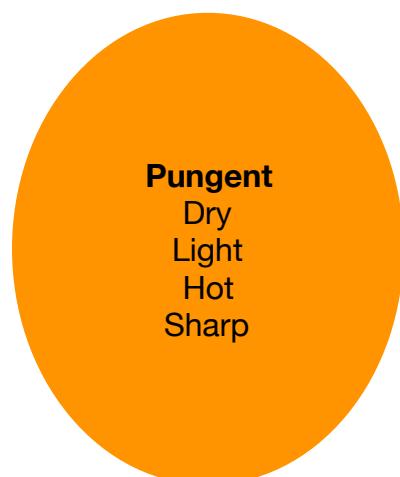


## 6 Tastes of Ayurveda



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

# 6 Tastes of Ayurveda

## 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 lunges 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