



ANANTA HARMONY

INFINITE WELLNESS

A FREE GUIDE

The Six Tastes Kitchen Card

Shad rasa, for an everyday plate

Ayurveda organises food by taste rather than by macronutrient, because taste tells you what a food will do in the body. Cover all six most days and cravings mostly settle down. Miss one for long enough and it tends to come back looking for you in the wrong form.

मधुर

Madhura

SWEET

Rice, wheat, ghee, milk, dates, almonds

Builds tissue, steadies the nerves. The largest share of a balanced plate.

अम्ल

Amla

SOUR

Lemon, tamarind, curd, amla, fermented food

Wakes the appetite, helps you absorb what you eat.

लवण

Lavana

SALTY

Rock salt, black salt, sea salt

Carries the other five tastes. Holds moisture in the body.

कटु

Katu

PUNGENT

Ginger, black pepper, mustard, chilli

Lights digestion, clears congestion. The morning taste on a heavy day.

तक्र

Tikta

BITTER

Neem, methi, karela, dark leafy greens

Cools and clears. The taste most missing from modern plates.

कषाय

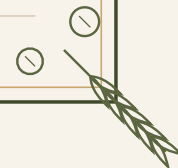
Kashaya

ASTRINGENT

Pomegranate, lentils, chickpeas, green banana

Tightens and dries. The finish that tells you a meal is complete.

Balance is not tiny amounts of everything. Notice which one or two tastes already run your week, and add whichever is missing — the full practice is overleaf.





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IN PRACTICE

A Thali Already Does This

The six tastes sound like a lot to arrange until you notice the standard Indian thali has been solving this for centuries. Nothing here needs a new shopping list.

- Sweet — The rice, the roti, the ghee on top.
- Sour — A spoon of curd, or lemon on the side.
- Salty — Salt in the dal, or a pinch of black salt.
- Pungent — The ginger, chilli and pepper in the tempering.
- Bitter — Methi, karela, or any dark green sabzi — the one that gets dropped.
- Astringent — The dal itself, or a few pomegranate seeds.

THE ONE-WEEK EXPERIMENT

Your plate is probably already covering five of the six. Add the bitter one back this week — methi, karela, a handful of greens — and notice what changes over those seven days.

WORTH KNOWING

Tastes are a way of organising food, not a treatment. Nothing here diagnoses or treats a condition, and no arrangement of tastes replaces medication or medical advice.