

AYURVEDA *of* DIET



15 ULTIMATE EATING HABITS
recommended in AYURVEDA
for HEALTH and HEALING

Advait

‘Ayurveda of Diet’

**15 Ultimate Eating Habits
Recommended in Ayurveda for
Health and Healing.**

By
Advait

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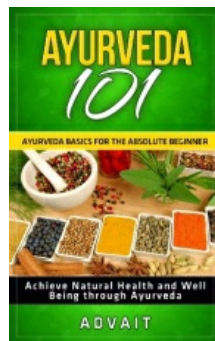
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Ayurveda 101: Ayurveda Basics for The Absolute Beginner



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Important

While reading about the habits in this book, you might find a few sentence constructions a bit weird.

Those sentences are the italicized ones.

Please note that the italicized sentences are word to word translations of *Shloka's* i.e. verses mentioned in various Ayurvedic books referred for this creation.

So, while translating the original verses written in Sanskrit, I haven't recreated them, but simply translated those to maintain the essence of the original script.

Habit #1

#1 Avoid Overeating

Ayurveda states that, the health of an individual deteriorates as a result of breakdown of various essential organs due to fatigue, and in Ayurveda a fatigued stomach and digestive system are referred as the root cause of ill health and disease.

Over satiety is over-eating to the point of losing the appetite, and stuffing your stomach till distention.

Every organ when distended expands itself but its strength and functional capabilities are weakened.

So, in case of over-eating, the stomach loses its capability of digesting the food completely which results into weakness and induce a feeling of heaviness.

Drinking excess water during eating is also considered as over-eating as it also affects the digestion adversely.

Over-eating and drinking excess water while eating can cause dyspepsia and nausea, and affect our overall health in the long run.

Due to these reasons Ayurveda recommends that one should not overstuff or drink excess water while eating for maintaining good health.

Habit #2

#2 Three Stages of Digestion

In Ayurveda the process of digestion is broadly divided into 3 stages, viz.

#1 In the Stomach,

#2 In the Liver and

#3 In the Target Organs.

If the digestion in the Stomach is poor, the quality of digestion in the Liver is poorer and the digestion and assimilation in the Organs is the worst and this results in poor health and diseases.

Here is the habit #2,

It is stated in Ayurveda that, *'Whoever wants never to be sick, should avoid poor digestion and excessive movements after the intake of food.'*

And to achieve this, one should stop eating while he still has a desire for food and avoid excessive consumption.

Ayurveda states that, *'Eating small amount of bad food is very good than eating large amounts of good food.'*

If one eats bad food below the point of satiation, the body will successfully digest that food and nourish the body with whatever is useful in it, but eating large amounts of good food will cause indigestion and further complications in the body.

Habit #3

#3 Don't Overburden your Stomach

Ayurveda states that 'Even if one does not overeat, his digestive system will be fatigued if he consumes food many times a day and that too at irregular intervals.'

Thus, over satiation is not just over consumption, but it is also caused by eating appropriate amounts of food many times a day, and the ill effects are driven up a notch if these consumption takes place at irregular intervals.

To avoid this, one should first decide how much to eat at one time, how many times a day is he going to consume food, and then should fix times for consumption, and food should be consumed at that time of the day only.

Habit #4

#4 Avoid eating much in Hot Weather

As a rule of thumb in Ayurveda, 'Warmer the weather, the less should be the quantity.'

During the summer, our digestive processes are weak; hence eating less helps us avoid overburdening our stomach and to avoid stomach fatigue.

So, whatever your regular consumption of food is, during summertime consume a bit less. There is no hard and fast rule to determine how much less, but you can decide for yourself by gradually reducing the quantity of food.

When the temperatures start to cool down, the quantity of the food consumed should be increased gradually, since in wintertime the digestive processes are strong enough to gather and hold the natural heat.

There is a funny adage in Ayurveda which goes like this;

'If a man would take care of his body as he takes care of the animal he rides on, he would be spared many serious ailments.'

To modernize it; 'If a man would take care of his body as he takes care of his car or bike, he would be spared many serious ailments.'

Funny, but true!!

Habit #5

#5 Exercise and Diet

Ayurveda states that *'Exercise removes the harm caused by most bad habits which most people have, and no movement of the body is as beneficial as body movements and exercise which aid in Digestion.'*

Exercise is the main principle in keeping one's health, and in keeping away all the illness.

Exercise is referred in Ayurveda as body movements which affect your breathing.

Care to be taken;

Violent exercises cause fatigue, so exercise to an extent where your breathing is affected but not to the extent that you run out of breath.

One should do exercise when the stomach is empty and the superfluities i.e. Fecal matter and Urine are expelled out.

One must not exercise when it is very cold and very hot.

Best time to exercise is the beginning of the day.

Habit #6

#6 Avoid Exercise after Meals

Ayurveda states that *‘vigorous bodily movements after eating food are very injurious, as they are very much damaging for the digestive system, especially for those people who have thin blood vessels.’*

Though Ayurveda advises us not to exercise after a meal, but it is highly recommended in Ayurveda that *‘One should walk around 100 steps at a relaxed pace after he has eaten his meals in the evening’*

It is called ‘शतपावली’ (Shatapavali) meaning, ‘A Hundred Steps’.

The Shatapavali helps the food eaten, to descend down to the lower part of the stomach and get it warmed up and ready for digestion.

Habit #7

#7 Eat and Drink only if you feel Hungry

Ayurveda tells us that 'One should eat only when justified by a feeling of hunger, when the stomach is clear and the mouth possesses sufficient saliva, and a man must not drink water unless he is truly justified by thirst.'

Our hunger depends upon what we have eaten previously and our set habit of eating at a specific time. But, for some reasons, if you do not feel hungry enough to eat, by all means avoid stuffing yourself at that time, and eat only when you feel hungry enough to eat.

Also, avoid drinking water after a meal, as it interferes with the digestion.

Habit #8

#8 Drinking Water with your Meal

Ayurveda states *‘and it is not fit to drink. With your meal or after it, when it is still in the stomach, anything besides normal water with no admixture.’*

Water combined with Saliva from our mouth prepares the food we eat for digestion.

It works as a moisturizer for the inner walls of the stomach and helps in proper movements of the chewed food in the stomach cavity and in the intestines.

But, as stated previously, only drink till you quench the thirst and avoid drinking excess, as it will in turn dilute the stomach juices required for proper digestion.

Habit #9

#9 Eat Bread made of Wheat

A good non-vegetarian diet recommended in Ayurveda includes –

*Well prepared **Wheat Bread***

Meat of a Goat and a one-year Lamb

The Meat of a Chicken

The Meat of a Pheasant

The Yolk of a Chicken Egg

About the Wheat Bread, Ayurveda states -

‘The bread should be made of wheat that is fully ripened, after its superfluous moistures become dry and it is not old enough to begin deterioration.’

‘The Bread must not be made of refined flour, but after it is sifted in the sieve its sourness producing parts should be made visible and enough salt added to make it suitable.’

‘Rough, unchafed and unpolished grains should be used to prepare the bread’

Habit #10

#10 Don't eat Wheat unless it's a Bread

Ayurveda states that, *'everything prepared from wheat aside from the bread is by all means not a proper food'*

White bread and bread made of refined flour and boiled wheat are not considered as a good food for digestion, as only a stomach with great power to digest them can derive much nourishment and good from them.

So fried dumplings, fried dough balls, fried pancakes covered with honey, unleavened bread made of Wheat flour are considered to be bad food in Ayurveda.

Habit #11

#11 Avoid Meat with a lot of Fat

Ayurveda says about Meat, that, *‘everything within the abdomen is bad and should be avoided, and every part of meat which has a lot of fat on it is bad for digestion and thus for the body.’*

Meat which has a lot of fat result into satiation, but at the same time it is extremely hard to digest.

This type of meat diminishes our appetite and produces what is called as ‘White Moisture’ within the body.

Ayurveda states that *‘The meat of Chicken and other Fowl (pheasant, pigeons, quail and Turtle Doves) is lighter than the meat of cattle and is digested more easily and rapidly’*

Habit #12

#12 Milk

Milk is considered to be extremely healthy in Ayurveda, but as long as it does not become sour after going into the stomach.

To avoid the milk we drink from going sour in our stomach, Ayurveda has a neat trick –

‘Take your milk with a little Honey and a grain of Salt.’

Also, Ayurveda recommends that the milk of a Goat and a Cow offer the best nourishment.

Habit #13

#13 Avoid old dairy products, but, embrace Honey

About old and stale dairy products, Ayurveda states that *'Old Cheese which has a lot of fat should be avoided, also stale Butter should be avoided, but fresh butter raw or boiled is very good for health and are very easily digested'*

Honey in Ayurveda is regarded very highly. It is considered to be extremely nourishing and very easy to digest and said to have properties that enhance our digestive capabilities.

Honey in Ayurveda is considered to be good nourishment for the old but bad for the young in excess.

Ayurveda states, *'Honey is bad for those whose temper is warm, because it turns rapidly into red bile'*

Habit #14

#14 Wine in Moderation

According to Ayurveda, Wine contains much good and light nourishment.

It is rapidly digested and helps to digest other foods.

It is stated in Ayurveda that *‘Wine removes the superfluities from the pores of the flesh and excretes them through urine and perspiration.’*

Also, some recent studies have shown that having a small glass of red wine every couple of days is extremely helpful in maintaining the intestinal flora, which in turn increase the digestive capabilities and also Red Wine is rich in anti-oxidants, thus saving the body from free radicals and slowing the ageing process.

Habit #15

#15 Eating Melon

According to Ayurveda, 'If one eats some melon early in the day, when his stomach is empty and without any bad fluids, it will be well digested, cool off the body a little, increase the amount of urine, purify the blood and also provides nutrition.'

Eating melon has a superb detoxification effect and also adequately hydrates the body; hence, one should eat some melon on a regular basis.

Also foodstuffs that are blood purifiers are good for the health of the skin and in treatment of acne.

The *Tri-Dosha's*

The Tri-Dosha's i.e. the Mind-Body-Constitution of a person forms the basis of using Ayurveda for that person.

According to Ayurveda, every person is constituted of the Tri-Dosha's - *The Vata Dosha*, *The Pitta Dosha* and *The Kapha Dosha*.

And, any one of the three Dosha's is dominant among them, which determines the basic constitution or *Prakriti* of an individual. For example, a person with a dominant *Pitta Dosha* is said to have a '*Pitta Prakriti*'.

Ayurveda is all about appeasing the dominant Dosha and maintaining a good balance between the other two Dosha's.

Want to know if you have a Vata, Pitta or Kapha Prakriti?? Then turn the page and take the test.

Test to Determine your *Prakriti*

In this test you will be asked a series of questions, with three options available to choose from as your answer.

At the end of the test,

if the majority of your answers is 'A' then you have a *Vata Prakriti*.

if the majority of your answers is 'B' then you have a *Pitta Prakriti*.

if the majority of your answers is 'C' then you have a *Kapha Prakriti*.

Here's the Test.

#1 Your Frame

- A. Thin, Lanky, boney and taller or shorter than average.
- B. Average build and size with weight centered in middle.
- C. Heavy, Stocky, Broad and either very tall or very short.

#2 Your Weight

- A. Low with difficulties in gaining weight.
- B. Moderate, no difficulties in gaining or losing weight.
- C. Heavy with difficulties in gaining weight.

#3 Your Appetite

- A. Unpredictable and irregular.
- B. Strong, you cannot skip meals and need to eat after every 3-4 hrs.
- C. Constant but can skip meals easily and tolerate hunger.

#4 Amount of food you eat

- A. Variable, sometimes a lot and sometimes very little.
- B. More, you can eat large quantities at once.
- C. Comparatively less.

#5 The Weather you Prefer

- A. Warm climates and dislike windy dry and cold days.
- B. Cooler climates and dislike heat.
- C. A lot adaptable to climate but absolutely dislike cold and rainy days.

#6 Your Skin Texture

- A. Thin and dry but rough and cool to touch.
- B. Smooth and Warm with an Oily T-zone.
- C. Thick and Greasy and cold to touch.

#7 How do you Walk?

- A. Fast with light steps.
- B. Determined steps at an average speed.
- C. Steady steps at a slow pace.

#8 Your Complexion

- A. Dark and tans easily.
- B. Fair with freckles and prone to sunburn.
- C. Pale and difficult to tan.

#9 The way you sleep

- A. A light sleeper and gets awakened very easily.
- B. Sleeps deep and even, hardly needs more than 8 hrs of sleep.
- C. Long and sound sleeper, have difficulty in waking up after a long sleep.

#10 Your Hair

- A. Dry, brittle and curly.
- B. Soft and Straight.
- C. Thick and Wavy, tends to become greasy.

#11 Your Perspiration

- A. Very little with little odor.
- B. Intense when it gets hot, and has a sharp smell.
- C. Constant and moderate with a sweet smell.

#12 Your Eyes

- A. Small and dry, you blink a lot.
- B. Penetrating gaze, reddish sclerae.
- C. Large and moist with a white sclerae.

#13 Your Body Temperature

- A. Less than normal, with cold feet and hands.
- B. More than normal, with palms, feet and face warm or hot.
- C. Normal but palms and feet are cold.

#14 Your Lips

- A. Thin and dry and are often chapped.
- B. Pink and Soft.
- C. Full and Smooth.

#15 Your Voice

- A. Low volume, hoarse and cracking.
- B. Loud and Sharp.
- C. Pleasant and Harmonious with a low pitch.

#16 Your Teeth

- A. Crooked and irregular with receding gums.
- B. Yellowish with easily bleeding gums.
- C. Large, white and straight.

#17. Your Fingers and Nails

- A. Delicate, small and long fingers with chipped nails.
- B. Regular fingers with pink and soft nails.
- C. Wide and angular fingers with large and hard nails.

Now You know, what type of *Prakriti* you have!!

Now let's see what food is most suitable for your ***Prakriti***.

Ideal Diet for a person with *Vata Prakriti*

Fruits you should eat:

Sweet Fruits, Apricots, Avocado, Bananas, Berries, Cherries, Coconut, Figs(fresh), Grapefruit, Grapes, Lemons, Mango, Melons (sweet), Oranges, Papaya, Peaches, Pineapples, Plums.

Fruits you should avoid:

Dried Fruits, Apples, Cranberries, Pears, Persimmon, Pomegranate, Watermelon.

Vegetables you should eat:

Cooked Vegetables, Asparagus, Beets, Carrots, Cucumber, Garlic, Green Beans, Okra (cooked), Onion (cooked), Potato (sweet), Radishes, Zucchini.

Vegetables you should avoid:

Raw Vegetables, Broccoli, Brussels, Sprouts, Cabbage, Cauliflower, Celery, Eggplant, Mushrooms, Onions (raw), Peas, Peppers.

Grains you should eat:

Rice, Wheat, Oats (cooked).

Grains you should avoid:

Barley, Buckwheat, Corn, Millet, Rye.

Ideal Diet for a person with *Pitta Prakriti*

Fruits you should eat:

Sweet Fruits, Apples, Avocado, Coconut, Figs, Grapes (dark), Mango, Oranges (sweet), Pears, Pineapples (sweet), Plums (sweet), Pomegranate, Prunes, Raisins.

Fruits you should avoid:

Sour Fruits, Apricots, Berries, Bananas, Cherries, Cranberries, Grapefruit, Grapes (green), Lemons, Oranges (sour), Papaya, Peaches.

Vegetables you should eat:

Sweet & Bitter Vegetables, Asparagus, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Cauliflower, Celery, Green Beans, Leafy Greens, Lettuce, Mushrooms, Okra, Peas, Parsley, Peppers (green), Potatoes, Sprouts, Zucchini.

Vegetables you should avoid:

Pungent Vegetables, Beets, Carrots, Eggplant, Peppers (hot), Radishes, Spinach, Tomatoes.

Grains you should eat:

Barley, Oats (cooked), Rice, Wheat.

Grains you should avoid:

Buckwheat, Corn, Millet, Oats (dry), Rye.

Ideal Diet for a person with *Kapha Prakriti*

Fruits you should eat:

Apples, Apricots, Berries, Cherries, Cranberries, Figs (dry), Mango, Peaches, Pears, Persimmon, Pomegranate, Prunes, Raisins.

Fruits you should avoid:

Sweet & Sour Fruits, Avocado, Bananas, Coconut, Figs (fresh), Grapefruit, Grapes, Lemons, Melons, Oranges, Papaya, Pineapples, Plums.

Vegetables you should eat:

Pungent & Bitter Vegetables, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Eggplant, Garlic, Leafy Greens, Lettuce, Mushrooms, Okra, Onions, Parsley, Peas, Peppers.

Vegetables you should avoid:

Sweet & Juicy Vegetables, Cucumber, Potatoes (sweet), Tomatoes, Zucchini.

Grains you should eat:

Barley, Corn, Millet, Oats (dry), Rice (Basmati, small amount), Rye.

Grains you should avoid:

Oats (cooked), Rice (brown), Rice (white), Wheat.

One Last Thing.



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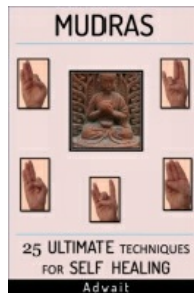
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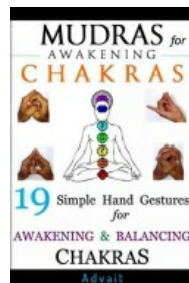
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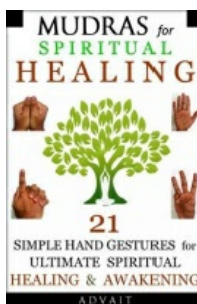
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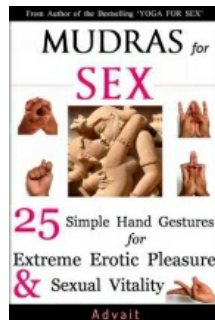
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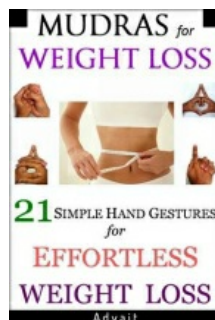
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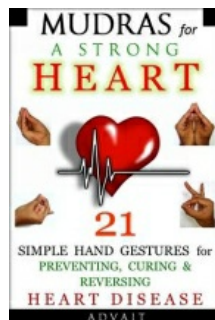
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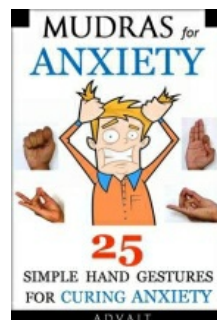
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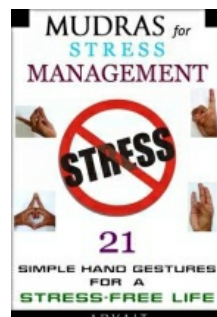
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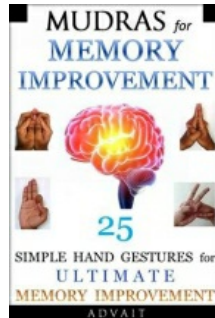
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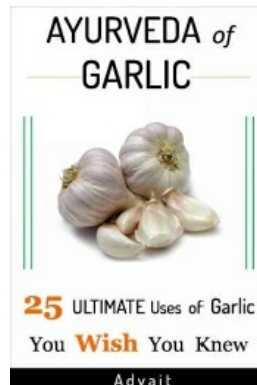
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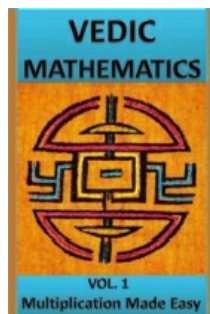
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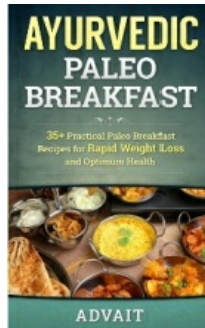
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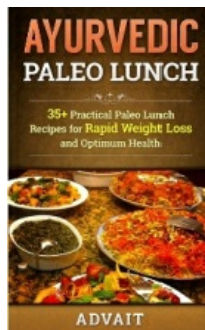
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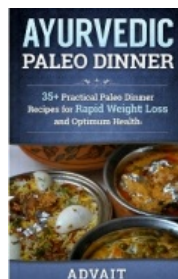
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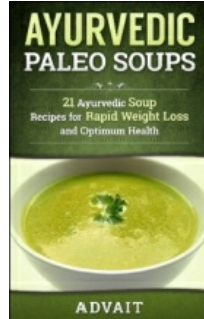
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