

AYURVEDA PARKSCHLÖSSCHEN DOSHA GUIDE

FOOD, HERBS & SPICES

Eat without regret!

A principle to which Ayurveda attaches great importance. Find out what it means here:

First of all, there are no prohibitions. You can eat anything that is good for your body and mind. However, it is important to consider your individual constitution type – your Dosha – and any imbalance.

Creative, agile Vata types should eat regularly, preferably warm, nutritious foods.

The dynamic Pitta type usually has a good digestion and can eat both abundantly and regularly. However, this Dosha should be careful with foods that are too spicy.

The calm and grounded Kapha type needs sufficient breaks between meals, otherwise he overloads his rather slow metabolism. On the other hand, spicy, well-cooked foods get him going.

For all Dosha types, it is important to eat warm food regularly and at the main meal, if possible with all 6 tastes (sweet, sour, salty, spicy, bitter, tart), from fresh, organic foods.

The following guide is intended to serve as a signpost through a variety of foods, herbs and spices to keep your Dosha constitution in balance.

Have fun with ayurvedic cooking!

Your Ayurveda Parkschlösschen Team



Element:	space & air
Qualities:	light, cool, mobile, rough, dry, clear, fine, bitter, sharp, tart
Reducing qualities:	sweet, sour, salty, heavy, oily, warm

The Vata type should prefer a Vata reducing and balancing diet:

Preferably always warm meals, regularly, more oiliness and sauces, sour, salty and sweet, small snacks recommended, no dry or too light meals, nourishing, minimise the tastes bitter, spicy and tart.

The following foods have a Vata reducing/balancing effect:

Vata reducing FRUITS:

Apple (cooked), apricot, avocado, banana (ripe), berry fruit (sweet), cherry, fig, grapefruit, grapes, kiwi, lemon, mango, melon, orange, papaya, peach, pineapple, plum, rhubarb, strawberry

Vata reducing VEGETABLES:

Beans (green), beetroot (cooked), carrot (cooked), courgette, cucumber, fennel, leek (cooked), okra, olives, onion (cooked), parsley root, parsnip, pumpkin, radish (cooked), spinach, sweet potatoes, turnip

Vata reducing SPICES & HERBS:

Ajwan, allspice, aniseed, Asafoetida, basil, bay leaf, caraway, cardamom, cinnamon, cloves, coriander, cress, cumin, dill, fennel seeds, fenugreek seed, garlic (cooked), ginger (fresh), juniper, lemongrass, liquorice, mace, marjoram, mint, mustard seeds, nutmeg, oregano, paprika, parsley, Pippali, rock salt, rosemary, saffron, sage, savoury, sea salt, soy sauce, star anise, tarragon, thyme, turmeric, vanilla, vinegar

Vata reducing GRAINS:

Amaranth, bulgur, couscous, green spelt, Khorasan wheat, oats (cooked), quinoa, rice (Basmati, brown, round grain), spelt, wheat (also wholemeal)

Vata reducing LEGUMES:

Beans (red), kidney beans, Miso, mung beans (peeled), peanuts, Urid Dal

Vata reducing NUTS & SEEDS:

all nuts and seeds except poppy seed

Vata reducing SWEET/SUGAR:

Agave syrup, fructose, fruit juices (concentrated), honey, jaggery, malt, maple syrup, molasses, palm sugar, raw cane sugar, rice syrup, Sharkara, sugar (brown)

Vata reducing DAIRY PRODUCTS:

Blue cheese, butter, buttermilk, cheese, cottage cheese, cream, cream cheese, goat cheese, milk (cow, goat, boiled), quark, sour cream, whey, yoghurt

Vata reducing MEAT & FISH:

Beef, chicken, duck, egg, freshwater fish, goat, goose, lobster, mussels, prawn, salmon, sardines, sea fish, tuna fish, turkey, veal

Vata reducing BEVERAGES & TEAS:

Almond milk, Aloe vera juice, camomile, chai, coconut milk, lavender tea, malt coffee, mauve tea, rice milk, soya milk

Vata reducing OILS:

Avocado oil, coconut oil, Ghee, olive oil, peanut oil, pumpkin seed oil, safflower oil, sesame oil, sunflower oil, walnut oil



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Qualities:	light, cool, mobile, rough, dry, clear, fine, bitter, sharp, tart
Reducing qualities:	sweet, sour, salty, heavy, oily, warm

The Vata type should prefer a Vata reducing and balancing diet:

Preferably always warm meals, regularly, more oiliness and sauces, sour, salty and sweet, small snacks recommended, no dry or too light meals, nourishing, minimise the tastes bitter, spicy and tart.

The following foods have a Vata increasing effect:

Vata increasing FRUITS:

Apple (raw), banana (green), dried fruit, pear, persimmon, pomegranate, quince, raisins, watermelon

Vata increasing VEGETABLES:

Artichoke, aubergine, broccoli, brussels sprouts, carrot (raw), cauliflower, celeriac, celery, chicory, chilli/pepperoni, corn, Jerusalem artichoke, kohlrabi, leek (raw), lettuce, mushrooms, onion (raw), pepper, potato, radish (raw), red cabbage, swiss chard, tomatoes (raw), white cabbage

Vata increasing SPICES & HERBS:

Cayenne pepper, chilli, chives, dandelion, garlic (raw), horseradish, truffle

Vata increasing GRAINS:

Barley, bread (with yeast), maize semolina/polenta, millet, rice wafers, rye, sago, tapioca, wheat (highly refined)

Vata increasing LEGUMES:

Adzuki beans, beans (black, white), black-eyed bean, chickpeas, lentils (brown, yellow, red), mung beans (unpeeled), peas, pinto beans, soya beans, tofu

Vata increasing SWEET/SUGAR:

Sugar (white)

Vata increasing DAIRY PRODUCTS:

Milk (cooled)

Vata increasing MEAT & FISH:

Lamb, pork, rabbit, venison

Vata increasing BEVERAGES & TEAS:

Barley tea, black tea, carbonated beverages, coffee, green tea, hibiscus tea, jasmine tea, mate tea, nettle tea, yarrow tea

Vata increasing OILS:

Linseed oil, rapeseed oil



Element:	Fire
Qualities:	light, hot, slightly oily, pungent, fluid, mobile, sour
Reducing qualities:	sweet, bitter, astringent

The Pitta type should prefer a Pitta reducing and balancing diet:

Warm and cold, cooked and raw, sweet, bitter and tart, small snacks allowed (sweet fruits), a lot of hydration, avoid heating, sour and acidic foods, not too light, not too greasy/oily.

The following foods have a Pitta reducing/balancing effect:

Pitta reducing FRUITS:

Apple, avocado, banana (green), berry fruit (sweet), date (fresh), dried fruit, fig, grapes (red), mango, melon, pear, pomegranate, quince, raisins, watermelon

Pitta reducing VEGETABLES:

Artichoke, asparagus, beans (green), broccoli, brussels sprouts, cauliflower, celeriac, celery, chicory, courgette, cucumber, fennel, Jerusalem artichoke, leek (cooked), lettuce, okra, parsley root, parsnip, potato, pumpkin, radish (cooked), red cabbage, spinach (raw), sweet potatoes, Taro root/Manioc, turnip, white cabbage

Pitta reducing SPICES & HERBS:

Coriander (fresh and seeds), cumin, curry leaves, dandelion, fennel seeds, lemongrass, liquorice, mint, peppermint, saffron, tarragon, truffle, turmeric, vanilla

Pitta reducing GRAINS:

Amaranth, barley, bulgur, couscous, einkorn, green spelt, Khorasan wheat, oats (cooked), quinoa, rice wafers, rice (Basmati, round grain), sago, spelt, tapioca, urkorn, wheat (also wholemeal)

Pitta reducing LEGUMES:

Adzuki beans, beans (black, red, white), black-eyed bean, chickpeas, kidney beans, lentils (yellow, red), mung beans, peas, pinto beans, soya beans

Pitta reducing NUTS & SEEDS:

Almonds (peeled), coconut, psyllium (husk), sunflower seeds

Pitta reducing SWEETS/SUGARS:

Agave syrup, fructose, malt, maple syrup, palm sugar, pear syrup, raw cane sugar, rice syrup, rock candy, Sharkara, sugar (brown)

Pitta reducing DAIRY PRODUCTS:

Butter, cheese (soft, young, reduced salt), cottage cheese, cream, cream cheese, goat cheese (soft, young, reduced in salt), milk (cow, goat, boiled), yoghurt (fresh, diluted)

Pitta reducing MEAT & FISH:

Buffalo, chicken, rabbit, venison

Pitta reducing BEVERAGES & TEAS:

Almond milk, Aloe vera juice, barley tea, camomile, chai (hot, spiced milk), coconut milk, elderflower tea, hibiscus tea, jasmine tea, lavender tea, lemon balm, liquorice tea, malt coffee, mauve tea, mint, nettle tea, rice milk, yarrow tea

Pitta reducing OILS:

Almond oil, avocado oil, castor oil, cocoa butter, coconut oil, Ghee, linseed oil, olive oil, pumpkin seed oil, rapeseed oil, sunflower oil



Element:	Fire
Qualities:	light, hot, slightly oily, pungent, fluid, mobile, sour
Reducing qualities:	sweet, bitter, astringent

The Pitta type should prefer a Pitta reducing and balancing diet:

Warm and cold, cooked and raw, sweet, bitter and tart, small snacks allowed (sweet fruits), a lot of hydration, avoid heating, sour and acidic foods, not too light, not too greasy/oily.

The following foods have a Pitta increasing effect:

Pitta increasing FRUITS:

Apricot, banana (ripe), berry fruit (sour), cherry, grapefruit, grapes (green), kiwi, lemon, orange, papaya, peach, persimmon (kaki), pineapple, plum, rhubarb, strawberry

Pitta increasing VEGETABLES:

Aubergine, beetroot, black salsify (cooked), carrot (raw), chilli/pepperoni, corn, kohlrabi, leek (raw), olives, onion (raw), radish (raw), spinach (cooked), tomatoes)

Pitta increasing SPICES & HERBS:

Ajwan, allspice, aniseed, Asafoetida, basil, bay leaf, caraway, cayenne pepper, chilli, chives, cloves, fenugreek seed, garlic (cooked), garlic (raw), ginger (dried), horseradish, juniper, lovage, mace, marjoram, mustard seeds, nutmeg, orange peel, oregano, paprika, pepper (black, in moderation), Pippali, rosemary, sage, savoury, sea salt, soy sauce, star anise, tamarind, thyme, verbena, vinegar

Pitta increasing GRAINS:

Bread (with yeast), buckwheat, maize semolina/polenta, millet, rice (brown), rye, wheat (highly refined)

Pitta increasing LEGUMES:

Miso, peanuts, urd beans/Urid Dal

Pitta increasing NUTS & SEEDS:

Almonds (unpeeled), brazil nuts, cashews, hazelnut, macadamia nuts, pecan nuts, pine nuts, pistachios, poppy seeds, sesame seeds, walnut

Pitta increasing SWEET/SUGAR:

Fruit juices (concentrated), honey, jaggery, molasses, sugar (white)

Pitta increasing DAIRY PRODUCTS:

Blue cheese, butter (salted), buttermilk, cheese (old, hard), goat cheese, milk (cooled), quark, sour cream, whey, yoghurt

Pitta increasing MEAT & FISH:

Beef, duck, egg, goose, lamb, lobster, mussels, pork, salmon, sardines, sea fish, tuna fish, veal

Pitta increasing BEVERAGES & TEAS:

Carbonated beverages, coffee (also decaffeinated), eucalyptus tea, ginger tea (dried), mate tea, rosehip tea, sparkling wine and champagne (dry), spirits, soya milk, wine (red, white)

Pitta increasing OILS:

Mustard oil, peanut oil, safflower oil, sesame oil, walnut oil



Element: Water & Earth

Qualities: heavy, cold, oily, fluid, sticky, firm, soft, sweet, sour, salty

Reducing qualities: sharp, bitter, astringent, dry, hot, light

The Kapha type should follow a Kapha reducing and balancing diet:

Preferably always warm, stimulating, light and drier food, spicy, bitter, tart tastes, smaller portions of solid food without starving, many soups, not greasy/oily, not salty or sweet, absolutely no snacks.

The following foods have a Kapha reducing/balancing effect:

Kapha reducing FRUITS:

Apple, apricot, banana (green), berry fruit (sour, sweet), cherry, dried fruit, peach, pear, persimmon (kaki), pomegranate, quince, raisins

Kapha reducing VEGETABLES:

Artichoke, asparagus, aubergine, beans (green), beetroot, black salsify (cooked), broccoli, brussels sprouts, carrot, cauliflower, celeriac, celery, chicory, chilli/pepperoni, corn, fennel, kohlrabi, leek, lettuce, okra, onion, pepper, potato, radish, red cabbage, spinach, swiss chard, turnip, white cabbage

Kapha reducing SPICES & HERBS:

Ajwan, allspice, aniseed, Asafoetida, basil, bay leaf, caraway, cardamom, cayenne pepper, chervil, chilli, chives, cinnamon, cloves, coriander (fresh and seeds), cress, cumin, curry leaves, dandelion, dill, fennel seeds, fenugreek seed, garlic, ginger, horseradish, juniper, lemongrass, lovage, mace, marjoram, mint, mustard seeds, nutmeg, orange peel, oregano, paprika, parsley, pepper (black, in moderation), peppermint, Pippali, rosemary, saffron, sage, savoury, star anise, tarragon, thyme, truffle, tulsi, turmeric, vanilla, verbena, vinegar

Kapha reducing GRAINS:

Barley, buckwheat, maize semolina/polenta, millet, rice wafers, rye, sago, tapioca

Kapha reducing LEGUMES:

Adzuki beans, beans (black, white), black-eyed bean, chickpeas, lentils (brown, yellow, red), mung beans (unpeeled), peas, pinto beans

Kapha reducing NUTS & SEEDS:

Poppy seeds, psyllium (husk)

Kapha reducing SWEET/SUGAR:

Honey

Kapha reducing DAIRY PRODUCTS:

Cottage cheese, milk (goat, boiled)

Kapha reducing MEAT & FISH:

Prawn, rabbit, venison

Kapha reducing BEVERAGES & TEAS:

Barley tea, black tea, camomile, coffee, coffee (decaffeinated), elderflower tea, eucalyptus tea, ginger tea (dried), green tea, hibiscus tea, jasmine tea, lavender tea, lemon balm, mate tea, mint, nettle tea, sparkling wine and champagne (dry), yarrow tea

Kapha reducing OILS:

Linseed oil, mustard oil, rapeseed oil



Element: Water & Earth

Qualities: heavy, cold, oily, fluid, sticky, firm, soft, sweet, sour, salty

Reducing qualities: sharp, bitter, astringent, dry, hot, light

The Kapha type should follow a Kapha reducing and balancing diet:

Preferably always warm, stimulating, light and drier food, spicy, bitter, tart tastes, smaller portions of solid food without starving, many soups, not greasy/oily, not salty or sweet, absolutely no snacks.

The following foods have a Kapha increasing effect:

Kapha increasing FRUITS:

Avocado, banana (ripe), date (fresh), fig, grapefruit, grapes (green), kiwi, lemon, mango, melon, orange, pineapple, plum, raspberry, rhubarb, tangerine, watermelon

Kapha increasing VEGETABLES:

Courgette, cucumber, Jerusalem artichoke, mushrooms, olives, parsley root, parsnip, pumpkin, sweet potatoes, Taro root/Manioc, tomatoes

Kapha increasing SPICES & HERBS:

Liquorice, sea salt, soy sauce, tamarind

Kapha increasing GRAINS:

Bread (with yeast), bulgur, couscous, einkorn, green spelt, Khorasan wheat, oats (cooked), rice (brown, round grain), spelt, urkorn, wheat

Kapha increasing LEGUMES:

Beans (red), kidney beans, Miso, peanuts, soya beans, tofu, urd beans/Urid Dal

Kapha increasing NUTS & SEEDS:

Almonds, brazil nuts, cashews, coconut, hazelnut, macadamia nuts, pecan nuts, pine nuts, pistachios, pumpkin seeds, sesame seeds, walnut

Kapha increasing SWEET/SUGAR:

Agave syrup, fructose, fruit juices (concentrated), jaggery, malt, maple syrup, molasses, palm sugar, pear syrup, raw cane sugar, rice syrup, rock candy, Sharkara, sugar (brown, white)

Kapha increasing DAIRY PRODUCTS:

Blue cheese, butter, buttermilk, cheese, cream, cream cheese, goat cheese, milk (cow, cooled), quark, sour cream, yoghurt

Kapha increasing MEAT & FISH:

Beef, buffalo, duck, goose, lamb, lobster, pork, salmon, sardines, sea fish, tuna fish, veal

Kapha increasing BEVERAGES & TEAS:

Almond milk, beer, carbonated beverages, chai (hot, spiced milk), coconut milk, liquorice tea, malt coffee, mauve tea, rosehip tea, spirits, soya milk, wine (red, white)

Kapha increasing OILS:

Almond oil, avocado oil, castor oil, cocoa butter, coconut oil, olive oil, peanut oil, pumpkin seed oil, safflower oil, sesame oil

