

## **Tridosha: Kapha**

### **Dietary Recommendations**

The following foods are recommended for the person with a predominant Kapha body constitution. For the Kapha constitution, it is especially important to eliminate the excess of Kapha which tends to create phlegm (congestion) and often too much "earth" (i.e. excess weight).

Kapha should eat mainly from the "Often" and "In Moderation" lists and only infrequently or on special occasions from the "Seldom" list. Kapha types tend to crave rich-tasting, sweet, heavy and processed foods, often devoid of prana (living energy). Consequently, the best Kapha diet is one that is neutralizes these tendencies – so Kapha's food choices should be those with a nature that is **light, warm, dry and spicy**.

Kapha should **avoid foods** that tend to be **oily, heavy, dense and cold**. The following list can be a convenient shopping list to assist in shopping wisely at your local farmer's market or food store. Food should be freshly prepared right before eating as much as possible.

**Kapha Daily Regimen.** The primary goals for Kapha are to develop a **regular daily schedule**, to eat at regular times, be careful not to overeat, to take time for exercise, relaxation and to go to bed early (to receive the most thorough nightly regenerative cycle). Exercise is recommended in the morning, especially walking. In the evening, Kapha should have a light dinner (between 5 to 7 pm), followed by a brief evening walk (10 to 20 minutes). For Kapha, **bedtime** should be **10 pm**. For the daily diet, Kapha should follow the Dietary Recommendations for Kapha as below.

#### **Daily Breathing Technique**

To activate the body's internal chi (subtle energy) and to increase blood and lymphatic circulation, a simple but highly effective breathing technique is recommended daily for 3 - 5 minutes.

**Directions.** With your right ring finger, close the right nostril and slowly breathe in through the left nostril, until you have completely filled your lungs. Hold your breath briefly and next, use your left ring finger to close the left nostril. Then, slowly breathe out through right left nostril until you have completely exhaled. Hold your breath briefly, then close the left nostril with your left ring finger and slowly breathe in through the right nostril until you have completely filled your lungs.

Then repeat this same process slowly, going back and forth slowly, closing one nostril and breathing out the other for 3 to 5 minutes. (Do not do this too long at first. If you feel dizzy or faint at first, reduce the amount of time until you can do this for 5 minutes without feeling faint.)

**Nasaya with Essential Oils.** Following this breathing exercise, perform **Nasaya** by rubbing one drop of essential oil inside each nostril, such as pure **lavender essential oil**. It coats the cilia of the nose, is anti-bacterial and helps open the pathway to the brain via the nose and bio-energetic breathing channels. This technique is best performed upon arising or at sometime in the morning.

#### **In general, the Kapha should favor:**

- \* Preferred Tastes: **Spicy, Bitter and Astringent** foods (only small amounts of **Sweet, Sour and Salty** foods)
- \* Key Qualities: **Light, Dry and Warm**
- \* Hot foods and drinks (served and eaten while hot)
- \* A diet high in organic vegetables

**In general, the Kapha should avoid:**

- \* Cold foods and drinks
- \* Salty foods (especially those with commercial salt)
- \* Heavy, oily foods such as most dairy products
- \* Most nuts
- \* Sweet desserts, sweeteners such as honey and sweet fruits (such as bananas, dates, figs, etc.)
- \* Red meat (beef, etc.)

**Special foods which help balance Kapha:**

- \* Chyavanprash (Amla Royale)
- \* Vegetables in general
- \* Hot drinks

**Specific Food Categories**

**Fruits**

**Often**

Apple  
Pear  
Pomegranate  
Cranberries  
Persimmon  
Apricot  
Berries

**In Moderation**

Papaya  
Pineapple  
Cantaloupe  
Plum  
Strawberries  
Peach  
Prunes

**Seldom**

Banana  
Dates  
Avocados  
Raisins  
Melons  
Coconut  
Oranges  
Figs  
Grapes  
Mango

**Vegetables**

**Often**

Lettuce (all types  
except ice berg)  
Asparagus  
Onions  
Bell pepper  
Celery  
Radish  
Spinach

**In Moderation**

Beets  
Potatoes  
Pumpkin  
Button Mushrooms  
Cabbage  
Artichoke  
Carrots  
Eggplant

**Seldom**

Tomatoes  
Zucchini  
Corn  
Sweet Potatoes  
Cucumbers  
Olives  
Summer squash

**Grains**

**Often**

Barley  
Buckwheat  
Rye  
Millet

**In Moderation**

Basmati rice  
Brown rice  
Oats

**Seldom**

Wheat (and wheat pasta)  
White rice  
Semolina  
Corn  
Wild rice

**Legumes**

**Often**

Mung beans  
Aduki beans  
Lentils (green, red,  
and brown)

**In Moderation**

Lima beans  
Black beans  
Tofu (Mori-Nu brand only)  
Navy beans  
White beans  
Split peas, black-eyed peas  
Pinto beans

**Seldom**

Kidney beans  
Chickpeas (Garbanzo)  
Soy beans



### Dairy

#### Often

Diluted, homemade kefir

#### In Moderation

Ghee (unrefined)

Soft cheese

#### Seldom

Butter

Cheese (hard)

Ice cream

Sour cream

Commercial yogurt (plain, with fruit or frozen)

### Nuts and Seeds

#### Often

Pumpkin seeds

#### In Moderation

Chestnuts

Almonds

Pine nuts

Sesame seeds

Chia seeds

#### Seldom

Brazil nuts

Cashews

Peanuts & peanut butter

Pecans

Sunflower Seeds

### Oils

#### Often

EFA Oil Blend

#### In Moderation

Olive oil (unrefined)

Flaxseed oil (unrefined)

Sesame oil (unrefined)

Coconut oil

#### Seldom

Ghee (unrefined)

Butter

Soybean oil

Safflower oil

Canola oil

### Protein Foods

#### Often

Exotic Mushrooms

- Shitake

- Maitake

- Trumpet Mushrooms

- Oyster Mushrooms, etc.

#### In Moderation

Chicken (free range)

Fish (fresh water)

#### Seldom

Red meat (beef, buffalo, lamb, pork, venison)

Scavenger fish (shrimp, lobster, etc.)

Tuna, sardines

Duck

Turkey (free range)

### Condiments

#### Often

Black pepper

Scallions

Cayenne

Mustard (without vinegar)

Ginger

Cumin seed (ground)

#### In Moderation

Chili pepper

Horseradish

#### Seldom

Lemon, lime

Commercial salt

Vinegar

### Beverages

Have more: Warm drinks, herbal teas, diluted homemade kefir drinks

Avoid: Cold or iced drinks, coffee, black tea, alcohol/wine

