



eating according to ayurveda

SEASONALLY SHIFT YOUR DIET THE AYURVEDIC WAY.

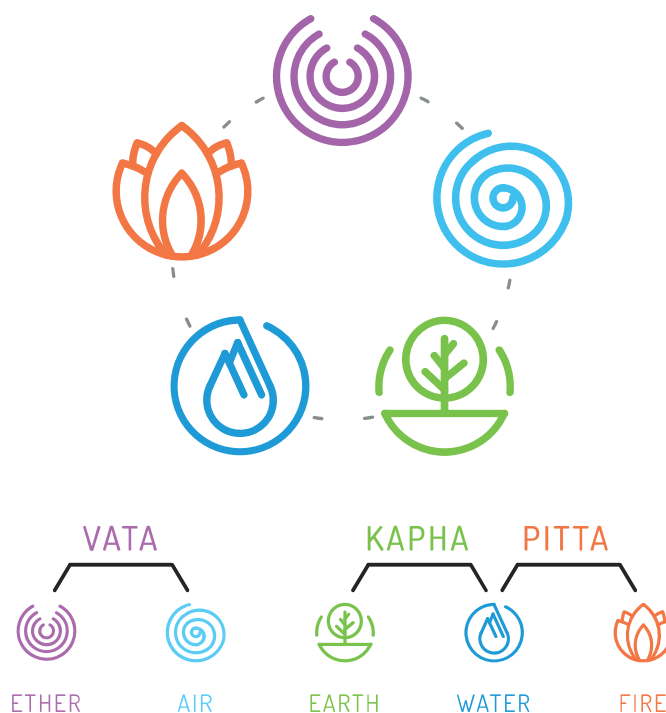
by Pamela Ryan

Ayurveda, meaning ‘science of life’, is an ancient Indian system of healing which has guided people in their pursuit of health for thousands of years. According to Ayurveda, the energy of the world is in constant flux, shifting with the seasons. Similarly, our bodies are constantly changing in response to this flux, and have an innate orientation towards homeostasis (balance) and health. Imbalances can lead to illness, and the goal of Ayurveda is to prevent illness, looking to the root cause and providing the tools required to restore health.

Ayurveda identifies three elemental groups known as doshas; Vata, Pitta and Kapha. The doshas are three particular combinations of the natural elements which are the building blocks of our bodies and the world; ether, air, fire, water and earth. Together they are responsible for everything that happens inside our bodies. We each contain all three doshas, all elements, however in varying degrees of intensity. Your dominant dosha is your ‘Prakruti’ (original nature). Once you understand your prakruti you can recognise symptoms of imbalance and implement changes to your nutrition and lifestyle to restore balance and prevent illness. Take a minute to discover your dosha using the chart below.

Ayurveda

TRADITIONAL SYSTEM OF INDIAN MEDICINE. ONE OF THE VARIETIES OF ALTERNATIVE MEDICINE



Vata Dosha	Pitta Dosha	Kapha Dosha
Light and airy vatas tend to be flighty and restless. You graze during the day and tend not to sit down for scheduled meals. Imbalances manifest as anxiety, insomnia, dry skin and scalp. Rebalance vata with warm, cooked, nourishing foods rich in essential fatty acids, and sweet fruits or starchy carbohydrates like figs, melons, cooked grains and root vegetables.	Fiery in nature, you are competitive and goal-oriented. You have a strong metabolism and experience intense hunger. A pitta imbalance can manifest as inflammation, caused by excess heat in the body. A pitta-pacifying diet will cool and calm inflammation. Sweet and cooling foods are best, and try not to overdo the hot yoga!	Earthy in nature, you move slowly and steadily always remaining calm and grounded. Slow metabolism, and weight gain can be a symptom of kapha imbalance which is rectified by enjoying peppery, spicy, raw foods. You do well on a mostly plant-based diet, with small portions of white meat or fish and strong, energetic forms of exercise.

“...it is important to choose ingredients which nourish and balance your individual constitution.”

SUMMER: PITTA SEASON

In Ayurveda, the summer months represent the pitta dosha, which is characterised by heat and fire. From a diet perspective, our bodies are naturally encouraged to replace heavy, large meals with smaller, light and cooling foods such as salads and smoothies. That being said, raw vegetables and ice cold drinks are not necessarily suitable for everyone. For example, iced water, cold smoothies and raw vegetables can increase vata (the lightest, coldest dosha) which in excess can manifest as digestive discomfort (gas, bloating, IBS), dryness (skin, hair, scalp) or joint pain. Conversely, salad greens and spending time in the sunshine are excellent for balancing kapha (the heaviest, densest dosha).

Summer is the ideal time to consume salads and lightly cooked meals. And while its cooling effects and summer heat might

seem the perfect marriage, it is important to choose ingredients which nourish and balance your individual constitution.



A SUMMER SALAD FOR YOUR DOSHA

For each salad, combine the ingredients in a serving bowl and drizzle with the Tridoshic Salad Dressing.

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KAPHA-CALMING SALAD

3oz grilled free-range skinless chicken breast (chopped)
2 big handfuls of watercress
1 pink radish (finely sliced)
1 cup green beans (lightly steamed)
1 handful flat-leaf parsley (finely chopped)
1/2 tsp. Tridoshic Salad Dressing

PITTA-PACIFYING SALAD

3oz grilled free-range skinless chicken breast (chopped)
2 celery stalks (finely sliced)
1/2 fennel bulb (shredded finely)
1/2 medium green apple, (cored and finely sliced)
1 tbsp. pumpkin seeds
1 tsp. Tridoshic Salad Dressing

NOURISHING VATA-SALAD

3oz grilled free-range skinless chicken breast (served warm and chopped)
1 handful green beans (lightly steamed)
1 handful rocket leaves
1 fresh fig (quartered)
1oz. whole almonds or walnuts (soaked in water overnight & drained)
1/2 tsp. Tridoshic Salad Dressing

TRIDOSHIC SALAD DRESSING

A perfect balance for all 3 doshas!

1/2 cup light tahini
1/2 cup filtered water
Juice of 1/2 lemon
1 clove garlic (very finely chopped)
1/4 tsp. sea salt
1/2 tsp. freshly ground black pepper

Method: Whisk all ingredients until well-combined, smooth and creamy. Store in an airtight jar and refrigerate for up to 7 days.

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