



Nightshades from an Ayurvedic Perspective



Lakshmi Ayurveda
Free Downloadable

About Nightshades

Why are nightshades avoided in Ayurveda?

Many of our clients ask us this question and are confused which foods are considered nightshades. The list includes white potatoes, tomatoes, peppers, eggplants, bell peppers, cayenne pepper, paprika, goji berries, jalapeños and pimentos.



Yes, Goji berries are considered nightshades!
From an Ayurvedic perspective, why should you avoid these?

Nightshades possess inflammatory properties which can generate excess heat and acidity in the body. They are particularly aggravating for both Vata and Pitta doshas. Individuals diagnosed with gout, rheumatoid arthritis, high levels of inflammation and autoimmune diseases should avoid inflammatory producing foods such as nightshades.

Nightshade Replacements

The rajasic nature of nightshades encourage increased states of mental stress and anxiety due to their stimulating qualities.

As we work to approach life in a more Sattvic manner, Ayurveda recommends eating more light and easy to digest foods, freshly cooked meals, seasonal fruits and vegetables.

* Beetroot instead
of tomato

* Okra or zucchini instead of
eggplant

* Turmeric, black pepper,
Pippali, ginger and other
spices instead of chili

If you continue to cook with nightshades, using appropriate digestive spices and fats can help to reduce the acidity and inflammatory response within the body.

Disclaimer: Before incorporating any of the information offered in this downloadable, we strongly recommend you visit an Ayurvedic Practitioner to properly assess your health history and conditions.

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If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team.

