger – mouth freshness, increases appetite, indigestion, anorexia

Useful in diarrhea – prevents weakness, dehydration

Lemon + rock salt + black pepper / cumin – good for digestion

Ginger juice + lemon juice + sugar – good for digestion

Lemon juice – application on head and hair – good for dandruff



‡ Palandu

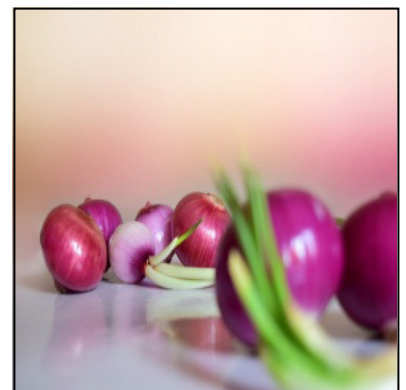
Alium Sepa Commonly known as Onion

Onion is sweet, pungent, kapha aggravator, carminative

Helps to increase sweating

For prevention of sunstroke in hot climate – fresh juice to drink

To stop bleeding from nose – nasya



‡ Rasona

Allium sativum Commonly known as Garlic

In our six tests Garlic having five test, only Sour is not present

Guru, Snigdha and Ushna

Reduced Vata and Kapha Increased Pitta

Hridya-Cardiac tonic

Deepan(improve appetite)



Saraka

Shulaprashaman(Pain relevant)

Useful in eyes, high cholesterol, jwara-fever, bone disease.

It is good Rasayana(Rejuvenation)

MOST COMMON FRUITS

Banana

Kadalifal Commonly known asBanana

Heavy, oily, cooling

Kapha aggravating

Only ripped bananas are advisable for diet



Draksha (Grapes)

Grapes is heavy, Sweet, sour, Hot, carminative

Application :

Grapes + Harataki + sugar – helps in acidity

Grapes + Sugar + piper longam + honey –

it is very good to increase dhatus- nourishment

Grapes + adhatodavasica- vasa – helps in colic pain

Grapes + amalaki helps in dryness of mouth.

Grapes + honey helps in heavy pitta aggravation



Kaju (Cashew)

Cashew is sweet, astringent, light, hot, vata-kapha pacifier.

The milk of Seeds of cashew - apply on skin crams

Early morning – eat ripe cashew + salt + black paper –

It helps in kidney problems



Mango

Unripe mango is astringent, hot, tridosha aggravator

Ripe mango is sweet, cold, vata-pita pacifier, carminative, smooth.

The powder of mango's seed is very good in worms

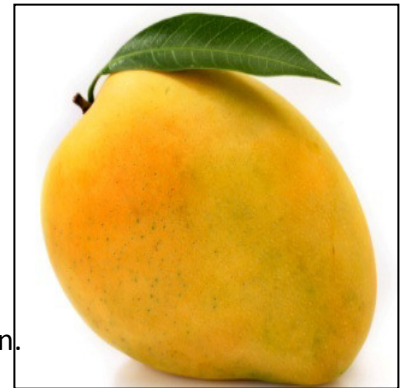
The powder of mango's seed with honey is very good in bleeding piles

The powder of mango's seed can be used external in heavy perspiration.

The juice of mango's seed can be introduced in nose in epistaxis

The powder of mango's seed + powder of haritaki with milk- apply in dandruff

The inner layer of the mango tree crush in milk- helps in bleeding diarrhea



Orange

Narangfal Commonly known as Orange

Sweet, heavy, dry, hot

Reduced Vata

Increased Kapha – Pitta

Good for heart



Papaya

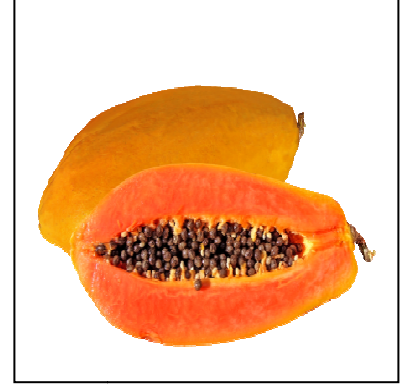
Sanskrit :Erandkarkati

English : Papaya

Qualities: sweet, heavy, oily

Reduced Pitta &Vata- kapha aggravating

Special Uses : cooling



Pomegranate

Dadim Commonly known asPomegranate

Light, hot, oily, dipana

Good for heart, memory.

Used in diarrhea to stop loose motions



❖ MOST COMMON LEGUMES

Moong

Sanskrit Name: Mung, Mudga

English Name: Mung

Qualities: Light, dry, cooling, easy to digest

Good for every body



Godhum (Wheat)

Sanskrit Name: Godhum

English Name: Wheat

Qualities: Sweet, heavy, oily, cooling

Reduce vata and pitta

Increase kapha

New crop is not good as it produces Aama.



Yugandhar

Sanskrit Name: Yugandhar

English Name: Barley

Qualities: Light, dry, cooling, Reduced Kapha

Prameh, Obesity and kapha problems



Vrihi

Sanskrit Name: Vrihi

English Name: Rice

Qualities: Sweet, light, oily, cooling

Tridosh samak

Deepan-Pachan(Improve digestion strength and appetite)

Good for eyes, heart, burning in body, diuretic.

Good for everybody. Basmati rice is heavy and in some cases Vata aggravating



Makoy

Sanskrit Name :Makoy

English Name : Corn

Qualities: Sweet, heavy, oily, cooling

Vata – Pitta aggravating



❖ MOST COMMON FOOD SUPPLEMENTS FROM DIFFERENT CATEGORIES

Milk



Milk is considered to be one of the most important foods in Ayurveda.

If you drink it, it must be organic and comes from COWS raised under gentle conditions.

Milk is only taken to be cooked and warm, along with some spices good for your Dosha- not cold and straight out of the freeze.

If you are allergic to cow's milk or lactose intolerance you may substitute soy, rice or nut like almond milk.

Oil and ghee



Oils are an important source for lubrication according to Ayurveda.

Vata, the driest dosha, has the least amount of lubrication and requires the most oil from food.

Pittas have intense, hot body oils and need less oil from food.

Kaphas also have plenty of oils and need the least amount of outside oils.

In most cases use non hydrogenated, unrefined, cold-pressed oils.

Sesame seed oil is best amongst other vegetable oils.

Ghee or clarified butter is also recommended in cooking and for flavoring.

In experiments at different places it is noted that traditional cooking oil are better than the other fats

Conclusion

Apart from all the theory of Ayurveda and all its technical aspects, biology and medicinal treatment, knowing your body and trust body intelligence plays paramount role. This aspect is known in common language 'Taseer' or 'Prakriti' which is nothing but the balance of all doshas in the body (Body constitution). To understand and acceptance of self, all other living being as they are and intake of right quantity at right time allows body to remain healthy and sound.

Eating right food is important, as well as eating right food, at right time, within right manners are also equally important aspects. Many people always think a lot about what we eat and how much we eat. No doubt they are important factors, but there is something more than it. Most important here is to understand how much our body can digest and how much our body converts the diet in to nutrients – or dhatus. Whatever we intake, after digestion it must convert into tissues – like plasma, blood, muscle, bones etc. (we call it dhatu) with the help of agni. This shows importance of agni (digestive fire) in the body. Sometimes we see the person eating highest nutrient food has body issues then the person eating very basic or less food. Food conversion in to body tissue is entirely depending on agni. Without agni, even a simple diet cant be digested and converted in to tissue properly. This is the basic rule of health in Ayurveda.

One more important factor which directly associated with digestion is : Mind – Body connection or Gut-Brain relation. It is scientifically proven that negative aspects like anger, hatred, jealous, fear etc. will create stress in the body and will show up as indigestion, acidity, headache or any other health problems. Mind and Body are always inter-connected. For healthy body, to have healthy mind is basic condition. The definition of health according to Ayurveda also advocates the same.

The person who has balanced dosha, dhatu, malas, agni and having blissful or cheerful mind, soul and senses are termed as Healthy person.

- ❏ Ayurveda diet rules follows nature and natural processes
- ❏ All dietetics are understood with its Rasa (tastes) and other characteristics
- ❏ There is no vitamin, protein, carbohydrate concept in Ayurveda...but it can be nicely defined diet qualities like laghu, guru, snigdha, ruksha etc.
- ❏ Diet and its effect on dosha, dhatu, malas and agni are important to understand
- ❏ Diet quality and quantity are understood on the basis of individual body constitution
- ❏ In short Ayurveda diet rules are more personalized and subjective in nature
- ❏ Certain food combinations are not considered good for health. They are known as Viruddha-ahar (Incompatible diet). Such viruddha-ahar can be responsible for aama production and also many other diseases.

- ✚ Ayurveda gives very high importance to agni (Jatharagni) – digestive power. Low digestive power can be the cause of aama (toxins – mucus) production, which leads to majority of the health problems.
- ✚ All available food – grains, vegetables, fruits, spices should be evaluated according to ayurvedic knowledge and then applied to an individual as per body type.
- ✚ Change of season, age factors, body type, time of the day or night, strength of the person, strength of the illness, tolerance for certain food – food combinations etc are very important factors to understand.

Eating should be an enjoyable experience, but most people don't know it.

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