

Food Qualities and How They Affect the Doshas

TASTE (Rasa): Sweet, Salty, Sour, Pungent, Bitter, and Astringent
ATTRIBUTES (Gunas): Warm/Cold, Heavy/Light, Moist or Oily/Dry

Rasa/Taste:

Astringent
Bitter
Pungent
Salty
Sour
Sweet

Qualities:

light, dry, cold
light, dry, cold
light, dry, hot
heavy, moist, warm
heavy, moist, warm
heavy, moist, cool

Balances:

Kapha, Pitta
Kapha, Pitta
Kapha
Vata
Vata
Vata, Pitta

Summary:

Each of the three doshas is **nourished** and **balanced** by the following qualities:

Vata: salty, sour, and sweet
warming
heavy
moist/lubricating

Pitta: sweet, bitter, and
astringent
cooling
heavy
dry

Kapha: pungent, bitter and
astringent
warming/stimulating
light
dry

When you eat a food, ask yourself the following:

- What is the predominant **Taste(s)**?
- Is it **Warming** or **Cooling**? Is it **Heavy** or **Light**? Is it **Dry** or **Moist**?
- And therefore, is this food well-suited to my dosha type and/or the state of my mind and body?