



PRAKRITI

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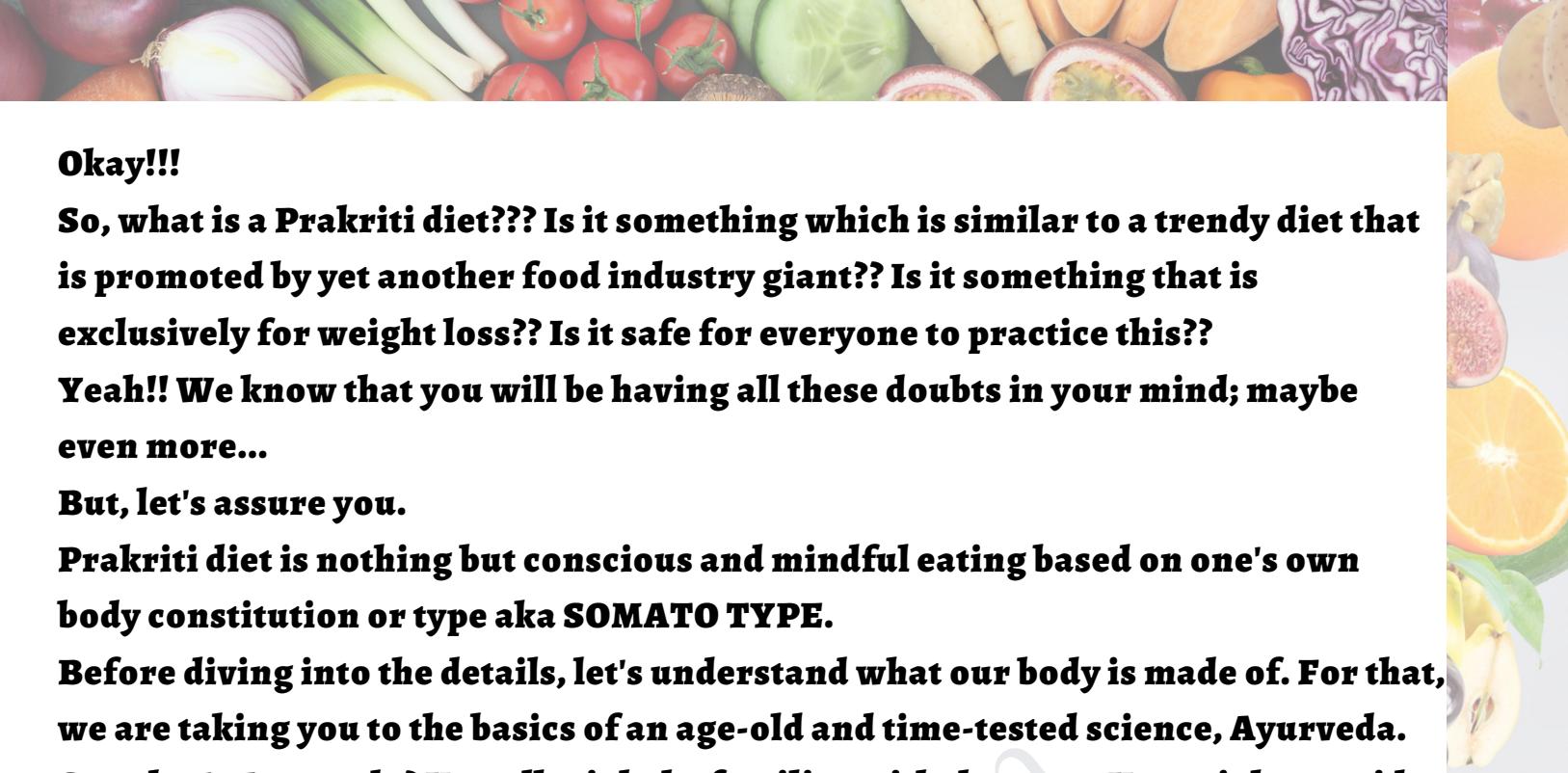
Characteristics and sample meal plan

SHOPPING LISTS FOR VATA

SHOPPING LISTS FOR PITTA

SHOPPING LISTS FOR KAPHA





Okay!!!

So, what is a Prakriti diet??? Is it something which is similar to a trendy diet that is promoted by yet another food industry giant?? Is it something that is exclusively for weight loss?? Is it safe for everyone to practice this??

Yeah!! We know that you will be having all these doubts in your mind; maybe even more...

But, let's assure you.

Prakriti diet is nothing but conscious and mindful eating based on one's own body constitution or type aka SOMATO TYPE.

Before diving into the details, let's understand what our body is made of. For that, we are taking you to the basics of an age-old and time-tested science, Ayurveda.

So, what's Ayurveda? You all might be familiar with the term. You might consider it to be another kind of medical science of Indian origin or even a science of home remedies. But Ayurveda is beyond all these perceptive.

Ayurveda is a system of healing that has both a philosophical and practical basis. Ayurveda helps to formulate a healthy lifestyle that is purely individualized and that is the beauty of this amazing science. All of us are trying to get things personalized in this era, Aren't we??? And this wonderful science has already done this years ago!!! How farsighted!!!

Ayurveda and most Indian Philosophies root from the fact that the Earth is formed of 5 basic elements: Earth (PRITHVI), Water (AP), Fire (TEJUS), Air (VAYU), Ether (AKASA). These 5 Elements form the basis of all living and non-living things found; from the individual's constitution to the food that we eat. Balancing the elements is the key to maintaining health and successfully healing illness, whether physical or mental.

As mentioned earlier, these five elements form the individual's constitution, and to understand it in a much simpler way, certain names are attributed to the various types. Let us be familiar with those terminologies now...

Ayurveda considers our innate constitution or "PRAKRUTI" as it is called, to be a particular combination of the 5 elements' energies at the time of our entrance into this world. What we do with our constitution is up to us. It is the sourcebook or the blueprint of our health, vitality, and well-being. It can also be the springboard towards difficulties if we ignore its needs.



The 5 Elements come together to form 3 basic constitutional types. They are VATA, PITTA, and KAPHA. If air and ether predominate in your constitution, you are VATA in nature. If fire and water take the lead in your physical makeup, you are PITTA in nature and if water and earth hold ascendancy in you at birth, KAPHA is the result.

How do you know that this classification isn't some simple cultural or philosophical or just a theoretical stereotyping? This certainly was an issue for us too until later when we discovered what this awareness can do to us and help us with. Humans are far more complex and remarkable than any standard description or classification, be it Ayurvedic, Astrological, Biochemical, or Psychological. That being said, Understanding more about our natures and resources can be useful; it can give us support for healing and transformation. Hence, we would like to answer the above question; Try IT Yourself!!! It is useful, you will discover this!!!

What does understanding your constitution practically means??

Each constitution has different needs. Meeting these needs assure balance and better chances for good health and peace of mind. It also offers you more informed choices in what health care methods are best suited for you. In short, you can be the Your Own Boss when it comes to health-related decisions!!!

So, How can you discover your constitution??

This is what a MENTOR can help you with. We, in this short E-Book, have tried to give some basic characteristics by which you will be able to figure out the best description of your constitution. There might be some overlapping characters which are quite normal as the prakruthi could be combinations of the 3 basic ones too!!

Since you have learned the basics about your constitution, Let's go back to where we started: The Somato Diet. Once we know what we are made up of, it is this diet that is going to be the support system in your health. This particular diet helps you pick and choose items that go well with your prakruti and also helps to know which food items might create an imbalance in your constitution, making you fall sick. Thus, by learning and understanding this, you are protected for a LIFETIME!!!

VATA

Vatas are generally fine-boned or have a smaller skeletal structure. They tend to be tall and thin or short and thin; but they develop loose subcutaneous fat once their vata balance is out of control and develops low agni or digestive fire and this is not their natural form. When in a balanced state, Vatas are quick to catch on to things and are highly creative and intuitive and hence when there is an imbalance, they tend to be more anxious, nervous and might experience constipation or even insomnia. Excess Vata dosha in the body may mimic some neurological symptoms like dementia in old age as the area where vata imbalance presents itself is in the colon. This is the area where we have most of our gut bacteria and hence has the strongest impact on the nervous system.

Vata is the MOOD SWING dosha!!! Vatas tend to be irregular in every way - irregular digestion, irregular sleep patterns, irregular moods when they go out of balance. They can be hungry and may forget to eat also. Their sleep patterns can also be disturbed; they might sleep too long or might not be able fall asleep at all. Also, women with predominant vata dosha often experiences the worst PMS symptoms. Having said this, most women have a temporary increase of vata dosha around their menstrual cycle. Hence, it is very important for a vata dosha predominant person to meditate and have a regular routine. They always benefit from warm food and calm situations.

Since vata people are already energetic, they wont be requiring strenuous exercises as these can be overstimulating for them. Yoga posture which focuses on stretching are particularly good for them.

When vata people put on weight, the kind of fat is usually soft, loose and subcutaneous in the early stage and is least harmful as it is all on the surface. This kind of fat will be quite visible and they usually get irritated due to this as they feel it to be out of proportion and makes them self-conscious.

VATA

TAKE THESE TO CALM AND PACIFY VATA:

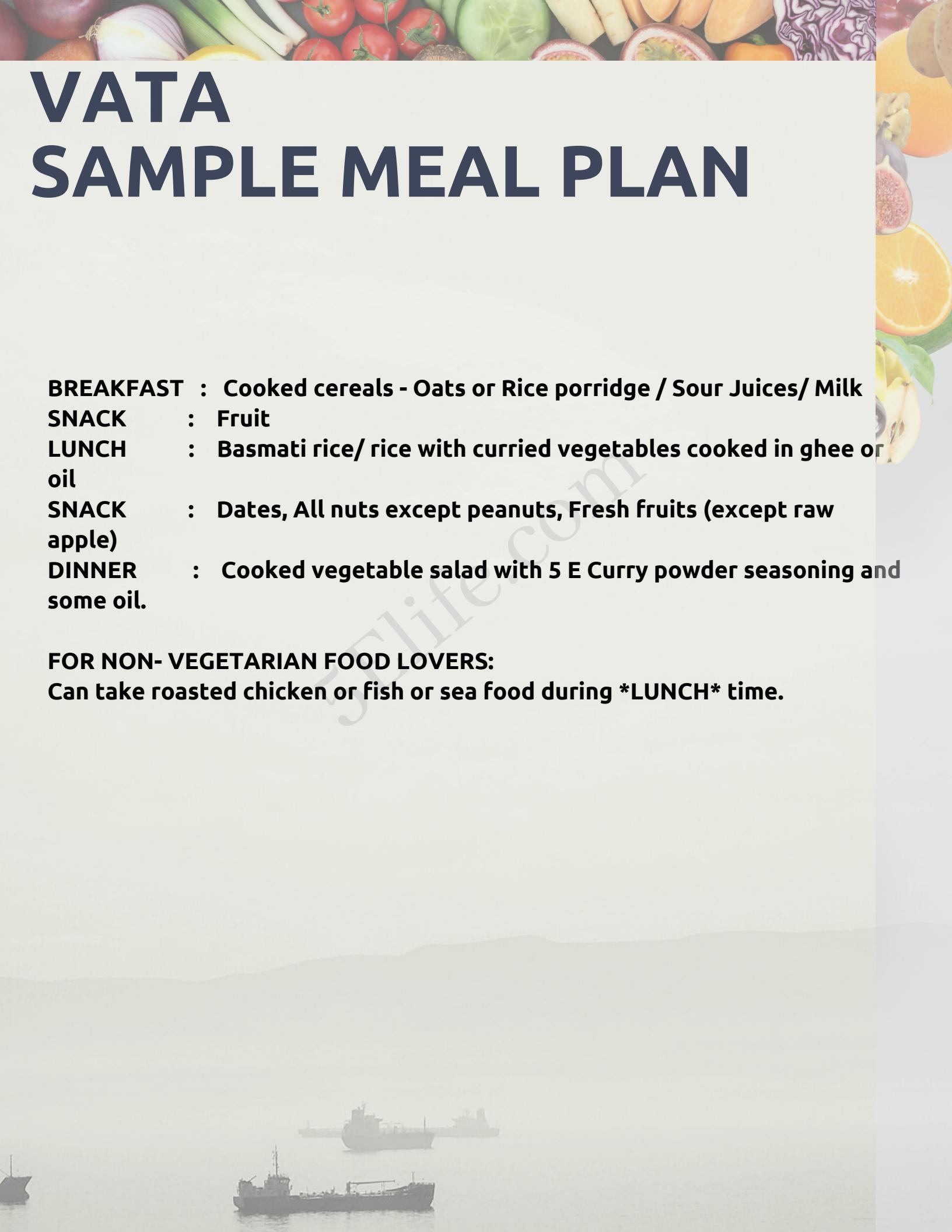
- Warm & cooked foods
- Hot beverages
- Soft and moist foods such as soups
- Oily Foods and Ghee
- Sweet foods

STRICT NO TO THESE TO AVOID AGGRAVATING VATA:

- Dry crunchy foods
- Cold foods
- Vegan lifestyle

LIFESTYLE HACKS TO CURB YOUR VATA :

- Keep regular hours with the getting up and going to bed pattern & meal timings.
- Get enough sleep : 8-9 hours
- Stay warm and moist : Have an oil massage or apply some oil over the body before bath regularly.
- Do yoga poses involving stretches regularly.
- Deep breathing or Pranayama techniques and meditation will definitely help in managing anxiety and nervousness.



VATA SAMPLE MEAL PLAN

- BREAKFAST :** Cooked cereals - Oats or Rice porridge / Sour Juices/ Milk
- SNACK :** Fruit
- LUNCH :** Basmati rice/ rice with curried vegetables cooked in ghee or oil
- SNACK :** Dates, All nuts except peanuts, Fresh fruits (except raw apple)
- DINNER :** Cooked vegetable salad with 5 E Curry powder seasoning and some oil.

FOR NON- VEGETARIAN FOOD LOVERS:

Can take roasted chicken or fish or sea food during *LUNCH* time.

PITTA

The Pitta type of person has a very strong and consistent metabolism, they digest quite fast and can almost eat anything. They tend to be "hot-blooded" in all senses. They usually have warm body, particularly the extremities. They also have the strongest blood circulatory system, at the same time are prone to cardiac problems in their later life.

Their metabolism is so strong that they will hardly notice the process of digestion until their forties, unless it is acidity or heart burn. After forty, they suddenly begin to notice that they have some uninvited extra pounds in their body. When they have digestive issues, they tend to show loose stools or diarrhea.

They tend to fall in between the other types when it comes to size and weight. They also have an average level of endurance and stamina. Nonetheless, they have the strongest minds, are ambitious and driven. When Pitta go out of balance, it can cause irritability, anger and a red face. They also tend to develop skin disorders due to the acidic nature of their blood and body in general.

When Pittas gain weight, they usually tend to put inflammatory weight with lymphatic accumulation and fake fat. It can be called "Angry weight" and presents itself with pain, discomfort, joint aches and rashes. Its not soft and loose weight like Vatas. This kind is the most uncomfortable weight.

Pittas tend to get away with eating toxic foods when they are younger. However, once the inflammation starts in their gut, everything can go downhill until the gut is healed. Hot weather can be a challenge for Pitta, but cooling raw foods will reduce inflammation once their digestion is healed. For Pittas, it is extremely important to limit foods that increase body heat.

By keeping their body heat down and the lymphatics moving, Pitta people can become amazingly productive and creative.



PITTA

TAKE THESE TO CALM AND PACIFY PITTA:

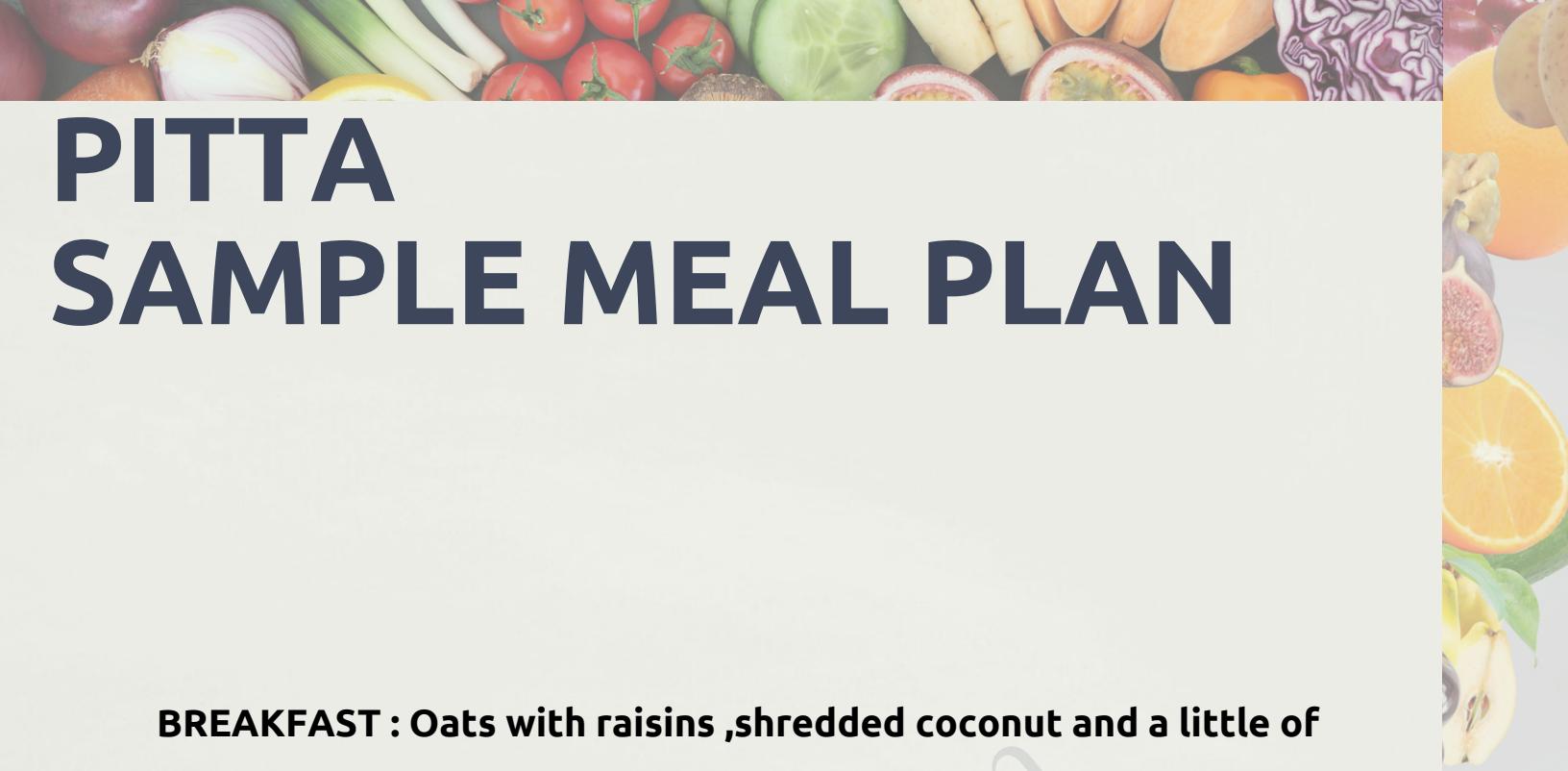
- Juicy Foods like grapes, mangoes, etc.
- Cooling Foods like coconuts and melons.
- Foods with water content.
- Room temperature to lukewarm drinks.

STRICT NO TO THESE TO AVOID AGGRAVATING PITTA :

- Spicy foods
- Sour foods
- Acidic foods such as foods containing vinegar
- Salty foods

LIFESTYLE HACKS TO CURB YOUR PITTA:

- Focus on your passion and creativity to channel your pitta energy in a more productive way.
- Get enough sleep of about 7-8 hours to keep yourself away from getting irritated.
- Indulge in fast moving exercise of short duration. Outdoor Yoga Sessions will also be great.
- Make a habit of practicing mindfulness in what you say and how you say it.
- Try not to be a workaholic and include leisure activities in your daily life.
- NEVER miss your DRY BRUSH



PITTA SAMPLE MEAL PLAN

BREAKFAST : Oats with raisins ,shredded coconut and a little of coconut palm sugar.

LUNCH : Soup, Rice, vegetables, leafy greens (except spinach), animal proteins, desserts.

SNACK : Melons, coconut water, sweet fruits

Dinner : Roasted veggies and grains salad

KAPHA

Kapha is the relaxed, gentle and "cool" dosha and people with a predominant kapha dosha tend to have a let-it-be attitude towards life and are not naturally prone to any kind of stress, anxiety or irritation.

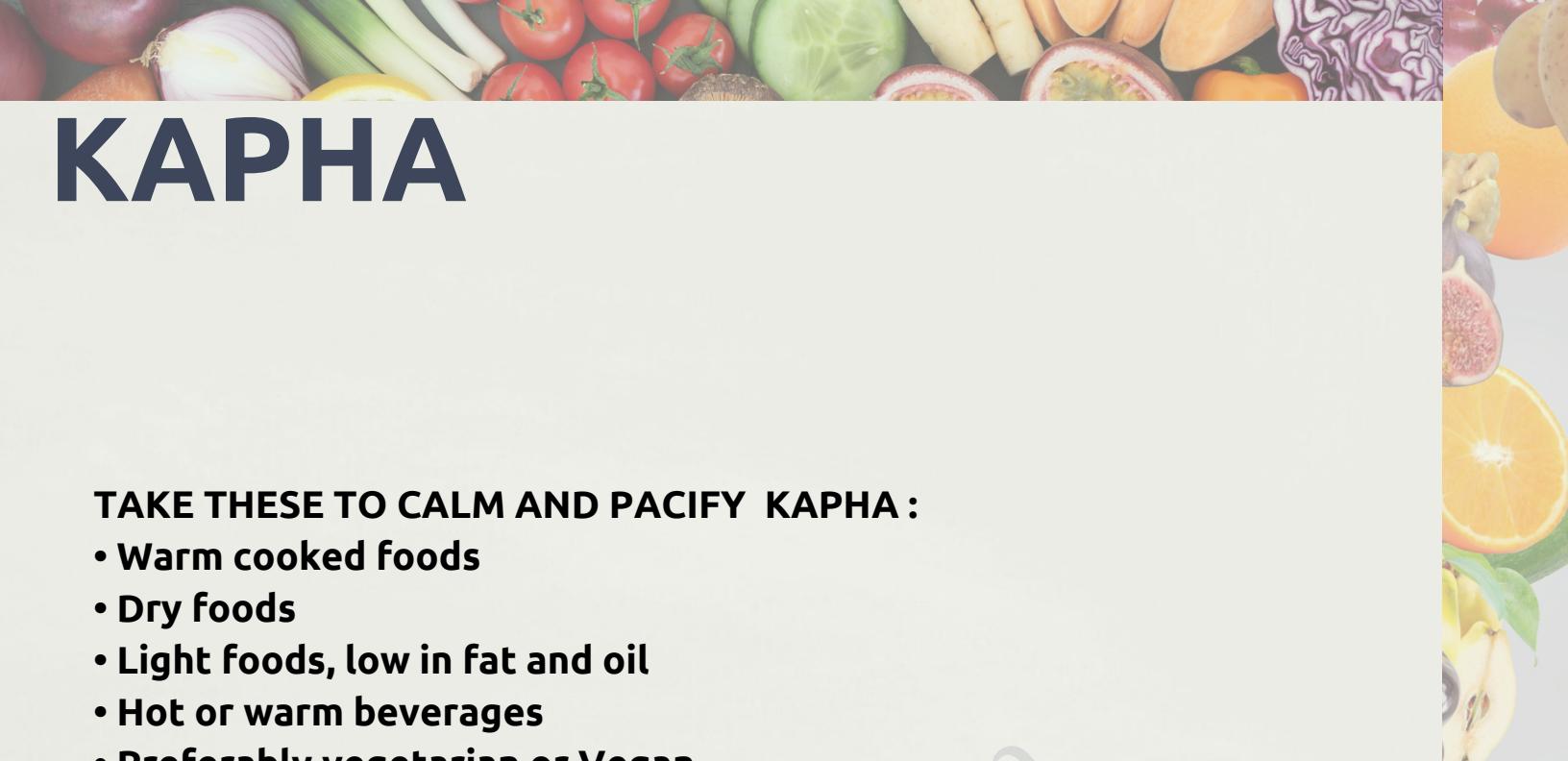
Physically, kapha people have the most difficulty managing their weight. They are generally sturdy and with a big built and can go on for longer periods without eating. This is the only group which tends to do well with any kind of fasting. They tend to have smooth, lustrous skin, glossy dark hair, lovely singing voices and good memories. When out of balance, they experience lack of motivation, feel lazy to do anything and tend to binge eat a lot. They get attracted to mostly sedentary lifestyles and will have to keep themselves highly motivated to get them going. Warm and dry climates suites them the best as it compliments their cool and wet nature.

The Kapha type of person has the slowest metabolism but the greatest consistency. They respond well to same kinds of foods. Of the three types, the kapha type people take the longest to digest what they eat.

The Kaphas have the strongest body and the greatest level of endurance among the three types. Along with their physical strength, they also have a very strong immune system. They have a very good resistance to diseases and when they do fall ill, its mostly because of poor nutritional or lifestyle habits.

Kaphas, when they gain weight, they tend to deposit fat around their internal organs such as the heart and hence is considered the most dangerous. This weight is the most difficult to lose and the most likely one to be the cause for chronic disease. Because it is so dangerous, these people should work on reducing it to prevent their organs from carrying the extra load.

If kaphas break their addiction cycle, they are naturally the healthiest of all the three types.



KAPHA

TAKE THESE TO CALM AND PACIFY KAPHA :

- Warm cooked foods
- Dry foods
- Light foods, low in fat and oil
- Hot or warm beverages
- Preferably vegetarian or Vegan

STRICT NO TO THESE TO AVOID AGGRAVATING KAPHA :

- Heavy & Large quantities of food especially during night
- Cold food or cold beverages

LIFESTYLE HACKS TO CURB YOUR KAPHA :

- Stay stimulated and keep moving
- Sleep for about 6 hours. Do not oversleep
- Never miss your dry brush. Deep tissue massages also helps you better
- Never hold on to things rather accept changes.



KAPHA SAMPLE MEAL PLAN

BREAKFAST : If you are not hungry, skip breakfast or have some 5 E TEA. If you are hungry, try some dried fruits, fruits like apple, pomegranate, pear or some millet porridge

LUNCH : Dry sautéed vegetables with 5 E CURRY POWDER and some oil. Add onion, garlic, long pepper, black pepper, dry ginger powder and just a pinch of Rock Salt with rice/ roti. Legumes can also be cooked and used.

SNACK : Sour fruit

DINNER : Usually don't need dinner.

If required, have a bowl of vegetable soup or lentil soup and that too strictly before 7 PM.

NOTE:

Kapha people and people with kapha imbalance (overweight), must be the most careful about FRUITS. Sweet taste aggravates kapha and adds to the weight. So , the intake of fruits should be limited to 1 or 2 servings.



5Elements

Basic Shopping List



Prakriti-diet



VATA

GRAINS

LEGUMES

- Wheat
- Semolina, Rava
- Oats
- Basmati/brown rice

- Whole/split green gram
- Red lentil

VEGETABLES

- Cooked onions
- Beetroot
- Carrots
- Green Chilies
- Radish
- Sweet potatoes
- Yam's
- Pumpkin
- Egg Plant
- Green beans
- Tomatoes
- Ladies finger

FRUITS

- All Sweet and juicy fruits like grapes, mangoes etc.
- Cooked Apples
- Bananas
- Berries
- Oranges
- Pomegranate
- Dried fruits taken after soaking

NUTS AND SEEDS

- All nuts except peanuts
- Seeds in small amounts
- Pumpkin seed, coconut

VATA

DAIRY

SWEETENERS

- Buttermilk
- Butter
- Ghee
- Cottage cheese
- Lassi
- Curd
- Milk A2- served warm
- No ice-cream

- Cane sugar
- Honey
- Jaggery
- Maple syrup
- Molasses

OILS

- Ghee
- Sesame oil
- Coconut oil
- Mustard Oil
- Peanut oil

SPICES

- Cardamom
- Fennel
- Nutmeg
- Asafetida
- Cinnamon
- Cloves
- Coriander
- Cumin
- Fenugreek
- Ginger
- Black Pepper
- Turmeric
- Rock salt
- Cooked Garlic
- Mustard
- Tamarind
- Lemon Juice
- Star Anise
- Bay Leaves

ANIMAL PRODUCTS

- Eggs
- Fish
- Chicken
- Duck
- Shell-fishes
- Red Meat

PITTA

GRAINS

LEGUMES

- Wheat(weekly once)
- Rice white, basmati
- Barley
- Oats

- Green gram
- Chickpeas
- Kidney beans
- Split peas
- Non fermented soya products

VEGETABLES

- Cabbage
- Cauliflower
- Cucumber
- Green-leady veggies except spinach
- Ladies finger
- Peas
- Potatoes
- Sweet potatoes

FRUITS

- Apples
- Pomegranates
- Dates
- Figs
- Grapes
- Mangoes
- Melons
- Sweet orange
- Pear
- Sweet plum
- Raisins

NUTS AND SEEDS

- Coconut
- Pumpkin seeds in moderation
- Blanched Almonds

PITTA

DAIRY

SWEETENERS

- Sweet lassi
- Ghee
- Milk
- Cottage Cheese

- Cane Sugar
- Coconut palm sugar
- Date sugar
- Jaggery

OILS

- Ghee
- Coconut oil
- Olive oil in moderation

SPICES

- Cardamom
- Coriander
- Fennel
- Cumin
- Saffron
- Turmeric
- Mint

ANIMAL PRODUCTS

- Chicken
- Egg whites
- Fish- Fresh water only

KAPHA

GRAINS

- Aged grain- at least 1 year old
- Barley
- Oats
- Rice
- Rye
- Corn

LEGUMES

- All Legumes
- Kidney beans
- Green gram

VEGETABLES

- Beetroot
- Cabbage
- Carrots
- Broccoli
- Cauliflower
- Egg Plant
- Green Beans
- Lettuce
- Mushrooms
- Onions
- Ladies finger-dry fry
- Peas
- Potatoes
- Radish

FRUITS

- Limit to 1-2 servings/day
- Apples
- Dry fruits
- Pomegranates
- Pears

NUTS AND SEEDS

- Pumpkin seeds

KAPHA

DAIRY

SWEETENERS

- Buttermilk
- Ghee-small amount
- Low fat/ non fat milk weekly twice- A2
- Lassi- savory
- Goats milk

- Honey

OILS

SPICES

ANIMAL PRODUCTS

- All oils less than 1 tsp/day
- Preferably mustard oil

- All spices except salt

- Avoid animal products
- Chicken if need be

THANK YOU

And Always Remember
You are what you Digest!!!

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