



HOW TO ENJOY YOUR MENU CORRECTLY ACCORDING TO AYURVEDA

Which food to start with and why?

According to Ayurveda, each of our meals should include all the six tastes that influence all the elements, their qualities, which are part of each dosha. In one of the basic Ayurvedic writings, the Sushruta Samhita, the proper order of the flavours is written down so as to promote proper digestion. Begin with sweet taste, continue with sour and salty, followed by pungent, bitter to astringent taste.

When you are hungry (we should eat only when we are hungry, we should not be compelled to eat just by taste) the sweet taste at the beginning controls the Vata (element of air and ether, wind) in the stomach. The sour and salty taste in the middle of the meal helps to stimulate the digestive fire in the small intestine. The sour, bitter and astringent tastes then help to subdue and control Kapha (the element of earth and water, phlegm).

So why sweet to start the meal?

The sweet taste very quickly affects the taste buds, the production of saliva and other digestive juices. If you eat sweet at the end of a meal, you slow down your digestion. If it's unnatural for you to start with sweet, try at least one or two bites before you have a vegetable. This will help you absorb the vitamins and nutrients better.

So what causes dessert at the end of your meal?

Not only are these "empty calories", but also the sugar at the end of digestion can cause fermentation, impairing the digestion of previous foods, but also a feeling of heaviness, bloating or burning. A balanced diet means more than just appropriate portion sizes. Ayurveda teaches us to eat the appropriate food for our constitution to make digestion easy and beneficial. Then you will feel great.

Eating rules from an Ayurvedic perspective:

Ayurvedic eating emphasizes the proper preparation of food, the time it is eaten, and also the environment in which we eat.

Food begins with sensory perception, so it is important that the place where we eat allows us to do so. A quiet, peaceful space where there is no noise from the TV, computer, artificial smells is ideal. When eating, skip other activities, just perceive the food in the present moment. Chewing is an important part of eating, if your mind is involved in another activity, it reduces the quality of food preparation in your mouth. This affects the whole digestive process, the amount of energy and nutrients the body gets from the food.

Food brings us both nourishment and joy.

We digest not only what we eat, but also what we experience.

