



Ayurvedic Food & Diet
Dr Dharna
Om Vedic Heritage Centre Pte.Ltd

WAY TO A HEALTHY AND HAPPY LIFE

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your one stop centre for holistic wellness

ayurveda astrology indian heritage programmes traditional items

in collaboration with The Ayurvedic Trust, Coimbatore, India

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vedic heritage centre

leaves





What is Ayurveda?

Ayu = Life

Veda = Science/Knowledge

Hence, ayurveda means the science of life.

Aim of Ayurveda

- Preventive
- Curative



How to balance body and mind?

Three pillars

3 fundamental pillars of good health :-

❖ DIET

❖ Sleep

❖ Lifestyle

DIET

- One should take daily food based on
 - Properties of food
 - The body develops according to the food consumed.

CONCEPT OF AGNI



- AGNI =FIRE
- fire like activity in the alimentary canal
- responsible for digestion of food and its assimilation.
- takes place continuously in the body.
- represented by various types of **ENZYMES** in the gastro-intestinal tract and in cells

Good eating habits are as important as :-

- **Ice-cold drinks** disrupt digestion and impair the assimilation of nutrients by the body.
- Eating **Cooked food vs Raw Food**
- **Abhyanga** (full body oil massage) maintains your agni
- **Case study: example of patient with Psoriasis**

Three doshas - Introduction

1. Vata **Dosha**

- ❖ Energy that controls bodily functions associated with MOTION, including blood circulation, breathing, blinking, and your heartbeat.
- ❖ **In balance:** There is creativity and vitality.
- ❖ **Out of balance:** Dry skin, example: eczema, insomnia

2. Pitta Dosha

- Energy that controls the **BODY'S METABOLIC SYSTEMS**, including digestion, absorption, nutrition, and your body's temperature.
- **In balance:** Leads to contentment and intelligence.
- **Out of balance:** Can cause ulcers and anger. Example: Piles

3. Kapha Dosha

- ❖ Energy that controls GROWTH IN THE BODY. It supplies water to all body parts, moisturizes the skin, and maintains the immune system.
- ❖ **In balance:** Expressed as love and forgiveness.
- ❖ **Out of balance:** Malignant tumours and obesity related disorders

General Health Tips for Vata Types:

- Maintain regular habits, try to eat and sleep at the same time every night.
- **Choose food that is warm, cooked, nourishing, and easy to digest.**
 - Sweet berries (raspberry), fruits, small beans, rice, all nuts and dairy products are good choices for Vata types.
- Exercise intensity should be moderate. YOGA , walking, and swimming. Avoid strenuous and frantic activities.

General Health Tips for Pitta Types:

- Keep cool by avoiding overexposure to direct sunlight, fried & spicy foods, alcohol, tobacco, overworking, and overheating.
- **Choose fresh vegetables and fruits that are watery and sweet,**
 - cherries, mangoes, cucumbers, water melon, and avocado.

General Health Tips for Kapha Types:

- ❖ It's important to be active on a daily basis as Kapha types are prone to sluggishness, depression, and being overweight.
- ❖ **Choose foods that are light, warm, and spicy.**
 - ❖ Tea with dried ginger and lemon is a ideal for Kapha types.
 - ❖ Spices such as black pepper, ginger, cumin, chilli and lots of bitter dark greens
- ❖ Avoid heavy oily and processed sugars, which are detrimental to Kaphas.

Tridoshic Diet

- Ayurveda recommends a **Sattvic Diet** (for all 3 doshas) to keep your brain in balance.
 - Sattvic: Balanced
 - Rajasic: Hyperactivity
 - Tamasic: Sluggishness
- Eating too much of **rajasic or tamasic** food is said to create a chemical imbalance in the brain.
- Eat food in moderation

Rajasic (P+V) Food to be avoided

- Onion
- Garlic
- Hot peppers
- Coffee and caffeinated tea
- Soda
- Refined sugar
- Chocolate

Tamasic (K+V) Food to be avoided

- Meat
- Alcohol
- Fish, Eggs
- Fried foods ,Stale or overripe foods
- Junk food, Fast food, Canned, processed and packaged food
- Picked foods
- Salted foods

Sattvic Food (P+V+K) to be followed

- 6 major tastes required in our daily diet
 - sweet, sour, salty, pungent, bitter, & astringent.
- **Each of these tastes has specific health-giving effects. ?**
- By including all six, we will be most completely nourished and satisfied.

Sattvic Food (P+V+K) to be followed

- Honey (raw): **sweet**
- Nuts and seeds: **pungent and sweet**
- Legumes: **sweet**
- Whole grains: **sweet**
- Organically grown fresh fruits and vegetables: **sour & bitter, salt**
- Milk, clarified butter (ghee): **sweet**
- Buttermilk and gooseberry: **pungent & sour**
- Fresh herbs and herbal teas: **astringent**

FOOD COMBINATIONS

- Milk/Milk Products + yoghurt, pickle
- Fruits + Milk = Milk shakes
- When to eat fruits?

HOW MUCH TO EAT?

| | |
|------|-------|
| AIR | WATER |
| FOOD | FOOD |

GENERAL RULES

- The recommended ayurvedic diet is **VEGETARIAN. ??**
- **Sweet juicy fruits (gooseberry) are excellent cleansers - they help flush toxins out of the body.**
- **FAT** performs some essential functions in the body
- **GHEE** has the ability to transport the benefits of herbs and spices to the brain and to other parts of the body. **Eat Ghee in moderation**



Indian Porridge (Khicidi)

A very light traditional Dish

Ingredients:

1. 1 part of rice
2. 1/2 part of green gram daal
3. 8 parts of water
4. Turmeric 1 tea spoon
5. Cumin seeds 1 tea spoon
6. Ghee 1 table spoon
7. Salt (preferably rock salt) 1 tea spoon
8. Garnish with coriander leaves
9. Asafoetida 1/3rd tea spoon
10. Dry ginger

Indian Porridge (Khichidi)

A very light traditional Dish

Method:-

- Heat up the ghee in a rice cooker
- When ghee is hot add cumin seeds and turmeric.
- Add washed rice and split green gram to it and top up with 8 parts of water.
- Stir well and add salt and add asafoetida.
- Close the lid and let the mixture cook for 30 – 45 minutes.
- Khichidi is ready in 20 minutes.

TRIPHALA (Three Fruits)

- Nutritional value
- Cleansing action
- Mild laxative
- Stimulates digestive health
- Improves liver and gallbladder function
- Boosts immunity
- etc

Ayurvedic cooking workshops

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Om Vedic Heritage Centre

43 tessensohn road

Next workshop on 28 Dec 2012: 6-9pm

\$100/pax

