

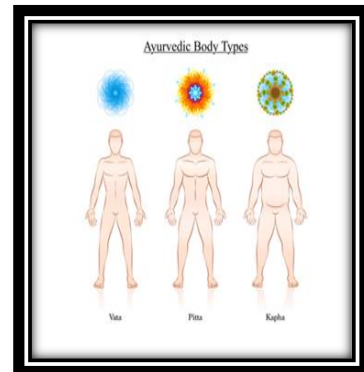
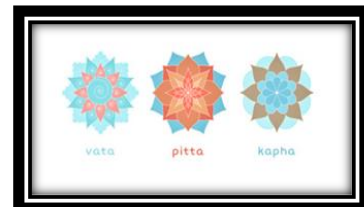
## • **11 - FOOD IN AYURVEDA – SPICES**

- **Ayurvedic medicine** is really much more than conventional medicine. This practice is **more than 5,000 years old and began in India**. It has since spread throughout the world, helping many human lives.
- The core of Ayurveda **focuses on the prevention of disease states**. It is based on the concept that the general health and balance of the body relies on the delicate relationship between mind, body and soul. If you are looking for a holistic and **balanced approach to your health**, you are in the right place.
- According to Ayurvedic science, our bodies are composed of three doshas: vata, pita and kafa. It is important to know which is your dominant dosha and how well balanced all three are. This way you will find out **what food combinations are suitable for your dosha**.
- The ancient practice of Ayurveda believes that we are composed of **three different “body types”** that correspond to our physical and personality traits known as doshas. These are: **cotton wool, pie and coffee**, each of which represents two of the five universal elements: a combination of **air, fire, water, earth**.
- Ayurvedic doctors believe that each of them contains different values of each dosha, usually one or two dominate the other, but of course the dominant dosha does not mean an imbalance.



### • **What is your dominant dosha?**

- Cotton wool / Weak body
- Natural creativity Tendency to sensitivity
- Preference for warm and / or humid climate
- Dry skin
- **Pitta**
- Medium, muscular build / Productive, hardworking
- Easily irritable / Preference for cold climates
- Healthy and light skin
- **Coffee**
- Tendency to be overweight / Good emotional state
- Easily adaptable / Prefer a warm, dry climate
- Oily skin
- Equal proportions of two of the doshas called **“bidoshik”** are also possible, or if all doshas have an equal percentage it is called **“tridoshik”**.



## • **Characteristics, exercises and diet of the three doshas**

- Characteristics of Vata dosha
- [Vata](#) refers to the energy of motion and is often associated with wind. This is an energetic dosha associated with **flexibility, creativity and a free spirit**. A person who has a dominant Vata may be weak, often cold and / or have dry skin. An imbalance in vata dosha can lead to anxiety, depression and digestive problems such as **constipation**.
- Vata dosha balancing exercises
- Anything that brings stability and grounding will be useful for Vata dosha. If you are primarily a Vata dosha, try routine practices, practicing ground meditation, or setting restrictions on phone use.
- Foods and drinks to balance Vata dosha
- **People with Vata dosha** can benefit from more protein and fat, along with **warming foods. Root vegetables and hot drinks** can also be nourishing and grounding for this dosha. Good hydration is also important, as this dosha has a tendency to dryness.



## • **Characteristics of Pita dosha**

- [Pita dosha](#) is associated with fire and is thought to control the endocrine, metabolic and digestive systems. People who are mostly pita are too hot most of the time, and their skin can sometimes be **prone to acne**.
- They are almost always busy with something and are always on the move. An imbalance in pita dosha can lead to **anger, overexertion and burnout, as well as skin irritation and rashes**.

## • **Pita dosha balancing exercises**

- Not surprisingly, people with pita dosha will enjoy cooling activities. It is recommended to take colder showers and **go for a walk, somewhere near water** (but not while it is very hot). Exercise should not be too intense. A little **lifting dumbbells, a little running, but mostly walking**.

## • **Foods and drinks to balance Pita dosha**

- Avoid spicy if you are primarily Pita dosha. **Spicy or fermented foods are suitable for pita dosha** It is preferable to consume more cooling foods especially during the summer months. Several soothing foods and drinks for pita dosha include **sweet, well-ripened fruits, coconut water and lots of cereals**.

## • **Characteristics of Kafa dosha**

- **Kafa dosha** is associated with land and water. It has a stabilizing energy that **supplies water to the body and supports the immune system**. The individual with a dominant coffee is calm, justified and forgiving. But an imbalance in coffee can lead to jealousy and weight gain.
- Kafa dosha balancing exercises
- **Mental stimulation**, more intense physical exercises and activities that engage attention, such as **meditation and breathing**, are essential for people with Kapha imbalance.

## • **Foods for balancing Kafa dosha**

- Those who have a dominant Kapha dosha should **avoid fatty foods and heavy carbohydrates**, such as pasta and rice. Instead, use bitter, astringent ingredients and plenty of fresh fruits and vegetables. Also, a drink like water with lemon is very useful for this dosha.
- Recommended foods for Vata dosha
- If you have a dominant Vata dosha, follow this list of foods suitable for this dosha.
- **Vegetables:** potatoes, zucchini, asparagus, pumpkin, carrots, papaya, onions and garlic, cauliflower and broccoli and artichokes
- **Not recommended:** radishes, spinach, red and white cabbage, eggplant, mushrooms
- **Fruits:** peaches (well ripened), bananas, apricots, cherries, kiwis, dates, figs, pomegranate, tangerines, oranges, coconut, mango
- **Not recommended:** grapes, pomelo, and grapefruit
- Allowed in small quantities are: watermelon, pears, apples, plums, cherries, cranberries, blackberries, oranges, lemons, pineapple
- **Cereals, legumes and seeds:** tapioca, sesame seeds, oats, wheat, rice and peas
- **Not recommended:** barley, soy products, beans, pumpkin seeds
- **Dairy products:** cow's milk, melted butter, cream, cottage cheese, buttermilk, sour cream, soft cheese.
- **Not recommended:** Low fat dairy products.
- Allowed in small quantities: goat's milk, kefir, natural yogurt, hard cheese, ice cream.
- **Nuts:** almonds, porridge, chestnuts, pine nuts.
- **Not recommended:** Brazil nuts, peanuts.
- Allowed in small quantities: walnuts, hazelnuts, pecans, pistachios.
- **Spices and oils:** Saffron, cumin, anise, dill, vanilla, cinnamon, curry, mint, thyme, green cardamom, and oils of sesame, pumpkin, almond, coconut and olive oil.
- **Not recommended:** mustard, paprika, vinegar, mustard oil, soybean oil, corn and rapeseed oil

- Recommended foods for Pita dosha
- If you have a dominant pita dosha, follow this list of foods suitable for it.
- **Vegetables:** artichokes, asparagus, beets (*boiled*), cambi, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, leafy greens, spinach (*raw*), sprouts, squash (*all types*), sweet potatoes, zucchini
- **Not recommended:** tomatoes, garlic, chili, leeks (*raw*), onions (*raw*), radishes
- **Fruits:** apples (*well ripened*), apricots, avocados, bananas (*ripened*), cherries (*sweet*), coconut, dates, figs, mango (*ripe*), melon, oranges, papaya, pears, pineapple (*well ripened*), plums, pomegranates, strawberries
- **Not recommended :** sour fruits such as lemon or grapefruit
- **Cereals, legumes and seeds:** amaranth, barley, couscous, oats, quinoa, rice (*basmati*), spelled, wheat, black beans, chickpeas, lentils, mung beans (*moong dal*), peas, tofu.
- **Not recommended:** buckwheat, corn, millet, yeast bread, any canned beans and soy sauce.
- **Dairy products:** butter, goat's milk, soft cheese, unsweetened yogurt.
- **Not recommended:** cheese (*hard*), frozen yogurt, cream, yogurt with fruit or sugar.
- **Nuts:** almonds (*soaked and peeled*), chia seeds, walnuts, flaxseed, pumpkin seeds, sunflower seeds.
- **Not recommended:** almonds (*with their skin*), Brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pine nuts, pistachios, sesame seeds, tahini.
- **Spices and oils:** basil (*fresh*), cardamom, coriander, cumin, dill, ginger (*fresh*), mint, neem leaves, parsley, savory, mint, thyme, saffron, turmeric, vanilla, flaxseed oil, melted butter, olive oil, raw coconut oil.
- **Not recommended:** basil (*dry*), bay leaf, cayenne pepper, cloves, ginger (*dry*), oregano, mustard seeds, nutmeg, paprika, poppy seeds, rosemary, sage, canola oil, corn oil, soybean oil, sunflower oil.
- Allowed in small quantities: black pepper, cinnamon.





