

Vata Balancing Diet and life style

It is most important for Vata's to eat regularly (little and often). The Vata dosha has the weakest digestion, so eat warm moist foods, definitely not dry, cold, hard foods that are difficult to digest or drink ice-cold water that will kill the digestive fire.

Taste preferences:

Sweet, Sour and Salty.

Foods to avoid:

Avoid anything pungent. It has a drying affect on your system. Ideally, in the summer, prefer Sour and salty tastes. Consume salty and pungent foods in the winter. Use sweet taste as a Supplement during both seasons. Heavy and hard to digest foods such as Wheat, meat (especially red meat) and refined sugar severely decrease the digestive fire (agni) that produce mucus and toxins (aam).



Deep fried foods are also heavy to digest and highly Vata increasing. Raw vegetables, sprouted beans and salads are hard to digest, are cooling and produce excess Vata. Broad, black-eyed and kidney beans, chickpeas, cauliflower, broccoli, Brussels sprouts, cabbage, aubergine and peppers should be avoided even when cooked.

Ice cold foods and drinks are immediate 'killers' for Vata's digestive fire. They are best avoided totally, but if taken then not directly before, after, or together with meals. Of the frozen desserts. Avoid eating candies as it disturbs Vata. Prefer salted nuts that are heavy and oily as opposed to dry salty snacks.

All sweet fruits are OK for Vata. Avoid unripe fruits as they are astringent. Take warm or hot

Vata

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water instead of ice water and drinks.

Vata Dosha is aggravated and increased during autumn and early winter.

Mental and emotional peace and constructive lifestyle routines are important to restoring and maintaining balance.

Avoid drinks with high caffeine as Vata gets disturbed by it.

Avoid ready made, tinned and micro waved foods! They are devoid of real nutritional value, Deplete the digestive fire and produce toxins in the body. If the basic constitution is mixed (vatapitta or pitta-kapha), include portions for the second influential dosha.

Since Vata is a cold, hard, dry dosha; warm, soft, nourishing foods, such as above, are good for stabilising Vata. On the other hand cold foods such as cold salads, iced drinks, raw vegetables and greens are not very good for persons with a Vata imbalance.



Foods to enjoy:

Need to eat food often. Their blood sugar drops easily and it is not good for them to go long periods without food. Snacking is important to them. 'Little and Often' is their motto.

Dairy products like butter, cheese, yogurt and clarified butter (ghee) are generally good for you.

Oil is a vital requirement of Vata bodies. Your prakriti needs frequent oil massages.

You should favour warm foods, moderately heavy textures, added butter and fat. All soothing foods are good for settling disturbed Vata.

Use foods such as: warm milk, cream butter, warm soups, stews, hot cereals and fresh baked bread.

Breakfast is highly recommended. Use hot cereals such as cream of rice or oat meal or any other breakfast that is warm, milky and sweet. Take a hot or herbal tea with snacks in the late afternoon. Use warm moist soupy foods such as cooked grains and cereals, bowl of hot oatmeal or cup of steaming vegetable soup .Warm milk is good. You can add a little sugar or

ghee to it if you prefer.

If meat is eaten at all, one should stick to white meat only, ie chicken and turkey.

Lifestyle:

1. Maintain a regular routine. Eating three meals at about the same times each day Following a similar pattern of work and rest from day to day.

2. Do not skip meals. Eat a nourishing lunch at mid-day and lighter meals at breakfast and dinner. Sit down to eat each meal, eat in a peaceful atmosphere with your attention on your food, and sit quietly for a few minutes after your meal. If your digestive fire is irregular, practicing these eating habits will help make it more regular.

3. Daily elimination is very important to prevent ama from accumulating in the body. Take castor oil 1 tea spoonful at bedtime with warm water. it also helps to avoid Arthritis.

4. Massage every morning before you bathe or shower. Use almond, Olive or Sesame oil for your massage. apply a generous coating of a pure, gentle moisturizer all over your body to keep your skin feeling smooth all day long.

5. Protect yourself from the cold and wind. Stay warm and toasty in cold weather by wearing several layers of clothing. Wear a cap and scarf when you go out to protect your ears and throat. Wear lip balm to prevent lips from getting dry and chafed.

6. Walking is the ideal exercise for balancing Vata. Walk in the early morning, for about 20 minutes every day.

7. You may have to wooo sleep if Vata dosha is aggravated. It is important to get to bed early, so that you can get adequate rest each night. A cup of warm milk, with a pinch of nutmeg, can be helpful before bedtime.

8. Set aside about 30 minutes each day for meditation, to help calm the mind and enhance body-mind-spirit coordination.

Herbs to balance vata:

Apan Arthronav Ayumedha Rasnadi Yograj

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Panchkarma

Medicated oil Massages abhyanga steam Bastis