|  |  |  |
| --- | --- | --- |
| **Kapha Spices** | **Pitta Spices** | **Vata Spices** |
| anise | anise | anise |
| asafoetida | asafoetida | asafoetida |
| basil | cardamom | basil |
| bay | chamomile | bay |
| black pepper | coriander | black pepper |
| chamomile | cumin | chamomile |
| caraway | fennel | caraway |
| cardamom | peppermint | cardamom |
| cayenne | saffron | cayenne |
| cinnamon | spearmint | cinnamon |
| clove | tarragon | clove |
| coriander | turmeric | coriander |
| cumin | vanilla | cumin |
| dill | wintergreen | dill |
| fennel |  | fennel |
| fenugreek |  | fenugreek |
| garlic |  | garlic |
| ginger |  | ginger |
| horseradish |  | horseradish |
| marjoram |  | marjoram |
| mustard seed |  | mustard seed |
| nutmeg |  | vanilla |
| oregano |  | nutmeg |
| peppermint |  | oregano |
| poppy seeds |  | peppermint |
| rosemary |  | poppy seeds |
| saffron |  | rosemary |
| sage |  | saffron |
| spearmint |  | sage |
| thyme |  | spearmint |
| turmeric |  | thyme |
| tarragon |  | turmeric |
| vanilla |  | tarragon |
| wintergreen |  |  |
|  |  |  |

Low Agni (kapha)

Take spices before a meal to bring agni up and cook the food with the spices to keep agni high during digestion

High Agni (Pitta)

Take cooling herbs after a meal to bring agni down and cook with food with mild spices (listed for Pitta) in small quantities to avoid stimulating agni

Variable Agni (Vata)

Take herbs cooked in the foods and taken between meals in a tea, capsule, takra to keep agni balanced away from digestion

(Possible to have High Pitta with Variable Agni)

State of Agni

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Balanced | Low | High | Variable |
| Appetite | Appropriate to frame size & level of activity | Low | Strong, insatiable | Variable |
| Digestive Issues | None | Heavy, sluggish digestive issues | Hot, burning digestive issues | Variable may have gas, bloating |
| Weight pattern | Appropriate to frame size | Gain weight, hard time losing | Low or hard time gaining weight, have to eat lots to maintain weight | Variable, may lose weight or gain weight without trying |
| Ama | None | Sama | No ama or yellowish | Sama |
| Elimination | Easy, daily | Copious, sluggish | Fast, hot, loose | Often tends to irregularity |

Oils for the dosha

|  |  |  |
| --- | --- | --- |
| Kapha | Pitta | Vata |
| Mustard oil\* | Coconut | Sesame |
| Safflower oil\* | Olive | Ghee |
| Corn oil \* | Sunflower | Almond |
| Small amounts of other oils | Ghee | Walnut oil |
| Ghee (small amount) |  | Most oils (non-drying/light) are OK |

\*drying and light

General rule: if the food is pacifying to the dosha then products made from that food are pacifying to the dosha (if the qualities are relatively the same~ this depends on processing)