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# **BEGINNER AYURVEDIC-GUIDE**

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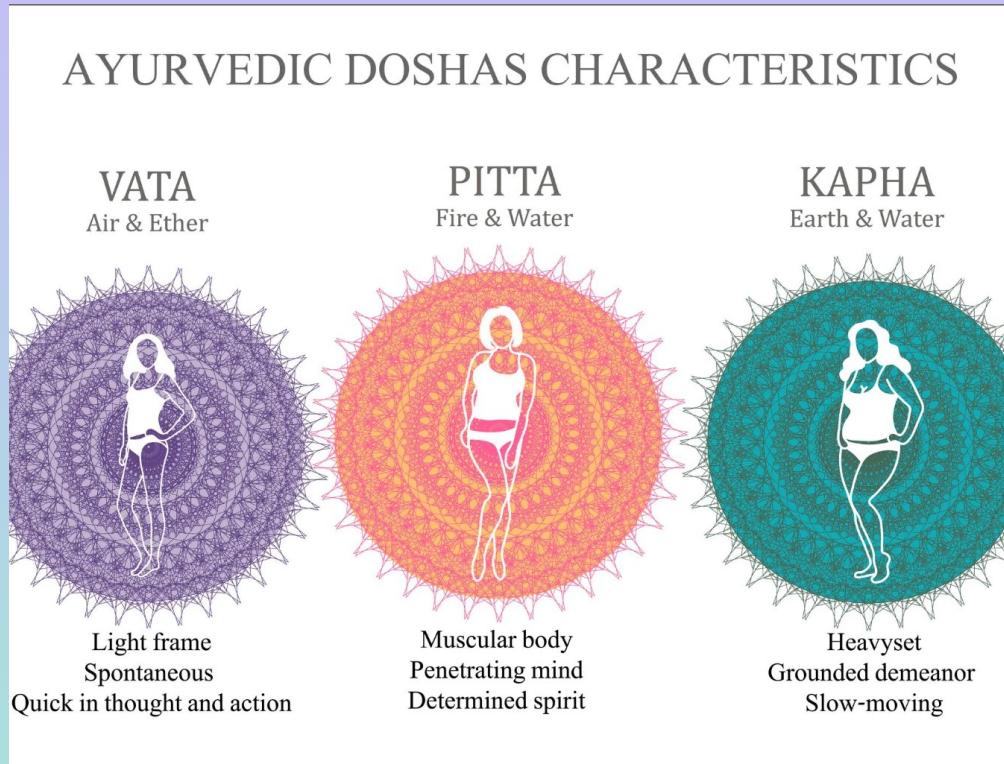
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# 1 BASICS OF AYURVEDA

## THE INDIVIDUAL DOSHA-TYPE

- The sister science to yoga, Ayurveda (or Indian medicine) is a system of health & wellness developed in ancient India over 5,000 years ago.
- Ayurveda is the ancient art of nourishing your body, mind and spirit in connection with nature. It values the power of herbs, mindfulness, and intuitive living based on nature, teaching people how to plug in to the rhythms and cycles of nature for achieving balance.
- In Ayurveda, the human being is considered as the microcosm of the world. All five elements that occur in nature from an Ayurvedic perspective - and those are ether, fire, water, air and earth - those can also be found in us humans. They connect us to the world (we are human beings). Since these elements are differently pronounced in every human being at birth, Ayurvedic medicine assumes a huge individuality in humans.
- The heart of Ayurveda and the center of Ayurvedic teaching is the determination of the individual constitution (Prakriti). This means what is the fundamental principle of your body's constitution, i.e., which food can you digest the easiest. Prakriti means "nature" and includes the physical and mental characteristics of the individual.
- The physical constitution of every human being is made up of the three Dosha types Vata, Pitta and Kapha with different weightings.

# 1.1 AYURVEDIC DOSHA CHARACTERISTIC VATA, PITTA AND KAPHA



## 1.2 DOSHA-TYPES AND MEANING

**VATA** IS WHAT GIVES LIFE. IT IS THE MOVER IN EVERYTHING. THE WIND, IN NATURE AND THE ENERGY THAT MAKES US WALK, RUN OR DANCE. VATA IS DRY, LIGHT, ROUGH AND COLD.

**PITTA**, ON THE OTHER HAND, PROVIDES THE ENERGY THAT TRANSFORMS AND IS THE FIRE WITHIN US THAT KEEPS OUR MINDS SHARP AND METABOLISM STRONG. FIRE IS HOT, LIGHT, A LITTLE OILY AND WE HAVE TO BE CAREFUL NOT TO OVERFLAME IT.

**KAPHA** IS THE EARTH THAT SURROUNDS US AND EVERYTHING THAT GIVES US STRENGTH AND STABILITY. KAPHA IS MOIST, COOLING AND HEAVY.

## 1.3 MAKE A TEST

YOUR AYURVEDIC CONSTITUTION TYPE IS YOUR UNIQUE, INDIVIDUAL GENETICS. IF YOU KNOW AND UNDERSTAND YOUR DOSHA -TYPE, YOU CAN ALIGN YOUR LIFE ON ALL LEVELS IN SUCH A WAY THAT YOU ARE HEALTHY, HAPPY AND SUCCESSFUL IN THE LONG TERM.

### MAKE YOUR DOSHA TEST:

- <https://www.liveyoom.com/quiz>

# 2 COOKING AYURVEDA - THE GHEE



Ghee

## What is Ghee and why its different from butter?

- Ghee is clarified butter (Clarified butter is butter that has been gently heated on a stovetop, causing the milk fats, water and other impurities to separate out to the top and bottom of the pan, leaving just the golden liquid (now clarified butter)).
- GHEE VS. BUTTER**
  - Ghee is literally all of the best parts of butter without any of the troublesome allergens like casein and lactose. The process of simmering the butter and filtering out the impurities and milk solids removes 99% of the lactose and casein, meaning that even those who are lactose intolerant can often eat ghee without any issue.
- Benefits:**
  - Ghee is safer to cook with than any other oils (at high temperatures, most oils (yes, even extra virgin olive oil) break down into unstable elements known as free radicals. Excessive amounts of free radicals in the body can result in cell damage, including the development of cancer.“
  - Ghee heals and improves digestion
  - Ghee contains a fatty acid called butyrate acid, which repairs the stomach lining and reduces inflammation in the digestive tract. ghee is detoxifying
  - Abundantly used as a detoxifying agent in the traditional Ayurvedic cleanse – panchakarma – ghee pulls fat-soluble toxins out of the body into the digestive tract for elimination and “loosens” the deep-rooted toxins from the tissues, which allows them to be eliminated through the cleansing process. (Lifeyoom 2023)

# 2.1 KITCHARI-RECEIPE



Kitchari

- Super easy dish to cook. Additionally, you can add anything on it = "pimp your Kitchari", for example avocado, broccoli, or eggplant or just eat it plain.hopping list:
- 250 g of Mung-dal/mung beans (by at any eco-store (i.e. DM/Rossmann or Indian grocery store) or use lentils, but mung-dal is more traditional)
- 1 teaspoon fresh fennel seeds (arabic shops or any eco-store)
- 1 teaspoon fresh cumin seeds (by also in any Middle Eastern shop or eco-store)
- 1 thumb's length of ginger
- 1 teaspoon of coriander powder
- 1 teaspoon turmeric or fresh turmeric is even better (thumbs length as well)
- 2 pcs. of garlic

# INSTRUCTIONS

- 1. Important: If you use Mung-dal/beans soak them in overnight, i.e., 12 hours before you cook them
- 2. The next day, cook the mung DAL in a pot with water for an additional 20 minutes until they are soft (not to soft, same as for lentils).
- 3. Use another (big) cooking pan or pot and add “Ghee” for frying your herbs.
- 4. first add ginger, fennel and cumin seeds and roast for 3-5 minutes until brown (not black)
- 5. then add other ingredients/herbs and boil another 3 minutes
- 6. After that, just add the ready cooked mung-dal to the pan. Add some water, "taste" it, and let it simmer for 5 minutes.
- 7. Add your favorite ingredients to your Kitchari.
- So easy and deliciously nourishing food!

## 2.2. BREAKFAST AYURVEDA - BOILED APPLE-GOODNESS

- **cut apples and add Ghee and cinnamon (and turmeric) into your pan, boil the apples with cover for about 10-15 minutes until soft**
- **add any kinds of seeds like sunflower seeds or psyllium, also you can add dryes food like figs**
- **chew very slow and enjoy**



Boiled apples

# 3 AYURVEDIC & LIFE HACKS

- less bread, more good proteins!
- chew your food gentle and easy
- scrape your tongue, first thing in the morning
- eat always hot before cold (first Dal, then salad for example)
- avoid salad in the evening-only at lunch time
- The heavy meal should be at lunch-time avoid heavy meals in the evening
- add dry-fruits and nuts on your shopping list if you are „hangry“ (life-hack)
- avoid cold drinks like water (the digestion doesn't like it)
- add Ghee onto your shopping list: instead of frying with oils like butter, sunflower oil
- buy fresh fennel and cumin seeds, make tea out of it, or just eat them for better breath and digestion
- do a fasting just with Kitchari, do fasting days in between during spring time
- avoid processed sugar, instead add cacao products, cacao nips (life hack)
- Eat dark chocolate at least 7%
- drink lots of tee, avoid sweetened drinks
- also enjoy cheating days (life hack)

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- Most inspiration of years experience and trying of of my own experience on which food my body tolerates
- <https://veda.ch/ayurveda/ayurveda-test/> (Dosha-Test)
- <https://www.ayurveda-journal.de/> (Germany)