

– The Six Tastes –

PUNGENT

V↑, P↑, K↓

QUALITIES: heating, light, dry
 EFFECT: purifying
 ELEMENTS: fire + air
 AGNI: increases
 BEST FOR: increasing digestion
 WORST FOR: dry, weak, emaciated
 NUTRITION ASPECT: digestion-enhancing
 PSYCHOLOGY: increases passion, intensity, & extroversion

SOUR

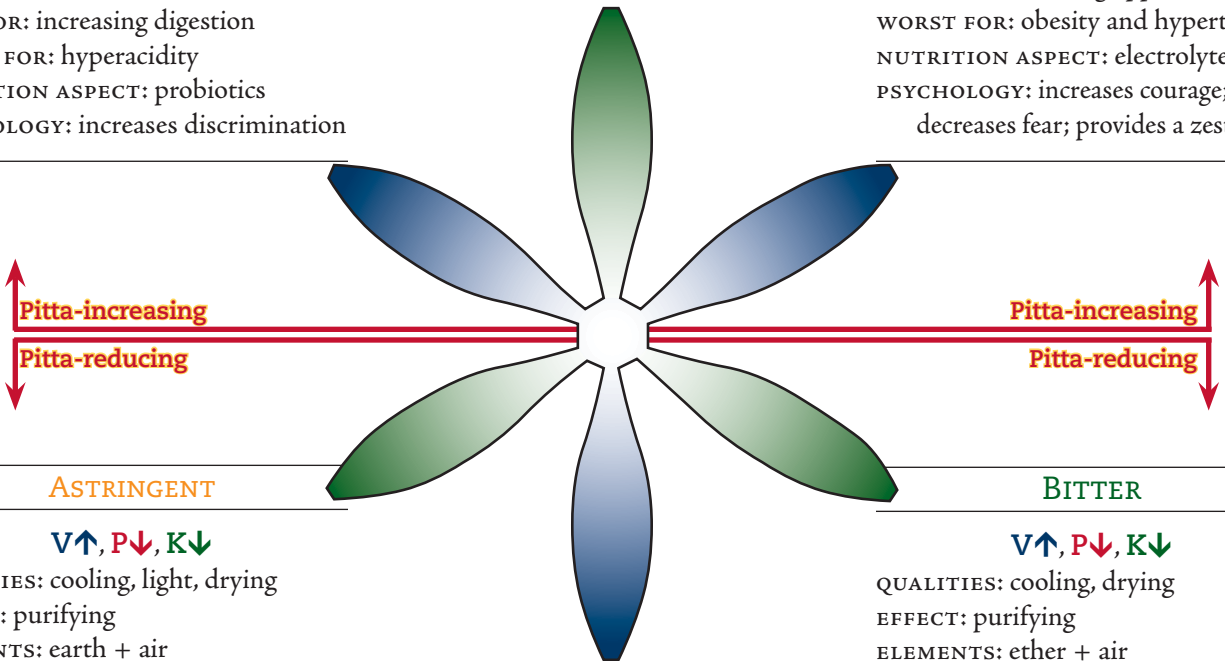
V↓, P↑, K↑

QUALITIES: heavy, heating, oily
 EFFECT: tonifying
 ELEMENTS: fire + earth
 AGNI: increases
 BEST FOR: increasing digestion
 WORST FOR: hyperacidity
 NUTRITION ASPECT: probiotics
 PSYCHOLOGY: increases discrimination

SALTY

V↓, P↑, K↑

QUALITIES: heavy, oily, heating
 EFFECT: tonifying
 ELEMENTS: water + fire
 AGNI: increases
 BEST FOR: increasing appetite
 WORST FOR: obesity and hypertension
 NUTRITION ASPECT: electrolytes
 PSYCHOLOGY: increases courage; decreases fear; provides a zest for life



ASTRINGENT

V↑, P↓, K↓

QUALITIES: cooling, light, drying
 EFFECT: purifying
 ELEMENTS: earth + air
 AGNI: decreases
 BEST FOR: losing excess water
 WORST FOR: stiffness
 NUTRITION ASPECT: carbohydrates, protein
 PSYCHOLOGY: increases anxiety, fear, insecurity, & introversion

SWEET

V↓, P↓, K↑

QUALITIES: cooling, heavy, oily
 EFFECT: tonifying
 ELEMENTS: earth + water
 AGNI: decreases
 BEST FOR: weight gain
 WORST FOR: Kapha imbalance
 NUTRITION ASPECT: fats, carbohydrates, protein
 PSYCHOLOGY: increases satisfaction & satiation

BITTER

V↑, P↓, K↓

QUALITIES: cooling, drying
 EFFECT: purifying
 ELEMENTS: ether + air
 AGNI: decreases
 BEST FOR: weight loss
 WORST FOR: weight gain
 NUTRITION ASPECT: vitamins, minerals
 PSYCHOLOGY: expands the mind

Note:

- An “up arrow” (↑) indicates that the dosha is increased or aggravated or imbalanced by this taste.
- A “down arrow” (↓) indicates that the dosha is decreased or balanced or pacified by this taste.

