



Ayurvedic Health Center

AyurvedicHealthCenter.org

Guided Transformation in Health and Wellness

— the Six Tastes —

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 discernment

Pungent

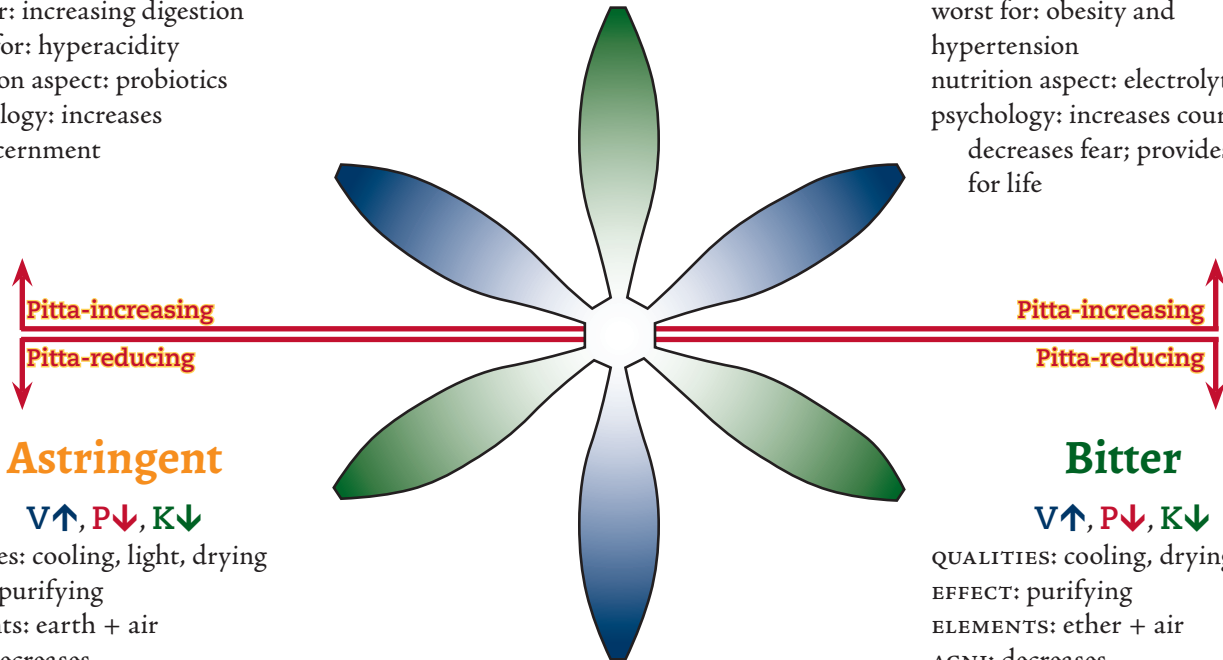
V↑, P↑, K↓

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

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.