



The Tastes of Ayurveda

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Sweet
MADHURA



Sour
AMLA



Salty
LAVANA



6 TASTE IN AYURVED



Pungent
KATU



Bitter
TIKTA



Astringent
KASHAYA



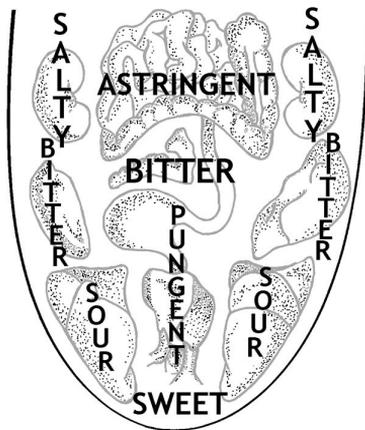
THE FUNDAMENTALS OF TASTE

Rasa is the object of the gustatory sense organ which is located in the tongue. Rasa, the Sanskrit word for taste, has a number of potent meanings, among them: experience, enthusiasm, juice, plasma (as in rasa dhatu), and essence.

It is considered critically important in determining the effect that various foods, spices, therapeutic herbs, and experiences will have on our state of balance—body, mind, and spirit.

In many ways, taste is a living representation of experience: that of the substances we take in, and our own, as we taste them. Ayurveda teaches us to fully acknowledge, appreciate—even relish—the variety of flavors we encounter throughout each day. Only then can we truly harness taste's potential to affect positive change in our minds and bodies.

TONGUE: RELATED TASTE & ORGANS



THE 6 TASTES AND THEIR PREDOMINANT ELEMENTS

Sweet (Madhura)		Pungent (Katu)	
Sour (Amla)		Bitter (Tikta)	
Salty (Lavana)		Astringent (Kashaya)	

GUNAS Environment. It means linking one's experiences with food in meaningful ways by highlighting what one already felt about food, giving it meaning, and showing experiences' therapeutic value. This experiential approach is called guana (quality). The technique is simple, practical, and intuitive, so you can quickly grasp the nature of food, your imbalances, and what you need to heal.

LIGHT

(laghu): alert, attentive, spaciness, ungrounded, insecurity, fear, anxiety, reduces bulk

HEAVY

(guru): growth, sleep, nourishment, groundedness, stability, centered, dullness, slow digestion, stubborn

SHARP

(manda): sluggish, relaxation, dull, calm, quiet, silence, rich & fatty foods, thoughtful

DULL

(manda): sluggish, relaxation, dull, calm, quiet, silence, rich & fatty foods, thoughtful

DRY

(rūkṣa): dehydration, constipation, stimulates fire, choking, constriction, spasm, pain, dry rough skin, fear, nervousness, loneliness, isolation, separation, rejection, independence

OILY

(snigdha): relaxation, smoothness, moisture, lubrication, vigor, compassion, love, nourishing, manipulation

HOT

(uṣṇa): gastric fire, improves circulation, digestion, absorption, assimilation, liquifies kapha (like wax), cleansing, irritable, anger, ulcers, quick to criticize, inflammation

COLD

(śīta): numbness, unconsciousness, contraction, stagnation, fear, insensitivity, mucus, slows digestion, reduces immunity, sore throat, congestion

DOSHAS

VATA

Dry | Light | Cold Rough Subtle | Moving | Clear

Subtle energy associated with movement. Governs breathing, blinking, muscle and tissue movement, heartbeat and all movements in cytoplasm and cell membranes



KAPHA

Heavy | Slow | Cold | Oily | Smooth | Soft | Thick/Dense | Stable | Cloudy

Forms body's structure bones, muscles, tendons and holds cells together. Kapha supplies water for all bodily systems. Lubricates joints, moisturizes the skin and maintains immunity.

PITTA

Oily | Sharp | Hot | Light | Moving Liquid

Expresses the body's metabolic system. Governs digestion, absorption, assimilation, nutrition, metabolism and body temperature.



SWEET (MADHURA)



Balances

Aggravates



Virya (temperature) cooling

Vipaka (post-digestive effect)



Gunas



Emotions of Excess

attachment, greed, possessiveness

Location on the Tongue

front tip

Affinity for Organs thyroid, upper lungs

Fruits

bananas, cantaloupe, dates, figs, mangos, melons, prunes

Vegetables

beets, carrots (cooked), cucumber, olives, sweet potatoes

Grains

corn, rice, wheat

Legumes

garbanzo beans, lentils (red), mung beans, navy beans, tofu, urad dal

Nuts & Seeds

almonds, cashews, coconut, pumpkin seeds

Dairy & Eggs

ghee, milk, eggs

Meats

beef, buffalo, pork, salmon

Spices & Flavoring

basil, bay leaf, caraway, cardamom, cinnamon, coriander, fennel, mint, nutmeg, saffron, tarragon, vanilla

SOUR (AMLA)



Balances

Aggravates



Virya (temperature) heating

Vipaka (post-digestive effect)



Gunas



Emotions of Excess

criticism, jealousy, rejection, hate, agitation, selfishness, hyperactivity

Location on the Tongue

front edges, along the tapered curve

Affinity for Organs lungs

Fruits

grapefruit, lemon, lime, raisins, tamarind

Vegetables

pickles, tomatoes

Grains

dough breads

Dairy & Eggs

butter, cheese, sour cream, yogurt

Other

alcohol, vinegar, most fermented foods

Spices & Flavoring

lemon juice, lime juice, garlic, savory

Salty (Lavana)



Balances

Aggravates



Virya (temperature) heating

Vipaka (post-digestive effect)



Gunas



Emotions of Excess

temptation, addiction, attachment, greed, possessiveness, irritability

Location on the Tongue

rear edges of the tongue

Affinity for Organs kidneys

Vegetables

celery, seaweed

Dairy & Eggs

cottage cheese

Meat & Fish

tuna

Spices & Flavoring

table salt, sea salt, rock salt, gamasio, soy sauce, tamari

Astringent (Kashaya)



Balances



Aggravates



Virya (temperature) cooling

Vipaka (post-digestive effect)



Gunas HEAVY COLD DRY

Emotions of Excess

fear, anxiety, nervousness, depression, fixation, rigidity, resentment, harshness

Location on the Tongue

central region at the back of the tongue

Affinity for Organs colon

Fruits

apples, bananas (green), cranberries, pomegranate

Vegetables

alfalfa sprouts, avocado, broccoli, brussels sprouts, cabbage, carrots (raw), cauliflower, green beans, lettuce, peas, potatoes, most raw vegetables

Grains

pasta (wheat), rye

Legumes

most beans are astringent

Nuts & Seeds

popcorn

Meats

chicken (light meat), venison

Spices & Flavoring

basil, bay leaf, caraway, coriander, dill, fennel, marjoram, nutmeg, oregano, parsley, poppy seeds, rosemary, saffron, turmeric, vanilla

BITTER (TIKTA)



Balances



Aggravates



Virya (temperature) cooling

Vipaka (post-digestive effect)



Gunas LIGHT DRY COLD

Emotions of Excess

cynicism, rejection, boredom, isolation, separation, loneliness

Location on the Tongue

middle edges on the left and right sides (and a small band across the middle of the tongue, connecting these edges)

Affinity for Organs pancreas, liver, spleen

Vegetables

bitter melon, burdock root, leafy greens (like kale, collards, dandelion greens or yellow dock), eggplant, Jerusalem artichokes

Other

sesame seeds, sesame oil, coffee, dark chocolate

Spices & Flavoring

cumin, dill, fenugreek, saffron, turmeric

PUNGENT (KATU)



Balances



Aggravates



Virya (temperature) heating

Vipaka (post-digestive effect)



Gunas HOT DRY LIGHT SHARP

Emotions of Excess

irritability, aggressiveness, anger, rage, competitiveness, envy

Location on the Tongue

central region of the tongue

Affinity for Organs stomach, heart

Vegetables

chilies, garlic, leeks, onions, kohlrabi, mustard greens, radishes, turnips, raw spinach

Grains

buckwheat, spelt

Nuts & Seeds

mustard seeds

Spices & Flavoring

most spices, especially black pepper, cardamom, cayenne, cloves, ginger, hing, mustard seeds, and paprika

ABOUT THE HERBS



RED SORREL

Rumex acetosella

RASA



DOSHAS

PACIFIES (-)



AGGRAVATING (+)



GUNA

LIGHT

HOT

BENEFITS

- Useful in relieving symptoms of fever;
- Promotes Digestion
- Aids in relieving IBS symptoms
- Beneficial in treating skin Infections
- Sorrel Leaves Aid in:
 - Bad Breath
 - Headaches
 - Insomnia
 - Ulcers



COLLARD GREENS

RASA



DOSHAS

PACIFIES (-)



AGGRAVATING (+)



GUNA

LIGHT

DRY

BENEFITS

Diuretic

promote urine formation, thereby flushing the kidneys and urinary tract while eliminating any excess water retention. As diuretics reduce water retention, they are often used to reduce blood pressure

KALE

RASA



Bitter
(Tikta)



Astringent
(Kashaya)

DOSHAS

PACIFIES (-)



KAPHA
(Anabolic)

PITTA
(Metabolic)

AGGRAVATING (+)



VATA
(Catabolic)

GUNA



LIGHT

DRY

COLD

BENEFITS

- Aid as appetite suppressant
- Detoxicant
- Stimulates energy
- Assist with immune system
- Support weight loss

CALLALOO

RASA



Bitter
(Tikta)



Astringent
(Kashaya)

DOSHAS

PACIFIES (-)



KAPHA
(Anabolic)

PITTA
(Metabolic)

AGGRAVATING (+)



VATA
(Catabolic)

GUNA



LIGHT

DRY

COLD

BENEFITS

- Storehouse of nutrients
- Low in calories
- High in fiber
- Good for anemics
- Boosts immunity
- Rich In vitamin A, K, B, potassium
- Reduces bad cholesterol
-

GOOSEBERRIES

RASA



DOSHAS

PACIFIES (-)



GUNA



BENEFITS

supports the body from head to toe, gut to brain, skin to teeth to hair—and beyond!

ROSEMARY

RASA



DOSHAS

PACIFIES (-)

AGGRAVATING (+)



GUNA



BENEFITS

- Aid reduce flatulence
- improve quality of memory
- Aid in reducing anxiety and stress
- improves hair growth. Useful in eczema
- useful in promoting healing of open wounds

THYME

RASA



Pungent
(Katu)

DOSHAS

PACIFIES (-)



KAPHA
(Anabolic)



VATA
(Catabolic)

AGGRAVATING (+)



PITTA
(Metabolic)

GUNA



BENEFITS

- Encourages healthy digestion
- Strengthens spleen function
- Assist with cleanse & detox
- Aid in mucus reduction
- Strengthens the lungs

ZA'ATAR OREGANO

RASA



Bitter
(Tikta)

DOSHAS

PACIFIES (-)



KAPHA
(Anabolic)



VATA
(Catabolic)

AGGRAVATING (+)



PITTA
(Metabolic)

GUNA



BENEFITS

- Encourage healthy digestion
- Slows the growth of bacteria
- Aids in healthy heart



Astringent
(Kashaya)

BASIL

RASA



Bitter
(Tikta)



Pungent
(Katu)

DOSHAS

PACIFIES (-)



KAPHA
(Anabolic)

PITTA
(Metabolic)

AGGRAVATING (+)



VATA
(Catabolic)

GUNA

LIGHT

DRY

BENEFITS

- Improves digestion strength
- Antimicrobial
- Relieves vomiting
- Useful in cough and cold, asthma
-

CHIVES

RASA



Pungent
(Katu)

DOSHAS

PACIFIES (-)



KAPHA
(Anabolic)

VATA
(Catabolic)

AGGRAVATING (+)



PITTA
(Metabolic)

GUNA

LIGHT

DRY

BENEFITS

- Improves digestion strength
- Supports spleen health
- Assist in cleanse & detox of the body
- Useful in cardiac health

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RECIPES



Beet-and-Red Sorrel Salad with Pistachio

INGREDIENTS

- 2 pounds baby beets, preferably a mix of golden, Chioggia and red beets
- 4 ounces brioche, cut into 3/4-inch cubes (2 cups) or into thin slices
- 1/4 cup roasted pistachios
- Salt and freshly ground pepper
- 1 1/2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons pistachio oil
- 1 1/2 tablespoons balsamic vinegar
- 3 cups sorrel

DIRECTIONS

1. Preheat the oven to 350°. Spread the beets in a baking dish. Add 1/2 cup of water and cover with foil. Roast for 1 1/2 hours until tender. Let cool, then peel the beets and cut into wedges and slices. Transfer to a bowl.
2. Meanwhile, spread the brioche cubes on a baking sheet and toast for about 8 minutes, until the cubes are golden.
3. In a blender, combine the pistachios with 3/4 cup of water and blend at high speed for 1 minute. Strain the sauce into a small bowl and refrigerate until chilled. (It will thicken slightly as it chills.) Season the sauce with salt and pepper.
4. In a small bowl, whisk the olive oil with the pistachio oil and balsamic vinegar. Season with salt and pepper. Toss 3 tablespoons of the vinaigrette with the beets. Spoon the pistachio sauce onto plates. Mound the beets in the center and top with the sorrel. Drizzle the remaining vinaigrette all around and garnish with the brioche croutons. Serve right away.





Sweet Potato, Kale & Black Bean Saute with Roasted Walnuts

INGREDIENTS

- 1 tsp APPLE CIDER VINEGAR
- 2 c BLACK BEAN
- 1 tsp COCONUT OIL
- 1 inch GINGER (FRESH)
- 1/4 lbs KALE
- 1/4 tsp SALT (MINERAL SALT)
- 1 c SWEET POTATO
- 1/2 c WALNUTS

DOSHAS



Astringent
(Kashaya)

PACIFIES (-)



KAPHA
(Anabolic)

PITTA
(Metabolic)

AGGRAVATING (+)



VATA
(Catabolic)

DIRECTIONS

1. Grate the sweet potato and chop 1/2 bunch of kale and the ginger.
2. In a medium skillet on medium heat toast the walnuts until they begin to brown, stirring frequently. Remove from heat, chop with a knife and set aside.
3. Heat a medium size pot on medium heat and add the coconut oil. Place the kale, ginger, sweet potato and can of black beans (including the liquid) into a the pot. Add vinegar. Bring to a boil, cover and cook on medium heat stirring occasionally until the vegetables are tender.
4. Serve garnished with toasted walnuts.



4-6 Serving



GINGER BASIL LIMEADE

INGREDIENTS

- 1/2 c BASIL
- 2 inch GINGER (FRESH)
- 1 whole LIME
- 2 tsp RAW SUGAR

Salt the rim of your glasses to complete this mock-tail while satisfying all six tastes!

DOSHAS
PACIFIES (-)



KAPHA
(Anabolic)



PITTA
(Metabolic)



VATA
(Catabolic)

DIRECTIONS

1. Use a fine grater to make about 1 teaspoon of lime zest. Juice limes. Chop ginger into chunks.
2. Add 1c water to a blender with ginger, lime juice, lime zest, raw sugar and a small handful of fresh basil leaves. Blend until smooth
3. Combine ginger-lime juice with an additional 3 cups of water in a pitcher. Garnish with fresh basil. Chill and serve.



1 Serving



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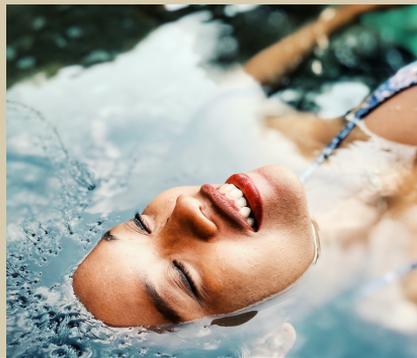
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I provide personalized and practical solutions to help you reach YOUR wellness goals through lifestyle and behavior adjustments.

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