

## CHAPTER 3. NUTRITIONAL SYSTEMS

### AYURVEDA

#### HOW TO DETERMINE YOUR MIND-BODY TYPE

Count the total number of responses in each column: Vata, Pitta, Kapha. The column(s) with the highest number of responses indicate(s) your basic mind-body type.

NOTE: This is a preliminary indication and is not intended as a medical diagnosis or treatment.

#### HOW TO USE YOUR MIND BODY TYPE TO CREATE BETTER HEALTH & HAPPINESS

Knowledge of your own mind-body type is essential to choose the best guidelines to restore your body's natural state of balance, the basis of health.

- If you score high in just one column, the VATA column for example, you should use VATA guidelines for diet, therapies, and products, especially during the VATA season (primarily winter - from November to February).
- If you score high in two columns, VATA and PITTA for example, you should follow VATA guidelines during the VATA season and PITTA guidelines during PITTA season (primarily summer, from July to October).
- If you score equally high in all three columns, follow the guidelines for each season during that season.

Please remember that these are not hard and fast rules, but rather just general guidelines to favor.

#### GENERAL CHARACTERISTICS OF THE THREE BASIC MIND-BODY TYPES

VATA Type - Thin body, quick, changeable mind, vivacious manner. These people often strike others as unpredictable. Under pressure, they usually become excited and anxious.

PITTA Type - Medium in build, orderly and decisive mind, forceful manner. These people strike others as intense. Under pressure, they may become angry and abrupt.

KAPHA Type - Heavy set body, calm, steady mind, easygoing manner. These people strike others as relaxed. Under pressure they may balk and grow silent.

TENDENCIES OF EACH MIND-BODY TYPE			
	VATA	PITTA	KAPHA
WHEN OUT OF BALANCE	Light, interrupted sleep Tendency to worry Poor endurance Mood swings Restlessness	Premature graying Easy to anger Overheats easily Critical	Oversleeps Lethargic Heaviness Procrastination Possessiveness
WHEN IN BALANCE	Imaginative Sensitive Spontaneous Flexible Exhilarated	Intellectual Deeply perceptive Confident Enterprising Joyous	Calm, steady Sympathetic Courageous Forgiving Living
HOW TO RESTORE BALANCE			
DAILY ROUTINE	Regular routines Warmth Drink warm liquids Decreased stress Ample rest Regular nourishment Sesame oil massage	Moderation Coolness Attention to leisure Exposure to natural Beauty Balance of rest & Activity Decreased stimulants Big meal at noon	Stimulation Warmth, dryness Weight control Reduced sugar Use honey instead Regular exercise
SEASONAL INFLUENCES	VATA Take extra care from NOV to FEB and when it is COLD, DRY & WINDY	PITTA Take extra care from JUL to OCT and when it is HOT	KAPHA Take extra care from MAR to JUN and when it is COLD & DAMP
SPECIAL PRODUCTS	Use VATA Products: Vata Tea Vata Seasoning Vata Aroma Oil	Use PITTA Products: Pitta Tea Pitta Seasoning Pitta Aroma Oil	Use KAPHA Products: Kapha Tea Kapha Seasoning Kapha Aroma Oil

## MIND-BODY TYPE EVALUATION FORM

Instructions: For each subject, check the one answer that describes you best.

SUBJECT	VATA	PITTA	KAPHA
<b>TOTALS</b>			

### DIET AND THE DOSHAS

	VATA		PITTA		KAPHA	
	NO	YES	NO	YES	NO	YES
F R U I T S	Dried Fruits Apples Melons	Sweet Fruits Avocado Coconut Banana Grapes Cherry Mango Orange Papaya Pineapple Plums Berries	Sour Fruits Grapefruit Olives Papaya Peach Persimmon Banana Pineapple (Sour)	Sweet Fruits Mango Orange Pears Plums Pineapple (Sweet)	Sweet Fruits Banana Melons Coconut Dates Figs Papaya Orange Plumes Pineapple	Dried Fruits Apple Pomegranate Pear Persimmon Cranberry
V E G E T A B L E S	RAW  Potato Tomato Eggplant Cucumber Brussel Sprouts Cabbage Broccoli Cauliflower Green Beans Squash Mushroom Peas Leafy Greens	COOKED  Beets Carrots Asparagus Sweet Potato Radish Okra Onion Hot Peppers	PUNGENT  Hot Peppers Radish Tomato Carrots Beets Onion Garlic	SWEET & BITTER  Asparagus Cabbage Cucumber Potato Sweet Potato Broccoli Cauliflower Mushroom Leafy Greens	SWEET & JUICY  Cucumber Okra Sweet Potato Tomato Cauliflower	PUNGENT OR BITTER  Hot Peppers Radish Asparagus Beets Broccoli Potato Eggplant Squash Mushroom Leafy Greens
G R A I N S	Oats Barley Millet Corn Rye Buckwheat	Wheat Brown Rice Basmati Rice	Millet Brown Rice Corn Rye Buckwheat	Wheat Basmati Rice Oats Barley	White Rice Wheat Oats Brown Rice	Rye Corn Millet Barley Buckwheat Basmati Rice
A N I M A L S	Beef	Chicken or Turkey (White Meat) Seafood Eggs (Fried or Scrambled)	Beef Seafood Egg Yolk	Chicken or Turkey (White Meat) Egg White	Seafood Beef	Chicken Turkey (Dark Meat) Eggs (Not Fried or Scrambled)

	VATA	PITTA	KAPHA
BEANS	No beans, except kidney beans and tofu	No beans, except kidney beans and tofu	All beans except kidney beans and tofu
NUTS	All nuts in small quantities	No nuts, except coconut	No nuts at all
SEEDS	All seeds	No seeds, except sunflower	No seeds except sunflower
SWEETENERS	All sweeteners except white sugar	All sweeteners, except molasses and honey	No sweeteners, except raw honey
CONDIMENTS	All spices	No spices, except coriander, cinnamon, cardamom, fennel, tumeric and a small amount of black pepper	All spices except salt

	VATA		PITTA		KAPHA	
			NO	YES		
DAIRY	All dairy products		Yogurt Sour Cream Buttermilk Cheese, Salted	Milk Ghee Cheese, Unsalted	No dairy, except ghee and goat milk	
OILS	All oils		Almond	Olive	No oils, except almond and corn	
TASTE	NO	YES	NO	YES	NO	YES
	Bitter Pungent Astringent	Sweet Sour Salty	Sour Salty Pungent	Sweet Bitter Astringent	Sweet Sour Salty	Bitter Pungent Astringent

## TASTES OF FOODS

SWEET			ASTRINGENT
<p>Fruits</p> <hr/> <p>Apples Grapes Mango Plums Berries Raisins</p>	<p>Vegetables</p> <hr/> <p>Asparagus Barley Green Bell Pepper Cabbage Cauliflower Cilantro Celery Cucumber Lettuce Green Peas Potatoes Sprouts</p>	<p>Beans, Grains, Seeds &amp; Spices</p> <hr/> <p>Almonds Basmati Rice Chickpeas Cardamom Cinnamon Dill Fennel Ghee (Clarified Butter) Mint Oatmeal (Cooked) Olive Oil Pumpkin Seeds Saffron Sunflower Oil Sunflower Seeds</p>	<p>Fruits</p> <hr/> <p>Pomegranate</p> <p>Vegetables</p> <hr/> <p>Broccoli Cabbage Cauliflower Potato</p> <p>Beans, Grains, Seeds &amp; Spices</p> <hr/> <p>Almonds Black Beans Chicken Cilantro Chickpeas Coriander Pinto Beans Pumpkin Seeds Saffron Sunflower Seeds Tempeh Turmeric Turkey Walnuts</p>
BITTER	SOUR	SALTY	PUNGENT
<p>Vegetables &amp; Seeds</p> <hr/> <p>Broccoli Beet Leaves Dandelion Greens Mustard Greens Pumpkin Seeds Romaine Lettuce Spinach String Beans Turmeric Watercress Zucchini</p>	<p>Cheese Green Grapes Hibiscus Lemon Pomegranates Prunes Ketchup Sauerkraut Vinegar Yogurt</p>	<p>Fish Ketchup Pickles Sauerkraut Sea Vegetables Tortilla Chips Herbamare</p>	<p>Asafoetida Cayenne Cinnamon Garlic Ginger Jalepeño Jack Kim Chi Onions Radish Salsa Tamales Mexican Food Thai Food Szechuan Food</p>