

THREE MAIN DOSHA

Vata ~ that which moves things ~ Space & Air ~ balanced by: Sweet, Sour, Salty

Pitta ~ that which digests things ~ Fire & Water ~ balanced by: Sweet, Bitter, Astringent

Kapha ~ that which holds together ~ Water & Earth ~ balanced by: Pungent, Bitter, Astringent

TASTES & FOODS FOR YOUR DOSHA

Ideally, eat all six tastes at every meal

For balance, concentrate on having higher proportions of the tastes that BALANCE your Dosha

SIX TASTES

As it feels to the tongue

Taste	Element Composition	Dosha Relationship	Physiological Affect	Examples of Foods
Sweet	Earth & Water	Balances Vata & Pitta Imbalances Kapha	Bilds tissue, increases fluids, soothes inflammation	Milk products: butter, cream, Grains: wheat, rice, barley, Sweet Fruits, Legumes, Veggies: carrots, potatoes, beets
Sour	Earth & Fire	Balances Vata Imbalances Kapha & Pitta	Warms, stimulates digestion, stimulates circulation, promotes elimination, moistens	Chutney, Vinegar, Wine, Soy Sauce, Lemon, Lime, Sour Dairy: yoghurt, sour cream, Granny Smith Apples
Salty	Water & Fire	Balances Vata Imbalances Kapha & Pitta	Mineral balance, lubricates tissues, improves digestion, liquefies mucous	Salts: sea, rock, Seaweed
Pungent (spicy)	Fire & Air	Balances Kapha Imbalances Vata & Pitta	Stimulates digestion, promotes detoxification, dispels gas, improves metabolism, relieves muscle pain	Chili pepper, Ginger, Garlic, Onion, Spices: black pepper, cumin
Bitter	Air & Ether	Balances Kapha & Pitta Imbalances Vata	Stimulates appetite, detoxifies, strengthens immunity, reduces excess	Leafy Greens: dandelion, Herbs & Spices: turmeric, fenugreek, dandelion root
Astringent (drying)	Air & Earth	Balances Kapha & Pitta Imbalances Vata	Absorbs, tightens tissues, dries fat, heals wounds	Legumes, Veggies: broccoli, cauliflower, asparagus, Grain: rye, buckwheat, quinoa, Herbs & Spices: turmeric, marjoram, coffee, tea