

Ayurvedic Guidelines for Healthy Eating & Lifestyle

Eric Wynkoop
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Topics to be Covered

- * Agni
- * Preventing ama
- * Ayurvedic nutrition
- * Taste
- * Lifestyle suggestions
- * Herbal remedies



Agni

* Functions



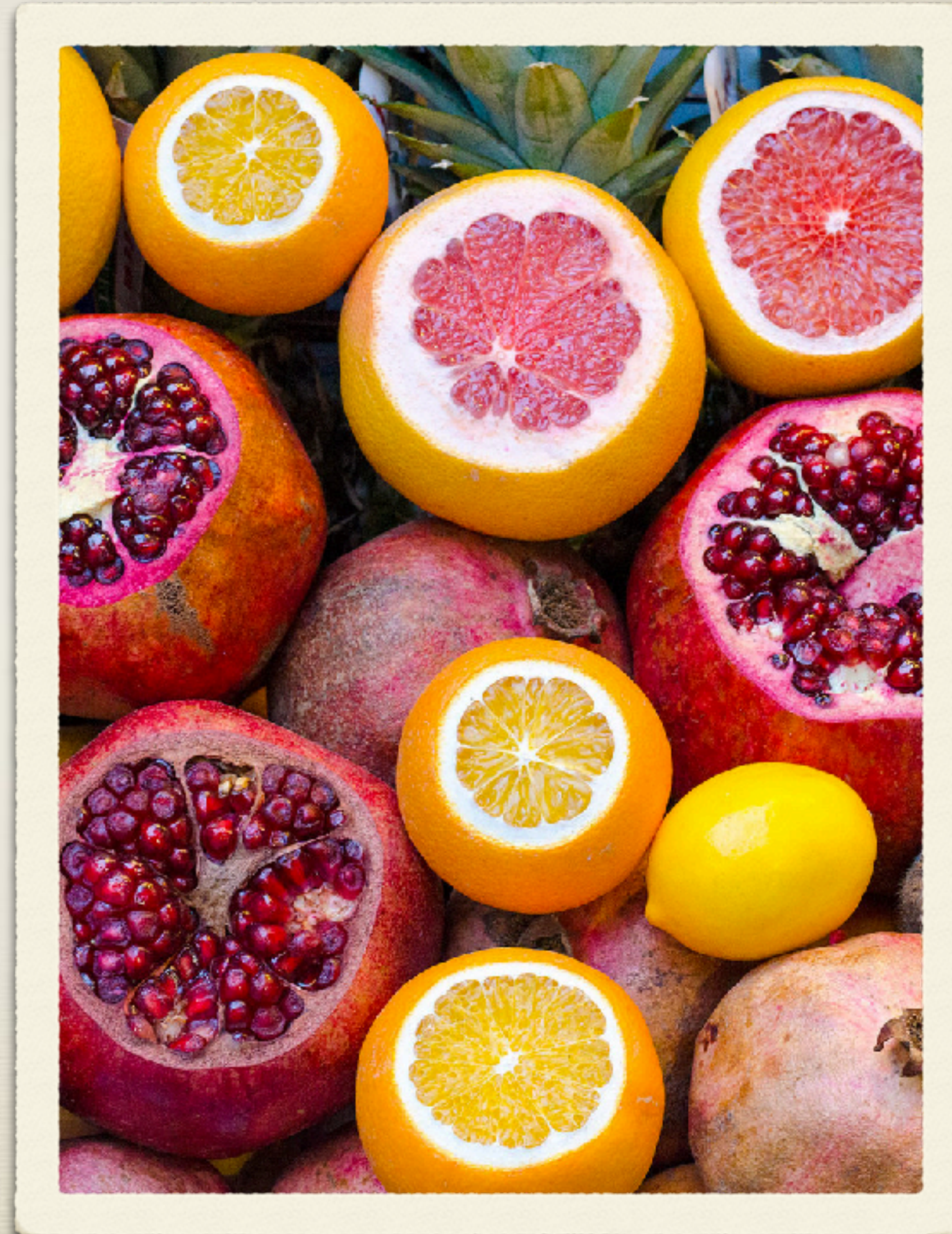
Preventing Ama

- * Best practice
- * Eating guidelines
- * When to eat
- * How much to eat

Ayurvedic Nutrition

- * Outline

- * Ahara



You are what you digest.

—Dhanvantari

Taste

Sweet =	Earth + Water
Sour =	Earth + Fire
Salty =	Water + Fire
Pungent =	Fire + Air
Astringent =	Air + Earth
Bitter =	Air + Ether

Taste and the Doshas

	Vata	Pitta	Kapha
Sweet	↓	↓	↑
Sour	↓	↑	↑
Salty	↓	↑	↑
Pungent	↑	↑	↓
Astringent	↑	↓	↓
Bitter	↑	↓	↓

Taste versus Dosha: Another View

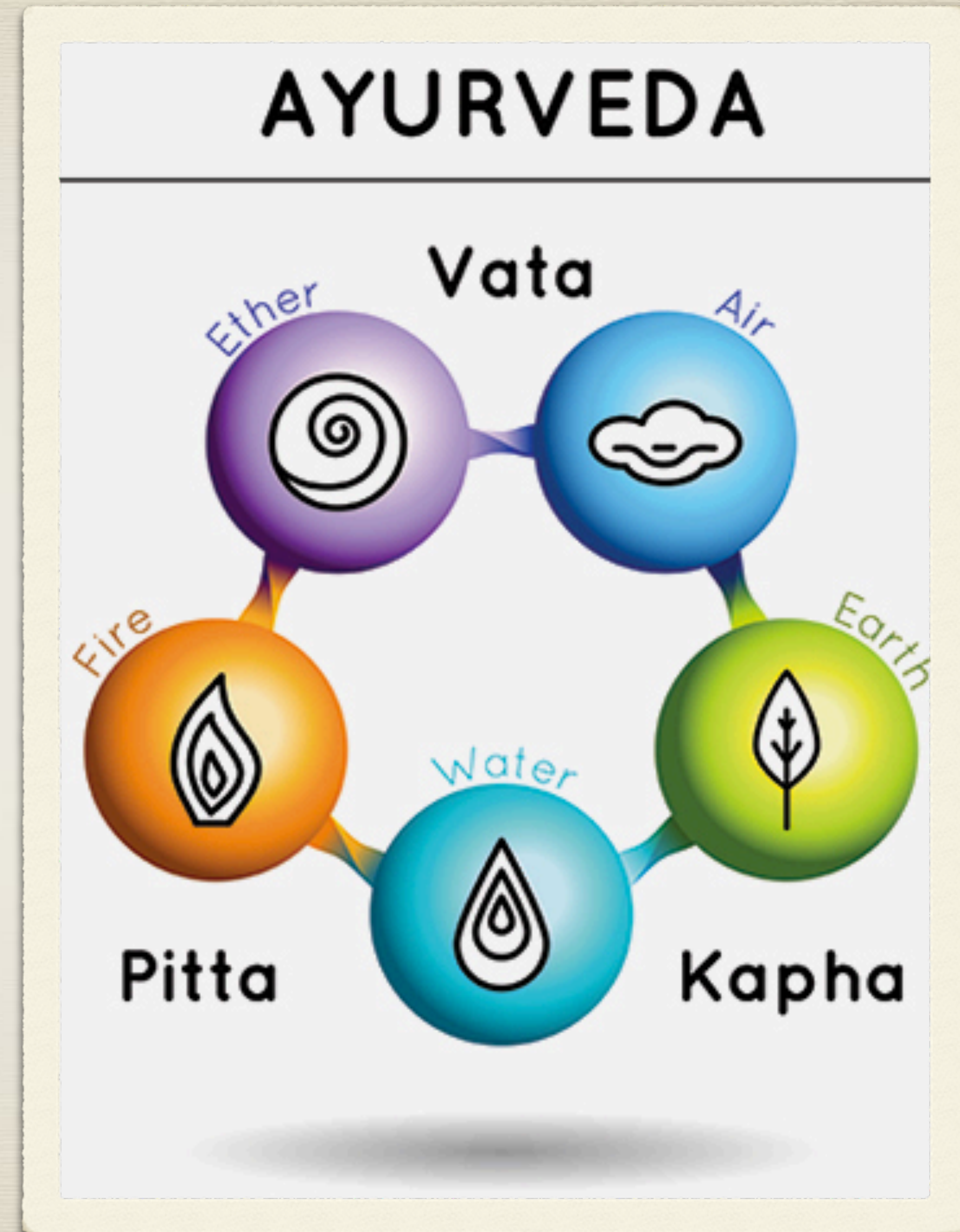
Dosha		Taste
Vata	↑	pungent, astringent, bitter
	↓	Sweet, sour, salty
Pitta	↑	Sour, salty, pungent
	↓	Sweet, astringent, bitter
Kapha	↑	Sweet, sour, salty
	↓	pungent, astringent, bitter

Lifestyle: Over-Arching Goals

Vata: Maintain a routine

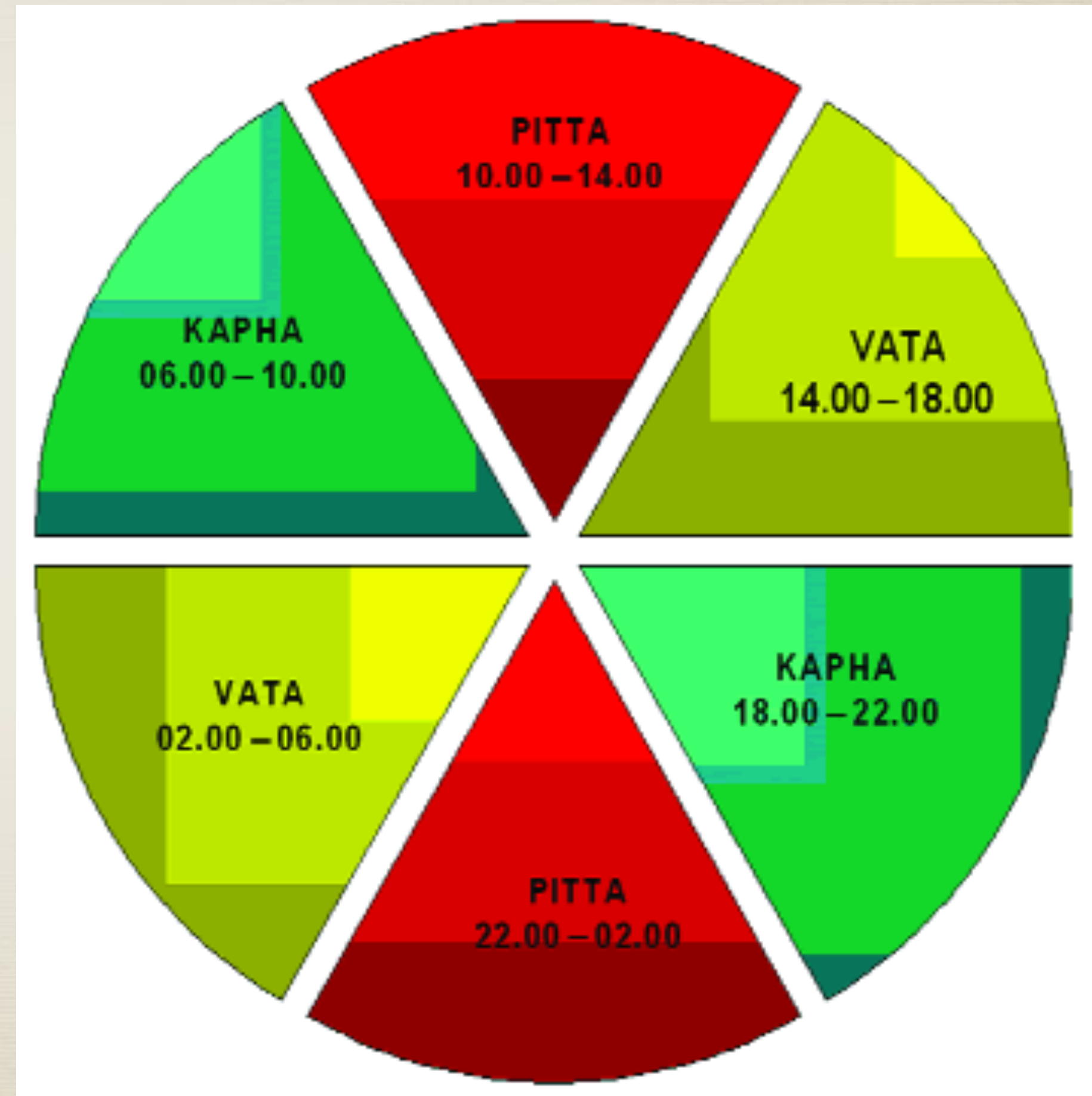
Pitta: Stay cool

Kapha: Be active

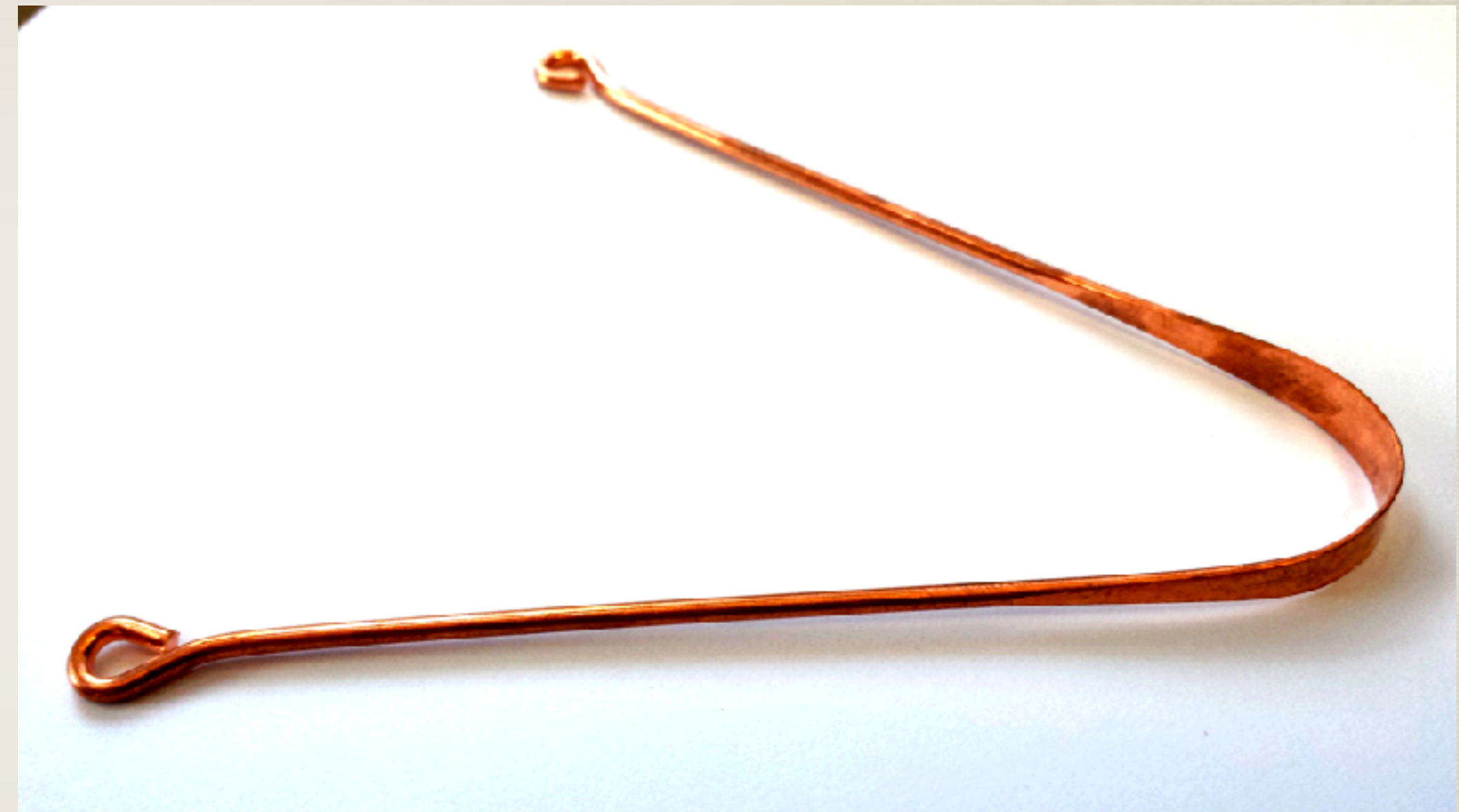


Daily Dosha Cycle

- * 10 am - 2 pm Pitta
- * 2 pm - 6 pm Vata
- * 6 pm - 10 pm Kapha
- * 10 pm - 2 am Pitta
- * 2 am - 6 am Vata
- * 6 am - 10 pm Kapha



- * Tooth brushing
- * Tongue scraping
- * Oil pulling/gargling
- * Oil massage



Diet for Fall & Winter

- * Warm, moist, and heavy
- * Soup, stew, pasta, and braised dishes
- * Nuts and other sources of whole food fats
- * Reduce raw vegetables and fruits
- * Drink warm beverages
- * Reduce pungent, astringent, and bitter tastes
- * Favor sweet, salty, and sour tastes

Herbal Remedies

- * Chyawanprash

- * 40+ herbs and spices

- * Trikatu

- * Ginger, black pepper, and long pepper

- * Ginger root

- * Sliced

- * Triphala

- * Amalaki, bibhitaki, and haritaki

