



The Joyful Belly

Artistic inspirations from chefs, amateur cooks, and food writers.

Dosha Characteristics

	Vata	Pitta	Kapha
Spend Energy	Spends	Focuses	Saves
Size	Small	Medium	Large
Mind	Creative	Solve Problem	Love
Function	Movement	Heat	Growth
Pathology	Deficiency	Inflammation	Excess
Symptom	Gas	Infection	Phlegm
Emotion	Spacey	Angry	Complacent
Career	Starving Artist	CEO - Leader	Gov't, Baker
Exercise	Arial Dancer	Methodical	Rarely
Speech	Fast	Filtered	Listener
Sex	Often	Passionate	Seldom / Endurance
Beliefs	Spiritual	Scientific	Religious



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Ayurvedic Medicines

Heavy

Makes the body or mind heavier & lax. Causes **growth**, restores strength, **stability**. 'Heavy for **digestion**.'

Dosha: Heals Vata and Pitta, Aggravates Kapha

Causes: **Nutrition**, Slow **metabolism**, circulation, breath,

Symptoms: Slow, Sleep, Sloth, Obesity, Sadness, **Gravitational stress**

Foods: Meat and protein, Wheat, Cheese, Oil, Potatoes, Garlic, **Nutmeg, Tonics (after cleansing)**

Treatment: Fasting, exercise, pranayama, early to rise, sweat, pungent, bitter, blood thinner, diuretic

Dull/Slow

Pacifies dosha. Depresses activity. Dulls mind. Protects delicate tissue.

Dosha: Heals Vata and Pitta, Aggravates Kapha

Causes: **Blood stagnation (dense)**, **Bad food combo**, heavy gooey food, sleep, overweight

Symptoms: Excess mucous, **thick coating on tongue**, dull mind, thick skin, **burping**, slow digestion, **Overwhelmed (flooded)**

Foods: Wheat, Red Meat, Dairy, Tapioca, Yogurt, Cheese

Treatment: Pungent, Bitter, Pranayama, Exercise, Turmeric

Light

Makes the body or mind lighter. Alternatively used to mean 'light for digestion' or easy to digest (**baby foods**). **Cleanses Wounds**. Clarity. Agility.

Dosha: Heals Kapha, aggravates Vata and Pitta

Causes: Poor nutrition, **digestion**, **absorption**, **spilling prana**, no commitment lifestyle

Symptoms: Light appetite, thin, insomnia, osteoporosis, (pitta type = bright, color)

Foods: **Popcorn, Bitters**, Steamed Veggies, **Soups**

Treatment: **Ghee**, sugar, rice, **rest**

Sharp

Irritates channels (stimulates). Strong or fast acting. Penetrates tissues and mucous. **Breaks up stagnation**. Liquefies wastes. **Increases digestion & metabolism**.

Dosha: Heals Vata and Kapha, Aggravates Pitta

Causes: **Dry**, rough, penetrating, wound, **pungent** or **sour** food, drugs, hunger

Symptoms: Red, inflamed, bruising, sharp pain, irritated, angry, **analytical**

Foods: Chili, black pepper, **turmeric**, hard liquor

Treatment: Sweet, astringent, cold, demulcents, milk



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Ayurvedic Medicines

Cold

Restricts blood flow (**arm in cooler**), **stops secretions**, slows heart rate, soothes inflammation, **diuretic**.

Dosha: Heals Pitta, Aggravates Vata & Kapha

Causes: **low metabolism**, vasoconstriction, dry, dense => poor circulation, **hypoglycemic**, thin, environment, anemia

Symptoms: **Not warm**, cold extremities (**blood moved to core**), vasoconstriction, purple, rigid, no appetite or **thirst**, **stuffy nose**

Foods: **Ice cubes**, Cilantro, Cucumbers, Salad, Milk, Kale

Treatment: **Warm bath**, **Oil Massage**, **Warm broths**, clothing, food, cloves, turmeric, black pepper, salty, sour

Oily

Moisturizes, “**juicy**”, oily & **affectionate**. **Rebuilds fluids**, **prevents evaporation**, **smooth personality**, **clogs**

Dosha: Heals Vata, Aggravates Pitta and Kapha

Causes: Carbs, proteins, fats, molasses blood, bile, water retention

Symptoms: **Skin**, tongue coating, fat, loose stool, glassy eyes, nausea, **gall bladder stagnation**, **green**

Foods: Sunflower seeds, Cheese, Fat, Oil

Treatment: **Fasting**, light, dry foods, **bitters**, pungent

Hot

Dilates, expands, causes blood flow, sweat, **secretions**. **Laxative & Cleansing**, aggravates inflammation.

Dosha: Heals Vata and Kapha, Aggravates Pitta

Causes: Climate, inflammation, **stagnant toxicity**, infection, pungent & sour, clothing, exercise, bile

Symptoms: Sweating, redness, sleepy, anger, itching, rash, eyes, **throbbing?**, thirst, **yellow**

Food: **Hot Water**, Chilies, Bell Pepper, Spinach, Wine, Tomato, Vinegar

Treatment: Bitter, Astringent, Sweet, Sprinkle cold water.

Dry

Absorbs moisture, harsh, unkind. **wear & tear**, **aging**, raisin.

Dosha: Heals Kapha, Aggravates Vata & Pitta

Causes: Excess urine, diuretics, **toxicity**, **dry blood from malabsorption**, **Low thyroid (skin)**, heat, bitter, astringent

Symptoms: No sweat, dry skin, dry mouth, **dry glands**, **gas**, constipation, thin, **light appetite**, **liver**, dark urine.

Foods: **Popcorn**, dried fruits, nuts, diuretics, bitters, astringents

Treatment: **Salt/sugar water**, **proteins**, **carbs**, **fats**, **sour**, **licorice root**, **easy to digest**.



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Food List

Vata		Pitta		Kapha	
Avoid	Favor	Avoid	Favor	Avoid	Favor
Beans	Soups	Chili Pepper	Pomegranate	Refined Sugar	Kale
Salad	Carrots	Bell Pepper	Cranberry	Refined Flour	Beans
Granola Bar	Zucchini	Tomato	Cilantro	Red Meat	Oatmeal
Popcorn	Sweet Potato	Vinegar	Potato	Wheat	Grapefruit
Wheat	Lime	Wine	Raisin	Dairy	Ginger
Peanuts	Salt	Beer	Cucumber	Potato Chips	Cabbage
Watermelon	Ghee	Salt	Ghee	Pizza	Broccoli
Corn	Oatmeal	Pickles	Sweet Potato	Salt	Honey
Broccoli	Dates	Spinach	Asparagus	Pancakes	Corn
Cauliflower	Banana	Orange	Carrot	Pasta	Dandelion
Whole Nuts	Almond Drink	Sour Cream	Milk	Yogurt	Celery
Dried Fruits	Ginger	Beef	Watermelon	Cheese	Fennel