

# Takin' Care of Agni : Make your own Masala

*Adena Rose Ayurveda - The Healing Diet*

## **Vishama Agni / Vata / Autumn - Winter**

### **#1: Autumn**

- 1/2 c Sesame seeds
- 1 teaspoon Sea salt
- 1 teaspoon Cayenne pepper

*Lightly roast, then grind the sesame seeds, before adding the cayenne and salt.*

### **#2: Early Winter**

- 2 T Ajwain seeds
- 1 T Brown mustard seeds
- 1 T White peppercorns
- 1 teaspoon Ginger powder
- 1/2 teaspoon Grated nutmeg

*Roast and grind the seeds lightly before adding the ginger powder and nutmeg.*

## **Manda Agni / Kapha / Winter - Spring**

### **#1: Spring**

- 1 T Cumin seed
- 2 T Coriander
- 1 T Mustard seeds (yellow or brown)
- 1 teaspoon Black peppercorns



1 teaspoon Cardamom  
2 or 3 Cloves (optional)

*Simply grind everything together (cloves and cardamom pods are hard a fibrous, best to use an electric grinder.)*

**#2: Late Winter\***

3 Fresh cloves of garlic, peeled  
2" Fresh ginger  
2 T Coriander  
4 Dried red chilis, or 1.5 T crushed red pepper flakes  
1 teaspoon Turmeric  
*\* This is quite pungent!*

*Grind all of the ingredients together in a suribachi. Add a small handful of water to aid in this process. This is a wet masala, and can be kept in the fridge for a month or so (at most.) Best added on top of foods, or on the side.*

**Ginger Appetizer: Best for Manda/Vishama Agni**

Ingredients:

1 Tablespoon grated or thinly sliced peeled fresh ginger root  
1/4 Lime  
Pinch of salt

*Place sliced ginger in a small bowl, squeeze the quarter lime on top, and sprinkle with salt. Use a pinch or a slice about 15 minutes before meals to encourage digestive juices to flow. Keeps for 1 or 2 days in the fridge.*

**Tikshna Agni / Summer**

2 T Coriander  
1 T Fennel  
3 Cardamom pods, or 1/2 tsp ground cardamom

1 T Poppy seeds  
10 Cloves  
1 teaspoon Saffron

*Do not roast any of the seeds, simply grind them in a suribachi hand grinder, or clean coffee bean grinder. Place in a glass jar with a cover.*

*NOTE: High Pitta does not always mean there is sharp agni. Pitta can dampen agni with it's liquid quality. Sometimes if Pitta is high, agni is still low or slow, and fresh, drying spices can still be used to take care of agni, from the influence of the high dosha.*

For all types

### **CCF (Tea or Blend) : A Godmother Recipe**

2 T coriander seeds  
2 T cumin seeds  
2 T fennel seeds

*If making a tea, place whole seeds in 3 cups of water. Simmer for 10 minutes, strain, and drink throughout the day, hot or warm. If using for a churna or masala blend, simply mix all seeds together and grind. Use as a fresh garnish on food, or cook in soups and curries.*

\*Recipes adapted from Maya Tiwari's book, [The Path of Practice](#)