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- Please use these notecards to help you prepare for the NAMA board certification for health counselor.
- Please do not upload these notecards to any website—these are for your eyes only.
- On some of the cards, I included the backside because they include some facts that might be relevant to you.
- These notecards were cut from recycled materials and so please ignore the decorations on the cards.
- I hope these cards help you in your preparation in becoming a NAMA Board-certified Ayurvedic Health Counselor.

Namaste, Paula

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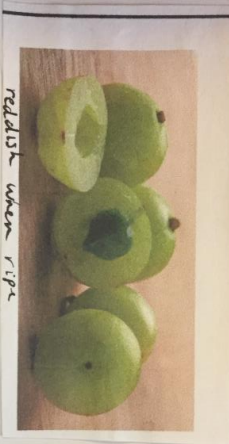


Amalaki

1 *Atha Pacifica* (taste during summer)

Therapeutic

- 20x more vitamin C than a small orange
- * *RASAYANA*
- even though *vipaka* is mullum, it is used to treat diabetes
- one of main fruits in *triphalā*
- treats *Atha* disorders of: eye, liver, skin; alcoholism; hepatitis
- good for *UTIs* (diseases) ⇒ *sīta virya*



reddish when ripe

Amalaki
(*Amla*)
Phyllanthus emblica
Gooseberry *officinalis*

Parts used: fruit
(roots, leaves, seeds)

Gunas: guru, rakṣa, huna

Rasa: *pañcārāsa*, *pañca* (except *lavana*)

Vipāka: *Madhura* ←

Virya *sīta* ←

Dosā Karma: # (*Atha pacifier*); *VJK*

Prabhāva *Anti-aging* *restoring age*

Other

- *Saṭh* group listed by *Caraka* because of its anti-aging/restorative properties (based on *Kamas*)
- Considered beneficial for:
 - constipation (*triphalā*)
 - urinary problems
 - headache
 - vomiting
 - anxiety
 - improving memory
 - improving intelligence
 - promotes hair-growth
- diabetes (due to liver effects)
- burning sensation
- promotes eyesight
- builds *agni*
- rebuilds tissues after antibiotics
- use for *UTI*


For *hyperacidity*:

- 1T *āmalaki* powder
- Pinch of rock candy
- Pinch of cumin powder

Ashwagandha

* RASHYANIA *

Thick hairy herb; left; roots small
 like
 house
 here
 its
 name.



Orange Cherry Tomatoes
 Fruits not edible - nightshades

Therapeutic: aphrodisiac
 * Replaces Coral beet - not oil! ***
 * Building low sperm count
 * Infertility ***
 * goes to deeper dhatus ~ to ghee
 * Promotes Strength/ anabolic (all tissues)
 * good for postpartum depression
 * maintains testosterone in body so good
 for menopause but not Pcus or endometriosis
 (can mix with
 be misfuf of heat,
 can balance P but
 Vipera: Madhura
 * Virya: ushna
 Rasa: tikta, Kasaya,
 (little madhura)
 Gunas: laghu, snigdha
 Parts used: roots
 Ashwagandha
 Withania somnifera
 Wink - Cherry
 Sanskrit: Balya

✗ good during fall/ winter - can
 switch to brahmi in summer

✗ when Vata constitution no legs, body,
 including ovum, will dry out ⇒ infertility

• get Pcus due to too much testosterone

• Vata - nourishing plant especially when put with
 ghee

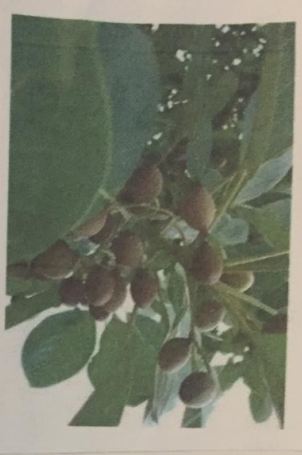
*** ashwagandha in oil is not
 Sleep promoting - doesn't penetrate skin
 well

• Good after chemotherapy (2T/day 1T am 1T pm)

Scumyam
 500 mg
 pm

Bibhitaki

Large, deciduous tree; big leaves



(V) Bibhitaki
 Terminalia bellirica
 (Belleric)

Belleric myrobalan
 Sanskrit: Vibhitaki

Part used: fruits

Gunas: laghu; snigdha

Rasa: Kaṣāya; madhura

Vipāka: madhura

Virya: ushna

Dosa karma: ↓ K; ↓ P *

Excessive use can aggravate worms/parasites ✓

Therapeutic: KASHAYANA

• One of fruits in triphala

• ~ to āmalaki and haritaki; but less potent


• hair growth

• lungs (expectorant; bronchodilator; clears congestion)

• laxative (treats diarrhea; colitis; intestinal inflammation)

Bhringaraja

Annual; fruits have many seeds



Flowers can be white, yellow and blue but white is most commonly used in Ayurveda.

Therapeutic (both internal/external)

- combats alopecia
- Hair tonic - can prevent hair loss, but only regrow hair
- Good for liver/spleen enlargement
- Used for dyspigmentation of skin (brakaka P)

(head) (king) "king of head"

Bhringaraja
Eclipta alba

"False Daisy"

Parts used: whole plant

Gunas: laghu; ruksha
Rasa: Katu; tikta; madhura

Vipaka: Katu
Virya: usna *

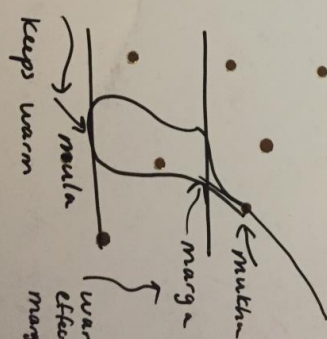
Dosa Karma: LVK
* (pitta rasayana due to liver action)

* helps to balance Pitta

- remember that fire is metabolism

- heat so not burning but warming; it is not cooling but maintains warmth

Part



keeps warm

warming effect keeps marga open

Brahmi

Small, prostrate, fleshy herb



Found in wet places

*KASHAYA VIXX
Therapeutic

(Aizheimes)

- nerves/CNS/memory pacifier
- substitute for ~~addictive~~ ^{addictive} ~~hooker~~ ^{hooker} (but not a sedative)
- helps with addiction - fights and strengthens nerve cells so they can resist addiction
- medicated brahmi oil with triphala, karcara and ushwas is said to ↑ hair growth and pacify brain

Brahmi

Bacopa monniera

Sanskrit: Divya

(Goddess of learning)

Parts used: whole plant

Plant

Gunas: Laghu; rūksha;

* Sana (Spreading)

Rasa: Tikta; Kashāya

Vipaka: Madhura

Virya: Śīta

Doṣa Karma: ↓ V/P/K

Prabhāva: alleviates

epilepsy; insanity

* important quality because it spreads

into majja so it has strong nervous system

effects, Nourishes majja directly by pacifying

Pitta.

• nerve qualities are better than aśhvameghāna

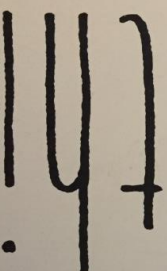
• holding the breath also does this

• can be used in any age group

• great for Men convulsions - brajataka P.Ha

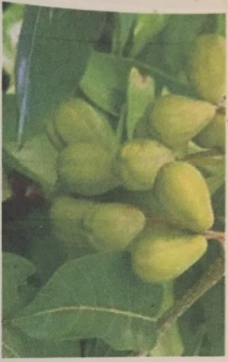
• Brahmi + ghee nasya is good in summer

• Brahmi + milk is very nourishing



Haritaki

Haritaki Terminalia chebulu "chebulic" "Aryabalan"
Med-large deciduous tree



Part used: Fruits
Gunas: Laghu; Rutksa
Rasa: Kasaya is predominant
all tastes except larana
Vipaka: Madhura^{sweetish} astringent/sweet
Virya: Ushna ⊥ ↓
Dosa Karma: ↓ V, P, K but
mainly V and K

Therapeutic:
* one component of triphala
* Vata pacifier - moves
anulomana - moves
* moves poop → anal orifice
* laxative; purgative;
rejuvenative

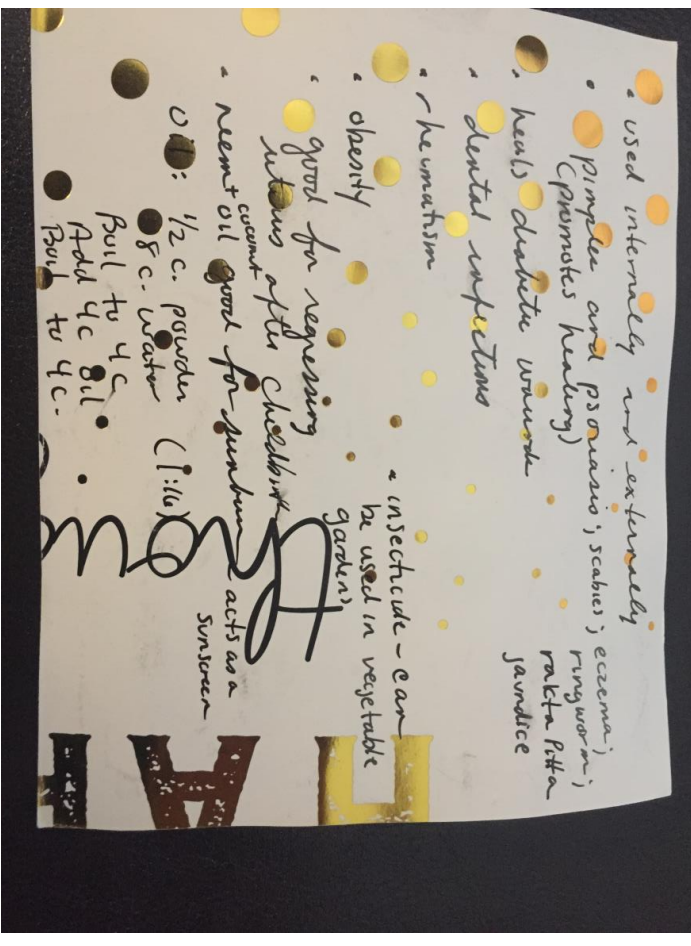
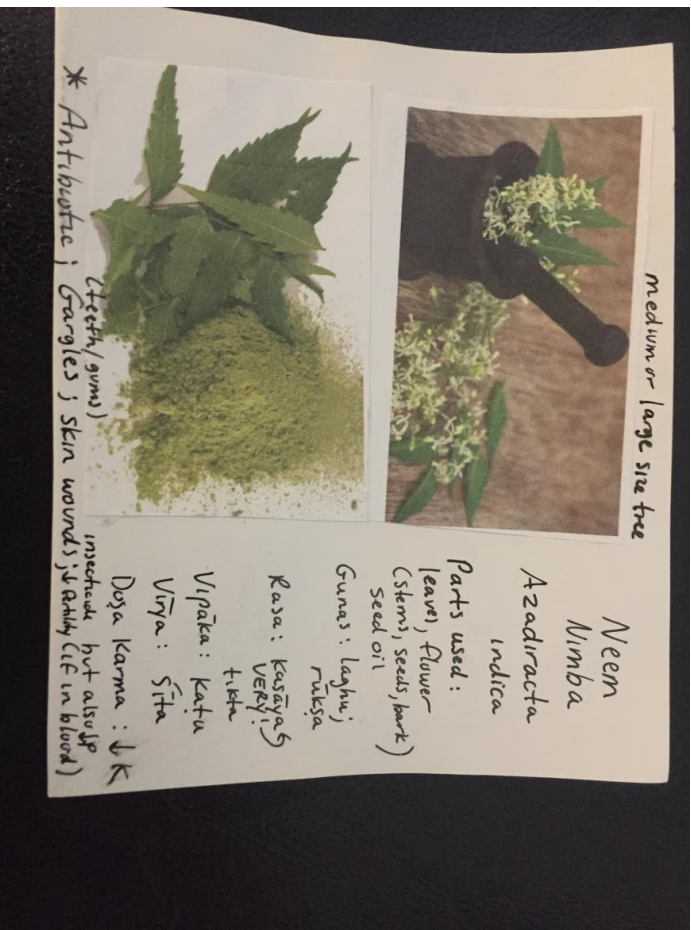
* Safe for long term use
* - used as a gargle in a decoction for stomatitis, throat ailments and mouth sores
* haritaki powder with black raisins and sugar is used for hyperacidity
* haritaki powder with honey and ghee is effective for anemia: combine 1g haritaki powder + 1g honey + 2g ghee

(Handwritten signature)

* Use sparingly on lean individuals or those with severe depleted conditions; while fasting; for Viated Pitta conditions and during pregnancy because it's astringent in nature



Anuprasa for K = rock salt — Seasons (July/Aug) —
honey (Mar/Apr) P = sugar — Season = (Sept - Oct)
Jaggery (May/June) V = ghee — Pippali (Jan/Feb) —
Ginger

Neem



Pippali

"Long Pepper" Pippali Piper longum

Small shrub with woody root and many creeping jointed stems

Parts used: Fruit, roots
 Gunas: Laghu; Snigdha; Tiksha
 Rasa: Katu
 Vipaka: Madhura
 Virya: Anusna Sita (neither too hot) or the cold
 Dosa karma: ↓ K and ↑ V

*Therapeutic for respiratory system (congestion; allergy; wheezing; bronchitis; asthma)
 ↑ gives energy and breathe

Great for LUNGS!
 • makes things bioavailable
 • puts food in correct form for digesting organs
 ↑ 100-200% absorption

- Rasayana to lungs
- Good for springtime allergies (Kapha time)
- (T) digestive and respiratory systems
- heating; removes cold, congestion and ama
- relieves cough

Dry asthma: 1/2 t. Sitopilati + 1/2 t. pippali + 1 t. honey
 3-4x daily for 1 week

Wheezing/wet, asthma: 1/2 t. Tulsiada + 1/2 t. pippali + 1 t. warm honey
 3-4x daily for 1 week

Licorice



Glycyrrhiza glabra fruits

Perennial; 1m high;
Purple to pale whitish blue
flowers; fruit is oblong
pod
Contraindications:
hypertension; ↑ K⁺ excretion

Yastimadhy/Madhuyasti
(Licorice)

Latin: Glycyrrhiza
glabra

Part used: roots

Gunas: Guru; snigdha

Rasa: Madhura

Vipaka: Madhura

Virya: Sita

Dosa Karma: ↓ V, P (↓ K
even though
sweet, heavy, oily)

Therapeutic:
Laxative due to demulcent
activity.

- Controls irritating effects of
acids in gastritis, peptic ulcer
- Avoid for high bp *

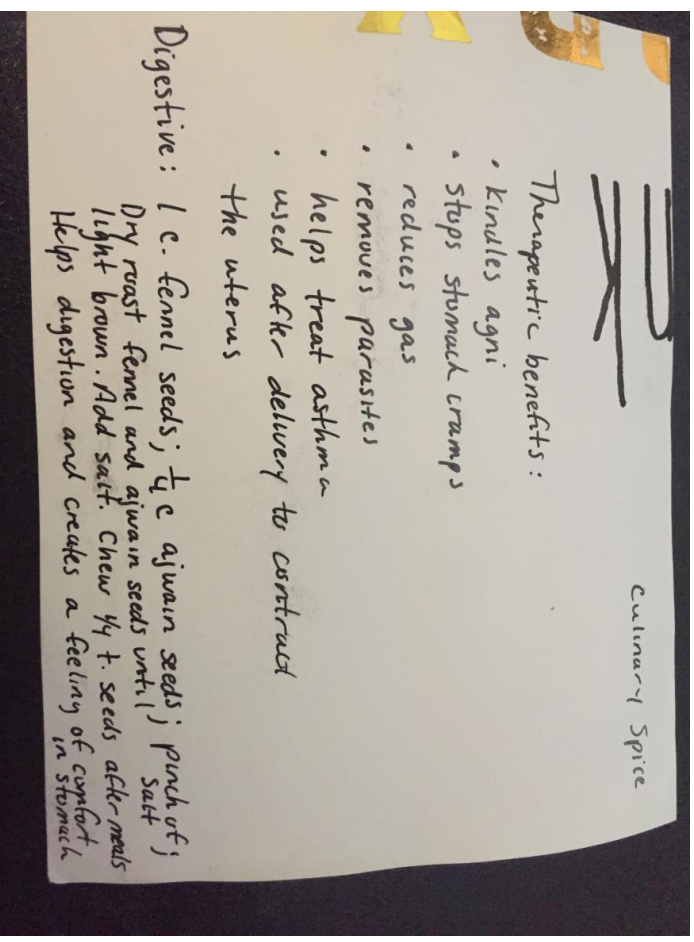
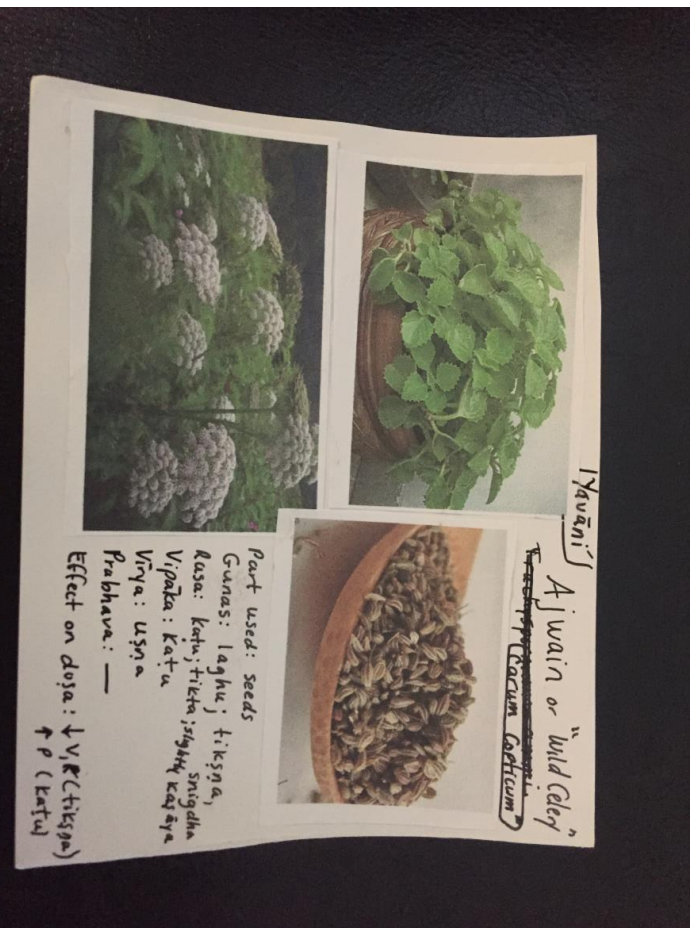
3
(2-3g)

• Excessive consumption may lead to
hypertension but licorice tea will
not.

• Not used in people with cardiac
and renal conditions because it
can ↑ K⁺ excretion leading to
electrolyte imbalance and ↓ sensitivity
to cardiac glycosides

• can be used as an expectorant and
for coughs, bronchitis, gastritis and skin diseases
(pimples, hair
loss)

Ajwain



Asafoetida



Asafoetida
Ferula asafoetida
Sanskrit: Hingu



brown/red color

Part used: resin

Gunas: laghu, tikṣṇa; snigdha

Rasa: katu

Vipāka: katu

Vīrya: usṇa

Doṣa karma: ↓ V, K

Therapeutic: • Carminative

- constipation
- arthritis
- asthma, cough
- antispasmodic
- stimulant; ↑ bala and dipan (appetite)
- analgesic
- indigestion, gas, bloating

Black Pepper (Piper nigrum)

Sanskrit: Maricha

Black Pepper



Piper nigrum



Part used: fruit

Gunas: laghu, tikṣṇa

Rasa: Kāṭu, tiktā

Vipāka: Kāṭu

Viṛya: uṣṇa

Duṣa karma: ↓ V, K; P can use in small quantity

Therapeutic: soothes intestinal colic; combats liver problems;

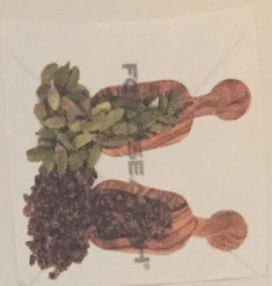
• ↑ pacāna spleen enlargement; clears coating off of tongue;

• ↑ agni corrects K-based skin problems (↑ heat/sweating);

• ↑ usens mucus

• makes food or
medicine more
bioavailable

Cardamom



Cardamom

Eleteria cardamomum

Sanskrit name: Ela

Part Used: Fruit

Guhas: Laghu, rūkṣa

Rasa: Madhura, katu

Vipāka: Madhura

Vīrya: Śīta

Duṣa Karma: ↓ VP K - light/dry
sweet

Therapeutic benefits: ↓ gas
expectorant

• laxative

↑ agni

Mouth Freshener helps with
indigestion; poor absorption
asthma, bronchitis cough
relieves burning sensation in skin
↓ stomach acidity of coffee & tea

Cinnamon

Trees



Cinnamon

Cinnamomum cassia

Sanskrit: Tvak

Parts used: bark, oil
and leaves

Gunas: laghu; tiksna;
rukṣa

Rasa: katu; tikta;
madhura

Nipāka: Katu

Virya: Uṣṇa

Doṣa Karma: ↓V, K
↑ P

Therapeutic benefits:

- ↑ agni ; ↑ dṛṣṭā
- (+) liver ; ↑ pācana
- ↓ āma
- Diuretic
- Cardiostimulant
- Expectorant - for chronic cough
- Used in mouthwash/tooth paste
- Oil is analgesic
- controls blood sugar (supports adrenals)

Cloves



Therapeutic benefits:

- ↑ agni; c1 liver
- analgesic
- aphrodisiac
- Dipana; pācana, ruckikara
- ↓ āma
- treats fever
- indigestion; flatulence, heartburn
- bad breath, lack of taste, toothache
- clove oil is used in rheumatoid arthritis
- eases cough, asthma, hiccups

Cloves

Syzygium
aromaticum

Sanskrit: Lavanga

Parts used: Buds, oil

Gunas: laghu, tikṣṇa;
snigdha

Rasa: katu; tikta

Vipāka: katu

Virya: śīta

Doṣa Karma: ↓ P, K

- relieves thirst and vomiting
- purifies breast milk

Coriander



Therapeutic benefits:

- Carminative (\downarrow gas)
- Diuretic (for painful urination; kidney inflammation; urine retention)
- Stimulant
- \downarrow Indigestion / nausea
- \uparrow *dīpana* and *pācana*
- (+) liver
- anti-parasitic
- treats rashes, urticaria, burns, allergies

Coriander

Coriandrum sativum

Sanskrit: *Dhanyaka*

Parts used: seeds, leaves

Gunas: *laghu*; *snigdha*

Rasa: *kaṣāya*; *tikta*;

katu; *madhura*

Vipāka: *Madhura*

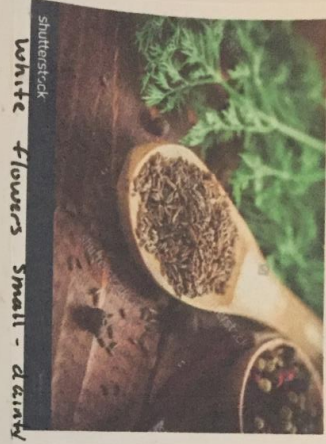
Virya: *śīta*

Duṣa Karma; \downarrow VPK

• green coriander (*Cilantro*) paste is said to soothe headaches due to \uparrow P

• can be used always

Cumin



shutterstock
white flowers small - azaizah

Cumin

Cuminum cyminum

Sanskrit: Jiraka

Parts used: seeds

Gunas: laghu;
ruksha

Rasa: Kātu, tikta;
kaṣaya

Vipāka: katu

Virya: Mildly
uṣṇa

Duṣa Karma: ↓VK
(P)?

Anti-inflammatory (treats skin
disorders; renal & kidney stones;
colic due to calculus)
improves lactation

↑ agni
helps in digestion (↓ gas;
↓ mouth, sinus, stomatitis, pharyngitis;
food absorption)

anti-inflammatory
divertic
analgesic
↓ fever

rasayana (spans life; ↑ life expectancy)
targets blood disorders

Fennel

Sanskrit: Mistrya
Sanskrit: सोमसुखी
Sanskrit: सोमसुखी

Fennel

white buds

Foeniculum Vulgare

Parts used: Seeds

Gunas: laghu; snigdha; tishna

Rasa: Madhura; tikta; katu



Vipaka: katu

Virya: Stta

Dosa Karma: ↓ VPK

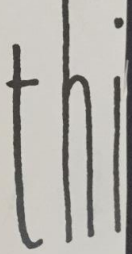
Therapeutic:

- Soothes abdominal pain ↓ gas, indigestion and colic
- anti spasmodic
- diuretic
- carminative



Cumin, coriander, fennel tea
(C, C, F)

- helps promote diuresis
- good for UTIs
- prevents infection from traveling up towards kidney
- helps to regulate GERD
- regulates acidity of stomach - does not block acid. Sometimes when people go on complete acid blockers, their GI upset worsens.



Fenugreek



- Therapeutic: good for
 related
 arthritis;
 predisposition to
 diabetes; upper
 respiratory diseases
 dipana; pacana
 ↑ agni
 • Carminative (↓ gas, bloating)
 • roasted seeds are used to treat diarrhea
 • prevents hair loss

Fenugreek

Trigonella foenum-
 graecum

Sanskrit: Methika

Parts used: seed and
 whole
 plant

Gunas: laghu; snigdha

Rasa: kasaya, katu,
 tikt

Vipaka: katu

Virya: usna

Dosa Karma: ↓ V K
 ↑ P and
 rakhi

* →



• only give Fenugreek tea to Kapha in a
 chronic way - would aggravate Vata and
 do need to add ginger to prevent heating

htis

Garlic

Sanskrit: Lashuna
लशुना

Garlic Allium sativum

Parts used: bulb; oil

Gunas : Tiksha; guru; picilla; cala

Rasa: all (but mainly katu) not anla

Vipaka: katu

Virya : USNA

Dosha karma : ↓ VK ; ↑ P*

EXCEPT ↓

Therapeutic: ↓ ↓ agni ↓ ↓ ama ↓ ↓ chulka

asthma; earaches; chronic cough; eczema; ↑ sense of taste; anti-inflammatory

Analgesic: Used in post-partum period = balances Vata

- Helps to cook ama
- Chewing raw garlic helps with cholesterol
- 2 drops of garlic oil in ears may prevent ear infection
- Plaque is purgast (fire and air). In Vata and Pitta (not Kapha) constitutions, they'll get gas due to the air component. Wouldn't expect this due to fire component which should promote digestion. — Same for onion —

UK

Ginger



Ginger

Zingiber officinale

Sanskrit: Shunthi

adaka (Gud)

Part used: Rhizome

Gunas: Laghu; Ruksha;

tikta; guru;

Sringala (Gud);

Rasa: Pungent (Katu)

Vipaka: Madhura (Gud)

Katu (Gud)

Virya: less ushna (Gud)

Ujna (Gud)

Dosa Karana: ↓ V, K

(does not aggravate p

(due to madhura vipaka)

Therapeutic: ↑ agni

(+) dipana

• postpartum (cramps; weakness & digestion)

• anti-inflammatory & arthritis, pain; swelling, sprains)

• helps with colds; headaches; migraines

• Carminative (↓ gas; treats indigestion)

• purifies blood bloating; vomiting)

• anti-emetic; anti-hemorrhoidal;

• anti-spasmodic; analgesic

Fresh vs Dry

more pungent

less pungent

Difference between ginger and garlic is vipaka

ginger = madhura vipaka

garlic = Katu

• too much ginger may not help with kapha-

induced obesity because it has strong

dipana effect; drink only if you have

wanda agni

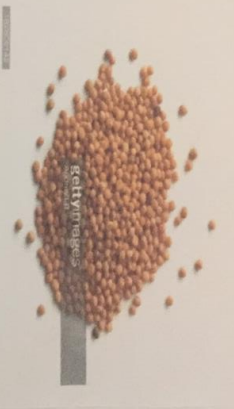
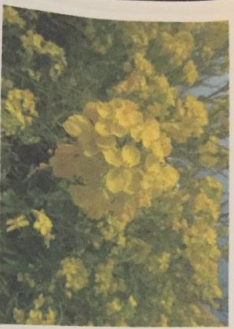
• Less natural cramps

• Anant Srotarodha (occlusions/blockages of Srotas)

Mustard

Rajikā = Sanskrit Mustard

Brassica ~~rajikā~~ jirica



Parts used: Seeds; whole plant; oil
Gunas: Tīkṣṇa
Rasa: Tikta; katu
Vipāka: katu
Viya: Uṣṇa
Dosa karma: ↓ V, K



Therapeutic Benefits:

- ↑ agni
- improves digestive problems
- analgesic (external application)
- used for kaphagenic skin disorders; itching
- anti-parasitic

- * Like fenugreek, mustard is prepared for k
- * FDA says not to cook with mustard oil because it is carcinogenic - heated it only 1 component in it.
- * mustard oil is most warming - does not solubilize
- * used to ↓ cardiovascular disease

Nutmeg

Sanskrit: वैशंपाय Nutmeg Myristica Fragrans



Part used: Fruit

Gunas: laghu; tiksna; snigdha; (bala sma)

Rasa: katu; tikta; kasaya

Vipaka: katu

Virya: usna

Dosa karma: ↓ VK

Yellow = nutmeg
Red = mace

Therapeutic:

- ↑ agni
- aids in digestion
- soothes diarrhea
- ↓ foul smell and blackness of stools
- Fights liver disorders
- ↓ bad breath
- ↑ taste
- analgesic
- anti-convulsant (Nervine)
- sedative (asthmaghni)
- * ↓ phagocytosis
- * ↓ insulin

(+) menstration
↓ dysmenorrhea
↓ pain

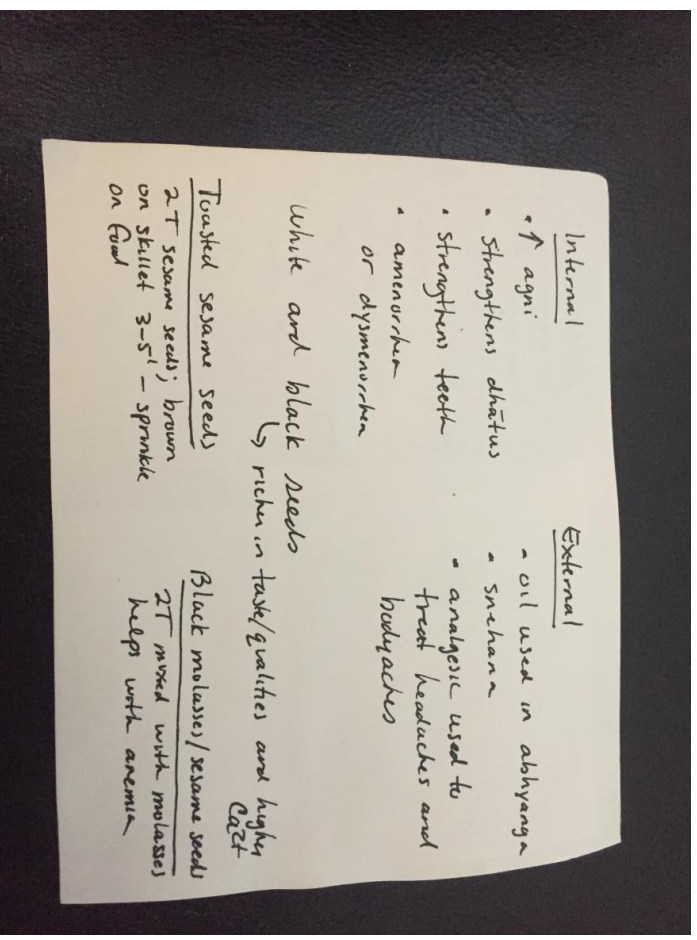
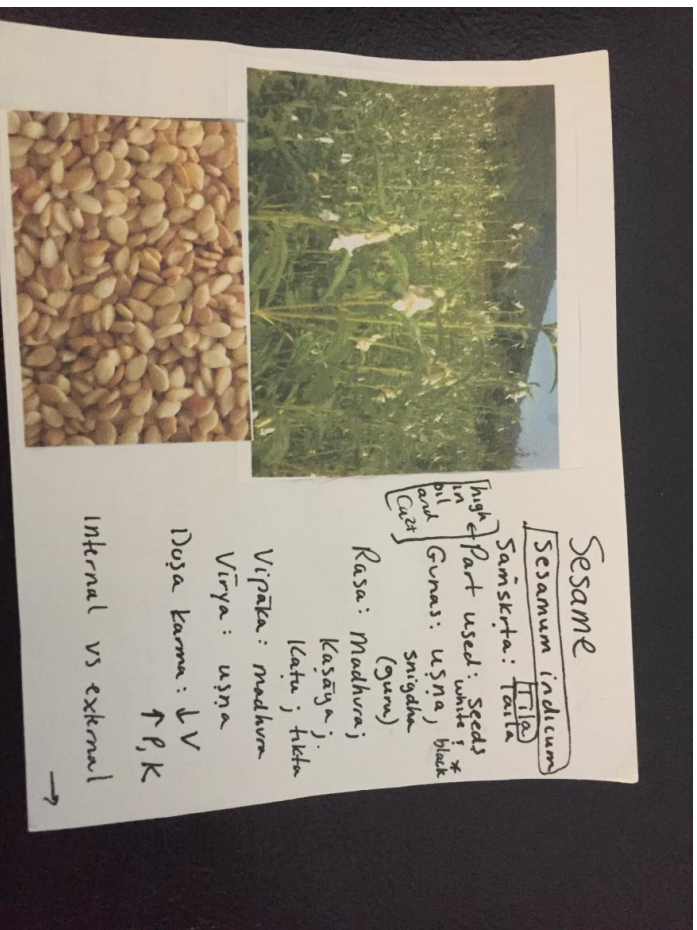
• could induce sleep

• too much could lead to hallucinations

• too much could be drying and "dry out" good kapha (secretions in lungs, joints, stomach lining, etc)

• DO NOT USE AS TEA

Sesame



Turmeric

