

1 - TRADITIONAL AYURVEDIC DISHES FROM INDIA

- **Ayurveda is the holistic science of the healers of ancient India.** Known for thousands of years, it is expressed not only in the treatment but also in the active prevention of all diseases. This is mainly done by optimizing our menu.
- After all, food is our main source of life. At the same time, it is through it that the substances that destroy it (**ama**) **enter our body.**
- According to ancient Indian knowledge, everyone has their own **individual fragile balance** and all diseases are caused by its violation. That is why their treatment is invariably associated with the observance of a **favorable diet.**
- But **Ayurveda is not a collection of diets** – on the contrary, it is a way to enjoy eating without worries. For these reasons, it is gaining followers in the West as well.

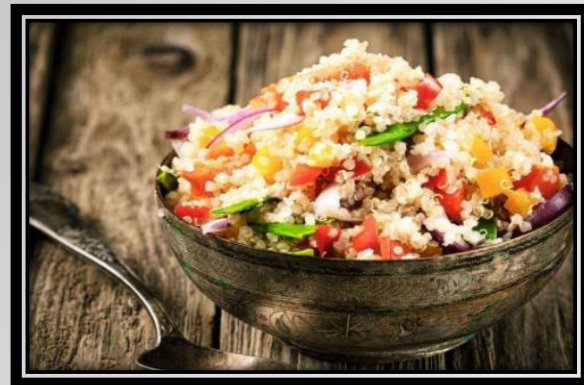


- True **virtuoso Indian chefs** know how to prepare food in unison with all the rules of Ayurveda. However, most of the recipes are easy enough for us to try to prepare them at home. See how you can **add some of these wonderful dishes to your diet.**
- However, like many other things, [food in Ayurvedic cuisine](#) must be taken seriously. Balance is important, so we should **not overdo** it with those foods that are harmful to us. And who they are depends on **our individual constitution.** According to Ayurveda, it is determined by **the dominant life energy in our country** – kapha (kapha), pita or vata.
- Before choosing your daily menu, find out about your own nature.
- Understanding the different foods in Ayurveda is complex. They are determined by **their various properties such as taste** (in Sanskrit “race”), aftertaste after grinding (vipaka), and effect (vira). Taste in turn is a combination of different elements (water, fire, earth, air). That is why they interact with us in a peculiar way, because we are **made up of certain elements.**
- For example, for [kafa dosha](#), **spicy, astringent, bitter foods have a balancing effect**, while sour, sweet, pronouncedly salty things are recommended for cotton wool. [Pita dosha](#) consumes **sweet, bitter and astringent products** Even the serving temperature is important!
- The effect of food must be known so that we can choose the most suitable for us. We should not eat even the highest quality things if they are not **a good choice for our body, the climate of the place where we live**, etc. We share with you some of our tips for healthy eating in unison with the **precepts of Ayurveda**

• **Food products typical of Ayurveda**

- Due to the country's tropical climate, Indians, of course, had access to exotic products that we may have only dreamed of **being able to grow in our garden**. Thanks to the development of the global market, we can now obtain **Blessed Fruits, Vegetables, Grains and Other Products from India**.
- Contrary to what you may think of prima vista, **Ayurveda does not forbid fatty foods**. On the contrary – they must also be present in the necessary quantities to be healthy. **Ghee** is one of the main foods for people who practice Ayurveda. In other words, it is **refined oil**. It is many times more useful than ordinary oil and can be used to prepare dozens of delicacies.
- Ghee has a calming effect on all doshas when we do not overdo it. If we have **easily irritated coffee** dosha, we must be especially careful with it. If necessary, replace it with plant products.
- Dairy products – we are used to consuming dairy products every day. In Ayurveda, however, this is not the case. People who have a **tendency to increase coffee dosha levels**, for example, should not overdo it and sometimes avoid taking it altogether. For most people with pronounced vata or pita dosha cow's milk can be very useful.
- Ayurveda has developed various methodologies that can help us decide whether it is **appropriate to eat milk and its derivatives**. In India, there is a peculiar rule – not to consume yogurt in the evening. This is mainly due to the fact that it is quite greasy. To **enhance the positive qualities of yogurt**, to it are added ennobling ingredients such as ghee, honey and others.
- **Meat** – In India, the percentage of vegetarians is traditionally much higher than
- in other countries. Usually if **meat is consumed**, Ayurveda recommends that it be neutralized with the appropriate antidote. For this purpose, for example, **hot red pepper can be used**.
- **Eggs** – they are also not considered completely harmless. Spices such
- as **turmeric, coriander**, and onions can be used as an antidote to **eggs in Ayurveda**. Sounds like an extremely tasty omelet, right?
- **Honey** – the wisdom of Ayurveda for centuries has seen the wonderful qualities
- of honey. It is used in a number of dishes, desserts, as well as **medicines, cosmetic lipsticks** and others. Honey is a rich source of energy and has a good effect on all doshas, so there is no need to worry about **eating it in moderation**.
- **Garlic** – as in our folk medicine, and **Ayurvedic tradition** has put on a pedestal. And there is reason to be so – it helps boost immunity while suppressing **cholesterol**. In Ayurveda it is also used for prevention and treatment of cardiovascular conditions.
- **Main dishes**
- **Kitchari (also called kitchadi and kitchdi)** – literally translated, it means "mixture". It is prepared from at least two, sometimes **three types of beans or rice**. Vegetables are added.
- The combination may be, for example, between mung beans and another **cereal, such as rice**, and lentils may be used. It is traditionally flavored with a mix of Indian spices such as *cumin, chili, long pepper, turmeric, coriander*, etc. Kitchari is a suitable food when we want to detoxify.

- **Mung dal** – Dal in **Indian cuisine is a soup** that can be made from any cereal that does not require pre-soaking. Dahl can be made from **lentils, chickpeas**, etc. The famous mung dal is made from the eponymous **bean mung**. Although it belongs to the legume family, this crop is significantly lighter on the stomach.
- Attention! People with a predominant vata dosha, prone to imbalance, should avoid **eating foods such as beans** as well as potatoes.
- **Red lentils** – it has already gained many fans in our country thanks to the fact that it is prepared much faster than **brown**, which is traditionally grown in our lands. Keep in mind that the difference between **Bulgarian and Indian recipes** for lentils is mainly in the spices we use.
- Interestingly, Indian chefs sometimes put cinnamon in the lentils. This makes it even more useful, especially for people with a pronounced **kafa dosha**. [Authentic Ayurvedic spices](#) are hard to find, but interest in them is growing. Well-prepared **red lentils** (dal, stew or puree) can also be used for a detoxification regimen.



- **Chickpeas** – another cereal revered in Ayurveda. He did not digest as fast as **mung beans or red lentils**. Undoubtedly, however, some of the **most divinely harmless foods** we know are made from him. From chickpeas we can prepare, for example, **delicious meatless meatballs**.
- Depending on whether it is good for your personal constitution to consume dairy products, you can garnish with **a little sauce or just lemon for freshness**. If you are a fan of **hummus**, prepare it with a mix of Ayurvedic spices and enjoy the fragrant and rich taste. You can garnish it with **slices of red pepper**.
- Ayurvedic dishes have a wonderful effect on digestion. They **do not burden the intestinal tract** or the excretory system, do not accumulate toxins, on the contrary – they help us get rid of them.

• Desserts

- At first, most people are surprised that in Ayurveda even **there are so many recipes for sweet things**. Of course there is! However, proper nutrition does not only contain salty foods.
- Otherwise **our body begins to starve** and become inhibited. The easiest way to get into a yo-yo effect is to go overboard with diet fanaticism.
- People who, according to the **classification of human energies** in Ayurveda, have a predominant vata dosha have a special need for sweets.

- **Here are some examples of wonderful sweets from Ayurveda cuisine:**

- **Mung dal halva** – who would have thought that a bean dessert could be prepared!
- Candied dried ginger with cinnamon
- **Rice pudding**
- **Fruits** – keep in mind, however, that bananas and pears increase coffee dosha, and eating melons and watermelons causes water retention in the body.
- **Dried fruits** – although they sound like a great natural alternative to artificial sweets, it is good to avoid * dried fruits * when struggling with an excess of [vata dosha](#).



- Drinks and miracle potions
- **Almond milk**, seasoned with a little cardamom and a few strands of saffron will help you sleep better.
- **Coffee does not enjoy much respect in Ayurveda.** Along with alcoholic beverages, it is considered an excessive stimulant that exhausts us. To **neutralize its negative effects**, we can add a little grated nutmeg to our morning cup.
- On the other hand, there is a wide range of [Ayurvedic teas](#), among which we can choose the most liked by us.
- Ayurveda forbids the intake of **inappropriate foods**, and as such it recognizes those products that we ourselves do not like and do not want to eat. Remember that the wrong foods tend to **build up in the body and create blockages**.
- The more you move and exercise, you can safely accept the variety of all those in food, regardless of the specifics of **your energy constitution**, of course – **in moderation**.