

Taste	Example	Property	Element	Action	Dosha	Caution
Sweet	Sugars and starches	Building Cold Unctuous Heavy	Earth and Water	Strengthens and builds, is generally sattvic – harmonises mind, Increases Ojas, Moistens. Heavy to digest. Increases tissues and waste products, Benefits the mind. Excess sweet damages spleen and pancreas. Emotional flavour: Love, but can also cause attachment.	More is required for Pitta, moderate for Vata, less for Kapha	Excess fat, high <i>ama</i> , weak <i>agni</i> and high <i>eo</i> .
Salty	Table salt or sea weed	Building Unctuous Heavy Warm	Water and Fire	Moistening, softening lumps and tumours, Small amounts stimulate digestion, Clears channels, Grounding, Soothes nerves, Increases fluids and maintains mineral balance. Excess salt damages the kidneys Emotional flavour: Greed	More is needed for Vata, moderate for Pitta and less for Kapha	Hypertension, laxity, skin disorders, alopecia, when blood is vitiated, high <i>pitta</i> , <i>ulcers</i>
Sour	Fermented foods or acidic fruit	Building Unctuous Light Warm	Earth and Fire	Moistens digestive system, Expels air, moves liver stagnation, Awakens mind, holds fluids in the tissues, Maintains thirst, Increases all tissues, but decreases reproductive tissue. Excess sour damages the liver Emotional flavor: Envy	More is needed for Vata, moderate for Kapha and less for Pitta.	Itching; heat conditions; when blood is aggravated, if reproductive tissue is depleted
Pungent	Hot spices; cayenne or ginger	Reducing Dry Light Warm	Fire and Air	Expansive, Dries <i>ama</i> and mucus, Stimulates <i>Agni</i> and benefits digestion, Sharp, penetrating, Opens channels and eliminates blockages, Encourages sweating, Increases circulation Excess pungent damages and dries the respiratory system Emotional flavour: Hatred	More is needed for Kapha, moderate for Vata and less for Pitta.	Reproductive deficiency, acidity, heat conditions, inflammation
Bitter	Not often found in food. Bitter herbs e.g. goldenseal, neem and gentian	Reducing Dry Light Cold	Air and Ether	Clears heat, Dries and removes <i>ama</i> , Descends and drains, Stimulates nervous system, Benefits skin and liver, Clears parasites from GIT, Clears congestion from the channels, Reduces all body tissues, Increases lightness in the mind Excess bitter damages the heart Emotional flavour: Grief	(small quantities for all doshas) More for Pitta, moderate for Kapha, less for Vata	All deficiencies, high <i>Vata</i> , cold conditions and pregnancy
Astringent	Not often found in food. Herbs containing tannin like alum or witch hazel, also unripe fruit.	Reducing Dry Light Cool	Earth and Air	Dries mucus, Stops leakage, Tightens <i>dhatus</i> , Cleans mucous membranes, Stops bleeding and diarrhoea, Heals wounds Excess astringent damages the colon Emotional flavour: Fear	More for Pitta, moderate for Kapha and less for Vata.	Channel obstruction, <i>Vata</i> aggravation, constipation, obstructions