

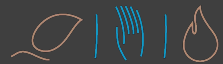


FIRESTARTER| MODULE 1

Ayurvedic Perspectives on Nutrition

KRIS QUIÑONES, LMT, AHC, CYT500

- Owner & Founder of Rasayana, LLC, specializing in traditional Ayurvedic bodywork treatments
- Over 2 decades of combined professional experience in clinical massage, orthopedics, competitive sports, Yoga, and Ayurveda
- Certifiable Foodie
- Pitta-Kapha Constitution



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AYURVEDA | MASSAGE | YOGA

रसायन

RASĀYANA (RUH-SAI-YA-NAH)

A remedy or formula in Ayurvedic medicine, promoting intelligence, vitality, and longevity.

OBJECTIVES



OBJECTIVES

Understand the importance & role of digestive capacity.



OBJECTIVES

Ayurvedic Anatomy & Physiology.



OBJECTIVES

Identify the 3 main digestive problems according to Ayurveda.



OBJECTIVES

Identify what
Ayurveda constitutes a
balanced meal.

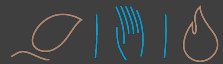




“MEDICINE WITHOUT
PROPER DIET IS
OF NO USE.

MEDICINE WITH PROPER
DIET IS OF NO NEED.”

-AYURVEDIC PROVERB



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AYURVEDIC DEFINITION OF HEALTH

*Sama dosha samagnis ca sama dhatu
mala kriyah. Prasannatmendriya manah
svastha ityabhidhiyate.*

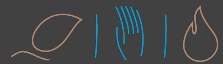
- Sushruta Samhita, 15.38

One who is established in Self, who has balanced Doshas (primary life force), **balanced agni (digestion)**, properly formed dhatus (tissues), **proper elimination of malas (waste products)**, well-functioning bodily processes, and whose mind, soul and senses are full of bliss is called a healthy person.

1 OF THE
3 PILLARS
OF HEALTH
(TRAYA UPASTAMBA)

AHARA

Proper nutrition/nourishment



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WESTERN NUTRITION SAYS,
“YOU ARE WHAT YOU EAT.”

Elements of Nutrition Include:

- Height
- Weight
- Age
- Body Mass Index (BMI)



AYURVEDIC NUTRITION SAYS,
“YOU ARE WHAT YOU DIGEST.”

Elements of Nutrition Include:

- Food (via the 5 Great Elements)
- Water
- Breath
- Emotions
- Information through sense organs



WESTERN NUTRITION VIEWS FOOD IN TERMS OF:

- Calories
- Carbs
- Fats
- Proteins



AYURVEDIC NUTRITION VIEWS FOOD IN TERMS OF:

- Lightness
- Heaviness
- Sliminess
- Dryness
- Roughness
- Density
- Temperature
- Post digestive effect



Not all calories are created equal

WESTERN NUTRITION VIEWS DIGESTION IN TERMS OF A SEVERAL BIOCHEMICAL PROCESSES

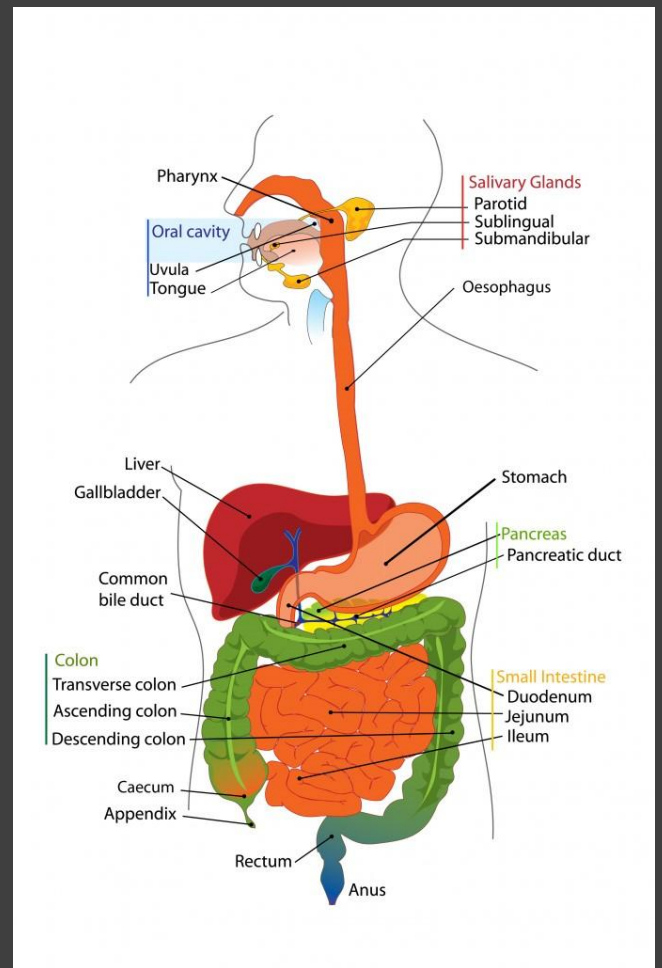
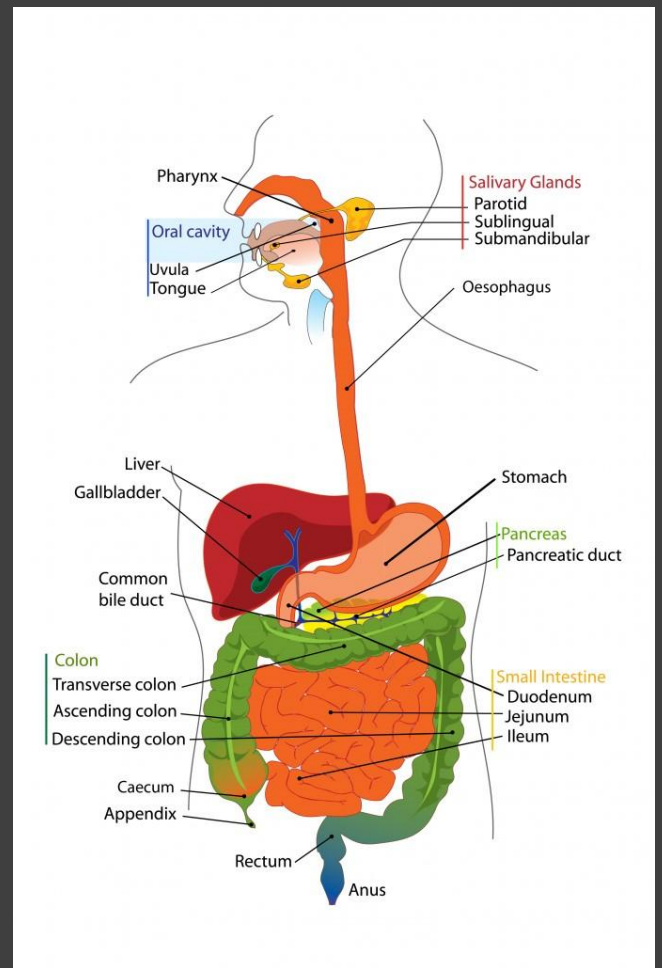


Image Source:
http://en.wikipedia.org/wiki/File:Digestive_system_diagram_edit.svg

WESTERN NUTRITION VIEWS DIGESTION IN TERMS OF A SEVERAL BIOCHEMICAL PROCESSES

Why do we eat?



WESTERN NUTRITION VIEWS DIGESTION IN TERMS OF A SEVERAL BIOCHEMICAL PROCESSES

Why do we eat?

Personal habits

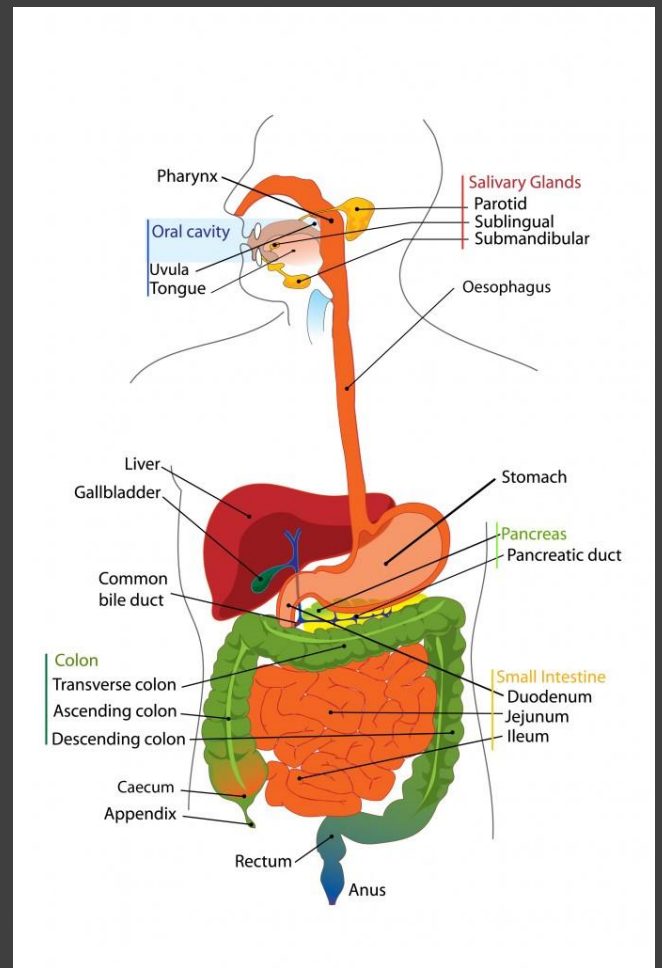


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WESTERN NUTRITION VIEWS DIGESTION IN TERMS OF A SEVERAL BIOCHEMICAL PROCESSES

Why do we eat?

Personal habits

Body image

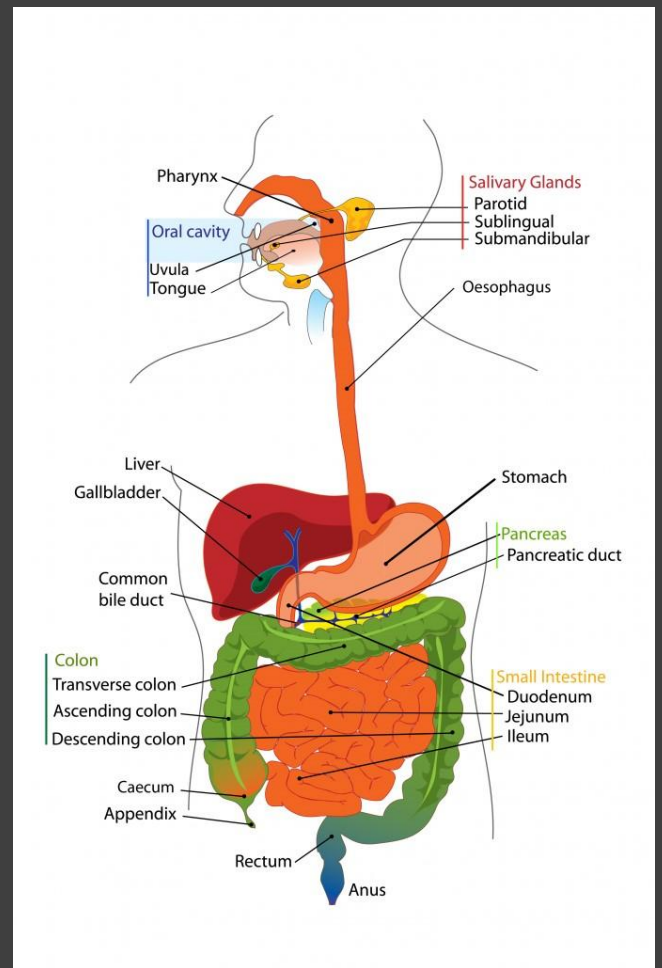


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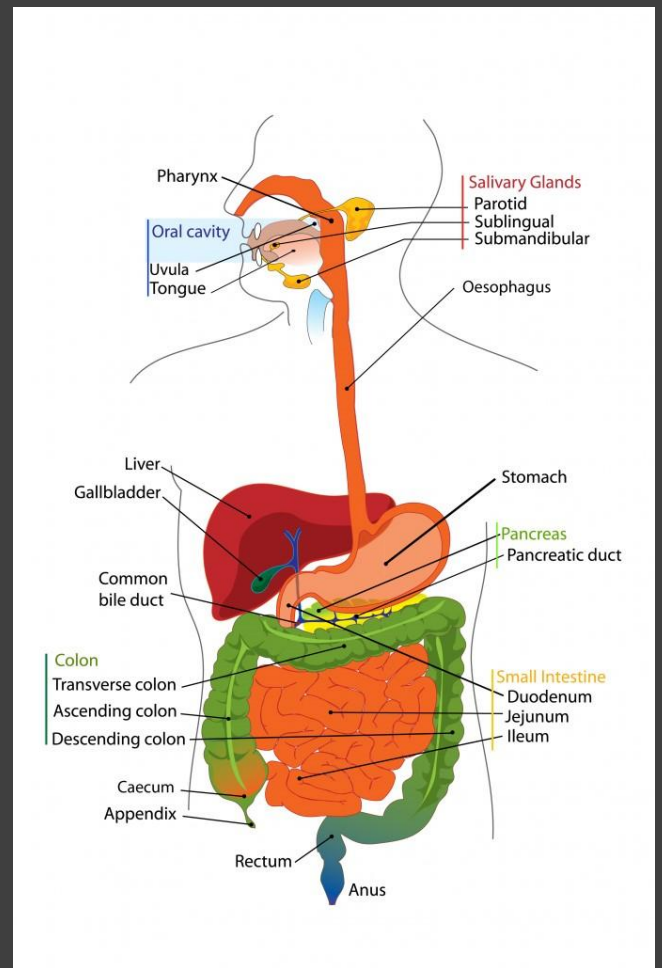
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Personal habits

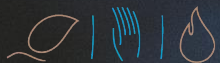
Body image

Emotions





AGNI: THE INTELLIGENCE OF YOUR OVERALL HEALTH



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AGNI: THE INTELLIGENCE OF YOUR OVERALL HEALTH

“AGNI” TRANSLATES TO “FIRE” AND IS THE ROOT OF THE WORD “IGNITE”



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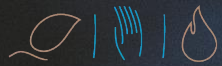
(13) Agni's in the body, according to Ayurveda:



AGNI: THE INTELLIGENCE OF YOUR OVERALL HEALTH

“AGNI” TRANSLATES TO “FIRE” AND IS THE ROOT OF THE WORD “IGNITE”

(13) Agni's in the body, according to Ayurveda:
(5) in the Liver



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AGNI: THE INTELLIGENCE OF YOUR OVERALL HEALTH

“AGNI” TRANSLATES TO “FIRE” AND IS THE ROOT OF THE WORD “IGNITE”

(13) Agni's in the body, according to Ayurveda:

(5) in the Liver

(1) central digestive fire “Jatharagni”



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AGNI: THE INTELLIGENCE OF YOUR OVERALL HEALTH

“AGNI” TRANSLATES TO “FIRE” AND IS THE ROOT OF THE WORD “IGNITE”

(13) Agni's in the body, according to Ayurveda:

(5) in the Liver

(1) central digestive fire “Jatharagni”

(1) for each of the 7 tissues in the body.



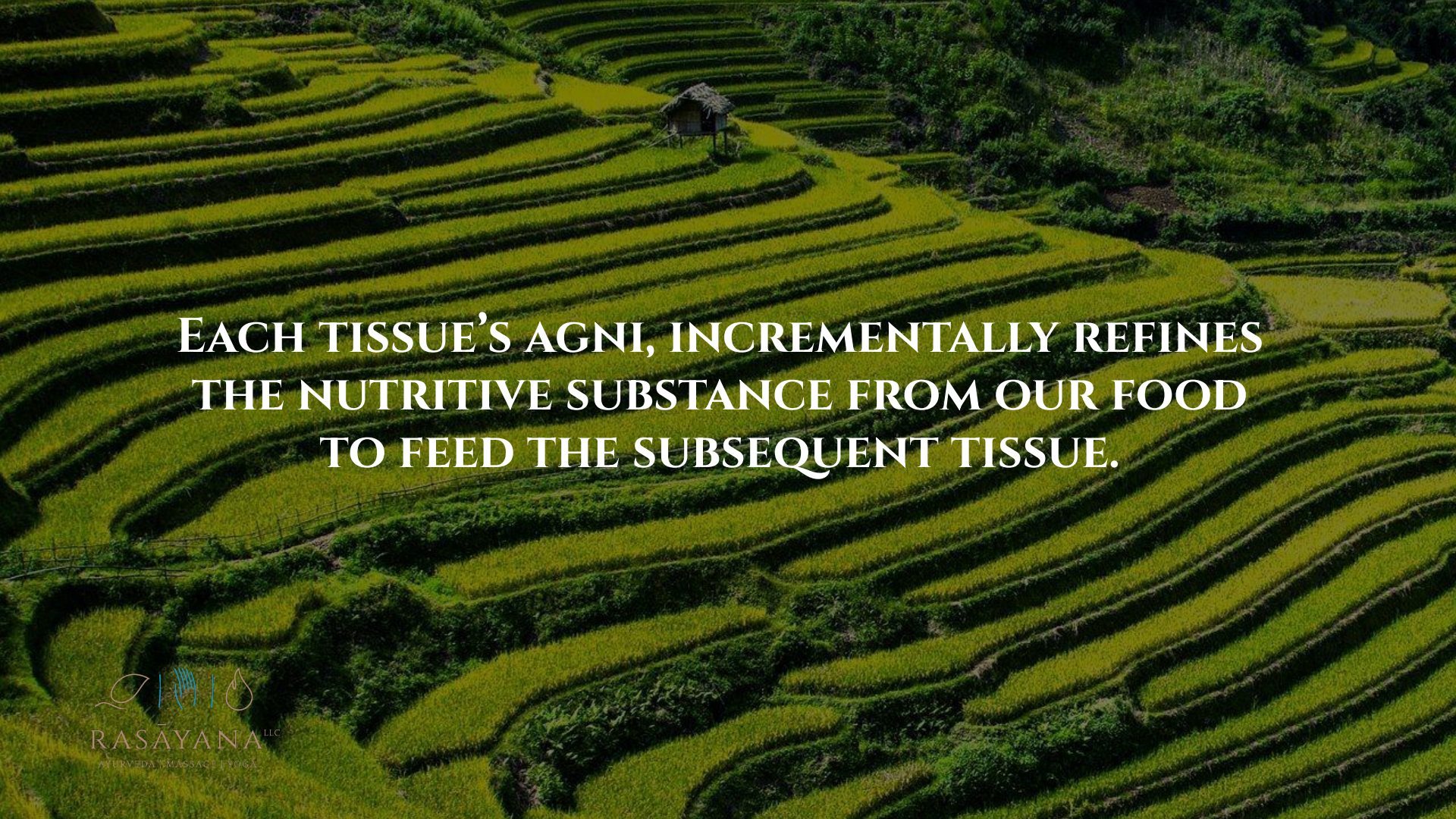
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THE SEVEN TISSUES IN THE BODY

<i>TISSUE</i>	<i>PRIMARY FUNCTION</i>
PLASMA/LYMPH (RASA)	NUTRITION
BLOOD (RAKTA)	LIFE-GIVING
MUSCLE (MAMSA)	PROTECTION/COVERING
ADIPOSE TISSUE (MEDA)	LUBRICATION/INSULATION
BONE (ASTHI)	SUPPORT/PROTECTION
MARROW (MAJJA)	NERVOUS RESPONSE TO STIMULATION
REPRODUCTIVE (SUKRA)	REPRODUCTION/CONFIDENCE





**EACH TISSUE'S AGNI, INCREMENTALLY REFINES
THE NUTRITIVE SUBSTANCE FROM OUR FOOD
TO FEED THE SUBSEQUENT TISSUE.**



ENDING WITH REPRODUCTIVE TISSUE.



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A HEALTHY AGNI

- Digests food
- Maintains balance between the doshas, creating:
 - Energy
 - Radiance
 - Strength
- Nourishes the tissues

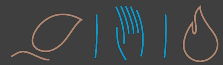


A HEALTHY AGNI

- Properly separates pure tissue from waste product.
- Provides good absorption of nutrients, while moving along waste.
- Allows clarity of mind, thoughts, and ideas.
- Leaves you feeling light and energetic after meals.



THE 3 TYPES OF AGNI IMBALANCE



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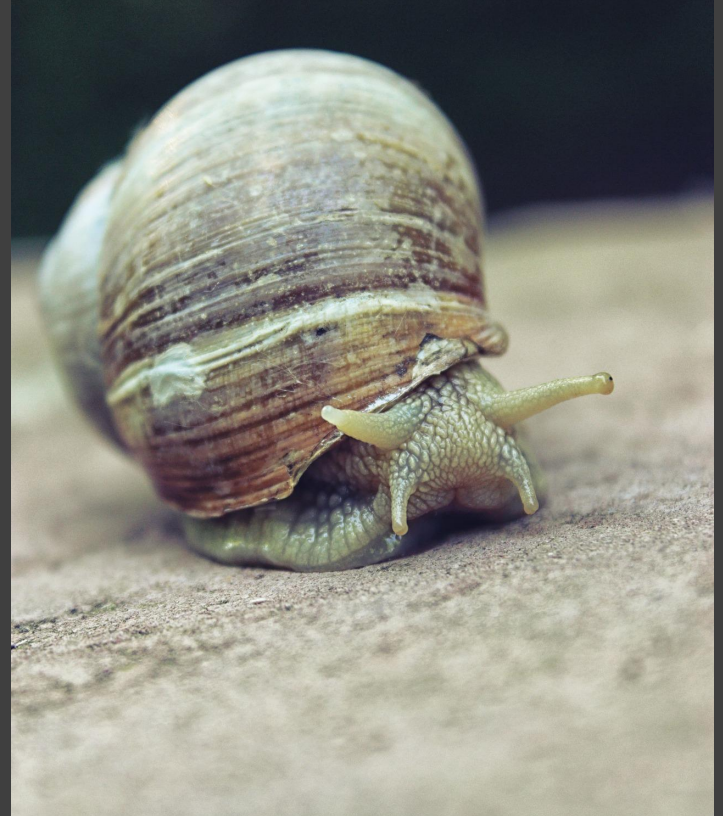
THE 3 TYPES OF AGNI IMBALANCE

Too Hot



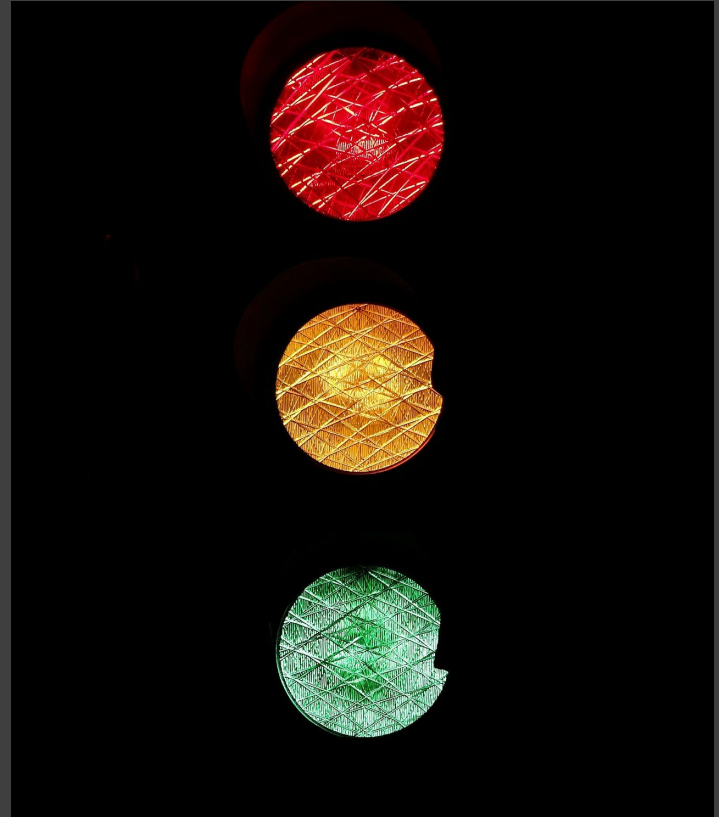
THE 3 TYPES OF AGNI IMBALANCE

Too Slow



THE 3 TYPES OF AGNI IMBALANCE

Too Sporadic





WHEN YOU'RE NOT IN RHYTHM WITH YOUR
HUNGER, YOU HANDICAP YOUR AGNI.



WHEN YOU'RE NOT IN RHYTHM WITH YOUR
HUNGER, YOU HANDICAP YOUR AGNI.

WHEN YOU HANDICAP YOUR AGNI,
YOU FORM AMA.



WHEN YOU'RE NOT IN RHYTHM WITH YOUR
HUNGER, YOU HANDICAP YOUR AGNI.

WHEN YOU HANDICAP YOUR AGNI,
YOU FORM AMA.

NO BUENO!

SYMPTOMS OF TOXICITY





ĀMA “AH-MA”

- When undigested food turns to sludge in the gut
- When undigested emotions/experiences create fog in the mind
- Clogs channels
- “Suffocates” cells
- Saps energy
- Creates inflammation



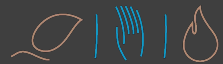
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“Partaking of large quantity of food, is not the only cause for production of ama dosa; foods which are disliked, which cause flatulence, which are over cooked or uncooked, which are not easily digestible, which are dry (powdery), very cold, dirty (contaminated) which cause burning sensation during digestion, which are dried up or soaked in more water, do not undergo proper digestion; so also the food partaken by persons afflicted with grief, anger, etc.”

-Astanga Hridaya Su 8/21-32.5

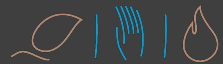


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HOW TO ELIMINATE OR PREVENT ĀMA

- Strategic Fasting
- Sip only warm or hot water between meals
- Crank up your culinary spices – ginger, black pepper, mustard, cumin seeds, garlic

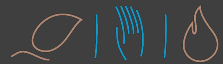


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HOW TO ELIMINATE OR PREVENT ĀMA

- Eat only during daylight hours
- Eat only when you're hungry
- Eat on a schedule
- Minimize frightening or violent images and sounds

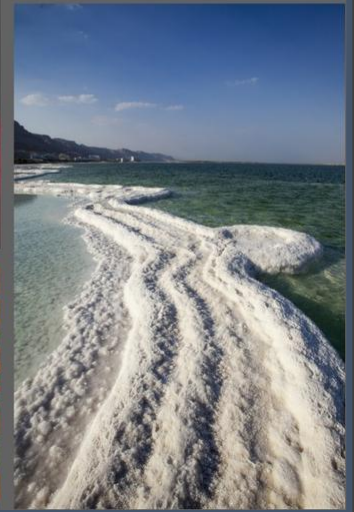
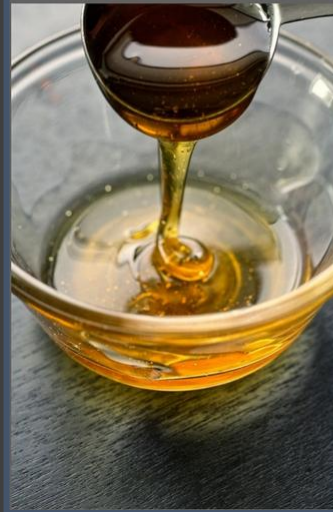


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A BALANCED MEAL

DIETARY
RECOMMENDATIONS
IN AYURVEDA
ARE BASED
ON (6) SIX TASTES





SWEET TASTE (EARTH & WATER) –

EXAMPLES: WHEAT, RICE, MILK, DATES, FIGS,
HONEY, POTATOES, SQUASH, CARROTS.

SOUR TASTE (EARTH & FIRE) -

YOGURT, CHEESE, GREEN GRAPES,
LEMON, TAMARIND.



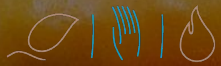
SALTY TASTE (WATER & FIRE) -

EXAMPLES: SEA/ROCK SALT,
KELP.



PUNGENT TASTE (FIRE & AIR) -

EXAMPLES: ONION, RADISH, CHILI, GINGER,
GARLIC, CAYENNE PEPPER.



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BITTER TASTE (AIR & ETHER) -

EXAMPLES: DANDELION ROOT, RHUBARB,
FRESH TURMERIC ROOT, FENUGREEK.

ASTRINGENT TASTE (AIR & EARTH) -

EXAMPLES: UNRIPE BANANA,
POMEGRANATE, TEA, COFFEE, PEARS,
STRING BEANS.



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DIETARY RECOMMENDATIONS FOR DOSHAS



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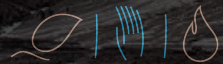
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VATA CONSTITUTIONS

FAVOR	SWEET, SOUR, SALTY
MINIMIZE	BITTER, PUNGENT, ASTRINGENT

In balance, Vata people have healthy urges for sweet, sour, salty foods.

Out of balance, Vata people have unhealthy cravings for pungent, astringent and bitter foods.



PITTA CONSTITUTIONS

FAVOR	SWEET, ASTRINGENT, BITTER
MINIMIZE	SOUR, SALTY, PUNGENT

In balance, Pitta people have healthy urges for sweet, Astringent, and bitter foods.

Out of balance, Pitta people have unhealthy cravings sour, salty, and pungent foods.

KAPHA CONSTITUTIONS

FAVOR	BITTER, PUNGENT, ASTRINGENT
MINIMIZE	SWEET, SOUR, SALTY

In balance, Kapha people have healthy urges for bitter, pungent, astringent foods.

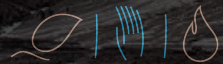
Out of balance, Kapha people have unhealthy cravings for sweet, sour, and salty foods.

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KAPHA CONSTITUTIONS


FAVOR	BITTER, PUNGENT, ASTRINGENT
MINIMIZE	SWEET, SOUR, SALTY

In balance, Kapha people have healthy urges for bitter, pungent, astringent foods.

Out of balance, Kapha people have unhealthy cravings for sweet, sour, and salty foods.



CHANGES CAN OCCUR AT WHATEVER LEVEL YOU'RE WORKING FROM



**“HERE’S TO A LIFE OF
ENDLESS ENERGY AND
STEADY STAMINA, SO YOU
CAN LIVE OUT YOUR
PURPOSE WITH PASSION,
GREATER CLARITY AND
EASE!”**

Kris