



Ayurveda's Six Tastes & Their Effects on the *Doshas*

- **Pungent, Bitter, Astringent:** **Increase Vata** **Decrease Kapha**
- **Sweet, Sour, Salty:** **Increase Kapha** **Decrease Vata**
- **Sweet, Bitter, Astringent:** **Decrease Pitta**
- **Sour, Salty, Pungent:** **Increase Pitta**

Sweet: V⇐ P⇐ K⇐	Sour: V⇐ P⇐ K⇐	Salty: V⇐ P⇐ K⇐
<ul style="list-style-type: none"> • Most grains like rice, barley, corn, wheat, etc. • Milk and sweet milk products like ghee, cream, butter • Sweet fruits like coconuts, dates, figs, grapes, pears, mangoes and especially dried fruits (without sulphur) • Cooked vegetables like potato, sweet potato, carrot, beet root, cauliflower, string beans • Sugar in any form—raw, refined, brown, white, molasses, sugar cane juice, etc. 	<ul style="list-style-type: none"> • Sour milk products like yogurt, cheese, whey, sour cream, etc. • Sour fruits like lemons, limes, oranges, pineapples, passion fruit, cherries, plums • Fermented substances like wine, vinegar, soy sauce, cabbage • Carbonated beverages 	<ul style="list-style-type: none"> • Any kind of salt like rock salt, sea salt, salt from the ground • Any food to which salt has been added (i.e. pickles, nuts, chips)
Pungent: V⇐ P⇐ K⇐	Bitter: V⇐ P⇐ K⇐	Astringent: V⇐ P⇐ K⇐
<ul style="list-style-type: none"> • Hot spices like chilies, black pepper, mustard seeds, ginger, cumin, cloves, cardamom, garlic, etc. • Mild spices like turmeric, anise, cinnamon, and "fresh" herbs like oregano, thyme, mint, etc. • Raw vegetables like radish, onion, cauliflower 	<ul style="list-style-type: none"> • Fruits like olive, grapefruit • Green leafy vegetables like spinach, green cabbage, brussel sprouts • Spices like fenugreek, turmeric 	<ul style="list-style-type: none"> • Turmeric, honey (do not heat hotter than lukewarm water), walnuts, hazelnuts, cashews • Pulses, or legumes, i.e. beans, lentils, peas, dahl • Vegetables like sprouts, lettuce, green leafy vegetables, most raw vegetables • Fruits like pomegranate, berries, persimmon, lemon, cranberry, most unripe fruits

Dietary Guidelines

We strongly suggest that you apply the dietary guidelines given by your practitioner to re-balance your *dosha(s)*. Remember that all three doshas are always present in the body. There is simply a different degree of predominance – depending upon your habits, your age, the season and climate where you live.

Therefore, you may have an imbalance of one

dosha, however some people have two or three doshas that need to be brought back into balance.

How Food Qualities Affect Vata, Pitta and Kapha

Remember when consciously favoring or avoiding foods to help balance our *doshas*, we should maintain a balanced diet with all six tastes so as not to aggravate, or imbalance, another *dosha*.