

# PRINCIPLES OF TASTE (RASA)

# DR RITIKA SHAH

Founder & Director - www.herbostra.com





#### **<u>Rasapanchak</u>** (Ayurvedic Pharmacological Properties of Herbs)

- I. Rasa Taste
- 2. Guna Qualities
- 3. Virya Potency of the herb
- 4. Vipak Property after digestion
- 5. Prabhav Special effect of the herb





# What is Rasa?

Knowledge perceived through Rasanendriya or gustatory sensation located at Jivha or tongue is known as Rasa or Taste.

It is one of the factor which determines the pharmacological behavior of a substance.





# SHAD RASATMAK AHAR

- Six tastes in Ayurveda are also known as Shad rasatmak Ahar.
- An ideal balanced meal according to Ayurveda.
- Taste is the quality that resides in the substance. Each taste has an effect on Doshas and its own gunas.
- Use of Rasas according to one's body constitution.





#### **SIX TYPES OF TASTE IN AYURVEDA**

Sr. No	TASTE	MAHABHUTA	<b>EFFECT ON DOSHAS</b>
I	Madhur	Prithvi + Jal	Vata↓Pitta↓ Kapha↑
2	Amla	Agni + Prithvi	Vata↓Pitta↑Kapha↑
3	Lavana	Agni + Jal	Vata↓Pitta↑Kapha↑
4	Tikta	Vayu + Akash	Vata↑Pitta↓Kapha↓
5	Katu	Agni + Vayu	Vata↑Pitta↑Kapha↓
6	Kashaya	Prithvi + Vayu	Vata↑Pitta↓Kapha↓



# MADHUR RASA

- Satmya since birth
- Nourishing
- Pleasant taste
- Promote strength
- Healthy bodily fluid & tissues
- Soothing
- Calming

eg: wheat, rice, dairy, cereals, dates, pumpkins, maple syrup, licorice root





# AMLA RASA

- Improves appetite
- Improves salivation
- Deepan
- Pachan
- Snigdha
- Hrudya
- Vata anuloman



eg: citrus fruits, lemon, vinegar, pickles, fermented food, wine

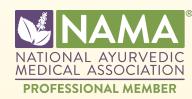


# **LAVAN RASA**

- Balances Vata
- Grounding & hydrating
- Adds taste to the food
- Stimulate digestion
- Increases absorption of minerals
- Helps in electrolyte balance
- Cleanses tissues & increases absorption of minerals



eg: table salt, soy sauce, seaweed etc



### TIKTA RASA

- Laghu light
- Easy to digest
- Detoxifying & cleansing
- Purifies sultry emotions
- Pacifies pitta, Best Rasa for Pitta
- Good for metabolic disorders and skin diseases

eg: Green veggies, Turmeric, Green tea, Neem, Chirayata etc





#### KATU RASA

- Warming
- Improves metabolism
- Opens mind and senses
- Relieves nerve pain
- Reduces strength
- Reduces virility

eg: onion, peppers, ginger, garlic, chilies, black pepper etc





#### **KASHAYA RASA**

- Cleanses blood
- Cool & Dry
- Ama pachan
- Increases mental strength
- Excess leads to gas and bloating



eg: lentils, beans, broccoli, tea (tannins), sprouts, unriped bananas



#### <u>ANURASA</u>

When a taste is not distinctively perceived, but it is inferred only in its actions is known as Anurasa.

eg: honey (Anurasa - astringent and Rasa - sweet)

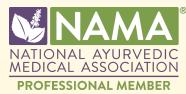


#### **Research on Rasas**

• Use of Electronic Tongue to study the rasa of plants <u>https://pubmed.ncbi.nlm.nih.gov/33514460/</u>

- Use of NMR (Nuclear Magnetic Resonance)
- The scientific basis of rasa (taste) of a substance as a tool to explore its pharmacological behaviour.

https://www.researchgate.net/publication/270962828 The scientific basis of rasa taste of a substance as a tool to explore its pharmacological\_behavior



# **Thank You**