**THE AYURVEDIC DIET**

The Ayurvedic diet is an eating pattern that’s been around for thousands of years.

It’s based on the principles of Ayurvedic medicine and focuses on balancing different types of energy within your body, which is said to improve health.

Unlike many other diets, the Ayurvedic diet provides personalized recommendations about which foods to eat and avoid based on your body type.

It’s also popular because it’s not only said to promote better health for your body but also your mind.

**WHAT IS THE AYURVEDIC DIET?**

Ayurveda is a form of holistic medicine that’s focused on promoting balance between your body and mind.

According to Ayurveda, five elements make up the universe — vayu (air), jala (water), akash (space), teja (fire), and prithvi (earth).

These elements are believed to form three different doshas, which are defined as types of energy that circulate within your body. Each dosha is responsible for specific physiological functions.

For example, the pitta dosha controls hunger, thirst, and body temperature. Meanwhile, the vata dosha maintains electrolyte balance and movement, while the kapha dosha promotes joint function.

The Ayurvedic diet is a component of Ayurveda and has been practiced for thousands of years. It’s based on determining your dominant dosha and eating specific foods to promote balance between all three doshas.

**THE BOTTOM LINE**

The Ayurvedic diet is a meal plan based on the principles of Ayurvedic medicine, a form of traditional medicine dating back thousands of years.

The diet involves eating or restricting certain foods based on your dosha, or body type, which is claimed to boost weight loss and support mindfulness.

However, it can be extremely confusing and restrictive, and it’s based on subjective assumptions about your personality and body type. Plus, its theories are not supported by scientific evidence.