

Ayurveda derives from two Sanskrit words “ayus” and “veda” together meaning “science of life.” Ayurveda is most commonly known as the sister science of Yoga. Ayurvedic/Yogic knowledge emerged from ancient Indian texts called the Vedas. These books explain the union of the body, mind, senses and soul as well as many descriptions of disease.

Digestive disturbance is often thought of as the root cause of disease. Vedics believe that digestive disturbance can be divided into three categories called Doshas. The three Doshas are Vata, Pitta and Kapha. Although it is best to eat for the imbalanced Dosha in the body, it is also important to eat for the season. Vata has the qualities of cold, light and dry and is associated with late fall and winter. Vata digestive disturbance can show as gas, belching and constipation. Pitta is fire; it is hot and correlates to summer. Pitta disturbance is often seen as gas, as well as acid reflux, burning indigestion, and loose stool. Kapha is heavy and moist paralleling late winter and spring. Indigestion of Kapha nature is heaviness and/or sleepiness after eating, a slow metabolism, and excess mucous.



We are currently entering Kapha season. The snow melts creating mud and the temperatures are just beginning to warm up. Similarly, the body and mind can feel “muddy” and heavy, it is easy to acquire mucous in the spring, which can lead to lethargy and allergies. To counter balance the

qualities of spring it is necessary to increase the body’s metabolism, circulation, and enjoy more time outdoors. Eating cooked, well-flavored foods increases the body’s metabolism or agni. Spices like turmeric; fresh ginger, cloves, curry, cinnamon, rosemary and bay leaves can

boost the digestive fire and increase a meal’s digestibility. Although raw fruits and vegetables are nutrient rich, hold off for just a few more weeks. As temperatures increase, so will the body’s ability to digest raw foods and absorb all the nutrients that they offer. Avoid iced beverages substituting them with ginger, mint or tulsi tea.

In the spring it is also wise to begin eating lighter, dry foods, and variety of greens. Think of it as a spring cleaning for your body and mind. Eating more greens like kale, chard, spinach and green cabbage can stimulate the appetite and help detoxify the body. Greens help with weight loss, water retention and parasites. Legumes such as black beans, pinto beans, lentils, mung beans and adzuki beans are astringent and can aide the body in removing excess mucous, tightening the tissues, and can have antibacterial effects on the digestive system. It is also important to eat a wide variety of grains this time of year. Grains high in gluten can contribute to the mucous in our body. Alternating wheat products with some millet, quinoa or rye this season is an easy solution.



Lastly, consider doing a cleanse. Speak to your favorite health care practitioner to see if cleansing is right for you, as well as what type of cleanse is appropriate for your body type. Everything is right for someone, and nothing is right for everyone. Eating fresh local food is your first step toward optimal health.

Tona Leiseth

Clinical Ayurvedic Specialist
medicinefromlife@hotmail.com

Imagine . . .

Knowing where your food comes from, who is producing it, and their ethics and farming practices

Working in support of the health of your local community food shed where energy stays local and supports our rural economy