

Tips for Pacifying Vata

Vata-Pacifying Diet

- General: Warm foods and drink, some unctuous (oily) food, foods with predominantly sweet, sour, and salty tastes. Eat larger quantities of food at mealtimes (do not snack unless hungry between 3 meals—not as a substitution for a meal) but not more than you can digest easily. Eat warm lunch daily.
- Dairy. All dairy products pacify Vata. Always boil milk before you drink it, and drink it warm. Don't drink milk with meals. Avoid hard cheeses.
- Sweeteners. All natural sweeteners are good (in moderation) for pacifying Vata. Try whole cane sugar, turbinado sugar, molasses, honey.
- Grains. Rice(basmati especially) and wheat are very good. Reduce intake of barley, corn, millet, buckwheat, rye and oats.
- Fruits. Favor sweet, sour, or heavy fruits, such as oranges, bananas, avocados, grapes, cherries, peaches, melons, berries, plums, pineapples, mangos and papayas. Raisins soaked in water overnight ok. Reduce dry or light fruits such as apples, pears, pomegranates, cranberries, and dried fruits.
- Vegetables. Beets, cucumbers, carrots, asparagus, winter squashes, zucchini, and sweet potatoes are good. They should be cooked, not raw. The following vegetables are acceptable in moderate quantities if they are cooked, especially with Ghee or oil and Vata reducing spices: peas, green leafy vegetables, broccoli, cauliflower, celery, zucchini and potatoes. It's better to avoid sprouts and cabbage.
- Spices. Cardamom, cumin, ginger, cinnamon, salt, cloves, hing, fenugreek, mustard seed and small quantities of black pepper are acceptable.
- All nuts are good.
- Beans. Reduce all beans (especially large beans), except for tofu and mung dahl. Add hing (Asafoetida) to beans. Hing may be available at health stores or at Ayurveda.com in the products area
- Oils. All oils reduce Vata. Favor more ghee, sesame and olive oil.

Tips for Balancing Vata

- Drink Vata Tea and season meals with Vata Churna, diffuse calming Vata aroma oils in the environment such as lavender
- Abhyanga (daily ayurvedic massage with sesame oil)
- Warm temperatures
- Warm, cooked foods (fewer raw foods)
- Early bedtime, lots of rest
- Favor warm, oily, heavy foods and sweet, sour, and salty tastes
- Reduce light, dry, cold foods and pungent, bitter and astringent tastes
- Regular daily routine
- Avoid stimulants
- Regular, daily elimination
- Stay warm in cold, windy weather
- Consider a guided meditation tape at bed time. "Getting into the Vortex " CD by Esther and Jerry Hicks or Your Present: A Half-Hour of Peace: A Guided Imagery Meditation for Physical & Spiritual Wellness by Susie Mantell are both wonderful and available at Amazon

Vata Tea

Equal parts ginger, cumin and coriander or

Equal parts licorice, cardamom, cinnamon plus a slice of ginger or ground ginger

Vata Churna

Ingredients:

2 Tbl whole fennel seeds

1 Tbl whole coriander seeds

1 Tbl whole cumin seeds

1 Tbl ground turmeric

1 Tbl dried basil

2 tsp powdered ginger

2 tsp salt

1 tsp asafetida (hing) available at Ayurveda.com

Preparation:

1. Put all ingredients in and electric grinder or spice mill and grind them'
2. Store in airtight container such as a (colored) glass jar

Use: you can use this spice mixture in preparing meals. Sautee churna in a little ghee or oil and warm the spices to release their properties then add to your soup or kitchari or whatever you are preparing.

Vata Pacifying Oils:

Base oil for the skin

Sweet Almond Oil: Rejuvenator, cell renewal

Sesame Oil: Rejuvenator, good for bones

Essential Oil for aromas or to add to base oil

Sweet Orange: Sedative

Geranium: Astringent, awakens skin, aphrodisiac

Rose: Soothing, reduces redness

Cardamom: Stimulant, gives clarity