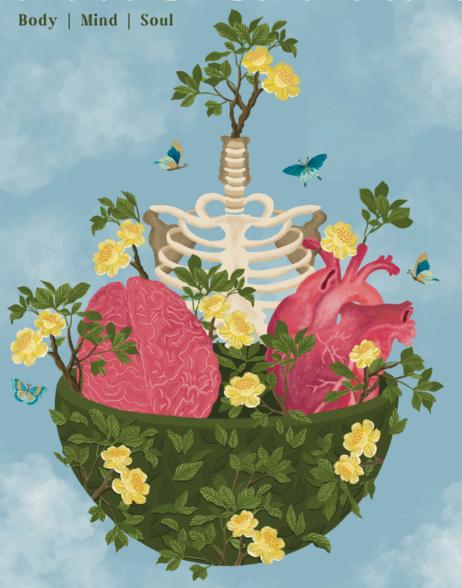
TRISUTRA



A Beginner's Guide & Journal to Holistic Wellness

by KARISHMA SHAH

TRISUTRA A Beginner's Guide & Journal to Holistic Wellness

by Karishma shah

Welcome to Trisutra: Your Holistic Guide & Journal for Body, Mind, and Soul Healing

In a world that often feels chaotic and fast-paced, finding balance and nurturing our whole selves is essential. Trisutra is your companion on this journey, offering a sanctuary for exploration, reflection, and growth. Engage in enriching activities designed to cultivate mindfulness, deepen selfawareness, and foster inner peace. Whether you're seeking to enhance your physical health, expand your mental clarity, or connect with your spiritual essence, Trisutra provides the tools and guidance you need. Through the lens of Vedic Wisdom, Avurveda and the Chakra System, readers will discover how to harmonize their diet with their unique constitution and energy centres unlocking the key to vibrant health and balance. Whether you are seeking to enhance your physical well-being, cultivate mental clarity, or align with your spiritual essence. Trisutra provides a comprehensive roadmap to holistic wellness. Empowering and enlightening, this book is a must-read for anyone ready to transform their relationship with food and unlock their full potential for health.

In this illuminating book, award-winning Integrative Nutritionist and Health Psychologist Karishma Shah guides readers on a transformative journey towards optimal health and vitality. Drawing upon ancient wisdom and modern science, Karishma seamlessly weaves together the intricate connections between food, mind, body, and spirit.

Mental Health Activities	Spiritual Activities	Self Awareness Activities
Digestive Fire Quiz	Chakra Type Quiz	Millets guide & recipes
	Health Activities Digestive Fire	Health Activities Digestive Chakra Type

KARISHMA SHAH







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Dedication:

To Sonafai -

You live on through me.
Every act of service I do is because of you.

To Mom -

Thank you for everything. You are my Hero.



Disclaimer

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Welcome to TRISUTRA

A BEGINNER'S GUIDE AND JOURNAL TO HOLISTIC WELLNESS

by Karishma Shah



Hello!

We interact with food and eating on an average of 6 hours daily. If we tally up our daily interactions and calculate a lifetime of interactions with food and eating, we might reach close to 6 million opportunities to heal our physical, emotional, mental, and spiritual selves through the amazing miracle of a meal. Remember that, how we eat is how we live, and how we live is how we eat.



Karishma shah
Integrative Nutritionist
& Health Psychologist

Embark on a transformative journey with Karishma Shah,

She is a distinguished Integrative Nutritionist and Health Psychologist, who seamlessly intertwines the principles of Ayurveda and Spiritual Psychology to guide individuals towards holistic well-being.

Her Holistic Approach:

What sets Karishma apart is her unwavering belief in the synergy of mind, body, and spirit. Through her integrative approach, she empowers individuals to achieve balance in their lives, harmonizing nutrition, psychological wellbeing, and spiritual enlightenment. Her guidance is not just about eating right or understanding the mind; it's about fostering a profound connection with one's inner self.

Education and Expertise:

Karishma holds a profound understanding of the intricate connection between nutrition, psychology, and spirituality. She is equipped with a concreate foundation in health psychology, she has dedicated her career to unravelling the secrets of optimal well-being. Her academic journey is a testament to her commitment, blending traditional knowledge with cutting-edge insights. The following are her educational degrees and certificates-

- Masters in Integrated Nutrition & Holistic
 Health Coach
- Masters in Nutrition and Dietetics
- Masters in Psychology
- PG Diploma in Nutrition & Weight Management
- PG Diploma in Clinical Nutrition
- PG Diploma in Counselling Psychology
- Vedic Counsellor

- Specialization in Nutrigenomics
- Plant Based Nutrition Chef
- Ayurveda Lifestyle Consultant
- Diabetes Educator
- Associate Practitioner of NLP
- Anxiety Counsellor
- · Certified Behavioural Consultant
- Certified Holistic Life Coach
- Certified Emotional Intelligence Trainer

Ayurveda & Spiritual Psychology:

Karishma specializes in the ancient wisdom of Ayurveda, enriching her practice with the profound principles of balance and individualized well-being. Simultaneously, her expertise in Spiritual Psychology adds a unique dimension, helping clients delve into the deeper layers of their consciousness, fostering self-discovery and personal growth.

















Transformative Impact:

Karishma's work goes beyond conventional boundaries, creating a ripple effect of positive change in the lives of those she works with. Her clients don't just experience physical transformation but undergo a profound metamorphosis that radiates from the inside out.

Author and Thought Leader:

Karishma shares her wealth of knowledge through her consultations and writing, making her a renowned expert and author in the field of holistic wellbeing. Her book promises to be a beacon of wisdom, offering practical insights and inspiration for those seeking a balanced and fulfilling life.

Embark on a journey with Karishma Shah, where science meets spirituality, and well-being is not just a destination but a way of life. With her guidance, discover the transformative power of Integrated Nutrition, Health Psychology, Ayurveda, and Spiritual Enlightenment. Your holistic well-being awaits.



Scan to connect with us!



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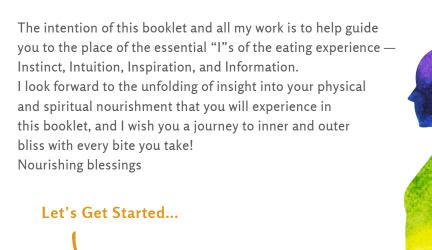


My purpose behind

This Book...

As you can already see, I am not your typical nutritionist. Although I've had much academic training in the scientific aspects of nutrition through my education journey, I have also been taught ancient medical and spiritual traditions such as Yoga, Ayurveda, Vedic Wisdom healing, and energy medicine. I have taken the best of my scientific knowledge and integrated it with an amalgam of ancient spirituality to create a unique approach to food, health, and healing.

I believe that our interface with food needs to be practical as much as it needs to be poetic; literal as much as symbolic; and science-based as much as spiritually- steeped. My approach unites the best of opposites!



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Trisutra

Before you start, the main philosophy of Ayurveda is "Like Increases Like"

Understanding the doshas is key for reaping their benefits.

"Dosha" means "fault" in Sanskrit, emphasizing the need to maintain their balance to avoid health issues.



Interesting Connection Between AYURVEDA AND MODERN SCIENCE

When we look minutely at Ayurvedic literature, it becomes visible that they have a strong interrelationship with the subject of Psychology and its various theories. Anciently practised Ayurveda is very much in line with potential practical psychological knowledge hence Ayurveda has a lot of relevance in the modern day when life has become unbearably busy, hyperactive, multitasking, and stressful.

Ayurveda can become a simple modern-era tool from the Indian primitive health knowledge pool. Let us understand the link between Ancient Ayurvedic science and Modern medical science more easily.



Incorporating Ayurveda into daily life is the best way to get closer to the inner self, be in line with the inborn personality, live a more fulfilling life and become perfectly equipped to face all of life's challenges and get healed through own psychologically tuned Ayurvedic essence.

The 4 humors explained by Hippocrates are the same as Doshas

There is a significant similarity between humors and doshas. Vata dosha is the same as air, pitta is humor bile, Kapha is humor phlegm and rakta is humor blood. Ayurveda suggests that all health complication occurs due to dosha imbalance, so medical science suggests a diagnosed excessive level of body humor as the risk factor for various chronic diseases

Personality is alike purusha and prakriti

Purusha is the inner soul and Prakriti is the inclination towards a materialistic world. Ayurveda and modern science through various studies have established the fact that a peaceful state of mind can only be attained by realising the self or inner soul and not getting distracted by the outer environment.

ID is a synonym of Vasana

Sigmund Freud's id is the origin of all desires, wishes, cravings and pleasure-seeking actions.
Similarly, Ayurveda explains
Vasana which is the same as "id" in the unfulfilled urges which derive through continuous daily life experiences, events, and interpersonal communications.

Panchamahabhutas are related to 4 elements of the cosmos

Ayurvedic Panchamahabhutas are a lot like the 4 elements of the universe, such as Prithvi is the same as earth, Vayu is air, Agni is fire, Jala is water and Akash is space. Both cosmogony and Ayurveda explain that the entire universe is made from these key elements as so as we human beings.

Ever wondered why sometimes you feel off-balance?

Imagine you're a pitta person – you run a bit hot naturally. Now, picture this: you're sitting in the blazing sun, munching on spicy chips with fiery salsa, and sipping a margarita with a salty rim (both alcohol and salt are heating). What's likely to happen? Heartburn and maybe even a sunburn – ouch!

See what happened there? All these hot elements stacked up, and it hit you like a ton of bricks. That's how doshas can get imbalanced. If left unchecked, it could lead to more serious health issues. So, what's the solution?

USE OPPOSITE QUALITIES TO MAINTAIN BALANCE!

Now, let's flip the script for our fiery pitta friend. We move them to the shade, offer a refreshing glass of cool mint water, and hand them a juicy mango. Voilà! No heartburn or sunburn. Everything we just gave them is cooling.

Remember, like increases like, but opposites balance. It might sound a bit complex, but don't worry. We're here to break it down for you, making it easy for you to make positive changes.

Now, get ready to explore the fascinating realm of the doshas and have some fun along the way!





Aspiring Ayurveda: Mind-Body-Soul connection

What is Ayurveda?

It is a different belief path of medical science which accepts that the earth's 3 innate elements fire, wind and water exist internally as common characteristics.

What are Vedas?

These are mainly 4 "Common Intelligence knowledge" books that teach how to live a happy, content life with the right wisdom.

- 1. The Rig Veda (1500-1000 b.c.e)- an anthem of mythologies, comprising stories of Hindu gods and goddesses
- 2. The Yajur Veda (1200-800 b.c.e)- a collection of religious mantras and chants
- 3. The Sama Veda (1200-1000 b.c.e)- a yoga, melodious songs & music
- **4.** The Atharva Veda (1200-1000 b.c.e)- rituals, prayers and charms that help to handle practical daily life issues

How is Ayurveda related to Vedas?

Ayurveda is an Upaveda to enhance health. 4 Upavedas are the source to understand and apply knowledge in different life situations

- 1. Gandharva Veda: It is a music therapy that describes the healing potential of music to maintain the body's energy balance
- 2. Dhanur Veda: It is a methodology to fight enemies with weapons
- 3. Ayurveda- It describes natural medicinal science for continuous good health
- 4. Sthapatyaveda: It depicts the unique connection between people, their residing buildings, and workstations

Ayurvedic philosophy & Shad Darshan:

The Six Philosophies of Life

This is a list of six systems of an authoritative reliable source of knowledge. These are the Nyaya, Vaisheshika, Samkhya, Yoga, Mimamsa and Vedanta. It teaches initiatives to make a balance between the inner and outer world. To maintain good health always make a constant effort to understand the physical and spiritual nature of the body.

How crucial is the mind-body-soul connection?

These are the invisible keys to unlocking the treasure of miraculous continuous good health. Pure perfect alignment of mind-body-soul brings harmony in nature, clarity in thoughts, and purpose in life.

5 Elements of the body

Earth's natural elements, fire, water, earth, air, and ether (space) are the scientific basis of Ayurveda. They are experienced by the body and make the physical, mental, and emotional characteristics & well-being of the body.

As per Ayurveda

- Fire metabolise food
- Water- hydrate body cells
- Earth- compose body fat
- Air-moves in the colon
- Ether- occupies gastrointestinal tract space

5 Elements Construct 3 Doshas of the body

Doshas – the shape of body physiology as per natural constitution & healthy norm for a balanced state established at birth dependent on factors like parent's body nature, conception time and other factors.

Doshas form and maintain the body's dynamic state of health. Each dosha performs a very specific set of roles in body functioning. When Doshas are aggravated, due to improper gross or subtle factors, the body-mind connection is disrupted and the disease process begins.









Defining Food (Ahara)

AYURVEDICALLY



Ayurveda explains the mental makeup of individuals by 3 gunas which are sattva, rajas and tamas. All are required in balanced form to perform normal psychological activities. Sattva brings consciousness and awakening in the morning, rajas is responsible for developing creative emotions and feelings and Tamas gives tiredness, heaviness, and sleepiness at night.

Ahar (Food) is also classified as satvik, rajasic and tamasic as per their qualities and the energy created in the body after eating them.

Sattvic food- this is pure, non-processed food, light and easy to digest and enriched with life force and energy (Prana). It instantly revitalizes the body, pumps in a lot of energy, calms down the mind and brings in an immense amount of inner satisfaction. This food vitalizes the soul, mind, and body equivalently. It enhances positive emotions such as selflessness, calmness, mindfulness, and compassion.

Rajasic food- when prepared fresh rajasic meals are energizing and complete but if consumed in high quantity lead to dosha imbalance, hyperactivity, irritability, insomnia, and anger outbursts. It makes more inclination towards passion, and instincts, and draws in pain, aggression, and attachment.

Tamasic food- these are foods which are eaten to satisfy emotional dissatisfactions without feeling physically hungry. They are mostly eaten in high quantities in disturbed, angry, jealous, and hatred-filled mental states. These foods are not fresh, difficult to digest, either too cold or too hot and preserved in the fridge or loaded with preservatives. Tamasic foods cause lethargy, drowsiness, tiredness, confusion, ignorance, negativism, and inactivity physically, mentally, and emotionally.



Food groups	Sattvic food	Rajasic food	Tamasic food
Grains, pulses and non-veg	Rice, millets, lentils, wheat, oats, barley	Sheep, goat and chicken meat, fish	Food high in starch, processed, fried and canned products
Vegetables	Green and fresh vegetables	High intake of potato, cabbage, cauliflower, radish, brinjal and lentils	Leftover and reheated food, preservative- containing food
Fruits	Fresh fruits	Excessive consumption of salty, spicy and sugary fruits	Jam, jellies, flavoured and preserved fruits
Nuts and seeds	Almond, walnut, peanut, raisin, dry dates, flax seeds, pumpkin seeds	Fried, spicy and salty nuts and seeds	Fried seeds, vegetable chips and nuts preserved with salt and sugar
Dairy items and beverages	Fresh milk, curd, buttermilk, ghee	Sour dairy products, alcoholic drinks, cold drinks	Drinking high amounts of tea and coffee and hard drinks
Oils	Good fat oil like coconut oil, olive oil and sesame oil	Excessive use of refined oil	Same oil usage for many times
Spices	Turmeric, ginger, cardamom, cumin seeds, fennel seeds, clove, black pepper	Chilli, garlic, onion, pickle, and vinegar	High use of onion, garlic, chilli, vinegar, and pickles
Sweet products	Honey, dates and jaggery	White sugar and chocolate	Sugary and Refined flour (maida) rich recipes

It is wise to choose food mindfully and observe the energy it gives after eating and the body's response towards that energy. Being healthy is not difficult if done consciously and thoughtfully. To uplift self from common materialistic belongingness and achieve inner peace, sattva gunas needed to be developed and cherished more.

\prod Inquisitive tale of DOSHAS

WHO ARE WE?

Mostly we know ourselves by our name, family background, academic accomplishments, professional achievements, and relationship fulfilment. Still, we feel that we are far away from knowing ourselves, our real nature, and the true reason for the way our body responds and behaves in certain situations.

For ages, we have been convinced that we are an outcome of the genes we acquired and the environment we live in.

The important journey of self-discovery includes 3 steps

The 1st step is to find our self is to investigate the real dosha type:

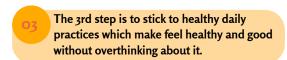
Which we can do easily by conducting online dosha tests or meeting an Ayurvedic expert. We inherit doshas during birth from our parents but they change as per the lifestyle we follow.





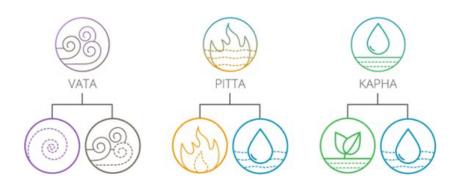
The 2nd step is to figure out more about dosha imbalance.

If we live life in line with our true dosha then everything remains in balance and control but if we start deviating, our inner doshas get imbalanced and start showing as physical, mental, and emotional health disturbances, complaints, and diseases.



Attentively listen to prompt body signals and conscious internal guidance and keep going.





WHY DO DOSHAS GET DISTURBED?

Living an undisciplined life for a long time takes us far away from our innate dosha composition, we start losing balance in our doshas, and their proportion and they become uncontrollable and get shown as health complications.

DOING A FEW THINGS IN EXCESS

When doshas are in balance, the craving for food to keep doshas in balance continues and remains constant. On the contrary, in the case of dosha imbalance, craving for foods further imbalances the dosha.

DOSHA IMBALANCE AND BALANCE TECHNIQUES

We need to keep balancing our doshas throughout our life. We cannot do it by choosing extremely difficult paths which punish our bodies and make us feel uncomfortable. We can bring balance by patiently listening to our body signals and silent talks. All our efforts should be as per our real prakruti and not an attempt to be like someone else's dosha type.





Potential signs of Vata dosha imbalance:

- Constipation
- Gassiness and indigestion
- Muscle and joint pain
- Sleep disturbances
- Skin and hair dryness
- Anxiety, fear & panic attacks
- Memory loss
- Depression
- Unstable thoughts, sadness, guilt, blaming others

Practices to balance $\sqrt{\alpha + \alpha}$ dosha:

- Maintain a regular fixed sleep pattern, and go to bed early as Vata
 types need ample rest and sound sleep to regain their strength and
 concentration. Sleeping for fewer hours aggravates vata imbalance.
 Stay away from gadgets a minimum of 1 hour before sleep they
 stimulate and distract the mind and make it difficult to get a
 comfortable deep peaceful sleep. Wrap around blankets to feel warm
 and cosy and get fast asleep
- Eat warm, home-cooked, and comfort-giving foods to feel grounded and pacify vata dosha. Avoid cold and raw foods to prevent gassiness and bloating. Restrict snacking throughout the day as it creates indigestion, and bowel irregularities and intensifies vata dosha further
- Do oil massaging post bathing regularly to maintain skin softness, feel the body warmth and calm down the mind all day long



Potential signs of pitta dosha imbalance:

- Loose motions
- Skin irritation
- Acne
- Ulcers

- Acidity
- Heartburn
- Dizziness
- Headache

Practices to balance pitta dosha:

- For better sleep and avoiding burnout, aim to sleep by 10 pm consistently. Pitta types tend to work late into the night, disrupting their natural sleep cycle, which can lead to burnout.
- Eat a fulfilling nourishing powerful lunch, as digestion is at its highest peak during this time. Never skip lunch and starve until night, as this can lead to overeating, weight gain, and sleep disturbances.
- Avoid being stressed, delegate work and mentor others to take out work rather than controlling them as it will create more stress.
 Teaching others happily and polishing their capabilities will bring down the anger and irritable feeling



Potential signs of kapha dosha imbalance:

- Inflammation
- Poor coordination
- Lethargy and inactiveness
- · Feeling low

- Congestion
- Frequent cold and cough
- White-coated tongue
- Water retention

Practices to balance kapha dosha:

- Eat light meals and enjoy every bite of food. Kapha types have a low
 digestive fire which burns slowly and they can feel satisfied with less
 amount of food. Excessive intake of food brings obesity and heaviness
 in the body and mind very easily. Eat when feel hungry even though
 everyone around is eating
- Engage in fun-filled physical activities daily for a minimum of 15 minutes. Daily engaging exercising can be dancing, Zumba or aerobics, as it is required to feel sweaty and lighter
- Wake up early, go out for a slow walk and feel energized the entire day.
 This will enhance energy movement in the body and retain it the whole day to make feel less lethargic and inactive

5 easy daily practices to feel energized, have a focused mind and maintain a healthy weight.

Following these practices persistently will bring miraculous positive changes in life. Choose the right habit as per the prakruti and dosha types. Try following a single habit at a time, once fully acquired shift to other new habits. Never compromise with the daily disciplined routine and consistently keep following it.



Go to bed by 10 pm

To ensure deep sleep and overall wellbeing, maintain a consistent sleep schedule and disconnect from screens an hour before bedtime. Staying up past 10 pm transitions into Pitta time, which can feel like a burst of energy. However, this is a crucial period for the body to process food, thoughts, and rejuvenate. Ignoring sleep leads to disrupted patterns, affecting mood, concentration, and health in the long term.



Eat a light dinner by 7 pm

A busy work schedule makes one skip lunch and feel too hungry for dinner and they try to compensate entire day's food requirement during the night. During dinner, the digestive fire is not strong and it gets ready for the night-long fast. Eating excessive food during this time will not be utilized, keeps accumulating in the body, and leads to weight gain, unclear thinking, constipation, and difficulty waking up in the morning due to heavy mind and body.



Wake up early before sunrise

Wake up early during vata time to feel energized the whole day and feel tired enough by 10 pm. Waking up after sunrise in the Kapha time makes feel heavy, lethargic and slow in the morning which will get carried away throughout the day.

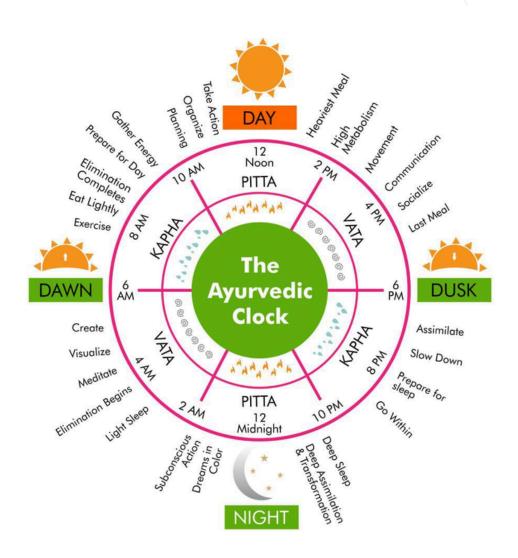


Do it daily consistently to feel sweaty, bring in clarity, prevent anxiousness and depression and feel highly energized, happy, content and calm. Regular body movement averts stagnancy and brings in excitement and activeness



$\left\langle \right\rangle_{3}$ Breathe correctly

Boost your energy by practicing deep nasal breathing, inhaling and exhaling through closed lips. Repeat this at least ten times, twice daily, to prevent exhaustion and enhance vitality.



III DOSHA MIND-TYPES

To know how Ayurveda can support your mental health starts with understanding your unique mind-body type.

Ayurveda can support your mental health with understanding your unique mind-body type! According to Ayurveda, we are born with a unique ratio of the three doshas or mind-body energy types: Vata, Pitta and Kapha. We are mainly dominated by one or two of the doshas. Each governs unique biophysical characteristics and mental qualities, that are always adapting and changing in relation to our lifestyles, stress, environments, experiences and nutritional choices. By understanding all three doshas and their mind types, we can recognise which dosha is out of balance and needs gently restoring back into equilibrium, all by using personalised approach. The safest and most reliable way to discover your dosha is to work with an Ayurvedic professional.





Vata dosha is compromised of the elements ether and air and governs qualities that are light, cold, dry, rough, irregular and moving. Vata types have very active minds that can be restless but are creative with imaginative ideas. When in balance they are easily excited, friendly, enthusiastic, joyful, flexible, embrace change, open-minded and tolerant towards others.

When vata dosha mind is out of balance you will experience mental imbalances such as anxiety, mood swings, fearfulness, panic, nervousness, tiredness, fatigue, over-worrying, over-thinking about the future, insomnia, fear, lack of focus, impatient, restless, ADD/ADHD. Vata types are prone to feeling 'wired', stressed and often don't stop until they burn themselves out, usually feeling tiered or crash in the late afternoon from 3 pm-5 pm. Vata dosha needs lifestyle, nutritional and a holistic balancing regime that grounds its irregular and always moving energy. Qualities within everything from food to self-care to exercise should be warming, grounding, balancing, soothing and nourishing for the mind and body.

Vāta in its normal state protects the body, bestowing enthusiasm, exhalation and inhalation, all activities of the body, initiation of the urges, maintenance of the dhātu-s, and proper functioning of the senses.

utsāhocchvāsa nisvāsa ceshtā vega pravartanaih. samyag gatyā ca dhātūnām akshānam pātavena ca

Āyurvedic Sūtra

Mental health tips for Vata types:

- Create a regular daily routine and schedule with consistent meal times.
- Practice a daily morning routine and bedtime routine or dinacharya.
- Practice abhyanga pada ritual every night before bed: massaging the soles of the feet with warm sesame oil to restore the nervous system and nourish the body.
- Take time to calm the mind with a daily meditation practice. Guided visualisation meditations are great for vatas imagination.
- Journal for 10 minutes every day to take back the power over your mind which tends to be in the future and anchor it into calm in the present moment. Free owing journaling, storytelling or poetry work well for the vata doshas creative and expressive mind.

Naturally Vata

MIND

- Mental alertness
- Creative artistic
- Enthusiasm
- Emotional balance
- Preceptive
- Compassionate
- Intuitive
- · Spiritually Inclined
- Charismatic
- Adaptable
- · Good communicator

BODY

- · Good eliminator of waste
- Light sleep
- Strong immune system
- Orderly body functioning
- Slender body weight
- · Dry brittle hair
- · Variable appetite
- · Fast pulse rate

Vata Imbalanced

MIND

- Anxiety, worry
- Mental and emotional depression
- A tendency to over exertion
- Mental confusion
- Impatient
- Inability to make decisions
- Lack of confidence

BODY

- Physical tension and symptoms of stress
- Insomnia
- Chronic tiredness
- · A weakened immune system
- Headaches, ringing in ears
- · Cramps, spasm
- Constipation/gas
- Arthiritis
- Underweight
- Popping/cracking in bones

Vata Dosha Dushti-Hetu (Common Causes)

MIND

- · Suppression of natural urges
- · Staying up late night
- Prolonged loud talking, hyperactivity
- Over stimulation
- Over exertion
- Excessive exercise, flying, travelling
- · Irregular lifestyle
- Keeping the company of insensitive people

BODY

- · Excessive sex, alcohol
- Autumn/winter, cold windy days
- Fear, anxiety, worry, loneliness
- Bitter, pungent, astringent foods
- · Dry raw rough foods leftover
- Dawn & dusk, 2-6 am/pm





Pitta dosha is compromised of the elements water and fire and govern qualities that are hot, sharp, dry, light, oily, pungent and sour. Pitta mind types when in balance are ambitious, passionate, confident, organised, courageous, intelligent, decisive, conversationalist, understanding, goal-orientated focused and precise.

A person with dominant pitta in their constitution will be more prone to pitta governed mental imbalances such as stress, anger, rage, jealousy, short-tempered, irritable, quick to snap, OCD, controlling, judgemental, defensive, sarcastic, competitive, critical and the tendency to overwork.

The pitta dosha needs a lifestyle and nutritional regime to balance its hot qualities with foods, rituals and daily practices that cool and calm the mind.

To balance pitta, you need to make choices that are cooling and stabilizing

Pitta in its normal state maintains digestion, body temperature, vision, production of hunger, thirst, appetite, complexion, intelligence, courage, valor, and softness of the body.

anugrhn**ä**t yavikrtah pittam paktyushma darshanaih. kshut trd ruci prabh**ä** medh**ä** dh**ī** shaurya tanum**ä**rdavaih

Āyurvedic Sūtra

Mental health tips for Pitta types:

- Schedule time to unwind, relax and have fun. Pittas tend to overwork and forget to prioritise their happiness and wellbeing.
- Practice an Ayurvedic daily morning and bedtime routine dinacharya that brings you balance and tranquility.
- Practice daily self-massage of the shoulders, neck, heart and temples with warm coconut oil to release tension and stress and restore the nervous system.
- Take time each day to go for a walk outside in the fresh air and in nature. time near natural water bodies such as lakes or ponds and in green spaces is very cooling for pitta.
- Spend 10 minutes journaling every day about your gratitude, positive
 reactions and connecting to any emotions that need to be felt and released.
 Journal prompts work well for the pitta doshas logical and analytical mind. | 19

Naturally Pitta

MIND

- Goal-setting inclinations
- · Good problem-solving skills
- · Keen powers of intelligence
- Decisive /focused
- · Boldness and courage
- Confident
- Strong memory
- Organized
- Joyful
- · Strong leadership abilities
- Easily grasp new ideas / concepts

BODY

- A bright complexion
- · Oily skin
- · Easily gains or loses weight
- · Well formed nails
- · Medium body frame/weight
- · Moderate pulse rate
- Moderate sleep
- · Fine hair, bald

Pitta Imbalanced

MIND

- A tendency to be hostile, angry and controlling
- Impatience
- A tendency to exert excessive effort to achieve goals Passion or emotion blurs powers of intellectual discernment
- Judgmental
- lealous
- · Arrogant / egotistical
- · Overly competitive
- Needs attention / loud and extroverted

BODY

- Excessive body heat
- Digestive problems
- Vision difficulties
- Inflammation
- Diarrhea
- Diarrilea
- Ulcers and Gl disorders
- Excessive thirst
- Skin disorders (rashes, etc.)
- · Hepatitis and liver disorders

Pitta Dosha Dushti-Hetu (Common Causes)

MIND

- · Hot, spicy food
- · Sour, citrus fruits
- · Oily & fermented food.
- · Prolonged fasting
- · Eating late at night.
- Smoking, drinking, drugs
- Summer, hot sun, midday, midnight

BODY

- · Staying up late at night
- Stimulation of urges by use of drink, drugs, sex, or appetite.
- Arguments
- Aggressiveness
- Competition
- · Anger, hate, envy

kapha water + earth



Kapha dosha is compromised of the elements water and earth and governs qualities that are cold, heavy, dense, static and dull. Kapha's mind types when in balance are grounded, calm, mindful and slow. They are loyal, reliable, patient and truthful. Kaphas are the most grounded and stable out of all the doshas. They have a stable emotional temperament with the ability to remain calm and collected in most situations.

A person with dominant Kapha in their constitution will be more prone to Kapha mental imbalances such as greediness, attachment and laziness. Kapha types are prone to depression with attachment to the past and attachment to material possessions. The key to balancing Kapha is stimulation and to favour qualities that are light, warm, dry and rough. Kapha needs stimulation and change to balance their stable and static nature.

Balanced kapha gives stability, lubrication, firmness of joints, patience and forbearance. shleshmā sthiratva snigdhava sandhibandha kshamādibhih.

Āyurvedic Sūtra

Mental health tips for Kalpha types:

- Schedule time in your life for adventure, trying new things and getting out of your comfort zone. Stimulation is key for balancing kaphas heavy earth energy.
- Practice an Ayurvedic daily morning routine. Avoid oversleeping in the morning, excess sleep and napping in the day.
- Practice exercise that is vigorous and gets you sweating! Kapha needs movement and regular exercise activity to avoid feelings of lethargy and laziness.
- Practice meditations about letting go, leave the past behind and attachments so you can
 move forward in your life.
- Spend 10 minutes journaling every day about your gratitude and self-love; Kaphas often
 put others' needs before their own so practicing more self-love is important for their
 healing. Journal prompts that provoke self-discovery and deep thinking work well for the
 Kapha doshas mind that needs stimulating.

Naturally Kapha

MIND

- Serene
- Mental Resolve
- · Rational Thinker
- Uses personal resources wisely
- Patient
- Forgiving
- Loyal
- Nurturing / compassionate
 Accepting of others / good listeners
- · Strong memory

BODY

- Physical strength/Endurance
- · A strong immune system
- · Thick, oily hair
- · Smooth, oily skin
- · Strong, well-formed nails
- · Regular bowel movements
- Graceful
- Slow pulse rate
- Stoudy body frame

Kapha Imbalanced

MIND

- Lethargy
- · A feeling of heaviness
- · Inertia, stagnation
- · A tendency to sleep too much
- · A tendency toward obesity
- · Boredom, laziness, and mental dullness
- Greedy
- Gullible
- Stubborn

BODY

- Nausea
- Chills
- · Looseness of the limbs
- Coughing
- Congestion, mucus discharges
- Breathing difficulties
- · Circulation problems
- Obesity
- Respiratory disorders (asthma, flu, colds)
- Diabetes

Kapha Dosha Dushti-Hetu (Common Causes)

MIND

- Sweet, sour, salty foods
- Dairy
- Heavy, rich foods
- · Oily, fatty fried foods
- Hydrophilic foods
- Cold drinks
- · Eating too much
- · Emotional eating

BODY

- · Sleeping during the daytime
- Going to bed early, sleeping late
- Decreased physical activity
- · Spring, winter season
- · Morning and evening

Dominent Doshas

Find your Dosha type with a quiz!

Why understand Doshas & their unique balance inside the body?

By acknowledging the dominant Dosha and constitution, imbalance identification and timely rectification becomes easy. Everyone is a combination of Doshas & below mentioned quiz will help to determine primary, secondary, and tertiary Doshas. This demands true answers and this will help empower self-discovery.

Dosha Quiz (Tick the most appropriate option)

ACCURATE PHYSICAL FRAME

- A Small, thin, slender
- B Medium & muscular
- C Large & curvy

EYE TYPE

- A Large & engaging
- B Small and dry
- C Medium with intense gaze

TALKING TENDENCY

- A Fast and more words
- **B** Sharp words and concise
- C Slow and calm

CORRECT SKIN DESCRIPTION

- A Oily and soft contains freckles or pimples
- B Thick, oily & cool
- C Dry

HAIR TYPE

- A Straight and fine
- B Thick and lustrous
- **C** Dry and curly

WEIGHT PUTTING PRONENESS

- A Very low, put conscious efforts not to lose weight
- **B** With moderate attempts can gain or lose weight
- **C** Easy weight gain & difficulty losing it

BODY JOINT TYPE

- A Crackable, aching & injury-prone
- **B** Flexible & nimble-footed
- C Large & cushioned

COMMON DIGESTION PROBLEMS

- A Gas & bloating
- B Acidity and heartburn
- **C** Excessive fullness after eating

MOST FELT BODY TEMPERATURE

- A Cold & like warm weather
- **B** Warm & like cold weather
- C Adjustable to any season & not like cold or wet weather

PESSIMISTIC THOUGHTS

- A Worried, scared, and agitated
- **B** Aggressive & annoyed
- C Deserted, unhappy & envious

DIGESTIVE SYSTEM

- A Intestinal gas or loose motions
- **B** Acidity or burning sensation
- C Bloated feeling or constipation

BOWEL MOVEMENT

- **A** Mostly constipated
- **B** Regular but presence of loose motions
- C Normal, thick & long

TEMPERAMENT & MOOD

- A Inquisitive, creative & lively
- **B** Compulsive, determined, passionate
- **C** Relaxed, generous, calm & tolerant

SLEEP PATTERN

- A Restless and difficulty falling asleep
- **B** Ordinary & comfortable
- C Continuous & deep

MEMORY DESIGN

WEALTH & OBJECT MATTER

- Easily remember & forget
- Fluctuating between good & bad
- **B** Average with correct facts
- Well-built & effective
- Difficulty remembering but sustained Frail & weak

LIKEABLE TOPICS

- Compulsive buying of unnecessary items
- Planned buyer and spending on worthwhile possessions
- Item accumulator & finding it difficult to discard useless things

Calculate your Dosha types below

Count the number of a, b & c

- A -Vata, air & space
- -Pitta, fire & water
- C -Kapha, earth & water

The Doshas with the highest number is primary Dosha, the second highest is secondary Dosha & least is tertiary Dosha. Dual Doshas can be possible with slight variation in secondary Dosha during the whole lifetime. Dosha imbalance is inevitable but a healthy life is achievable, just by trying to balance Doshas.





THE ENERGY OF MOVEMENT

Vata is referred to as the 'king of the doshas' because it is responsible for every movement in the body. Without vata, pitta and kapha cannot move.

Vata traits

Frequent eaters, less tendency to gain extra weight & fat, compact joints & easily crackable bones, excessively tall or short, dry skin, hair & nails. Sweat less & experience pain in the backbone. Innovative, spiritual, philosophical, generate new ideas, fast talkers, overthinkers, inconclusive, restless. Vulnerable to anxiety, fearfulness, and panic attacks. They are fast, creative, mind-loaded with ideas, get bored easily and are often on a constant look for a challenge. They find difficulty staying still & calm. Crave continuous environment change to pump in excitement.

ELEMENTS: DRY, LIGHT, COLD, MOBILE, ROUGH

SEASONS: FALL THROUGH MID-WINTER

NATURE: WIND

MAIN LOCATION: COLON

What is VATA?

Mostly dry, light, cold, cough, mobile. They are evident predominantly in the abdominal cavity below the navel such as the colon, pelvis, pelvic organs, thighs, skin, ears, brain, nervous system, and lungs. They are responsible for movements in the body systems. It controls blood flow, waste excretion, breathing and the thought movement across the brain.

Imbalanced Vata

Dry and lightness of the mind, restlessness, dizziness, feeling ungrounded Coldness, poor circulation, muscle spasm or constriction, asthma, pain and aches, tightness. Skin and lip roughness Excessive movement, anxiety, fidgeting, agitation, muscle twitching, palpitations

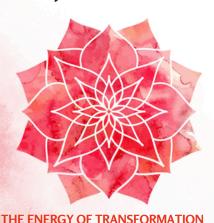
Vata's Charactersitics

- 1. Dry- Dryness in skin, hair, lips, tongue and colon, constipation, and hoarseness in voice
- 2. Light- Light body structure, muscles, bones, and limited sleep
- 3. Cold- Coldness in hands and feet, circulatory problems, prefer hot weather, stiff body and irregular periods
- 4. Rough- Skin & hair roughness, uncared feet, broken nails, and weak joints
- 5. Subtle- Slight spasm, elegant looks, anxiety-prone & muscular twitches
- 6. Mobile- Moves and talks fast, juggles between works, many aspirations, like travelling, mood changes easily, uncertain, and not sticking to one thought.
- 7. Clear- Good Instinct, broad-minded and demands personal space
- 8. Astringent- Throat dryness, likes soft, sweet, sour & salty recipes

Vata's Hinderance

Find difficulty stopping own thoughts & remembering them, tend to excessively analyse important as well as worthless issues, have repeated mind conversations & get distracted & lose focus more often. Find difficulty meditating, being in the present and easily getting into unsettled mind anxiety. Feels extremely sensitive and demands crucial attention to Vata Dosha's dominance.

pitta fire+ water



Pitta controls digestion & energy conversion. It's like the heat that turns food, thoughts, & activity into energy. Your pitta dosha plays a crucial role in proper digestion since it's the

medium, and agni (digestive fire) is what it contains.

Pitta's Traits

Builds muscles easily, athletic, moderately built, oily hair & skin with a reddish shade, sweat abundantly, prone to sunburn & skin disease. Aspirational, industrious, methodical, leaders, domineering, demanding, possessive, fretfulness with others. Susceptible to exhaustion & draining out completely. They are tirelessly hard-working, attentive, organized, and meticulous. Their bodies demand a lot of physical activity to handle and channel the fire energy within them and muscular exhaustion.

OUALITIES:

SHARP, HOT, OILY, SMOOTH, MOBILE

SEASONS:

LATE SPRING THROUGH SUMMER

NATURE:

SUN

MAIN LOCATION:

SMALL INTESTINES

What is PITTA?



It provides the body heat by breaking down the food molecules into absorbable units. it controls appetite, metabolism, nutrient assimilation & absorption. Also enables one to understand sensory perceptions and differentiate between right and wrong, and helps develop intellect, healthy skin, sound sleep, inner peace & happiness, willpower, and courage and helps control anger and jealousy. It is mainly located in the small intestine, stomach, liver, pancreas, spleen, eyes, blood, and sweat.

Imbalanced Pitta

Controlling, fiery nature and workaholic tendencies
Overheated body, excessive stomach acid production & loose motions. Skin rashes, acne, hair fall. Sleep disturbances and development of anger, frustration, narcissism, competitiveness, stress, burnout, irritability, hatred, and impatience

Pitta's Characteristic

- 1. Hot powerful desire to eat, fiery digestive system, high body temperature, does not like hotness and wetness and prone to acne & inflammation
- 2. Sharp- intelligent and remembers things easily, prominent teeth & jawline, impressive gaze, and narrow chin
- 3. Light Do not like sharp light, fair-skinned, light eye colour and acrobatic body
- 4. Oily Skin and hair are oily, acne-prone, oil discharge in stool and find it difficult to digest deep-fried foods
- 5. Liquid Frequent loose motions, excessive sweating, thirst & urine output
- 6. Spreading Vulnerable to acne, rashes, and inflammation and wish to desire to be known
- 7. Sour Increased acid in the stomach, sensitive teeth & more salivation
- 8. Bitter- Mouth bitterness feels nauseated & vomits easily, discontented, and pessimistic
- 9. Pungent- Feels heartburn and stomach burn, annoyed and displeased
- 10. Putrid- Repulsive body, mouth & feet odour

Pitta's Hinderance

Physiological fire energy excavates fire within the mind. Anger & irritation can erupt easily in case if not matched their high standards. They perceive similar level of effort from others as they do. They are vulnerable to exertion & deep fatigue. They are unable to follow a slowdown calm path, always in a hurry to do the task as soon as possible. They find it hard to cool down and have mental peace hence they require good mindful habits.

kapha water+earth



THE ENERGY OF TRANSFORMATION

Kapha is the dosha responsible for lubrication and structure of the body. It is the lubrication in the brain, around the joints, reproductive fluids, and is responsible for building most of our tissues

QUALITIES: SHARP, HOT, OILY, SMOOTH, MOBILE

SEASONS: LATE WINTER THROUGH SPRING

NATURE: WATER & EARTH

MAIN LOCATION: STOMACH & CHEST

What is KAPHA?



It is responsible for body structure, energy building, lubrication & smooth functioning of all body parts. Also governs nourishment, growth, stamina, adaptability towards season change and attainment of feeling content. It is mainly located in the chest, throat, lungs, head, fatty tissues, connective tissues, ligaments, and tendons.

Kapha's Traits

Gains weight effortlessly, and has larger bones and a round face, moist hair, soft skin, and lustrous nails. Like warm weather & sweet taste a lot. Sympathetic, and empathetic, like advising & doing service-based work. Cling to past failures & grudges, becomes sad easily, indulges in emotional eating & attains extra weight.

They are harmonious, content, relaxed, patient & efficient workers, loyal, good listeners and kindhearted.

Imbalanced Kapha

Excess production of bodily fluids and mucus, thick white-coated tongue, and seasonal allergies, Sticky and sluggish bowel movements, Weight gain and difficulty losing weight, Struggling with waking up in the morning & presence of brain fog, excessive lethargy, Feeling excessively tired, depressed, lonely, sad, jealous, sentimental, complacent, stubborn, developing a possessive nature, and building unhealthy attachments

Kapha Characteristics

- 1. Heavy Bigger & heavy body type, sedentary and sentimental
- 2. Slow- Walks & talks unhurriedly, less speedy digestion & metabolism and avert changes
- 3. Cool- Prone to cold & cough, maintains low body temperature and peaceful
- 4. Oily Have oily skin, hair and stool and healthy joints
- 5. Damp tension-free nature, chest congestion and develops headaches easily.
- 6. Smooth- Lustrous skin and hair, good bowel movement, sweet voice and stressfree thinking
- 7. Dense- More middle body fat, heavy legs, skin, hair & nail
- 8. Soft Graceful eyes, loving & kind-hearted
- 9. Static Sleep lovers, do not like exercising and physical activity
- 10. Sticky- Faithful & dependable
- 11. Cloudy Unclear mind and thinking
- 12. Sweet- Yearn for sweets, likeable nature and a good reproductive system
- 13. Salty- Water retention in the body, more restored energy & likes eating salty food

Hinderance

They are slightly lethargic, do not like exercising and a minute failure makes them prey to develop tendencies to ignore their good health, sadness, sorrow, overeating & gain weight. They are less expressive & this increases their emotional burden and unhappiness.

I Discover Dosha: Friendly Foods for each dosha type

This simply helps to understand what to add & delete to rectify the current Dosha imbalance and maintain improved digestion & metabolism.

Perfect Vata foods

Warm, moist, dense, and good quality fat food.

FOOD GROUPS	FOOD TO INLCLUDE	FOODS TO LIMIT
FRUITS	Cooked apple, apricot, avocado, banana, berries, coconut, dates, figs, grapefruits, kiwi, grapes, lemon, mango, orange, papaya, peach, pineapple, plum	Raw apple, green banana, dry dates, dry fruit
VEGETABLES	Root vegetables, Beets, cooked carrots, cucumber, garlic, greenbeans, mustard green, lady finger, peas & onion cooked, pumpkin, cooked spinach, squash, sweet potato	Raw cruciferous vegetable
GRAINS	Amaranth, basmati & brown rice, oats, quinoa,	Dry and puffed grain
LEGUMES	Moong dal & tofu	Gas creating beans
DAIRY	Ghee, goat milk, curd	Ice cream, powdered milk
NUTS & SEEDS	Any raw nuts & seeds	Roasted & salted nuts
ANIMAL PRODUCTS	Beef, chicken, eggs, fish	Lamb, pork
OILS	Almond oil, extra virgin pure olive oil, mustard oil, extra virgin coconut oil, sesame oil	Canola oil, corn oil, palm oil, peanut oil
SWEETENERS	Dates, honey, maple syrup, stevia	White juice & sugarcane juice
SPICES	Ajwain, basil, hing, black pepper, cardamom, cinnamon, cloves, coriander, cumin, fennel, ginger, mustard seeds, nutmeg, saffron	Excessive use of chilli powder, fenugreek, neem

Perfect Pitta foods

Cool, juice-filled, sweet & dry foods

FOOD GROUPS	FOOD TO INLCLUDE	FOODS TO LIMIT
FRUITS	Apple, apricot, avocado, banana, berries, cherries, coconut, fig, grapes, oranges, papaya, pear, mango, melon	Grapefruit & lemon
VEGETABLES	Beet, broccoli, cabbage, carrot, cauliflower, celery, cucumber, spinach, squash, sweet potato	Eggplant, garlic, green chilli, mustard green, raw onion, raw radish & tomato
GRAINS	Amaranth, barley, oats, rice, quinoa, wheat	Buckwheat, corn, millet, yeast bread
LEGUMES	Black beans, chickpeas, lentils, moong dal, tofu	Canned beans & soy sauce
DAIRY	Unsalted butter, ghee, goat milk, homemade curd	Salted butter, buttermilk, sour cream, cheese, fruit curd
NUTS & SEEDS	Almonds, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds	Nuts other than almond
ANIMAL PRODUCTS	Chicken, eggs, fish	Beef, lamb, shellfish, pork
OILS	Extra virgin coconut oil, olive oil, flaxseed oil, ghee	Canola oil, corn oil, soy oil, sunflower oil
SWEETENERS	Dates, honey, maple syrup	Brown sugar, white sugar, jaggery,molasses
SPICES	Fresh basil, small amount of black pepper, cardamom, cinnamon, coriander, cumin, fennel, ginger, mint, peppermint, turmeric, saffron	Clove, garlic, pepper

Perfect Kapha foods

Light and stimulating foods.

FOOD GROUPS	FOOD TO INLCLUDE	OODS TO LIMIT
FRUITS	Apple, apricot, berries, cherries, cranberries, lemon, lime, pear, pomegranate	Avocado, coconut, banana, dates, mango
VEGETABLES	Beet, bell pepper, broccoli, cabbage, carrot, cauliflower, green leafy vegetables, peas, radish, turnip, spinach	Olives, potato, pumpkin & squash
GRAINS	Amaranth, barley, buckwheat, millet, quinoa	Pasta, wheat, rice & breads
LEGUMES	Black beans, chickpeas, lentils, tofu, moong dal	Kidney beans, soybean, soy sauce
DAIRY	Coconut milk, almond milk, pea milk	Cow milk & products
NUTS & SEEDS	Almonds, chia seeds, flaxseeds, pumpkin seeds & sunflower seeds	Excessive intake of nuts & nutbutter
ANIMAL PRODUCTS	Chicken, eggs, fish	Beef, pork, lamb
OILS	Almond oil, extra-virgin olive oil, flaxseed oil & ghee	Canola oil, safflower oil, soy oil
SWEETENERS	Honey, stevia	Artificial sweetener, white sugar, date sugar
SPICES	Ajwain, basil, asafoetida, bay leaf, black pepper, clove, cinnamon, fenugreek, fennel, ginger, mint, mustard seeds, saffron, turmeric	Excessive salt & salty products

Crucial Dietary points

- Eat in a peaceful place with a calm mind at a regular time
- · Have only when feel hungry and consume as per the hunger urge
- · Avoid cold drinks just before and after meals
- Chew food with concentration & without any distraction
- Make changes in dietary patterns as per seasonal variations
- Fill the stomach half with food, a quarter with water & leave the remaining part empty
- Drink water half an hour before or after the meal

Eat contrasting foods to offset the Dosha effect:

vata	pitta	kapha
Dry nature (good quality fatty food)	Hot temperament (cool refreshing foods)	Dense nature (easy, light & innovative food)
Rough nature (soft and semi- solid food)	Sharp nature (easy and simple food)	Soft nature (rough & fibrous food)
Astringent nature (more sweet and salty food)	Sour, bitter, and pungent nature (sweet and astringent food)	Sweet and salty nature (bitter, pungent, and astringent food
V. to a Walla	Ptu V. d.	V. 4 P'44.
Vata + Kapha	Pitta + Kapha	Vata + Pitta
Cold nature (warm food)	Oily nature (dry food)	Movable nature (grounded food

This is necessary to make the right dietary & lifestyle modifications:

Dryness- Dry hair, skin, body & frequent constipation can pop up due to eating more dry foods like chips, cereals, and healthy bars. Replace dry foods with healthy oily foods like stews, curries, nuts, and stir-fried foods.

Oiliness- Oily skin, hair, and recurred heartburn can be due to excessive oil-rich foods. Enhance fresh fruit and vegetable intake.

Heaviness-This ushers excessive weight and lethargy unreasonably. Restrict deep-fried food intake and introduce more good quality plant proteins. Choose foods intelligently as per the feeling they give & not their innate calorie content.

Lightness Causes cold, dizzy & forgetful feeling. Eat more root vegetables, soups & stews.

Discern Doshas: Simple steps

Easy way to recognise Doshas features

It is crucial to unravel Doshas & their distinctive connection with physical & mental health. By birth, certain qualities (Gunas) are acquired but every choice determines the current health and life conditions. Everyone is a combination of all the 3 Doshas and 20 gunas.

Clarifying Gunas

These exclusive qualities are the originator of all physical, mental and emotional nature. They have a lot of similarity with the foods eaten and environment residing around. 10 pairs of distinctive opposite gunas make tridoshas. Understanding gunas enhances self awareness and promotes healthy living associated with holistic wellbeing.

- Guru (Heavy) Laghu (Light)
- Manda (Slow) Tikshna (Sharp)
- Hima (Cold) Ushna (Hot)
- Snigdha (Oily) Ruksha (Dry)
- Slakshna (Smooth) Khara (Rough) Pichchila (Cloudy)-Vishada (Clear)
- Sandra (Dense) Drava (Liquid)
- Mridhu (Soft)- Kathina (Hard)
- Chala (Static)- Sthira (Mobile)
- Shula (Gross)- Sukshma (Subtle)

Dosha characteristics & their body indications

Vata's Characteristics

- Dry- Dryness in skin, hair, lips, tongue and colon, constipation, and hoarseness in voice
- Light- Light body structure, muscles, bones, and limited sleep
- Cold- Coldness in hands and feet, circulatory problems, prefer hot weather, stiff body and irregular periods
- Rough- Skin & hair roughness, uncared feet, broken nails, and weak joints
- Subtle- Slight spasm, elegant looks, anxiety-prone & muscular twitches
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- Clear- Good Instinct, broad-minded and demands personal space
- Astringent- Throat dryness, likes soft, sweet, sour & salty recipes

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- Sharp- Intelligent and remembers things easily, prominent teeth & jawline, impressive gaze, and narrow chin
- Light Do not like sharp light, fair-skinned, light eye colour and acrobatic body
- Oily Skin and hair are oily, acne-prone, oil discharge in stool and find it difficult to digest deep-fried foods
- Liquid Frequent loose motions, excessive sweating, thirst & urine output
- Spreading Vulnerable to acne, rashes, and inflammation and wish to desire to be known
- Sour Increased acid in the stomach, sensitive teeth & more salivation
- Bitter- Mouth bitterness feels nauseated & vomits easily, discontented, and pessimistic
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- Cloudy Unclear mind and thinking
- Sweet- Yearn for sweets, likeable nature and a good reproductive system
- Salty- Water retention in the body, more restored energy & likes eating salty food

It is necessary to identify an individual's Dosha type to understand the "mind, body, and soul" true nature. Maintaining a delicate equilibrium between the Dosha is mandatory for good health. Understanding body quality & making food choices accordingly is the right mantra for long-term sustained good healthy happiness.

How to stabilize Dosha

Imbalance of each dosha can be balanced by decreasing the dosha aggravating gunas and increasing the opposite guna. Eat contrasting foods and follow lifestyle habits to offset the vitatiated Dosha effect

Imbalanced Vata

Dietary suggestions

Good quality fatty , soft and semisolid food, warm, sweet, salty and

whole freshly made food.

Foods to avoid-

Cool, light, carbonated Beverages, processed food, excessive amount of raw food, deep fried food and stimulants

Lifestyle Recommendations

Lead a calm and peaceful physical and mental health. Have a regular routine. Slow down and practice mind calming activities. Do gentle exercises and stay warm. Enjoy oil massage daily.

Imbalanced pitta

Dietary suggestions

Cool, refreshing, easy to prepare, simple food, sweet, bitter and astringent flavored food.

Foods to avoid-

Foods to eat-

Sour, Spicy and salty food.

Lifestyle Recommendations

Lead a relaxed and calm life. Stick to a fixed eating regimen. Avoid direct sun exposure. Avoid strenuous activities. Have a balanced life.

Imbalanced kapha

Dietary suggestions

Lifestyle Recommendations

Foods to eat-	Light, warm, dry, fibrous, pungent, bitter and innovative foods
Foods to avoid-	Sweet, sour and salty food.

Include a regular amount of healthy Movement in daily living. Have periodic small fasts and cleansing regimens. Do physical activities and breathing exercises daily. Be aware of kapha pacifying habits and inculcate them in life.

III Securing steadiness: Regular routines

Best Dosha balancing customs and habits

Along with the right food, correct lifestyle habits are mandatory for balancing the Dosha imbalance. This will re-establish the fine invisible balance between physical, mental, and emotional health.

Vata-daily rules & actions:

A strong non-run-around lifestyle strategy is required to combat Vata's flying nature, weak appetite & digestive system, and mood swings. This will bring peace & settled feeling in their life. A disciplined daily routine will help make the mind stay focused on the present rather than wandering between the past and the future. Also, will help the appropriate connection between mind, body & soul. Building regular healthy patterns will take continuous consistent efforts. This will comprise self-care, same meal, sleep & wake-up timings.

Proposed daily schedule

- Wake up early
- · Finish morning basic hygiene customs
- Drink a warm cup of ginger tea and meditate
- · Consume a warm freshly cooked breakfast
- Kickstart the day with mindfulness
- Have in-between healthy snacks if it is too needed.
- · Eat lunch at regular time
- Exercise when feel highly energised in the afternoon
- · Relish a simple and easy-to-digest dinner and exclude heavy meals
- Do body oil massage
- Cut self from all types of technology
- · Sleep early at regular time

😸 Everyday mindful mantras

Take it easy: Exclude unnecessary hurriedness from life, go peaceful, and enhance self-awareness & actions and add up more meaningful days into life. Do and think about a single work at a time and avoid engaging in multitasking. Try to inculcate a focused task-finishing attitude. Take a deep breath, do not get stressed out by a long to-do list, and plan, prioritise and finish work one after another.

Daily yoga dose: It will help to handle excessive energy spurts in the right manner. Also, maintains the right posture & reduces body aches & pains. Vata needs grounding, structured and strength-building yoga routines.

Surya Namaskar:

Start early morning with Surya Namaskar and get innate health benefits. Do it correctly, maintain the right alignment, breath in between and full concentration throughout each step.



Warrior pose II:

Builds the right foundations for a strong combination of strength, vitality, and mindfulness. An upright position and usage of leg muscles assist the body in finding the right balance and much-needed stillness. Simultaneously support in controlling scattered thoughts and helping cultivate focused mindful actions.



Dancer's pose:

This is beneficial for handling stress, and anxiety and bringing back life's balance. Also, helps excrete out excessive colonic gas and air bubbles accumulated.



Easy Meditation rituals

Vata finds difficulty sitting still, quiet and centre down all thoughts at one point. Their long to- do task list distracts them more often. They waste their time worrying about unnecessary worries. Meditation will rejuvenate their strong mental strength.

- Find a comfortable painless meditating straight upright sitting position and try to stay focused on one thing while meditating
- Chant mantras or affirmations, listen to their vibrations and do not try to understand their meaning

pitta -daily rules & actions:

Allow flow and spontaneity in life despite sticking to Calendar's schedule always. Sit back & have faith that things will go fine without trying to control everything all the time. Stop taking everything to heart. Release out strong negative feelings like anger, sadness, agitation & irritation. Understand the root cause of the problem & rectify it. Do peaceful mindful activities like book reading, having family time, walking, listening to light music and looking around in nature. Inculcate mindfulness, be in the present moment cherish it and stop the continuous flow of digital load. Keep a cool mind, avoid direct midday sunlight, and wear airy cotton clothes.

🥵 Proposed daily schedule

- Wake up early at the regular time
- · Follow morning hygiene habits and have a coconut oil massage
- Drink a warm cup of cooling tea & meditate
- Perform yoga or other mind-calming procedures
- Eat a warm & fresh breakfast
- Stay mindful and stress-free during work
- Eat lunch happily and if required have a small evening snack
- Go out for a walk
- Eat a light easy early dinner
- · Get coconut oil massage & turn off all digital options
- Go to sleep peacefully

Daily Yoga Dose: Yoga will restore the peaceful mind and curb out always competitive nature. Perform yoga asanas which open up hips, backs, shoulders & legs.

Rag doll Pose:

This will help stretch the entire body including the spinal cord. Bend hips with hands, and hold elbows to allow the upper body to hang heavy. Shift slowly from one side to another & release the tension. Bend knees & feel the hip stretch. Knod head to release neck tension. Deeply sink into this pose & release all tension. Do it at the time of highest irritation, headache & stress.



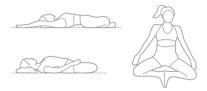
Child's pose:

It Soothes the nervous system and gives the immense rested feeling. Rest knees and sit back on calves. Slowly bend forward, lower down & keep upper body lying on thighs. Extend arms forward and stretch the spine.



Reclining butterfly pose:

This will help open tight hip muscles and release unexpressed emotional baggage. Lie down on back, place sole feet together and feel the inner hips stretch. Gentle press down inner thighs. Do it before going to sleep and maintain deep breathing throughout the pose. Allow all inner compressed tension to break free & release them as much as possible. Opening hips will open life & loosen strong unnecessary pessimistic thoughts & emotions. Create space for new everlasting positive feelings.



Chandra Namaskaar:

It is a soothing yoga sequence that honors the calming energy of the moon. Unlike the energizing Sun Salutation, Chandra Namaskar promotes relaxation and introspection, making it ideal for evening practice. This sequence involves a series of gentle, flowing poses that enhance flexibility, balance, and inner peace. Key poses include the Prayer Pose, Upward Salute, Standing Forward Bend, Low Lunge, Half Moon Pose, Side Lunge, and Garland Pose. Focus on slow, mindful movements and deep breathing to connect with the moon's tranquil energy and prepare the mind and body for restful sleep.



Easy meditation rituals

Initially, Pitta finds it hard to meditate due to their planning and overthinking mind. Meditation will increase effectiveness and organize the chaotic mind. Cultivating balance & mindfulness is the key. Do not attach to any single feeling just feel them as it is. All the pessimistic negativity will be replaced by a positive spike of emotions.

Kapha--daily rules & actions:

Step out of the comfort zone, stimulate mind & let go of unwanted thoughts.

🛃 Proposed daily schedule

- Wake up early and start the day in a bright mood
- Finish all hygiene routines and sesame oil massage
- Drink hot warming teas like ginger & cinnamon and meditate
- Eat breakfast at a regular time when hungry
- · Complete difficult tasks in the morning hours
- Eat lunch when truly hungry
- · Restrict small snacking throughout the day
- · Go for a brisk walk
- Eat an early light dinner
- · Get a sesame oil massage & stay away from gadgets
- Sleep at regular time peacefully

Everyday mindful mantras

Keep moving: This will help release physical & emotional stuck feelings. Do physical activity throughout the day & avoid a sedentary mentality.

Explore Newness:

This will expand the mind, soul & thoughts.

Forgive Everyone:

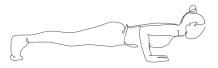
Do not retain unwanted emotions, and grudges and learn to let go of hard memories. Concentrate on current good things in life & forgive wholeheartedly. Feel light and get away from all negativity and slowly life will fill with a plethora of positivity.

Daily yoga dose:

Need more strength-giving, dynamic & flowing postures.

Chaturanga Push-up:

It is a simple push-up with arms on either side of the chest with elbows tucked in alongside the body. Slowly lower down the body with elbows tucked in, facing backwards. Keep the body in a straight line without collapsing the chest or hips forward. Once the maximum point is reached, slowly push the body back up with arms in the same position. This will help reduce fat deposits in the body.



Butterfly pose:

It Inculcates physical & mental movement and the digestive system gets stimulated. Lie on the back, and hug knees into the chest. Slowly bring both knees to the left side of the body. Feel the stretch through the right side of the body, and keep the shoulders on the ground. There will be an opening feeling in the lower back, side and shoulder. Allow the body to soften into the stretch, twisting internal organs and flushing out any toxins. With each exhale, twist a little deeper. When fully ready, switch legs over to the right side and repeat. This posture offers healing and supports body functions better.



🤮 Easy meditation rituals

Need a lot of initial effort to get the mind free from emotional baggage. Walking meditation is a good option. It requires a correct inhale & exhale rhythm and while taking each step. This strengthens mind, body, and soul bonding.

- Sit in a comfortable position on the ground, with your legs crossed and back straight and place right index finger over left nostril and right thumb over right nostril & do not press down just place them there
- With mouth closed press down with index finger, blocking the left nostril
- Deeply inhale with the right nostril.
- Fully expand that breath, letting it enter the entire body
- When feel like cannot breathe anymore, pause for a few moments
- Now lift index finger and press down with the thumb
- Exhale from left nostril slowly and deliberately
- Allow all the air inhaled to release from the nostril, and fully exhale any stale air in the lungs. Pause and repeat again

Decoding Digestive fire

I Decoding Digestion: Ayurvedic way

Be conscious of Ayurvedic nourishment

This comprises a detailed understanding of the digestive fire, the Ayurvedic diet philosophy, common nutritional disorders, and food toxins.

Fire of digestion: Fire within the body takes care of good health, digestion, metabolism, nutrient assimilation & absorption. Good bright body fire maintenance requires a normal digestive process but fire exhaustion favours toxin accumulation in the body.

Ayurvedic classification on Nutritional Disorders

- · Helps process ingested food inside the body in the right way
- Maintains eye health, correct body temperature, skin colour, immune system, energy, vitality, cell permeability and urge to live a motivated healthy life.
- Also assists in building positive emotions like courage, confidence, cheerfulness, laughter, happiness, patience, balance, enthusiasm, and mental clarity.
- Help reduce negative emotions like fear, anxiety, depression, impatience, confusion, withdrawal, sadness, scattered-mindedness, and low self-esteem
- Sub-optimal digestive fire hampers nutrient absorption by the body and increases unused food load in the body.
- · It damages the gastrointestinal tract and toxins spread throughout the body.
- Creates bloating, gas, constipation, diarrhoea, heartburn, acid reflux, indigestion, water retention, heaviness, lethargy, and weight gain.

Inappropriate Digestive Fire and Dosha link

 \bigvee at a sexperiences airiness in the digestive system, bloating and constipation.

pitta: feel heartburn, acid reflux, strong indigestion, diarrhoea, and stomach pain kapha: water retention, weight gain and lethargy after a meal

OUIZ: Find your own digestive fire type

POST MEAL FEELING?

- A Satisfied and energized
- **C** Occasional heartburn
- **B** Sometimes feel bloated
- **D** Tired, overstuffed & uncomfortable

HUNGER FEELING FREQUENCY?

A Regular time

C Always

B Variable each day

D Mostly feel full

STOOL DETAILS?

A Usual

- **C** Frequent liquid consistency
- **B** Mostly dry with occasional diarrhoea
- D Heavy and dense

WHICH ARE THE FOODS OF DISCOMFORT?

A OK with all variety

- **C** Fried and spicy food, garlic, tomato
- B Cauliflower and broccoli
- **D** Sweets and calorie-dense foods

Count the number of A, B, C, and D

- Most A- Sama agni with good digestive system
- Most B- Vishama agni with Vata digestive system
- Most C- Tikshna agni with Pitta digestive system
- Most D- Manda agni with Kapha digestive system

Kinds of digestive fire

Sama agni

Have a balanced digestive process and good innate immunity. Absorbs all the nutrients eaten from the food. Mostly stop eating when feel full and satisfied. Very peaceful, spontaneous, and kind-natured.

Vishama Agni

Fall into the Vata Dosha group with irregular digestion and absorption processes. Sometimes feel too hungry & sometimes not hungry at all. Digestive fire is cold and weak, hence feel bloated and have constipation frequently. Anxious in nature, highly insecure, analyses the situation excessively and suffers from lack of sleep. Requires warming up & lubricating the digestive fire.

Good food choices

Nuts and seeds, moong dal, roasted vegetable soup, stews, curries, root vegetables, ginger, sesame oil, sweet fruit & warming grains.

Bad food choices

Chips, granola bar, coffee, cold soda drink, popcorn, smoothie & salads

Tikshna Agni

Belong to the Pitta group and have a sharp and fiery digestive process. Experience extreme anger spikes if miss a meal. Mostly not able to control eating unhealthy food options and suffer from hyperacidity & heartburn. Encountered by loose motions very often. Impatient, irritable, obsessive and develops hot flashes. They need to cool down their digestive fire.

Good food choices

All legumes, coconut oil, cooling grains, cruciferous vegetables, fruits, green leafy vegetables, herbs & seeds.

Bad food choices

Chips, chocolate, coffee, deep fried foods, excess intake of garlic and onion, nuts, oily curries, tomato, and nightshade vegetables.

Manda Agni

Prominently present in Kapha people and have dull and heavy digestive systems. Gains weight very easily. Have a very slow metabolism and feel full in the mornings. Mostly feel lazy, tired and cloudy. Suffer from depression, possessiveness, and emotional eating. They should eat hot and well-spiced food to ignite their digestive fire.

Good food choices

Spices, blended vegetable soups, cruciferous vegetables, legumes, low-sugar fruit, seeds, a limited number of grains & oils, steamed bitter vegetables and green leafy vegetables.

Bad food choices

Too much consumption of dairy products, fried foods, bread, pasta, high amounts of rice, sugar, maple syrup, honey, banana, mango & high intake of dried fruits.

II Knowing Nutrition: New view

Ayurvedic outlook on nutrition

Exploring the fine link between Ayurveda and nutrition explains the relationship between daily dietary intake & disease conditions. It solely focuses on maintaining the mind, body, and soul equilibrium rather than counting calories & nutrients. Appropriate nutrition can help discover the everlasting healthier self.

Ayurvedic classification on Nutritional Disorders

- Quantitative Dietary Deficiency: It happens due to eating insufficient amounts of food. It comprises malnutrition, starvation, anorexia, and frequent fasting.
- Qualitative Dietary Deficiency: Causes because of eating insufficient amount of healthy food. Includes eating excessive processed food, packed food, and precooked foods.
- Quantitative and Qualitative Over nutrition: This results from mindless
 eating and consuming excess amounts of food. Leads to obesity,
 improper body lipid levels, tiredness, fatigue, and heart disease.
- Toxins in Food: They are more often present in non-organic foods like genetically modified foods, and foods with pesticides, hormones, and antibiotics and this spikes toxicity, digestive and other illnesses.
- **Dosha-unstable foods:** This is due to Dosha's unawareness and not eating food to balance Doshas.

Remedies

Good health is closely associated with daily dietary intake. All nutritional disorders are avertable and curable if the right food is eaten in the right way and food to satisfy hunger and retrieve nourishment and not a source to pacify emotional demands. Appropriate healing demands a healthy strong bond with food and the whole meal eating process.

Quantitative Deficiencies

- More prominent in people with high imbalanced Vata levels.
- Eat cooked food, stews, curries, soups, and stir-fries
- Have grains in every meal
- Include root vegetables like squash, ginger & cumin in your daily diet
- Use healthy fats like ghee, specific oils, and nuts
- Avoid cold food, exertion and stay warm and comfortable

Oualitative Deficiencies

- Shows high intake of processed & junk food
- Eat freshly prepared food, and green leafy vegetables daily & restrict eating foods older than 24 hrs and reheating foods
- Limit eating improper food combination
- Consume fruits empty stomach and limit dairy + fruit intake together
- Stop eating excessive amounts of food

Quantitative and Qualitative Overnutrition

- Represents more energy intake, less energy expenditure and high body fat storage
- Drink lukewarm water throughout the day
- Fix an appropriate food portion, limit snacking and prefer eating homemade fresh food
- Eat slowly, chew properly, concentrate, avoid distractions and consume fibre rich foods
- Do 30 minutes of physical activity daily and keep moving throughout the day

Toxins in Food

• Try eating organic, freshly prepared, non-genetically modified, pesticide and hormone-free containing foods

Dosha Unstable foods

- Vata: eat warm cooked food
- Pitta: consume cool and hydrating food items
- Kapha: Try eating hot and spiced food

III Determining Dhatus: Simple Patterns

To be healthy, it is recommended to understand the difference between a healthy and an unhealthy body.

Get in touch with Dhatus: They are the tissues that make up the body comprising plasma, blood, bones, muscles, fat, nervous system, and reproductive system. During disease and illnesses, one if them deviates from the right balance which affects other Dhatus also. Imbalance can happen either due to an increase or decrease in Dhatus.

The Purpose of Dhatus

Rasa (Plasma)

It gives nutrition and helps supply oxygen throughout the body. It is the juicy factor of the body consisting of 55% of the overall blood content. It is described as Kapha Dosha (Water and Earth). It is cold, heavy, moist, soft, stable, smooth, cloudy, gross, dull, and flowing in nature. It carries all the nutrients, hormones, and essential components throughout the body. Also excretes out waste from the body and hinders toxin accumulation.

Healthy Rasa

Good health including glowing skin, hormonal balance, mental stability, content nature & correct energy level.

Unhealthy Rasa

Unnecessary anger outbreaks, irritation, congestion, cold and cough, inflammation, heaviness, anxiety, dehydration, constipation, dizziness, fatigue, irregular periods, and depression. It can be caused due to excessive travelling, overwork, stress, acidity, spicy food intake, weight gain and inactivity.

Rakta (blood)

It is hot, light, dry, hard, unstable, rough, flowing, clear, subtle, and sharp, like the Pitta Dosha (fire and water). It gives energy, helps in organ functioning and flushes out toxins.

Healthy Rakta

Normal body temperature, good blood circulation, sustainability, passion about life, enhanced motivation level and remarkable activeness.

🔐 Unhealthy Rakta

Variable body temperature, dull skin, constipation, excessive sweating, heavy menstruation, fever, tendonitis, frequent burnouts, bloating, malabsorption, and a scanty period. It happens due to unbearable stress, overexercise, spicy diet, bad eating habits, meal skipping and malnutrition.

Masma (Muscles)

They support strength, vitality, courage, and stability. It is hot, heavy, dry, hard, unstable, rough, dense, cloudy, gross, and sharp, a mix of the Pitta and Kapha Doshas (Earth and Fire).

Healthy Masma

Strong muscularity, high confidence and tolerance level and peaceful mind.

Unhealthy Masma

Weakness, frequent injuries, inflexibility, low self esteem, stiff body, light muscle and inflexible joints. Can arise due to excessive weight lifting, high protein intake, sedentary lifestyle in activity and malnutrition.

Medas (Fats)

It stores energy and is responsible for insulation, hormonal stability, lubrication in the body and maintaining a happy mentality. It is cool, heavy, moist, hard, stable, and dense, like the Kapha Dosha.

Healthy Medas

Ideal body weight & super strong bones.

Unhealthy Medas

Obesity, food addiction, loneliness, lethargy, lifestyle diseases like obesity, diabetes, joint pain, under active thyroid, hypertension, excess thirst, breathlessness upon exertion, profuse sweating, and gallstones. Low Medas leads to dry skin, cracking and aching joints, cold body temperature, chills, loss of energy, irregular or lost periods, infertility, emaciation, arthritis, osteoporosis, overactive thyroid, and enlarged spleen.

Rakta (Blood)

It is very dense and made up of 80% earth, 15% air, and 5% water. Offers support and shape to the body and protects organs. It is cold, dense, hard, stable, and rough like Kapha Dosha with a bit of Vata.

Healthy Rasa

Healthy Asthi- strong body stature, teeth, nails, and hair, high confidence, and assertiveness level.

🥵 Unhealthy Rasa

Unhealthy Asthi- brittle nails, joint pain, hair loss, osteoporosis, arthritis, scoliosis, bone fusion, calcifications, hunchback, extra teeth, or excess hair growth, fractures, arthritis, osteoporosis. This can happen due to too high or too low calcium and protein intake and malnutrition.

Majja (Nervous system)

It comprises bone marrow and the whole nervous system and helps in internal & external communication. Its properties and radiation can be changed due to unresolved emotions and antibiotics. The by-products of Majja are tears. Crying helps release unhealthy emotions from the nervous system. Scanty sweet tears from the outer corners are Kapha tears of happiness. Hot and sour tears from the centre of eyes are Pitta tears of anger Tears from the inner corners of eyes are Vata tears of frustration or intense grief.

🥵 Healthy Majja

Balanced energy level, communicative and active working of five senses (sight, hearing, smell, touch, and taste).

Unhealthy Majja

Anxiety, neurological disorders, and irregular mental activity level. It can be caused due to sudden trauma, high metal or radiation intoxication, drug addiction, high-stress levels, anxiety, osteoporosis, Parkinson's disease, epilepsy, anaemia, attention deficit hyperactivity disorder, low understanding capability and poor communication strength.

Shukra and Artava (Reproductive system)

It helps support reproduction and a continuous life cycle. In males, it includes sperm, testicles, and prostate health. It has a cool and active energy of Kapha and Vata as well. In females, it depicts menstruation and cervical, ovarian, and egg health. It is as hot and passive as Pitta Dosha.

Healthy Shukra and Artava

Show good reproductive condition and creative abilities

🜏 Unhealthy Shukra and Artava

Infertility, impotence, menstrual disorders, premature ejaculation, and low libido. More Shukra/Artava leads to sex addiction, premature ejaculation, excess semen flow, and multiple cystic ovaries. Happens due to high sexual activity and hormonal imbalance. Low Shukra/Artava causes less sex drive, painful sex, impotence, and menstruation loss. It may be due to hormonal imbalance, excess physical activity, low body weight, and increased Vata.

Correcting Improper Dhatus:

- Be inquisitive about feelings & try to investigate the internal disparity
- In case of high Medas, follow Kapha Dosha decreasing lifestyle
- If Shukra is less, try to balance Vata Dosha with dietary and positive habit changes
- Minutely analyse the excess or low of each Dhatu and connect it to Doshsas
- Follow the positive remedies for the long term and see their effect on the mind, body, and soul
- Take corrective actions under professional supervision only

IV Food Fondness: Appreciating Appetite

It is not mandatory to cut palatable taste out of a recipe to make it healthy. All taste sensations are crucial to maintaining food's nutritional equilibrium. The taste depicts the physical quality of food as well as its effect on the mind and soul.

Inter-relation between taste & nutrition

Digestion initiates from the mouth, the moment food touches the lips, tongue, inner cheeks, mouth roof, and throat taste receptors. This process decides the food bite's actual quality. Ayurveda segregates taste into 6 parts, Madhura (sweet), Amla (sour), Lavana (salty), Tikta (bitter), Katu (pungent) and Kashava (Astringent). Try to eat all type of tastes daily to maintain balance, but avoid eating taste that brings imbalance to a particular Dosha. Tastes help to explore the food's innate enriched quality and offer a miraculous strategy to heal the body naturally.

Madhur (sweet)

It is nourishing, and mouth-watering, giving a satisfying feeling and habit-forming too. A small amount is a crucial source of energy, tolerance & helps build Dhatus. It offers internal moisture, averts dehydration & constipation, soothes mucous membranes, builds hormone balance, relieves thirst, enhances saliva production, and supports good quality of skin, hair, and nails. A little amount of Madhura makes life sweet, lovely, joyful and curbs bitterness. Excessive intake brings discomfort & laziness.

Amla (sour)

Enhances earth and fire elements, Kapha and Pitta Dosha. Increases stomach acid level, upgrades digestion decreases flatulence and nurtures organs, blood, and tissues.

Kashava (Astringent)

It has a dry aftertaste and cooling effect but too high intake can cause dizziness and weakness. Try to have it in warmer months and limit intake in colder months.

Lavana (Salty)

Assists to receive essential minerals but high intake leads to water retention in the body. Check the food label of Packed foods to identify the hidden salt amount and avoid high unnecessary salt load on the body.

Tikta (Bitter)

It cleanses out toxins from the whole-body system. Avoid overconsumption as may increase tendency of material possession and risk of health problems like bone weakening,

Katu (Pungent)

Limit high intake as it enhances acidity, irritability, anger level and unstable thinking process.

Dhatus

Madhura (Sweet)

Amla (Sour)

Lavana (Salty)

Tikta (Bitter)

Katu (Pungent)

Kashava (Astringent)

Good sources

Grains, fruits, root vegetables

Lemons, grapefruit, yoghurt, fermented foods

Salt, seaweed, soy sauce, celery

Leafy greens, brussels sprouts, herbs, turmeric

Onion, garlic, chilli, radish,mustard, ginger, pepper

Raw vegetables, legumes, pomegranates, turmeric

Actions

Nourishing, energizing, vitality, tolerance, mental clarity

Cleansing aids, Digestion decreases, flatulence

Provides electrolytes and supports muscle strength

Detoxifies the body and helps lose weight

Spikes metabolism

It helps dissolve fat, reduces blood pressure and inflammation

V Mastering Mindfullness: Natural nurture

Incredible phases of digestion

Digestion is a phenomenal natural process, comprising six unique stages, all tastes and Doshas lasting for a few hours. Everybody goes through all the phases irrespective of their Doshas. Unknowingly eating before commencing one digestive cycle leads to imbalance, toxin accumulation and constipation.

1. Madhura Avastha Paka (Sweet Stage)

It starts as food touches the mouth and saliva, is broken down into smaller particles. It is highly crucial to concentrate and chew food thoroughly and offer saliva appropriate duration to act correctly.

1st hour- simple sugar or glucose from food is absorbed and blood sugar rises. Big meals give a heaviness and laziness feeling and are somehow like Kapha Dosha. The correct quantity of meals provides satisfaction, contentment, peacefulness & happiness.

2. Amla Avastha Paka (Sour Stage)

The stomach produces hydrochloric acid, starts digesting protein and demolishes food toxins. Enzyme pepsinogen is converted into its active form pepsin. Stomach acidity rises to destroy potential food pathogens and is relatable to Pitta Dosha. Simultaneously stomach protects tissues from ulcers, still gives a full feeling and makes feel the food presence in the stomach. Sometimes food allergies like rashes and itching pop up during this stage.

3. Lavana Avastha Paka (Salty Stage)

Digested food stays in acid for 30-60 minutes and enters an initial part of the small intestine (duodenum) and partially digested food starts getting absorbed in the small intestine. The mucosal inner layer produces alkaline mucus and neutralizes acidic partially digested food. The liver and gallbladder produce bile and pancreas pancreatic juices. The food mixes with these juices and breaks down a bit more. In 1 hour of the peristalsis process, stomach waves try to push food from the duodenum to the jejunum. This stage is crucial for essential enzymes

- Proteases digest proteins.
- Amylase digest carbohydrates
- Pancreatic lipase digest fats.
- Bicarbonates neutralizes acid

4. Katu Avastha Paka (Pungent Stage)

It occurs in the jejunum and food becomes yellow-brown. This is sharp, hot, and precise. The presence of excessive Pitta Dosha, establishes overheating haemorrhoids, skin rashes and bleeding. A high quantity of Vata Dosha produces a bloated feeling.

5. Tikta Avastha Paka (Bitter Stage)

Food enters the ileum, assimilated, moved, and pushed down the small intestine. The ileum wall villi support nutrient absorption, sometimes making one feel hungry but resist eating until the last meal is absorbed fully.

6. Kashaya Avastha Paka (Astringent Stage)

All nutrients have been absorbed and only waste is remained. Earth elements help create the normal bulk of the stool. The food enters the cecum and the liquid food is transformed into a solid state passes through the colon and the elimination process initiates. Stools are comprised of food waste and body toxins, once excreted hunger is felt again.

Nourishing Digestion Suggestions

- 1. Stop eating small frequent meals and snacks the whole day.
- Avoid distractions like watching TV, gazing at mobile phones, reading, and walking while eating food
- 3. Restrict eating before digesting the previous meal fully
- 4. Be sure to plan dietary habits in Dosha specific manner
- Vatas Follow a meal routine and keep a 4-6 hours gap between meals. Eat a balanced diet and avoid eating frequently to reduce bloating, gas, and constipation.
- Pittas- Do not keep too much gap between meals and avert inflammation, ulcers, and heartburn.
- Kaphas- Maintain 6 hours meal gap and avoid lethargy, slow metabolism, water retention and obesity
- 5. Attentively listen to body signals and prohibit emotional eating
- 6. Pay attention to normal bowel movements evaluate daily health quality.

The Food Prayer Brahmārpañam

The meaning:

Daily food prayers are the practice of eating food and gaining all its positivity in an optimum way awakening the digestive fire through uninterrupted attention without distraction.

Brahmārpañam is a food prayer, a god's magic to transform food into pure prasadam, irrespective of its ingredients and constitution. Every creation is due to Brahman, including the food, and its process of offering into the body's digestive fire.



Ayurvedic wisdom urges one to go back and get connected to one's natural self to experience contentment, happiness, peacefulness, and long-term good health. Ayurveda describes all the creation's validity as per different elements and balancing the same demands following daily rituals, to feel healing, sanity, grounded, and rooted consciously in a sensible way.

Food prayers are not new and done for ages but only following them as a religious practice or mandatory family ritual is work half-done. To extract the fullest benefits of the food mantras and prayers, understanding the concept and feeling their true essence is necessary.

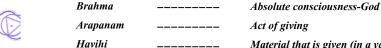
Below mentioned shlokas are from the **Bhagwad Gita** (the ultimate life guidebook) chapter 4, verse 24, and chapter 15, verse 14.

ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हतम् । ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ।।

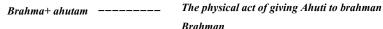
WORDS

Agnau

MEANING



Material that is given (in a vajna)



Agni



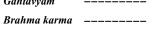
Brahman



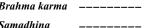
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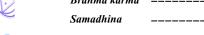


Destination



Action





Equal subservient







Everything is Brahman, the consciousness including the act of offering food, the food itself, the digestive fire, metabolising enzymes in the alimentary canal and the destination of food into the fire of digestion. Every bit of food given into the fire of the body's digestion is energy and mindfulness and requires only sacred food.





ब्रह्मकर्म समाधिनः अहं वैश्वानरः भूत्वा प्राणिनाम देहम आश्रितः

WORDS

MEANING

Brahmakarma _____ Action

Samadhina _____ Equal Subservient

Aham ____ I

Vaisvanaraha ____ Lord Agni in the stomach comprising digestive juices and enzymes

Bhutva ____ Having become

Pranium ____ Living beings

Deham ____ Body

Asritaha ____ Residing in a place

Interpretation

The realisation of being Brahman gains all the truth from the Vedas, gains self-identity and gets introduced to the pure digestive agni that resides in the body and acts according to the food eaten.



The incoming breath Prana The outgoing breath Apana Equally, join Samayukta I digest Pacami Food

Four Catuhu Vidham Types

Annam

Interpretation

Digested food gives energy and the incoming breath completes the process. The equal ingoing and outgoing of breath join and find digestion completion of four types of foods that is carvya (chewable food like rice), cusya (suck able food like sugarcane), lehya (lickable food like honey) and peya (drinkable food like milk).

Take away point

Glucose + oxygen Carbon dioxide + water

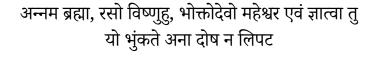
Energy released

 $C_6 H_{12} O_6 + 6 O_2 \longrightarrow 6 O_2$ 6H₂0



and inner self.

Eat food with a satwik subtle calm mind which is pure and serene and without any disturbance including digital indulgence and sinking in pessimistic self-thoughts. Offer food to God before eating and transform it into prasadam. Heartfelt prayer cleanses all food impurities which must have been caused due to the absence of cleanliness of the vessel, food ingredients and cooking process. It is essential to offer a part of the food to God in the form of daily prayers to make every ingested food pure and to get in touch with the pure peaceful mind

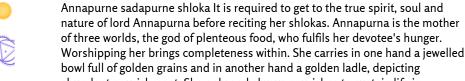


Interpretation

Every food is Sacred, it goes into the body, converted into blood and energy, and

offers its nourishment to all body parts. Eating action is like yagna (sacrifice), the offering goes to the jatharagni the divine authority and the stomach residing digestive fire. The creative energy of the food is Brahma, the nourishing energy is Vishnu and the transformation of food into pure alertness and knowledge of existence in Shiva, understanding this ultimate truth cleanses all impurities of the food and makes it solely pure. It explains the importance of being in harmony, in terms of thoughts, words and actions and attaining self-purity and balance.





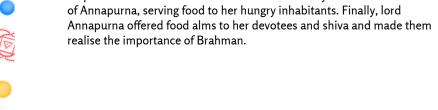
bowl full of golden grains and in another hand a golden ladle, depicting abundant nourishment. She only and always nourishes to sustain life in abundance. Mata Annapurna resides in the Annapurna Devi mandir in Varanasi.





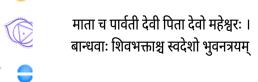


To this, Parvati gets upset and offended as she governs the materialistic aspect of the world. To prove her point that no one can survive without her and make the world realise her importance she decided to disappear. As she was not there, so there was no food and this brought a famine-like situation. Within some time, every devotee including gods started begging Shiva for food. After much effort, they came to know about food availability in a kitchen located in Varanasi (Kashi). Shiva was surprised to find out that the kitchen was owned by Parvati in the form of Annapurna, serving food to her hungry inhabitants. Finally, lord



अन्नपूर्णे सदा पूर्णे शंकरप्राणवल्लभे। ज्ञान वैराग्य-सिद्ध्यर्थं भिक्षां देहिं च पार्वति।। माता च पार्वती देवी पिता देवो महेश्वरः। बान्धवाः शिवभक्ताश्च स्वदेशो भुवनत्रयम्।।

My mother dear Parvati, and my father Maheshvarah Shiva. My friends are the lord shiva devotes and all the three worlds are my residence. Grant me good fortune and prosperity and wash away all my impurities to make me pure.

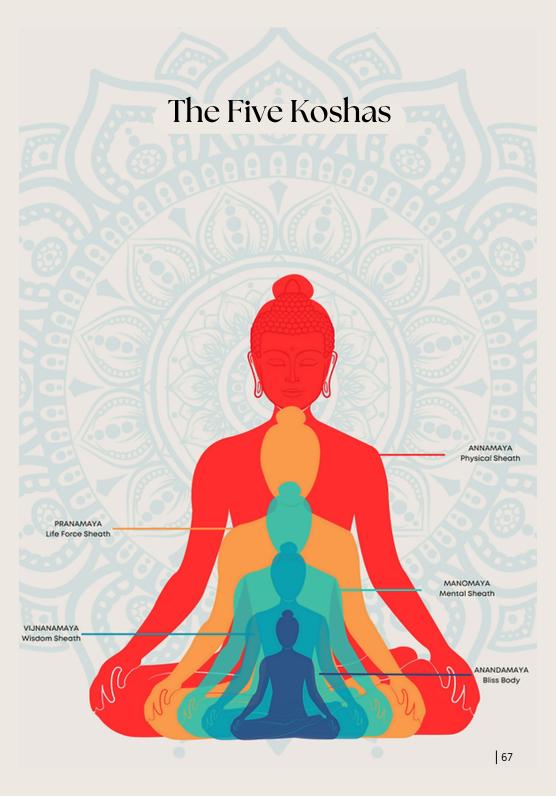




Decoding Kosha

Our body is made up of 5 definitive layers or Koshas which continuously support us to stay alive and lead a normal healthy life.

Hence, we must recognize and understand these koshas to get in touch with ourselves at a deeper level which will equip us to heal from diseases and handle day-to-day stress more healthfully. Koshas are significantly related to the inner nature of our psychological mind.





Annamaya Kosha:

It is the 1st layer of our body and is made up of anna or food. It can be experienced in a conscious state of complete wakefulness through becoming aware of the physical body. It is responsible for our physical and mental body and its functioning. It also helps us to use our senses to experience the physical world around us. Freshly prepared food, fruits and vegetables strengthen the Annamaya kosha and make us feel energetic and positive but eating leftover or overcooked meat weakens it and brings in the feeling of stress and illness.

Pranamaya kosha:

It is the 2nd layer which is composed of important life forces or prana and linked to our consciousness, alertness and proactiveness. It provides us the awareness about our physiological activities. Pranamaya kosha is made up of 5 upaprana and 5 pranas which are prana, apana, samana, udana, and vyana.

- · Prana is airy and responsible for normal breathing
- Apana is watery and responsible for excretion and elimination from the body
- Smana is fiery and responsible for heart and digestive functioning
- · Udana is spacious and responsible for conscious activities
- · Vyana is earthy and retains other pranas

We can realise and re-strengthen Pranamaya kosha while taking each breath through meditation and pranayama and reforming the delicate balance between mind, body, and soul.

Manomaya Kosha

It is the 3rd layer which is described as the mental status and mind of the body. It can only be sensed through the subconscious mind while dreaming and getting in touch with our emotional processes. Sometimes it acts as the connection between the conscious and subconscious mind. Manomaya kosha governs our emotions, cognitive functioning, and creative productivity. It utilizes sensory organs to gain experiences and creates insight and ideas. Sattavik food helps Manomaya Kosha to form strong & positive emotions like compassion, care, empathy, and love. Following an unhealthy lifestyle diminishes Manomaya Kosha and derives pessimistic thoughts like anger, doubt, confusion, anxiousness, and depression.

Vigyanamaya Kosha

It is the 4th layer, which shows our intuition, wisdom, inner integrity, and mindfulness. It can be felt through the subconscious and unconscious mind while dreaming by getting to know our psychic nature. It carries a smooth changeover from unconsciousness to superconsciousness which brings in awareness, the right-thinking process and spiritual awakening. Living in happy balanced surroundings, practising meditation regularly, eating a sattvic diet, reading good reading material and self-realization boosts Vigyanamaya Kosha.

Anandamaya Kosha

It is the 5th layer and last level of inner wakefulness, joy, happiness, gratefulness, and the supreme power of excellence. It can be observed through the unconscious and superconscious mind during deep sleep achieving the connection with the inner soul. It is the state of every possible positive feeling like inner peace, enlightenment, calmness, and contentment which get affected by the outside environment, relationships, and activities. Anandamaya kosha can only be nourished through selflessly serving others, faithfully surrendering to the universe, and practising undistracted meditation regularly.

Spiritual Quotient

Recipe for SQ = realization of IQ and EQ in the present (P) moment.

Being in the present time is difficult as the inside mind is always distracted by external disturbances. Self-alertness, awareness and understanding help bring back focus inward, towards subjective sensations, feelings, and thoughts.

It is highly complex to slow down the constantly active mental activation and stimulation and just feel the current moment without any judgement and preconceived notion, once this is achieved through high SQ, a clear strong shift happens from anxious ego to pure calm soul.

Finding and interpreting spiritual intelligence





Human life is closely knitted with 3 fundamental pillars that are intelligence quotient (IQ), emotional quotient (EQ) and less known spiritual quotient (SQ) also known as spiritual intelligence. SQ mostly blossom independently through life experiences.

It helps to understand the crucial connection between internal life comprising the mind and soul with the external world. SQ cultivation requires a lot of patient questioning, inquiry, and practice. A better SQ assists in making the right spiritual choices, better psychological wellness, and a good quality of life.

SQ helps in self-understanding in a deeper and closer way and finding life's reason in a mature sense. It aids in getting acquainted with capabilities beyond the ego and gives the chance to feel all inner hidden positive emotions such as wisdom, compassion, integrity, joy, love, creativity, and peace.

Soul quest

The soul is the innermost and essential part of the self, finding it brings enlightenment and realization of the real spirit inhabiting inside. When the ego is washed out in the illumination of the soul, SQ draws attention towards the present happenings and constructively governs both IQ and EQ. This makes the life journey stress-free, pleasant, meaningful, and mindful.

Dimension of spiritual attention gets activated when the focus is made towards the soul, true self, and subjective mind rather than ego, selfishness, and objective brain. Realization of SQ builds a healthy connection with the mind, body, and soul as well as a strong interpersonal bonding.

Road to SQ

Spiritual skill is a unique characteristic which everyone acquires since birth but to attain an adequate level of SQ effortlessly, incorporating lifestyle-based holistic approaches and getting in touch with the right master or guide is mandatory.



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Steps to accomplish SQ



- 1. Inquisitively identify the spiritual deficiency and physical, mental, and emotional complications arising due to it
- 2. Timely get the required health checkups done
- 3. Explore and connect with the right mentor teacher therapist or nutritionist
- 4. Under their supervision carefully understand the body governing chakras, personal energetic profile, and blueprint
- 5. Follow an optimistic dietary regimen to maintain a healthy body functioning especially the digestive, metabolic, immune, and cognitive system
- 6. If required include need-based supplementary interventions to combat the nutritional insufficiencies
- 7. Add physical activity, alertness, and exercise in the daily routine
- 8. Try to be in the present, do not cling to the past or worry about the future, calm down the overactive mind and expand awareness towards perceptual sensations of energy, sound, light, and consciousness minutely
- Practise slowing down, patience and mindfulness through meditation, breathing techniques and yoga
- 10. Develop a sense of gratitude and appreciate every bit of life unconditionally
- 11. Do not hunt spirituality in unauthentic spiritual teachings and preachings but abide by the intuition, thinking and feeling residing within

Spiritual maturity:

Spiritual maturity linked to SQ can be attained by adequate training, attention, emotional transformation and following ethical behaviour. SQ determines overall development including cognitive, emotional, and moral value systems. It helps practising wisdom, compassion, and respect in every sector of life whether it is internal or interpersonal relationships. Improved SQ polishes and reignites positive characteristics such as loving, kindness, honesty, tolerance, openmindedness, inner peace, and calmness to handle life challenges.

The spiritual path ushers the development of SQ, commitment and integrity by reinforcing the inner mystic and divine qualities. It brings spiritual freedom from fear and defensiveness to love and compassion and ignorance to wisdom and understanding.

Flourishing SQ revamps positive personal growth and healthy psychological status. Well-developed SQ is associated with the absence of safeguarding and bitterness and the existence of kindness, generosity, and selflessness.

Adding SQ to daily routine:

Intensified SQ, directs living life as per core beliefs and nature which defines life's key purpose and awakens a sense of thankfulness and worthiness. This beautiful amalgamation of SQ in day-to-day aliveness expands the vision of possibilities and redefines the meaning of being truly happy and content in every life circumstance.



Shadow Work Questions

h others or are you the type to let people
in the past and what do you do to combat it ir
others? Do you put on a persona or mask to know who you are?
ou have done something wrong? When you on from them or do they continue to hurt you?

Do you respond well to constructive criticism? Are you over-sensitive to any form of feedback?
Do you allow yourself to be vulnerable in your romantic relationships? Do you put up walls around yourself and your partner or are you completely open?
Do you accept yourself as you are?
Do you have any unhealthy attachments or habits? What are you doing to curb them and why have you continued to entertain them?
Do you practice self-care? Is there more that you could be doing for your wellbeing?

What is your deepest, darkest fear?
When are you hardest on yourself and why?
What emotions do you tend to avoid?
What are your triggers and what caused them?
Is there anyone you hold a grudge against? If so, what is holding you back from letting go and moving on?

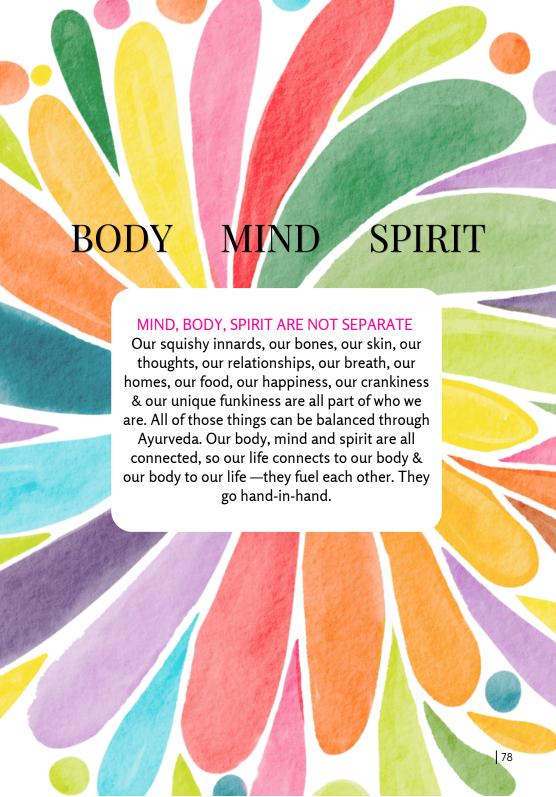
Do you feel misunderstood? If yes, what misconceptions do people have you?
What do you dislike about yourself most?
What's the worst thing you've ever done and why did you do it?
Are you happy with where you are in your life? Is there anything that you can do to improve it?
Was your childhood negative or positive? Outline the most prominent memories that you have of your younger years.

Rainbow & Our Health

How our health is related to the colors of the rainbow

As I went deeper into studying the colors of foods, it seemed there was a "color code." Not that foods of a color were for only one purpose in the body, but there seemed to be patterns of function and how they were used in a general sense.

Here is what I've observed, and I discuss these concepts more in my personalised programs....



RED

Immune system and survival: Red-colored foods are high in vitamin C, supporting adrenal health and immunity. Red-colored foods, such as tomatoes, lycopene, and red beets, have also been shown to be anti-inflammatory.

ORANGE

Reproductive health and fertility: Eating orange-colored foods are abundant in carotenoids like beta-carotene may help lower the risk of reproductive issues like endometriosis. Carotenoids are also found within the ovaries and the sperm to support fertility.

YELLOW

Impact on digestion-Excessive consumption of certain yellow foods like bread and processed cereals can disrupt digestion and lead to metabolic issues. On the other hand, acidic yellow foods like lemons and ginger can boost metabolism.

GRFFN

Cardiovascular health: Green foods like leafy greens are rich in nutrients such as folate, vitamin K, and naturally-occurring nitrates that make them healing and expansive for the heart and blood vessels.

BLUE GREEN

Blue-Green—Thyroid health: Blue-green foods like algae, sea plants, and even spirulina contain minerals such as iodine and selenium, which nourish and support the function of the thyroid gland.

BLUE PURPLE

Blue-Purple—Cognition and Mood: Blue-purple foods like berries and grapes have been shown to help with better brain functions like learning and memory and improve mood and calmness.

WHITE

White foods, such as white flour, sugar, and salt, can be harmful in excess. Detoxing from these foods can promote mental clarity and body purity. Some white foods like garlic, coconut, sauerkraut, and cauliflower aid in detox due to their antimicrobial properties. Fasting, symbolising a "clean slate,"- the white of nothingness.

The Rainbow Represents our colorful DNA

WHAT YOU EAT BECOMES YOUR BODY

WHAT YOU FEEL BECOMES YOUR MOOD

WHAT YOU THINK BECOMES YOUR MIND

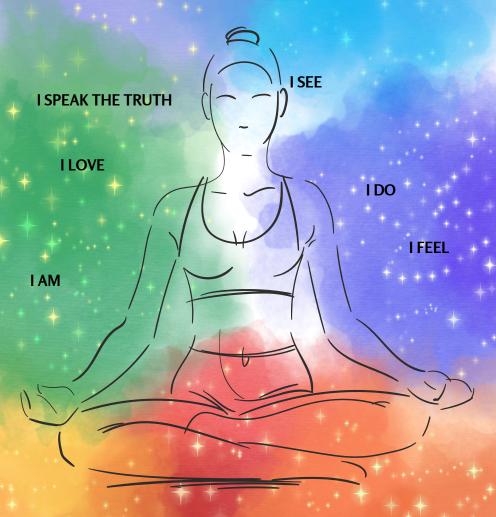
WHAT YOU LOVE BECOMES YOUR PASSION

WHAT YOU SAY BECOMES YOUR TRUTH

WHAT YOU SEE BECOMES YOUR PERSPECTIVE

WHAT YOU CONNECT TO BECOMES YOUR SPIRIT

I UNDERSTAND



Body

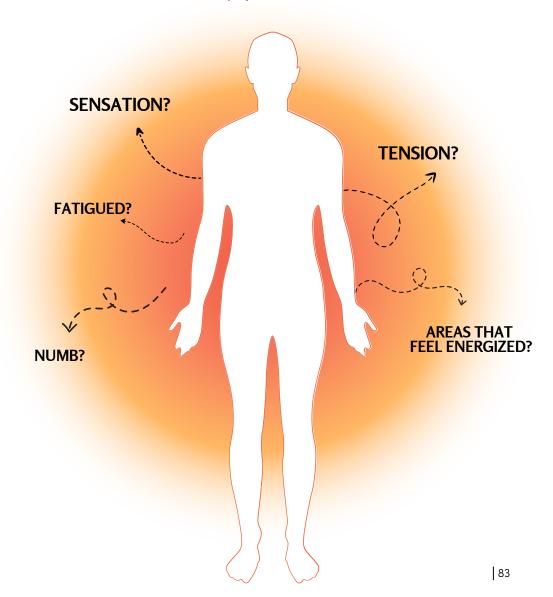
Step into the Body Activities section—it's your personal space to connect, celebrate, and strengthen your physical self.

These interactive exercises are your gateway to a healthier, more vibrant you. So, put on your favourite workout gear or comfy loungewear, and let's dive into the adventure of self-discovery, one move at a time.



Body Awareness:

Take a few moments each day checking in with your body and look out for any tension or symptoms in them



Body Gratitude:

Write a list of five things you appreciate about your body and its capabilities. Focus on the aspects that bring you joy, strength, or make you feel alive.

01	
02	
03	
04	
05	

Write a heartfelt letter to your body, expressing gratitude for all it does for you. Focus on specific body parts or functions and acknowledge their importance and value in your life.

Dear body, Hove you	
	With Love.

Breath work

alternate nostril breathing

You can utilize this breathing technique to connect your mind and body in wholeness, allowing the awareness of "nothing" to envelop your mind.



- Place your hand on your left knee
- · Lift your right hand up towards your nose
- Exhale completely and then use your right thumb to close your right nostril
- Inhale through your left nostril and then close the left nostril with your fingers
- Open the right nostril and exhale through this side
- Inhale through the right nostril and then close this nostril
- Open the left nostril and exhale through the left side.
- Repeat for 4-5 cycles/as needed



FOOD SWAPS for a healthier you

HEALTHY SWAPS

SAMPLE MEALS

Wheat bread Roce and pasta Whole grain bread Brown/ wild rice legume based pasta



Tofu stir fry with brown rice Lentil with chickpeas pasta

Chips & dip, crackers, fries

Air fried veggies Hummus Nuts Veggies crisps



Zucchini fries Hummus/ carrots Nuts Based Trail Mix Seasoned kale chips

Sweetened Beveragaes Club soda Sugar Free drinks Fruit and veggies smoothies(not juice)



Strawberry, banana, kale, soymilk smoothie Mix Berries, spinach, coconut milk smoothie Banana Cacao nibs, nut butter, almond milk smoothie

Cookies & sweets

Fruits Nut butters Blended frozen fruits Sugar free sorbet



Whole grain muffins Nut butter & Banana Roll-up Peanut butter Protein balls

Full fat cheeses/ dairy

Plant based milks Nut based Cheese White beans



Soya based pasta Cashew & butternut squash Creamy white soup

FOOD SWAPS for a healthier you

instead of this	I will have
 Fruit juice	Smoothies
Chips	Sweet Potatoes Crisps
Fries	Carrot sticks

Eating well is a form of self-love

30 DAYS CHALLENGE

for a healthier you

Set a personal goal for the month	Practice deep breathing or meditation for 10 minutes	Write a list of 10 things you're grateful for	Take a walk outside	Declutter a room or workspace
Call or text a friend to catch up	Cook a healthy meal	Practice yoga or gentle stretching	Write a positive affirmation and repeat it throughout the day	Create a relaxing bedtime routine
Journal about your thoughts and feelings	Set aside time for your favorite hobby	Give yourself a compliment	Unplug from technology for an hour	Listen to your favorite music or a calming playlist
Practice mindfulness while doing everyday tasks	Spend time with a pet or visit a local animal shelter	Read a book or watch a movie that inspires you	Explore a new relaxation method, like progressive muscle relaxation	Take a power nap or restorative break
Create a vision board or list of personal goals	Volunteer or perform a random act of kindness	Treat yourself to a small indulgence	Reflect on your accomplishments and growth	Connect with nature by visiting a park, beach, or forest
Write a letter to your future self	Set boundaries to protect your energy and time	Establish a morning routine that energizes you	Practice self- compassion and forgive yourself for past mistakes	Review your progress and celebrate your achievements

The Discomfort Eating

Spell your name for self care session! See what your relaxing self-care has in store for you

DAY	WHEN	WHAT YOU ATE
Monday	In front of the TV	Chips & chocolate bar



YOUR FEELING?

WERE YOU HUNGRY? IF NOT, WHY DO YOU THINK YOU WANTED TO EAT?

Bored, Stressed	No. I d had a bad day and needed to talk to someone.

People talk about 'comfort eating' – eating foods you enjoy to cover up challenging feelings you're experiencing. Try reframing this as 'discomfort eating' and ask yourself:

What is the discomfort you want to avoid?

Spell your way to self-care

Spell your name for self care session! See what your relaxing self-care has in store for you



Do this once a week, modify it with other names and each week will offer new self care ideas.

our Mind

Welcome to the Mind Activity section, a gateway to self-discovery and personal growth. Through these activities, you'll embark on a journey to know and understand different aspects of yourself. Let's dive in and explore the depths of your mind for a richer understanding of your inner world



A positive Self-talk

can help us to think optimally and make us motivated.

I FEEL STRONG WHEN... THIS MAKES ME UNIQUE...

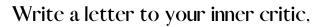
A GOOD QUALITY I AM LEARNING...

I LEARNED THIS FROM MY MISTAKE...

TALKING TO YOURSELF IS A GOOD THING

Mind Dump:

Se w	et a timer for 5-10 minutes and let your thoughts flo vithout any judgment or filter. Write down everythir mind, helping to declutter your mind and create r	w onto the paper ng that comes to nental clarity.
-		
الماحر	A n	



Addressing the negative self-talk or self-doubt that often arises. Challenge these critical thoughts and provide evidence of your strengths, accomplishments, and self-worth.

.....

Yours truly,

Gratitude Scavenger Hunt:

Create a list of items or experiences to seek out in your daily life that you can be grateful for.

MORNING SUNLIGHT Find a spot where you can feel the morning sun on your face and appreciate the warmth.	NATURE'S BEAUTY Find a small natural element, like a flower or a leaf, and describe its beauty.
A KIND WORD Listen for or say something nice to someone, and journal about how it made you feel.	A HELPFUL TOOL Use a tool or gadget that makes your life easier, and express gratitude for its convenience.
LAUGHTER Recall a recent funny moment and jot down what made you laugh.	A HUG Find a spot where you can feel the morning sunlight on your face and appreciate the warmth.
A FAMILY RECIPE Enjoy a homemade family recipe or comfort food, and write about the nostalgia it evokes.	A QUICK SNACK Enjoy a favorite snack and describe the taste that brought you joy.
A GOOD STRETCH Start your day with a good stretch and express gratitude for your body's flexibility.	A FRIENDLY FACE Meet your loved ones and show them how much you love them
A HANDWRITTEN NOTE Revisit an old handwritten note or letter and reflect on the sentiments within.	A PET'S LOVE Spend time with a pet if you have one, and describe the joy and comfort they bring.

How often do you find gratitude for these things?

Time Capsule Letter:

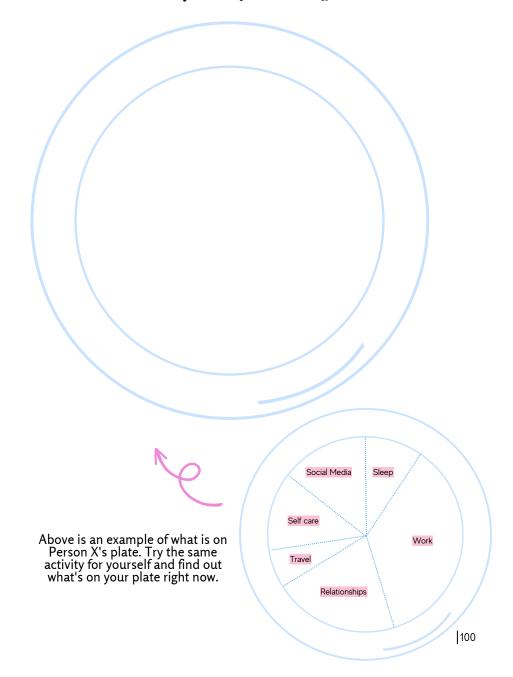
Write a letter to your future self, expressing your current thoughts, dreams, and aspirations. Seal it and save it to be opened at a later date.

Let's Wander

Allow your mind to wander and embrace the limitless possibilities of your imagination.

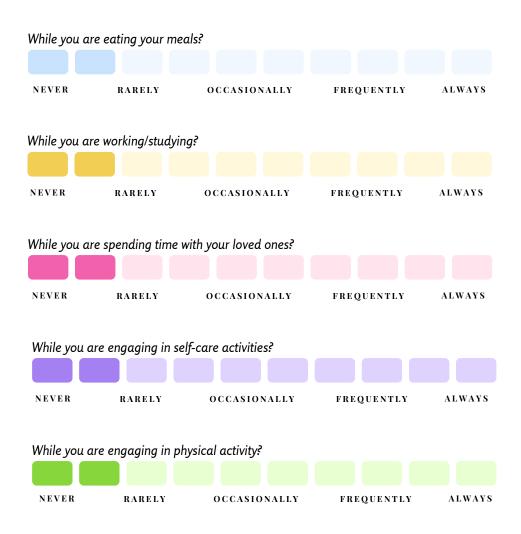
If I were in a movie, what character would I be
If I were a color, which one would I be
If I were a piece of furniture, I'd be
Imagination carries me to a world where
If I were an artist, I would create
In the universe of superheroes, I'd be a character, known for

What's on your plate right now?



How present are you in the following situations?

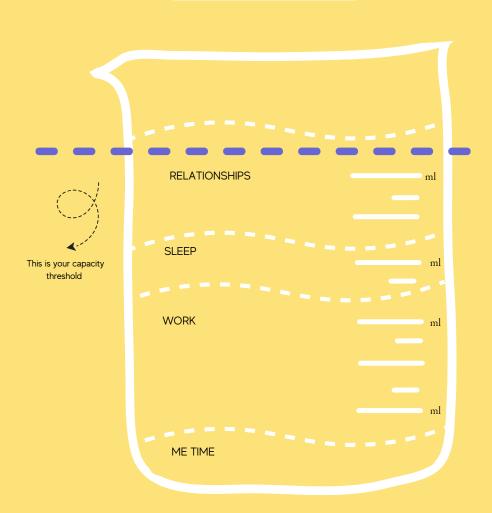
Mark on the scale according to your mindfulness.



Your Capacity Cup

Let's measure how much you are filling up.

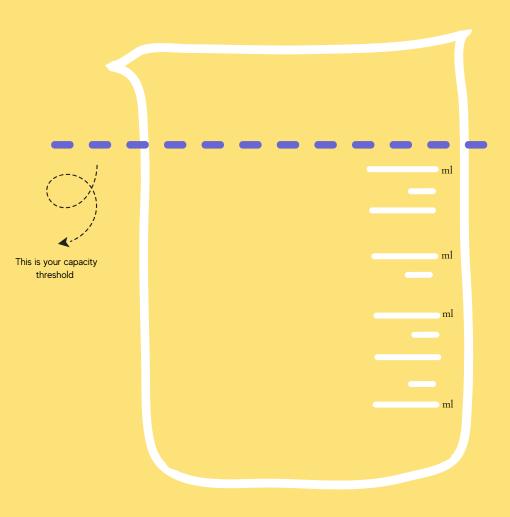
This is a person's X capacity cup. The dotted lines represents their capacity threshold



Your Capacity Cup

Let's measure how much you are filling up.

Draw out your own capacity cup.



Goal setting for the mind

Follow the prompts below and set goals for mental wellness

WHAT IS THE INITIAL GOAL?

EXPAND YOUR GOAL

SPECIFIC

What do you want to achieve? Be precise



How will you know you have reached your goal? What metrics will you measure?

MEASURABLE

a

Is the goal realistic? what support do you need to achieve it?

ATTAINABLE



How is this goal aligned with your overall health?

RELEVANT

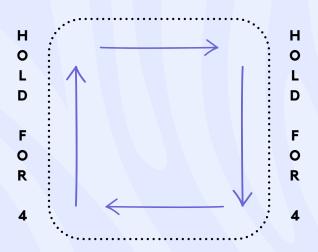


When do you want to accomplish this goal by?

Calming Technique

Relieve stress naturally with box breathing. Ground yourself, calm your mind and arrive into greater balance with this simple and powerful breathing technique.

breathe in for 4 secs



breathe out for 4 secs



Balancing Our chakras...

The mind and body are pretty easy to undersand, but what is spirit? Spirit is essentially the soul. The soul or spirit is the most subtle yet most important part of who we are. The soul is our higher self and we often need quiet to listen to the spirit. When our spirit is "off" path, our mind will not make the right choices and therefore our body might suffer.

If our mind does make the right choices and body does the action it's instructed to do, then our spirit SOARS.



CROWN CHAKRA

THIRD EYE CHAKRA

THROAT CHAKRA

HEART CHAKRA

SOLAR CHAKRA

SACRAL CHAKRA

ROOT CHAKRA



This chakra is our **connection** to the Universe, God, and The source, you can call it whatever feels right to you

This chakra rules **intuition**, the unconscious and it allows us to see inner and outer world

This chakra governs communication, speaking your truth, speaking up for yourself.

The heart chakra is all about love, **compassion**, and the connection between yourself and others.

This chakra is your power center, governing your self-esteem, **confidence**, and personal power.

The sacral chakra is your center of **creativity**, passion, and emotional balance. It's where your desires flow.

This chakra grounds you, connecting you to the earth's energy, providing stability and strength.

THE 7 CHAKRAS **8 how to balance yours**

Tired of endless diets and supplements that yield no results? Fed up with trendy meal plans that don't fit your taste? Perhaps frustrated because while you're eating 'healthy,' your friend indulges in pizza and stays slim, or you're struggling to gain weight despite eating everything in sight?

We've been there too, and that's why we've developed an innovative approach to health and wellness, one that's unlike anything you've seen before. It's based on the chakras, your body's energy centers, and it's been transforming lives.

Our unique process aligns your choices with your most essential chakra, enabling you to reshape your body and overall well-being.

By customizing your diet and supplements according to your dominant chakra, you can achieve optimal health, addressing specific wellness challenges.

This isn't just another diet; it's a way to nourish your true self, leading to happiness and healthier eating habits.



QUIZ: To find out which chakra is dominant.

♦ Which of the following senses do you consider to be the strongest?					
A Sight	Intuition				
B Smell	E Taste				
© Pure happiness	F Hearing				
G Touch					
₩hich of the following describes you the most?					
A You know perfectly well who you are and what values you represent	You believe in a higher power and let it guide your life and the way you interact and advise others				
B You believe in the innate goodness of man and respect everyone equally	You have an unwavering ability to enjoy the abundance of life				
C You are aware that you are connected to everything that brings you a lot of peace and openness	F You stand up for what you believe and always tell the truth				
You care about people around you and motivate them to develop					
♦ Which of the these colors makes you feel most comfortable?					
A Yellow	D Indigo				
B Red	E Orange				
© Purple	F Blue				

G Green

♦ Which is one of your favourite fragrance?					
A Honeysuckle	D Lavender				
B Hibiscus	E Tiger Lilly				
G Jasmine	F Hyacinth				
G Rose					
Choose the word which is most important to you?					
A Trust	D Insight				
B Understanding	Independence				
C Happiness	F Honesty				
G Acceptance					
₩hat element do you feel most connected to?					
A Fire	D Light				
B Earth	Water				
G Metal	1 Ether				
G Air					
♦ What are you passionate about?					
Spreading joy	D Being spiritually connected to people				
Supporting others	Being completely independent				
Encouraging people to follow their dreams	Expressing yourself and always being true to who you are				
Considering other people's needs and helping them in any way possible					

The Results:

IF ANSWER A IS THE MOST:

Your strongest chakra is the Solar Plexus Chakra. It is located between the navel and the chest. This chakra sees the core of the ego. This is where our personality and identity remain. This is the center of willpower. Self-esteem, responsibility, and reliability are the greatest gifts of this chakra.

IF ANSWER B IS THE MOST:

Your strongest chakra is the Root Chakra, which is located at the base of your spine. This chakra is responsible for your connection with the earth, from establishing a deep sense of your physical body to understanding the environment around you. This is your primal animal nature - your fight-or-flight response. Courage, resourcefulness, and the desire to live are the greatest.

IF ANSWER C IS THE MOST:

Your strongest chakra is the Crown Chakra, located at the top of your head. This chakra connects us to the divine source of creation - the universe. This is the center of devotion, inspiration, happiness, and positivity. The greatest gift of this chakra is mystical union - you are beyond yourself and understand that everything is interconnected.

IF ANSWER D IS THE MOST:

Your strongest chakra is your Third Eye Chakra, located in your brain between your eyebrows. The gift of this chakra is an insight into both the inner and outer world. Thoughts are clear here. To guide ourselves and others, we seek spiritual contemplation and self-reflection. This is the chakra of pure intuition.

IF ANSWER E IS THE MOST:

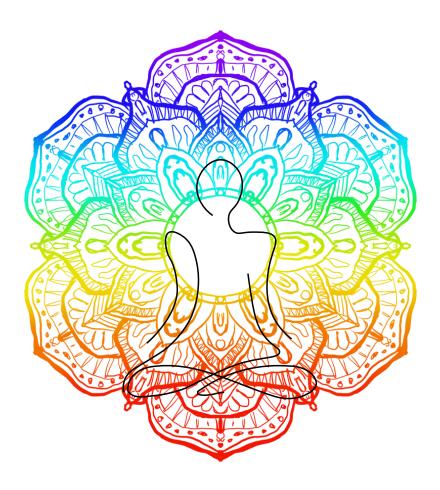
Your strongest chakra is the Sacral Chakra, located in the pelvic area. This chakra strives for pleasure. It is the center of intimacy, sexuality, emotions, feelings, and bonds. This chakra makes releasing and letting go of emotions and patterns possible. It is also responsible for the ability to experience instant transformation and happiness in the body.

IF ANSWER F IS THE MOST:

Your strongest chakra is the Throat Chakra, located on your neck. It is a source of searching for words and thoughts concerning truth and wisdom. It is a desire that transcends space and time. The greatest gift of this chakra is the acceptance of an authentic voice that is original in thought and true in speech.

IF ANSWER G IS THE MOST:

Your strongest chakra is the Heart Chakra, located in the center of your chest next to your heart. This chakra emanates love, compassion, pure warmth, and joy. It is the center of the highest care both inside and out. Compassion for others is immense, as is kindness and respect. The gift of this chakra is the energy of deep bonding, originating from the place of ultimate love.



Chakras are energy centers within and around your body, managing physical, psychological, and spiritual aspects of your life. They regulate both visible and invisible energies, which scientists increasingly recognize as fundamental to our existence. These subtle energies influence your body's development and functioning. By supporting your chakras, you're nurturing your overall vitality and well-being.

Essential Oils for Chakras

ROOT CHAKRA ~ Muladhara

Patchouli, Spikenard, Cedar wood, Frankincense, Black pepper, Vetiver, Basil



SACRAL CHAKRA ~ Svadhisthana

Sandalwood, Cardamom, Bergamot, Ylang-Ylang, Neroli, Cinnamon, Black pepper



SOLAR PLEXUS CHAKRA ~ Manipura

Lemongrass, Ginger, Jasmine, Green tea, Sandalwood, Myrrh, Cassia, Clove



HEART CHAKRA- Anahata

Rose, Geranium, Neroli, Melissa, Eucalyptus, Marjoram, Jasmine, Cardamom



THROAT CHAKRA~ Vishuddha

Lavender, Mint, Ylang-Ylang, Eucalyptus, Ravensara, Rose, Galbanum, Birch, Oregano



THIRD EYE CHAKRA ~ Ajna

Helichrysum, Grapefruit, Clary sage, Lavender, Blue Tansy, Ginger, Lemongrass



CROWN CHAKRA ~ Sahasrara

Sage, Frankincense, Rose, Lotus, Sandalwood, Jasmine, Melissa, Rosemary



Types of Anxiety as per The Chakras

Understand your chakras to overcome anxiety



- You feel exhausted and you experience too much pressure everyday.
- Often you literally feel your world is on shoulders.

- It's hard for you to feel emotional connection during sex, its more physical.
- Its really hard for you to do nothing or just enjoy, takes a long time to relax.





- You can be emotionally dependent.
- You don't believe that even small things cant be done by someone better than you, as a result, you control everything.



 You feel lonely often You experience "heavy" emotions. You are over emotional. You are too sensitive in a negative way.

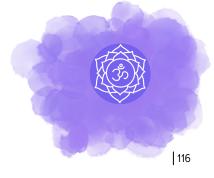
- You snap at someone atleast once a day.
- Its hard for you to express your emotions and thoughts.
- Often you prefer not to talk about yourself.





- Its hard for you to trust.
- Making decision can be a torture.
- You dont have a clear vision or understanding of your future.

- You perceive every problem as a personal attack.
- A sense that bad things always happen to you.
- Leads to fear and anxiety.









Signifies Base, Foundation & Root Support Grounding, Stability, Survival, Manifestation, Material world, Needs



Color: Red

Location: Base of the spine or groin area

Element: Earth

Mantra Associated: LAM

Stones: Bloodstone, Tiger's Eye Hematite,

Fire Anate, Black Tourmaline,

Symbol: Four red petal lotus flower, with a square and a down-facing triangle

Essential Oils: Rosemary. Rosewood, Sandalwood Black Pepper, Cedar, Ginger, Cloves

Organs Associated: Reproductive Glands, testes in men, ovaries in women, kidney, spine

Imbalanced Attributes: Scattered energies, anxiety, fear, eating disorders, greed, cynicism, excessive negativity and feelings of insecurity





/sans-krit/

Signifies Creativity, Sensuality, Emotions, Pleasure, and Personal Identity.

Color: Yellow

Location: Below the chest where the diaphragm rest

Represents: Self-esteem, Pleasure, Willpower, Personal Responsibility & Power,

Intellect, Clarity, Beliefs, Independence

Element: Fire

Mantra Associated: RAM

Stones: Malacite, Calcilite, citrazne, topaz

Symbol: Ten red petal with a circle containing the downward pointing triangle

Essential Oils: Frankincense, Sandalwood, Chamomile, Rosewood, Rosemary,

Rose Myrth

Organs Associated: Bladder, prostate, ovaries, kidneys, gall bladder, spleen

Imbalanced Attributes: Low self-esteem, control issues, manipulative tendencies, misuse of power, lack of clear direction, lack of ambition and purpose



SOLAR CHAKRA

manipura

/sans-krit/

Signifies Personal Power, Self-esteem, Willpower, Confidence, and Inner Strength.



Color: Orange

Location: Below the navel and two inches in

Element: Water

Represents: Creativity, Sexuality, Center of Pleasure

Mantra Associated: VAM

Stones: Citrine, Camelian, Moonstone, Coral

Symbol: Six petals, circle containing a crescent moon

Essential Oils: Ylang-ylang, Sandalwood, Clary Sage, Rose, Jasmine

Organs Associated: Intestines, pancreas, liver, stomach, liver, upper spine

Imbalanced Attributes: Lack of or repressed creativity, sexual dystunction, with held intimacy, emotional isolation, chronic lower back, arthritis, hip issues, and genital problems





/sans-krit/

Signifies Love, Compassion, Forgiveness, Acceptance, and Harmonious Relationships.

Color: Green

Location: Below the chest where the diaphragm rest

Element: Air

Mantra Associated: RAM

Stones: Malacite, Calcilite, citrazne, topaz

Symbol: Twelve-petaled lotus with circle containing two intersecting triangles

Essential Oils: Rosemary, Frankinsense, sandalwood, Chamomile, Rosemary,

Rosewood Rose myrrh

Organs Associated: Heart and lungs

Imbalanced Attributes: Excessive isolation, unforeseen depression, depriving oneself of intimacy



THROAT CHAKRA

vishuddha

/sans-krit/

Signifies Communication, Self-expression, Truth, Clarity, and Open-mindedness.

Color: Light Blue, Aquamarine Blue

Location: The center of the neck.

Represents: Communication, Speaking Clearly, Speaking Effectively,

Expression, Purpose.

Element: Akasha

Mantra Associated: HAM

Stones: Turquoise, Aquamarine, Amazonite,

Lapis Lazuli

Symbol: Sixteen petals, circle containing a down-facing triangle containing a

circle

Essential Oils: Rose, Frankincense, Yang Ylang, Sandalwood, Neroli, Jasmine

Organs Associated: Bronchial tubes, thyroid glands, Vocal chords, Respiratory system and all areas of the mouth including tongue and oesophagus

Imbalanced Attributes: Shyness, being withdrawn, arrogance, increased anxiety, excessive speaking, telling lies, and not able to listen to others



THIRD EYE CHAKRA



/sans-krit/

Signifies Intuition, Insight, Awareness, Wisdom, and Inner Vision.

Color: Indigo

Location: In the middle of forehead

Element: Light

Mantra Associated: RAM

Stones: Malachite, Calcilite, citrazne, topaz

Symbol: Ten red petal with a circle containing the downward pointing

triangle

Essential Oils: Rosemary, Angelic Root, Vetiver, Frankincense, Cypress, Sandalwood, Clary Sage, Juniper, Patchouli, Bay Laurel, Marjoram

Organs Associated: Eyes, pituitary gland, pineal gland, brain

Imbalanced attributes- Lack of direction and clarity, feeling stuck, overactive third eye may indulge in illusions and fantasies





CROWN CHAKRA

sahasrara

/sans-krit/

Signifies spirituality, Connection to the Divine, Enlightenment, and Pure consciousness.

Color: Violet

Location: Higher Consciousness, Presence, Bliss, Divine Connection,

Realisation.

Element: No element

Mantra Associated: AUM

Stones: Selenite, Clear Quartz, Amethyst, Diamond

Symbol: Thousand-petaled lotus

Essential Oils: Lavender, Rosewood, Myrth, Rose, Frankincense, Sandalwood, Jasmine, Galbanum, Cedarwood, Neroli, Vetiver, Gurjum

Organs Associated: Brain stem and spinal cord

Imbalanced Attributes: Cynicism, disregarding what is sacred, closed mindedness, disconnection with spirit, living in the head, and an attachment to spiritual matters





THE 7 QUESTIONS to align your Chakras



Chakra ACTIVITIES

Welcome to Ayurvedic Chakras Activities.
This section is all about discovering the balance within you. Through engaging activities, you'll explore ways to harmonize your mind, body, and soul. Learn ways to balance your chakras and discover foods that can help nurture each one. Let's get started on this rejuvenating journey!





How to Balance Your Chakra

Find activities for each chakras



ROOT CHAKRA

- Watch the sunrise
- Tell your family you love them
- Go to bed early
- Bake cookies
- Clean your room
- Drink enough water
- Take a walk without your phone
- Learn something new about your culture
- Cook your favorite meal
- Wear your pyjamas all day
- Have a family movie night
- Spend time in nature
- Use earthy essential oils, like cedar wood,
- frankincense or patchouli
- Look in the mirror and say, 'I love and care for my body'
- Plant some vegetable or flower seeds and help them grow







SOLAR CHAKRA

- Try something new
- Set a goal and work towards it
- Make a playlist of songs that energize you
- Go for a run or a bike ride
- Try again after you fail at something
- Think of someone who inspires you to try your best
- Take a risk to do something that makes you nervous
- Make a fire or light a candle
- Go outside and yell as loud as you can
- Soak up some sunshine
- Give yourself a superhero name
- Pick a superhero power for yourself
- Stand like a superhero: legs wide, chest out, chin up, hands on hips
- Use positive affirmations, like 'I can do this', and 'I am strong'
- Do Lion's Breath: Inhale, stick out your tongue. Exhale, and say, 'ha!'









SACRAL CHAKRA

- Dance
- Call a friend
- Learn something new about one of your friends
- · Take a long bath or shower
- Go swimming
- Do something you love
- Do a craft using only materials you have at home
- · Paint, draw, or sculpt something
- Make up your own dance routine or skit
- Plan a party
- Cheer someone up who is feeling down
- · Laugh and be silly!
- Look for the positives in every situation









THROAT CHAKRA

- Sing out loud
- Learn to play an instrument
- Listen to music
- Write down your favorite quotes
- Stand up for someone who is being treated badly
- Share how you really feel, even if others disagree
- Listen to others without interrupting
- Share your feelings with someone you trust
- Spend a day with no phone, screen-free
- Help raise awareness for an important cause
- Use social media to spread kindness
- Don't follow the crowd if it's not what you really want to do
- Make a sign with your favorite saying and hang it in your room
- Create a personal motto







HEART CHAKRA

- List the things you're grateful for
- Love yourself for who you are
- Don't gossip
- Do a random act of kindness
- Forgive yourself for a mistake you made
- Forgive someone else for hurting your feelings
- Don't expect yourself to be perfect
- Give someone a hug
- Give yourself a hug
- Make a gift for a friend
- Send a handwritten letter to a family member
- Donate things you don't need
- Volunteer somewhere in your community







THIRD EYE CHAKRA

- Focus on the present moment
- Write your feelings down in a journal
- Spend quiet time alone
- Look at the night sky
- Meditate
- · Stay home all weekend
- · Release your negative thoughts
- Imagine all the muscles in your body relaxing
- Make a playlist of songs that calm you down
- Do some yoga poses
- Take a nap
- Drink tea or hot lemon water
- Close your eyes and imagine a peaceful, relaxing scene
- Take 3 deep breaths
- Write a list of ways to calm down when you're stressed
- Make a zen sand garden





- 1. Dress up in a costume
- 2. Write down your dreams and try to figure out what they mean
- 3. Daydream
- 4. Create a new invention
- 5. Make a vision board
- 6. Visit somewhere you've never been
- 7. Draw a magical creature that's never been seen before
- 8. Learn about times people overcame difficult situations to find happiness and success
- 9. Use your imagination to design a new school the classes, teachers, the setting, any details you want.
- 10. Play a game you loved when you were little
- 11. Watch a fantasy movie
- 12. Learn a magic trick
- 13. Start a crystal collection
- 14. Envision the future you want to have
- 15. Follow your dreams!



FOOD AND CHAKRAS combinations:

Your chakras are vital energy centers that play a profound role in your well-being. To align them, we've curated a list of foods that can help rejuvenate each chakra. Begin your journey from the Crown Chakra and explore below for the chakra-specific foods. Nourish your inner harmony and enhance your vitality through the power of Ayurveda.



Apples, Beets, Blood oranges, Cherries, Cranberries, Currants Goji berries, Guava, Kidney beans, Lingonberries, Peppers, Pink grapefruit, Pomegranate, Radishes, Raspberries, Red beans, Red cabbage, Red carrots, Red chard, Red grapes, Red lentils, Red onions, Red pears, Red plums, Red quinoa, Strawberries, Tomato, Tomato paste, Watermelon.





Asian pears, Bananas, Chamomile tea, Chickpeas, Corn (hominy, kernels, on cob, popcorn), Ginger root, Ginger spice, Ginger tea, Golden beets, Golden flaxseed, Golden raisins, Lemons, Millet, Mustard, (Dijon, spice, yellow) Pineapples, Plantains, Quinoa, Squash, Starfruit, Yellow bell peppers, Yellow carrots, Yellow cauliflower, Yellow lentils, Yellow onions.





Apricots, Cantaloupe, Carrots, Mandarins, Mangoes, Nectarines, Orange, bell peppers, lentils, Papaya, Passionfruit, Peaches, Pumpkin, Sweet potato, Tangerines, Turmeric root, Turmeric spice, Yams.





Asparagus, Avocado, Bell peppers, Broccoli Flower, Broccoli Brussels, sprouts, Cilantro, Collards, Cucumbers, Fennel bulbs, Green apples, Green beans, Green cabbage, Green grapes, Green lentils, Green olives, Green onions, Green pears, Green peas, Green tea, Herbs, Kale, Kiwis, Lettuces, Limes, Mung beans, Mustard, Greens Okra, Olives, Parsley, Peppers, Pickles, Soybeans, Spinach, Sprouts, Thyme, Turnip greens, Zucchini.



Acai berries, Aronia berries, Asparagus, Beans, Black beans, Black lentils, Black pepper, Black quinoa, Black tea, Blackberries, Blueberries, Cauliflower, Eggplant, Figs Grapes, Huckleberries, Kale, Olives, Onions, Oolong tea, Peppers, Plums, Prunes, Raisins, Rice, Sweet potato.













Almonds, Barley, Brazil nuts, Brown lentils, Brown rice, Buckwheat, Cacao nibs, Cacao powder, Carob, Cashews, Chai tea, Cocoa powder, Coffee, Dates, Flaxseeds, Hemp seeds, Millet, Mushroom teas, Mushrooms, Nuts, Nut butters, Oats, Peanuts, Pecans, Pili nuts, Pumpkin seeds, Quinoa, Rye Seed, butters Seeds, Sesame seeds, Soy sauce, Sunflower seeds, Walnuts.



Apples, Applesauce, Cauliflower, Coconut, Coconut water, Daikon radish, Garlic, Mushrooms, Parsnips, Pear (flesh), Pumpkin seeds (outer), Rutabaga, Sauerkraut, Sesame seeds, Shallots, Tofu, Turnips, White potatoes, White onions, White pepper, White rice



Millet Revolution

Embark on a journey to a healthier lifestyle with our Millet Recipe section – your guide to the nutritional wonders of millets! Hailed as the "grains of the future," these versatile and nutrient-rich gems offer a sustainable solution to our dietary needs. Explore curated recipes to embrace the modern nutritional resurgence of millets, connecting our past, present, and a healthier future. Join the Millet Revolution!

O1 Ayurvedic View on Millets

Kshudra Dhanya

Ayurveda emphasizes including ancient Indian treasures like nutritious foods, herbs, and a healthy lifestyle in daily routine to be healthy and prevent diseases. One prominent food type which is a part of the Ayurvedic diet is Millet, also known as motaanai or Kshudra Dhanya (Small in size) or Trina dhanya (grains produced by grass-like plants).

As per Ayurveda, millet mainly helps balance doshas and offers the following health benefits:

Kangum (Foxtail millet) and Cheenaka (Proso millet)

Heavy to digest (Guru) and improves digestion by absorbing extra fluids and helps normal faecal formation (Sangrahi)

Nourishes tissue (Brimghana)

Helps to dry excessive body moisture (Shoshana) and heals fractures (Bhagna sandhanakari)

Yavanaala (Sorghum vulgare)

Improves taste perception (Ruchya), pacifies excessive thirst (Trishghna) and additional moisture (Kledaghna)

Shayamak (Barnyard millet)

Increases Vata dosha (Vatala), pacifies Pitta and Kapha doshas (Kapha Pitta Hrita) and helps normalise the excretion process (Sangrahi) Effective medicine for drying (Rukshana Karma)

Nartaki (Finger millet)

Helps promote strength and vitality (Balya)



O2 Meaning of millets

Ancient Indian food "Millet" name is derived from the word "Milium" meaning a tiny seed which is round shaped and available in colours like white, grey, yellow and red. Millets is a general term used for small grain cereals produced from grass-like plants.

The structure of millets is made up of

- 1. Bran rich in key antioxidants, iron, zinc, copper, magnesium, vitamin B, fibre, and phytonutrients
- 2. Germ contains vitamins B and E, antioxidants, phytonutrients, and unsaturated fat
- 3. Endosperm- comprised of starchy carbohydrates, proteins and a small number of vitamins and minerals

Millets are "Forgotten foods"

Millet varieties have been produced and consumed over the years for their nutritional and health benefits, but their roles have been undervalued and importance neglected by many in the present era.

Millets should be celebrated and used across the globe due to their unique aspects as they are the 1st domesticated plants, a traditional staple crop for many people, can be grown in a multitude of environments and have immense untapped potential.

In many ways, they are superior to refined cereals.

- Millets are whole grain cereals so have high nutritional content
- Have a low glycaemic index, slowly release glucose into the blood and do not cause a sudden blood glucose spike
- Rich in dietary fibre which helps regulate bowel function, blood sugar and lipids, satiation and improves the intestinal healthy bacteria functioning
- Gluten-free and can easily be consumed by the gluten-intolerant population
- Can simply be processed to maintain beneficial characteristics and become a part of a daily healthy diet



03 Untold Millet Journey

Millets were mentioned in Vedas and were 1st introduced in Rigveda followed by Yajurveda and Atharvaveda. In 2800 BCE, it was known as one of the 5 sacred crops of China. More than 8000 years ago, the oldest known millet grains were grown along the Nile River in Africa. In 6000 BCE in Mongolia, 5000 BCE in northern China, and between 4000-3000 BCE in the Korean Peninsula, millets were used as a staple food.

Millets travelled along with traders throughout Africa, Asia, and Europe. During the Middle Ages, millet became a staple grain in Europe and was grown more widely than wheat. Italian millet Foxtail millet was used by the Roman Empire as insurance against famine. North America also survived on millets for centuries.

With time, easy-to-consume foods such as bread and noodles became popular and crops like wheat and rice gained more acceptance, and trade started going well with commercial plantation crops like cotton and tea. All these cumulatively suppressed the consumption of millet across the world. In India, it was considered as the food of poor or rural people. Mostly millets make up 7% of the average food basket, mostly preferred by the elderly. Low household usage of millet is mainly due to

- Being gluten-free makes it harder to make roti compared to wheat
- Polished rice is more favoured than antioxidant-rich millet

Millets are typically utilised at the local level to make khichdi. With recent health consciousness awareness regarding the nutritional benefits of millet is increasing in urban areas. Nowadays, millets are consumed in the form of creatives like millet dosa, millet idli, pancakes, millet bread, waffles, crispy crumbs in salad, and cookies. To achieve the goal of eradicating hunger, boosting palatability and better acceptability by a larger age group, the Indian government is also taking many initiatives to promote millet, such as "Anna Shree" for healthy food alternatives.

04 Offbeat millet features

There are primarily five reasons to cultivate and recognize millets as one of the best cereals offered by nature.

1. Resistant to climate change

Millets are viable growing crops in challenging environmental conditions. Millets can grow in high-temperature conditions due to their short stature, small leaf area, thickened cell walls and dense root systems. Millets can survive the stress of long-term drought as they are well adapted to soil with low fertility.

2. Have a shorter lifecycle

Minor millets can grow in 8-12 weeks and major millets in 20-24 weeks, supports successful rotational cropping. They can be easily incorporated as a rotational crop with other grains like maize, wheat, legumes, and soybeans and contribute to fodder supply. Millet cultivation assists in breaking the pest and disease cycle, reducing weeds, and preventing soil erosion.

3. Suports healthy diet

Millets have a low glycaemic index and, hence easily be consumed by Hypertension and diabetic people. It is gluten-free so good for celiac disease and gluten-intolerant populations. Millets are also a cost-effective source of iron and are an affordable, tasty, and nutritious alternative to refined grains. Millets are rich in dietary fibre, act as a prebiotic in the intestine and help maintain normal digestion and bowel movement.

4. Innovational usage

Millets get a lot of attention from health enthusiasts like young people and urban consumers who want to improve their health consistently. As "natural food" millets have an inherent scope of processing potential and nutritional value enhancement.

5. Impactful future scope

The right co-creation and sharing of traditional millet knowledge with today's technology can increase millet reachability and acceptability exponentially.

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05 Nutritional significance of millets

Millet USP (Unique selling point)

- · Rich in micronutrients and bioactive flavonoids
- · Good sources of minerals like iron, zinc, and calcium
- Have a low Glycaemic Index (GI) and suitable for diabetes
- Loaded with antioxidants leading to triglycerides and C-reactive protein decrease and cardiovascular disease prevention
- · Supports managing obesity and high blood pressure
- Are gluten-free in nature so can be eaten by celiac disease (gluten allergy) and IBS (irritable bowel syndrome) patients
- · Can be easily combined with legumes to make a balanced diet
- Available in Convenient and ready-to-eat categories to cater to urban consumers' need
- · Millet cultivation reduces carbon footprint and increases soil fertility

Types of Millets:

- I. Major millets Sorghum, pearl millet and finger millet
- II. Minor millets- Foxtail millet, proso millet, little millet, kodo millet and barnyard millet
- III. Pseudo millets- Buckwheat and Amaranth

Major Millets

Sorghum

Common name: Jowar (Hindi), Great millet

Vernacular names: Jwari (Marathi), Juar (Bengali, Gujarati), Jola (Kannada), Cholam (Malayalam, Tamil), Janha (Oriya), Jonnalu (Telugu).

Ayurvedic nature: Easily digestible as it possesses madhura and Kashaya in rasa. It has cold potency (Sheeta virya) and pacifies Vata and Pitta doshas.

Nutritional significance: Enriched with essential nutrients like iron, calcium, potassium, and phosphorus. It also contains a good amount of Thiamine, Riboflavin and phytochemicals.

Sorghum Health benefits:

- · Offers fullness and satiety which helps reduce obesity
- A major portion of sorghum protein is prolamin (Kaffrin), which lowers digestibility post cooking, which can be a health benefit for certain dietary group
- Reduces the ill effects of extra moisture content in the body

Specific Indications: Reduce Obesity and Heart Disease



Pearl millet

Common name: Bajra (Hindi)

Vernacular names: Spiked Millet or Pearl Millet (English), Bajra (Bengali, Hindi, Oriya, Punjabi, Urdu), Bajree (Rajasthani, Gujarati, Marathi), Sajje (Kannada), Kambu (Tamil), Sajja (Telugu)

Ayurvedic nature: It is madhura in rasa, ushna virya and pacifies Vata and Kapha doshas

Nutritional Significance: Contains an ample amount of magnesium, niacin, calcium, iron, copper, zinc, vitamin E, folate, unsaturated fat and B-complex vitamins. Bajra is composed of 73g carbohydrates/100g, 12-16% protein, 4-6% lipids and 11.5% dietary fibre.

Health benefits:

- 1. Have a low glycaemic index, rich in magnesium and niacin, hence helping reduce cholesterol levels and improve overall heart health
- 2. High fibre content helps reduce inflammatory bowel disease by increasing food transit time in the intestine

Specific Indications: Management of Heart Disease and Diabetes



Finger millet

Common name: Ragi (Hindi)

Vernacular names: Ragi, Mandika, Marwah, Mandua (Hindi), Nagli, Nachni (Marathi), Ragi (Kannada), Ragulu, Chodi (Telugu), Keppai, Kelvaragu (Tamil), Marwa (Bengali), Nagli, Bavto (Gujrati), Mandia (Oriya), Mandhuka, Mandhal (Punjabi).

Ayurvedic nature: Bitter-sweet-pungent in taste (tikta-madhura-khaya rasa), cold potency, smooth (Snigdha) and promotes strength (Balya).

Nutritional Significance: The richest source of calcium (300-350 mg/100g) has the highest mineral content. It contains protein (6-8%), sulphur-rich amino acids and fat (1.5-2%)

Health benefits:

- 1. Widely used as a weaning food
- 2. Supports losing weight due to its high protein and fibre content
- 3. Prevents skin damage, antidiabetic, and antimicrobial benefits
- 4. Help improve anaemia, depression, anxiety, and insomnia

Specific Indications: Improving calcium deficiency and antioxidant level



Minor Millets

Foxtail millet

Common name: Kagni and Kakum (Hindi)

Vernacular names: Navane (Kannada), Thinai (Tamil), Kang (Gujarati), Thina (Malayalam), Kang (Gujrati), Kaon (Bengali), Kanghu (Oriya), Kangni (Punjabi), Shol (Kashmiri) and Rala (Marathi)

Ayurvedic nature: absorbs excessive fluids (Sangrahi), and improves digestion and faecal excretion. Increases Vata dosha and balances pitta, Kapha doshas.

Nutritional Significance: Also known as the nutrition powerhouse, rich in Vitamin B12, good fats, carbohydrates, protein, lysine, thiamine, iron, niacin, calcium, and dietary fibres.

Health benefits:

- 1. Helps meet the body's calcium and phosphorus demands and improves bone health
- 2. Assists in strengthening the nervous system and cardiac health and lowers bad cholesterol
- 3. Provides help in managing diabetes and the weight loss process
- 4. Aids digestion and builds immunity

Specific Indications: Stronger bones, Diabetes and Cardiovascular diseases



Proso millet

Common name: Chena (Hindi)

Vernacular names: Cheena (Punjabi), Cheno (Gujrati)

Ayurvedic nature: It is used in managing obesity, diabetes mellitus and - Dyslipidemia due to its heavy and Kapha-balancing nature. It provides nourishment to the body and is good for bone and fracture healing.

Nutritional Significance: Very rich in high-quality protein, niacin, B-complex vitamin, folic acid, calcium, zinc, magnesium, iron, methionine, cysteine, starch, and phenolic antioxidants such as Beta-glucan.

Health benefits:

- Possesses pro-apoptotic and anti-adipocytic properties, hence assisting in managing obesity and enhancing good cholesterol HDL level
- Supports the body in improving its natural digestion and detoxification process
- · Helps prevent infection and enhances innate immunity

Specific Indications: Management of Diabetes and Cardiovascular diseases



Little millet

Common name: Kutki and Shavan (Hindi)

Vernacular names: Saamai (Tamil), Sama (Telugu), Samme (Kannada), Sava (Marathi), Gajro (Gujrati), Sama (Bengali) and Suan (Oriya)

Ayurvedic nature: It balances the three doshas vata, pitta and Kapha and is a holistic remedy to maintain harmony in the body.

Nutritional Significance: It is energy-giving and rich in complex carbohydrates, proteins, good fat, fibre, calcium, iron, thiamine, riboflavin, and niacin.

Health benefits:

- 1. Helps promote digestive wellness and normal bowel movement
- 2. Rich in nutrients so is a wholesome food source especially for children
- 3. Offers satiety easily and prevents unhealthy food cravings, hence a good choice for weight management

Specific Indications: For growth and development and weight loss regimen



Kodo millet

Common name: Koden (Hindi)

Vernacular names: Varagu (Tamil), Arika (Telugu), Harka (Kannada), Kodra (Marathi, Gujarati, and Punjabi), Kodo (Bengali) and Kodua (Oriya).

Ayurvedic nature: Offers sweet taste, heating energy, sweet post-digestive effect, and balances Vata, Pitta, and Kapha doshas. Simultaneously plays a significant role in eliminating waste and toxins from the body, hence acts as a good detoxification agent.

Nutritional Significance: It is a compact dense source of phytochemicals, essential amino acids, vitamin D₃, vitamin B₆, folic acid, calcium, magnesium, and zinc.

Health benefits:

- 1. Helps improve digestion and supports healthy weight control
- 2. Good for bad cholesterol reduction and enhancing heart health
- 3. Appropriate for blood sugar management and diabetes
- 4. Assists bone, skin, and hair health

5

Specific Indications: Management of Lifestyle disease



Barnyard millet

Common name: Jhangora (Hindi)

Vernacular names: Kuthiravali (Tamil), Udalu (Telugu), Oodalu (Kannada), Swank (Punjabi), Shyama (Bengali) and Khira (Oriya).

Ayurvedic nature: It is light to digest, dry and cold in nature, absorbs extra moisture and increases vata and decreases Kapha and pitta doshas. Vata prakruti individuals with weight loss, bone joint complications and chronic digestive disorders should avoid barnyard millets.

Nutritional Significance: It is a healthy source of protein, carbohydrates, fibre, phytochemicals and, micronutrients like iron and zinc.



Pseudo Millets

1. Buckwheat Millet

Common name: Kuttu, Kotu and Koti (Hindi)
Vernacular names: Kaddu godhi (Malayalam)

Ayurvedic nature: It has drying and heating qualities, hence beneficial for Kapha dosha. It is a diuretic in properties and helps remove excess water from the body.

Nutritional Significance: High in good quality protein, starchy carbohydrates, dietary fibre, unsaturated fats, vitamin A, B complex, Vitamin C, phosphorus, potassium, magnesium, calcium, peptides, flavonoids, and phenolic acids.

Health benefits:

- 1. Offers antioxidant, antiallergic, antidiabetic and antihypertensive benefits
- 2. Protects liver health against hypertoxicity
- 3. Helps reduce inflammation and tiredness

Specific Indications: Chronic lifestyle diseases

2. Amaranth Millet

Common name: Rajgira (Hindi)
Vernacular names: Ramdana

Ayurvedic nature: Sweet in taste, slightly heavy to digest, alkaline natured and

increases Kapha dosha.

Nutritional Significance: Offers a good amount of protein, iron, calcium, zinc,

vitamins C and A and phytosterols.

Health benefits:

- 1. Provides care against high blood pressure
- 2. Supports healthy liver and cardiac functioning
- 3. Aids to maintain better neural health and manage depression
- 4. Helps improve antioxidant levels and prevents infections

Specific Indications: Management of Hypertension and recurrent infections.



06 Best ways to eat Millets

Broadly millets increase vata and make them inappropriate for vata Pradhan vyadhi like osteoarthritis, body pain, and inability to gain weight. Millets are difficult to digest so cannot be consumed during indigestion and bloating. If not properly cooked then phytates and tannins present in millets can hinder mineral absorption and lead to nutrient deficiencies. Sometimes, goitrogenic compounds in millets cause an off odour during storage.

Ways to counteract millet side effects and make them more Vata balancing

- Pretreatment or processing techniques like debranning, soaking, germination, fermentation, and autoclaving
- Adding spices that pacify vata
- Using ghee and ingredients that improve digestion
- Having millets in moderate and advisable quantity only
- Restricting eating raw millet and consuming them only in cooked form

The Recipes

Embark on a journey to a healthier lifestyle with our Millet Recipe section – your guide to the nutritional wonders of millets! Hailed as the "grains of the future," these versatile and nutrient-rich gems offer a sustainable solution to our dietary needs. Explore curated recipes to embrace the modern nutritional resurgence of millets, connecting our past, present, and a healthier future. Join the Millet Revolution!

FINGER MILLET Idli

Directions

- Soak the dal, poha and fenugreek seeds for 4-5 hours.
- Soak the brown rice for 4-5 hours.
- Grind the dal, poha and fenugreek seeds to a coarse paste using enough water.
- Grind the brown rice to a coarse paste using enough water.
- Mix the two batters and grind to a paste.
 Mix in the salt and leave to ferment overnight.
- In the morning mix the batter well and add the carrot, spinach and coriander and millet
- · Grease the idli trays and steam till done.
- In a kadai add oil
- · Add mustard seeds, hing and curry leaves

Ingredients

3 1/2 cup Brown Rice

1 cup Urad Dal

1/2 cup Poha

1 cup Ragi Flour

8- 10 Fenugreek seeds

Salt to taste

1 cup grated carrot, finely chopped spinach, chopped coriander leaves.



NACHNI Bhakri

Directions

- Put ragi flour in a parat, add salt and sesame seeds, reserving some for later use, and mix. Add sufficient warm water, little by little, and knead into soft dough.
- Divide dough into eight equal portions and roll them into balls. Dust the working table with flour and flatten each ball with your hand and gently spread into bhakris.
 Sprinkle some sesame seeds on top.
- Heat a non-stick tawa, put a bhakri on the tawa. Sprinkle some water on the bhakri so that the edges do not become dry.
- When the water dries up, flip the bhakri and cook, turning sides, till it is evenly cooked on both sides. Put the bhakri directly on the flame to puff it up. Similarly cook the remaining bhakris.
- Arrange them on a serving plate, drizzle ghee on them and serve hot with your choice of sabzi.

Ingredients

1½ cups ragi (nachni) flour + for dusting

Salt to taste

- 1 tablespoon toasted sesame seeds (bhune til)
- 1 tablespoon ghee



RAGI Dosa

Directions

- Take finger millet flour in a large bowl, add yogurt and mix well. Addt salt, coriander leaves, green chillies, ginger, curry leaves, asafoetida, onion and dosa batter and mix with your hand till well combined.
- · Then stir with a ladle for a little while.
- For the tempering, heat a tempering pan, add oil, mustard seeds, cumin seeds and asafoetida and let the seeds splutter. Take it off the heat and add to the batter. Mix well.
- Heat a non-stick dosa tawa on high heat, add a ladle of the batter and spread it evenly. Reduce heat to medium and drizzle a little oil on the dosa. Cook for 1 minute.
- Flip and cook the other side till cooked completely.
 Take it off the heat and place on a serving plate.
 Make more dose in the same way.
- Flip and cook the other side till cooked completely.
 Take it off the heat and place on a serving plate.
 Make more dose in the same way.

Ingredients

1 cup Finger millet (ragi / nachni) flour

3 cups Dosa Batter

1 cup Yogurt

Salt to taste

4 tbsp Fresh coriander leaves

chopped

1-2 Green chillies chopped

1 inch Ginger chopped

12- 15 Curry leaves

1/2 tsp Asafoetida (hing)

1 cup Onion chopped

Oil for drizzling



BAJRA Tikki

Directions

- Soak the bajra seeds for 6-7 hours in plain water. This step is essential to do away with the anti-nutritional properties and to increase the nutrient content of the grain.
- After soaking the seeds for 7 hours, cook the seeds in pressure cooker for 15 minutes in about 2 cups of water. Refrigerate these seed for 30 minutes to give them a nonsticky texture.
- Take a big bowl and mix all the ingredients, except oil, together to prepare a mixture.
- Give them a shape of a patty/cutlet by flattening them between your palms.
- Heat oil on a non-stick pan.
- Place the cutlets on the heated pan and cook them on both the sides.
- After the cutlets have turned golden brown, take them out on a serving plate.
- Enjoy with chutney or dip

Ingredients

1cup of cooked bajra seeds 1 cup of boiled sweet potato, ½ cup chickpea flour for binding, ½ cup of roasted and crushed peanuts

1/2 cup of chopped onions 1 tbsp of ginger garlic paste 2 chopped green chilli Spices: salt, turmeric powder, a pinch of garam masala, Oil



masala bajra Kanji

Directions

- Boil 2 cups water in a non-stick pan, add bajra flour and whisk well.
- Add salt, dried ginger powder, cloves powder, cinnamon powder, white pepper corns powder and mix well. Cook for 10-15 minutes.
- Heat ghee in a non-stick pan, add cumin seeds and once it changes colour, add asafoetida, green chillies, and sauté for few second and pour over bajra mixture and mix well. Cook for 1-2 minutes
- Add jaggery and cook till jaggery melts completely.
- Pour the kanji in a individual serving glass, garnish with coriander and serve.

Ingredients

1 tbsp bajra flour Salt to
taste, 1/4 tsp dried ginger
powder, A large pinch cloves
powder
A large pinch cinnamon
powder, A large pinch white
pepper corns powder
1 tbsp ghee, 1/2 cumin
seeds
1/4 tsp asafoetida (hing)
1-2 green chillies, finely
chopped, 1 tsp jaggery,
chopped, 1 tbsp chopped
Fresh coriander leaves



BAJRA KI Khichdi

Directions

- Heat ghee in a pressure cooker, add cumin seeds and let the seeds change colour. Add green chillies, curry leaves, asafoetida and sauté for 30 seconds.
- Add onion and sauté till translucent.
 Add potato, carrot, sauté well and cook for 2-3 minutes. Add French beans and sauté well for 1 minute.
- Add turmeric powder, red chilli powder, salt and mix well. Add bajra, moong dal, green peas, chopped coriander and mix well
- Add 8 cups of water and mix well. Cover and cook till 5-6 whistles are released.

Ingredients

1½ cups millet (bajra), soaked overnight, ½ cup split skinless green gram (dhuli moong dal), soaked, 2 tbsps ghee, 1½ tsps cumin seeds, 2-3 green chillies, chopped, 7-8 curry leaves, ¼ tsp asafoetida, 1 large onion, chopped, 1 large potato, cut into small cubes, 1 small carrot, peeled and cut into small cubes 4-5 French beans, chopped 1 tsp turmeric powder, 2 tsps red chilli powder, Salt to taste, ¼ cup green peas, 2 tbsps freshly chopped coriander leaves



LEMON BAJRA

Kadhi

Directions

- Take pearl millet flour in a large bowl, add yogurt, ginger-garlic-green chilli paste, salt, Tata Sampann Turmeric Powder and 1/2 cup water and whisk till smooth. Add 2 cups water and mix.
- Finely chop green garlic and thinly slice onion.
- Heat ghee and oil in a non-stick deep pan, add mustard seeds and cumin seeds and sauté for a few seconds. Add asafoetida and curry leaves and mix.
- Add chopped green garlic and sauté well.
 Add sliced onion, mix and sauté till onion turns translucent.
- Pour the yogurt mixture, stir and cook on high heat till the mixture comes to a boil.
 Reduce the heat to low, cook for 8-10 minutes.
- Heat ghee in a small tempering pan, add green garlic and sauté till golden brown.
 Add fenugreek seeds and dried red chilli, sauté for a second and pour into the kadhi.

Transfer the kadhi into serving bowl, serve
 bet with steamed rise and onion wedges.

Ingredients

1 small bunch fresh green garlic (hara lasoon) 2 tbsps pearl millet (bajra) flour ,3 tbsps yogurt (dahi)
1 tsp ginger-garlic-green chilli paste
Salt to taste, ½ tsp Turmeric Powder
1 medium onion , 1½ tbsps ghee
2 tsps oil , 1 tsp mustard seeds , 1 tsp cumin seeds, ¼ tsp asafoetida (hing)
10-15 curry leaves

Tempering

1 tbsp ghee ,1 tbsp chopped green garlic, A pinch of fenugreek seeds 2 dried red chillies, broken To serve Steamed rice Onion wedges



WARM BAJRA

Directions

Ingredients

- Take bajra in a large bowl, add water and wash for 2-3 times. Add fresh water and soak for 8-10 hours.
- Drain the water and add bajra into pressure cooker. Add salt to taste 2 ½ cups water mix well, cover and cook under pressure for 7-8 whistles on medium heat.
- Open the lid once the pressure is reduces, mix well.
- 4. Heat oil in a non stick wok, add garlic and sauté till it turns golden brown, add the onions, and mix till golden brown.
- Add the carrot, fresh green peas, green chillies and sauté for 2-3 mins, add ginger paste, salt to taste, sugar mix well, capsicum, cabbage sauté for 1-2 minutes on high heat.
- Add the cooked bajra mix well, soy sauce, vinegar, spring onion green and mix well.
- Arrange the assorted lettuce leaves in serving bowl, add the salad over it and sprinkle the toasted white sesame seeds, and serve warm.

1/2 cup pearl millet (bajra) Salt to taste

11/2 tbsps oil

Salad

1 tbsp garlic, finely chopped

2 small onions, chopped

1 small carrot, grated

4 tbsps fresh green peas

2 green chillies, chopped

1 tsp ginger paste

Salt to taste 1 tbsp sugar

1 small capsicum, chopped

1/4 cup cabbage, chopped

1/4 tsp soy sauce

1/4 tsp vinegar

1/3 cup spring onion greens



KODU MILLET Kheer

Directions

- Soak kodo millet in water for 2 hours.
 Drain.
- Soak dates and cashews in hot water for 30 mins. Once soaked, drain the water. Add it to a blender with plant milk to make a paste.
- In a pan dry roast chopped almonds and chironji until lightly golden. Set aside.
- Then add the drained millet to a pan with boiling water. Boil for a few mins and then simmer until kodo millet is cooked.
- Once the millet is cooked add in the soy milk, saffron and cardamom powder.
 Simmer on a low flame until the millet becomes nice and soft. About 5 mins.
- Then add in the cashew date paste and cook for another few mins.
- Lastly add roasted nuts and raisins and give it a good mix.
- Garnish with more dry fruits. Serve hot or cold.

Ingredients

1/3 cup Kodo Millet (soak in 2 cups of water for 2 hours)

1 1/2 cups water to cook the millet
1 1/2 cups soy milk (any plant milk)
Pinch of saffron
1/2 tsp cardamom powder

Cashew date paste:

1 cup dates soaked (my dates were not very sweet - I used about 15-18 dates. If your dates are good quality you might have to use less) 3 tbsp cashews 1/2 cup soy milk to blend

Nuts:

- 2 tbsp raisins
- 2 tbsp chopped almonds
- 2 tsp chironji (optional or add any other nuts)



KODU & BANYARD Directions Khichdi

- Transfer banyard millet, dal and kodo millet in a bowl and wash thoroughly for 2-3 times. Drain the water.
- Heat ghee in a pressure cooker. Add cumin seeds and once they start to change the colour, add cinnamon, black peppercorns, ginger, green chillies and sauté for a minute.
- Add the drained millets, 3 cups water, salt and mix well.
- · Cover with the lid and cook on medium heat for 2-3 whistles. Open the cooker once the pressure reduces completely. Mix well.
- · For the tempering heat ghee in a non stick pan, add onion and sauté till translucent.
- Add salt to taste, 1 tbsp chopped coriander and 11/2 cups water and mixed well. Cook for 2-3 minutes
- · Add remaining coriander, mix well and transfer the khichdi in a serving bowl.
- Drizzle some ghee, garnish with coriander sprig and serve hot with kadhi

Ingredients

1/2 cup barnyard millet 1/2 cup split green gram with skin (chilkewali moong dal) 1/2 cup kodo millet 2 tbsps ghee 1 tsp cumin seeds

1 inch cinnamon stick 8-10 black peppercorns

1/4 tsp asafoetida (hing)

1 inch ginger, chopped

2 green chillies, chopped

1-2 tbsps ghee + for drizzle

1 medium onion, chopped

Salt to taste

2-3 tbsps fresh coriander leaves. Chopped Coriander sprigs for garnish



KODU PEA Rosetto

Directions

- Heat olive oil and butter in a non-stick pan, add garlic and sauté for a minute.
- Add onion and sauté till translucent on a medium heat. Add kodo millet and mix well.
- Add 2 cups vegetable stock, salt, mix well. Cover and cook for 10-12 minutes.
- Add green pea puree, mix well. Add parmesan cheese, crushed black pepper corns and cook till the cheese melts
- Add green peas, mix. Add mint leaves and mix till well combine.
- Garnish with parmesan shavings, crushed black pepper corns, drizzle some extra virgin olive oil, mint sprig and serve hot.

Ingredients

3/4 cup kodo millet, washed and soaked for 6-8 hours 1 cup green pea, boiled and puree

1½ tbsps olive oil ½ tbsp butter

1½ tbsps chopped garlic

1 large onion, finely chopped

2 cups vegetable stock

Salt to taste

1/2 cup grated parmesan cheese Crushed black pepper corns to taste

+ for garnish

¹/4 cup fresh green peas, boiled 10-12 mint leaves + for garnish Parmesan shavings for garnish Extra virgin olive oil to drizzle Fresh mint sprig for garnish



кори Appam

Directions

- Put the soaked kodo millet in a grinder jar, add ½ cup water and blend to a fine paste. Transfer into a large bowl.
- Add cooked rice in the same blender jar, fresh coconut, bread, ¹/₄ cup of the blended paste and ¹/₄ cup water and blend to a fine paste. Transfer this into the same bowl and mix well.
 Cover and set aside to ferment for 6-8 hours.
- Once fermented, add cup water and mix well.
- Heat 1 tsp oil in an iron appam pan and spread it with the help of the onion. Pour a ladleful of the batter and swirl the pan. Cover and cook on medium heat for 1-2 minutes.
 Increase the heat to high and cook for 1 minute.
- Serve hot with vegetable stew.

Ingredients

3/4 cup kodo millet, soaked for 3-4 hours and drained 1/2 cup cooked rice 1/2 cup grated fresh coconut 3 white bread slices, soaked Salt to taste 1 tsp oil + for drizzling 1/2 small onion



кори Buddha Bowl

Directions

- Heat oil in nonstick pan, add garlic, sauté on high heat for 1 minute.
- Add onion and sauté till translucent. Add kodo millet and sauté for1-2 minutes.
- Add 2 cups water and mix well. Add salt, crushed black peppercorns, and mix well. Cook till the mixture comes to a boil. Cover and cook for 4-5 minutes or till most of the moisture is absorbed. Reduce the heat to low and continue to cook for 2-3 minutes. Switch the heat off and allow to rest for 5-10 minutes.
- To make spicy chickpeas, mix together chickpeas, salt, crushed black peppercorn, red chili powder, coriander powder, cumin powder, garlic, coriander leaves, olive oil in a bowl. and squeeze the juice of half lemon and mix well till combine, marinate for 4-5 minutes
- To make the dressing take olive oil in bowl, add juice of one lemon, tahini, maple syrup, mustard paste, salt and crushed black peppercorns and mix well add 1/4 cup water and mix till well combine.
- Heat 1 tbsp oil in nonstick pan add tofu, sprinkle some salt and cook on high heat for 1-2 minutes flip on other side cook for 1-2 minutes, transfer in bowl
- In the same pan add the chickpeas mixture and sauté on high heat for 2-3 minutes. Take the pan off the heat.
- To assemble the bowl, arrange the 30-35 baby spinach leaves, add a
 portion of the cook millet, portion of the chickpeas mixture, cucumber
 slices, add portion of a tofu, 15-20 snow peas, blanched, assorted cherry
 tomatoes as required, drizzle some dressing, and toasted black sesame
 seeds. And serve with the remaining dressing

Ingredients

3/4 cup kodo millet
1 1/2 tbsp olive oil 2 tsp garlic,
finely chopped 1 small onion,
finely chopped Salt to taste
Crushed black peppercorn
1 cup boiled chickpeas, 1 tsp red
chilli powder, 1 tsp coriander
powder, 1 tsp cumin powder, 1
tsp garlic, finely chopped, 1 tbsp
coriander leaves finely, chopped
A juice of half lemon

Dressing

1 tbsp olive oil Juice of one lemon, 2 tbsps tahini, 2 tbsps maple syrup 1tsp mustard paste Salt to taste Crushed black peppercorn to taste 100 grams tofu, cut into 1 inch cube



PAUNK Salad

Directions

- Take paunk in a large bowl, add onion, tomato, cucumber, peanuts, pomegranate pearls, green chillies, coriander leaves, roasted cumin powder, salt, moth beans, green gram sprouts and squeeze the juice of lemon and mix well.
- To make the dressing, take hung yogurt in a bowl, add garlic, salt, squeeze juice of lemon, extra virgin olive oil, honey and crushed black peppercorns and mix well.
- Add this dressing over the salad and gently toss.
- Garnish with cucumber slices and cherry tomato wedges and sprinkle black pepper sev.

Ingredients

1 cup fresh sorghum (paunkh)

1 medium onion, finely chopped

1 small tomato, finely chopped

1 cucumber, chopped

2 thsps roasted peanuts, peeled

2 tbsps fresh pomegranate pearls

1-2 green chillies, chopped

1 tbsp chopped fresh coriander leaves

A large pinch of roasted cumin powder

Salt to taste

2 tbsps moth beans (matki)

sprouts 2 tbsps green gram (sabut moong) sprouts

1/2 lemon Dressing

1/4 cup hung yogurt

1 tsp crushed garlic

Salt to taste

1/2 lemon

1 tbsp extra virgin olive oil

2 tsps honey Crushed black peppercorns to taste Cucumber slices as required Cherry tomato wedges

as required Black pepper sev for garnish



JOWAR ROTI & Thecha

Directions

- To make thecha, heat oil in a non-stick pan. Add cumin seeds and sauté till fragrant.
- Add garlic, mix and sauté for a minute. Add green chillies, mix and sauté for 2-3 minutes.
- Add sesame seeds, mix and sauté for a minute.
 Add salt and mix well.
- Add coconut, mix and sauté till it turns golden.
 Add coriander leaves and mix well.
- Transfer in a mortar and crush coarsely with a pestle. Set aside.
- To make bhakri, take the flour in a bowl. Add salt and sufficient water, mix and knead into a semi-soft dough.
- Divide the dough into equal portions. Dust the worktop with some flour, keep the portions on it and roll out into medium size bhakris.
- Heat a non-stick tawa. Place a bhakri, sprinkle some water and roast till evenly done and golden from both sides.
- Serve hot bhakris with thecha.

Ingredients

- 1 cup sorghum (jowar) flour + for dusting
- 6-8 green chillies, broken
- 1 tablespoon oil
- 1/2 teaspoon cumin seeds
- 1 tablespoon crushed garlic
- 1 tablespoon sesame seeds
- Salt to taste
- 1/4 cup scraped fresh coconut
- 1 tablespoon chopped
- fresh coriander leaves



JOWAR Thalipeeth

Directions

Ingredients

- Chop the fenugreek leaves and transfer it into a large bowl.
- Finely chop onion and add it into the same bowl. Add salt, red chilli powder, coriander powder, cumin powder, turmeric powder and sorghum flour and mix well. Add ¹/₂ cup water, mix and knead till a soft dough is formed.
- To make the thalipeeth, drizzle a little
 water on the non-stick tawa. Take a
 portion of the dough and shape it into
 a ball. Place it on the tawa. Dip your
 fingers in water and start spread the
 ball into a thick disc. Make 2-3 holes
 and place the tawa on heat.
- Drizzle a little oil and cook on medium heat for 4-5 minutes. Flip and cook the other side for 2-3 minutes.
- Serve hot with yogurt and white butter.

1½ cups sorghum (jowar)
flour
1 small bunch of fresh
fenugreek leaves (methi)
1 medium onion
Salt to taste
½ tsp red chilli powder
1 tsp coriander powder
½ tsp cumin powder
¼ tsp turmeric powder
Yogurt to serve White

butter to serve



BANYARD Curd Rice

Directions

- Heat 1½ cups water in a deep pan. Add the barnyard millet and mix well. Cover and cook for 6-8 minutes. Switch the heat off and allow to cool completely.
- Transfer the cooked barnyard millet in a large bowl. Add yogurt or curd and mix well. Sir in the milk and salt and mix well.
- To make the tempering, heat oil in a pan. Add Bengal gram, split skinless black gram, and mix well. Cook till golden brown. Add mustard seeds and let them splutter. Add asafoetida, curry leaves, ginger, and dried red chillies and mix well. Transfer this into the millet-curd mixture and mix well. Transfer into a serving bowl, garnish with pomegranate pearls and coriander sprig. Serve.

Ingredients

- 2 cups yogurt
- 1 cup wash barnyard millet (samo)
- 1/2 cup milk
- Salt to taste
- 2 tbsp oil
- 2 tbsp split Bengal gram (chana dal)
- 1 tsp split skinless black gram (dhuli urad dal)
- 1 tsp mustard seeds
- 1/2 tsp asafoetida (hing)
- 10-15 curry leaves
- 1 tsp chopped ginger
- 2 dried red chillies

Fresh pomegranate pearls for garnish

Fresh coriander sprig for garnish



BANYARD KODU Cutlet

Directions

- Take sweet potatoes in a large bowl.
 Add kodo millet, baryard millet, foxtail
 millet, green chillies, onion, red chilli
 powder, garam masala powder,
 coriander powder, cumin powder,
 turmeric powder, salt, chaat masala,
 coriander leaves and mint leaves and
 mix well. Squeeze the juice of lemon
 and mix till well combined.
- Take small portion of the mixture and shape it into a ball. Flatten it lightly to make a cutlet.
- Take semolina in a large plate. Place the cutlet on it and coat it well with the semolina on all sides.
- Heat sufficient oil in a non-stick pan.
 Place the cutlets and shallow fry till golden brown and crisp. Drain on an absorbent paper.
- Serve hot with green chutney.

Ingredients

3 medium sweet potatoes, boiled, peeled and mashed

1/2 cup cooked kodo millet

1/2 cup cooked barnyard millet (samo)

1/2 cup cooked foxtail millet

2-3 green chillies, chopped

1 medium onion, finely chopped

1 tsp red chilli powder

1/2 tsp garam masala powder

1 tsp coriander powder

1/2 tsp cumin powder

1/4 tsp turmeric powder

Salt to taste

1/2 tsp chaat masala

1 tbsp chopped fresh coriander

leaves

1 tbsp chopped fresh mint leaves

1 lemon wedge

Oil for shallow frying



SAMA RICE

Directions

Pulao

- Heat oil and ghee in a non-stick pan. Add cumin seeds, black peppercorns, cloves, green cardamoms, bay leaf and cinnamon stick and sauté till fragrant.
- Add French beans, carrots and cauliflower and sauté for 1-2 minutes. Add green chillies, curry leaves and ginger and sauté for 1-2 minutes.
- Add Turmeric Powder, mix and cook for 1 minute.
- Add samo, mix and roast for 2-3 minutes. Add salt and 2¹/₂ cups water, cover and cook on high heat till most of the moisture evaporates.
 Reduce the heat to low and cook for 10-15 minutes more. Switch the heat off and allow the millet pulao to rest for 5-10 minutes.
- Add coriander leaves and remaining ghee and gently mix.
- Transfer the millet pulao into a serving plate, garnish with coriander sprig and serve hot with boondi raita.

Ingredients

cup barnyard millet (samo)

1 tbsp oil

21/2 tbsps ghee

1 tsp cumin seeds

6-7 black peppercorns

4-5 cloves

3-4 green cardamoms

1 bay leaf

1 inch cinnamon stick

4-5 French beans, cut into ½ inch and blanched

1 small carrot, cut into small dices and parboiled

3/4 cup cauliflower florets, parboiled

2-3 slit green chillies

7-8 curry leaves

1 tbsp crushed ginger

1/2 tsp Turmeric Powder

Salt to taste

3 tbsps fresh coriander leaves, chopped Fresh coriander sprig for garnish



yourself

What did I learn about my health through this journal?

What new habits could I develop?

How is my current health v/s day 10f this journal?

What do I need to change to make health and wellness my priority?

Thankyou!

As you reach the end of this journal, I hope you've discovered a deeper connection with yourself and the powerful synergy of Spirituality and Science. Remember, this journey is ongoing. If you ever want to dive deeper into your holistic well-being or have any questions, don't hesitate to connect with me.

Karishma Shah

Integrative Nutritionist and Health Psychologist

If you ever want to connect, you just have to scan the code!





