

6 Tastes of Ayurveda

Astringent

Dry
Cool
Heavy

Sweet

Heavy
Oil
Sticky
Cool

Sour

Hot
Light
Moist

Salty

Hot
Heavy
Sharp
Little Oily

Bitter

Dry
Cool
Light

Pungent

Dry
Light
Hot
Sharp

6 Tastes of Ayurveda

Astringent

*Go to astringent food when you need to dry your body and close the flow if you have excess bleeding or diarrhea.

*Increases Vata, decreases Pitta and Kapha

*Enjoy in the fall & spring seasons & astringent tastes increases vata dosha

Examples of Astringent foods

- Unripe bananas
- Pomegranates
- Green Beans
- Barley
- Green whole or split mung dal
- Peanuts
- Walnuts
- Honey
- Chicken
- Water chestnuts
- Pumpkin
- Apples
- Pears
- Coriander
- Nutmeg

Sweet

*Go to astringent food when you need to build your immunity, give your body strength & fertility

*Enjoy in every season but spring to not increase Kapha as sweet increases Kapha

*Decreases Vata and Pitta, increases Kapha

Examples of Sweet foods

- Fresh Fruit
- Ghee
- Milk
- Rice
- Wheat
- Cucumbers
- Squash
- Pumpkin
- Green mung lentils
- Dates
- Almonds
- Cashews
- Coconuts & coconut oil
- *Fish, pork, beef
- *Potatoes & okra
- *Cardamom & Fennel

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Sour

*Decreases Vata, increases Pitta and Kapha

*Eat less sour tastes in the Fall & Spring

*Good for laxative effects

Examples of sour tastes

- Tomatoes
- Many Fruits (especially citrus, berries, & pomegranates)
- Lemon
- Lime
- Some pickles
- Tamarind

Salty

*The fire in the salt increases pitta dosha and the water increases kapha dosha. It's best to eat less salt in the summer & spring seasons.

*Aids in digestion, food absorption & elimination

*Decreases Vata, increases Pitta and Kapha

Examples of salty tastes

- Himalayan pink salt
- Sea vegetables
- Nuts
- Pickles

6 Tastes of Ayurveda

Bitter

*The bitter tastes increases Vata. Bitter is a good choice in the spring & fall seasons.

*Helps digest toxins, clears the bodily channels.

*It's great if you suffer from blood disorders, itching, infections, fevers

*Increases Vata, decreases Pitta and Kapha

Examples of bitter tastes

- Fenugreek leaves & seeds
- Bittermelon
- Dandelion roots
- Peas
- Spinach
- Carrots
- Many green vegetables
- Turmeric
- Fennel
- Saffron

Pungent

*Increases Vata & Pitta, decreases Kapha best to invest a heavy dose of pungent foods in the spring.

*Promotes digestion & opens your lungs in cases of coughs, colds & congestion.

Examples of pungent tastes

- Red & green chilies
- Wasabi
- Black pepper
- Garlic
- Ginger
- Radish
- Mustard
- Peppers
- Fenugreek seeds
- Mustard Oil