

Seasons & the Doshas

Healthy Vata in the body:

- Consistent elimination
- Free breathing
- Good circulation
- Keen senses

Too much Vata might cause:

- Gas & constipation
- Constricted breathing
- Cold hands & feet
- Anxiety, feeling overwhelmed

Vata = associated with wind



Healthy Pitta in the body:

- Good appetite & metabolism
- Steady hormones
- Sharp eyesight
- Comprehension
- Good complexion (rosy skin)

Too much Pitta might cause:

- Acid indigestion reflux
- Dysmenorrhea
- Red, dry eyes, the need for glasses
- Tendency to overwork
- Acne, rosacea

Pitta = associated with fire



Healthy Kapha provides:

- Strong bodily tissues
- Hearty immune system
- Well lubricated joints & mucous membranes

Too much Kapha qualities might cause:

- Weight gain
- Water retention
- Sinus or lung congestion
- Lethargy & sadness

Kapha = associated with Earth



Seasons & the Doshas

Spring Season (Kapha time of year)

The spring is a great time to reset and go through a cleanse. The cleanse can be either a 7-10 days. Typically you will eat kitchari, simple unprocessed foods. Perform this cleanse March, April or May. If in a colder temperature April will probably be the earliest you will want to do the cleanse.

The Daily Menu on the cleanse

- Have easy morning beverage with no caffeine
- Stick to kichari
- Eat 3 meals each day no snacking in between unless your dosha is a vata whom might need 4 meals a day
- Drink warm water in between meals
- Sip on water & ginger in between meals

Spring Lifestyle & Exercise Guidelines when doing cleanse

Avoid:

- Cold food & drink
- Extra salt
- Vigorous exercise (If currently in a regular routine do 50% of what you are currently doing)
- Eating between meals
- Eating too much at one time

Enjoy

- Dry brushing the skin
- Epsom salt baths, or a steam room
- Walking
- Gentle yoga
- Daily oil massage
- Go to bed early

General Spring Tips

Spring is a time for renewal, new beginnings & growth. This is a great time of year to plant new seeds into your life. Such as routines, habits, self-care acts, or exercise routines.

As this is a Kapha time of year there is more softness, a slower time of year, and more moisture in the air. Which leads to spring colds, allergies and increased mucus production. To balance it make sure you avoid processed foods, heavy oils, and more liquid foods.

Seasons & the Doshas

Spring Season in general not on cleanse

- Great time of year to perform more vigorous exercise
- Wake before 6am
- Faster paced yoga
- Ideally workouts are done between 6-10am in the spring
- Ideally in bed by 11pm the earlier the better
- Neti pot is a great spring practice especially if battling allergies
- Start to eat lighter, and cooler foods and less heavy soups
- Enjoy a more nurturing time of year take time for self-care



Seasons & the Doshas

Summer Season (Pitta time of year)

As the months get hotter we need to adjust our food & water intake. This is the time of year that is more intense but expansive. In Ayurveda like increase like. Meaning for anyone who is a pitta this can be a challenging time of year as pittas tend to be extremely intense, sharp, and hot during the summer months. The goal in the summer is to keep cool, relaxed, and have grounding energy to pacify pitta.

We need to start enjoying cooling foods vs. warm soups.

Summer season in general practices:

- Eat lighter & smaller meals that are easy to digest
- Favor sweet, bitter & astringent tastes
- Fresh fruits & salads are great in the summer
- Cool room temperature water, herbal teas such as peppermint, licorice or fennel
- Early morning workouts are best
- Rising before 6am
- In bed by 10pm, or 11pm
- Gentle yoga is best in the Summer
- Keep calming practices in your routine to remain grounded
- Meditation in the morning



Seasons & the Doshas

Fall Season (Vata time of year)

The Fall is another great time of year to indulge in a cleanse. Late September or October are a great time of year to have a cleanse once the weather starts to cool down. The cleanse can be 1-3 weeks. Typically the first week you ease into it, 2nd week add a few more restorative practices, and week 3 you are able to fully submerge yourself into the cleanse.

The daily Fall Cleanse Lifestyle & Exercise Guidelines

Avoid

- Cold foods & drinks
- Raw foods
- Spicy ingredients- hot sauce, cayenne pepper
- Nightshades- tomatoes, peppers, eggplant, & white potatoes
- Vigorous exercise- If you usually run, walk.
- Eating between meals
- Eating too much at one time

Enjoy

- A nap if you need it
- Epsom salt bath, steam room
- Restorative yoga
- Sipping hot water
- Oil massage
- Go to bed early

General Fall Tips

The Fall season is a time of transition. The trees, weather, plants are all changing around us and our bodies feel the effects whether we notice it or not. More grounding foods, and practices are needed to ground down. This is the time of the year to have heavy, oil, fat & protein based foods.

Routines are key in the Fall as that helps keep Vata grounded. The more you can wake up and go to bed around the same time the more likely you are to stay grounded in your body.

Seasons & the Doshas

Fall season in general practices:

- Avoid aggressive forms of exercise (HIIT workouts)
- Grounding yoga practice
- Lighter strength training sessions think 15-20 reps if feeling a little “spacey” or “ungrounded”
- Sleep is key to help rejuvenate during the Fall season
- Have a set morning routine that you follow
- Have a set evening routine that you follow
- Go to bed by 10pm
- An afternoon grounding practice such as a walk in nature, meditation practice, or a few yoga poses will help the afternoon fatigue that comes with the Fall season.



Seasons & the Doshas

Winter Season (Kapha time of year with strong Vata undertones)

This time of year people are going into hibernation mode. Reflecting, retreating, slowing down and going inwards. The Kapha time of year is associated with grounding, heaviness, and isolation. Depending on your dosha how winter affects you will be slightly different. That is why some love the colder weather and others do not enjoy it.

This time of year our bodies crave more nutrients as our digestive fire is the strongest in the winter months. Focusing on eating more warm, cooked, slightly oil and well spiced foods. Avoid ice cold beverages instead focus on warming drinks, with ginger, cinnamon, and cloves.

Winter season in general practices:

- Cooked oatmeals, cornmeal, rice and kitchari are great food choices
- Soups and legumes are good foundation for lunch & evening meals
- Eggs during the winter months are preferred
- Spiced milk is a good treat for an after dinner meal
- All spices are generally okay in the winter months
- Winter is a good time to socialize as we crave more warmth and supportiveness
- Having a regular routine will help keep Vata in balance and Kapha benefits from keeping things fresh & a bit unpredictable so an occasional last minute invite is a great thing to accept.
- It is okay to sleep a little later in the winter think 7am
- Going to bed by 10pm is ideal
- Nasya oil in the nostrils is a good morning or evening practice to start to keep your nostril lubricated
- Start the day with yoga or a bit of movement to shake off any sluggishness
- Exercise can be strong and more aggressive in the winter months and is highly encouraged to keep Kapha from rising up and calling you to the couch.
- Invigorating yoga practice is best in the winter months



Seasons & the Doshas

Resources

Suggestion Brands of Nasya oil

yogahealer.com

banyanbotanicals.com

[Video on how to perform Nasya](#)

[Video on how to use a neti pot](#)

Where to find a tongue scrapper & Neti Pot

*Choose an all metal one

[Tongue Scrapper](#)

[Neti Pot](#)

Constipation Herbs

yogahealer.com

Blue Moon Elise

[Massage Oils](#)

Seasons & the Doshas

Seasonal Food Lists:

Fall

Vegetables

Beets
Broccoli
Carrots
Collards
Kale
Parsnips
Pumpkins
Spinach
Squashes
Swiss chard
Turnips

Fruits

Apples
Bananas
Cranberries
Dates
Figs
Pears
Raisins

Spices

Cardamom
Cloves

Grains

Brown Rice
Oats
Red rice
Wheat

Beans

Adzuki beans
Black beans

Fats

Avocados
Coconut shredded
Coconut milk
Cow's milk
Eggs
Goat's milk
Raw nut butters
Raw nuts
Tahini

Extras

Cacao Powder
Coconut sugar
Maple Syrup

Winter

Vegetables

Artichokes
Beets
Carrots
Collards
Kale
Parsnips
Potatoes
Roasted red peppers
Sea vegetables
Squashes
Sweet potatoes
Swiss Chard
Tomatoes (canned)
Yams

Fruits

Apples
Bananas
Dates
Grapefruit
Mangoes
Oranges
Papayas
Pears

Spices

Chili Powder
Paprika
Red chillies dried

Grains

Brown Rice
Bulgar wheat
Oats
Red Rice
Rice Noodles

Beans

Black beans
Green lentils
Red lentils

Fats

Almond meal
Cashews
Coconut shredded
Cow's milk
Eggs
Goat's milk
Sesame oil
Sunflower butter
Tahini

Extras

Apple cider vinegar
Cacao powder
Maple Syrup
Molasses
Rice Vinegar

Seasons & the Doshas

Spring

Vegetables

Artichokes fresh
Arugula
Asparagus
Cauliflower
Daikon radish
Endive
Leeks
Radicchio
Spinach
Sprouts

Spices

Mustard seeds
Red chillies, dried
Sambar powder
Star anise

Fruits

Apples
Berries, fresh
Cherries, dried
Cranberry juice
Grapefruit
Pears
Pomegranate juice
Prunes
Raisins

Grains

Amaranth
Barley
Buckwheat
Corn tortillas
Millet
Rye

Beans

Black Beans
Chickpeas
Green lentils
Red lentils
Tofu (firm)
White beans

Fats

Goat cheese
Rice Milk
Soy Milk

Extras

Apple cider vinegar
Honey, Raw
Rice Vinegar

Summer

Vegetables

Beets
Corn
Cucumbers
Fennel
Herbs (parsley, cilantro, thyme, basil, mint, dill)
Lettuce
Summer squash
Zucchini

Fruits

Apples
Berries
Dates
Melons
Peaches

Spices

Cardamom
Coriander
Fennel
Turmeric

Grains

Barley
Quinoa

Beans

Chickpeas
White beans

Fats

Avocados
Coconut shredded
Coconut milk
Coconut oil
Cow's cheese
Goat's cheese
Yogurt

Extras

Chickpea flour
Coconut water
Hemp protein
Rose water

Seasons & the Doshas

Everyday Shopping List for all seasons

Vegetables

Beets
Carrots
Collard
Kale
Parsley, fresh
Swiss chard

Beans

Mung beans green
Mung beans split yellow

Extras

Ginger tea
Honey, raw
Vegetable broth

Fruit

Apples in season
Lemons
Pear, in season

Grains

Brown basmati rice
White basmati rice

Spices

Braggs liquid aminos
Cardamom
Cinnamon
Coriander seed
Cumin seed
Fennel seed
Ginger powder
Gingerroot
Pink salt
Sea salt
Tamari
Turmeric powder

Fats

Butter, unsalted
Chia seeds
Coconut oil
Flax oil
Flaxseeds
Hemp seeds
Olive oil
Sunflower seeds
Yogurt