



REST AND DIGEST

AN INTRODUCTION TO KITCHARI AND CLEANSING
WITH ADENA ROSE AYURVEDA



Adena Rose Ayurveda

*When diet is wrong, medicine is of no use.
When diet is right, medicine is of no need.*



CLEANSING WITH KITCHARI

Kitchari is an ancient and healing combination. Eaten at times when the immune system is compromised or for special seasonal cleansing purposes, kitchari is a holy food. You can think of kitchari as the Ayurvedic (and vegetarian!) equivalent to chicken noodle soup. Nourishing for mind, body and soul, kitchari kicks up the metabolism and immune system.

The **best times** to use this simple one-day cleanse include when you're feeling **under the weather**, after a stressful week or day, during menstruation, grief, during the **New Moon or Full Moon**, when you need a little **extra self care**, creating an **at-home spa day**, or regularly **once per week** to keep your metabolism strong.

Physiology

A simple ayurvedic cleanse aims to balance agni. Agni, means fire, and in this case directly refers to our metabolic fire, the strength of our ability to digest what we take in. This includes our diet, of course but also our experiences in life. A simple way to improve agni is to fast or eat lightly for short periods of time. A simple way to digest our experience in life is to fast the senses, to spend time in silence and meditation.

Signs that we are not digesting our food well include, but are not limited to indigestion like gas, pain or bloating after eating, acid reflux or belching, constipation or diarrhea, acne, eczema, psoriasis, arthritis, congestion, lethargy, depression and fatigue. These things may seem benign at first, but when they become chronic, the imbalance goes further into our body, and complications can arise.

Finding Balance

A balanced mind is one that is calm and focused, curious about life, and clear in thinking. Many yogic texts recommend that in order to begin to bring balance to the mind, we can start with the tongue - practicing control of our speech and the sense of taste. By observing but not heeding desires and cravings, we can start to bring awareness to thoughts or emotional patterns which are causing us suffering. We can then begin to create new, more beneficial patterns. In An Ayurvedic Cleanse, we practice a loving detachment from unnatural or intensified tastes. Remember, the qualities in the food we eat become more than just the physical body, they become our consciousness. This simple cleanse is considered to be a type of spiritual practice, a food *sadhana*.

Why *Kitchari*?

- * It is easy to digest, allowing the body to use less energy on digestive functions, and more on clearing and metabolizing ama (toxins) from the body.

- * Made from rice and mung beans (aka dhal) it is a complete protein, meaning you will get enough nutrients to sustain a restful daily routine from this dish alone.

- * It is balancing for all of the doshas, or elements.

- * The spices like ginger, turmeric, coriander, cumin and fennel, are anti-inflammatory, cleanse the blood, burn up toxins and improve agni.

- * It is alkaline for the body, assisting in lowering acidity of the blood.

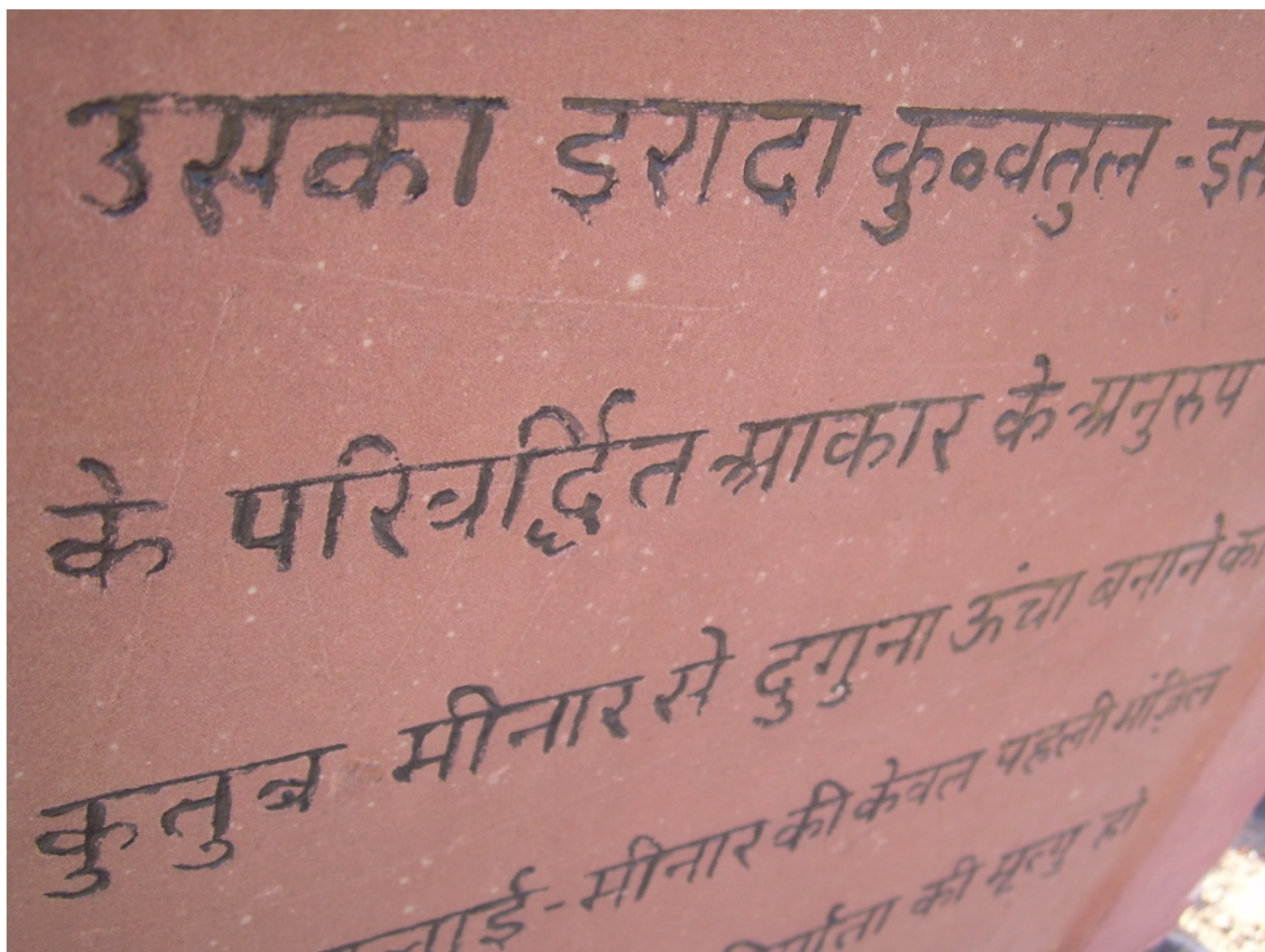
- * It's an easy one pot meal to prepare, which can simplify our schedule and curb our desires for unnecessary snacking.

THE PRACTICE

Tips For Optimal Digestion

Good digestion equates to good health according to Ayurveda. To be fully healthy means that our mind, body and senses feel clear and balanced, we are properly eliminating wastes, and our digestion is optimal.

- Eat three meals per day, with emphasis on lunch being the largest. As a general rule, avoid snacking.
- Eat only when you are hungry. If you are not hungry, it may be recommended to fast until true hunger returns.
- Light a candle and/or say a prayer of gratitude when you sit down to eat.
- Sit down to eat, with full attention on your food. Eat slowly, and chew well. Light, pleasant conversation is ok, but do not eat when you are sad, mad or upset, and do not eat in front of your computer, or while driving.
- Sip warm water or ginger tea while you eat your meal, but avoid large amounts of water directly before or after eating. Also avoid iced water at all times.
- After a meal, sit quietly for 3 - 5 minutes, and then perhaps go on a short walk.



Your 1 Day Cleansing Routine: *Introduction To Dinacharya*

- Wake early, up with the sun. Upon waking, say a prayer or gratitude, or set an intention for your day.
- Brush your teeth, scrape your tongue, and rise your eyes with cool water or rose water.
- Drink a glass of warm water with lemon or lime and a bit of raw honey. This flushes the liver and kidneys, and kick-starts your *agni*.
- Meditate, or do your yoga practice. There are suggestions and instructions for this in the [7 Day Ayurvedic Cleanse](#). Alternatively, you may go for a walk or short hike.
- Further self care: You may have other self care practices you do daily, like washing your face, self massage, or dry brushing. Employ these, and take a warm shower or bath.
- After dressing, prepare one of the digestive teas (recipes follow), or another herbal tea you enjoy, and start cooking your *kitchari* for the day. Enjoy a warm, freshly cooked breakfast.
- Take it easy or *make it easy* for the rest of the day. If you are working, try to keep it light. Keep social engagements to a minimum today, and put off high pressure stuff until tomorrow.
- Bring lunch with you, warm it up and bring intention to this being the largest meal of your day.
- Take a pause mid-afternoon to lie down, or do another short meditation.
- Eat a light, early dinner, and close the kitchen down when you're done.
- Try to stop screen time at least 2 hours before bed. Get to bed by 10 pm, so you can wake bright and early and take advantage of feeling clear and energized tomorrow morning!

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THE RECIPES

Digestive Teas

Coriander, Cumin, Fennel Tea ***(Also known as CCF Tea)***

Cooling, calming, toxin remover

1 T Coriander seeds
1 T Cumin seeds
1 T Fennel Seeds
2 c water

Place all ingredients together in a small sauce pan. Simmer over medium low heat for 5 minutes. Strain and sip after meals. You may double this amount to make enough tea to last you throughout the day! Room temperature is fine.

Agni Tea

*Recipe from the Ayurvedic Institute)

Stimulates agni, burns toxins

3 c water
1 tiny pinch of cayenne
2 T grated or minced ginger root
1/2 tsp rock salt
1 tsp raw honey (do not boil)
lime juice

Bring all of the ingredients EXCEPT the honey and lime to boil in a pot. Strain and add the honey, and juice of 1/2 lime. Sip throughout the day, or especially before meals.

*If you experience acid reflux or a burning sensation after using the *Agni tea*, use plain *Peppermint tea* instead.

Shopping List: The Basics

Mung beans, split or whole - whole will need to be soaked for at least 4 hours, while split are more easily digestible, and will break down without soaking.

Rice, traditionally white basmati rice. You may certainly use brown rice if you prefer, though it has more fiber and is considered harder to digest.

Spices like turmeric, mustard seeds, cumin, coriander and fennel powder, along with fresh ginger root, are the keys to good digestion, stoking agni, and burning toxins.

Vegetables that go well in kitchari tend to be root vegetables, or dark, leafy greens. Think carrots, sweet potatoes, squashes, zucchini, rutabaga, parsnips, bok choi and kale.

Ghee, or clarified butter, makes this dish nourishing as well as cleansing. Ghee stimulates agni when taken with food, and it also easily penetrates the lining of the GI tract to help in the removal of toxins. If you are vegan, you can use sunflower or coconut oil, which have some similar properties.

A Traditional *Kitchari* Recipe

First, rinse 1/2 cup of split yellow mung beans and if possible, soak for several hours or even overnight, especially if whole beans. Set aside. In a large saucepan, lightly brown 1/4 teaspoon cinnamon, 1 tsp each of turmeric, ground coriander, cumin and fennel, 1/2 tsp mustard seeds, and 1.5 tablespoons of ghee.

Drain the mung dal and then stir it into the spice mixture in the saucepan. Next, add 1/2 cup of basmati rice that you have rinsed twice. Stir in 1 Tbls chopped ginger, 1/2 tsp salt and optional 2 Tbls dried organic coconut, followed by 4+ cups of water. Bring to a boil, cover, and cook on low heat for approximately 25 to 30 minutes until soft.

After about 10 minutes, add root veggies like chopped golden beet, sweet potato, carrots or peeled winter squash. If you are going to add zucchini or kale, wait until you only have about 5 minutes left of cooking time. Add cilantro if you so choose, after you have already turned off the heat, just stir it in.

Can easily be doubled - the above amounts makes about 3 small servings, or enough for one day.



Two digestive stimulants, lime and fresh ginger root.

Switch It Up: Make It Seasonal

Summer Masala Kitchari

1/2 c. Whole, green mung beans
1/2 c. White basmati rice
1 or 2 golden beets
1/2 bunch fresh greens (Kale, chard, etc) 1 sm. zucchini
1 T fresh ginger
1/4 c. coconut
1/2 bunch chopped cilantro 2 T ghee (or coconut oil) 1 tsp coriander
1 tsp fennel
1 or 2 tsp turmeric
salt

Soak your beans overnight if possible. Bring beans to a boil over medhigh heat in 3.5 cups of water. Scrape foam, if necessary, then add chopped ginger and the coconut

after the beans have been boiling for 10 minutes or so. Continue boiling, stirring, for another 10 minutes, until beans begin to break down a bit. Add chopped golden beets, and all spices except salt, and continue cooking for another 10 minutes. When beets are soft, and beans broken down, shut off the heat and add chopped greens and cilantro. Then add salt to taste, and finally stir in the oil or ghee. Serve with fresh slices of lime, and perhaps more cilantro and coconut on the side. Prepare rice in a separate pot, as you normally would.

An Autumn Kitchari

1/2 c. Split mung beans
1/2 c. White basmati rice
1 clove garlic (optional)
2 carrots
1/2 sweet potato
1 or 2 golden beets
1 tsp cumin
1/2 tsp cinnamon
1 or 2 tsp curry powder
1 or 2 T fresh ginger
salt
black pepper
2 T ghee
1/4 bunch chopped fresh parsley or cilantro

Rinse both beans and rice, add fresh ginger, then bring to a boil in about 6 cups of water over medhigh heat. Remove foam after about 5 minutes. Cook 5 minutes more, stirring, then add carrots, beets and sweet potato, along with all spices except salt and parsley. Continue to cook over medhigh heat, stirring all the while. If the kitchari begins to stick, lower the heat. Cook until beans break down, and veggies are done. Feel free to add more water.

Turn off heat, add salt to taste, then stir in parsley and ghee. Fall kitchari can be more soupy, making it even easier to digest more like soup. Squeeze fresh lime to serve.

REFLECT

You may use some of these questions as points to journal from as you begin to dive deeper into your relationship with food, and explore what it means to cleanse.

Journaling helps the mind and intellect fully digest the experience.

- I. Did this 1 day cleanse feel like a day of nourishment, or of deprivation for you?
- II. Did you experience cravings? What for? Did you indulge, or if not how did you let go of that desire?
- III. Did you experience any indigestion on this day?
- IV. Were you able to connect with your sense of true hunger?
- V. Did you look forward to your next meal or kitchari, or feel an aversion towards it?
- VI. How did you feel the day after? The week after?

Ready to take this to the next level? Join the next **7 Day Ayurvedic Seasonal Cleanse** with **Adena Rose Ayurveda**.

