



Introduction to Gut Health through Ayurveda

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Important principles to know

- ▶ Doctrine of Dosha
- ▶ Concept of Agni
- ▶ Concept of Ama

Dosha and their function

Dosha	Elements	Main Functions
Vata	Air + Ether	Nerves, circulation, respiration, elimination
Pitta	Fire + Water	Digestion, metabolism, temperature, intellect
Kapha	Water + Earth	Growth, immunity, lubrication, cohesion

Concept of Agni

- ▶ Agni (digestive/metabolic fire) is one of the most fundamental concepts in Ayurveda.
- ▶ It governs digestion, metabolism, transformation, energy production, immunity, and cellular nourishment.
- ▶ Agni determines:
 - ▶ Appetite & digestion
 - ▶ Nutrient absorption
 - ▶ Strength (Bala)
 - ▶ Immunity (Ojas)
 - ▶ Tejas (metabolic heat & vitality)
 - ▶ Longevity and overall health

Concept of Agni & Ama

- ▶ “When Agni is balanced, the person is healthy. When Agni is disturbed, disease begins.” — Ayurveda
- ▶ “All the diseases occur due to Mandagni (Weak Digestive fire)”
- ▶ Āma = Toxic residue formed due to impaired digestion (Mandagni)
- ▶ Āma is the root cause of most of the diseases according to Ayurveda

What needs to be done for Gut Health ?

To MAINTAIN Gut Health Focus should be :

- ▶ To MAINTAIN Agni , not to disturb its function , not to weaken it or to over stimulate it.
- ▶ To balance the 3 doshas

To Maintain Agni

- ▶ Proper Ahara (Food) is recommended
- ▶ Proper Vihara (Life style) is recommended

If the RIGHT food is used , there is NO NEED of the medicine.
If the RIGHT food is not used , there is NO USE of the medicine.

To maintain Agni

8 Factors of Dietetics

1. Nature of the food ingredient
2. Processing
3. Combination
4. Quantity
5. Habitat
6. Time / Period
7. Dietetic Rules
8. The Individual who takes the food

Processing and changes in property

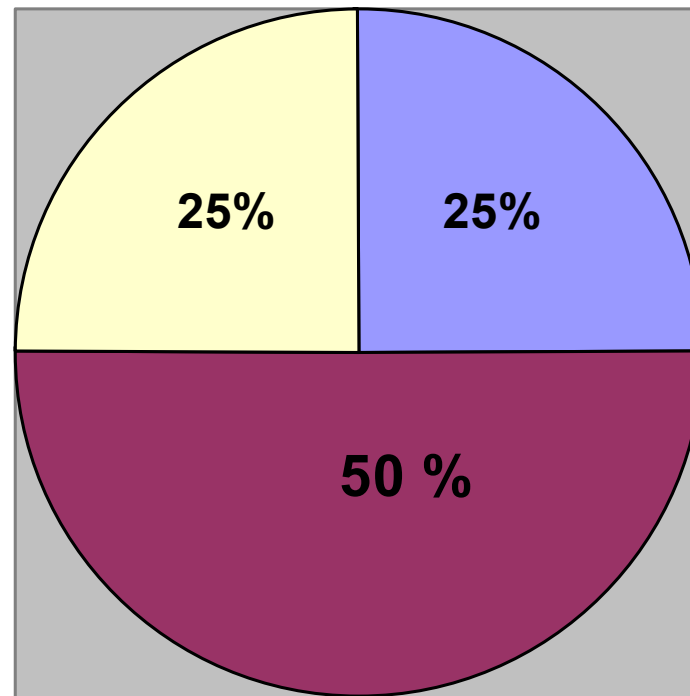
Examples

- ▶ Milk Yoghurt Buttermilk
- ▶ Rice Rice Flakes / Puffed Rice

Incompatible diet

- ▶ Fish + milk.
- ▶ Heated honey.
- ▶ Milk + Fresh Fruits
- ▶ Yoghurt + Fresh Fruits
- ▶ Consuming Yoghurt in the evening / night

Quantity



Kala (Time / Period)

- ▶ Time of Eating
 - ▶ To eat only in the presence of hunger
 - ▶ Kapha time (6 am to 10 am) : Light food
 - ▶ Pitta time (10 am to 2 pm) : Can consume heavy food and in substantial quantity
 - ▶ Vata time (2 pm to 6 pm) : Light food
 - ▶ To avoid dinner after 6 / 7 pm

Rules of Eating

- ▶ Intake of warm food
- ▶ Intake of Unctuous food
- ▶ Adequate quantity
- ▶ Eat after the digestion of the previous meal
- ▶ Eat in a congenial place provided with all the necessary equipment
- ▶ Do not eat hurriedly.

Rules of Eating.. Ctd

- ▶ Do not eat too leisurely.
- ▶ Do not talk or laugh while eating
- ▶ Food should be eaten with concentration.
- ▶ Eat rightly, considering your constitution.

Benefits of Spices

- ▶ Help ignite the Agni
- ▶ Help in improving the digestion
- ▶ Carminative action
- ▶ Improve the flavor of the food
- ▶ Act as Prebiotics

Dosha / Constitution and Food

- ▶ Vata : Warm Food , Unctuous , liquids recommended
- ▶ Pitta : Warm Food with cooling potency , Unctuous food recommended
- ▶ Kapha : Warm Food , (less unctuous food) recommended

Intake of Water

- ▶ Avoid drinking water immediately before or after the meal
- ▶ If needed to drink, warm water can be taken immediately after the meal
- ▶ Sips of water during the meals is recommended
- ▶ Avoid drinking a large amount of water in the late evening

Fresh Fruits

- ▶ Avoid eating Fresh Fruits together with the meal
- ▶ Fruits which can be taken together with meals
 - ▶ Pomegranate
 - ▶ Amla

Cold Juices / Smoothies

- ▶ Avoid Intake of Cold Juices / Smoothies for a longer duration
- ▶ Intermittent consumption could be OK
- ▶ Avoid intake of juice early in the morning

Fasting

- ▶ Intermittent Fasting
- ▶ Liquid Diet Fasting
- ▶ Absolute Fasting

Sleep and Digestion

- ▶ Avoid Day sleeping
 - ▶ Increases Kapha
 - ▶ Weakens the Digestive power
- ▶ Avoid keeping awake till late in the night
 - ▶ Disturbs the Digestive Fire
 - ▶ Tendency to Create Ama

Smoothies : Problems ???

- ▶ Ayurvedic Perspective :
 - ▶ Cold recipe
 - ▶ Raw recipe
 - ▶ Incompatible food combination
 - ▶ Vegetables + Fruits
 - ▶ Milk + Spinach (leafy vegetables)
 - ▶ Consumed at the wrong time

Raw Food Diet

▶ **Concept :**

- ▶ Natural enzymes are destroyed with cooking

▶ **Ayurvedic Perspective**

- ▶ Cooked food is easier to digest
- ▶ Vata individual would be more susceptible to gas and bloating .

Fermented Foods : Good or Bad ?

- ▶ Dependswhat is fermented , who consumes it and in what quantity ?

Impact of Exercise on Gut Health

- ▶ Depends ... on the time of the Exercise and also the intake of the food type before the exercise