

Table 21

Food Chart

Animal	RASA	VIRYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Beef	Sweet	Heating	Sweet	Heavy, Thick	V↓P↑K↑
Buffalo	Sweet	Cooling	Sweet	Heavy, Dull	V↓P↓K↑
Chicken, Light	Astringent, Sweet	Heating	Sweet	Light Unctuous	V↓P↑K↑
Chicken, Dark	Sweet	Heating	Sweet	Heavy, Heating	V↓P↑K↑
Duck	Sweet, Pungent	Heating	Sweet	Heating, Heavy	V↓P↑K↑
Eggs	Sweet	Heating	Sweet	Unctuous, Heavy	V↓P↑K↑
Eggs, Yolk	Sweet	Heating	Sweet	Cholesterol	V↓P↑K↑

Dairy	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Butter	sour	Cooling	Pungent	Light, Binds the stool	V↓P↓K↑
Buttermilk	Sweet, Sour	Cooling	Sweet	heavy, Unctuous	V↓P↑K↑
Cheese, Hard	Sour	Heating	Sour	Heavy, Oily, Congestive	V↓P↑K↑
Cheese, Soft	Sour	Heating	Sour	Heavy, Unctuous	V↓P↓K↑
Cottage Cheese	Sour, Salty	Heating	Pungent	Lighter, Less, Heating	V↓P↓K↓
Cow's Milk	Sweet	Cooling	Sweet	Laxative, Heavy,	V↓P↓K↑
Ghee	Sweet	Cooling	Sweet	Kindles Agni, Digestive	V↓P↓K↓
Goat's Milk	Sweet	Cooling	Pungent	Light,	V↓P↓K↓
Sour Cream	Sour	Heating	Pungent	Heavy, Unctuous	V↓P↑K↑
Yogurt	Sweet, Sour	Cooling	Sweet	Hydrophilous,	V↓P↑K↑

Fruits	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Apple	Astringent	Cooling	Sweet	Rough, Light	V↑P↓K↓
Avocado	Astringent	Cooling	Sweet	Oily, Heavy, Soft	V↓P↓K↑
Apricots	Sweet	Heating	Sweet	Liquid, Heavy, Sour	V↓P↑K↓
Berries,	Sour	Heating	Pungent	Sharp, Light	V↓P↑K↑
Berries,	Sweet	Cooling	Sweet	Unctuous, Liquid	V↓P↓K↓
Banana,	Astringent	Heating	Pungent	Soft, Light	V↓P↑K↑
Banana, ripe	Sweet	Heating	Sour	Smooth, Heavy	V↓P↑K↑
Cantaloupe	Sweet	Heating	Sweet	Heavy, Watery	V↓P↓K↑
Cherries	Astringent, sour	Heating	Pungent	Light, Liquid	V↓P↑K↓
Coconut	Sweet	Cooling	Cooling	Oily, Hard	V↓P↓K↑
Cranberries	Astringent, Sour	Heating	Pungent	Light, Dry, Liquid	V↑P↑K↓
Dates	Sweet	Cooling	Sweet	Heavy, Energizer	V↓P↓K↑
Figs	Sweet	Cooling	Sweet	Heavy, Energizer	V↓P↓K↑
Grapes,green	Sour	Heating	Pungent	Liquid, Strengthening	V↓P↑K↑
Grapes,red	Sweet	Cooling	Sweet	Smooth, Energizer	V↓P↓K↑
Grapefruit	Sour	Heating	Sour	Acidic, Hydrophilious	V↓P↑K↑
Kiwi	Sweet, Astringent	Heating	Pungent	Heavy, Hydrophilious	V↓P↑K↑
Lemon	Sour	Heating	Sour	Juicy, Digestive	V↓P↑K↑
Lime	Sour	Cooling	Sweet	Refreshing, Digestive	V↓P↑K↑
Mango,green	Astringent, Sour	Cooling	Pungent	Heavy,Hard	V↓P↑K↓

Mango, ripe	Sweet	Heating	Sweet	Energizer	V↓P↓K↑
Melons	Sweet	Cooling	Sweet	Heavy, Hydrophilious	V↓P↓K↑
Oranges	Sweet, Sour	Heating	Pungent	Heavy	V↓P↑K↑
Papy	Sweet, Sour	Heating	Sweet	Heavy, Unctuous	V↓P↑K↑
Peaches	Sweet, Astringent	Heating	Sweet	Heavy,Liquid	V↓P↑K↓
Pears	Sweet, Astringent	Cooling	Pungent	Dry, Rough, Heavy	V↓P↑K↓
Persimon	Astringent, Sour	Heating	Pungent	Light, Dry, Sharp	V↑P↑K↓
Pineapple	Sour, Sweet	Heating	Sweet	Heavy, Sharp	V↓P↑K↑
Plums	Sweet, Sour, Astringent	Heating	Sweet	Heavy, Watery	V↓P↑K↑
Pomegranate	Sweet, Sour, Astringent	Cooling	Sweet	Smooth, Oily	V↑P↓K↓
Prunes (Soaked)	Sweet	Cooling	Sweet	Soothing, Laxative	V↓P↓K↓
Risins (Soaked)	Sweet, Sour	Cooling	Sweet	Soothing, Laxative	V↓P↓K↓
Rhubarb	Sweet	Heating	Sweet	Laxative, Heavy	V↓P↑K↑
Tamarind	Sour	Heating	Sour	Heating	V↓P↑K↑
Watermelon	Sweet	Cooling	Sweet	Heavy	V↑P↓K↑

Grains	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Amaranth	Sweet, Astringent	Cooling	Pungent	Light	V↓P↓K↓
Barley	Sweet	Cooling	Sweet	Light, Diuretic	V↑P↓K↓
Buckwheat	Astringent	Heating	Sweet	Heavy	V↑P↑K↓
Corn	Sweet	Heating	Sweet	Dry, Light	V↑P↑K↓

Durham flour	Sweet, Astringent	Cooling	Sweet	Light	V↑P↑K↓
Millet	Sweet	Heating	Sweet	Dry, Light	V↑P↑K↓
Oat Bran	Astringent, Sweet	Cooling	Sweet	Rough, Dry, Light	V↑P↓K↓
Oats, dry	Sweet	Heating	Sweet	Heavy	V↑P↑K↓
Oats, cooked	Sweet	Cooling	Sweet	Heavy	V↓P↓K↑
Pancakes (wheat)	Sweet	Cooling	Sweet	Heavy, Unctuous	V↓P↓K↑
Pasta	Astringent	Cooling	Sweet	Heavy, Soft	V↑P↓K↑
Quinoa	Sweet	Heating	Sweet	Heavy	V↓P↑K↑
Rice, Basmati	Sweet	Cooling	Sweet	Light, soft, Wholesome	V↓P↓K↓
Rice, Brown	Sweet	Heating	Sweet	Heavy	V↓P↑K↑
Rice Cakes	Astringent, Sweet	Cooling	Sweet	Drying, Light	V↑P↓K↓
Rice, White	Sweet	Cooling	Sweet	Holds Water, Soft	V↓P↓K↑
Rye	Astringent	Heating	Pungent	Dry, Light	V↑P↑K↓
Sago	Astringent, Sweet	Cooling	Sweet	Drying, Light	V↑P↓K↓
Seitan	Sweet	Heating	Sweet	Heating, Light	V↓P↓K↓
Spelt	Pungent, Astringent	Heating	Pungent	Light, Dry	V↑P↓K↑
Tapioca	Astringent, Sweet	Cooling	Sweet	Drying, Light	V↑P↓K↓
Wheat	Sweet	Cooling	Sweet	Heavy, Unctuous, Laxative	V↓P↓K↑

Legumes	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Aduki	Astringent	Cooling	Pungent	Hard, Heavy	V↑P↓K↓

Garbanzo (Chick peas)	Sweet	Cooling	Pungent	Dry, Rough, Heavy	V↑P↓K↓
Kidney Beans	Astringent	Heating	Pungent	Hard, Rough, Heavy	V↓P↓K↑
Lentil, Brown	Astringent	Heating	Pungent	Rough, Heavy	V↑P↑K↓
Lentil, Red	Sweet, Astringent	Cooling	Sweet	Light, Soft	V↑P↓K↑
Miso	Astringent, sour	Heating	Pungent	Fermented	V↓P↑K↓
Mung Beans	Sweet, Astringent	Cooling	Sweets	Light Dry	V↓P↓K↓
Navy Beans	Sweet, Astromgent	Heating	Pungent	Dry, Rough	V↑P↓K↓
Pinto Beans	Astringent	Cooling	Pungent	Hard to Digest	V↑P↓K↓
Soy Beans	Astringent, Sweet	Cooling	Pungent	Unctuous, Heavy	V↑P↓K↑
Soy Cheese	Astringent, Sour	Heating	Pungent	Heavy	V↓P↑K↑
Soy Sauce	Astringent, Sour	Heating	Pungent	Fermented	V↓P↑K↑
Soy Sausages	Astringent, Sour	Heating	Pungent		V↓P↑K↑
Sou Flour	Astringent, Sour	Cooling	Pungent		V↑P↓K↑
Soy Powder	Astringent, Sour	Cooling	Pungent		V↑P↓K↑
Tempeh	Astringent	Heating	Pungent	Light	V↑P↓K↑
Tofu	Sweet, Astringent	Cooling	Pungent	vpk	V↑P↓K↑
Tur Dal	Astringent	Heating	Pungent	Hard, Heavy	V↓P↑K↓

Urad Dal	Sweet	Heating	Sweet	Heavy, Soft, Unvtuous	V↓P↑K↑
White Beans	Astringent	Cooling	Pungent	Hard To Digest	

Nuts	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Almond (w/skin)	Sweet	heating	Sweet	Oily, Heavy, Energizer	V↓P↑K↑
Almond (soaked peeled)	Sweet	Cooling	Sweet	Same as above	V↓P↓K↑
Brazil	Astringent, Sweet	Heating	sweet	Unctuous	V↓P↑K↑
Casheew	Sweet	Heating	sweet	Oily, Heavy, Energizer	V↓P↑K↑
Charole	Sweet	Hearing	Sweet	Delicate, Gentle	V↓P↓K↓
Coconut	Sweet	Cooling	Sweet	Helps mucous secretion	V↓P↓K↑
Hazelnut	Astringent, sweet	Heating	Sweet	Energizes	V↓P↑K↑
Macadamia	Astringent, Sweet	Heating	Sweet	Energizes	V↓P↑K↑
Peanut	Sweet	Heating	Sweet	Oily, Heavy, Strengthens	V↓P↑K↑
Pecan	Astringent, Sweet	Heating	Sweet	Oily, Heavy	V↓P↑K↑
Pine Nut	Astringent, sweet	Heating	Sweet	Very Energizing	V↓P↑K↑
Pistachio	Sweet	Heating	Sweet	Oily, Evergizing	V↓P↑K↑
Walnut	Sweet	heating	Sweet	Oily, Heavy, Energizing	V↓P↑K↑

Oils	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Almond	Sweet	Heating	Sweet	Heavy	V↓P↑K↑
Avocado	Sweet	Cooling	Sweet	Unctuous, sweet	V↓P↓K↑
Castor Oil	Sweet, Bitter	Heating	Sweet	Heavy, Cools External, Heats Internal	V↓P↓K↑
Cocunut	Sweet	Cooling	Sweet	Unctuous, Heavy	V↓P↓K↑
Corn	Sweet, Astringent	Heating	Pungent	Dry, Rough, Heating	V↑P↑K↓
Canola	Astringent	Cooling	Pungent	Dry, Rough, light	V↑P↓K↓
Ghee	Sweet	Cooling	Sweet	Heavy, Kindles Agni	V↓P↓K↑
Mustard	Pungent	Heating	Pungent	Sharp, Strong smelling	V↓P↑K↓
Olive	Sweet	Cooling	Sweet	Heavy, causes cellulite	V↓P↓K↑
Peanut	Sweet	Heating	Sweet	Strengthening	V↓P↑K↑
Safflower	Sweet, Astringent	Heating	Pungent	Light, Sharp, Oily	V↓P↑K↑
Sesame	Sweet, Bitter	Heating	Sweet	Strengthens, Lubricates	V↓P↑K↑
Soy	Astringent	Cooling	Pungent	Dry, Rough, Heavy	V↑P↑K↓
Sunflower	Sweet, Astringent	Cooling	Sweet	Soothing, Lubricating	V↓P↓K↓

Kapha should use oils in very small amounts

Seeds	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
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Popcorn	Astringent, Sweet	Cooling	Pungent	Dry, Light, Rough	V↑P↓K↓
Psyllium	Astringent	Cooling	Pungent	Dry, Light, Rough	V↓P↓K↓
Pumpkin	Sweet	heating	Pungent	Oily. Heavy, Hard	V↓P↑K↓
Safflower	Sweet, Astringent	Cooling	Sweet	Oily, Light, Soft	V↓P↓K↓
Sesame	Sweet, Bitter, Astringent	Heating	Pungent	Oily, Heavy, Smooth	V↓P↑K↑
Sunflower	Sweet, Astringent	Cooling	Sweet	Oily,Light, Soft	V↓P↓K↓

Spices	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Ajwan	Pungent	Heating	Pungent	Sharp, Light, Digestive	V↓P↑K↓
Allspice	Pungent	Heating	Pungent	Agni, Liquifies Kapha	V↓P↑K↓
Anise	Pungent	Heating	Pungent	Light, Detoxifying	V↓P↑K↓
Basil	Astringent	Bitter, Sweet	Heating	Pungent	V↓P↑K↓
Bay Leaf	Pungent, Bitter	Heating	Pungent	vpk	V↓P↑K↓
Caraway	Sour, pungent	Heating	Sweet	Stimulates Agni	V↑P↑K↓
Cardamom	Sweet	Cooling	Pungent	Light, Oily, Degestive	V↓P↓K↓
Cayenne	Pungent	Heating	Pungent	Hot, Dry	V↓P↑K↓
Chocolate	Sweet, Sour	Heating	Sweet	Hyperactive, Acidec Congests	V↑P↑K↑
Cinnamon	Sweet	Hwating	Pungent	Dry, Light, Oily	V↓P↑K↓
Clove	Pungent	Heating	Pungent	Light,Oily	V↓P↑K↓
Coriander	Astringent	Cooling	Sweet	Light, Oily, Smooth	V↓P↓K↓
Cumin	Pungent	Heating	Pungent	Digestive	V↓P↓K↓
Dill	Asstringent, Sweet	Heating	Sweet	Light	V↓P↓K↓

Fennel	Sweet	Cooling	Sweet	Delicate	V↓P↓K↓
Fenugreek	Pungent, Bitter	Heating	Pungent	Kindles Agni	V↓P↑K↓
Garlic	Pungent	Heating	Sweet	Oily, Heavy	V↓P↑K↓
Ginger, Fresh	Pungent	Heating	Sweet	Light, juicy, Digestive	V↓P↑K↓
Horseradish	Pungent, Astringent	Heating	Pungent	Kindles Agni	V↓P↑K↓
Radish	Pungent	Heating	Pungent	Hard, Liquid, Rough	V↑P↑K↓
Rutabaga	Astringent, Sweet	Cooling	Sweet	Heavy, unctuous	V↓P↓K↓
Spinach	Astringent – Cooling	Pungent	Dry, Light, Rough		V↑P↑K↓
Sprouts	Astringent	Cooling	Pungent	Light, Juicy	V↑P↓K↑
Squash Winter	Astringent, Sweet	Heating	Pungent	Dry, Sharp, Heavy	V↑P↓K↑
Squash	Sweet, Astringent	Cooling	Pungent	vpk	V↓P↓K↓
Tomato	Sour, Astringent	Heating	Pungent	Nightshade, Disturbs	V↑P↑K↑
Turnips	Pungent, astringent	Heating	Pungent	Rough, Dry	V↑P↑K↓
Zucchini	Astringent	Cooling	Pungent	Heavy, Liquid	V↓P↓K↑
Hing	Pungent	Heating	Pungent	Dry, sharp, digestive	V↓P↑K↓
Mace	Astringent, Sour, Pungent	Heating	Pungent	Kindles <i>agni</i>	V↓P↑K↓
Majoram	Pungent, astringent	Heating	Pungent	Kindles	V↓P↑K↓
Mint	Sweet	Cooling	Pungent	Calms <i>pitta</i>	V↓P↓K↓
Mustard	Pungent	Heating	Pungent	Sharp, oily, light	V↓P↑K↓
Neem(leaves)	Bitter	Cooling	Pungent	Stimulates <i>vata</i> slightly	V↑P↓K↓
Nutmeg	Sweet, astringent	Heating	Pungent	Stimulates digestion	V↓P↑K↓

Paprika	Pungent	Heating	Pungent	Stimulates <i>agni</i>	V↓P↑K↓
Parsely	Astringent, pungent	Heating	Pungent	May stimulate <i>pitta</i>	V↓P↑K↓
Poppy seed	Sweet, astringent	Heating	Pungent	Binds stool, aids sleep	V↓P↑K↓
Saffron	Astringent, Bitter	Heating	Pungent	Dry, Light	V↓P↓K↓
Savory	Sour, Pungent	Heating	Pungent	Kindles Agni	V↓P↑K↑
Tarragon	Sweet Sour, Astringent	Cooling	Pungent	Moderation	V↓P↑K↓
Turmeric	Bitter	Heating	Pungent	Dry, Light, Digestive	V↓P↓K↓

Sweeteners	RASA	VIRAYA	VIPAK	ACTION ON BODY	ACTION ON VPK
Barley Malt	Sweet	Cooling	Sweet	Unctuous, Liquid	V↓P↓K↑
Date Sugar	Sweet	Cooling	Sweet	Heavy, Energizer Oily	V↓P↓K↑
Fructose	Sweet	Cooling	Sweet	Unctuous, Liquid	V↓P↓K↑
Honey	Sweet	Heating	Sweet	Heating, Scrapes Fat	V↓P↑K↓
Jaggary	Sweet	Heating	Sweet	Strengthening heavy	V↓P↑K↑
Maple syrup	Sweet	Cooling	Sweet	Light, strengthener	V↓P↓K↑
Molasses	Sweet	heating	Sweet	Heavy, Promotes Bleeding	V↓P↑K↑
Rice Syrup	Sweet	Cooling	Sweet	Unctuous, Liquid	V↓P↓K↑
Sucanat	Sweet	Cooling	Sweet	Unctuous, Heavy	V↓P↓K↑
Sugar, White	Sweet	Cooling	Sweet	Heavy, Oily, Energizer	V↑P↓K↑
Turbinado	Sweet	Cooling	Sweet	Unctuous	V↓P↓K↑
Fish, Freshwater	Sweet, astringent	Heating	Sweet	Light, Unctuous, Soft	V↓P↑K↓
Fish, Salmon	Sweet	Heating	Sweet	Unctuous, Heating	V↓P↑K↑
Fish, Tuna	Sweet, Salty, Astringent	Heating	Pungent	Heating	V↓P↑K↑
Mutton	Sweet	Heating	Sweet	Strengthening, Heavy	V↑P↑K↑

Pork	Sweet	Heating	Sweet	Heavy, Unctuous	V↑P↑K↑
Rabbit	Sweet	Cooling	Pungent	Dry, Rough, Astringent	V↑P↓K↓
Shrimp	Sweet	heating	Pungent	Light, Unctuous	V↓P↓K↓

***NOTE 21:** V – stands for vata, P – stands for pitta, & K – stands for kapha.

An upward arrow indicates that a particular food article will cause aggravation of the respective dosha mentioned in front of it .And a downward arrow indicates alleviation of the particular dosha by that food article.

Eg. Rabbit- will cause aggravation of vata & will alleviate pitta& kapha.

* All the arrows pointing downwards indicates that it alleviates all the Doshas good food for everybody.

*All the arrows pointing upwards indicate that it aggravates all the doshas...not good for anybody (except certain diseased conditions).