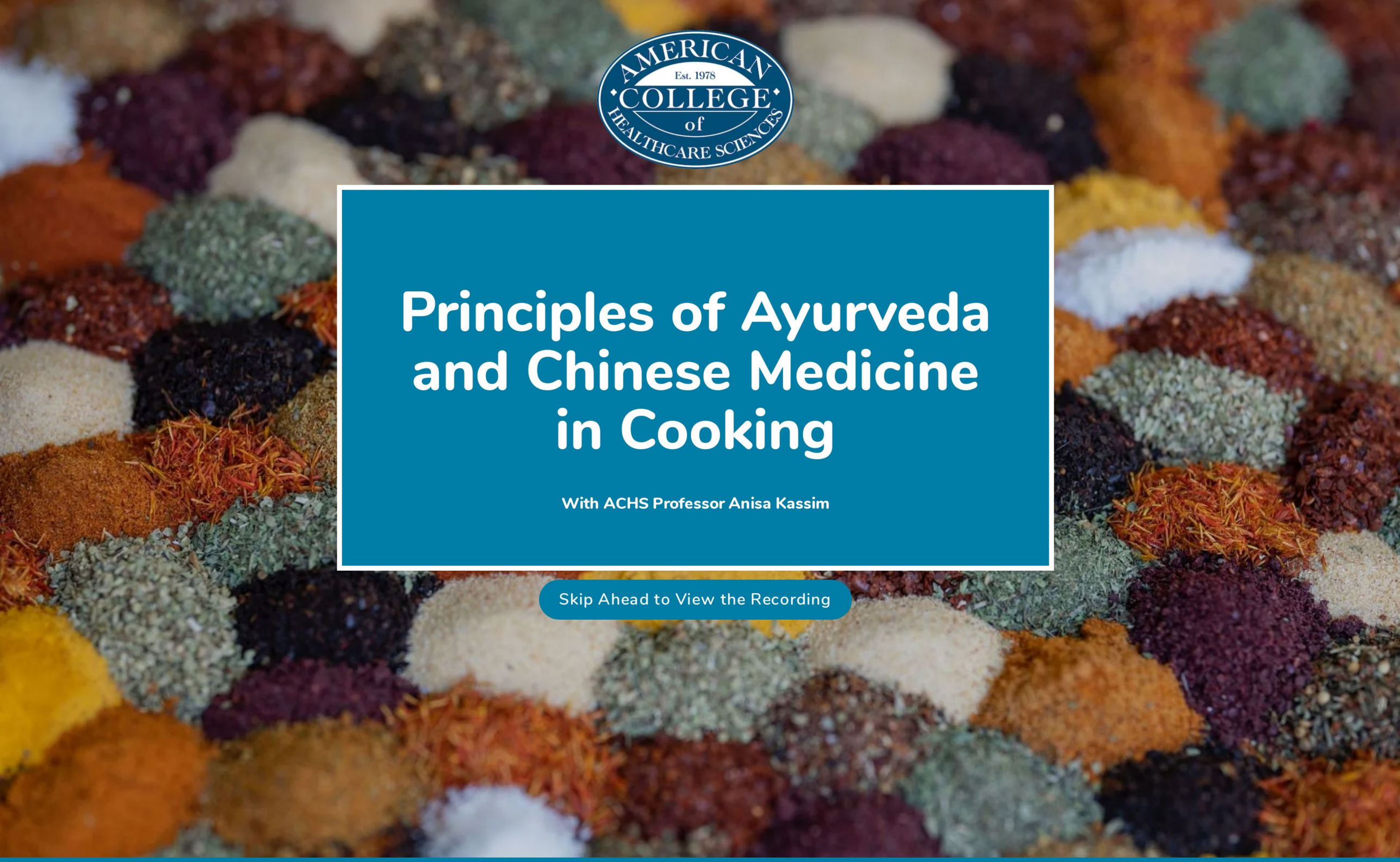


Principles of Ayurveda and Chinese Medicine in Cooking

With ACHS Professor Anisa Kassim

Skip Ahead to View the Recording

Instructor Bio

All rights reserved. © American College of Healthcare Sciences 2021

5005 S. Macadam Ave, Portland, OREGON •
achs.edu/consumer-disclosures • DEAC ACCREDITED

Presenter Bio:

Anisa Kassim, BA, MPH, MTOM, CHES

Anisa Kassim is a licensed acupuncturist and public health educator. She has been working professionally in the field of health for the last 14 years. She started her career in the area of worksite wellness. After this she worked with the North Carolina Department of Public Health with school administrators on improving policies to encourage physical activity and nutrition in the school environment. For eight years, she worked with the Centers for Disease Control and Prevention in various capacities. In the area of global health, she worked with the Sustainable Management Development Program, which involved helping to build management training capacity for public health workers in developing countries. She also worked in the area of evaluation and training.

After working in the area of training and health education, she pursued a degree in the area of Traditional Chinese Medicine and is a licensed acupuncturist and herbalist. She currently owns a health institute in California that has various integrative modalities, including a tai chi, qi gong, and yoga therapy school. She has been teaching online for the last five years in the areas of public and integrative health. She utilizes her Eastern and Western background when working with patients and with her students in the online classroom.

Anisa's degrees include a BA in Health Psychology, her MPH from the University of North Carolina Chapel Hill and her Masters in Oriental Medicine from Emperors College. She is also a Certified Health Education Specialist and studied ayurvedic medicine in Kerala, India. Anisa enjoys the outdoors including hiking, swimming and traveling to new and unusual places. She is happy to be part of the ACHS faculty and part of the movement related to educating and empowering individuals to make better choices related to their health.



Kitchari Recipe

Principles of Ayurveda and Chinese Medicine in Cooking



Watch "Principles of Ayurveda and Chinese Medicine in Cooking"

Watch Here



Kitchari/ Kitachdi

- At the core of Ayurvedic nutritional healing
- Simple stew of basmati rice and split mung dhal (or whole). Some recipes now use yellow mung dhal also so use what you have
- Primary food used in Indian detoxing called “Panchakarma” because they ease digestion and assimilation
- Balance the different doshas in different ways based on the herbs / or spices used



Ingredients

- ½ cup basmati rice
- ¼ cup split mung dhal
- ½ burdock root (clears the kidneys and blood)
- 1 ½ cup green beans (acts as a diuretic)
- 2 tablespoons ghee
- ½ teaspoon fennel seeds
- 1 teaspoon cumin seeds
- 1 tablespoon amaranth
- 1 stick kombu
- 6-10 cups of water
- ½ teaspoon salt
- 1 tablespoon coriander powder

Directions

1. Wash rice and mung until water is clear. Wash burdock and peel and then slice in inch slices like a carrot. Wash green beans and chop.
2. Warm ghee in a medium saucepan.
3. Add fennel and cumin seeds and saute.
4. Add rice and mung and saute for a couple of minutes.
5. Put burdock and green beans in immediately after the rice and beans and stir/saute for one minute.
6. Add 6 cups of water and bring to a boil. Put kombu, amaranth, and salt in once it comes to a boil and reduce to medium heat. Cover and cool until tender (1 - 1 ½ hours), adding water as needed to keep moist. Before serving, add coriander powder, stir well and garnish with chopped cilantro.

Alternate Directions

- Saute in Ghee (or butter, oil) the herbs you want to use
- Add cumin and mustard seeds first
- Then add ground cumin, coriander, turmeric, fennel seeds, ginger (whole or ground), sea salt
- Err on sautéing less than more
- Add 1 cup mung beans or yellow dhal and ½ cup soaked rice
- Add in any vegetables you have at home (broccoli, spinach, carrots, peas, cauliflower)
- Add 5 cups of water
- Let it boil and then turn to simmer to desired consistency (at least 40 minutes)
- Top with ghee or coconut oil and fresh herbs



Variations

For winter colds, flus: Add ginger and ‘ajwan’ to help decongest lungs, onion and garlic stimulate system and circulation, sweet potatoes rich in Vitamin A that soothes lung membranes and bronchioles and supports immune system.

For Liver and Gall Bladder, you can add pearl barley, burdock root, parsnip, dry dandelion root, grated ginger, dark leafy greens

The options are endless. Food is medicine. Nutritive herbs are the BEST!

Balancing The Doshas

Keep reading

Balancing The Doshas

Doshas 101

The elements of Air, Space, Fire, Water, and Earth are metaphorically represented within each of us.

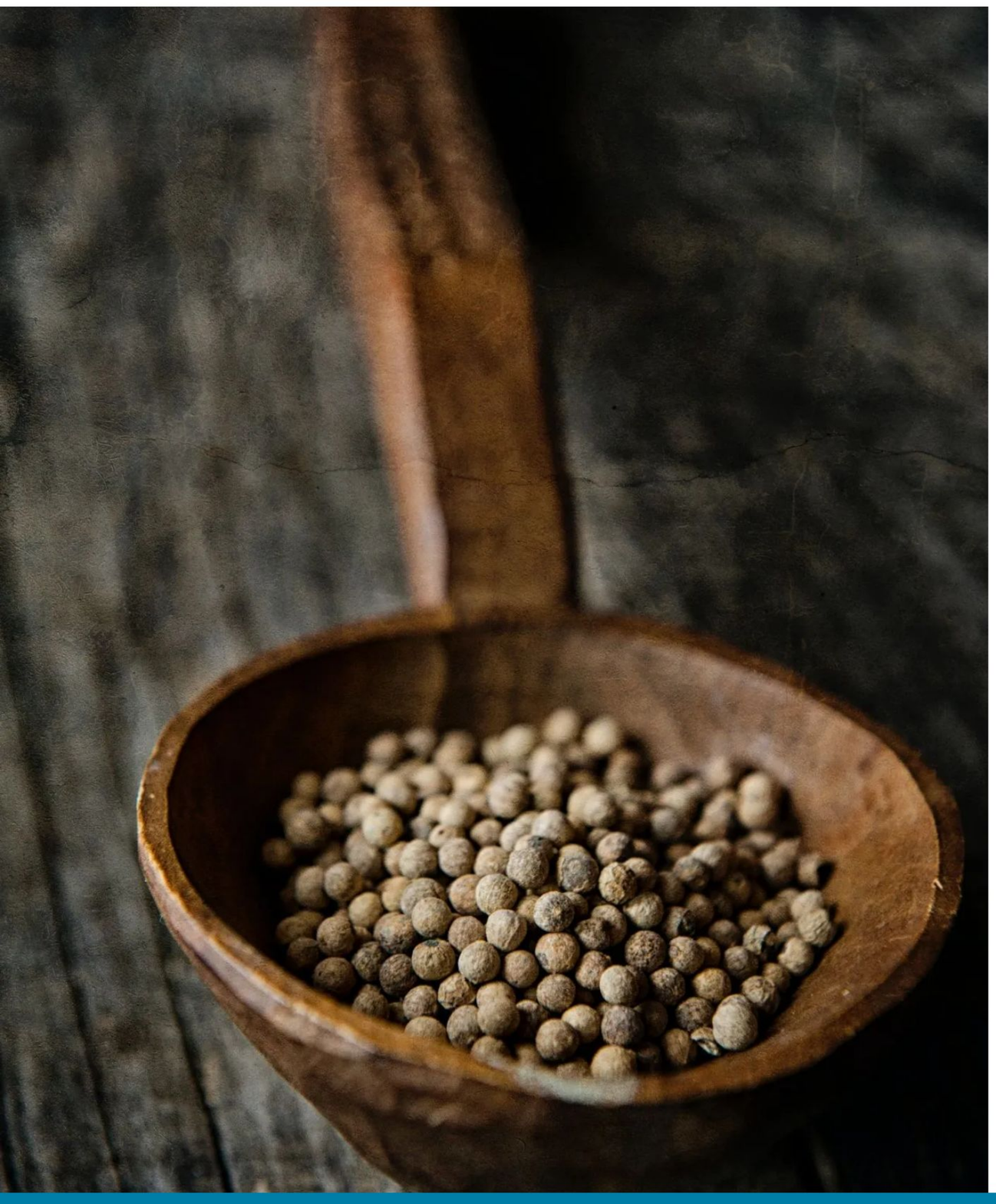
Vata: Represented by air and space. In the body, Vata is said to control movement. In the mind, Vata directs mental balance and well-being.

Pitta: Represented by fire and water. In the body, Pitta controls metabolic processes that create heat and digestion. In the mind, Pitta directs cognitive perceptions such as willpower, judgment, enjoyment, ambition, and anger.

Kapha: Represented by earth and water. In the body, Kapha is responsible for nourishing the body and giving it strength and structure. In the mind, Kapha directs emotional support such as love, well-being, and compassion.

How To Balance Doshas

- Creating a routine for morning, afternoon, night
- Eliminating
- Scraping tongue
- Drink warm water
- Oil pulling
- Splashing cold water on eyes
- Movement
- Breath
- Abhyanga (oil routine) on body and feet
- Eat with seasons
- ...And many more



Using herbs to balance the doshas

(in our kitachdi)

- **Bay Leaf:** warms, digestive
- **Black mustard seeds:** digestive with warming effects
- **Black peppercorns:** warms, digestive, carminative
- **Cardamon:** calms and stimulates digestion
- **Cinnamon:** warms and sweetens, a digestive
- **Cloves:** very heating, digestive
- **Coriander:** cooling, soothing, carminative and digestive
- **Cumin:** carminative, digestive, balances all doshas
- **Fennel:** cools, sweetens, digestive, tonifying to the stomach
- Fenugreek: warming, digestive, tonifier, reducer of mass
- **Garlic:** warming, strengthening, reducing of ama
- **Ginger:** warms, potent digestive stimulant
- **Neem (curry leaves):** cooling, bitter, clears and removes wastes
- **Saffron:** cooling, tonifying, digestive, balancing all doshas
- **Turmeric:** tridoshic, specific for aiding protein digestion

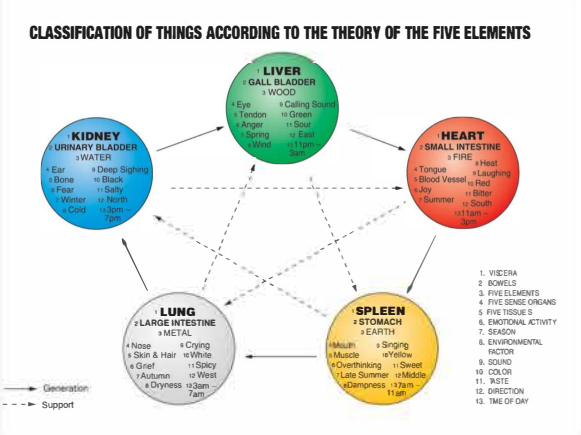
Using Herbs To Balance The Doshas



Chinese medicine using the elements to describe a person's balance and harmony

Each element impacts the other:

Sour: LV/GB
Bitter: HT/ SI
Sweet: SP/ST
Pungent: LU/LI
Salty: KD/BL
*Astringent: Ayurvedic Medicine



Examples of different tastes and effects:

Pungent: Flavor enters and clears the lungs and mucous conditions
Spearmint, rosemary, garlic, cloves

Salty: Helps spleen/pancreas increase digestive function, fortifies weak heart – mind and mental concentration
Seaweed, salt, miso

Sour: Functions as a solvent and breaks down fats and protein
Hawthorne berry, sourdough bread

Bitter: Clears heat in heart and cleans arteries of cholesterol and fats
Dandelion, burdock, yarrow, chamomile, hops, valerian

Sweet: Strengthens the spleen and pancreas and appropriate food for the liver
Shitake mushroom, spearmint

How do we use all this information?

Consider constitution, consider elements you want to balance, and use temperature and tastes to help balance out your nutritive dishes and your herbal formulas.

Chai Recipe



Chai Recipe

Scroll down to see the recipe, plus variations for the different doshas.

Chai Recipe

- **Black tea** (good choice for kapha types, who tend to need a little stimulation to help them get up and go). Otherwise white or green tea
- **Ginger** (Ginger increases the digestive fire partially by stimulating the secretion of digestive enzymes, increases the rate of gut motility, and a powerful anti-inflammatory and helps to dissolve ama
- **Cardamon** (clearing effect on the mind and helps regulate the energetic flow of vata in a healthy downwards direction, helps support digestion of dairy and mitigates the vata-provoking effects of black tea)
- **Cinnamon** (dispel coldness in the extremities and enkindles agni, the digestive fire)
- **Clove** (clearing and purifying so beneficial for kapha dosha)
- **Black Pepper** (useful for low appetite, sluggish digestion, abdominal pain, toxins. Stimulates agni and circulation, having an overall warming effect on the body



Chai for Vata

- Ginger, cardamom, and cinnamon are particularly balancing to vata because they possess a combination of sweet and spicy tastes.
- Don't overdo clove and black peppercorns.
- Less black tea given sensitive nervous systems.
- If too much with the tea, just make it into a sweet/spiced milk.

Chai for Pitta

- Chai is overall warming in nature, which may aggravate pitta. However, the cool, sweet nature of the milk does help reduce the heat of the tea and spices.
- Use maple syrup instead of honey so less 'hot'
- Decrease the cloves and black peppercorns and to add a teaspoon of fennel seeds. Fennel is cool, sweet, and pacifying to pitta dosha.
- Add a splash of rosewater in their mug to finish, or a pinch of saffron – these ingredients have a very calming, cooling effect on pitta dosha.

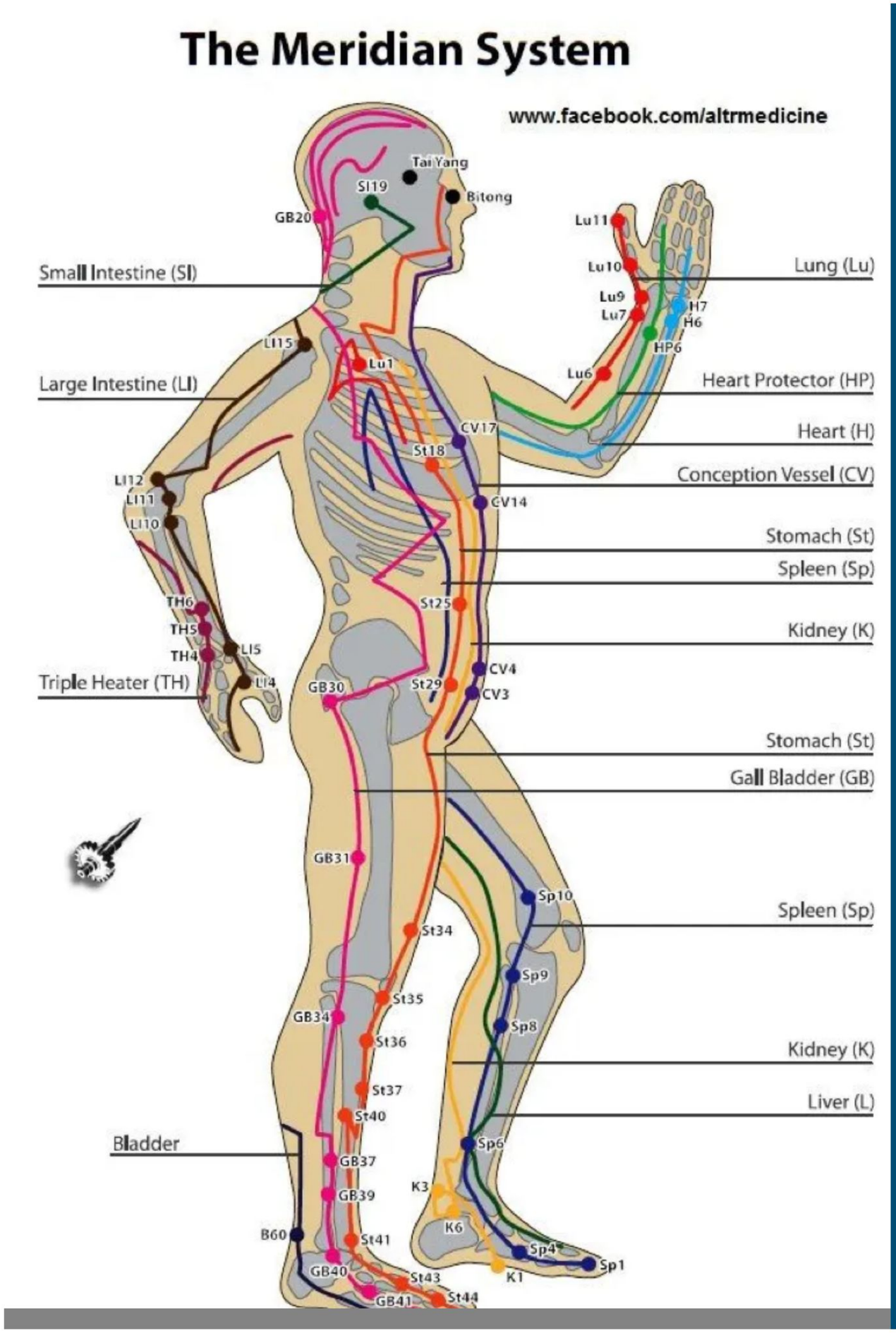
Chai for Kapha

- Unlike vata and pitta, kaphas thrive with increased heat and stimulation. Kapha's cool, heavy, slow nature benefits from hot spices.
- Use the maximum amount of all the spices in this recipe and would be fine to use the full 3 tablespoons of black tea.
- Kapha would also do well to use a little less milk and honey, as those ingredients are both sweet, and thus increase kapha dosha.
- Milk, in particular, is a very kapha-increasing food so a milk alternative would be beneficial.



Variations

Add an adaptogenic herb (esp for Vata constitution) like Ashwagandha
Golden milk (adding turmeric) – a whole other lecture on the benefits
Substitute with chickory root vs black tea



Qi Gong Tapping

- Stimulate the meridian system
- Balance the body
- Move stagnant qi and let energy flow

Do you have any questions for the presenter?

Contact Information:
Anisa Kassim, LAc, MPH, CHES
anisakassim@achs.edu

References

Kent-Stoll, B. (2018, February 11). How to Make the Perfect Cup of Chai for Your Dosha. Retrieved May 20, 2020, from https://theherbalacademy.com/perfect-cup-of-chai/

Kitchari Recipe. (n.d.). Retrieved May 20, 2020, from https://goop.com/recipes/kitchari/

Morningstar, A., & Desai, U. (1990). The Ayurvedic cookbook: A personalized guide to good nutrition and health. Twin Lakes, WI: Lotus Press.

Pitchford, P. (2009). Healing with whole foods: Asian traditions and modern nutrition. Berkeley, CA: North Atlantic Books.

Tridoshic Pacifying Daily Routine. (n.d.). Retrieved May 20, 2020, from https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/lifestyle/tridoshic-daily-routine/

Resources



American College of Healthcare Sciences

Where tradition meets science.

About ACHS

American College of Healthcare Sciences is a world-renowned accredited online college. Our mission is driven by the principles and vision of our president, Dorene Petersen, who founded the college in 1978 as a pioneer in holistic health education.

We award degrees, diplomas, certificates and microcredentials in Integrative Health, Aromatherapy, Holistic Nutrition, Herbal Medicine, and an MBA with Specializations in Integrative Health & Wellness and Sustainable Business.



Want to learn more?

Fill out a form to request more information and one of our helpful admissions advisors will get in contact with you to discuss your educational goals.

We look forward to hearing from you!

Request Information

Free Education

Enjoy and share our free online Continuing Education (CE) classes. We want to do all we can to help during these difficult times and have made these resources free. Together we are amazingly strong, resilient, and educated!

Connect to Free Classes

Free Ebook

View ACHS's guidance on essential oil safety and best practices in our Ebook Essential Oil Safety Guidelines.

Download The Guide

Holistic Health Blog

The ACHS blog, which made the Best Holistic Health Blogs of 2020 list, covers all aspects of holistic health and wellness - Aromatherapy, Herbal Medicine, Holistic Nutrition, Coaching, Wellness, and more!

Read and Subscribe

Enjoy these free essential oil blend recipes:

CALM IS CONTAGIOUS BLEND

- **Lavender** *Lavandula angustifolia* oil: 20 drops
- **Ylang ylang** *Cananga odorata* var. genuina essential oil: 15 drops
- **Marjoram** *Origanum majorana* essential oil: 10 drops
- **Neroli** *Citrus aurantium* var. amara essential oil: 2 drops

You will need a separate empty bottle to blend the oils together in. Blend all the oils and shake well.

Please note, the marjoram essential oil in this formula can be substituted with Roman chamomile or clary sage essential oil.

https://www.apothecary-shoppe.com/

CLEAR MIND ROLL ON

- **Peppermint** *Mentha ×piperita* (L.) oil: 5 drops
- **Lavender** *Lavandula officinalis* oil: 5 drops
- **Eucalyptus** *Eucalyptus globulus* oil: 5 drops
- **Lemon** *Citrus limonum* oil: 5 drops
- **Carrier oil** or blend of oils of your choice: 1 Tablespoon (4 % dilution ratio)

Blend the essential oils and carrier oil in a glass beaker or another glass container that is easy to pour from.

Fill a 1 or 10ml roll-on bottle and roll on to any tight areas on your shoulders, neck, and temples. Do not get it near your eyes. If there is any blend left over, store it in a glass bottle or jar with a lid.

https://www.apothecary-shoppe.com/

If you are excited to try out these DIY blends, head over to the Apothecary Shoppe where we specialize in certified organic and pesticide-free essential oils and wellness supplies!

All rights reserved. © American College of Healthcare Sciences 2020

5005 S. Macadam Ave, Portland, OREGON •
achs.edu/consumer-disclosures • DEAC ACCREDITED