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# AYURVEDIC DIET & WORKBOOK

DATE :



by Christina Andrini



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# JBYF DOSHA QUIZ AND ASSESSMENT

*In each row, mark the statement that best describes you. You can choose multiple responses to each statement if more than one applies to you. Leave the question blank if no choices apply. Base your choices on what is most consistent over a long period of your life.*

QUESTION	RELATIVE SCORE	VATA	PITTA	KAPHA	TOTAL
My bone structure is	1pt for each	Slim, slight, prominent	Medium	Thick, solid, heavy	V   P   K
My Height is	1pt for each	Above or below average	Average	Average or tall	V   P   K
My Hair is	1pt for each	Dry, thin, curly, coarse, frizzy, wiry, scanty, dark	Moderate, fine, golden or reddish, prematurely grey or balding	Thick, oily, abundant, wavy, dark or light	V   P   K
The pores on my face appear	1pt for each	Small and fine	Large on T-Zone, small and fine elsewhere	Large and Open	V   P   K
My Weight is	1pt for each	Below average, hard to gain weight	Medium, able to lose or gain weight	Above average, I easily gain weight	V   P   K
My Veins are	1pt for each	Prominent	Evenly over my body	Not Visible	V   P   K
My hands are	1pt for each	Small, dry, cool, with small, long fingers	Medium Sized, moist, warm, pink	Large, firm, cool, oily	V   P   K
My perspiration is	1pt for each	Scanty with no smell	Profuse and hot with a strong smell	Moderate and cold with a pleasant smell	V   P   K
My endurance is	1pt for each	Quick to start with poor endurance	Well managed with average strength. Intolerant of heat	Slow to start but strong and long-lasting once I do	V   P   K
My appetite is	1pt for each	Irregular, with skipped Meals	Strong, must eat, regular meals	Constant, but can skip a meal	V   P   K
I dislike weather which is	1pt for each	Cold, windy, dry	Hot, with strong sun	Cool and Damp	V   P   K



# JBYF DOSHA QUIZ AND ASSESSMENT CONT.

QUESTION	RELATIVE SCORE	VATA	PITTA	KAPHA	TOTAL
My memory is	1pt for each	Quick to remember- and to forget	Average, clear, distinct	Long term memory is best	V   P   K
I dream about	1pt for each	Activity, frightening things, flying, running	Anger, fire, violence, passion, the sun	Water, clouds, relationships, romance, snow	V   P   K
The pace of my activity	1pt for each	Fast	Medium speed, intense	Slow, steady	V   P   K
My spending pattern	1pt for each	Earn and spend quickly	Spend on specific goals	Hold on to what I earn	V   P   K
My thinking style is	1pt for each	Quick, restless	Organized, efficient, accurate	Slow, methodical, exacting	V   P   K
I love	1pt for each	Traveling, art, esoteric subjects, plays, jokes	Competitive sports, politics, hunting, research	Water, sailing, flowers, good food, business ventures	V   P   K
Totals		VATA_____	PITTA_____	KAPHA_____	

Count the number of marked responses and total each column. Determine the dosha with the highest score. This is the principle/ dosha that is dominant for you. For example, if Pitta is the highest score, then you have a Pitta constitution. For example, you may discover you are a Vata-Kapha, Pitta-Vata, or all three.

## Balancing Vata

- The key to balancing Vata is regularity.
- Regular habits, quietness, and attention to fluids.
- Decrease Stress
- Emphasize ample rest, warmth, and a steady supply of nourishment.
- Stay warm - being a cold dosha, Vata benefits from heat
- Eat a Vata Pacifying diet, and eat regularly
- Drink lots of warm fluids during the day to prevent dehydration
- Avoid mental strain and over-stimulation
- Do not drink alcohol while trying to balance Vata, which resents stimulants of any kind, including coffee, tea, and nicotine

## Balancing Pitta

- The key to balancing Pitta is moderation.
- Moderation, coolness, and attention to leisure
- Emphasize balance of rest and activity
- Coolness in any form helps counteract overactive Pitta
- Eat a Pitta pacifying diet. (Do not overeat)
- Avoid artificial stimulants, all of which raise Pitta.
- Avoid strenuous physical exertion or overheating yourself outdoors
- Make sure to go outdoors as much as possible.

## Balancing Kapha

- The key to balancing Kapha is stimulation.
- Stimulation, regular exercise, and weight control.
- Emphasize variety in life.
- Eat a Kapha pacifying diet \_ NO OVEREATING
- Reduce sweets
- Stay warm, Kapha benefits from heat
- Avoid Damp
- Drink warm fluids during the day, but in moderation
- Exercise regularly, preferably every day



# AYURVEDA'S SIX TASTES

"Taste is perceived through the tongue (sense organ) and it has a great impact in our senses through the intake of food. There are six tastes consisting of two combinations of the five elements (bhoutic composition). The six tastes also have a cooling or heating energy that will increase or decrease the doshas." (Kshirsagar, Magno; p27)

## 6 TASTES

<b>SWEET</b> (EARTH + WATER)	<b>SOUR</b> (EARTH + FIRE)	<b>SALTY</b> (WATER & FIRE)	<b>PUNGENT</b> (FIRE + AIR)	<b>BITTER</b> (AIR + SPACE)	<b>ASTRINGENT</b> (AIR + SPACE)
Increases Kapha Decreases Vata, Pitta	Increases Pitta, Kapha Decreases Vata	Increases Pitta, Kapha Decreases Vata	Increases Vata, Pitta Decreases Kapha	Increases Vata Decreases Pitta, Kapha	Increases Vata Decreases Pitta, Kapha
<ul style="list-style-type: none"> <li>• Most grains like wheat, rice, barley, corn</li> <li>• Most legumes, such as beans, lentils, and peas</li> <li>• Milk and sweet milk products, such as cream, butter, ghee</li> <li>• Sweet fruits like dates, figs, grapes, pears, mangos</li> <li>• Certain cooked vegetables, especially starchy potato, carrot, beet</li> <li>• Sugar in any form</li> </ul>	<ul style="list-style-type: none"> <li>• Sour fruits like lemon, lime, sour oranges</li> <li>• Sour milk products like yogurt, cheese, sour cream, whey</li> <li>• Fermented substances like wine, vinegar, soy sauce, sauerkraut, pickles</li> </ul>	<ul style="list-style-type: none"> <li>• Sour fruits like lemon, lime, sour oranges</li> <li>• Sour milk products like yogurt, cheese, sour cream, whey</li> <li>• Fermented substances like wine, vinegar, soy sauce, sauerkraut, pickles</li> </ul>	<ul style="list-style-type: none"> <li>• Spices like chili, black pepper, mustard seeds, ginger, cumin</li> <li>• Certain vegetables like radish, onions, garlic</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits like olives, grapefruit</li> <li>• Green leafy vegetables like spinach, green cabbage, brussels sprouts, zucchini</li> <li>• Eggplant, bitter gourd, chicory</li> <li>• Spices like Fenugreek and Tumeric</li> </ul>	<ul style="list-style-type: none"> <li>• Legumes, beans, lentils</li> <li>• Walnuts, Hazelnuts</li> <li>• Honey</li> <li>• Sprouts, lettuce, green leafy vegetables, rhubarb, most raw vegetables</li> <li>• Pomegranate, apples, berries, persimmons, cashew, unripe fruits</li> </ul>



# AYURVEDA'S SIX QUALITIES

"Changing seasons cause a change in the levels of the doshas. To maintain balance, one must adapt the diet accordingly. Sweet, bitter, and astringent foods should be eaten more frequently in the fall. In early winter eat more sweet, sour, and salty foods. In late winter eat more pungent, bitter, and astringent foods. In the Spring eat more astringent, bitter, and pungent tastes. In Summer eat more sweet, bitter, and astringent foods. In the rainy season eat more sour, salty, and sweet food." (Kshirsagar, Magno; p29)

## 6 QUALITIES

HEAVY	LIGHT (MOISTENING)	COOL (LUBRICATES)	WARM (DRYING, DIGESTIVE)	OILY (DRYING)	DRY (DRYING)
Increases Kapha Decreases Vata	Increases Vata Decreases Kapha	Increases Kapha Decreases Pitta	Increases Pitta Decreases Kapha	Increases Kapha Decreases Vata	Increases Vata Decreases Kapha
<ul style="list-style-type: none"> <li>• Meat</li> <li>• Fish</li> <li>• Cheese</li> <li>• Potatoes</li> <li>• Bananas</li> <li>• Figs</li> <li>• Dates</li> <li>• Avacado</li> <li>• Coconut</li> <li>• Deep-Fried foods</li> <li>• Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Pears</li> <li>• Raw Vegetables</li> <li>• Millet</li> <li>• Rye</li> <li>• Barley</li> <li>• Buckwheat</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Watermelon</li> <li>• Cucumber</li> <li>• Cilantro</li> <li>• Coriander</li> <li>• Cardamom</li> <li>• Fennel</li> <li>• Ice-Cream</li> <li>• Cold Drinks</li> <li>• Salads</li> </ul>	<ul style="list-style-type: none"> <li>• Honey</li> <li>• Chili Peppers</li> <li>• Ginger</li> <li>• Black Pepper</li> <li>• Cayenne</li> <li>• Mustard Seeds</li> <li>• Cloves</li> <li>• Tumeric</li> <li>• Hot Water</li> <li>• Warm Soups</li> <li>• Cooked Food</li> </ul>	<ul style="list-style-type: none"> <li>• oils</li> <li>• Ghee</li> <li>• Nuts</li> <li>• Dairy products</li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruits</li> <li>• Legumes</li> <li>• Potatoes</li> <li>• Barley</li> <li>• Granola</li> <li>• Popcorn</li> <li>• Crackers</li> </ul>



# AYURVEDA'S SIX FUNCTIONS

## 6 FUNCTIONS

HEAVY	LIGHT (MOISTENING)	COOL (LUBRICATES)	WARM (DRYING, DIGESTIVE)	OILY (DRYING)	DRY (DRYING)
Increases Kapha Decreases Vata & Pitta	Increases Vata Decreases Kapha	Increases Vata Decreases Pitta & Kapha	Increases Pitta Decreases Kapha	Increases Kapha Decreases Vata & Pitta	Increases Vata Decreases Kapha & Pitta
<ul style="list-style-type: none"> <li>• Produces strength in tissues</li> <li>• Supports Kapha structure</li> <li>• Valuable for:               <ul style="list-style-type: none"> <li>◦ Children</li> <li>◦ Aged</li> <li>◦ wounded</li> <li>◦ emaciated</li> </ul> </li> <li>• Good for complexion, hair, sense organs, ojas</li> <li>• Stoutness of body</li> <li>• Increases Breast Milk</li> <li>• Heavy to Digest</li> </ul>	<ul style="list-style-type: none"> <li>• Stimulates agni</li> <li>• Good for the heart</li> <li>• Digestive and Appetizer</li> <li>• Causes moistening for ease of digestion</li> <li>• Aggravates Kapha and Pitta</li> <li>• Helps move Vata downward</li> </ul>	<ul style="list-style-type: none"> <li>• Removes rigidity</li> <li>• Clears obstructed channels</li> <li>• Increases Digestive Capacity</li> <li>• Lubricates</li> <li>• Causes Perspiration</li> <li>• Penetrates into the tissues</li> <li>• Improves flavor</li> <li>• Pacifies</li> </ul>	<ul style="list-style-type: none"> <li>• Cures disease of throat, indigestion, swelling</li> <li>• Reduces swelling of ulcers</li> <li>• Dries up unctuousness, fat tissue</li> <li>• Increases hunger, is digestive, improves flavor</li> <li>• Eliminates dosha excess</li> </ul>	<ul style="list-style-type: none"> <li>• Cures anorexia, worms, bacteria and parasites, loss of consciousness, fever, nausea, burning sensation</li> <li>• Dries up moisture, fat, muscle fat</li> <li>• Easily digested</li> <li>• Increases Intelligence</li> </ul>	<ul style="list-style-type: none"> <li>• Not easily digested</li> <li>• cleanses the blood</li> <li>• causes squeezing and healing of ulcers</li> <li>• Dries up moisture and fat</li> <li>• Hinders digestion</li> <li>• Absorbs water, is dry, cleanses the skin</li> </ul>

Reference: [mum.edu/de](http://mum.edu/de); 6 Qualities pdf.; Ayurvedic Cooking

Review of the 3 Doshas; [https://mum.instructure.com/courses/1064/pages/review-of-the-3-doshas?module\\_item\\_id=85598](https://mum.instructure.com/courses/1064/pages/review-of-the-3-doshas?module_item_id=85598) p.2-5



# VATA PACIFYING DIET

*Diet: calming, soothing, and nourishing*

*Vata foods: warm, moist, and happy. Sweet, sour, and salty tastes over pungent, bitter, and astringent taste. Meals should be small and frequent, but regular. Warm, steamed, or cooked foods are settling. (Sala, 5.2a)*

VATA	PACIFYING DIET
Fruits	Apricots, avocados, bananas, berries, coconut, date, figs, grapes, mangoes, melons, nectarines, passionfruit, oranges, peaches, plums, prunes.
Vegetables	Asparagus, beets, carrots, cucumber, eggplant, leek, lentils (red), Mung beans, Mustard greens, pumpkin, radish, squash, sweet potatoes.
Spices	Anise, Cayenne, cinnamon, cumin, garlic, ginger, mustard, thyme.
Grains	Basmati rice, couscous, oats (cooked), Quinoa, spelt, wheat
Nuts and seeds	Almonds, cashews, pumpkin seed, pistachios, sesame seeds, sunflower seeds, walnuts
Dairy	Butter milk, cheese, cottage cheese, cows milk ( homogenize), Ghee, Kiefer, yogurt
Meats	Beef, chicken, eggs, fish, turkey
Supplements	Dietary fiber, probiotic
Meals	Example
Breakfast	Spice oatmeal with fruit. Cream of wheat. Wheat bread. Herbal teas, fennel, and cardamom tea
Lunch	Vegetable stew, rice, bread
Dinner	Steamed vegetables, soups, rice.

Reference: [mum.edu/de](http://mum.edu/de); Vatapacifying pdf.

Review of the 3 Doshas; [https://mum.instructure.com/courses/1064/pages/review-of-the-3-doshas?module\\_item\\_id=85598](https://mum.instructure.com/courses/1064/pages/review-of-the-3-doshas?module_item_id=85598) p.2-5





# PITTA PACIFYING DIET

*Diet that is cooling is moderately heavy.*

*PITTA's food is best if it is cool and warm, and moderately heavy. Sweet, bitter, and astringent Tastes are favored over sour, salty, and pungent tastes. Meals should be regular. Food is better to warm, steamed, or cooked. Processed, fermented, spicy, fast foods and alcoholic beverages should be avoided. (Sala, 5.2a)*

PITTA	PACIFYING DIET
Fruits	Apples, avocados, figs, Grapes, mangoes, melon, oranges, pears, pineapple, plums, prunes, and raisins.
Vegetables	Asparagus, broccoli, cabbage, cauliflower, celery, leafy green vegetables, mushrooms, peas, potatoes, sprouts, sweet potatoes, and zucchini.
Spices	Cardamom, cilantro, cinnamon, coriander, dill, fennel, mint, saffron, turmeric
Grains	Basmati rice, Barley, couscous, oats, wheat
Nuts and seeds	Pumpkin seeds, sunflower seeds
Dairy	Ghee, Butter, ice cream, milk, yogurt
Meats	Chicken, shrimp, turkey
Supplements	Aloe vera, wheat grass
Meals	Example
Breakfast	Fruit salad fresh, toast. Mint tea
Lunch	Salads, vegetables, pasta, 1 meat sandwich
Dinner	Vegetables, soups, rice



# KAPHA PACIFYING DIET

*Like the diet which is warming and stimulating. Kapha should be warm, light, and Pungent, bitter, and astringent Tastes are favored over sweet, sour, salty tastes. Small light meals are preferable. Better if it is lightly cooked. Raw fruits, vegetables, and salads are recommended. Spicy food is good for coffee to stimulate digestion. Avoid process, fried, and fast foods. (Sala, 5.2a),*

KAPHA	PACIFYING DIET
Fruits	Apples, Apricots, cranberry, pears, pomegranate
Vegetables	Asparagus, beets, broccoli, cabbage, Carrots, celery, leafy green vegetables, Lettuce, Mushrooms, Onions, potatoes, sprouts, Spinach, turnip, watercress
Spices	Black pepper, chili pepper, horseradish, mustard, scallions, sprouts
Grains	Barley, buckwheat, corn, couscous, millet, muesli, oats (dry), quinoa, rye
Nuts and seeds	Flax, Pumpkin seeds, sunflower seeds
Dairy	Low and nonfat milk
Meats	Chicken, fish, shrimp, turkey, venison
Supplements	Bitter greens
Meals	Example
Breakfast	Fruit salad fresh, toast With light butter, quinoa cereal.
Lunch	Vegetable, sandwich with lightning, salads
Dinner	Pasta with vegetables, rice, soups



# AYURVEDIC PULSE LOG & WORKBOOK

DATE :

Read your pulse often and record your experiences. This is the best way to come to know your pulse reading abilities and perception. Here is a suitable template to log your experiences, but adapt it as necessary. Make copies of this table as necessary. It is most ideal to read your pulse before and after key experiences.

DATE / ACTIVITY

BEFORE  
ACTIVITY

AFTER ACTIVITY


INTENTIONS OF THE  
WEEK

JOURNAL TOPIC





# AYURVEDIC PULSE LOG & WORKBOOK

DATE :

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DATE / ACTIVITY

BEFORE  
ACTIVITY

AFTER ACTIVITY


INTENTIONS OF THE  
WEEK

JOURNAL TOPIC



JAI  
BHAKTI  
YOGA  
FOUNDATION



# AYURVEDIC WORKOUT LOG

DATE :

Record your workout routines, improvements, breaks, etc. This is the best way to come to know your pulse reading abilities and perception based on activities. Here is a suitable template to log your experiences, but adapt it as necessary. Make copies of this table as necessary. It is most ideal to read your pulse before and after key experiences.

## MORNING WORKOUT

## EVENING WORKOUT

## MOTIVATION

## NOTES





# AYURVEDIC WORKOUT LOG

DATE :

Record your workout routines, improvements, breaks, etc. This is the best way to come to know your pulse reading abilities and perception based on activities. Here is a suitable template to log your experiences, but adapt it as necessary. Make copies of this table as necessary. It is most ideal to read your pulse before and after key experiences.

## MORNING WORKOUT

## EVENING WORKOUT

## MOTIVATION

## NOTES





# AYURVEDIC WORKOUT GOAL LOG

DATE :

Here is a suitable template to log your experiences, but adapt it as necessary. Make copies of this as necessary. It is most ideal to read your pulse before and after key experiences. Track your progress. Make copies of this log/ workbook for your reference.

TIME START

TIME FINISH

MOTIVATION

SIZING	START	END	GOAL
Weight			
BMI			
Chest			
Arms			
Waist			
Hips			
Thighs			
Calves			



# AYURVEDIC WORKOUT GOAL LOG

DATE :

Here is a suitable template to log your goals, but adapt it as necessary. Make copies of this as necessary. It is most ideal to read your pulse before and after key experiences. Track your progress.

TIME START

TIME FINISH

MOTIVATION

SIZING	START	END	GOAL
Weight			
BMI			
Chest			
Arms			
Waist			
Hips			
Thighs			
Calves			





# AYURVEDIC TRACK YOUR PROGRESS LOG

DATE :

Here is a suitable template to log your goals, but adapt it as necessary. Make copies of this as necessary. It is most ideal to read your pulse before and after key experiences. Track your progress. Reflect in your journal.

## ACTIVITIES

S M T W T F S

NOTES:



# AYURVEDIC TRACK YOUR PROGRESS LOG

DATE :

Here is a suitable template to log your goals, but adapt it as necessary. Make copies of this as necessary. It is most ideal to read your pulse before and after key experiences. Track your progress. Reflect in your journal.

## ACTIVITIES

S M T W T F S

NOTES:



# REFLECTIONS



S M T W T F S

DATE :

circle the day and write your reflections.

NOTES:



# REFLECTIONS



S M T W T F S

DATE :

circle the day and write your reflections.

NOTES:



# REFERENCES

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KSHIRSAGAR, MANISHA, PH.D.; BAMS, DY&A; MAGNO, R.ANA CRISTINA BA, MS, AWC, CMT, P.27,29

MUM.EDU/DE; 6 QUALITIES PDF.; AYURVEDIC COOKING REVIEW OF THE 3 DOSHAS; [HTTPS://MUM.INSTRUCTURE.COM/COURSES/1064/PAGES/REVIEW-OF-THE-3 DOSHAS?MODULE\\_ITEM\\_ID=85598](https://mum.instructure.com/courses/1064/pages/review-of-the-3-doshas?module_item_id=85598) P.2-5