

MODERN AYURVEDA

DISCOVER YOUR DOSHA DIET

Hey, if you are

VATA

Prakruthi

VATA // a mixture of the components of air and ether, representing the characteristics or gunas of the wind. It is light, airy, chilly, rough, subdued, moveable, and clear. Vatas are prone to constipation, bloating, and anxiety.



Good



Sometimes



Avoid

VEGGIES	FRUITS	NUTS/SEEDS	DAIRY	ANIMAL	GRAINS
<p>root vegetables, cucumber, cooked: asparagus, carrots, coriander, zucchini, peas, pumpkin, potato (sweet), onions yams, beets, green beans, artichoke, pumpkin, watercress, cooked leeks</p> <p>eggplant, cooked tomato, garlic, lettuce, sprouts, raw leafy greens, spinach, sprouts, mint, broccoli</p> <p>dried/raw/frozen veggies, cabbage, cauliflower, mushrooms, raw onion, potato (white), brussel sprouts, celery, peppers</p>	<p>sweet fruits: banana, fresh fgs, lemon/lime, berries, cherries, mango, purple grapes, dates, stewed apple/pears, sweet melon, pomegranate, peach, pineapple, plums, oranges, mandarine kiwi, coconut, avocado, apricots, papaya</p> <p>permissons, green grapes, soaked/cooked prunes and raisins, dry raisins</p> <p>raw apple/pear, quince, raw dried fruit, bitter/unripe fruit.</p>	<p>In a limit: all nuts are good for Vata. Soaked (skinless) almonds, brazil, cashew, coconut, macadamia, pecan, pine, hazlenut, walnut, pistachio, sesame (tahini), fax, sunflower, pumpkin, chia, hemp.</p> <p>dry roasted nuts, peanuts</p> <p>psyllium</p>	<p>ghee, boiled/warm cow's milk, goat's cheese and milk, soft cheeses, natural yoghurt, unsalted butter.</p> <p>fresh and diluted yogurt, icecream</p> <p>hard cheeses, feta cheese, buttermilk, yoghurt (plain, with fruit or frozen), salted butter, sour cream</p>	<p>white meat, freshwater fsh, poultry, egg whites, rabbit, venison</p> <p>egg yolks</p> <p>red and dark meats, pork, and all other sea fsh/food, shellfish, tuna</p>	<p>basmati/white/red rice, oats, barley, wheat bran, granola pasta, quinoa, spelt, rice cakes, tapioca, wheat</p> <p>brown rice</p> <p>yeasted breads, rye, sourdough, corn, dry oats, buckwheat, millet</p>
HERBS / SPICES	LEGUMES	BEVERAGES	SWEETENERS	OILS	ALCOHOL
<p>most spices: allspice, ajwain, licorice, parsley, mustard, nutmeg, sage, coriander, garam masala, dill, basil, safron, cumin, ginger, cloves, cinnamon, cardamon, hing, anise, bay leaf, pepper, fennel, turmeric, paprika, rosemary, tamarind, ginger, thyme, vanilla, oragano,</p> <p>fenugreek, horseradish, ceyenne</p> <p>excess chilli (drying), neem</p>	<p>green mung bean, yellow mung bean, aduki bean</p> <p>soy products, tofu, red lentils</p> <p>all other legumes/beans, chickpeas, dried peas, tempeh</p>	<p>almond/oat/rice/coconut milk, apple cider, herbal teas: fennel, licorice, CCF, peppermint, rosehip teas, boiled warm water</p> <p>fresh fruit juices, fresh vegetable juices (room temperature), soy milk</p> <p>carbonated drinks, cafeinated drinks, black coffee, cold drinks, apple juice, cranberry juice, black tea, green and danelion tea</p>	<p>jaggery, molasses, coconut sugar, agave, brown sugar, raw sugar, barley malt</p> <p>fruit juice concentrates, maple syrup</p> <p>honey (cause constipating for Vata person), artificial sweeteners, white sugar</p>	<p>Internal and external use: ghee, sunflower, sesame, olive, almond, avocado, castor.</p> <p>Internal: coconut</p> <p>canola oil</p> <p>vegetable oils, aerosol packed oils, faxseed</p>	<p>white wine, beer</p> <p>carbonated drinks, cider, iced drinks, expresso martini, red wine, hard liquor, champagne</p>

TIPS //requires warming, nourishing, and anchoring foods. Sweet, sour, and salty flavours satisfy vata, while bitter, astringent, and pungent flavours aggravate it. Never eat while standing or when on the go; always schedule a time to eat. Eat less food that is light, raw, cold, or dry to reduce the essential characteristics of your doshas. Never drink cold or fizzy water throughout the day; instead, sip warm water or fennel tea.

WANT MORE? // ready to start your Ayurvedic journey and learn more about who you are energetically and doshic-ally? Book your initial consultation with SaiAyush Ayurveda via www.saiayush.in Alternatively, email info@saiayush.in for consultation enquires.