

6 TASTES OF AYURVEDA

SWEET SOUR SALTY PUNGENT BITTER ASTRINGENT

AYURVEDA HAS A UNIQUE APPROACH TO BREAK DOWN TASTES SCIENTIFICALLY, EACH HAVING THERAPEUTIC EFFECTS & CHANGING IMPACTS ON THE BODY: THROUGH THE ENTIRE DIGESTIVE PROCESS. THESE TASTES ORIGINATE FROM THE 5 ELEMENTS & TRANSMIT THEIR PROPERTIES. FOR A BALANCED DIET AYURVEDA RECOMMENDS GETTING ALL OF THESE FLAVORS WITH EVERY MEAL & ADJUST THE AMOUNTS OF EACH TO YOUR PERSONAL CONSTITUTION.

Flavors to Keep your DOSHA in Balance

VATA - To stay GROUNDED & calm: SWEET, SOUR, SALTY

SWEET foods like peaches, sweet plums, grapes, melons, sweet potatoes, carrots & beets; milk, ghee, rice & wheat bread; basil & licorice root are cooling, but they contain water & earth qualities, so they can ground & moisturize dry, airy Vata.

SOUR foods, like yogurt, sour cream, green grapes, lemon, hibiscus, rose hips, caraway, coriander & cloves are heating, but they also contain the earth element, which also helps ground Vata.

SALTY foods, for example, sea salt, rock salt, & sea vegetables, are heating & must be used in moderation.

PITTA - To stay COOL & calm: SWEET, BITTER, ASTRINGENT

SWEET foods like peaches, sweet plums, grapes, melons, sweet potatoes, carrots & beets; milk, ghee, rice & wheat bread; basil & licorice root are cooling

BITTER foods, like rhubarb, melon, romaine, radicchio, kale, chard, turmeric root & fenugreek reduce burning sensations, cleanse the blood and reduce toxins

ASTRINGENT foods, like cranberries, pomegranate, okra, parsley, saffron & basil, can reduce fever, inflammation & loose stools

KAPHA - To stay UPLIFTED & CONFIDENT: PUNGENT, BITTER, ASTRINGENT

PUNGENT foods like onion, ginger, garlic, black pepper, mustard stimulate appetite, improve digestion & can aid in keeping a healthy body weight

BITTER Foods like rhubarb, melon, romaine, spinach, chard, fenugreek, turmeric - reduces toxins

ASTRINGENT foods, like cranberries, pomegranate, okra, parsley, saffron & basil are can remove excess water in the body, reduce swelling & promote general Healing of the Body

SOME SUGGESTED READING:

"IDIOT'S GUIDE TO AYURVEDA" & "EAT FEEL FRESH" by Sahara Rose

AYURVEDA BEGINNER'S GUIDE by Susan Weis-Bohlen

PRACTICAL AYURVEDA by Sivananda Yoga Vedanta Centre

AYURVEDA LIFESTYLE WISDOM by Acharya Shunya & David Frawley

DYNACHARYA (Daily Practices)

Tongue Scraping - Removes Ama (dis-ease), freshens breath & overall mouth health, stimulates Agni (digestive fires)

Oil-pulling - removes toxins, improves tooth and gum health

Neti-pot followed by nasya oil- cleanse then moisturize nasal passages to improve prana and sinus health

Abhyanga - Self massage with oils for your Dosha - improves overall well-being, self-esteem, joint and skin health, circulation & more!

YOGA & MEDITATION!! - even a few minutes in the morning every morning can make a big difference in your life!

I also highly recommend rosewater eye wash twice a week.



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