



Copyright © 2011, Vasant Lad, MASc. All Rights Reserved. Reprinted with permission from *Ayurveda Today*, Spring 2011, Vol. 23, No. 4. The Ayurvedic Institute • Ayurveda.com • 505.291.9698

Dietary Recommendations during Your Home Cleanse

SEASONS	MONTHS	DOSHA	TIME TO DO PK	SEASONAL INGREDIENTS TO ADD TO YOUR KITCHARI
Summer	June, July, August	Pitta	May – June good period for pitta cleansing	Add daikon radish, parsley, parsnips, dill, water cress
Fall	September, October, November	Vāta	Aug – Sept good period for vāta cleansing	Add sweet potato, carrots, green peas, kidney beans, grated horseradish
Winter	December, January, February	Kapha (accumulation)	Nov – Dec good period for kapha cleansing	Add ginger, cinnamon, cloves, cardamom, raw onion, black pepper, winter squash
Spring	March, April, May	Kapha (provocation)	Feb – Mar good period for kapha cleansing	Add bitter greens, dandelion greens, leeks

Special Teas to Enkindle Agni

To help digest your kitchari meals when your agni is low due to PK, drink Agni Tea¹ before meals and CCF Tea after meals. CCF Tea is equal parts cumin, coriander, and fennel boiled for 5 minutes and strained for tea.

Since we are assessing three doshas and four to six seasons, this chart serves as a guideline. In more northern climates or higher elevations, the winter period will be longer, accumulating more kapha dosha, and this chart would work for that. But in say the southwestern US, the summer and fall seasons would have more impact due to the hotter temperatures and people there would be more likely to accumulate pitta dosha. Through observation, you can adjust the chart to locate the change in season for you and then plan your home PK for the transition between the two seasons.

¹ See "Agni Tea" at http://www.ayurveda.com/online_resource/index.html.