

Easy Healing Drinks from the Wisdom of Ayurveda

Delicious and Nourishing Winter Recipes

Best-selling
author
Top Ayurveda
blogger

AMADEA MORNINGSTAR

Photography by **RENEE LYNN**



Easy Healing Drinks from the Wisdom of Ayurveda

Delicious and Nourishing Winter Recipes

Kind Words for

Easy Healing Drinks from the Wisdom of Ayurveda

LUSCIOUS LEMON TEA: Yummo! Two thumbs up enthusiastically. – *Lian B.*

IMMUNE BOOSTING CCF TEA: Household members & guests both enjoyed it. 12 cups gone in 2 days. I'll make it again. – *Priscilla S.*

ZESTY LEMONGRASS CARROT SMOOTHIE: Made this smoothie for breakfast. I also added some fresh turmeric root since I had it, which felt amazing. Made great travel food on a morning without extra time to sit and eat. – *Sulis C.*

ROSY BEET SMOOTHIE: Truly enjoyed this. There is a brightness to this one! – *Tim B.*

GREEN DINO DETOX TEA: (Of the) mind-blowing veggie teas, I liked this brew the best. You have opened up a new channel of yummy, supportive beverages to be enjoyed on these cold winter days. – *Lori J.*

WINTER ROOT TEA: Thumbs up! Mild, sweet, filling, grounding, earthy, soft. It reminded me of cooking parsnips with my "Mama" (grandmother) in Brooklyn, NY growing up. – *Cindy W.*

BEET QUEEN'S MAGIC TEA: I was a little nervous about the sound of beet tea but it was indeed magical. Delicious! Thanks! – *Chelsea C.*

GOLDEN MILK: I think it very wise that this recipe is not too sweet, thus everyone can adjust it to their taste. The drink (was) very satisfying! Especially (to) know that this beverage was nourishing my body and not depleting nutrition or hydration. – *Brenda D.*

ALMOND ROSE CHIA SHAKE: Easy to prepare, tastes yummy. I did not think I would like this and surpriseI love it. – *Stephanie R.*

SPICY HOT CHOCOLATE: This is my kind of Ayurveda, a potent healing drink. Bright! – *Gordon B.*

OM TARE TUTTARE

TURE MAMA

AYUR JÑANA

PUNYE PUSHTIM

KURU SOHA

White Tara Mantra

Easy Healing Drinks from the Wisdom of Ayurveda

Delicious and Nourishing Winter Recipes

AMADEA MORNINGSTAR
Photography by RENEE LYNN



AYURVEDA POLARITY THERAPY
& YOGA INSTITUTE
SANTA FE, NEW MEXICO
2017

Ayurveda Polarity Therapy & Yoga Institute
7 Avenida Vista Grande #186
Santa Fe, New Mexico 87508
www.AyurvedaPolarityYoga.com

© 2017 by Amadea Morningstar
Photographs © 2017 by Renee Lynn

DISCLAIMER:

This book is not intended to treat, diagnose or prescribe. The information contained herein is in no way to be considered as a substitute for your own good common sense, or as a substitute for a consultation with a duly licensed health care professional.

All rights reserved. No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

9 8 7 6 5 4 3 2 1

First Edition
Published in the United States of America

Designed by Cynthia Bancale

Library of Congress Cataloging-in-Publication Data

Morningstar, Amadea (Ayurveda author)

Easy Healing Drinks from the Wisdom of Ayurveda: Delicious and Nourishing Winter Recipes/Amadea Morningstar; photography by Renee Lynn.-

First edition.

42 pages

Includes index.

ISBN 978-0-9987542-0-8

1. Healing drinks 2. Vegetarianism 3. Vegetarian cooking

4. Seasonal cooking 5. Medicine, Ayurveda

I. Lynn, Renee II. Title.

*To the life giving Earth
and to Vedic wisdom
for the benefit of all sentient beings
with much gratitude from us both.*

Renee and Amadea

*To my root teachers, to all of my teachers, especially Dr. Vasant Lad,
to my colleagues, clients, and students, and to you, kind reader.*

Amadea



ACKNOWLEDGEMENTS

Dr. Vasant Lad

Dr. Alakananda Ma

Anuj Agarwal & Associates

Kendra Arnold

Shruthi Bajaj

Cynthia Bancala

Lian & Tim Blair

Karen Bomm

Katie Bromberg

Gordon Bruen

Iza Bruen Morningstar

Chelsea Call

Sulis Cutler

Tim Davis

Brenda deMartine

Connie Fisher

Dr. David Frawley

Gwendolyn Henzi

Melissa Ireland

Lori Johnson

Dr. Sunil Joshi

Shanna Marsh Martinez

Margie Noren

Stephanie Rogers

Ina Rucker

Michele Schulz

Priscilla Stuckey

Cindy & Richard, David & Autumn Wagner

Angela Werneke

Contents

| | |
|--|----|
| Introduction | 9 |
| Recipes | |
| Immune Boosting CCF Tea | 14 |
| Luscious Lemon Tea | 16 |
| Essential Rasa Tea | 18 |
| Cinnamon Date Shake | 20 |
| Rosy Beet Smoothie | 21 |
| Zesty Lemongrass Carrot Smoothie | 22 |
| Sweet Potato Ginger Tea | 24 |
| Winter Root Tea | 24 |
| Green Dino Detox Tea | 25 |
| Beet Queen's Magic Tea | 25 |
| Homemade Almond Milk | 26 |
| Internet Recovery Tea | 28 |
| Hot Apple Cider | 29 |
| Healing Chai for Two | 30 |
| Golden Milk | 32 |
| Spicy Hot Chocolate | 33 |
| Almond Rose Chia Shake | 34 |
| Appendices | 35 |
| Resources | 37 |
| Glossary | 38 |
| Index | 40 |
| About the Authors | 41 |

Introduction

Easy Healing Drinks for All Seasons: Delicious Nourishing Winter Recipes from the Wisdom of Ayurveda Medicine

A direct experience of Ayurveda

Aimee rushed into the beginning of the workshop on a cold winter morning late last year. She was starving and wondered if there was time to run out and grab a bite to eat before class started. My co-facilitator and I took one look at her and said together, “No, let us feed you here, we’ve got plenty.” We put a mug of hot tea in her hand and heated up a bowl of warm food. Aimee is a bright wispy strong young farmer by profession and spends a lot of time outside in nature. At the end of the weekend (which included warm delicious food and some of the recipes here), she shared an epiphany. It was the first time in months that she actually felt warm inside! Usually she was always cold. While she had a keen sense of the seasons from her work, it was the first time she realized that she could eat with the seasons in a simple, Ayurvedic way. She was ready for this new adventure in drinking and eating. It supported her body and felt great.

What you’ll receive

Discover in this book how to support your own health - or regain deeper health - with simple, delicious elixirs. They’re easy to make and even easier to drink! While Ayurveda is an ancient, time-tested system of healing from India, it has also proven itself to be highly adaptable to current times and needs. It works with the season as well as the individual.

Hydrate yourself and start the day right. Sometimes you think you may be hungry, when really you are dehydrated. In the West, it’s customary to start a meal with iced, cold water regardless of the season. This inhibits digestive fire and slows healthy metabolism, especially in winter. Ayurveda uses opposites to balance and this group of warming drinks is specifically designed for the chilly winter season. Warm drinks in winter nourish your tissues, support your digestive fire, and are easy to absorb.

You can immediately put Ayurveda’s wisdom into play in your life with the knowledge and recipes presented here by Amadea Morningstar, internationally respected Ayurveda teacher and author. Join Amadea and Renee Lynn, inspired photographer and Ayurveda Self Care educator, for a beautiful, guided adventure into how to heal yourself naturally.

Understanding the basics of Ayurveda

If you’re new to Ayurveda, it is a nature-based system of healing that originated in East India more than 5,000 years ago. Sanskrit for “the science of life”, *Ayurveda* is an invitation to discover the science and art of being healthy within your own life. You can adapt it to meet your needs, and you may find yourself adapting your lifestyle to integrate its wisdom. In working with this ancient healing art, you rely on the five elements of nature: earth, water, fire, air and space. These five elements are distilled in all of life, including our bodies, into three basic biological energies known as the *doshas*: *Kapha*, *Pitta*, and *Vata*. Everyone has all three of these doshas, yet in different proportions. <https://www.banyanbotanicals.com/info/prakriti-quiz/>

You can explore Vata, Pitta, and Kapha in hands-on ways for yourself. They each have unique qualities (*gunas*) that show up directly in you. If you’re feeling dry, you are experiencing one attribute of Vata, whose other qualities include cool, light, mobile, and fast. If you’re hot, this is one strong quality of Pitta, whose additional qualities are sharp, light, oily, and moist. If you’re feeling noticeably heavy, this relates to Kapha, which can also manifest as cool, dense, slow, and steady. What if you are feeling dry, hot and heavy all at once? All three doshas are appearing at your doorstep! This is possible. What now?

Remember opposites are healing in Ayurveda. If you’re feeling dry and thirsty, we’ll feed you moistening drinks. If you’re hot, we’ll offer you cool beverages. If you’re feeling heavy, we’ll suggest you consumer lighter ones. A lighter drink could be made from a clear broth, while a heavier one could include dairy or nuts. You can directly respond to your needs by choosing the appropriate balancing foods and qualities. In the fictitious example above, you could respond to dry, hot and heavy with moist, cool, and light.

The following recipes let you know how each drink supports each dosha. Combining the attributes in healing ways can be a creative activity, like painting with a full palette of colors. Feel free to use these recipes as the basis for your own improvisation.

Many of you reading this may already have a fine-tuned, experiential understanding of the doshas of Ayurveda. If so, we'd like to invite you to expand your knowledge further with some of the more subtle aspects of Ayurvedic physiology that comprise the foundation for an Ayurvedic practitioner's therapeutic choices. We'd like you to meet the *dhatu*s in a skillful way.

What are the *dhatu*s? In ancient India, the dhatus were known as the indispensable tissues. Without them, we could not live! These seven essential tissues for life and health were and are used in the deeper experiential applications of rejuvenation and rasayana. Without a clear grasp of the dhatus, we often deplete our own tissues heedlessly to keep up with some imagined idea of what we're supposed to accomplish in a day. This blatant disregard for our own tissues has a lot in common with how some corporations are treating the earth. It's there, let's take it, with no regard for long term consequences or respect for nature. With a wise comprehension of the dhatus, we can recognize an essential tissue and its needs before it lands us in the ER or prostrate on our couches. Plus, this understanding gives us the opportunity to respect Mother Nature in our own lives and bodies on a daily basis.

The *Dhatu*s: Essential Tissues

| | |
|---------------|------------------------------|
| Rasa | Plasma, liquid blood & lymph |
| Rakta | Red blood cells |
| Mamsa | Muscle |
| Meda | Fat |
| Asthi | Bone |
| Majja | Bone marrow, nerves & fascia |
| Artava | Female reproductive system |
| Shukra | Male reproductive system |

Within this framework of the seven essential categories of tissues are woven the organs and other endocrine glands. In Sanskrit, *dhatu* literally means building block, or that which holds potency (Sanskrit dictionary: <https://www.quora.com>). *Ojas*, our vital immunity, is built from all the dhatus.

When we exhaust ourselves, we deplete our tissues and shake the foundations of our health. The healing recipes you'll find here let you discover how to gently revive them.

How the dhatus dance together

In the dance of nurturance, our bodies digest and absorb whatever nourishment they can from the digestive tract, the gateway to the dhatus. From the digestive tract, nutrients first enter *rasa*, or plasma, the liquid part of our blood. *Rasa*/plasma is the starting point for the nourishment and cleansing of all the other essential tissues. *Rasa*/plasma carries nutrients to every other tissue and carries wastes away. Whatever we don't need or can't digest and absorb is eliminated in the feces, urine, and sweat, the three primary waste products or *malas*.

Each of the seven tissues nourishes the next tissue in a cosmic dance. *Rasa* (plasma) feeds *rakta* (red blood cells), which sustains *mamsa* (muscle). The energy of *mamsa* flows into *meda* (fat), which moistens *asthi* (bone). Within *asthi* resides *majja*, the bone marrow. *Majja* also encompasses our nerves and fascia. *Majja* influences *artava* and *shukra* dhatus, the reproductive tissues of women and men respectively. (While these last two are separate dhatus, for our purposes here they will share the category of the seventh dhatu.) Here Ayurveda presents an ancient twist on modern psychoneuroendocrinology which unites psychiatry and endocrinology in the clinical study of hormone changes and how they affect human behavior. Thousands of years ago, Ayurveda taught that the nervous system affects reproductive behavior, and vice versa.

Each dhatu provides nourishment to the next and each has a characteristic way of keeping clear. For example, when *rasa*/plasma becomes congested, it releases its waste as mucus. We sneeze, we cough, we clear our throats. *Rasa* also receives help in maintaining its balance and health through the processes of perspiration and urination.

The point here is you may think you have a problem with your muscles. An Ayurvedic practitioner would look at you and ask, is the digestive system absorbing what the muscle needs? Is there healthy *rasa*/plasma to accept these nutrients and pass them on to the muscle? This same method of thinking is applied to all tissues and health challenges. The good news is you can nourish and cleanse your essential tissues with food and herbs.

About digestion

The gateway to our essential tissues is our digestive tract. If you can't digest a food or spice, it won't be absorbed. If it isn't absorbed, it cannot nourish you or your tissues. For this reason, Ayurveda puts a big emphasis on how digestible a food or meal is. Because we're all somewhat different from one another, what one person digests well is not necessarily what makes another person's gut happy. For this reason, Ayurveda recommends different foods and lifestyles for different people. It's vital to design nourishment to accommodate the needs of your doshas as well as your dhatus. This need not be as complicated as you might imagine! There are many easy ways to nourish and refresh your tissues and doshas starting with the recipes here. Remember, from an Ayurvedic perspective, digestion is the gateway to health.

About rasa

Liquid nourishment specifically strengthens *rasa*. *Rasa* is what gives us our juiciness; it's the moist liquid portion of our circulatory and lymph systems. It is both the plasma and lymph fluid. Like a river, it carries nourishment and transports wastes. For this reason *rasa dhatu*, the essential plasma, is all about flow, as well as moisture. The healing drink recipes here support this flow and hydration.

When *rasa* is depleted, we become dehydrated. Without *rasa* we become dry and crispy. Without *rasa*, essential moisture cannot be delivered to every cell that needs it, and wastes can pile up as *ama* (undigested toxins) in the cells and passageways of the body. Rather than being like some radiant, large, shining lake, we may feel like a small, over-heated puddle.

For this reason, to support your *rasa* and all your tissues, we offer you easily digested, nutritious drinks.

The importance of working with the season

Individuals have different qualities or *gunas*. So do seasons. As this is being written, it's winter which is cold, heavy, moist and slow. To counter these attributes, we want to offer you nourishment that is warm, easy to digest, and enlivening. You notice we didn't say dry. Because we want to feed your tissues, with *rasa*/plasma as the starting point, we need to give you enough moisture to revive and enliven your *rasa*. Hence, our gift of healing elixirs.

Making your recipes successful

Let's look at the first recipe, IMMUNE BOOSTING CCF TEA. You can gather what you need and follow the simple directions on how to put the drink together. "Effects" lets you know how this recipe impacts each dosha. "This supports" tells you what dhatus are supported by this drink, as well as other juicy benefits. In some recipes like this one, there may be "Comments" that give you more information about the specific healing properties of the drink, or "Notes" about who contributed to its creation. In many recipes, there is the extra bonus of Variations.

If you are inspired to delve deeper, there are some excellent Resources, including a bibliography, in the back of this book.

We've had a lot of fun putting together these drinks and creating the photos for you. We also really appreciate everyone who helped us in this creative adventure, including Cynthia Bancale, our intrepid book designer, Michele Schulz and Tim Davis, our skilled copy editors and all our recipe testers and their loved ones. Please see our Acknowledgements for all the generous people who have been involved with this project. We especially wish to acknowledge you, the kind reader, for joining us in this adventure. Enjoy!

Healing wishes, gladness and respect to you!

Enjoy your journey to better health!

Amadea Morningstar and Renee Lynn

February 2017, Santa Fe, New Mexico

The image features four light-colored wooden spoons arranged in a cross pattern on a dark, textured wooden surface. Each spoon contains a different type of dried herb or spice. The top-left spoon is filled with small, light-brown, kidney-shaped seeds. The top-right spoon contains small, elongated, light-colored seeds with a ribbed texture. The bottom-left spoon is filled with irregular, light-brown, wood-like chips. The bottom-right spoon contains finely chopped, dried green leaves. A central white rectangular box with a thin brown border contains the text "Winter Recipes" in a bold, dark brown font.

Winter Recipes

*Ojas is our vital
immunity, our cushion.
This tea helps build
and protect it!*

IMMUNE BOOSTING CCF TEA



IMMUNE BOOSTING CCF TEA

Time: 15 minutes
Makes: 2 cups

2 1/4 cups water
1/2 teaspoon each:
whole cumin seeds
whole coriander seeds
whole fennel seeds
fenugreek seeds

1/4 teaspoon turmeric
1/8 teaspoon ground cinnamon or cardamom
1 stick of astragalus root (optional)
1 thin slice of ginger, chopped

Bring the water to a boil in a stainless steel pot. Add all the spices. Simmer ten minutes or more. Strain. Drink 2 cups per day, with love.

Effects: calms Vata and Kapha, neutral for Pitta.

This drink supports: digestion, plasma, blood, female reproduction, and ojas!

Comments: Astragalus is excellent for the tail end of a flu or as prevention. Skip it, though, if you are in the early stages of an acute, infectious state.

VARIATION: Make a whole pot of IMMUNE BOOSTING CCF TEA!

Serves 12 with **3 1/2 quarts water, 1 Tablespoon each:**

whole cumin seeds, whole coriander seeds, whole fennel seeds, and fenugreek seeds. 1 teaspoon turmeric, 1 cinnamon stick or 3 whole cardamom pods, 1 stick of astragalus root (optional), 1/2 - 1 inch slice of fresh ginger, chopped. Follow directions above.

Notes: With thanks to fine nature writer and coach Priscilla Stuckey for her discerning wisdom. <http://priscillastuckey.com/>

VARIATION: CLASSIC CUMIN-CORIANDER-FENNEL TEA (CCF Tea)

As above, steep 1 Tablespoon each: whole cumin, coriander, and fennel seeds in one quart of boiled water as above.

Effects: tridoshic.

Supports: excellent digestion. It is also quite diuretic. When your digestive organs seem to be dancing to different rhythms and melodies, remember this classic support.

Variation on the variation: Add 1/2 - 1 inch fresh chopped ginger for slow gut, or 1/2 tsp. licorice root for low blood pressure or inflammation, or the dance below for immune support.

*A delightful way to
stimulate digestion
and alkalize.*

LUSCIOUS LEMON TEA



LUSCIOUS LEMON TEA

Time: 5 minutes
Makes: 1 cup

1 cup water
¼ teaspoon organic lemon zest, finely grated
¼ teaspoon fresh ginger, finely grated
1 Tablespoon organic lemon juice (juice of 1/2 lemon)
1 pinch (1/16 teaspoon) ground cardamom or cinnamon
½ - 1 teaspoon raw honey

Boil the water. As it's heating, wash the lemon and finely grate some peel for the zest. On the same grater, grate the ginger. Squeeze the lemon for its juice. Put these and the remaining ingredients in a tea cup. Stir in the hot water, let it sit a moment, then add the honey. Enjoy.

Effects: calms Vata, in excess can aggravate Pitta & Kapha. Lime is a fine cooling alternative for Pitta. With stevia, Kapha could have this twice a week with a neutral effect.

This drink supports: plasma, blood cells.

SWEET VARIATIONS: For your sweet options, try raw honey for Vata or Kapha, coconut sugar, maple syrup or organic agave syrup for Pitta or Vata, stevia for Kapha.

EXTRA EASY VARIATION: Just use hot water, lemon juice, cardamom or cinnamon, and sweetener. As one taster commented: "Easy, tastes good, looks good, no challenge, and I like it."

VATA VARIATION: You can add one additional teaspoon of lemon juice if you're a Vata and like it tart.

*in Ayurveda we build the
rasa/plasma steadily
to nourish all the other
tissues of the body. This
classic tea is excellent for
preventing dehydration.*



ESSENTIAL RASA TEA

ESSENTIAL RASA TEA

Time: 35 minutes or less

Makes: 3 cups plus

- 1 quart water
- 1 Tablespoon fenugreek seeds
- 1 Tablespoon fennel seeds
- 1 Tablespoon dried peppermint
- 1 teaspoon licorice root, chopped or powdered
- 1 thin slice fresh ginger root (optional)
- 1 teaspoon to 1 Tablespoon flax seeds per cup (optional)

Boil water in a medium stainless steel pot. Turn the heat to low and add the fenugreek, fennel, peppermint, licorice, and ginger. Cover and simmer over low heat for 10 minutes or alternatively, turn off heat, cover, and steep for 30 minutes or more.

Before serving, strain the tea. It's easy at this point to add flax seeds directly into your cup before pouring the Essential Rasa tea into it. This is for people who like gloppy Omega 3-rich, immune-boosting, mood-soothing foods. You can eat the soaked seeds with a spoon when you get to the bottom of your drink (if you're not a Pitta!)

Drink 1 - 2 cups per day, the larger amount if you are in dry conditions.

Effects: balances all doshas, tridoshic.

This drink supports: plasma, nerves, female & male reproductive systems, lactation, ojas.

Comments: Rasa/plasma is the raw ingredient for every other dhatu. For nourishment and hydration, Amadea recommends this tea almost daily in her practice. Working inside in cold weather you can become surprisingly dehydrated with forced heat or wood stoves. This tea helps protect you.

VARIATION: Plan ahead with an **ESSENTIAL RASA TEA MIX**. Makes: 28 cups or 2 weeks' worth, 1 Tablespoon/cup

In a large bowl, stir together 1/2 cup each: fenugreek seeds, fennel seeds, peppermint, and 1 Tablespoon licorice root, chopped or powdered. Store in a glass jar in a cool, dark place. When you are ready to make your Essential Rasa Tea, bring the water to a boil with a thin slice of ginger, add 1 level Tablespoon of the spice tea mix per cup, and simmer for ten minutes. As above, if you add flax seeds, add them to your cup on serving.

VARIATIONS: In hypertension, skip the licorice. If your blood pressure is normal or low, you can use as much as 1 Tablespoon per quart of tea, as a great support for the adrenals. Licorice helps hold moisture in the body, yet it can aggravate hypertension and water retention for the same reason. Flax seeds are an excellent laxative, yet Pitta may find their slimy quality too moving for comfort.

*Nice, quick, nourishing
shake for extra energy
when you need it.*

CINNAMON DATE SHAKE



CINNAMON DATE SHAKE

Time: 15 minutes or less

Makes: 1 cup

8 – 10 raw almonds, soaked overnight and peeled
2 – 5 pitted dates (depending on how sweet you want it), coarsely chopped
1 cup water
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/16 teaspoon ground cloves

Grind the soaked and peeled almonds in a blender as finely as you can. Add the rest of the ingredients and blend together until the drink is as creamy as it's going to get. Pour the shake into your cup. Unless you have a high-powered Vitamix, your humble blender will have some stray chunks of sweet date and almond on the bottom. Chew them up and enjoy.

Nice for the middle of the afternoon when you start to get starving. If you like, make it a TO GO ITEM: pour it into a jar, put the lid on, and take it with you for when you're hungry.

Effects: calms Vata & Pitta every day, fine for Kapha once a week..

This drink supports: adrenals, energy, reproduction, and is an aphrodisiac. It is gently building.

Note: With appreciation to Susana Andrews of the Ayurvedic Institute, who wisely suggested a snack similar to this as I was eating my way toward Pancha Karma there.

QUICK VARIATION: If you haven't soaked almonds overnight, you can put them in a heat proof jar to soak with boiled water for fifteen minutes, then peel. While not as settling to Vata and Pitta as the overnight soak, it is much more calming for these doshas than skipping this drink entirely!

QUICK VARIATION: you can cheat and use **1 Tablespoon raw almond butter** in place of the soaked almonds. Although a little heavier with a little less prana, it does take less time.

ZESTY LEMONGRASS
CARROT SMOOTHIE



ROSY BEET SMOOTHIE



ROSY BEET SMOOTHIE

Sweet and spicy, thick and satisfying, this brilliant magenta drink builds blood and tonifies the liver.

Time: 20-25 minutes
Makes: 2 cups, serves 2

1 cup coarsely chopped raw beets (leave the peel on for extra minerals)
1 ½ cups water
1 teaspoon lemon zest (finely grated organic lemon peel)
1 teaspoon ground coriander
1/8 - ¼ teaspoon pippali (or dash of black pepper)
1 cup plain yogurt (we use sheep)

Boil the water in a small stainless steel saucepan. Add the beets, lemon zest and coriander. Simmer covered until the beets are tender, about 15 – 20 minutes. Process until smooth in a blender, let it sit for a moment to cool a bit. Add the yogurt and pippali. Serve!

Effects: calms Vata enormously, mildly increases Pitta, neutral for Kapha.

This drink supports: digestion, red blood cells; is alkalizing, strengthening and building.

Comments: Both Rosy Beet Smoothie and Zesty Lemongrass Carrot Smoothie are great in fall and winter, or any time you want to ground and direct Vata energy downward. In Ayurveda, food combining is an important part of optimizing digestion. For example, yogurt is not combined with fruit. Here in an exception to the rule, lemon peel supports the healing action of beets and coriander, promotes bile flow, detoxifies Pitta, and regulates liver, pancreas, and spleen functions (Tirtha, 131). Yogurt combines well with the beet and spices; it is best eaten before sunset to keep your channels open.

Check out BEET QUEEN'S MAGIC TEA. You can make this tea at the same time you prepare this smoothie. Just add an extra quart of cooking water, strain it after you've cooked the beets, and use the beet water in that recipe. Have fun!

ZESTY LEMONGRASS CARROT SMOOTHIE

Add some radiant phytonutrients to your day!

Time: 15 minutes

Makes: 3 (1-cup) servings

2 cups water

3 – 4 medium carrots, scrubbed well (2 cups)

1 teaspoon to 1 Tablespoon fresh ginger, peeled and chopped

1 - 3 drops lemongrass essential oil, food grade (I use Do Terra for its fresh flavor)

½ teaspoon ground coriander, ground

¼ teaspoon each ground cumin and ground cardamom

Pinch of salt

½ cup yogurt (optional)

Heat the water to a boil in a medium stainless steel pot. Break the carrots in a few pieces and add to the pot. If you're in a hurry, feel free to chop the carrots in smaller pieces to reduce cooking time, or if you are in a real rush, you can grate them. Keep simmering as you add the ginger, lemongrass essential oil, spices and salt. Cover and simmer until the carrots are tender, about 10 minutes.

Take the pot off the burner and blend until smooth. I use an immersion blender put directly into the hot brew. It's quick and easy. Once smooth, let sit for a moment to cool before adding the yogurt for extra protein and minerals. Blend again. The yogurt creates a lovely melon color. Serve hot.

Effects: without yogurt, calms Vata and Kapha, neutral for Pitta. With yogurt, very calming to Vata, neutral for Pitta and Kapha.

This drink supports: plasma, immunity, and ojas. With yogurt, it also supports bones and nerves.

Notes: with much appreciation to attuned body worker and ASCE Sulis Cutler <http://www.laughingtreespace.com/> or inspiration on this and other recipes.

VARIATIONS: Add **almond milk** instead of yogurt for extra plant-based protein and body. You can put in ½ - **1 ripe avocado** for extra calories and a creamy texture. Try adding **1 – 4 Tablespoons soaked flax or chia seeds** for a thicker drink and laxative action. You can substitute **fresh lemongrass** for the essential oil for even more prana. **Chopped or grated fresh turmeric** gives it even more zip!

Veggie teas are alkalizing and a great way to boost your electrolyte intake. Best yet, you get to eat the veggies after you make the tea! Here are four different veggie teas to enjoy.

VEGGIE TEAS



SWEET POTATO GINGER TEA

Time: A leisurely 15 minutes
Makes: 3 (1-cup) servings

1 quart water
1 – 2 large cubed sweet potato, cubed
one thin slice fresh ginger
½ teaspoon ground coriander (optional for Vata, excellent for Pitta)

Bring the water to a boil in a medium stainless steel saucepan. Add the rest of the ingredients. Simmer for 10 minutes and drain the cooking liquid into tea cups. This hot vegetable tea is nice after a meal or any time you're looking for sweet without the intensity of sugar. The sweet potatoes make a great breakfast mashed with a little ghee, or you can add them to any dish you like.

Effects: Calms Vata & Pitta, neutral for Kapha (OK for Kapha in moderation, 1 – 2 times a week).

This veggie tea supports: digestion, plasma and ojas. It is grounding, rich in anti-oxidants and gives the immune system a boost. It is great for the lungs and skin.

Comments: An Asian tradition when preparing food, is to pray for the benefit of all sentient beings. You can chant any mantra or prayer you like, inwardly or outwardly. OM TARE TUTTARE TURE SVAHA is one to the mother Buddha Tara who nourishes all beings.

Notes: This naturally sweet tea is one of Amadea's personal favorites.

WINTER ROOT TEA

Time: 20 minutes
Makes: 3 (1-cup) servings

1 quart + ½ cup water
2 medium (or 2 cups) raw parsnips (2 cups)
1 small raw carrot
1 large bay leaf
½ teaspoon ground cardamom

Scrub the parsnips and carrot well and slice them into bite-sized pieces. Boil water in a stainless steel pot and add all the ingredients. Reduce heat to medium; simmer, covered for 10 -15 minutes or until the veggies are tender, but not mushy. Drain the cooking liquid into mugs and enjoy. You can use the cooked veggies in a curry or in the PARSNIP SMOOTHIE below.

Effects: Calms Vata & Pitta, neutral for Kapha in moderation, up to twice per week. This is a grounding food yet you are only drinking its essence. It is clear or vishada.

This veggie tea supports: plasma and is grounding. Alkalizing.

Notes: Our taste testers loved this one, calling it "sweet, earthy, light, filling, soft". With big thanks to Cindy Wagner at NM Polarity & Ayurveda. <http://www.breathe-in-wellbeing.com/>

VARIATION: If Kapha wanted to consume this daily, I would recommend adding a **handful of chopped parsley** to the brew to balance it.

VARIATION: PARSNIP SMOOTHIE: blend together ½ cup of the simmered tender vegetables and ½ cup of the cooking water. For a little extra zip, add **1/8 teaspoon of your favorite garam masala per cup** of smoothie. This makes a pretty drink, anywhere from melon-colored to applesauce-hued, depending on your garam masala. Enjoy hot.

GREEN DINO DETOX TEA

Time: A leisurely 15 minutes
Makes: 3 (1-cup) servings

1 quart + ½ cup water
1 bunch Lacinato (dinosaur) kale
1 thin slice onion
1 slice (2 inches) fresh lemon
1 inch slice fresh ginger
½ teaspoon ground tulsi

Bring the water to a boil. Tear the kale leaves off their stems and put into the water. Discard the stems or save for a soup stock. Add the rest of the ingredients and simmer until the greens are tender. Strain, using the steaming water as your drink. Use the greens in whatever dish you like. You could serve them with extra virgin olive oil and a splash of lemon or vinegar.

Effects: neutral Vata, strongly calms Pitta and Kapha.

This detox tea supports: plasma, red blood cells, muscle, bone, liver.

Alkalizing.

Notes: The name for GREEN DINO DETOX TEA came from the Wagner family. Thank you! Our snarky first runner up was GREAT FOR YOUR BONES – NO BONE BROTH from expert chef and ASCE Lori Johnson of Cardamom Kitchen in Montana.

<http://cardamomkitchen.com/about/> Thanks and blessings to you!

EXTRA EASY VARIATION: Instead of the fresh lemon, ginger, and tulsi, use 1 bag of Organic India brand Tulsi lemon ginger tea. Follow directions above.

BEET QUEEN'S MAGIC TEA

Time: 30 minutes
Makes: 4 cups

1 quart (4 cups) water
3 – 4 (or at least one cup) raw beets
3 bags Organic India brand Tulsi Sweet Rose tea

Bring the water to a boil in a medium stainless steel saucepan and add the beets, whole or chopped, either is fine. Simmer covered on medium heat until the beets are tender, 15 – 20 minutes. Add the Tulsi Sweet Rose tea bags to the pot and simmer for another ten minutes or so. Strain the tea into a pitcher or individual cups and serve. Use the beets in a soup or as a colorful side dish.

Effects: Balances all doshas.

This tea soothes: the spirit as well as supports plasma and red blood cells.

Alkalizing.

Notes: Thanks to Michele Schulz, talented Ayurvedic chef and educator and Zoe Kelly Linkletter, innovative ASCE graduate for the inspiration and name on this one.

VARIATION: If you haven't got Tulsi Sweet Rose tea or you abhor stevia, which the tea contains, add **1 Tablespoon tulsi tea and ¼ cup organic rose petals** during the last ten minutes of simmering; strain.

TIP: You can make a **ROSY BEET SMOOTHIE** first and add an extra quart of cooking water to that recipe to cook the beets. When they are done, pour off a quart of the steaming beet water into a small saucepan and use it to make **BEET QUEEN'S MAGIC TEA**.

BASIC HOMEMADE ALMOND MILK

Ojas is built by nurturing all the tissues skillfully. This drink does this well!

Time: Overnight

Makes: 1 cup

8 - 10 raw almonds soaked in 2 cups water

1 cup fresh water

Soak the almonds overnight in a cup of water. Pinch their noses to peel them, and discard the soaking water. Blend them with a fresh cup of water. If you have a Vitamix, this becomes beautiful and creamy and completely integrates the almonds into the liquid. If you have a blender, you'll have a few chunks of nuts to chew or strain out.

Effects: tridoshic. These are the best proportions to balance all doshas. If you add more almonds, as below, it will calm Vata well, yet can easily aggravate Pitta or Kapha.

This milk supports: all seven tissues and builds ojas. It rejuvenates them all.

Notes: Almonds are a precious commodity these days. If you have a Vitamix, or have been yearning for one, here is a great place to use it to make the freshest milk with the smallest amount of nuts. If your budget is more blender-oriented, you will probably need to use a few more nuts and a fine mesh strainer. If you have an Indian grinding stone and time and muscle, you can be sustainable in a different kind of way!

Comments: In Ayurveda medicine, this sattvic beverage acts as a nervine that revives mental as well as physical energy. The advantage of fresh homemade almond milk over prepared boxed or bottled almond milk is that it has substantially more vitality and prana. You can easily increase the proportions on this to make as much as you need. The fresher, the better. Peeling almonds increases their digestibility and the smoothness of the resulting milk especially calms tender Vata.

RICHER VARIATION: Use $\frac{1}{2}$ cup raw almonds soaked in 1 quart of water, 2 cups fresh water, 1 pinch of salt. Soak the almonds overnight as above. Drain the nuts in the morning, peel them if you are inclined, discarding the water. Blend the almonds, fresh water, and salt. Strain the almond milk through a fine strainer or nut bag. The nut pulp can be used in other dishes.

Effects: calms Vata well, can increase Pitta or Kapha if used daily.

This variation supports: all the dhatus. It is strongly building.

EASY VARIATION: QUICK HOMEMADE ALMOND MILK: Boil water, pour over the almonds, let soak for just 15 minutes. Proceed as above for either recipe.

Take a break from the internet and Smart phones to heal any dosha, especially Vata and Pitta.



INTERNET RECOVERY TEA (IRT)

INTERNET RECOVERY TEA (IRT)

If the 24/7 quality has lured you in, to the detriment of your nervous system and basic sanity, consider turning the web off and having a cup of this tea to reset your wisdom link. If you can get yourself out in nature as you drink it, all the better. Enjoy!

Time: 20 minutes
Makes: 2 quarts = 8 cups

2 quarts water
1 Tablespoon raspberry leaf (or 1 bag raspberry leaf tea)
¼ cup rose petals
2 Tablespoons dried peppermint (or 2 bags peppermint tea)
1 Tablespoon dried brahmi (bacopa) *
2 teaspoons shankhapushpi powder *
1 thin slice fresh ginger root

In a medium stainless steel saucepan, bring the water to a boil. Add all the herbs, stir, turn off the heat, cover. Infuse for five minutes or until it smells friendly. Strain immediately.

Unlike many of the teas here, this is an infusion rather than a decoction. If you like your tea stronger, let it sit until it is the flavor you enjoy. Watch out though! It can get bitter the longer it rests. Drink up to 2 cups per day, as needed. Sweeten with honey if you like.

Effects: tridoshic, calms Vata, Pitta and Kapha beautifully.

This therapeutic tea supports: the nervous system in particular; in addition, plasma and female & male reproductive systems.

Comments: Brahmi/bacopa is a time-honored way to revive mental clarity and memory, and Shankhapushpi is unrivaled in its ability to calm over wrought nerves without a heavy sedative effect. For those of us with very aware nervous systems, it can help us relax. [Banyan Botanicals](#) is a good source for shankhapushpi and bacopa. While neither of these has any contraindications, caution would be advised with anti-epileptic, anti-depressant, or sedative medications, as these are their traditional uses (Pole, 150, 269).

VARIATION: If you haven't got shankhapushpi or bacopa, use an equal amount of lemon balm (Melissa) in place of either of these two.

VARIATION: Some people with acid reflux do better without mint. If you are among them, simply leave the peppermint out of this formula. Instead, you can add an equal amount of extra raspberry or tulsi tea.

HOT APPLE CIDER



HOT APPLE CIDER

This riff on a classic has half the fruit sugar of its original counterpart. It's great for chilly winter nights or ski days.

Time: 10 minutes
Makes: 2 (1 cup) servings

1 cup apple juice or cider
1 cup water
½ teaspoon ground cinnamon or
1 small cinnamon stick
¼ teaspoon ground nutmeg

Combine all ingredients in a small stainless steel pot. Simmer over medium high heat until steaming. Serve with the cinnamon stick or a thin slice of lemon or simply plain.

Effects: calms Pitta and Kapha, has a neutral effect on Vata.
This drink supports: hydration and plasma.

HEALING CHAI FOR TWO



HEALING CHAI FOR TWO

This delightful classic brew from photographer Renee Lynn warms you up without wiring those doshas.

Time: 20 minutes

Makes: 2 cups

2 cups filtered water
2 Tablespoons freshly grated ginger root
3 cinnamon sticks
 $\frac{3}{4}$ Tablespoon whole cloves
1 Tablespoon cardamom pods
 $\frac{1}{4}$ teaspoon freshly grated nutmeg
2 cups organic milk of your choice
3 Tablespoons organic loose leaf decaffeinated black tea (Assam or Orange Pekoe)

Boil water, add the spices - ginger, cinnamon, cloves, cardamom, nutmeg - and simmer for ten minutes.

Add the milk and tea, bring it all to frothy hot, and remove from heat. Stir, cover and steep for five minutes. Strain and serve. Sweeten to taste.

Effects: neutral for all doshas.

This chai supports: digestion, ojas and comradery.

Comments: The original basis of this recipe comes from Dr. Sharada Hall, DOM and Ayurvedic practitioner. <http://www.bodhimed.com/dr-sharada-hall> She uses almond milk in this recipe.

*“Turmeric is the
best medicine in
Ayurveda. It cures
the whole person.”
– Dr. Vasant Lad*



GOLDEN MILK AND SPICY HOT CHOCOLATE

GOLDEN MILK

A classic support for joints and immunity from Yogi Bhajan gets a fresh twist from inspired book designer Cynthia Bancala

Time: 10-15 minutes
Makes: 2 (1 ¼ cup) servings

¼ teaspoon ground turmeric
1 cup water
2 cups milk of your choice
½ Tablespoon fresh grated ginger
1 teaspoon organic coconut oil or ghee
3 – 5 black peppercorns
½ teaspoon powdered cinnamon
Sweeten to taste with honey or stevia

In a small stainless steel pot over medium heat, stir the turmeric into the water and cook until it forms a nice “paste”. This takes about 8 minutes. In a second medium stainless steel pot, whisk the rest of the ingredients and continue to whisk until it boils. As soon as it boils, immediately remove the milk mixture from the heat. Add the first pot to the second pot and whisk together. Strain into mugs. If you’d like a little honey, now is the time to add it.

Effects: tridoshic.

This drink supports: all dhatus, especially plasma, red blood cells, muscle, fat, bone, and ojas.

Notes: Thanks to yoga teacher and Ayurvedic Self Care educator Brenda deMartine http://www.thesecretsofyoga.com/SearchTeacher_B_56.html for troubleshooting Golden Milk and remembering salt for the almond milk!

EASY FRESH VARIATION: Cynthia uses ½ Tablespoon of fresh grated turmeric in place of the ground turmeric and makes everything in one pot, omitting the step of making a turmeric paste. She uses homemade almond milk (page 26).

In the past, hot chocolate was made in water, not milk, and served dark and bitter with honey. The bitter taste opens the srotas/channels. Cardamom, cinnamon and pippali open the channels as well.

Cardamom antidotes theobromine, cacao's caffeine-like stimulant. Shankhapushpi supports the nerves in the presence of rajasic chocolate. It's still not a beverage to be drunk every day, yet it can be enjoyed once or twice per week.

SPICY HOT CHOCOLATE (CHO-CO-LAH-TAY)

Nahautl Mexico meets ancient India!

Time: 10-15 minutes
Makes: 1 or more cups

1 cup water or milk of your choice per person, we prefer almond milk in this recipe
Add per cup:
1 1/2 Tablespoons organic cacao powder
1/4 teaspoon each: ground cinnamon and cardamom
1/8 teaspoon each: ground nutmeg and pippali
The tiniest pinch of mineral salt (omit if using dairy)
1/2 teaspoon shankhapushpi (optional)
1/2 - 1 teaspoon almond extract
Sweetener to taste

Bring the water or milk to steam in a pot. Add the cacao and the remaining ingredients except the sweetener. Stir well. Gently boil for 5 minutes. Add the sweetener. Whip the hot chocolate mixture in the pot until frothy. If you only use water, it doesn't froth. Enjoy in a leisurely manner with a friend.

Effects: Neutral for Vata, increases Pitta, decreases/lightens/enlivens Kapha.

For Vata, use almond milk and honey, maple syrup, organic agave, or coconut sugar.

For Pitta: use either water or almond milk with maple, organic agave, or coconut sugar.

For Kapha: use either water or diluted almond milk with honey or stevia.

This drink supports: nerves, digestion and circulation.

Comments: Cacao is definitely stimulating! In Ayurveda, chocolate is considered to aggravate all doshas (Lad & Lad Food Guidelines) by clogging the channels (srotas). Its usual travelling companions - an excess of milk and sweetener - are what have given chocolate its bad rap. If we minimize these, as the Aztecs did, and maximize channel-opening ingredients such as bitter cacao, this drink can have close to a neutral effect on the doshas.

VARIATIONS: Make it in a cup: Instead of cacao, use 1 Tablespoon organic cocoa powder/cup in each mug with the dry spices above. Make a paste using this mix and a little water. Stir in the rest of the hot liquid, the almond extract and your sweetener.

SPICY NOT CHOCOLATE: in place of the cocoa, use 1 heaping Tablespoon carob powder per cup for a surprisingly satisfying drink.

Effects: neutral for Vata, calms Pitta and Kapha.

Supports: digestion, nerves; cleanses fat.

ALMOND ROSE CHIA SHAKE

This vibrant shake is a natural rejuvenative and aphrodisiac.

Time: Soak time 15 minutes or overnight, plus 5 minutes to make the shake

Makes: 2 cups, serves 2

1 cup homemade or unsweetened plain almond milk (see directions p.)

1 cup water

1 Tablespoon chia seeds

2 chopped Calimyrna figs (2 Tablespoons)

1 date (optional)

½ teaspoon vanilla extract

¼ teaspoon rose water OR 1 heaping teaspoon organic red rose powder

OR 1 Tablespoon organic dried rose petals

A few strands of saffron (optional)

Boil the water and pour it over the chia seeds, figs, date, vanilla, and rose placed in a heatproof measuring cup. Soak for 15 minutes or more.

Put the soaked mix in a blender with the almond milk and the saffron. Blend until smooth. Serve warm or at room temperature, and drink.

Effects: calms Pitta and Vata, neutral for Kapha (the fewer nuts the better for Kapha)

This drink supports: energy, rejuvenation, muscles, reproductive system

Notes: I'm grateful to Ina Rucker <http://bodyhealththerapy.com/> and Stephanie Rogers <http://www.stephsbodyworks.com/> for bringing this recipe down to earth in an accessible way. Thank you! These two fine body workers are also excellent Ayurvedic Self Care Educators.

VARIATION: For extra verve, you can add ¼ teaspoon ashwagandha and/or shatavari to each serving, except in pregnancy.

ALMOND ROSE CHIA SHAKE

THE GUNAS, THE DOSHAS, AND AGNI

| Attribute/ <i>Guna</i> | Calms the <i>dosha</i> , decreases: | Increases: |
|------------------------------------|-------------------------------------|-----------------------|
| Heavy/ <i>guru</i> | Vata, Pitta | Kapha |
| Light/ <i>laghu</i> | Kapha | Vata, Pitta, and Agni |
| Slow, dull/ <i>manda</i> | Vata, Pitta | Kapha |
| Sharp/ <i>tikshna</i> | Kapha | Vata, Pitta |
| Cold/ <i>shita</i> | Pitta | Vata, Kapha |
| Hot/ <i>ushna</i> | Vata, Kapha | Pitta and Agni |
| Oily/ <i>snigdha</i> | Vata and Agni | Pitta, Kapha |
| Dry/ <i>ruksha</i> | Kapha, Pitta | Vata and Agni |
| Slimy/ <i>shlakshna</i> | Vata and Agni | Pitta, Kapha |
| Rough/ <i>khara</i> | Pitta, Kapha | Vata and Agni |
| Dense, concentrated/ <i>sandra</i> | Vata, Pitta and Agni | Kapha |
| Liquid, dilute/ <i>drava</i> | Vata and Agni | Pitta, Kapha |
| Soft/ <i>mrudu</i> | Vata and Agni | Kapha, Pitta |
| Hard/ <i>kathina</i> | Pitta and Agni | Vata, Kapha |
| Static, stable/ <i>sthira</i> | Vata, Pitta and Agni | Kapha |
| Mobile/ <i>chala</i> | Kapha | Vata, Pitta and Agni |
| Subtle/ <i>sukshma</i> | Kapha | Vata, Pitta, and Agni |
| Gross/ <i>sthula</i> | Vata, Pitta and Agni | Kapha |
| Clear/ <i>vishada</i> | Kapha | Vata, Pitta and Agni |
| Cloudy/ <i>avila</i> | Vata, Pitta and Agni | Kapha |
| Sticky/ <i>picchila</i> | Vata, Pitta and Agni | Kapha |

For more information on these traditional interpretations, see Lad, *Ayurveda: The Science of Self-Healing*

TASTES, GUNAS AND DOSHAS

| Taste/Rasa Elements | Guna | Effects on Dosha & Agni |
|---|-----------------------------|---|
| Sweet/ <i>madhura</i> Earth & Water | heavy, moist, cool, oily | Calms V & P Increases K Inhibits Agni |
| Sour/ <i>amla</i> Earth & Fire | warm, moist, oily | Calms V Increases P & K Enhances Agni |
| Salty/ <i>lavana</i> Water & Fire | moist, warm, heavy | Calms V Increases P & K Enhances Agni |
| Pungent, spicy/ <i>katu</i> Fire & Air | hot, light, dry | Calms K Increases P & V Enhances Agni |
| Bitter/ <i>tikta</i> Air & Ether | cold, light, dry | Calms P & K Increases V Enhances Agni via samana vayu |
| Astringent/ <i>kashaya</i> Air & Earth | cool, dry, heavy | Calms P & K Increases V Inhibits Agni |

For more information, see Sharma, *Introduction to Dravyaguna, chapter III*

Resources

Amadea Morningstar <http://www.amadeamorningstar.net>
Anuj Agarwal & Associates http://blog.feedspot.com/ayurveda_blogs/
The Ayurveda Polarity Therapy & Yoga Institute <http://www.AyurvedaPolarityYoga.com>
The Ayurvedic Institute <http://www.ayurveda.com/>
Banyan Botanicals <http://www.avantlink.com/click.php?tt=ml&ti=415529&pw=209811>
Dr. John Douillard's Life Spa <http://lifespas.com/>
Joyful Belly <http://www.joyfulbelly.com/>
Mountain Rose Herbs <https://www.mountainroseherbs.com/>
On Line Constitutional Questionnaire <http://www.banyanbotanicals.com>

Bibliography

Drikung Kagyu H.E. Garchen Rinpoche, *The Commentary on the Essential Meaning of the Thirty-Seven Practices of Bodhisattvas*, 2011 (Singapore)
Frawley, David, *Ayurvedic Healing: A Comprehensive Guide*, 1989
Kennedy, Diana, *The Cuisines of Mexico*, 1989
Lad, Usha & Vasant, *Ayurvedic Cooking for Self-Healing*, 1994
Lad, Vasant, *Ayurveda: The Science of Self-Healing*, 1984
Miller, Light & Bryan, *Ayurveda & Aromatherapy*, 1995
Moore, Michael, *Medicinal Plants of the Mountain West*, 1979
Morningstar, Amadea, *Ayurvedic Cooking for Westerners*, 1995
Morningstar, Amadea with Urmila Desai, *The Ayurvedic Cookbook*, 1990
Morningstar, Amadea, *The Ayurvedic Guide to Polarity Therapy: Hands-on Healing*, 2001
Nagral, Kumud S., *Ayurveda for Modern Medical Practitioners*, 2008 (India)
O'Donnell, Kate, *The Everyday Ayurveda Cookbook*, 2015
Pole, Sebastian, *Ayurvedic Medicine*, 2006
Sharma, P.V., *Introduction to Dravyaguna*, (Indian Pharmacology), 1976 (India)
Tirtha, Swami Sada Shiva, *The Ayurveda Encyclopedia*, 1998
Welch, Claudia, *Balance Your Hormones, Balance Your Life*, 2011

All texts available in the USA unless noted in parentheses.

Glossary

Agni: digestive fire, sacred fire

Alkalizing: substance that promotes a pH greater than 7, cleansing

Ama: undigested wastes creating toxins in the body

Amla: sour, one of the six therapeutic tastes

Anupana: a substance that carries the medicinal qualities of herbs into the tissues, like milk, honey, ghee, or aloe vera

Aphrodisiac (vajikaran): healing and strengthening for the reproductive organs, increases sexual interest

Asthi: bone tissue, one of the dhatus

Astringent (*kashaya*): cold, light contractive taste, calming to Pitta and Kapha

Ayurveda: the science of life

Bitter (*tikta*): cooling, light, dry taste supportive to digestion and cleansing; calms Pitta and Kapha

Decoction: a tea that is boiled slowly for 15 – 20 minutes, often made of roots, barks, or large seeds. (Moore)

Dhatu: one of the seven or eight essential tissues of the body, including rasa, rakta, mamsa, meda, asthi, majja, artava, shukra

Diuretic: increases urination

Dosha: one of three biological energies - Vata, Pitta, and Kapha - that sustain life and metabolism and determine one's constitution.

Drava: liquid

Edema: water retention, results in swelling

Electrolyte: vital minerals, including sodium, potassium, calcium, and magnesium

Guna: one of 21 paired attributes or qualities. Examples are hot & cold, light & heavy, dry & oily. See pages 35 & 36.

Infusion: A tea made by pouring boiling water over a plant, particularly more delicate leaves, flowers, and small seeds. (Moore)

Kapha: the dosha arising from earth and water; heavy, cool, moist, steady/stable

Karma: effect, action

Kashaya: astringent, one of the six therapeutic tastes; also, an extract

Katu: pungent, one of the six therapeutic tastes

Lavana: salty, one of the six therapeutic tastes

Laxative: promotes elimination through bowel movements

Madhura: sweet, one of the six therapeutic tastes

Mahaguna: one of the three great qualities of mind - sattva, rajas, and tamas

Majja: nerve, bone marrow, and fascia tissue; one of the seven dhatus

Malas: bodily waste products - urine, feces, perspiration

Meda: fat tissue, one of the dhatus

Nirama: condition free of ama or toxins

Nervine: strengthens and supports the nerves, majja

Nutritive: provides nourishment for the body; rich in nutrition

Ojas: vital energy cushion of the body; supports immunity

Pitta: the dosha arising from fire and water; hot, sharp, oily, light, liquid

Prabhau: the specific action or special potency of a substance, beyond any general rules that apply to it

Pranayama: healing breathing processes

Prakruti: birth constitution

Prana: mobile vital energy absorbed through breath and food; chi

Prasad: blessed food

Pungent (*katu*): hot, light taste; calming to Kapha

Rajas: mental quality of assertion, aggression, warm energy and action; one of the 3 mahagunas

Rakta: red blood cells; one of the dhatus

Glossary (continued)

Rasa: taste perceived in the mouth; the six tastes of sweet, sour, salty, pungent, bitter, and astringent; one of the dhatus, plasma, the liquid part of the blood; also, feeling, emotion

Rasayana: rejuvenative, restorative, revitalizing

Salty (*lavana*): warm, heavy taste, calming to Vata

Sama: condition with ama or toxins

Sattva: mental quality of love, calm, clarity, harmony, balance; one of the 3 mahagunas

Shukra: reproductive tissue, can apply generally to both sexes, yet often refers only to male reproductive tissue; one of the dhatus

Sour (*amla*): warm; acidic taste; calming to Vata

Srota: essential channel for the movement of energy and metabolism in the body; the dhatus have channel manifestations, as in rasavaya srotas, the channel for plasma

Sweet (*madhura*): cool, heavy taste, calming to Vata and Pitta

Tamas: mental quality of contraction, grounding, resistance, inertia, habitual patterns; one of the 3 mahagunas

Taste: see *Rasa*

Tejas: warm, vital creative energy, transmitted thru ojas to the digestive tract

Tridosha: the three doshas of Vata, Pitta, and Kapha

Tridoshic: balancing for all three doshas

Vata: the biological energy, dosha, arising from air and space/ether; dry, cool, light, mobile

Vikruti: the current condition, imbalance

Vipak: the final, post-digestive effect of taste impacting the metabolism of the whole body

Virya: energy, energetic effect of taste on the digestive tract, as in warming or cooling

Index

- Acid reflux (GRDS) 28
Adrenals 18, 20
Agni: see also Digestive fire **35, 36, 38**
Alkalinizing 15, 21, 23-25, **38**
Almond 20, 22, **26, 34**
Almond Milk 22, **26, 30, 32, 33, 34**
Almond Rose Chia Shake 2, **34**
Ama 11, **38**
Anti-oxidants 24
Aphrodisiac 20, 34, **38**
Apple cider 29
Artava dhatu: see Female Reproductive
Asthi dhatu: see Bone
Astragalus 14
Avocado 22
Ayurveda 9 – 11, **38**
Ayurveda medicine 26, 31, 33
Beet Queen's Magic Tea 2, 21, **25**
Beets 2, 21, 25
Blood, blood cells 10, 14, 16, 21, 25, 26, 32, 38
Blood pressure 14, 18
Bone 10, 22, 25, 26, 32, 38
Bone marrow 10, 26, 32, 38
Brahmi (bacopa) 28
Cardamom 14, 16, 22, 24, 30, 33
Carob 33
Carrot 2, 22
Chai 30
Channels 21, 33, **39**
Chia seeds 2, 22, 34
Chocolate 2, 31, 33
Cinnamon Date Shake **19, 20**
Circulation 33
Date 14, 19, 20, 34
Dehydration 9, 11, 17, 18
Detox, detoxify 2, 21, **25**
Dhatus **10, 11, 26, 32, 38**
Digestion 11, 14, 15, 21, 24, 30, 33, 38
Digestive fire 9
Diuretic 14, **38**
Doshas 9-11, 30, 35, 36, **38**
Electrolyte 23, **38**
Elements 9, 36
Endocrine 10
Energy 10, 19, 20, 26, 34, 38, 39
Essential Rasa Tea **17, 18**
Exhaustion 10
Fascia 10, 38
Fat 10, 26, 32, 28
Female reproductive system 10, 14, 18, 20, 26, 28, 32, 34
Figs 34
Flax seeds 18, 22
Food combining 21
Fruit drinks 2, 16, 20, 29
Ginger 14, 16, 18, 22, 24, 25, 28, 30, 32
Golden Milk 2, 31, **32**
Green Dino Detox Tea 2, **25**
Grounding 2, 21, 24
Gunas 9, 11, **35, 36, 38**
Healing Chai for Two 30
Hot Apple Cider **29**
Hydration 9, 11, 18, 29
Hypertension 18
Immune boosting CCF Tea 2, 11, **13, 14**
Immunity 10, 13, 14, 18, 22, 24, 32, 38
Inflammation 14, 32
Internet Recovery Tea **27, 28**
Kale 25
Kapha 9, **38**
Lactation 18
Laxative 18, 22, **38**
Lemon 15, 16, 21, 25, 29
Lemon balm 28
Lemongrass 2, 21, **22**
Licorice root 14, 18
Lime 16
Liver 21, 25
Lungs 24
Luscious Lemon Tea 2, **15, 16**
Majja dhatu: see Nerves, Bone Marrow, Fascia
Male reproductive system 10, 18, 20, 26, 28, 32, 34, 39
Mamsa dhatu: see Muscle
Mantra 24
Meda dhatu: see Fat
Memory 28
Mental clarity 28
Milk drinks 30, 32, 33, 34
Mint 18, 28
Muscles 10, 11, 25, 26, 32, 34
Nahautl Mexico 33
Nerves 10, 18, 22, 26, 28, 32, 33, 38
Ojas 10, 13, 14, 18, 22, 24, 26, 30, 32, 36, **38**
Omega 3s 18
Opposites 9
Pancreas 21
Parsnip 2, 24
Plasma 10, 11, 14, 16, 17, 18, 22, 24 – 26, 28, 29, 32, 39
Prana 20, 22, 26, **38**
Rakta dhatu: see Blood cells
Rasa dhatu: see Plasma
Rejuvenation 10, 26, 34, **39**
Rosy Beet Smoothie 2, 25, **21**
Sattva 26, **38**
Seasons 9, 11
Shakes & smoothies 20, 21, 22, 24, 34
Shankhapushpi 28, 33
Shukra dhatu: see Male reproductive
Skin 24
Smart phones 27
Spicy Hot Chocolate 2, **33**
Spicy Not Chocolate **33**
Spirit 25, 26
Spleen 21
Srotas: see Channels
Sweet options 16, 33
Sweet potato 24
Sweet Potato Ginger Tea **24**
Tara mantra 24
Tastes **36, 39**
Teas 14, 16, 18, 24, 25, 30
Tridoshic 14, 18, 26, 28, 32, **39**
Tulsi, the herb 25, 28
Turmeric 2, 14, 22, 31, 32
Vata 9, 27, **39**
Vegetable drinks 21 – 25
Veggie teas 23 – 25
Wastes 10, 11, 38
Water retention 18, 38
Winter 9, 11, 21, 24, 29
Winter Root Tea 2, **24**
Yam: see sweet potato
Yogurt, yogurt drinks 21, 22
Zesty Lemongrass Carrot Smoothie 2, 21, **22**

About the Authors

Amadea Morningstar is the author (with Urmila Desai) of the best selling classic *The Ayurvedic Cookbook*. Her Ayurveda blog has been named one of the top 30 on the web www.amadeamorningstar.net/blog. She has been writing and teaching about Ayurveda since the early 1980s. Her commitment is to bring alive this precious and ancient natural healing science in simple, clear and affordable ways for the benefit of as many people as possible, and for the benefit of the earth which nourishes us.

Renee Lynn, a professional photographer, took on this project because of her deep interest in the healing wisdom of Ayurveda, Jyotish, and Vastu. Though mainly known as a wildlife photographer and Popular Photography Nature columnist, she has previously photographed three cookbooks. For this project it was her intent to include the vast and beautiful New Mexico landscape as a backdrop for the pictures. Using the healing elements of nature, she chose the Sun as the photographic light source as much as possible. Renee lives in Santa Fe, New Mexico with her husband, Tim Davis and their Australian Shepherd, Lizzy.



PHOTO BY TIM DAVIS

Amadea Morningstar (left) and Renee Lynn (right).

Future books in the *Easy Healing Drinks from the Wisdom of Ayurveda* series include:

Spring

Summer

Fall

All Four Seasons

Current eBook edition available through www.amadeamorningstar.net.

May this work benefit all mother sentient beings.