




## Food As Medicine: The Ayurvedic Thali

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## 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 life style

## Ayurveda

- ▶ 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

## History of Ayurveda...



- ▶ The Rig Veda contains verses on the nature of health and disease and discusses 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



Courtesy of Indiatoyoudirect.com

## History of Ayurveda...


- ▶ Later writers, including Sushruta and Charaka, took passages from the Vedic Scriptures and compiled them into separate medical textbooks, called Samhitas
- ▶ The Sushruta Samhita, one of the most widely accepted Ayurvedic texts, outlines surgical techniques
- ▶ The Charaka Samhita is a major text on internal medicine
- ▶ Due to its long history and its influence on the development of Chinese, Arabic, Greek, and Roman medical thought, Ayurveda is often referred to as the "mother of medicine."

Courtesy of [http://www.tb.ncsu.edu/index.php/Recent\\_Ayurvedic\\_Medicine](http://www.tb.ncsu.edu/index.php/Recent_Ayurvedic_Medicine)


## 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



## Tridosha


- ▶ Energy is required to create movement so that fluids and nutrients get to the cells.  
***Vata is the energy of movement***
- ▶ Energy is required to metabolize the nutrients in the cells.  
***Pitta is the energy of digestion or metabolism***
- ▶ Energy is required to create lubrication and maintain structure.  
***Kapha is the energy of lubrication and structure***




### Vata

"Wind" Element	Prakruti (quality)	Vikruti (imbalance)
<ul style="list-style-type: none"> <li>▶ Composed of ether and air</li> <li>▶ Controls all movement in the body</li> <li>▶ Flow of blood to and from the heart</li> <li>▶ Expansion and contraction of lungs that makes breathing possible</li> <li>▶ Contractions that push food through the digestive tract</li> </ul>	<ul style="list-style-type: none"> <li>▶ Slight, thin built</li> <li>▶ Demonstrates great enthusiasm, imagination, and vivaciousness</li> <li>▶ Grasp new concepts quickly, but forget things easily</li> <li>▶ They have bursts of mental and physical energy, love excitement and constant change, and display dramatic mood swings</li> <li>▶ Vatas tend to have irregular eating and sleeping patterns</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry or rough skin</li> <li>▶ Constipation, tension headaches, cold hands and feet</li> <li>▶ Anxiety and worry, fatigue</li> <li>▶ Poor and irregular appetite</li> <li>▶ Insomnia, arthritis, and difficulty maintaining their ideal body weight</li> <li>▶ Vata constitution is characterized by swift change, and, as a result, it goes out of balance more easily than the other doshas</li> </ul>

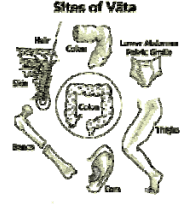
### Pitta

"Fire" Element	Prakruti (quality)	Vikruti (imbalance)
<ul style="list-style-type: none"> <li>▶ Controls metabolism and digestion</li> <li>▶ Regulates appetite</li> <li>▶ Pitta types are often of medium build and medium strength and typically have blond, red, or light brown hair with freckled or ruddy skin</li> <li>▶ The basic theme of the pitta constitution is intensity</li> </ul>	<ul style="list-style-type: none"> <li>▶ Ambitious, self-disciplined, enterprising, articulate, intelligent, and outspoken</li> <li>▶ When in balance, they are warm and loving</li> <li>▶ Out of balance, they can be demanding, sarcastic, critical, argumentative, or jealous</li> <li>▶ Unlike Vata types, Pittas experience intense hunger and cannot skip meals</li> </ul>	<ul style="list-style-type: none"> <li>▶ Experience rashes, inflammatory skin diseases</li> <li>▶ Heartburn, peptic ulcers</li> <li>▶ Visual problems, irritability, premature graying or baldness, and tend towards compulsive behavior (e.g. alcoholism, eating disorders, etc.).</li> </ul> 

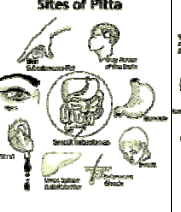
<b>Kapha</b>		
<b>"Water and Earth"</b>	<b>Prakruti (quality)</b>	<b>Vikruti (imbalance)</b>
<ul style="list-style-type: none"> <li>Controls the structures of the body, giving strength and physical form to cells and tissues</li> <li>Kapha types are of solid, powerful build and display great physical strength and endurance</li> <li>A primary characteristic of the kapha prakruti is contentment</li> </ul>	<ul style="list-style-type: none"> <li>Kaphas are relaxed, affectionate, serene, slow to anger, forgiving, happy with the status quo, and respectful of the feelings of others</li> <li>They tend to require lots of sleep, have slow digestion, and moderate hunger, though they find comfort in eating</li> </ul>	<ul style="list-style-type: none"> <li>Kaphas typically enjoy good health, but tend to become obese more often than Vata or Pitta types</li> <li>When out of balance, Kapha types may experience colds and flu, allergies, sinus congestion, depression, lethargy, asthma, and joint problems</li> </ul> 

### Sites of *Tridosha*


**Sites of Vata**



**Sites of Pitta**



**Sites of Kapha**




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

### *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

### *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

Five Elements	Six Tastes	Six major food qualities
Ether (Space)	Astringent	Heavy
Air	Bitter	Light
Fire	Pungent	Oily
Water	Sweet	Dry
Earth	Sour	Hot
	Salty	Cold

### Attributes of certain food

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

### Elements and Food

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

### Incompatible Food Combining

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

### Taste and Elements

<b>Sweet</b>	<b>Earth + Water</b>	↓
<b>Sour</b>	<b>Earth + Fire</b>	↓
<b>Salty</b>	<b>Water + Fire</b>	↑
<b>Pungent</b>	<b>Air + Fire</b>	↑
<b>Bitter</b>	<b>Air + Space</b>	
<b>Astringent</b>	<b>Air + Earth</b>	



### Taste and *Prakruti*

Six Tastes	Vata	Pitta	Kapha
<b>Astringent</b> – beans, lentils, cabbage, apples and pears	↑	↓	↓
<b>Bitter</b> – spinach, romaine lettuce, endive, chicory, chard, kale, and tonic water	↑	↓	↓
<b>Pungent</b> –chili peppers, cayenne, ginger, and other hot-tasting spices	↑	↑	↓
<b>Sweet</b> – table sugar, honey, rice, pasta, milk, cream, butter, wheat and bread	↓	↓	↑
<b>Sour</b> – lemons, limes, vinegar, yogurt, cheese, and plums	↓	↑	↑
<b>Salty</b> – anything to which salt is added	↓	↑	↑

### Major food qualities and *Prakruti*

Six Tastes	Vata	Pitta	Kapha
<b>Dry</b> - beans, potatoes, barley, and corn	↑	↑	↓
<b>Cold</b> - cold beverages and raw foods	↑	↓	↑
<b>Light</b> - millet, buckwheat, rye, barley, corn, spinach, lettuce, pears and apples	↑	↑	↓
<b>Heavy</b> - table sugar, honey, rice, pasta, milk, cream, butter, wheat and bread	↓	↓	↑
<b>Oily</b> - dairy products, meat, fatty foods, and cooking oils	↓	↓	↑
<b>Hot</b> - hot beverages and warm, cooked foods	↓	↑	↓

### 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)
- Vata types benefit from sticking to a daily routine with consistent meal times and a regular sleeping pattern
- 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
- In addition, Kapha types should eat only when hungry and should consider doing a 24-hour liquid fast as often as one time per week
- Kapha types should avoid ice cream, butter, milk, rich and sugary desserts, meat, and fried foods
- Instead, Kaphas should consume large amounts of raw vegetables, fruits and beans, and may improve their digestion by drinking hot ginger tea


### 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 dominant 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.


### Vata diet

Eat	Avoid
<ul style="list-style-type: none"> <li>Emphasize the consumption of foods with a salty, sour or sweet taste</li> <li>Should also eat plenty of foods that are heavy, oily, and hot in quality</li> <li>More specifically, Vatas do well on a meat-based diet, and can handle lots of dairy products in the diet</li> <li>In addition, Vatas should eat only well-cooked foods and consume warm beverages instead of cold beverages</li> </ul>	<ul style="list-style-type: none"> <li>Vatas should avoid foods with bitter, pungent or astringent tastes</li> <li>Vatas should also avoid foods that are light, dry, or cold in quality</li> </ul> 

### Menu Ideas to balance Vata

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


### Pitta diet

Eat	Avoid
<ul style="list-style-type: none"> <li>Pittas should emphasize the consumption of foods with a bitter, sweet, or astringent taste</li> <li>Pittas are also encouraged to consume foods that are heavy, oily and cold in quality</li> <li>Pittas are well-suited to a vegetarian diet</li> </ul>	<ul style="list-style-type: none"> <li>Pittas should avoid foods with pungent, salty, or sour tastes</li> <li>Pittas should also avoid foods that are light, dry, or hot in quality</li> </ul> 

### Menu Ideas to balance Pitta

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


### Kapha diet

Eat	Avoid
<ul style="list-style-type: none"> <li>Emphasize the consumption of foods with a bitter, pungent, or astringent taste</li> <li>Kaphas need lots of foods that are light, dry, and warm in quality</li> <li>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</li> <li>Although Kaphas can handle some meat in the diet, it should be eaten on an occasional basis only</li> </ul>	<ul style="list-style-type: none"> <li>Kaphas should avoid foods with salty, sour, or sweet tastes</li> <li>Kaphas should also avoid foods that are heavy, oily, or cold in quality</li> </ul> 

### Menu Ideas to balance Kapha

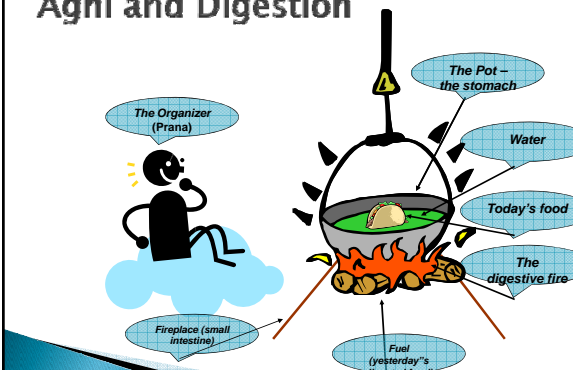
Cuisine	Breakfast	Lunch	Dinner
Continental	Cooked rice cereal with apples or pears	Vegetable soup, green salad	Vegetable stir-fry (include ginger for digestion) and shrimp or chicken, and rice
Ayurvedic	Creamed Rye or spices oatmeal porridge Or Seasonal fruit, Breakfast tea with honey if desired	Corn tortilla or corn bread, Cabbage subji with mung khichari, tofu and vegetable, fresh lime, green mango chutney	Ted rye bread or rye crackers, Poha with potatoes, corn soup, fresh lime, cilantro chutney, masala tea

## Digestive Fire (*Agni*)





- › 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

## Agni and Digestion




Dr. Vasant Lad

## Doshas and Agni

Vata	Pitta	Kapha
<ul style="list-style-type: none"> <li>› by its cold quality, can decrease agni</li> <li>› can also kindle agni by the dry, light, mobile, and subtle qualities</li> <li>› Vata can quickly slow agni but can also quickly kindle it.</li> </ul> 	<ul style="list-style-type: none"> <li>› can both increase or decrease agni</li> <li>› Agni affected by an increase of the hot and sharp qualities of pitta is called sharp agni</li> <li>› However, if pitta is increased by liquid or oily qualities, it can lead to manda agni</li> <li>› 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</li> </ul>	<ul style="list-style-type: none"> <li>› Agni affected by kapha is called manda agni, slow or dull agni</li> <li>› It will often produce long-standing effects and can be slow to return to balance</li> </ul> 

## 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

Summer= hot , sharp, and bright	Autumn= dry, light, cold, clear, windy	Spring/Winter= heavy, cold, dampness
<b>(Pitta)</b>	<b>(Vata)</b>	<b>(Kapha)</b>
<ul style="list-style-type: none"> <li>▶ Sunburn</li> <li>▶ Hot flashes</li> <li>▶ Acne</li> <li>▶ Diarrhea</li> <li>▶ Exhaustion</li> <li>▶ <b>Psychological</b> - Anger, Hatred</li> </ul> 	<ul style="list-style-type: none"> <li>▶ Aches, Pains</li> <li>▶ Joint problems</li> <li>▶ Myalgias</li> <li>▶ <b>Psychological</b> - fearful, anxious, lonely</li> </ul> 	<ul style="list-style-type: none"> <li>▶ Cough</li> <li>▶ Cold</li> <li>▶ Sinus congestion</li> <li>▶ <b>Psychological</b> - Attachment and greed</li> </ul> 

## 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 as 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

Name	Part used	Medicinal use
Ajwain	Seeds (Thymol)	<ul style="list-style-type: none"> <li>▶ spasmotic, germicidal, digestive, antiseptic and expectorant</li> <li>▶ its water is distilled to cure flatulence, indigestion and low appetite</li> </ul>
Bay Leaves	Leaves (essential oil)	<ul style="list-style-type: none"> <li>▶ reported to be anti-inflammatory, anti-oxidant, anti-fungal and anti-bacterial.</li> </ul>
Black and Green Cardamom	Whole fruit pod and seeds (essential oil)	<ul style="list-style-type: none"> <li>▶ A stimulant and carminative, it is used for indigestion and flatulence</li> </ul>

### Ayurvedic Spices and Herbs...

Name	Part used	Medicinal use
Black and Green Cardamom	Whole fruit pod and seeds (essential oil)	<ul style="list-style-type: none"> <li>▶ A stimulant and carminative, it is used for indigestion and flatulence</li> <li>▶ In India, green cardamom (<i>A. subulatum</i>) is broadly used to treat infections in teeth and gums.</li> <li>▶ It is used to prevent and treat throat troubles, congestion of the lungs and pulmonary tuberculosis</li> <li>▶ Used in inflammation of eyelids and also digestive disorders.</li> <li>▶ It is also reportedly used as an antidote for both snake and scorpion venom.</li> <li>▶ Cardamom is used as a breath-freshener, but it is said that excessive use thins the blood</li> </ul>

### Ayurvedic Spices and Herbs...

Cayenne pepper	Vitamin A, beta-carotene, and capsaicin.	<ul style="list-style-type: none"> <li>▶ Relieves cramps, stomach ache and acidity</li> <li>▶ Ayurved and Chinese medicine recommends cayenne for proper digestion as it stimulates the flow of stomach secretion and saliva</li> <li>▶ It helps the nerves to distract from joint pain, which are otherwise contracted due to arthritis</li> </ul>
Cinnamon	Dried inner bark (essential oil)	<ul style="list-style-type: none"> <li>▶ Cinnamon is carminative, astringent, stimulant, antiseptic</li> <li>▶ Stops vomiting, relieves flatulence, and given with chalk and astringents is useful for diarrhea</li> <li>▶ Because of its mild astringency, it is particularly useful in infantile diarrhea</li> <li>▶ Recent studies have determined that consuming as little as one-half teaspoon of Cinnamon each day may reduce blood sugar, cholesterol, and triglyceride levels by as much as 20% in Type II diabetes patients.</li> <li>▶ Cinnamon is a great remedy for people with cold feet and hands, especially at night</li> </ul>



### Ayurvedic Spices and Herbs...

Cloves	Whole Clove is an unopened flower bud (eugenol (70 to 85%), eugenol acetate (15%), and triterpene oleonic acid)	<ul style="list-style-type: none"> <li>▶ It is thought to have carminative properties as it increases hydrochloric acid in stomach.</li> <li>▶ The essential oils of cloves are used in aromatherapy especially for digestive problems.</li> <li>▶ Traditionally cloves have been used to treat acidity, indigestion, diarrhea, hernia, ringworm and other fungal infections.</li> <li>▶ Cloves are said to have positive effects on ulcers, nausea, flatulence, cold and cough.</li> <li>▶ Many herbalists recommend cloves for digestive complaints and its oil for toothache</li> </ul>
Cumin	Dried fruit (volatile oil, cumin aldehyde)	<ul style="list-style-type: none"> <li>▶ As a medicinal plant, cumin has been utilized as a stimulant, antispasmodic, carminative and sedative.</li> <li>▶ Cumin oil has been reported to have antibacterial activity.</li> <li>▶ It is used as a corrective for the flatulence of languid digestion and as a remedy for colic and dyspeptic headache</li> </ul>



### Ayurvedic Spices and Herbs...

Coriander	Fruit and leaves (1% volatile oil)	<ul style="list-style-type: none"> <li>▶ Coriander is used to treat digestive ailments</li> <li>▶ It is a carminative and used for windy colic</li> <li>▶ It is stimulant, aromatic and carminative</li> <li>▶ One pharmaceutical use of coriander is to mask the tastes of other medicinal compounds or to calm the irritating effects on the stomach that some medicines cause</li> <li>▶ Coriander has been used as a folk medicine for the relief of anxiety and insomnia in Iranian folk medicine.</li> <li>▶ If used too freely the seeds become narcotic</li> </ul>
Fennel	Fruits, seeds, leaves, roots (volatile oils)	<ul style="list-style-type: none"> <li>▶ It has carminative properties. Fennel seeds are soaked in water and mixed with sodium bicarbonate is given to babies to treat colic and painful teeth.</li> <li>▶ In Indian subcontinent it is believed that fennel is good for eyes. Here it is eaten raw with honey which improves eye sight</li> <li>▶ Some people use it as a diuretic</li> <li>▶ Old people said, fennel contains galactagogue, which improves the milk supply in breast feeding mother</li> <li>▶ It is also useful in chronic infections</li> </ul>

### Ayurvedic Spices and Herbs...


<p><b>Fenugreek seeds</b></p> 	<p>Seeds and green leaves are used (protein, starch, sugar, mineral, volatile oil, and enzymes)</p>	<ul style="list-style-type: none"> <li>Traditionally it is used to treat bronchial problems, tuberculosis, gout, swollen glands, skin problems, flatulence and low libido.</li> <li>The seeds are also used as carminative, tonic, diarrhea, and chronic cough, enlargement of liver, spleen, rickets and diabetes.</li> <li>It is also said that fenugreek seeds helps to promote milk in lactating mothers.</li> <li>In the Middle Ages fenugreek was recommended to men's to cure baldness</li> </ul>
<p><b>Hing (Asafoetida)</b></p> 	<p>Oleo gum-resin (Resin, gum, volatile oil)</p>	<ul style="list-style-type: none"> <li>It is a drug which helps to expel gas from stomach and counteracts any spasmodic disorder.</li> <li>It is a nervine stimulant, digestive agent, and a sedative.</li> <li>It is also said to be effective in asthma and bronchitis.</li> <li>It has broad uses in traditional medicine as anti microbial and also treats whooping cough, chronic bronchitis as well as reducing flatulence.</li> <li>It is very useful in stomach ache, prevents insects bites.</li> <li>It is a good repellent as it repels insects, gnats</li> </ul>

### Ayurvedic Spices and Herbs...

<p><b>Black Mustard seeds</b></p> 	<p>Fixed and Volatile oil. Isothiocyanate is the spicy ingredient (Brassica family)</p>	<ul style="list-style-type: none"> <li>Digestion</li> <li>Congestion and Circulation</li> </ul>
<p><b>Turmeric</b></p> 	<p>Grounded rhizomes are used (Moisture, protein, fat, carbohydrates, calcium, iron, phosphorus, sodium, potassium, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C and niacin)</p>	<ul style="list-style-type: none"> <li>In ayurveda turmeric is used for many ailments such as burns, cuts, wound, acne and pimples etc</li> <li>It is also used as an anti-bacterial agent. In some countries like Okinawa and Japan turmeric is used for tea which is considered as dietary supplement which helps stomach problems and other ailments</li> <li>In some countries it is used as an anti-inflammatory agent and remedy for gastrointestinal discomfort associated with irritable bowel syndrome and other digestive disorders.</li> <li>Indians use turmeric for various skin ailments and various skin creams make use of turmeric as main ingredient.</li> </ul>


### 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



### Khichari and Ghee


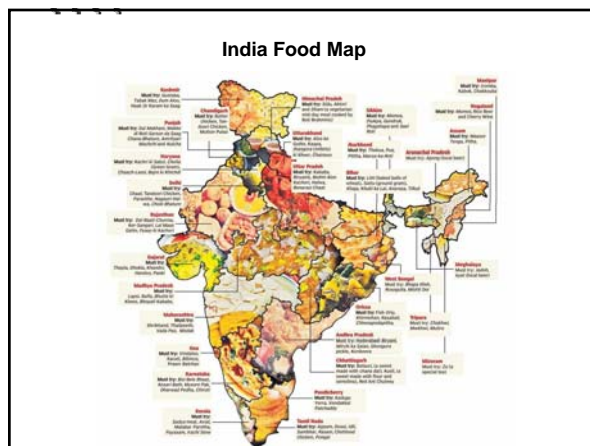
- Khichari:** a seasoned mixture of Basmati rice and Mung dal is a balanced food that is *tridoshic*.
- Sweet and cooling with a sweet after taste
- Easy to digest and nourishes every part of the body
- Used in fasting, mono-fast, and *Panchakarma*
- Excellent for detox and de-aging of the cells
- 2 parts of rice: 1 part of dal

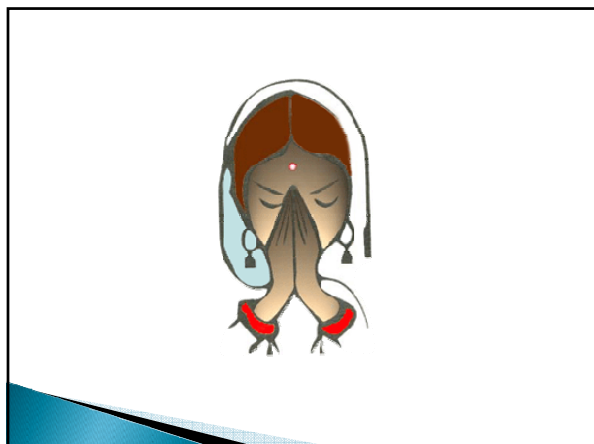


- Ghee or clarified butter:** can be stored for extended periods without refrigeration, provided that it is kept in an airtight container to prevent oxidation and remains moisture-free
- The texture, color, or taste of ghee depends on the source of the milk from which the butter was made and the extent of boiling and simmering

### Ayurvedic 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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