

Ayurvedic Yoga & Nutrition for a Healthy Spring

Ayurveda is derived from two roots: Ayu, meaning life; and Veda, which means knowledge. The knowledge of life, the science of life, is Ayurveda.

Vata = Air + Ether

Responsible for movement

Primary location: colon

Pitta = Fire + Water

Responsible for metabolism

Primary location: small intestine

Kapha = Earth + Water

Responsible for lubrication and structure

Primary locations: upper half of the stomach, chest, throat, and head

Kapha Qualities: heavy, slow, cold, oily, dense, soft, static

Qualities to Balance: light, fast, hot, dry, clear, sharp, mobile

To balance kapha: follow a kapha-pacifying diet; have ample spice in the diet; wake early; exercise daily; avoid over-eating; and practice kapalabhati pranayama.

Best KAPHA Food Choices

Basic principles

Qualities to reduce: cold, moist, heavy

Best tastes for kapha: bitter, astringent, pungent

Have in small quantities: sweet, sour, salty

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| <p><u>Grains</u></p> <p>Toasting your grains/ bread is good to make it drier and lighter.</p> | <p>Ideal: amaranth, quinoa, basmati rice, barley, buckwheat, corn</p> <p>Small quantities: millet, rye</p> <p>Limited amounts: long/ short grain rice, wheat, oats</p> |
| <p><u>Dairy</u></p> <p>Raw, organic milk is best, warmed up taken with some ginger/ cardamom.</p> | <p>Small quantities: skim milk, goat milk</p> <p>Limited amounts: butter, cheese, cream, cottage cheese, ice cream, kefir, sour cream, yogurt, buttermilk</p> |
| <p><u>Sweeteners</u></p> | <p>Small quantities: raw honey</p> <p>Avoid: maple syrup, molasses, raw sugar, white/ brown sugar, fructose</p> |
| <p><u>Oils</u></p> | <p>Small quantities: sunflower, flaxseed, mustard, safflower, canola, corn, soy</p> <p>Avoid: avocado, castor, coconut, olive, peanut, sesame</p> |
| <p><u>Fruits</u></p> | <p>Ideal: apples, cherries, cranberries, grapefruit, dried fruits, prunes, raisins, pomegranate</p> <p>Small quantities: lemon, lime, pineapple, papaya, apricots</p> <p>Avoid: sweet fruits, avocados, bananas, berries, cherries, coconut, dates, figs, grapes, mangos, melons, peaches, plums, tangerines, watermelon</p> |
| <p><u>Beverages</u></p> | <p>Ideal: spicy + bitter herbal teas, green juice, wheat grass juice, cranberry juice</p> <p>Limited quantities: fruit juices, soft drinks</p> |

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| <p><u>Vegetables</u></p> <p>Eat raw if you can digest them without symptoms. Otherwise, reduce gas and bloating and improve digestion by having your foods cooked and warm.</p> | <p>Ideal: alfalfa sprouts, artichokes, asparagus, bean sprouts, brussel sprouts, cabbage, snow peas, lettuce, spinach, kale, chard, dandelion greens, mustard greens, onion, parsley, potatoes, seaweed, radish, hot peppers, carrots, peppers, cauliflower</p> <p>Small quantities: tomatoes, mushrooms</p> <p>Limited amounts: beets, sweet potatoes, okra, cucumber, zucchini, eggplant</p> |
| <p><u>Nuts & Seeds</u></p> | <p>Ideal: pumpkin, sunflower</p> <p>Small quantities: sesame</p> <p>Limit: cashews, pecans, pine nuts, pistachio, macadamia, almonds, brazil nuts, coconut, peanuts</p> |
| <p><u>Meats</u></p> | <p>Ideal: dark meat of turkey/ chicken, fresh water fish</p> <p>Small quantities: eggs</p> <p>Limit: beef, duck, venison, pork, lamb, seafood</p> |
| <p><u>Legumes</u></p> | <p>Ideal: mung beans, split peas, red lentils, soy</p> <p>Small quantities: mung beans, split peas, red lentils, soy</p> <p>Limited amounts: chickpeas, black lentils</p> |
| <p><u>Spices</u></p> <p>Spice it up!</p> | <p>Ideal: anise, basil, bay leaf, caraway, cardamom, cinnamon, clove, cumin, dill, fennel, fenugreek, garlic, ginger, marjoram, mustard, nutmeg, oregano, pepper, peppermint, rosemary, sage, saffron, thyme, turmeric, cayenne pepper, cilantro, horseradish</p> <p>Limited amounts: salt</p> |
| <p><u>Condiments</u></p> | <p>Small quantities: vinegar, ketchup</p> <p>Limited quantities: mayonnaise</p> |

Kapha Balancing Essential Oils

Basil, bergamot, cedar, cardamom, cinnamon, clary sage, clove, myrrh, eucalyptus, fir, geranium, frankincense, ginger, rose, grapefruit, jasmine, juniper, lavender, lemon, sage, lemongrass, lime, marjoram, neroli, tea tree, peppermint, orange rosemary, wintergreen

Kapha Balancing Base Oils

Sunflower, mustard, grapeseed

Kapha Pacifying Yoga Practice

Kapha types may have resistance to following an exercise program initially but once they get in the groove, they're on their way as they are naturally consistent and devoted.

You can really get kapha moving and jazzed up. Motivate, inspire, and invigoration is the key. It's great for them to sweat it out!

This can be achieved through a faster paced, flow class, with holding poses for longer periods of time as well as repeating poses and flows over and over again.

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| Key words | Stimulating, moving, warming, lightening, energizing, releasing, invigorating, assertive, focused, cleansing |
| Region | Work on opening and expanding the chest (lungs, stomach, diaphragm), to remove mucous and improve the flow of breath |
| Time of day | 6-10am & 6-10pm |
| Kapha season | Second half of Winter, Spring |

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| Asanas (example) | <p>Sun salutation (vigorous) Viribhadrasana I & II & III, parsvakonasana, utthita hasta padangusthasana, ardha chandrasana</p> <p>Down dog/ adho mukha svanasana, chaturanga, up dog-vinyasa flow</p> <p>Vasisthasana</p> <p>Inversions: sirsasana/ headstand, sarvangasana /shoulder stand, handstand, halasana, pincha mayurasana/ forearm balance</p> <p>All backbends: ushtrasana, bhujangasana, setu bandhasana, salabhasana, dhanurasana, urdhva dhanurasana</p> |
| Pranayama | Ujjayi, kapalabhati, bhastrika, solar pranayama, nadi shodhana, full yogic breath, abdominal breathing, brahmari |
| Savasana | Short in length |
| Rhythm & feel | Upbeat, invigorating, encouraging |
| Music | Invigorating, motivating, uplifting, light |
| Lighting | Sunlight, bright |
| Signs of balance | Invigorated, motivated, uplifted, < of mucous and congestion |

Spring Meal Ideas

Breakfast:

Toasted oats are wonderful in Spring when everything is so moist and dense. Toast oats lightly in a dry pan until they are slightly browned. Add boiled water at a one-to- one ratio and stir. Allow to sit for five minutes o the heat. Add spices, seeds, nuts, and dried fruits. Dry, light, and warm foods are best for this damp season.

- Savory breakfasts such as quinoa or millet with sprouts and pungent spices are a good breakfast booster.
- Enjoy poached or boiled eggs with sprouts on rye toast.
- Try a breakfast of berries topped with unsweetened granola and a dollop of cinnamon-spiced yoghurt.

Lunch:

This is best as your main meal of the day as digestion is at its prime between noon and 2 p.m.

- Remember to include all six tastes for a balanced and satisfying meal.
- Light dry grains, beans and veggies, or a small portion of animal food makes a good lunch.

Dinner:

This can be a lighter meal taken at least three hours before bedtime.

- Enjoy a variety of spices and condiments with your meal to include all six tastes.
- Spring soups, grains, small portions of animal foods, and a rotating variety of veggies is best.
- Simplicity is key for your daily evening meal. Focus on the bitter, pungent, and astringent tastes.

Everybody Spring Kichari

To sprout or not to sprout? The following is a recipe for a lovely Spring *kichari* which can be enlivened even more if you sprout the whole mung beans ahead of time. Try it both ways and decide for yourself!

Serves 4

- 4 tbsp ghee
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- Half a medium onion finely diced
- 1 inch fresh peeled ginger, finely diced
- 1/4 tsp asafoetida (optional—a good addition though as this reduces the gaseous nature of beans)
- 1 cup split mung dal (sprouted whole mung beans as an option for a lighter *kichari*)*

3/4 cup white basmati rice
1/2 bunch spinach (alternatively, 1-2 cups of other greens or veggies such as asparagus, zucchini, daikon or a combination)
1 1/2 tsp sea salt/rock salt
6 cups water (may add more water for a more watery *kichari*, or less for a drier stew)

1. Soak split mung beans and rice together in cold water overnight.
2. In a heavy-bottomed pan, heat the ghee on medium and add the onions and ginger to sauté until tender.
3. Add the cumin, fennel and coriander seeds and sauté for 2 more minutes.
4. Add the asafoetida and stir in.
5. Drain the split mung beans and rice until the rinse water is clear, and add to the mixture.
6. Sauté for a few more minutes and add the water, cover, and bring to a boil.
7. Once boiling, stir, lower heat, and simmer with the lid on until tender (about 20 minutes).
8. While the *kichari* is cooking, wash and chop the spinach/greens.
9. Add the greens to the top of the mixture and replace the cover. Allow to steam on top for 1-2 minutes if using spinach, and 3-5 minutes for other veggies.
10. Stir in, add salt, and mix in.
11. Garnish with a squeeze of lime, fresh cilantro or parsley, a small dollop more of ghee, and toasted sesame seeds. You can also sprinkle some desiccated coconut on top.

*If sprouting mung beans: use whole mung beans and rinse in cold water until water is clear. Cover beans with cold water until all beans are well immersed. Soak overnight for at least 8-12 hours. Discard soaking water and rinse well with cold water. Place in colander out of direct sunlight and leave to drain for 8 more hours. You will notice tiny sprouts popping up.

Recipes from: *Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda & Yoga Practices that Work*