



PRINCIPLES OF TASTE (RASA)

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Rasapanchak

(Ayurvedic Pharmacological Properties of Herbs)

1. **Rasa** - Taste
2. **Guna** - Qualities
3. **Virya** – Potency of the herb
4. **Vipak** – Property after digestion
5. **Prabhav** - Special effect of the herb



What is Rasa ?

Knowledge perceived through Rasanendriya or gustatory sensation located at Jivha or tongue is known as Rasa or Taste.

It is one of the factor which determines the pharmacological behavior of a substance.



SHAD RASATMAK AHAR

- Six tastes in Ayurveda are also known as Shad rasatmak Ahar.
- An ideal balanced meal according to Ayurveda.
- Taste is the quality that resides in the substance. Each taste has an effect on Doshas and its own gunas.
- Use of Rasas according to one's body constitution.



SIX TYPES OF TASTE IN AYURVEDA

Sr. No	TASTE	MAHABHUTA	EFFECT ON DOSHAS
1	Madhur	Prithvi + Jal	Vata ↓ Pitta ↓ Kapha ↑
2	Amla	Agni + Prithvi	Vata ↓ Pitta ↑ Kapha ↑
3	Lavana	Agni + Jal	Vata ↓ Pitta ↑ Kapha ↑
4	Tikta	Vayu + Akash	Vata ↑ Pitta ↓ Kapha ↓
5	Katu	Agni + Vayu	Vata ↑ Pitta ↑ Kapha ↓
6	Kashaya	Prithvi + Vayu	Vata ↑ Pitta ↓ Kapha ↓

MADHUR RASA

- Satmya since birth
- Nourishing
- Pleasant taste
- Promote strength
- Healthy bodily fluid & tissues
- Soothing
- Calming

eg: wheat, rice, dairy, cereals, dates, pumpkins, maple syrup, licorice root



AMLA RASA

- Improves appetite
- Improves salivation
- Deepan
- Pachan
- Snigdha
- Hrudya
- Vata anuloman



eg: citrus fruits, lemon, vinegar, pickles, fermented food, wine

LAVAN RASA

- Balances Vata
- Grounding & hydrating
- Adds taste to the food
- Stimulate digestion
- Increases absorption of minerals
- Helps in electrolyte balance
- Cleanses tissues & increases absorption of minerals

eg: table salt, soy sauce, seaweed
etc



TIKTA RASA

- Laghu – light
- Easy to digest
- Detoxifying & cleansing
- Purifies sultry emotions
- Pacifies pitta, Best Rasa for Pitta
- Good for metabolic disorders and skin diseases

eg: Green veggies, Turmeric, Green tea, Neem, Chirayata etc



KATU RASA

- Warming
- Improves metabolism
- Opens mind and senses
- Relieves nerve pain
- Reduces strength
- Reduces virility

eg: onion, peppers, ginger, garlic,
chilies, black pepper etc



KASHAYA RASA

- Cleanses blood
- Cool & Dry
- Ama pachan
- Increases mental strength
- Excess leads to gas and bloating



eg: lentils, beans, broccoli, tea (tannins), sprouts, unripened bananas

ANURASA

When a taste is not distinctively perceived, but it is inferred only in its actions is known as Anurasa.

eg: honey (Anurasa – astringent and Rasa – sweet)

Research on Rasas

- Use of Electronic Tongue to study the rasa of plants
<https://pubmed.ncbi.nlm.nih.gov/33514460/>
- Use of NMR (Nuclear Magnetic Resonance)
- The scientific basis of rasa (taste) of a substance as a tool to explore its pharmacological behaviour.

<https://www.researchgate.net/publication/270962828> The scientific basis of rasa taste of a substance as a tool to explore its pharmacological behavior

Thank You