

MEDICINAL SPICES
CLEAR MIND STRONG BODY

Workbook

RASAYANA

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Medicine at Your Fingertips

I believe spices are our superheroes. These little plants, roots, and seeds play a huge role in the maintenance of health and alleviation of disease. They have a mountain of therapeutic benefits such as aiding in digestion, clearing infection, killing off parasites, and healing wounds to name a few. No wonder why people have sailed across the globe for them!

KRIS QUINONES, AYURVEDIC HEALTH COUNSELOR
RASAYANA AYURVEDA



6 Categories of Understanding the Universe

1

SUBSTANCE (DRAVYA)

Dravya guna karma shastra is the science of substances like drugs or herbs, their properties & qualities, and their actions. Dravya acts as the abode or support for other phenomena to occur (i.e. rasa, karma, guna).

3

ACTION (KARMA)

Substances possess certain effects. They are heating or cooling in nature

5

SPECIFICITY (VISHESH)

Dravyas having opposing qualities tend to deplete each other.

QUALITY/PROPERTY (GUNA)

2

Qualities or attributes is how our human brains decipher our outer experiences.. Most often, in comparison to something else. Once we understand the quality of something, we can work with it intelligently and it becomes easier to evaluate our environment.

COMMONALITY (SAMANYA)

4

Dravyas sharing commonality with others, tend to increase each other's qualities. If you're already cold, and drink a glass of ice water, Samnya theory states you'll become more cold.

ONENESS (SAMAVAYA)

6

When a quality cannot be separated from its substance. For example, light and heat cannot be separated from fire according to samavaya theory.



Order of Treatment

Ahara

DIET

Rhythmic and seasonal eating is the first step in natural healing and pain management. Without a strong digestion and balanced nourishment, medicine won't matter.

Vihasa

LIFESTYLE

Daily rituals and habits are a mainstay of a yogi's life. Develop discipline, banish decision-fatigue, and design a lifestyle that works for your unique needs and talents.

Aushadha

PLANTS

Once a healthy diet, bedtime, and risetime have been established, botanical supplements are the third approach in the order of treating disease. Without the framework of diet and lifestyle, the intelligence of the plant will not be fully realized.

Rasa (Taste)

DOSHIC BALANCE DEPENDS ON THE CONSUMPTION OF VARIOUS RASAS

- A sensation the tongue experiences
- Water & Earth elements allow for taste
- Doshas increase or decrease by certain rasas
- Synonyms include:
 - juice
 - nectar
 - plasma
 - flavor
 - essence
 - melody



Sweet (Madhura)

BUILDING, NOURISHING, PROMOTING QUALITY

Increases kapha; reduces vata & pitta. Any carbohydrates, sweet fruits, grains, root veggies, beets, sugar, honey, milk, sweet soft cheeses, and red meat are examples of the sweet taste in Ayurvedic medicine. Its post digestive effect (vipaka) is Sweet and its potency (virya) is cooling, helping it to build tissue, heal wounds, moisten skin, and create well-formed stools and clear urine.

EXCESSIVE SWEET RESULTS IN

Congestion, sinus headaches, coughs, colds, bronchitis, pneumonia, candida, weight gain, indigestion, diabetes, hypertension, may promote tumor growth, may cause attachment and greed.

THERAPEUTIC QUALITIES

Proper amounts of sweet promote tissue building and repair. It stimulates salivation, circulation, relieves thirst and heartburn. It increases milk production and strengthens the heart. Works as a mild laxative and expectorant.



Sour (Amla)

REDUCING QUALITY

Increases kapha & pitta; reduces vata. Examples include yogurt, fermented foods, vinegar, limes/lemons, and sharp cheeses. Its post digestive effect (vipaka) is Sour and heating, allowing it to strengthen agni and reduce Ama.

EXCESSIVE SOUR RESULTS IN

Heartburn or hyperacidity, ulcers, hot flashes, skin infections, liver or gallbladder problems. Person becomes judgemental and critical.

THERAPEUTIC QUALITIES

Proper amounts of sour help digestion and stimulate acid secretions. It reduces gas, increases circulation, anticoagulant, sharpens the senses.



Salty (Lavana)

BUILDING, NOURISHING, PROMOTING QUALITY

Increases kapha & pitta; reduces vata. Examples mineral and sea salts, sea vegetables, kelp. Its post digestive (vipaka) effect is Sweet and heating, allowing for the building of tissues, healing wounds, and moistening skin.

EXCESSIVE SALTY RESULTS IN

Kidney stones, water retention, skin problems, hair loss, early graying, hypertension.

THERAPEUTIC QUALITIES

Softens tissue due to retaining water, sedative, calming to the nerves. It improves digestion, increases thirst and salivation, and maintains electrolyte balance in the body. Relieves spasms, detoxifies.



Pungent (Katu)

CATABOLIC, REDUCING QUALITY

Increases pitta & vata; decreases kapha. Examples include: ginger, black pepper, cloves, cayenne pepper, garlic. Its digestive effect (vipaka) is Pungent and heating, reducing fat and excessive fluids from the body.

EXCESSIVE PUNGENT RESULTS IN

heartburn, ulcers, and hot flashes. Excessive dryness in the body, person becomes excessively angry, violent, hateful or envious. Damage to nerves.

THERAPEUTIC QUALITIES

Improves metabolism, helps digestion and absorption, reduces congestion and acts as an anticoagulant. Relieves pain, raises body temp, kills worms, promotes sweating.



Astringent (Kashaya)

TONING, REDUCING QUALITY

Increases vata; decreases pitta & kapha. Examples include: peel of a fruit, pomegranate, turmeric, golden seal, leafy green veggies, blue berries, cranberries, legumes. Its post digestive effect (vipaka) is Pungent and cooling, reducing fat and excessive fluids from the body.

EXCESSIVE PUNGENT RESULTS IN

Osteoporosis, constipation, heart problems, blood clots, muscle spasms, dry mouth.

THERAPEUTIC QUALITIES

Constricts blood vessels and acts as a hemostatic. Promotes healing and is antibacterial and antibiotic.



Bitter (Tikta)

TONING, REDUCING QUALITY

Increases vata; decreases pitta & kapha. Examples include: Myrrh, golden seal, fenugreek, leafy greens.

EXCESSIVE PUNGENT RESULTS IN

An agitated mind, spacey mind, loneliness, coldness, person may become bitter and cynical.

THERAPEUTIC QUALITIES

Purifies the blood, detoxifies the body, liver tonic, antibiotic and antiseptic, decreases body temp.



Cooking With Spice Blends

Cooking with spice blends saves time and money on ingredients. You can create some variety at mealtimes and beat menu boredom by preparing the same dish in multiple quantities, and spicing each portion differently. You also have a FLEXIBILITY in the amount of spices you're using. You can always double the amount to increase the flavor. The recipes in this workbook are generally enough for 2 servings.

To simplify, you can start by using ground spices only. Once you get the hang of which blends you enjoy most and you have more time, it is even tastier to use fresh herbs and whole spices, and grind them just before cooking.

CULINARY SPICES

TURMERIC (CURCUMA LONGA)

Annual shrub, a rhizome that grows underground. Leaves are 30-40 cm and smell like ginger. Local applications cleans wounds and acts as an anti-inflammatory, analgesic, and complexion enhancer. Promotes digestive health and is used often to clear ama. It is also a natural blood thinner, and should never be used by individuals on blood thinner medication. Pill form causes irritation of the stomach in high doses so it's best to consume small amounts on a daily basis in your diet.

Rasa - Bitter, Pungent, Astringent

Vipaka - Pungent

Virya - Heating

AJWAIN (TRACHYSPERMUM AMMI)

The seeds are used to stop stomach cramps, remove parasites, and reduce gas. It also contracts the uterus after delivery.

Rasa - Pungent, Bitter, slightly Astringent

Vipaka - Pungent

Virya - Heating

V+P+K-



CULINARY SPICES

BLACK PEPPER (PIPER NIGRUM)

Coming from the fruit of the pepper plant, black pepper clears a frothy tongue, liver problems, and intestinal colic. It is especially good at purifying the skin thru sweating, loosening mucus and enkindling Agni. Pitta should use in small amounts.

Rasa - Pungent, Bitter

Vipaka - Pungent

Virya - Heating

V-P+K-

CARDAMOM (ELETTARIA CARDAMOMUM)

Coming from the fruit of the plant, cardamom reduces gas and is used in many Indian desserts. It's an expectorant and stimulant, improving absorption and indigestion. Helpful in respiratory support like asthma or bronchitis and it relieves burning sensation in the skin.

Rasa - Sweet, Pungent

Vipaka - Sweet

Virya -Cooling

V-P-K-

CULINARY SPICES

CINNAMON (CINNAMOMUM ZEYLANICUM)

The bark, oil, and leaves are used from the plant and helps control blood sugar and chronic cough. Used for mouthwash and toothpaste to mitigate bad breath, it improves Agni and acts as an expectorant and diuretic. Its oil is used as an analgesic.

Rasa - Pungent, Bitter, Sweet

Vipaka - Pungent

Virya - Heating

V-P+K-

CLOVE (SYZYGIVM AROMATICUM)

The buds and oil are used from the plant and is used to reduce ama and fever. It is used as an analgesic, for toothache, and to stimulate the liver. An excellent respiratory support for cough or asthma and it purifies breast milk.

Rasa - Astringent, Bitter, Sweet, Pungent

Vipaka - Pungent

Virya -Cooling

V=P-K-

CULINARY SPICES

CORIANDER (CORIANDRUM SATIVUM)

The seeds and leaves are used from the plant and is used as a carminative and diuretic. Used for nausea, inflammation of the kidneys or retention of urine, this plant is good for rashes, urticaria, burns, and head aches caused by pitta aggravation.

Rasa - Astringent, Pungent, Bitter, Sweet

Vipaka - Sweet

Virya - Cooling

V-P-K-

CUMIN (CUMINUM CYMINUM)

The seed is used for its potent digestive aid and anti-inflammation properties. It improves Agni and reduces gas. Used in chronic fever or blood disorders, chewing seeds reduces pharyngitis or mouth sores. Used in post partum to improve lactation and as a tonic to increase strength.

Rasa - Astringent, Bitter, Pungent

Vipaka - Pungent

Virya - Mildly heating

V-P=K-

CULINARY SPICES

FENNEL (FOENICULUM VULGARE)

The seeds are used for abdominal pain, flatulence, indigestion and colic. It is also an anti-spasmodic, diuretic, and carminative. Used in cough, breathlessness and hiccoughs.

Rasa - Pungent, Bitter, Sweet

Vipaka - Pungent

Virya - Cooling

V-P=K-

FENUGREEK (TRIGONELLA FOENUM GRAECUM)

Roasted seeds are used for diarrhea, improves excretory and menstrual functions in post natal period. Used when there's reduced Agni or abdominal pain.

Rasa - Astringent, Pungent

Vipaka - Pungent

Virya - Heating

V-P+K-



CULINARY SPICES

GARLIC (NAMEALLIUM SATIVUM)

The bulb or its oil is used as a strong anti-inflammatory and analgesic. It improves Agni and is known to reduce cholesterol. Oil is useful for ear aches and its juice is used in skin disorders like eczema. Used in post partum period to balance Vata and is helpful for chronic cough or asthma.

Rasa - All except sour, mainly pungent

Vipaka - Pungent

Virya - Heating

V-P+K-

GINGER (ZINGIBER OFFICINALE)

A rhizome that grows underground, this excellent digestive, anti-flatulent is used for indigestion, vomiting, and abdominal pain. Colds, headaches, arthritic pain and menstrual cramps. Anti hemorrhoid.

Rasa - Pungent

Vipaka - Pungent (fresh), Sweet (dry)

Virya - Heating

V-P=K-

CULINARY SPICES

MUSTARD (BRASSICA NIGRA)

The seeds, pulp, or oil is used as it aids in digestive problems and parasites. It improves agni and itchy skin.

Rasa - Bitter, pungent

Vipaka - Pungent

Virya - Heating

V-P+K-

NUTMEG (MYRISTICA FRAGRANS)

The fruit of the plant is used and often in desserts. It is an aphrodisiac, analgesic, and anti-convulsant. It stimulates menstruation and helps reduce painful menses. It's a great nervine and helps with insomnia and reduces foul breath or stools.

Rasa - Pungent, bitter, astringent

Vipaka - Pungent

Virya - Heating

V-P=K-



Chef Johnny's Vata Seasoning

FROM EAT TASTE HEAL: AN AYURVEDIC COOKBOOK FOR MODERN LIVING BY
JOHNNY BRANNIGAN, DANIEL RHODA, AND THOMAS YAREMA, MD.

- 2 T. whole fennel seeds
- 1 T. whole coriander seeds
- 1 T. whole cumin seeds
- 1 T. ground turmeric
- 1 T. dried basil
- 2 t. powdered ginger
- 2 t. salt
- 1 t. asafetida (aka 'Hing') *Optional

INSTRUCTIONS

Put all the seeds and dried basil in an electric grinder or spice mill and grind them. Pour into a small cup or bowl, mix in the powdered ginger, turmeric, salt, and hing with a spoon. Store at a cool room temperature in an air-tight container. Include in dhals, soups, kitchari, rice, sauces, and curies.

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Chef Johnny's Pitta Seasoning

FROM EAT TASTE HEAL: AN AYURVEDIC COOKBOOK FOR MODERN LIVING BY
JOHNNY BRANNIGAN, DANIEL RHODA, AND THOMAS YAREMA, MD.

- 2 T. whole coriander seeds
- 2 T. whole fennel seeds
- 2 T. whole cumin seeds
- 2 T. chopped fresh mint leaves
- 1 T. whole cardamom seeds
- 1 T. ground turmeric

INSTRUCTIONS

Put all the seeds and mint in an electric grinder or spice mill and grind them. Pour into a small cup or bowl, mix in the powdered turmeric with a spoon until well combined. Store at a cool room temperature in an air-tight container. Include to maximize flavor of dishes while helping keep the fires of Pitta in balance.

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Chef Johnny's Kapha Seasoning

FROM EAT TASTE HEAL: AN AYURVEDIC COOKBOOK FOR MODERN LIVING BY
JOHNNY BRANNIGAN, DANIEL RHODA, AND THOMAS YAREMA, MD.

- 2 T. whole coriander seeds
- 1 T. whole cumin seeds
- 1 T. whole fenugreek seeds
- 1 T. each ground ginger, turmeric, cinnamon
- 1 T. dried sage leaves
- 1 t. dried ground clove
- 1 t. cayenne or chili powder

INSTRUCTIONS

Put all the seeds and mint in an electric grinder or spice mill and grind them. Pour into a small cup or bowl, mix in the powdered turmeric with a spoon until well combined. Store at a cool room temperature in an air-tight container. Include when your dish needs to be bold with a little kick. Sprinkle it onto popcorn for a spicy snack!

Paprika Spice Blend

FROM SPICE BLENDS: A NEW WAY OF COOKING, BY DANIT ELIAV

- 1/4 t. each paprika and ground black pepper
- 1/8 t. each: cumin, coriander, nutmeg, cinnamon, cardamom
- a pinch of cloves

INSTRUCTIONS

Mix seeds in an electric grinder, combine in a small bowl with other powdered spices and mix with a spoon until thoroughly combined. This spice combination is used widely in Mediterranean and African cuisines. It's balance of heating and cooling properties has a balancing effect on digestion.



Cinnamon Spice Blend

FROM SPICE BLENDS: A NEW WAY OF COOKING, BY DANIT ELIAV

- 1/2 t. cinnamon
- 1/4 t. nutmeg
- 1/4 t. cardamom
- pinch of cloves

INSTRUCTIONS

Mix in an electric grinder, combine in a small bowl with other powdered spices and mix with a spoon until thoroughly combined. This spice combination is offers a sweet, zesty flavor known for preventing gas, and also for aiding in absorption of nutrients by the body. This combination is also a great pain killer and good for soothing sore muscles.

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Dill Spice Blend

FROM SPICE BLENDS: A NEW WAY OF COOKING, BY DANIT ELIAV

- 1 T. fresh dill weed, chopped
- 1/2 t. unsalted sunflower seeds, ground
- 1/2 t. unsalted pumpkin seeds, ground
- Pinch red chili powder

INSTRUCTIONS

Mix together in a bowl with a spoon until thoroughly combined.

This spice mix provides a tasty, healthy garnish on salads, veggies, rice, or lentils. Dill's cooling property is balanced by its pungent taste and post-digestive effect, therefore it prevents flatulence. The seeds are full of nutrient omega-3 and -6, protein, vitamins and minerals.

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Local Spice Shops

Penzey's Spices

1293 Mass Ave. Arlington Heights, MA

Curio's Spice

2265 Mass Ave. North Cambridge, MA

SWAD Indian Specialty Grocers (online)

<http://www.swadfoods.co.in/>

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