



ASTROLOGY
& AYURVEDA

Holistic Diet

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Astro-Ayurveda harmonizes the timeless wisdom of Vedic astrology with the holistic principles of Ayurveda, offering a personalized approach to nutrition. By aligning your diet with your unique constitution (Prakruti) and planetary influences, you can nourish both your body and spirit, cultivating balance, vitality, and inner peace.

Personalization

Tailoring your diet to your inherent dosha and the planetary energies reflected in your birth chart promotes optimal health, balance, and harmony in daily living.

Mindful Eating

Eating with awareness fosters better digestion, enhances taste, strengthens the mind-body connection, and helps prevent overeating by cultivating a deeper sense of satiety and balance.

Rainbow Meal

The Rainbow Meal Philosophy in Ayurveda emphasizes incorporating all six tastes—sweet, sour, salty, bitter, pungent, and astringent—into each meal for balanced nutrition, made effortlessly achievable with the use of spices and herbs.

DOSHA TYPES: VATA, PITTA, KAPHA.

80/20 rule: The 80/20 rule encourages stopping eating when you're 80% full, allowing your body to digest and absorb nutrients effectively while preventing overeating.

FIVE SENSES: Touch, Smell, Sight, Taste, Sound.

BALANCING QUALITIES

VATA/Sweet, Sour, Salty
PITTA / Sweet, Bitter, Astringent
KAPHA/Pungent, Bitter, Astringent

FOOD GROUPS

Fruits & Vegetables
Legumes,
Meats
Nuts & Seeds
Dairy
Herbs & Spices



SIX TASTES of *Ayurvedic Nutrition*

- 1. Sweet
- 2. Salty
- 3. Sour
- 4. Pungent
- 5. Bitter
- 6. Astringent

Ayurveda emphasizes the importance of gut health, making nutrition a key pillar of Ayurvedic health and lifestyle. Your diet should align with your dosha type (PRAKRUTI) and address any current imbalances (VIKRUTI). A well-balanced 'rainbow' meal, incorporating a variety of nutrients, is essential for optimal health at every meal.

SEVEN KEY PLANETS

SUN /BASIC IMMUNITY, DIGESTION
MOON / ALL FLUIDS
MERCURY /NERVOUS SYSTEM, HORMONS
VENUS /REPRODUCTIVE HEALTH
MARS /BLOOD, MUSCLES
JUPITER /FAT TISSUE
SATURN /BONES



PLANETS & FOOD GROUPS

Your immune system plays a vital role in activating stagnant prana. Choosing foods that support digestion, along with understanding the weak or afflicted planetary energies in your birth chart, are essential for customizing your diet to meet your unique needs.

SUN /rye, wheat, oats, whole grains
MOON /all dairy, all fluids
MERCURY /green vegetables, raw foods
VENUS /most fruits
MARS /fish, meat,
JUPITER / healthy fats and legumes
SATURN /root vegetables, dry fruits



BIRTH CHART IMPORTANCE

Surya/**SUN**

Chandra /**MOON**

Buddha/**MERCURY**

Shukra/**VENUS**

Mangal/**MARS**

Guru/**JUPITER**

Shani/**SATURN**

In Vedic astrology, the entire birth chart provides a comprehensive view of an individual's physical and emotional well-being, including digestion and nutrition needs.

Key factors such as the 1st house (physical vitality), the 2nd house (food, consumption, and nourishment), and the 6th house (health and digestion) offer valuable insights.

What can Astro Ayurveda help with?

Ayurveda advocates that most diseases stem from digestive imbalances, with many of these issues originating in the large intestines.

The state of our gut has a direct influence on our emotions and mental health, and conversely, our thoughts and feelings can also affect our gut.

Ayurveda and Vedic astrology offer a holistic approach to understanding our inherent predispositions, life cycles, habits, and external influences.

These disciplines provide personalized, practical tools for nutrition, self-care, and balanced living, empowering individuals to make conscious choices for their well-being. .





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