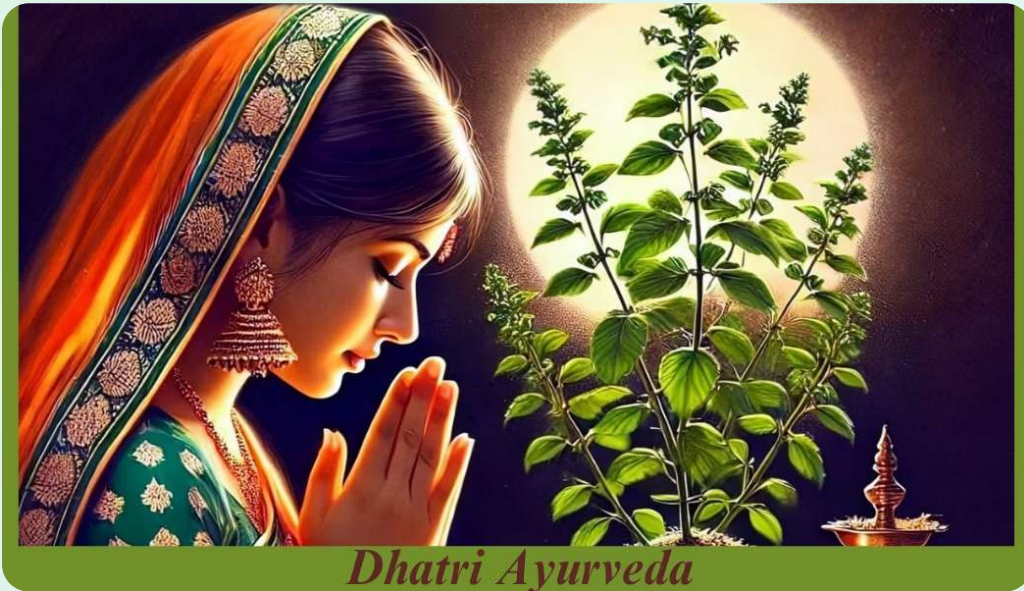


Ayurveda and Cooking Oils: Ancient Wisdom for Modern Health





Guru & Dhanvantari Sloka:

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः । गुरुः साक्षात् परब्रह्म तस्मै श्री गुरवे नमः ॥

Gurur Brahma Gurur Vishnu Gurur Devo Maheshwaraha | Guruh Sakshat
Para Brahma Tasmai Shri Gurave Namaha ||

ॐ नमो भगवते वासुदेवाय धन्वंतरये अमृतकलश हस्ताय सर्वामयविनाशनाय त्रिलोक्यनाथाय श्री
महाविष्णवे नमः ॥

Om Namō Bhagavate Vasudevaaya Dhanvantaraye Amrutha-Kalasa-
Hasthaaya Sarvaamaya-Vinaashanaaya Tri-Lokya-Naathaaya Shri
Mahaavishnave Namaha ||

Oils in Ayurvedic Samhitas

Ayurveda, a 5000+ year old holistic medicine tradition, values oils (Sneha) for their profound healing properties. Tailas (oils) are essential for maintaining health and vitality in this ancient system. The samhitas mention 60 different oils,



Charaka Samhita Oils

Tila (Sesamum indicum), Sarshapa (Brassica campestris), Eranda (Ricinus communis), Nimba (Neem), Karanja (Pongamia), Kusumbha (Safflower), Atasi (Linum usitatissimum), Vibhitaki (Terminalia bellirica), Amalaki (Indian Gooseberry), Haritaki (Terminalia chebula)



Sushruta Samhita Oils

Tila (Sesamum indicum), Sarshapa (Brassica campestris), Eranda (Ricinus communis), Ghrita (Ghee), Vasa (Animal fat), Majja (Bone marrow), Bilva (Aegle marmelos), Ingudi (Balanites), Priyal (Buchanania Latifolia), Phala (Derived from fruits), Sigru taila, kushmanda taila, **Mangifera Indica**



Ashtanga Hridaya Oils

Tila Taila (Sesamum indicum), Sarshapa Taila (Brassica campestris), Eranda Taila (Ricinus communis), Ghrita (Clarified butter), Tuvaraka (Hydnocarpus laurifolia), Bhallataka (Semecarpus anacardium), Yavatikta (Andrographis paniculate), Atasi (Linum usitatissimum)



Do we need fats in our diet?

What percent of our brains is made of fat?

Where else is fat found in our body?

How much do I really need?



Essential Fats: The Building Blocks of Health

Yes, fats are absolutely essential in our diet – they provide energy, support cell growth, protect organs, help with nutrient absorption, and produce important hormones.

60%

Brain Composition

Our brains are largely composed of fat, making dietary fats crucial for cognitive function

25%

Cell Structure

Every cell membrane contains fat, providing structure and protection

Beyond the brain, fat is found throughout our bodies in:

- Nerve tissue (myelin sheaths)
- Adipose tissue (energy storage)
- Vital organs (protective padding)
- Bone marrow
- Skin (sebaceous glands)

How Much Fat Do You Need?

Individual fat requirements depend on several factors including age, sex, weight, activity level, health conditions, and specific dietary needs. Generally, healthy adults should aim for 20-35% of daily calories from fat, with emphasis on unsaturated fats from plant and fish sources.



Qualities of Oils

तैलं तु आग्नेयमुष्णं तीक्ष्णं मधुरं मधुरविपाकं

बृंहणं प्रीणनं व्यवायि सूक्ष्मं विशदं गुरु सरं

विकासि वृष्यं त्वक्प्रसादनं मेधा मार्दव मांस

स्थैर्य वर्ण बलकरं चक्षुष्यं बद्धमूत्रं लेखनं तिक्त

कषायानुरसं पाचनमनिल बलासक्षयकरं

क्रिमघ्नमसशितवपित्तजननं योनि शिरःकर्णशूल

प्रशमनं गर्भार्शय शोधनं च ।

Sushruta

Sutrasthana 45/112-113Physical Properties

Hot (Ushna), Penetrating (Teekshna), Sweet taste (Madhura), Sweet post-digestive effect (Madhura Vipaka), Heavy (Guru), Mobile (Sara), Spreading (Vikasi)

Dosha Effects

Pacifies Vata, increases Pitta, reduces Kapha (Anila Balasa Kshayakara), Vermicidal (Krimighna)

Health Benefits

Nourishing (Brumhana), Pleasing (Preenanā), Strengthens tissues (Mamsa Sthairya), Improves complexion (Varna), Enhances vision (Chakshushya), Alleviates pain in female organs, head and ears (Yoni Shirah Karna Shula Prashamana) and controls many vata disorders.

Translation of the sloka: "Oil is hot in potency, sharp, sweet in taste with sweet post-digestive effect. It is nourishing, satisfying, penetrating, subtle, clear, heavy, mobile, spreading, aphrodisiac, improves skin, enhances intellect, provides softness, strengthens muscles and tissues, improves complexion and strength, benefits eyes, binds urine, scraping, has bitter and astringent undertaste, digestive, reduces Vata and Kapha, kills parasites, slightly increases Pitta, relieves disorders of female reproductive organs, relieves pain in head and ears, and cleanses the uterus."

Traditional Ayurvedic Oils and Properties

Oil Type	Thermal Energy	Primary Dosha Effect	Key Properties
Sesame (Tila)	Warming	Pacifies Vata	Penetrating, antioxidant-rich
Mustard (Sarshapa)	Hot	Reduces Kapha	Anti-microbial, decongesting
Coconut (Narikela)	Cooling	Balances Pitta	Moisturizing, sweet
Groundnut	Neutral	Balanced	Versatile for all doshas
Olive	Mild warming	Good for Vata-Pitta	Sweet, slightly bitter

Sesame Oil: The Crown Jewel of Ayurvedic Oils

Historical Significance

Sesame oil has been cultivated specifically for oil extraction since 2500 BCE, making it one of the oldest known plant oils used in Ayurvedic medicine.

Unique Properties

- Penetrates deep into body tissues
- Spreads quickly throughout the body
- Beneficial for eye health (Chakshushya)
- Balancing effect: helps thin people gain weight while supporting weight management in overweight individuals

Therapeutic Benefits

- Eliminates parasites and harmful organisms (Krimighna)
- Improves physical strength and stamina
- Enhances tissue nourishment
- Considered supreme among plant-based oils in Ayurvedic tradition



Traditional Mustard Oil (Sarson ka Tel)

An important oil in Ayurvedic tradition with distinctive properties and considerations

Ayurvedic Properties

- Pungent (Katu), Light (Laghu)
- Hot potency (Ushna), Penetrating (Tikshna)
- Improves digestion (Dipana)
- Reduces Kapha dosha
- Scraping action (Lekhana) - helpful for fat reduction

Therapeutic Benefits

- Easily digestible
- Treats various skin diseases
- Helpful for hemorrhoids
- Aids in healing ulcers
- Supports weight management by burning fat



Olive Oil: Ayurvedic Perspective & Cooking Guidelines

Extra virgin and virgin olive oils maintain their integrity when heated up to 350-415°F, making them well-suited for traditional Indian cooking methods and everyday meal preparation.

Most home cooking processes, such as simmering dal (approximately 200°F) or sautéing vegetables, operate well within olive oil's heat stability range, preserving both flavor and nutritional benefits.

From an Ayurvedic perspective, olive oil is particularly beneficial for balancing Vata and Pitta doshas due to its distinctive properties:

- Madura Rasa (Sweet taste) - promotes tissue nourishment and satisfaction
- Ushna Virya (Warming potency) - supports healthy digestion and metabolism
- Guru Guna (Heavy quality) - provides grounding and substantive nourishment

These qualities make olive oil an excellent modern addition to Ayurvedic dietary practices, especially for individuals with Vata or Pitta imbalances.



Coconut Oil: Traditional Wisdom & Modern Research

Revered in Ayurvedic tradition for millennia, coconut oil bridges ancient healing practices with contemporary scientific validation.

Ayurvedic Properties

- Acts as a natural coolant (Sheeta Virya) that balances excess heat in the body
- Provides essential nourishment for emaciated and physically weak patients
- Treasured in Ayurvedic medicine for over 2,000 years for its versatile healing applications

Therapeutic Benefits

- Accelerates wound healing through its antimicrobial and tissue-regenerating properties
- Enhances hair growth, strength, and maintains scalp health
- Deeply nourishes depleted tissues (Dhatus) and supports overall vitality

Modern Considerations

- Traditional caution: Ancient texts noted potential for creating blockages in vessels when used excessively
- Consuming 1-2 spoonfuls per day is beneficial and if you are new to it, have warm water with cumin to digest it.



Groundnut Oil: Ayurvedic Properties & Modern Benefits

Medicinal Properties

- Exceptional value for handling ushnata in the body.
- Beneficial for management of healthy sugar levels
- Studies point to promise for Alzheimer's disease

Health Benefits

- Supports healthy digestion
- Promotes insulin production
- Prevents gastrointestinal issues
- Maintains healthy lipid profile

With its high smoke point, groundnut oil is ideal for deep frying while preserving nutritional integrity.

Ayurvedic Properties

Rasa: Madhura (sweet)

Virya: Sheeta (cooling)

Vipaka: Madhura (sweet)

Culinary Applications

Traditionally used in regional Indian cuisine for its distinctive nutty flavor and excellent stability at high temperatures.



Sunflower Oil: Ayurvedic Properties & Modern Benefits

Ayurvedic Properties

- **Rasa:** Madhura (sweet) with subtle Tikta (bitter) undertones
- **Guna:** Laghu (light), Snigdha (oily/unctuous), Sara (mobile)
- **Virya:** Ushna (heating)
- **Vipaka:** Madhura (sweet post-digestive effect)

Health Benefits

- Alleviates intestinal dryness and supports mucosal integrity
- Contains natural anti-inflammatory compounds that pacify tissue inflammation
- Enhances Agni (digestive fire) without aggravating Pitta when used moderately
- Balances Vata disturbances arising from improper diet, chronic stress, and mental imbalances

Dosha Compatibility

Particularly beneficial for Vata constitutions due to its moistening and nourishing qualities. May aggravate Pitta when consumed excessively, especially during summer months. Should be used judiciously by those with Kapha predominance or during Kapha-aggravating seasons.



Modern Cooking Oils and Ayurvedic Perspective

Modern refined oils undergo extensive processing that often strips away nutrients and natural properties valued in Ayurvedic tradition.

Refined Vegetable Oils

High-heat processed oils like sunflower, corn, and soybean oils increase Pitta dosha and may contribute to inflammation according to Ayurvedic principles.

Canola and Safflower Oils

Canola oil was developed in the 1970s in Canada from rapeseed plants specially bred to have low erucic acid. Its name derives from "Canadian Oil, Low Acid." Though marketed as heart-healthy, these oils are considered "nutritionally empty" from an Ayurvedic standpoint and may aggravate Vata dosha when consumed regularly.

Ghee (Clarified Butter)

Highly regarded in Ayurveda as Sattvic, ghee enhances Ojas (vital energy), improves digestion, and balances all three doshas when used appropriately.

Ayurveda recommends using cold-pressed, unrefined oils appropriate for your constitutional type (Prakriti) and current imbalances (Vikriti) for optimal health and wellbeing.

Traditional Oil Extraction Methods

Collection of Raw Materials

Seeds or nuts are harvested at optimal ripeness and dried thoroughly.

Cleaning and Preparation

Raw materials are cleaned to remove debris and prepared for pressing.

Traditional Extraction

Cold-Pressed (Ghani) Method:

Traditional wooden or stone presses extract oil without heat, preserving nutrients and medicinal properties. Maintains the oil's natural Prana (life force) and Sattvic qualities.

Filtration and Storage

Oil is filtered through cloth and stored in earthen or glass containers.



Modern Oil Extraction Methods

Ayurveda emphasizes that the method of extraction significantly influences an oil's therapeutic properties and energetic qualities.



Heat Extraction

Moderate heat application to improve yield while carefully managing temperature to protect oil integrity. Creates balanced Rajasic properties suitable for daily cooking.



Modern Refinement Processes

Industrial extraction using hexane, a petroleum product, high heat, and bleaching agents are used. Evaporation of hexane is done. These methods are specifically used for corn oil and soyabean.

About 60 % oil is extracted using this method.



Deodorizing and Filtering

Process that removes natural odors and filters impurities, often stripping oils of beneficial compounds. Particularly concerning with GMO corn and soybean varieties, which according to Ayurveda, lack natural intelligence (Prajnaparadha) and may disturb doshic balance.

Cooking Oil Recommendations Based on Ayurvedic Wisdom

For everyday cooking methods such as stir-frying and sautéing, choose traditional oils like sesame oil, olive oil, sunflower oil, or mustard oil based on your dosha balance and regional traditions.

When deep-frying foods, groundnut (peanut) oil is optimal for its high smoke point and nutritional properties. If you have peanut allergies, high-quality sunflower oil serves as an excellent alternative.

Enhance your daily meals by adding a small amount of ghee to rice or roti. Ayurvedic texts classify ghee as "nitya sevaniya" (to be consumed daily) for its nourishing properties and ability to improve digestion.

For optimal health benefits, consider using the traditional cooking oils that were used by your ancestors, as these oils are likely well-suited to your genetic constitution and regional environment.



Ayurvedic Disclaimer and Modern Considerations



Educational Purpose Only

This information is not medical advice. It is not for self treating. Consult your general physician before making any diet and lifestyle changes.



Individual Constitution Matters

Your prakriti determines ideal oil choices. No single oil suits everyone.



Seasonal Rotation

Rotate oils seasonally based on climate and dosha balance needs.



Quality Matters

Choose fresh, properly stored oils to prevent rancidity and maximize benefits.

Thank You for Your Attention!

I hope this presentation on Ayurvedic wisdom regarding cooking oils has provided valuable insights for your health journey.

If you have any questions about specific oils, their properties, or how to incorporate them into your daily routine based on your individual constitution, please feel free to ask.

Your questions and feedback are greatly appreciated.