



Namaste

### **Why did I want to write this Ayurvedic cookbook?**

It is not always easy to know which foods balance our doshas and to cook accordingly.

I wanted to make it easier for you to allow you to cook Ayurvedic easily.

It will also allow you to choose ideal recipes for your constitution in order to be balanced.

You will therefore find in this book recipes adapted to your constitution: Vata, Pitta or Kapha.

This will allow you to save time and draw a recipe that matches your physiology.

There are original and more common recipes for the pleasure of the taste buds

You will find in this book and for **each recipe** :

- The best season to cook it
- His Ayurvedic analysis
- The impact of each ingredient on your doshas
- His Ayurvedic tastes
- Its therapeutic properties

Ayurveda is life, it satisfies all physical, mental and spiritual spheres.

Healthy eating is our first medicine. Everything that happens in the digestive sphere is reflected inside and out. Balancing your diet in relation to your personal Ayurvedic constitution is to avoid imbalances [gas, bloating, constipation...], it is to avoid the formation of diseases [overweight or obesity, cholesterol, diabetes, hypertension, hypo or hyperthyroidism...]

**Good food !**

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# RECIPE FOR VATA

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## *KITCHARI: MUNG DAL, COCONUT AND CORIANDER*



Servings: 4

Preparation time: 10 minutes

Cooking time: 60 minutes

In: summer, spring

Cleanser, facilitates healing

### **INGREDIENTS**

- 1 cup Basmati Rice: Vata Pitta and Kapha aggravating soothing
- 1/3 cup coriander: Vata Pitta and Kapha soothing calming
- 1/3 cup flaked coconut: Vata Pitta and Kapha aggravating soothing
- 2 tablespoons ghee Vata Pitta and Kapha pacifying aggravating
- 2 cm ginger (fresh): Vata Pitta and Kapha soothing calming
- 1/2 cup mung bean or mung dal: Vata, Pitta and aggravating pacifying
- 1/4 teaspoon salt (mineral salt): Vata pacifying pitta and kapha aggravating
- 1/2 teaspoon turmeric: Vata Pitta and Kapha soothing aggravating
- 6 cups water: Vata and Pitta soothing Kapha aggravating

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## **HOW TO PREPARE THIS HEALTHY RECIPE**

Wash the mung dal and rice separately. Soak the mung dal for a few hours if you have time, then strain it. Put the ginger, coconut, cilantro and 1/2 cup water in a food processor and mix until liquefied. Heat the ghee over medium heat in a large saucepan and add the mixture, turmeric and salt.

Stir well and bring to a boil to release the flavor. Then add the rice, mung dal and six cups of water. Return to the boil. Boil, uncovered, for five minutes.

Then cover, leaving the lid slightly ajar. Lower the heat to simmer and cook for 25-30 minutes, until the dal and rice are tender.

Much like a comforting bowl of grandma's chicken soup, kitchari will leave you nourished and satisfied. This Kitchari Pacifies Pitta and contains the best Ayurvedic foods to reduce inflammation.

It cools and soothes internally so that you feel refreshed and comfortable after eating. Although tridoshic, this kitchari is particularly suited to Pitta types who tend to feel overheated, irritable or stressed.

Cilantro and coconut are refreshing foods that remedy a pitta. A combination of sweet and subtle flavors, this meal helps calm an inflamed digestive tract. Hearty but light, it satisfies your hunger but remains easy to digest.

Kitchari is a staple in the Ayurvedic diet and is considered the cleansing meal. However, it can be enjoyed anytime to give your stomach a much needed break after eating complicated foods or eating on the go. Kitchari is the perfect meal to use when recovering from an illness, when you just want to reset, or when you want to do an Ayurvedic cleanse.

### **About Pitta Dosha and Inflammation**

Inflammation is the body's defense mechanism to help eliminate irritants or pathogens. Although it performs an important function, chronic inflammation can be damaging to the digestive tract.

Pitta dosha is responsible for all the heat in the body, therefore inflammation is a Pitta imbalance.

The tissues become red, hot, and swollen over time, and the delicate lining of the digestive tract can be damaged. Eventually, it can progress to inflammatory bowel disease such as Crohn's disease, ulcerative colitis, or leaky gut.

A stressful lifestyle and a diet of highly processed foods, sugar, alcohol, and coffee are all contributing factors to chronic inflammation.

## **Foods That Reduce Inflammation**

The two main ingredients in this sweet and tasty meal are mung beans and basmati rice, which are refreshing, nourishing, easy-to-digest foods and essential foods for reducing inflammation.

Mung beans have a natural antacid effect, helping to balance stomach acidity and soothe internal heat. Their astringent taste refreshes and tones and tightens body tissues. This means they can be helpful in relieving "hot" digestive symptoms like diarrhea, acid reflux, stopping bleeding, and helping to seal punctured tissue.

On an emotional level, the astringent taste can help calm you down and bring your thoughts together.

## **Cool off with anti-inflammatory herbs**

Hot spices, like dry ginger or black pepper, will make ulcers or inflammation worse. Instead, this recipe blends anti-inflammatory digestives that maintain digestive strength (agni) without overheating you.

Turmeric reduces inflammation and stimulates agni by increasing blood flow to the digestive organs. Cilantro and lime are both refreshing digestives and are often used to sweeten a spicy dish and add freshness to the meal.

Cleanse and refresh with a Kitchari mono diet

Do a Kitchari cleanse to give the digestive tract a holistic cleanse. A time-tested recipe, its high fiber content cleanses the digestive tract and helps swell stools for easier elimination. Digestive spices detoxify by removing metabolic waste (ama) in the gut that can cause irritation and inflammation. Your digestive tract is constantly challenged on a daily basis - cups of coffee in the morning, complicated meals like pizza or burritos, and fatty and fried foods. Even foods that are normally considered "healthy" such as raw salads and chilled green smoothies can all impact digestive strength.

Favor these nourishing foods to reduce inflammation to regain your energy and vitality.

## **Ayurvedic medicinal qualities**

**Taste:** astringent

**Doshas:** pacifies vata, soothes pitta and kapha

**Effects:** sattvic, ojas, prana, tejas, alkalizing

Yellow color

## Medical properties

- Bone and joint: antiarthritic
- Digestion: digestive, carminative, antacid
- Cleanse and detox: detox, burn toxins
- Energy: boosts energy, nutritious
- Heart and circulation: vasodilator, blood tonic, alterative, refrigerant
- Immune system: anti-inflammatory
- Liver and Gallbladder: bile duct
- Lung and sinus rinse the sinuses
- Weight loss: hypolipidemic
- Bowel Elimination: Relieves Burns

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## *SWEET POTATO WITH KALE AND GINGER*



Servings: 2

Preparation time: 15 minutes

Cooking time: 25 minutes

Spring, fall-winter

Healing, cleaning

### **INGREDIENTS:**

- 2cm ginger (fresh): Vata, Pitta, Kapha soothing
- 500g cabbage KALE: Vata pacifying aggravating Pitta and Kapha
- 2 pinches salt (mineral salt): Vata pacifying pitta and kapha aggravating
- 1 tablespoon sunflower oil: Vata Pitta and Kapha aggravating soothing
- 2 cups sweet potato: Vata, Pitta, Soothing Kapha

### **HOW TO PREPARE THIS HEALTHY RECIPE**

1. Boil the kale until the leaves turn a greenish green tint and strain.

2. In another saucepan, add the diced sweet potatoes with just enough water to cover them. Add salt and boil until tender. Remove from the heat and keep the water fresh for another meal.

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3. Grate and sauté the ginger in sunflower oil for thirty seconds. Then add the cooked sweet potatoes and kale. Mix gently to avoid breaking the soft sweet potatoes.

### **Ayurvedic Analysis**

Orange like the rising sun, wrapped in a bitter green crisp, kale sweet potatoes make you feel alive. Sweet potatoes add substance to this meal, while the lightness of kale brings the perfect balance to this dish.

Ginger adds its tangy sweetness to trigger your digestion and boost your fire! Together, Sweet Potatoes with Kale and Ginger create the perfect healthy recipe for year round balance.

### **Light but Durable**

This Ayurvedic recipe highlights sweet potatoes that are high in complex carbohydrates, which means these roots can satisfy the appetite for long periods of time.

Unlike white potatoes, sweet potatoes are light on the stomach and recommended for weight loss as well as being nutritious. Sweet potatoes also don't tire you like white potatoes.

The addition of healthy fats in the form of sunflower oil adds strength and vigor to this dish.

### **Easy to digest**

Sweet potato is unique among comfort foods because it is extremely easy to digest. This tuber is a useful Ayurvedic remedy for those with severe digestive symptoms. Despite the name "sweet," it may be a beneficial food for diabetics, as preliminary studies have found that it helps stabilize blood sugar. Sweet potatoes contain enough fiber to promote proper elimination. Ginger increases your ability to digest food with comfort by stimulating the release of digestive juices in your stomach. Cooling the kale adds "roughage", further promoting easy and regular bowel movements.

This Ayurvedic sweet potato recipe is the perfect healthy recipe to include on your menu this week.

### **Gentle cleanser**

As spring warms up, your body goes into a natural cycle of detoxification. When your body begins to cleanse itself, you'll crave crunchy and refreshing foods like kale, celery, and raw fennel bulb. These bright, bitter greens cleanse your liver and blood. They work by purging the bile from your liver and gallbladder, cooling the heat of Pitta, and alleviating the heaviness of Kapha. The dark green color of kale is also a sign of the rich nutritional profile of kale.

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After a winter of sleepy comfort foods, fresh greens energize and revitalize you. As the staple of the Ayurvedic diet, the tangy sweetness of ginger energizes your digestion and strengthens your fire. Fresh ginger is unique as a pungent and natural anti-inflammatory. It cleanses by burning the toxins that have lodged in your body. Thanks to its anti-inflammatory properties, it relieves symptoms of intestinal inflammation. Due to the sweet potato base, this Ayurvedic meal is mild enough to cleanse even a delicate Vata constitution.

## Spring congestion

On hot spring days, your heart is heavy and your airways are congested. This is natural because your body metabolizes stored winter fat to prepare for summer. As they are released, these fats congest your blood. Ginger is the perfect Ayurvedic food to kick-start your circulatory and respiratory system, giving it a boost. It reduces heaviness in the heart, brightens your mood and makes you feel light on your feet.

## Why eat an Ayurvedic diet?

Eating Ayurvedic makes you feel nourished and energized. An Ayurvedic diet is tailored to your body type and the specific imbalances you are working with at any given time. Ayurveda shows you the specific needs of your body type and what should be preferred in your Ayurvedic menu. Watch as you eat less but you feel more satisfied because what you eat really nourishes you. Since Ayurveda believes that all illnesses begin in the digestive tract, food is your first medicine. By eating healthy foods that are ideal for your body, you benefit from optimal health.

## AYURVEDIC MEDICINAL QUALITIES

Stimulates the nervous system, muscles or activity, easy to digest, cleanses or evacuates wastes, or which digests ama (toxin), reduces body temperature, metabolism and blood circulation, light.

**Tastes:** pungent, bitter, astringent

**Dosha :** Vata, Pitta, Soothing Kapha

**Effects :** Alkalizing, sattvic, Prana

**COLOR** Orange, Green

## Medicinal properties

- Digestion: carminative
- Stomachic
- Digestive
- Brule toxins
- Boosts energy
- Nutritious
- Cardiac stimulant
- Vasodilator
- Alterative
- Immune system: Anti-inflammatory
- Liver and Gallbladder: Cholagogue
- Mind, stress and sleep: grounding, anchoring

## *ROASTED RICE WITH DATES, CINNAMON AND CARDAMOM*



Servings: 4

Preparation time: 5 minutes

Cooking time: 25 minutes

In: fall-winter

### **INGREDIENTS**

1 cup basmati rice: Vata and Pitta soothing Kapha aggravating

1/4 teaspoon black pepper: Vata and Kapha soothing Pitta aggravating

1/4 teaspoon cardamom: Vata, Kapha and Pitta soothing

1/4 teaspoon cinnamon: Vata and Pacifying Kapha, Pitta aggravating

4 dates (dried): Vata et Kapha aggravating Pitta pacifying

1 tablespoon of ghee: Vata and Pitta pacifying Kapha aggravating

2 pinches salt (mineral salt): Vata pacifying Pitta and Kapha aggravating

3 cup water: Vata and Pitta soothing Kapha aggravating

### **HOW TO PREPARE THIS HEALTHY RECIPE**

1. Chop the dates. Heat a medium saucepan over low heat and add the ghee. When it melts, add some uncooked rice. Stir continuously for 2 to 5 minutes, until it smells good and all the rice is coated with ghee.

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2. Add the spices and dates. Stir another minute. Add water and bring to a boil. Cover the pot and let it simmer.

3. Cook until the rice is tender, about twenty minutes.

### **Ayurvedic Analysis**

Attractive aromatic spices fill the kitchen. Your tastes are awakened by richly sweet dates, the heart warmed by cinnamon. The slightly aromatic tones of cardamom create a truly sweet flavor.

Roasted rice with dates, cinnamon and cardamom is a decadent dish to serve your loved one on a balmy evening!

Delicious as a side dish for Mediterranean lamb dishes or any vegetables, or even as a sweet dessert, you can't pass this recipe!

A New Healthy Glow In Ayurveda, the word for vitality is "ojas". Some special foods contain a lot of oja, and in this case, you can eat them if you feel the need to increase your sense of vitality.

In ancient Ayurvedic texts, Ojas are said to smell like roasted rice. The two main ingredients in this recipe, dates and rice, increase the ojas in your body.

### **Feeding fall fragility**

In the fall, the dry wind causes many side effects, including dry skin, dry eyes, fatigue, constipation and insomnia. If you experience any of these symptoms, add additional ghee to this recipe. It will give you a calming energy boost in late fall and rehydrate your system. Soothes your stomach, warms your heart

Roasted rice with dates, cinnamon and cardamom is very easy to digest. It's even perfect for those recovering from illnesses or suffering from poor digestion. Sometimes feeling exhausted makes us sad and this recipe is the cure for both! The soft and soothing nature of rice and dates will calm your tummy and help you feel strong and stable. The aromatic spices, especially cinnamon, will tone your heart so that you will again feel like everything will be fine at the end.

### **Why eat Ayurvedic?**

Eating Ayurvedic makes you feel nourished and energized. An Ayurvedic diet is tailored to your body type and the specific imbalances you are working with at any given time. Ayurveda shows you the specific needs of your body type and what should be preferred in your Ayurvedic menu. Watch as you eat less but you feel more satisfied because what you eat really nourishes you. Since Ayurveda believes that all illnesses begin in the digestive tract, food is your first medicine. By eating healthy foods that are ideal for your body, you benefit from optimal health.

## Ayurvedic medicinal qualities

- Easily Digested
- detoxifies
- mobile
- Prana
- Soft

**Dosha:** Vata, Pitta and Kapha soothing

**Effect:** Sattvic

## Medicinal properties

- **Digestion:** warms the abdomen
- Warms the muscles and organs of the abdomen, stimulating digestion and metabolism.
- Boosts energy
- Strengthens endurance: promotes strength, endurance and resistance of the body.
- Rebuilds weak tissue after a period of exhaustion.
- Nutritious
- Tonic
- Quiet Heart
- Blood tonic
- Vasodilator
- Lung and sinus soothes the throat
- Emollient
- Relaxes the Mind: Reduces mental agitation, irritation, stress and quickened thoughts.
- Grounding
- Galactagogue
- Aphrodisiac
- Promotes fertility

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- Emmenagogue
- Elimination of the intestines: relieves burns, laxative general
- Muscle tonic

# PITTA RECIPE

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## *SWEET POTATOES WITH KALE AND GINGER*



- For 2 portions
- Preparation: 15 minutes
- Cooking: 25 minutes

### **INGREDIENTS**

- 3/4-inch fresh ginger
- 500 g of kale
- 2 pinches of salt mineral
- 1 tablespoon sunflower oil
- 2 large sweet potatoes
- 

### **PREPARATION**

1. Boil the kale until the leaves turn a vibrant shade of green.
2. In a separate saucepan, add the diced sweet potatoes with just enough water to cover them. Add salt and boil until tender. Remove from the heat and keep the water fresh for another meal.
3. Grate and sauté the ginger in sunflower oil for thirty seconds. Then add the cooked sweet potatoes and kale. Toss gently to avoid breaking the sweet potatoes.

How Can This Ayurvedic Recipe Make Us Feel Good

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The beautiful colors in this recipe make us feel alive. Sweet potatoes add substance to this meal, while the lightness of kale brings the perfect balance to this dish. Ginger adds its pungent sweetness to trigger our digestion and strengthen our digestive fire! Altogether, Sweet Potatoes with Kale and Ginger create the perfect healthy recipe for balance all year round

## **Lasting lightness**

This Ayurvedic recipe highlights sweet potatoes rich in complex carbohydrates, which means these roots can satisfy | appetite for long periods.

Unlike white potatoes, sweet potatoes are light on the stomach and recommended for weight loss while still being nutritious. Sweet potatoes won't tire us like white potatoes either. Adding healthy fats in the form of sunflower oil helps nourish the body as well

## **Easy to digest**

Sweet potatoes are unique among comfort foods because they are extremely easy to digest. This tuber is a useful Ayurvedic remedy for those with severe digestive symptoms. It helps stabilize blood sugar.

Sweet potatoes contain enough fiber to promote proper elimination.

Ginger increases the ability to digest food with comfort by stimulating the release of digestive juices in your stomach.

The refreshing kale adds fiber, further supporting easy, regular bowel movements.

## **Gentle Cleansing**

As spring warms up, the body begins to cleanse itself, craving crunchy and refreshing foods like kale, celery and raw fennel bulb. These bright, bitter greens cleanse the liver and blood. They work by purging bile from the liver and gallbladder, cooling the heat of Pitta and alleviating the heaviness of Kapha. The dark green color of kale is also a sign of the rich nutrient profile of kale. After a winter of sleepy comfort foods, fresh greens energize and revitalize

Fresh ginger is unique in both a pungent and natural anti-inflammatory. It cleanses by burning the toxins that have deposited in the body. Thanks to its anti-inflammatory properties, it relieves symptoms of intestinal inflammation. Due to the sweet potato base, this Ayurvedic meal is mild enough to cleanse even a delicate Vata constitution.

## **Spring Congestion**

In hot spring weather, our hearts are heavy and our airways are congested. This is natural because the body metabolizes stored winter fat to prepare for summer. When released, these fats clutter our blood. Ginger is the perfect Ayurvedic food to kick-start our circulatory and respiratory system, to restore our pep. It reduces heaviness in the heart, brightens our mood and makes us feel light on our feet

**Taste** : Pungent, bitter and astringent.

**Effect** : alkalizing, sattvic, prana

Color Orange, Green

## **MEDICINAL PROPERTIES**

Experiences vary by person and constitution. Individual results may vary.

- Carminative
- Stomach
- Digestive
- Burns toxins
- Boosts energy
- Nutritious
- Cardiac stimulant
- Vasodilator
- Change
- Anti-inflammatory
- Cholagogue
- Anchoring: Ground
- Galactagogue

## ASPARAGUS AND LEMON SAFFRON RISOTTO



Servings: 4

Preparation time: 15 minutes

Season: spring, fall-winter

### INGREDIENTS

- 2 cups asparagus: Vata pacifying aggravating Pitta and Kapha
- 1/4 teaspoon black pepper coffee: Vata Pitta and Kapha soothing aggravating
- 1 tablespoon cumin coffee: Vata Pitta and Kapha soothing aggravating
- 2 tablespoons ghee Vata Pitta and Kapha pacifying aggravating
- 1/4 whole Lemon: Vata and Pitta Pitta aggravating soothing
- 1 cup risotto: Vata Pitta and Kapha pacifying aggravating
- 2 pinches saffron: Vata, Pitta, Kapha soothing
- 1/2 teaspoon of mineral salt: pacifying Vata, Pitta and aggravating Kapha

### PREPARATION OF THIS HEALTHY RECIPE

1. Grind the saffron with a mortar and pestle. Put a few drops of water and continue to grind until the saffron is completely dissolved. Let stand ten minutes.
2. Meanwhile, in another saucepan, bring 1 liter of water to a boil and set aside.
3. Clean and dice the asparagus.
4. Sauté the cumin seeds in ghee in a large saucepan.
5. Add the risotto, asparagus and other cumin ingredients while the seeds are still aromatic, before they begin to brown. Sauté for an additional 30 seconds.
6. Add 1c boiling water and lower the heat to simmer. Continue to add 1c boiling water from the other pot every five minutes.

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## AYURVEDIC ANALYSIS Asparagus

Risotto with Saffron and Lemon is a perfect way to celebrate your first spring picnic the Italian way. Asparagus, saffron, and lemon are naturally refreshing ways to cleanse your blood in the spring after a long winter. Garnish with a touch of Parmesan Reggiano. Or, serve with cilantro lassi and ginger dal for an ideal Ayurvedic meal.

### Fresh, Fresh and Drying

Asparagus and Saffron Lemon Risotto helps your body adjust to the new warmth of the spring air. The asparagus itself cools, dries up and is astringent. It is rich in potassium and saponins, which are good diuretics for the release of excess fluid. As a cooling diuretic, like saffron, it purifies the blood so that you feel light and calm as the temperature steadily rises. Note: An acidic substance called asparagine produces an acetone odor in the urine after eating.

### Blood purification

Saffron brings a healthy glow to the body after the gray of winter. It is a nourishing purifier that invigorates and circulates the blood while cooling it. The circulatory properties of saffron are useful in Pitta disorders with blood stagnation, including inflammation, arthritis, acne, and hepatitis. It improves eyesight and improves digestion. The blood qualities of saffron are particularly desirable among herbs which stimulate the release of oxytocin, supporting the use of saffron as an aphrodisiac when combined with milk and ghee.

### AYURVEDIC MEDICINAL QUALITIES Detoxifying

, easy to digest, reduces weight, dry

**TASTE** : pungent

**DOSHAS**: Vata, Kapha and Pitta soothing Kapha

**EFFECTS**: Alkalizing, sattvic, prana, ojas

Color yellow

### MEDICAL PROPERTIES

Experiences vary by person and constitution. Individual results may vary.

- Cleans toxins and burns
- Nutritious
- Rinse the membranes
- Diuretic
- Cholagogue
- Livotonique
- Decongestant
- Diaphoretic
- General laxative

## *RICE CREAM SOUP WITH CORIANDER, GINGER, GARLIC AND GHEE*



Servings: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Meal: breakfast:

Regenerating

### **INGREDIENTS**

- 1 cup basmati rice: Vata Pitta and Kapha aggravating soothing
- 2 pinches black pepper: Vata Pitta and Kapha soothing aggravating
- 1/4 cup coriander: Vata, Pitta and Kapha soothing
- 1 clove garlic Vata pacifying pitta and kapha aggravating
- 1 tablespoon ghee Vata and Pitta, Kapha aggravating
- 1/2 inch fresh ginger: Vata, Pitta and Kapha soothing
- 1/4 teaspoon mineral: Vata pacifying Pitta and Kapha aggravating

### **PREPARATION OF THIS HEALTHY RECIPE**

To make rice cream, put the rice grains in a coffee grinder. Chop the ginger and garlic. Fry them in ghee in a medium saucepan. Add 2 cups of water and bring to a boil. Add all remaining ingredients and bring to a boil while stirring. Reduce the heat to low and simmer for ten minutes or until the rice is tender.

### **AYURVEDIC ANALYSIS**

Cilantro, ginger and garlic soothe Kapha, Pitta and Vata. Breaks through winter congestion and cold. Garlic is the basis of late fall Vata and also an aphrodisiac. Cilantro is one of the few pungent and refreshing

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spices that stimulate digestion and reduce inflammation, thus reducing Pitta. Cilantro has a sweet vipaka (post digestive effect) and is therefore nourishing. Use fresh ginger.

Experiment with cream of rice soups. Called "Congee" in Chinese medicine, cream of rice soups are China's "chicken soup". A hot breakfast for the winter season. I discovered it in Pune, India

## **MEDICAL PROPERTIES**

Easy to digest or digest quickly.

Reduces body temperature, metabolism and blood circulation.

**Dosha** : Vata, Pitta and Kapha soothing

**Effects** : sattvic, prana, alkalizing

## **MEDICAL PROPERTIES**

- Arthritic
- Digestive
- Antispasmodic
- Stomach
- Sialogogue
- Carminative
- Burns toxins
- Boosts energy
- Nutritious
- Cardiac stimulant
- Vasodilator
- Change
- Anti-inflammatory
- Antihistamine
- Antipyretic
- Reduces fever / febrifuge.
- Diuretic
- Cholagogue
- Decongestant
- Galactagogue
- Diaphoretic
- General laxative

# RECIPE TO REDUCE KAPHA

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## MUNG DAL KITCHARI (KAPHA REDUCTION)



Servings: 4

Preparation time: 10 minutes

Cooking time: 60 minutes level of harm: easy

Spring, fall-winter

Repairs, cleans

### INGREDIENTS:

- 1 cup basmati rice: Vata Pitta and Kapha aggravating soothing
- 4 bay leaves: Vata and Kapha pacifying pitta aggravating
- 1/4 teaspoon cardamom Vata Pitta Kapha and soothing
- 1/2 teaspoon cinnamon coffee: Vata and Kapha pacifying Pitta aggravating
- 1/4 teaspoon cloves coffee Vata and Kapha soothing Pitta aggravating
- 1 teaspoon cumin aet Vata Pitta Kapha Paisant aggravating
- 2 tablespoons soupeghee: Vata Pitta and Kapha pacifying aggravating
- 1 cm fresh ginger: Vata Pitta and Kapha soothing
- 1/2 cup mung bean: Vata pacifying aggravating Pitta and Kapha
- 1/4 teaspoon salt mineral coffee Vata pacifying pitta and kapha aggravating
- 4 cup water: Vata and Pitta soothing Kapha aggravating

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## PREPARATION OF THIS HEALTHY RECIPE

1. Use split mung bean if possible. Soak the mung beans for several hours before cooking them and drain them. Add 6 cups of water and bring to a boil, removing any foam that forms on top. Then strain the liquid and add another 4 cups of cool water to the mung dal.

2. When the mung beans are dissolved in the broth (1 to 3 hours depending on the desired texture), crush the ginger, cinnamon, cardamom and cumin.

Make a thick paste by adding a little water. Let stand for five minutes, then sauté in ghee until the spices become aromatic but before they turn brown.

Deglaze the pan with 1/4 cup of water to soak up any remaining flavor of the spices and add it to the mung soup.

3. Add the rice and remaining ingredients to the broth. Stir. Cover and cook over low heat for 20-25 minutes or until the grains are tender.

## AYURVEDIC ANALYSIS Cleanse

### Your Body

If your tummy feels sluggish after too many treats, Kitchari is an easy way to cleanse your digestion and restore freshness. Kitchari offers real pleasure to your body and your senses. It's a heartwarming synergy of mung beans, basmati rice, and digestive spices that's easy to prepare. This proven, centuries-old formula is a complete protein, high in fiber, cleanses the digestive tract, and will work to bulk up the stool for easier elimination.

To maximize the many benefits you will receive from kitchari, eat it several meals in a row, such as lunch and dinner on the same day. Once you experience the benefits of kitchari, you will see how good you will feel again. It can just get addicting! Those who avoid beans because of digestive difficulties don't need to avoid kitchari. Mung beans are among the easiest legumes to digest. They are antacids, help soothe inflamed digestive conditions, and do not promote gas and bloating.

### Boost Your Metabolism

Spices make the difference between a tasty meal and a bland meal, and also the difference between healthy circulation and poor circulation. An imbalance of Kapha can lead to stagnation of your blood circulation, decrease in your metabolism and weight gain. A well-spiced dish can boost your circulation, invigorate your metabolism, and clear up congestion. In this recipe, the cloves open your pores and improve blood flow to the skin, reducing puffiness and lymphatic congestion. Cardamom destroys mucous congestion. Ginger stimulates the heart. Cumin and bay leaf reduce water retention. Look for these spices with enthusiasm, but remember: too much spice can leave a burning sensation in the intestines. Be aware of your body's reaction to spices. Those with ulcers or inflammation won't benefit from too much spice, but it is helpful for those with slow digestion.

Kitchari is the perfect food of Ayurveda, indicated in times of recovery and cleansing. Kitchari can even be the centerpiece of a mono-diet or fast as it is a simple food that complements the healing process. As with grandma's chicken soup, there are as many ways to prepare kitchari as there are reasons to consume it. Typical modifications include vegetables such as carrots, green vegetables, zucchini, or potatoes. Spices like cumin, cinnamon or black pepper can be included, as well as even toasted nuts or coconut.

Technically, a kitchari is a dish combining rice and legumes. However, kitcharis typically use mung beans or mung lentils, as they are the easiest legume to digest. This kitchari is particularly suited to the Kapha dosha.

## **AYURVEDIC MEDICINAL FEATURES**

Easy to digest, cleanses toxins, helps reduce weight

**Tastes** : pungent, bitter, astringent

**Doshas** : Soothing vata Kapha soothing Pitta aggravating

**Effect** : Sattvic, Prana, alkalizing, ojas

Yellow color

## **MEDICINAL PROPERTIES**

- Digestive
- Carminative
- Antispasmodic
- Detoxifying
- Burns toxins
- Boosts energy
- Cardiac stimulant
- Vasodilator
- Antimicrobial
- Anthelmintic
- Diuretic
- Decongestant
- Galactagogue

## RED LENTIL DAL



Servings: 4

Preparation time: 20 minutes

Cooking time: 60 minutes

Spring, fall-winter

### INGREDIENTS

- 2 pinches black pepper: Vata Pitta and Kapha soothing aggravating
- 1/4 teaspoon cardamom: Vata, Pitta, Kapha pacifying
- 2 pinches of cayenne pepper: Vata Pitta and Kapha soothing
- 2 tablespoons cilantro: Vata, Pitta, Kapha soothing
- 1/2 teaspoon cinnamon coffee: Vata and Kapha pacifying pitta aggravating
- 1/2 teaspoon cloves: Vata Pitta and Kapha soothing aggravating
- 1 tablespoon cumin coffee: Vata Pitta and Kapha soothing aggravating
- 2 cloves garlic Vata pacifying pitta and kapha aggravating
- 1 cm fresh ginger: Vata, Pitta and Kapha soothing
- 2 pinches chili green: Vata Pitta and Kapha soothing aggravating
- 1 whole lime: Vata, Pitta and Kapha soothing
- 1/2 cup red lentils or masoor Dal: Vata pacifying aggravating Pitta and Kapha

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- 1/2 teaspoon salt mineral coffee Vata pacifying pitta and kapha aggravating
- 3 tablespoons sunflower oil: Vata Pitta and Kapha aggravating soothing
- 2 tomatoes: Vata Pitta and Kapha pacifying aggravating
- 1/2 teaspoon turmeric: Vata Pitta and Kapha soothing aggravating
- 3 cup water: Vata Pitta and Kapha aggravating soothing
- 1 tablespoon yellow onion: Vata and Pitta soothing Kapha aggravating

## PREPARATION OF THIS HEALTHY RECIPE

No Indian meal is complete without dal or rice. The Bengali use a variety of different lentils cooked with many different spices. Don't hesitate to experiment.

1. Soak the lentils in water for 2 to 12 hours. Then drain and rinse well.
2. Fill with water to twice the height of the lens. Add salt and pepper. Bring to a boil then simmer over low heat for 60 minutes.
3. Cut the tomatoes into quarters and add them.
4. Sauté the onions in 2 tablespoons of sunflower oil. Add the garlic at the end as it burns quickly.
5. Mix with dal.
6. In another pan, make a paste with the spices and brown it in the remaining oil. Add to lentils.
7. Cook, simmering, adding a little water from time to time. Lentils are cooked when they are completely melted and the soup is smooth, mixed and watery. It usually takes 60 minutes of simmering. Garnish with lime and fresh cilantro.

## AYURVEDIC ANALYSIS This

is one of those meals, no matter how many times you cook it, it always tastes a little different. But that's the beauty of this recipe. It is a wonderful base for each individual to make their own mark on it. The use of simple ingredients and carefully selected spices in this meal sums up the wisdom of Ayurvedic cooking, while making it accessible even to the most novice chef. No matter how long your day or how long the week, a steaming bowl of warm comforting dal will keep you grounded and satisfied.

## The Right Preparation

Lentils can be difficult to digest, but with proper preparation (soaking and rinsing thoroughly beforehand) and combined with digestive spices, they become a nourishing fuel and staple in Ayurvedic cooking. The spices used in this recipe are carminative in nature, which means they minimize the gas-forming properties often associated with lentils. Carminative herbs and spices, like cardamom, garlic, and ginger, also stoke your digestive fire and aid in the elimination of digestive toxins.

When all the ingredients are cooked together, they become well combined and easy to digest. This type of meal is exactly what the digestive system likes to receive. Over time, eating these light, sweet, and easily

digestible meals will increase energy and improve digestive strength. This dish can be enjoyed on any occasion, but is especially useful when you are feeling unwell or recovering from an illness.

### **AYURVEDIC MEDICINAL QUALITIES Detoxifies**

, easy to digest, warm, energizes the nervous system, helps in weight reduction

**Tastes** : pungent, bitter

**Doshas** : Vata and Kapha soothing Pitta aggravating

**Effects** : alkalizing, Prana, Sattvic, Tejas

Contains a family member Solanaceae. Members of this family tend to irritate liver and arthritic conditions. Tomatoes, potatoes, eggplants and peppers.

### **Medicinal properties**

- Digestive
- Carminative
- Detoxifying
- Burns toxins
- Boosts energy
- Cardiac stimulant
- Vasodilator
- Change
- Antimicrobial
- Antifungal
- Anthelmintic
- Diuretic
- Cholagogue
- Expectorant
- Galactagogue
- Emmenagogue
- Diaphoretic
- Lowers blood sugar
- Laxative General
- Stool softener

## **LEMON RICE WITH CASHEW NUTS, PEAS, GHEE AND CUMIN**



Servings: 4

Preparation time: 60 minutes

Fall-Winter

Repair

### **INGREDIENTS**

- 1 cup basmati rice: Vata Pitta ett soothing kapha aggravating
- 1/2 cup cashews: Vata Pitta and Kapha pacifying aggravating
- 1/2 teaspoon cumin coffee: Vata Pitta and Kapha soothing aggravating
- 1/4 cup ghee Vata Pitta and Kapha pacifying aggravating
- 2 lemon: Vata Pitta and Kapha soothing aggravating
- 1/2 teaspoon mustard seeds: Vata and Kapha pacifying pitta aggravating
- 1/2 teaspoon salt mineral coffee Vata pacifying pitta and kapha aggravating
- 1 cup peas: Vata Pitta and Kapha aggravating soothing
- 1/2 teaspoon turmeric: Vata and kapha soothing Pitta aggravating

### **PREPARATION OF THIS HEALTHY RECIPE**

1. Dry roast the cumin and mustard seeds until they start to pop.

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2. In another saucepan, roast the rice and cashews in the ghee until lightly browned.
3. Add 2 cups of water and the spices then bring to a boil, cover and simmer 25 minutes.
4. Add the peas and simmer for another 10 minutes or until the rice is tender.
5. Squeeze the lemon juice over the rice and carefully transfer to another bowl. Be careful not to stir the rice, otherwise the grains will break.

### **AYURVEDIC ANALYSIS Buttery**

rice and sweet peas are complemented by the acidity of lemon. Cumin adds a flavorful note to the luxurious feel. This simple yet exotic dish is garnished with crunchy roasted cashews. It is a satisfying dish that feels good in the body.

### **Comforting and Soothing**

The sweetness of “deeply flavored” rice, ghee, peas and cashews make it comforting to eat and satisfying. On a rainy day in fall, this dish will comfort and soothe you. This dish is easy to prepare, you don't need a lot of time, and you may already have most of the ingredients in your kitchen.

### **Builds Ojas**

Rice, cashews, and ghee are all oja building foods. They have a sweet taste and a heavy, oily quality. Ojas builds resilience and longevity and is perfect for Vata people.

### **Lubricates, Relieves Dryness**

Ghee is the perfect lubricant, it oils the body from the inside out and has many health properties (you can add a link to an article on ghee). The bitter taste of lemon juice helps the body to excrete fluids in the digestive organs, which helps relieve dryness. The salt in this dish helps retain water in your body.

### **Balanced for easy digestion**

Cumin, turmeric and mustard seed spices will aid digestion. Cashews are heavy grade and can be more difficult to digest. Cumin, turmeric, and mustard seeds are all hot spices and will bring more blood flow to your digestive organs. Cumin also stimulates peristalsis due to its bitter and aromatic qualities.

### **AYURVEDIC MEDICINAL QUALITIES**

Easy to digest, detoxifies, warm by increasing body temperature and metabolism, light for weight loss

**Tastes** : bitter, acid

**Dosha** : Vata and Kapha soothing Pitta aggravating

**Effect**: Ojas, sattvic, Tejas, Prana

Contains nuts and allergens

Color yellow

Nourishing for the reproductive system, plasma, marrow, fat

### **MEDICINAL PROPERTIES**

- Carminative
- Alterative
- Nutritious
- Cholagogue
- Disposal: General laxative
- Stool softener

## GLOSSARY OF TERMS USED

### ABORTIVE

An abortifacient is a substance that induces an abortion. These herbs are contraindicated during pregnancy. This action mainly affects reproductive health.

### ADAPTOGEN

Herbs that promote stabilization of physiological processes and homeostasis. Adaptogens increase the body's ability to resist the damaging effects of stress and promote or restore normal physiological functioning. This action mainly affects the immune system.

### ALTERATIVE

Literally, an herb that restores the proper functioning of the body. In practice, the substitutes are usually blood cleansers and blood chemistry balancers. They were traditionally used to revitalize and detoxify after a long winter. This action mainly affects Heart-Circulation-Blood.

### ANALGESIC

Relieves or reduces pain sensations without eliminating the sensation. This action mainly affects the mind-stress-sleep.

### ANTIACID

Herbs which neutralize acidity in the gastrointestinal tract, especially the stomach. This action mainly affects digestion.

### ANTHELMINTHIQUE

Kills worms This action mainly affects the immune system.

### ANTI-INFLAMMATORY

Reduces inflammation in the body. Different herbs and media target different body systems. This action mainly affects the immune system.

## ARTHRITIS

Herbs that relieve arthritis pain and promote healthy joints. This action mainly affects bones and ligaments

## ANTIBACTERIAL

Herbs that kill bacteria or slow their growth. This action mainly affects the immune system.

## ANTICARCINOGEN

Herbs which inhibit or prevent the activity of a carcinogen or the development of cancer. This action mainly affects the immune system.

## ANTIDEPRESSANT

Herbs that raise feelings of depression, benefit the mind and improve mental function. This action mainly affects the mind-stress-sleep.

## ANTIDIPSETIC

A herb that suppresses thirst. This action mainly affects digestion.

## ANTIDIURETIC

An herb which suppresses the formation of urine. They help retain fluids and rehydrate by reducing urination. They oppose diuresis. This action mainly affects kidney-bladder-urinary tract.

## ANTIEMETIC

Herbs that reduce nausea or stop vomiting. This action mainly affects digestion.

## ANTIFUNGAL

Herbs which destroy fungi. This action mainly affects the immune system.

## ANTIHISTAMINE

Herbs that interrupt an allergic reaction or calm the immune system. This action mainly affects the immune system.

## ANTIMICROBIAL

An agent that kills microorganisms or inhibits their growth. Antimicrobial is an umbrella term that can be broken down into specific categories of target microorganisms, such as antibacterials, fungi, and viruses. This action mainly affects the immune system.

## ANTIPLATE

A herb that destroys platelets in the blood, reducing the tendency of the blood to form clots. They are useful in cardiovascular disease. This action mainly affects Heart-Circulation-Blood.

## POISON ANTI-POISON

An antidote for a poison. Many anti-toxic herbs attract poison and are good for insect bites. This action mainly affects the immune system.

## ANTIPRURITIS Antipruritics

are herbs that inhibit the itching that is often associated with itchy skin such as sunburn, allergic reactions, eczema, psoriasis, chickenpox, fungal infections, insect bites or dermatitis. contact (as in poison ivy exposure.) This action primarily affects the skin. Care.

## ANTIPYRETIC

Reduces fever / febrifuge. This action mainly affects the immune system.

## ANTIRHEUMATIC

Herbs for rheumatism help relieve and prevent arthritis and rheumatism. Many are also anti-inflammatories, pain relievers, detoxifiers, and blood thinners. Antirheumatic herbs treat problems involving painful, stiff, swollen joints, and fatigue. This action mainly affects the immune system.

## ANTISEPTIC

Capable of preventing infection by inhibiting the growth of microorganisms. Useful in infections and for those with weak immune systems. This action mainly affects the immune system.

## ANTISPASMODIC

Herbs that reduce or inhibit muscle spasms or cramps, such as asthma, colic or IBS. This action mainly affects digestion.

## ANTITUSIVE

Antitussive, especially for a dry cough or tickle in the throat. This action mainly affects the lungs and sinuses.

## ANTIVIRAL

Herbs which inhibit the development of viral infections. Antivirals can also be found in the essential oils of certain herbs, such as eucalyptus oil. This action mainly affects the immune system.

## ANXIOLYTIC

Herbs that help people with anxiety or panic. They promote a state of calm and often improve sleep. Most of the anxiolytic herbs are also nerves. This action mainly affects the mind-stress-sleep.

## APHRODISIAC

Herbs that increase sexual arousal through various actions including increased circulation, relaxation, stimulation or tonics that support glandular health. This action mainly affects reproductive health.

## APPETITE SUPPRESSOR Suppresses

hunger without causing weight gain This action mainly affects digestion.

## APERITIVE

Herbs which cleanse the palate and stimulate hunger or the desire to eat. This action mainly affects digestion.

## ANTICOAGULANT

Herbs that thin the blood. Useful for people with heart disease or obstructed circulation. This action mainly affects Heart-Circulation-Blood.

## BLOOD TONIC

An herb that makes more blood cells in the body or otherwise strengthens the blood. Useful for anemia and other types of deficiencies. This action mainly affects Heart-Circulation-Blood.

## BONE TONIC

An herb that strengthens bones and joints. This action mainly affects Bone-Joint.

## BRAIN TONIC

An herb that strengthens the brain, thereby improving mental function, stamina or stability. This action mainly affects the mind-stress-sleep.

## BRONCHODILATOR

An herb that encourages the widening or opening of the pulmonary airways. Useful in coughs and asthma. This action mainly affects the lungs and sinuses.

## SEED BUILDER

Herbs that increase sperm production, often by rebuilding fluids in general. This action mainly affects reproductive health.

## BUILDS ENDURANCE

Promotes body strength, endurance and endurance. Rebuilds weak tissue after a period of exhaustion. This action mainly affects Energy-Vitality-Force.

## TOXIN BURNS

An herb that detoxifies by helping your body metabolize toxins, instead of eliminating them. This action mainly affects Cleanse-and-Detox.

## CALME-COEUR

An herb that literally calms the heart. These herbs are useful in treating anxiety, sadness, depression, or other emotional imbalances in the heart. Tied to the category of Chinese herbs "calm the mind". This action mainly affects Heart-Circulation-Blood.

## HEART STIMULATOR

Herbs that increase heart rate. Helpful for cardiovascular health, blood stagnation and the subjective feeling of heaviness in the chest. This action mainly affects Heart-Circulation-Blood.

## HEART TONIC

Strengthens and tones the heart. Heart tonics are used to treat a wide range of heart problems. This action mainly affects Heart-Circulation-Blood.

## CARMINATIVE

Stimulates the release of gas. Useful for bloating or abdominal cramps. Propels the food down. This action mainly affects digestion.

## CHOLAGOGUE

Bile ducts stimulate the release of bile from the gallbladder for better digestion. This action mainly affects the liver-gallbladder.

## CLEANSING SINUS

Cleans the sinuses by draining excess mucus, allowing clear and easy breathing. This action mainly affects the lungs and sinuses.

## CONSTIPATIVE

An herb that binds stool / stops diarrhea. When used in excess, these herbs and foods can cause constipation. This action primarily affects the removal of poop from the intestine.

## CONTRACEPTIVE

Herbs that reduce fertility or prevent conception. There are no reliable herbal contraceptives! This action mainly affects reproductive health.

## DECONGESTANT

An herb that reduces mucus congestion in the sinuses or lungs by restricting blood flow to the mucous membranes. This action mainly affects the lungs and sinuses.

## EMOLLIENT

Herbs that coat or form a soothing film on a mucous membrane, relieving minor pain and inflammation of the membrane. This action mainly affects the lungs and sinuses.

## DEODORANT

A herb that reduces odors. This action mainly affects skin care.

## DESICANT

Herbs which dry surfaces by absorbing moisture. This action mainly affects the blood circulation.

## DETOXICANT

An herb that removes or metabolizes toxins from the body. This action mainly affects Cleanse-and-Detox.

## DIAPHORETIC

An herb that induces sweating, often by dilating blood vessels near the skin. This action mainly affects skin care.

## DIGESTIVE

Herbs that support healthy digestion. This action mainly affects digestion.

## DIURETICS

Herbs that promote the formation of urine, thereby flushing the kidneys and urinary tract while eliminating excessive water retention. Since diuretics reduce fluid retention, they are often used to reduce blood pressure. This action mainly affects kidney-bladder-urinary tract.

#### MOUTH DRYER

Makes the mouth feel dry or mushy.

#### EMETIC

An herb that induces vomiting. This action mainly affects digestion.

#### EMMENOGOGUE

Herbs that stimulate blood circulation in the pelvic area and uterus. They are used to increase infrequent periods, relieve period pain, and other functions. This action mainly affects reproductive health.

#### EMOLLIENT Soothes

and softens the skin This action mainly affects skin care.

#### EXPECTORANT

Herbs that help you cough up and remove mucus. These herbs often work by increasing the amount of mucus or by thinning the mucus. This action mainly affects the lungs and sinuses.

#### EXPULSE-POISONS

Helps expel toxic substances from the body. This action mainly affects the immune system.

#### MEMBRANE STIMULATING

Herbs in this category stimulate the mucous membranes to release fluids, evacuating them. This action mainly affects the immune system.

#### SINUS STIMULATOR

An herb that relieves sinus congestion by removing mucus. This action mainly affects the lungs and sinuses.

#### GALACTAGOGUE

Increases the production of breast milk. This action mainly affects reproductive health.

#### LAXATIVE

Promotes bowel movement. General laxative is a generic term that refers to several different types of laxatives ... This action mainly affects the elimination of the intestine.

#### GROUNDING / ANCHORING

Encourages feelings of stability and heaviness. Makes you feel settled, mentally relaxed. Slightly calms the nervous system to relieve stress. Can bring a spatial or anxious person back to earth. This action mainly affects the mind-stress-sleep.

#### HAIR-GROWTH TONIC

An herb or formula that promotes healthy hair growth. This action mainly affects Bone-Joint.

#### HEMOSTATIC

An herb that stops bleeding. This action mainly affects Heart-Circulation-Blood.

#### HEPATOPROTECTIVE

A herb capable of preventing liver damage. This action mainly affects the liver-gallbladder.

#### HIGH FIBER LAXATIVE

A class of laxative that adds bulk and water to stools. The size of a stool stimulates peristalsis, and stool passes more easily through the colon. It is important to drink plenty of water while using high fiber laxatives, as they can dehydrate. This action primarily affects the removal of poop from the intestine.

#### HYPERTENSIF

A herb that increases blood pressure. This action mainly affects Heart-Circulation-Blood.

#### HYPOLIPIDEMIC Scrapes

Fat / Cleanses Blood Vessels This action primarily affects weight loss.

#### HYPOTENSIVE

An herb that lowers blood pressure. This action mainly affects Heart-Circulation-Blood.

#### IMMUNISTIMULANT

Stimulates and strengthens the immune system. Useful to fight a cold or the flu. This action mainly affects the immune system.

#### INDUCED-OVULATION

Herbs that encourage ovulation. This action mainly affects the health of women.

#### KIDNEY IRRITATE

Tight, sharp pain just under the ribs in the back. This action mainly affects kidney-bladder-urinary tract.

#### IRRITATES THROAT

Creates an abrasive sensation in the back of the mouth. May stimulate coughing. This action mainly affects the lungs and sinuses.

#### KIDNEY-TONIC

An herb that strengthens the kidneys. This action mainly affects kidney-bladder-urinary tract.

#### LITHAGOGUE

An herb used to expel stones such as kidney stones or gallstones. This action mainly affects kidney-bladder-urinary tract.

#### LITHOTROPIC

An herb that breaks up a bile or kidney stone so that it can be passed. This action mainly affects kidney-bladder-urinary tract.

#### LIVOTONIC

An herb that strengthens the liver. It is useful for people with a history of drug addiction, chronic liver problems due to hepatitis, and hemolytic anemias. This action mainly affects the liver-gallbladder.

#### ANTI GLYCEMIA

A herb that lowers blood sugar. This action mainly affects weight loss.

#### THYROID LOWERING

Reduces thyroid function. Useful for people with hyperthyroidism. This action mainly affects weight loss.

#### LUNGS TONIC

Strengthens the lungs. These herbs are helpful in recovering from acute or chronic lung problems like bronchitis or pneumonia. This action mainly affects the lungs and sinuses.

#### MUSCLE RELAXANT

Herbs which relax the muscles. Useful for chronic pain or tension as well as for healing from physical trauma. This action primarily affects muscle health.

#### MUSCLE

TONIC Herbs that strengthen and tone muscle tissue. Useful for people recovering from long-term illness and debility, or after a sprain. This action mainly affects Fortifying Tonics.

#### NAUSEA

Causes feelings of malaise and discomfort in the stomach, often accompanied by an involuntary urge to vomit. This action mainly affects digestion.

#### NERVINEbenefit

Herbs that specificallythe nervous system and the brain. They can help with stress, memory, early Alzheimer's disease, even chronic pain. This action mainly affects the mind-stress-sleep.

#### NUTRITIVE

A strengthening and nourishing herb. This action mainly affects Energy-Vitality-Force.

#### OPHTHALMIC Benefits

the eyes. This action mainly affects Heart-Circulation-Blood.

#### PROMOTE FERTILITY

An herb that promotes fertility. Usually used by women who want to get pregnant. These herbs can also help with menstrual deficiency problems, such as amenorrhea (lack of periods). This action mainly affects reproductive health.

#### PROMOTE-VIRILITY

Encourages virility and potency. This action mainly affects reproductive health.

#### PROSTATE-TONIC

An herb that helps the prostate, especially for people at risk for prostate cancer or BPH. This action mainly affects reproductive health.

#### PURGATIVE

When general laxatives target the colon, purgatives are strong laxatives that target complete elimination of the small intestine. Use only sporadically as it can be addictive. This action mainly affects digestion.

#### QUENCHES-THIRST

An herb or substance that relieves thirst. This action mainly affects digestion.

#### RAISES-THYROID

An herb that increases thyroid function. This action mainly affects weight loss.

#### RECONSTRUCTION-ELECTROLYTES

Substances that increase your electrolyte balance. Electrolytes help you retain water, keep your palate moist, and really quench your thirst. This action mainly affects Heart-Circulation-Blood.

#### RECONSTRUCTION-FLUIDS

Herbs or substances that create moisture in the body and increase fluids. This action mainly affects Heart-Circulation-Blood.

#### Reduces Sweating

Removes sweating, often by cooling the metabolism, reducing blood flow to the skin or closing pores. This action mainly affects skin care.

#### REFRESH THE SKIN

Rinses the lymphatic system to cool, wake up and revive the skin. This action mainly affects skin care.

#### REFRESHING

Stimulates and wakes up the body, leaving it fresh, fresh and full of energy.

#### REFRIGERANT

An herb or substance that greatly cools the body. Can be useful in hot weather. This action mainly affects Heart-Circulation-Blood.

#### EYE RELAXER

Relieves tension in the eye muscles so that the eyes feel less tired, often by supporting the liver. This action mainly affects the mind-stress-sleep.

#### RELAXING MIND

Reduces mental agitation, irritation, stress and fast thinking. This action mainly affects the mind-stress-sleep.

#### RELAXATION-SOLAR-PLEXUS

Soothes and comforts the muscles of the upper abdomen, reducing any tension or pressure in the solar plexus area. This action mainly affects the mind-stress-sleep.

#### RELIEVE BURNS

Herbs that soothe a burn or reduce an internal burning sensation, such as aloe vera. This action primarily affects the removal of poop from the intestine.

#### RELIEVES TENSION

An herb that releases tension, constriction and stiffness in a muscle. This action mainly affects the mind-stress-sleep.

#### RUBEFACIENT

An herb used topically that causes capillaries to dilate and increase blood flow. The skin will appear red or red. This action mainly affects skin care.

#### SATISFIED STOMACH

Provides a feeling of satisfaction and fullness in the stomach. This action mainly affects Energy-Vitality-Force.

#### SEDATIVE Sedative

herbs create a feeling of calm in the mind and body by specifically calming or soothing the nervous system. Excellent for anxiety, stress and chronic pain. This action mainly affects the mind-stress-sleep.

## SIALOGOGUE

A sialogogue increases saliva. Acidic foods are often good sialogogs and increase the production of all exocrine glands. The salty taste is also very hydrating. Bitter, pungent and sweet tastes also increase salivary yield, but to a lesser extent. Astringents This action mainly affects digestion.

## SKIN-TONING

An herb that strengthens and nourishes the skin, improving tone, color, hydration and complexion. This action mainly affects skin care.

## SOOTHES THROAT Soothes

throat discomfort, including a sore or itchy throat. This action mainly affects the lungs and sinuses.

## SOOTHING Calms

and relieves irritation or discomfort in a particular area.

## RATE-TONIC

An herb that strengthens the function of the spleen by improving the strength of the blood. Spleen tonics Builds agni, brightens a person's appearance and firms tissue. This action mainly affects digestion.

## STIMULANT-LAXATIVE

Stimulant laxatives cause bowel movements by stimulating peristaltic movements (the contraction of smooth muscles in the intestines). They are effective when used short term. In the long run, they can be addictive. This action mainly affects digestion.

## SKULL-BASE-STIMULATES

Creates a feeling of awareness or tension in the base of the skull area. This action mainly affects the mind-stress-sleep.

## STIMULATES THE CROWN

Creates a feeling of awareness or tension in the area above the head. This action mainly affects the mind-stress-sleep.

## ENERGY-STIMULATING

This category includes herbs that stimulate the thyroid and adrenals. This action mainly affects Energy-Vitality-Force.

## STIMULATES THE FRONT OF THE BRAIN

Creates a feeling of awareness or tension in the forehead area. Activates the frontal lobe - the area responsible for motor function, emotional expression, thinking and decision making. This action mainly affects the mind-stress-sleep.

## STIMULATES-PERISTALIZATION

An herb that promotes involuntary contractions of smooth muscles to facilitate the movement of food and wastes through the digestive tract. This action mainly affects digestion.

## STOMACAL

An herb which increases appetite or regulates nausea or nervous stomach. These usually increase the digestive fire, thereby relieving symptoms of slow or difficult digestion. This action mainly affects digestion.

## SOFTENER STOOL

An herb that softens stools that is hard and difficult to pass. It is the safest and gentlest type of laxative. Some foods are even stool softeners, like hot milk with ghee. This action primarily affects the removal of poop from the intestine.

## STRENGTHENS-

Increases determination and courage by reducing stress and building strength.

## TONIC

A tonic herb strengthens tissue, often restoring healthy function. Tonics typically target a specific organ, tissue, or system, that is, the brain, muscles, or respiratory tonics. This action mainly affects Energy-Vitality-Force.

## URINARY-TONIC

An herb that tones and strengthens the urinary system. These can be useful for urinary incontinence or improving function after urinary tract infection. They can also strengthen the bladder to prevent urinary tract infection. This action mainly affects kidney-bladder-urinary tract.

## UTERINE STIMULANT

Causes the uterus to contract often by stimulating the production of oxytocin. These herbs are contraindicated during pregnancy. This action mainly affects the health of women.

## UTERINE TONIC

An herb that tones and strengthens the uterus. Useful for menstrual difficulties and fertility. Often herbs that increase the ojas, but also the circulation to the reproductive system. This action mainly affects the health of women.

## VASODILATOR

A vasodilator is an herb that widens blood vessels by relaxing smooth muscle cells inside the walls of the vessels, thereby increasing systemic circulation or to a local area. This action mainly affects Heart-Circulation-Blood.

## BLOOD VESSEL TONIC

An herb that improves the tone and integrity of blood vessel walls. This is useful for bruises easy. This action mainly affects Heart-Circulation-Blood.

## VULNERARY

An herb used for the treatment of wounds. Promotes healing of skin lesions and wounds / promotes cell growth and repair This action primarily affects the heart-blood circulation.

## WARM ABDOMEN

Warms muscles and organs in the abdomen, stimulating digestion and metabolism. This action mainly affects digestion.

## CHEST AND LUNG WARMER Warms

the chest and lungs, removes mucus and allows clear breathing. This action mainly affects the lungs and sinuses.

## EAR

WARMERS Stimulates peripheral circulation to warm extremities, including the ears.

## HEADS HEATING

A herb that increases the sensations of heat in the head.

## KIDNEY WARMERS Warms

the kidneys by increasing blood flow to the organ. This action mainly affects kidney-bladder-urinary tract.

## TASTES

## ASTRINGENT

Astringency is characterized by constriction, coming together or drying out.

## BITTER

Bitter is an unpleasant and uplifting rejection, and a strong taste often associated with black coffee, dark chocolate and most green salads.

## STICK Hot

is characterized by irritation or pungent and spicy foods that irritate the mouth such as black pepper.

## SALTY

Salty refers to anything that contains salt or a high mineral content.

## ACID

Sour refers to anything that is fermented or sour.

## SWEET

Refers to anything that builds tissue, including macronutrients such as carbohydrates, protein, and fat.

## EFFECTS

### ACIDIFIER

An herb that creates an acidic pH in the chemistry of the blood.

### ALKALIZER

An herb or food that makes urine more alkaline (higher pH). This herbal action can be helpful for a number of inflammatory conditions.

## OJAS

Ojas is the essence of healthy tissue, immunity, stable energy and happiness. Substances that improve ojas are recommended after long term illness, debility, emotional and physical trauma, and even sadness.

## PRANA

Prana is the Sanskrit word for life energy, similar to Qi in Chinese medicine. Many herbs boost your energy or improve the flow of prana in your body. Usually, prana needs to be increased in the spring after a sleepy winter.

## RAJASIC

**Rajasic foods stimulate desire or nervous energy. Red meat, foods high in protein, garlic and onions stimulate desire. Rajasic foods include chili peppers, coffee, and anything that stimulates movement.**

## SATTVIC

**Sattvic foods promote awareness and a refreshed mind by nourishing the body without penalizing digestion. Sattvic foods do not stimulate desire or nervous energy. They create clarity instead of drowsiness or heaviness.**

## **TAMASIC**

**foods promote rest, drowsiness and immobility. Examples include wheat, mushrooms.**

## **TEJAS**

**Herbs that increase tejas improve metabolism and luminosity by stimulating the fire element in cellular level. Destroys toxicity, excess fluids and improves digestion. Also helps with mental functions such as poor memory, lack of inspiration and depression.**

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