



Get Ready for Kapha Season or Spring

By Ileana Gonzalez, Ayurvedic practitioner

Ayurveda associates every season with a dosha or set of qualities. According to Ayurveda, Vata dosha governs winter, as it is cold, dry and dark, whereas spring season, which starts wet and cold in March ends up wet and hot in June, is characterized by Kapha dosha. Ayurveda holds the transition between the seasons highly critical for health, as during Vata season or winters we are tend to consume foods which are heavy, sweet, dense and oily which are not at all favorable for Kapha season or spring. So, to stay healthy, balanced and dry during the spring season.

Follow the below mention Quick Tips and Rid your Body of the Impurities:

- Eat hot food i.e. hot in temperature and spices as well. Drink hot and stimulating beverages.
- Instead of breakfast, make the lunch your huge meal of the day.
- Add bitter and astringent tastes to your food like; green leafy vegetables and legumes.
- Use raw honey instead of refined sugars' as it liquefies Kapha and gets it out if your system.
- Get up before sunrise as waking up after sunrise will make you feel sluggish and tired.
- Exercise briskly during the Kapha time of the day i.e. in the morning from 6.00 am to 10.00 am.
- Eat Ginger pickle before or after lunch.
- Do not sleep or go for an afternoon nap immediately after having your food. Remain seated for 5-10 minutes to get the food processed by your digestive tract.
- To keep your body channels clear, sip hot water throughout the day.
- Add stimulating spices to your food including; cloves, cinnamon and ginger.
- Be sure to get out in sunshine every day.
- Avoid dairy products as they produce mucus.
- Eat a light breakfast, substantial lunch and a very light dinner.
- Increase the use of barley, buckwheat, corn, rye and millet and cut down on wheat and rice.
- Avoid heavy meats and fried foods.



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- Help yourself through stimulating and rejuvenating body therapies.
- Go for dry brushing or vigorous salt scrub with the oils like; grapefruit and cypress which in turn enhance lymph circulation and reduce edema.
- Ayurveda does not recommend naps for kapha season, as they slow down your metabolism and minimize the fire needed for digestion.

Apurva Ayurveda Healing believes that these pearls of Ayurvedic wisdom will definitely help you to ease through this seasonal transformation. Contact Apurva Ayurveda Healing, as it is perfect time to schedule your Ayurvedic detoxification appointment and check in with our Ayurvedic expert.