

# YOGA & AYURVEDA WELLNESS GUIDE

FOR SPRING  
(KAPHA) SEASON

Deborah Keene | Ayurveda Yoga Center



This wellness guide is a supplement to the information presented in the *Yoga and Ayurveda Camp for Kapha Season*.

All rights reserved. Please do not copy or reproduce in any form without the written permission of the owner.

Contact:

Ayurveda Yoga Center  
Deborah Keene  
61 Stevens Pond Rd.  
Liberty, Maine 04949

[deborah@ayurvedayogacenter.com](mailto:deborah@ayurvedayogacenter.com)

<https://ayurvedayogacenter.com/>



A thousand thanks-yous to my teammate, Sheryl Peavey, for her tireless work and artistic gifts in creating this beautiful guide for Spring season.

This guide is dedicated with love to all beings everywhere.

All of this material I learned from many teachers and from experiences along my path.



# YOGA AND AYURVEDA FOR KAPHA SEASON

Ayurveda says look to Mother Nature's cycles and rhythms to guide our daily and seasonal living. Signs and symptoms of health and well-being as well as imbalances are expressions of the way we live day in and day out. We need to understand our own unique make-up so that we will eat and live in ways that serve us best. We also want to modify our choices according to the seasons so that we will be balanced and well at the fundamental level.

I hope this Wellness Guide for the Spring (Kapha) Season serves to support you in your journey.

With love,

*Deborah*

Ayurveda	4
Kapha Dosha	6
Yoga for Kapha	7
General Daily Routine	8
Spring Tips	9
Factors Affecting Kapha	12
Kapha Food List	13
Recipes	14
Kapha Herbs	16
Resources	18

(c) 2022 Deborah Keene  
Ayurveda Yoga Center  
Liberty, Maine





# AYURVEDA

Ayurveda teaches that each of us has a unique mind-body-spirit constitution. When our constitution is in balance we are healthy and well. When out of balance, we can experience a number of conditions which can eventually lead to disease.

Ayurveda looks for the root causes of our conditions and offers natural ways to help restore balance through the use of proper diet, herbs and spices, daily routines, exercise, and natural therapies.

Ayurveda focuses on the *Pillars of Health*: Food, Sleep, Exercise all designed to the unique and specific needs of each individual, their current conditions and the current season.



No medication, no herb, no supplement will replace these pillars when it comes to balancing our bodies and minds although they can help and are often needed. Still, it is the way we live day in and day out that matters the most. This means the food we eat, the company we keep, and the way we live all have a tremendous influence on our minds and bodies.

# SEE THE WORLD FROM AN ANCIENT PERSPECTIVE

## ELEMENTS & DOSHAS

Another of Ayurveda's grounding philosophy states that all things in existence are made up of the five elements of ether or space, air, fire, water and earth. These elements are the building blocks for all that is contained within matter including nature herself as well as our physical bodies. They are the reason for our form, how the mind works, the energy we have, and how we move, think, and feel.

All things in life are influenced by the five elements and the qualities associated with them. All living beings are made up of these 5 elements in slightly different proportions. This makes each of us unique with individual needs regarding diet and lifestyle.

The elements have qualities associated with them such as heavy, light, cold, hot, oily, dry, smooth, and rough that Ayurveda looks very closely at when examining imbalances in the body.

The elements with their qualities make up the Doshas -Vata, Pitta, and Kapha. The Doshas are the three metabolic types which govern the unique psychophysiology of the individual. All functions of our minds and bodies are dependent upon the balanced or unbalanced state of the doshas.



# SPRING

# KAPHA DOSHA

Kapha is a combination of water and earth and means “that which holds things together”.

Kapha is responsible for the structure of the body and controls the moist tissues. It’s main functions are support, nourishment, lubrication, strength, stamina and physical growth.

- Kapha type people tend to have a heavy, sturdy frame with large bones. They have sweet, gentle natures, are calm and stable and have good stamina. Out of balance Kapha can become stubborn and lethargic and are prone to depression, congestion and respiratory problems.
- Kaphas need stimulation, lots of exercise and to be careful not to overeat.

- Keyword: relaxed
- Main site in the body: stomach
- Season: late Winter/Spring
- Examples: elephant, moon, oak, avalanche, Winnie-the-Pooh, Charlie Brown
- Tastes associated with earth and water – sweet, salty and sour – may cause imbalances
- Tastes needed to be emphasized to balance: bitter, astringent, pungent





# YOGA FOR KAPHA

*Stimulate, Motivate, Energize*

- Emphasize heat, lightness, upward movements
- Sun Salutations practiced with the intention of “get going”
- Standing poses with the arms raised up to open and clear chest
- Backbends open the lungs to help clear congestion and are stimulating
- Inversions that require some effort and effect the thyroid gland and the throat such as sarvangasana (shoulder stand) and halasana (plow), simhasana (lion pose)
- Supta virasana (reclining hero pose) to open the abdomen and the chest
- Focus on inhalation during the poses
- Pranayama- heating – bhastrika (bellows breathing), Kapalabati (skull polishing) and surya bhedana (right nostril)



# GENERAL ROUTINE

*“Begin each day by placing your mind in your heart so that you can stand in the presence of God all the day long.”*

*-Eastern Orthodox Quote*



- Rise with the sun: preferably by 6:00
- Irrigate your body with a tall glass of water (a squeeze of lemon may be added)
- Go to the bathroom, clean your teeth, scrape your tongue
- Begin the day in a focused way. Our spiritual practices have extra power in the early morning hours.
- Set the intention of how you want your day to play out.
- Read a spiritual quote or reading to help anchor you in that intention.
- Practice yoga, breathing, meditation, take a walk.
- Maintain a consistent daily routine: sleep and wake times, (generally bed by 10:00pm, rise by 6:00am), meal times, exercise, etc.
- Dry brush your body with brush or silk gloves, with strokes moving towards the heart. Massage your body with warm oil: abhyanga – a true elixir
- Eat freshly prepared, organic foods when possible
- Eat less meat
- Breakfast with protein, lunch like a queen, early light dinner
- Avoid overworking; watch for the push
- Turn down the noise in your life: TV, computers, cell phones...



---

# SPRING TIPS

Harmony and ease in our bodies, minds, and spirits are dependent upon living in harmony with the Cycles and rhythms of Mother Nature.

In India, Spring is celebrated everywhere as the honored “Morning of the Year”.



Spring is the season of lightening up and opening physically, mentally, and emotionally. This is a good time to eliminate the stagnation and heaviness of Winter and to begin to build again the foundation for personal strength and vitality.

It is a time to renew and purify our Spirits.

Here are a few suggestions to help regulate the digestive fire, clear some of Winter’s heaviness and toxins, and help to establish new patterns more aligned with the Season of Spring.

If you have a Yoga practice, emphasize: sun salutations, standing poses, backbends, twists and inversions with a strong willful intention, accompanied by conscious, rhythmic breathing. Punctuate the exhalation.

Take time each day to be quiet, breathe and reflect.

- Write down some of your observations and what you wish to manifest in the coming months.
- Identify what is no longer working for you in your life – what is not wholesome.
- What is working for you?
- What do you wish to strengthen?



Remember that true health depends upon remaining connected to the essence of who we truly are -our divine nature- which is happiness, peace, and joy itself.



Sip warm water throughout the day. Sip Spice Water every 1/2 hour (for 2 weeks).

- Reduce or avoid:
- Cold foods and drink
- Meat
- Dairy
- Oily foods
- Fried foods
- Wheat
- Bread
- Nightshades such as potato, sweet potato, tomato, eggplant
- Banana, orange, avocado
- Sugar
- Amount of food eaten
- Processed food

### Spice Water – Base

- 1 tsp. fennel seeds
- 1/2 tsp. coriander seeds
- 1/4 tsp. cumin seeds
- one quart boiling water added.

Let seeds remain in thermos for the day. Sip every 1/2 hour. Make fresh each day.





### **Favor:**

- Pungent, bitter, and astringent tastes
- Warming spices such as ginger, cinnamon, cardamom, pepper
- Eat lots of vegetables, especially green colored ones- include steamed greens such as kale, collard, or dandelion (which will soon be showing up) daily
- Fruits –apples, pears, papaya, pomegranate, cranberry, berries
- Barley, rye, oats, quinoa, couscous,
- White chicken (only if craving for meat)
- Legumes such as lentils, moong dahl

Think:  
Warm  
Dry  
Light  
Stimulating  
More Exercise



# FACTORS AFFECTING KAPHA

## KAPHA - BALANCING





- Strong physical exercise
- Seek a variety of experiences to be stimulated
- Eat meals that are lighter and dryer with more bitter, pungent and astringent tastes. Reduce sweet snacks
- Reduce water consumption to no more than four cups per day (unless you are very physically active)
- Stay warm and dry, lots of exercise outside in the sun
- Put that strong memory to use by learning new skills both personally and professionally.
- If possible live in a warm, dry climate where you can often be outside
- Deep tissue massage with light, warm oils like mustard or corn
- Learn to let go of things and not to become overly attached to things or people

## KAPHA - IMBALANCING

- Be a couch potato and eat lots of candy, cookie, chocolate
- Sleep in for days at a time, also take naps in the day after eating
- Eat large lunches with food that is heavy (meat and sauces), oily, fried, sweet and salty and if possible have a frozen desert
- Drink lots of water and water containing foods such as watermelon, cantaloupe, cucumber, zucchini
- Exposure to cold, wet or snowy weather
- Never change anything, do things as you have always done them
- Live in cold wet climates such as the Pacific Northwest
- Swim in cold water
- Be greedy, hoard things, never let go of anything

## KAPHA PACIFYING (REDUCING) FOOD LIST

### Counter Balance with the Opposites

Cold		Hot
Heavy		Light
Liquid		Dry
Dull		Sharp



# KAPHA FOOD LIST

## VEGETABLES

- Most pungent and bitter vegetables
  - Artichoke, asparagus
  - Beet greens, beets
  - Bitter melons, broccoli
  - Brussel sprouts, burdock root
  - Cabbage, carrots, cauliflower
  - Celery, cilantro, eggplant, fennel
  - Garlic, green beans
  - All green types of chilies
  - Horseradish, kale, kohlrabi
  - Leafy greens, leeks, lettuce
  - Mushrooms, mustard greens
  - Okra, onions
  - Potatoes, radishes
  - Spinach, sprouts, squash
  - Turnip and turnip greens.
- **LEGUMES:** Most beans, peas and dals are good. Most soy products are too moist and oily for Kaphas to eat very frequently.
  - **SPICES:** Most spices are good for Kapha (being hot and dry) like peppers, chilies, dry ginger.
  - **DAIRY:** Kapha need the least amount of dairy. Goat milk and ghee in moderation.
  - **MEATS:** Freshwater fish, rabbit, venison, shrimp, chicken and turkey (white meat)
  - **NUTS:** *Most nuts are too oily for Kapha. Almonds can be good in small amounts.*
  - **OILS:** All oils in moderation for Kaphas.

## GRAINS

- White basmati rice
- Barley
- Buckwheat
- Couscous
- Dry crackers without salt
- Millet
- Musseli
- Oat bran, oats
- Smaller amounts of wheat

## FRUITS

- Most astringent fruits like apples (which are drying)
- Berries
- Cherries
- Cranberries
- Persimmons
- Pomegranates
- Strawberries and dry fruit are generally best for Kaphas.

# KAPHA RECIPES

## Kapha Smoothie

1 c. spinach  
¼ c. parsley  
2 c blueberries  
2 grapefruit  
1 c water  
Squeeze of lemon

## Kapha Juice

½ bunch celery  
1 in. slice ginger  
1 apple or pear  
Large bunch of mustard greens  
1 tsp. turmeric

## Kapha Salad

1 c arugula  
1 c mixed greens  
2 -3 thinly sliced radishes  
½ c sprouts  
Sprinkle of pumpkin seeds

## Kapha Dressing

½ c flax oil or olive oil  
Juice of lemon  
2 tsp. ginger juice  
Pinch of cayenne pepper  
1 tsp Raw honey or liquid stevia



# KITCHARI RECIPE

(from *Banyan Botanicals*)

## AYURVEDA'S HEALING MEAL

Kitchari is one of the few foods that provides both nourishment for the body and benefits digestion due to its spice combination. This makes kitchari ideal during stress, illness, change of seasons, and it is the primary food during Ayurvedic internal cleansing.

## INGREDIENTS

- 1 cup basmati rice
- ½ cup yellow mung dal
- 1 tablespoon Kitchari Spice Mix\*
- 2 tablespoons ghee
- 6 cups water
- 1–2 cups chopped vegetables (optional)

## PREPARATIONS

1. Wash rice and mung dal and soak overnight. Drain soak water.
2. In a medium saucepan warm the ghee. Add the Kitchari Spice Mix and sauté for one to two minutes. Add rice and mung dal and sauté for another couple of minutes. Then add 6 cups of water and bring to a boil.
3. Once the kitchari has come to a boil reduce the heat to medium-low. Cover and cook until it is tender (approx. 30–45 minutes).
4. If you are adding vegetables to your kitchari, add the longer cooking vegetables, such as carrots and beets, halfway through the cooking. Add the vegetables that cook faster, such as leafy greens, near the end.
5. Add more water if needed. Typically, kitchari is the consistency of a vegetable stew as opposed to a broth. A thinner consistency is preferable if your digestion is weak. You will notice that kitchari will thicken when it cools and you may need more water than you originally thought.

*Makes 2 servings*

### GARNISHES

*Try these garnishes for added flavor.*

- Coconut (great for pitta, good for vata, best to avoid for kapha)
- Cilantro (great for pitta, okay for vata and kapha)
- Lime (great for everyone!)

### \*KITCHARI SPICE MIX

The following spices may be used in place of Kitchari Spice Mix

- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seed
- 1 small pinch of asafoetida (hing) powder
- 1 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 4 thin slices of fresh ginger root



# HERBAL SUPPORT FOR KAPHA SEASON

(FROM BANYANBOTANICALS.COM)

## **Manjistha**

Manjistha (*Rubia cordifolia*) is the quintessential blood purifier in the Ayurvedic pharmacopoeia. It removes excess heat and natural toxins from the blood helping to support healthy skin and a clear complexion. It is one of the best pitta-pacifying herbs and is used to support the proper function of the liver and kidneys.

Manjistha is also excellent for reducing excess kapha. It helps to maintain clear channels in the body supporting the healthy flow of blood and urine.



## **Tulsi (Holy Basil)**

Tulsi is one of the most sacred plants in India and is often kept in courtyards and houses for its purifying and beneficial influence on its surroundings. It removes excess kapha from the lungs and upper respiratory tract promoting clear, comfortable breathing.

Tulsi promotes healthy circulation and supports proper function of the heart. It strengthens digestion and supports proper weight management.

Tulsi drops bolster the immune system and is useful for maintaining a normal body temperature. Highly sattvic in nature, holy basil extract heightens awareness and promotes mental clarity. It is said to open the heart and mind and bestow the energy of love and devotion. Tulsi clears the aura and strengthens faith and compassion (Yoga of Herbs).



## **Triphala**

Triphala is one of the most beloved digestive aids in all of Ayurveda. In fact, it is recommended and used more than any other Ayurvedic herbal formulation. Popular for its unique ability to encourage a natural, gentle bowel cleanse, triphala detoxifies the system while simultaneously replenishing and nourishing it.

This traditional formula supports the proper functions of the digestive, circulatory, respiratory, and genitourinary systems. Translated as "three fruits," it is composed of the dried fruits of amalaki, bibhitaki, and haritaki.

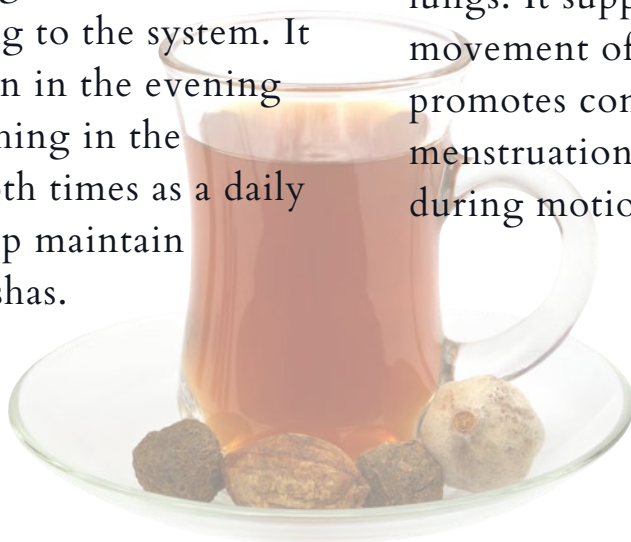
Containing five of the six tastes (all but salty), triphala readily removes excess vata, pitta, and kapha from the body, bringing balance and proper functioning to the system. It is commonly taken in the evening before bed, first thing in the morning, or at both times as a daily supplement to help maintain balance of the doshas.



## **Ginger**

Ginger is known as "the universal medicine" for its broad range of health promoting benefits. One of the three pungent herbs in the traditional formula Trikatu (Kapha Digest), ginger warms the body and reduces kapha and vata. It supports healthy circulation, vasodilation, and promotes sweating.

A heating spice, ginger enkindles the digestive fire, burns ama (natural toxins), and supports post meal abdominal comfort. Ginger promotes healthy expectoration and removes excess kapha from the lungs. It supports comfortable movement of the joints. Ginger also promotes comfort during menstruation and stomach comfort during motion intensive travel.



# RESOURCES

## Recommended Reading

- A Life of Balance, Complete Guide to Ayurvedic Nutrition & Body Types with Recipes -Maya Tiwari
- Ayurveda, the Science of Self-Healing – Dr. Vasant Lad
- Ayurveda for Women, A Guide to Vitality and Health- Dr. Robert Svoboda
- The Path of Practice, A Woman’s Book of Healing with Food, Breath, and Sound – Maya Tiwari
- Ayurveda- Nature’s Medicine – Dr. David Frawley & Dr. Subhash Ranade
- The 3-Season Diet, Eat the Way Nature Intended: John Douillard

## Cooking

- Eat, Taste, Heal, An Ayurvedic Guidebook and Cookbook for Modern Living – Thomas Yarema, M.D., Daniel Rhoda, D.A.S., chef Johnny Brannigan
- Heaven’s Banquet, The Maharishi Ayurveda Cookbook – Miriam Kasin Hospodar
- The Ayurvedic Cookbook – Amadea Morningstar with Urmila Desai
- Ayurvedic Cooking for Self-Healing – Usha Lad & Dr. Vasant Lad

## Yoga

- The Heart of Yoga, Developing a Personal Practice – T.K.V. Desikachar
- Dr. Yoga, A Complete Program for Discovering the Head-to-Toe Health Benefits of Yoga – Nirmala Heriza
- The Woman’s Book of Yoga and Health – Linda Sparrowe and Patricia Walden
- Relax & Renew – Judith Lasater, PhD.