

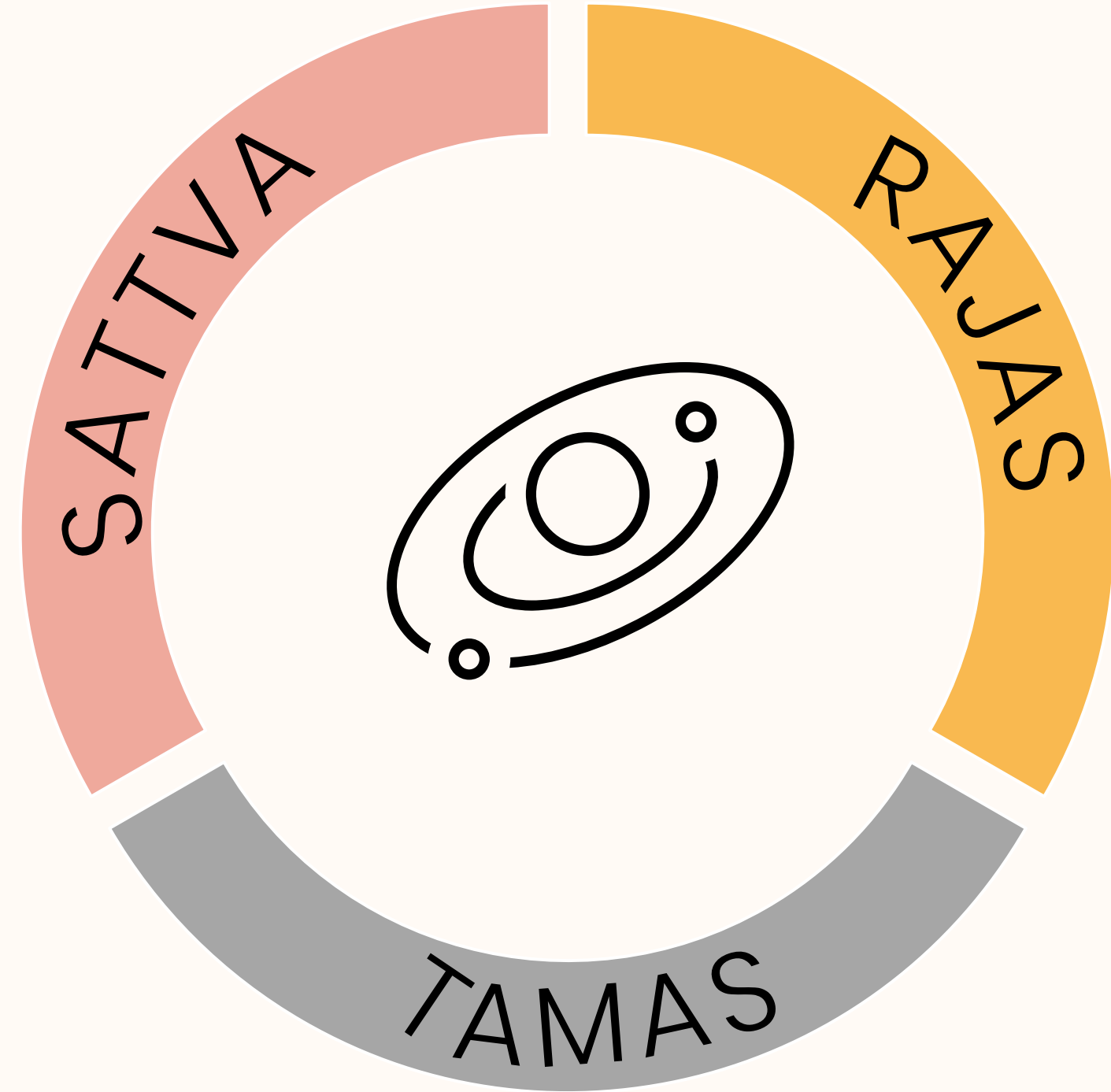
FOOD MOOD  
AND  
THE MICROBIOME



# Mahagunas

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Govern the very fabric of the universe, the visible and invisible, the tangible and intangible.



All three are essential as they each fulfil a purpose.

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Doshas of  
the mind

**Sattva:** Natural state - Harmony, creativity, purity and clarity.

**Rajas:** agitation, dispersion, passion  
+: energy or the ability and willingness to make positive changes.

**Tamas:** Dullness, ignorance, rigidity.  
+: provides stability to achieve things.

# Food and Mahagunas

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## Sattva:

Fresh, wholesome, organic vegetarian food

Light and easy to digest

E.g. ghee, fresh fruits, most vegetables, whole grains, mung Dal, fresh nuts & seeds especially almonds, fresh dairy products, cold pressed vegetable oils, raw sugar, honey,

## Rajas:

Excessively Spicy , salty, sour, bitter

difficult to digest,

E.g. onions, garlic, hot peppers, chilies, corn, spices, eggs, fish & poultry, soya, turnips, coffee, wine, chocolate

## Tamas:

Stale, old, heavy, processed

hardest to digest

E.g. alcohol, deep fried, aged foods like cheese, leftovers, long fermented foods, red meat, refined grains and cereals, old rancid nuts & seeds, pasteurised & homogenised milk, hydrogenated oils, margarine, white sugar

# AGNI AND THE MIND



Agni is the root cause  
of health and  
longevity.

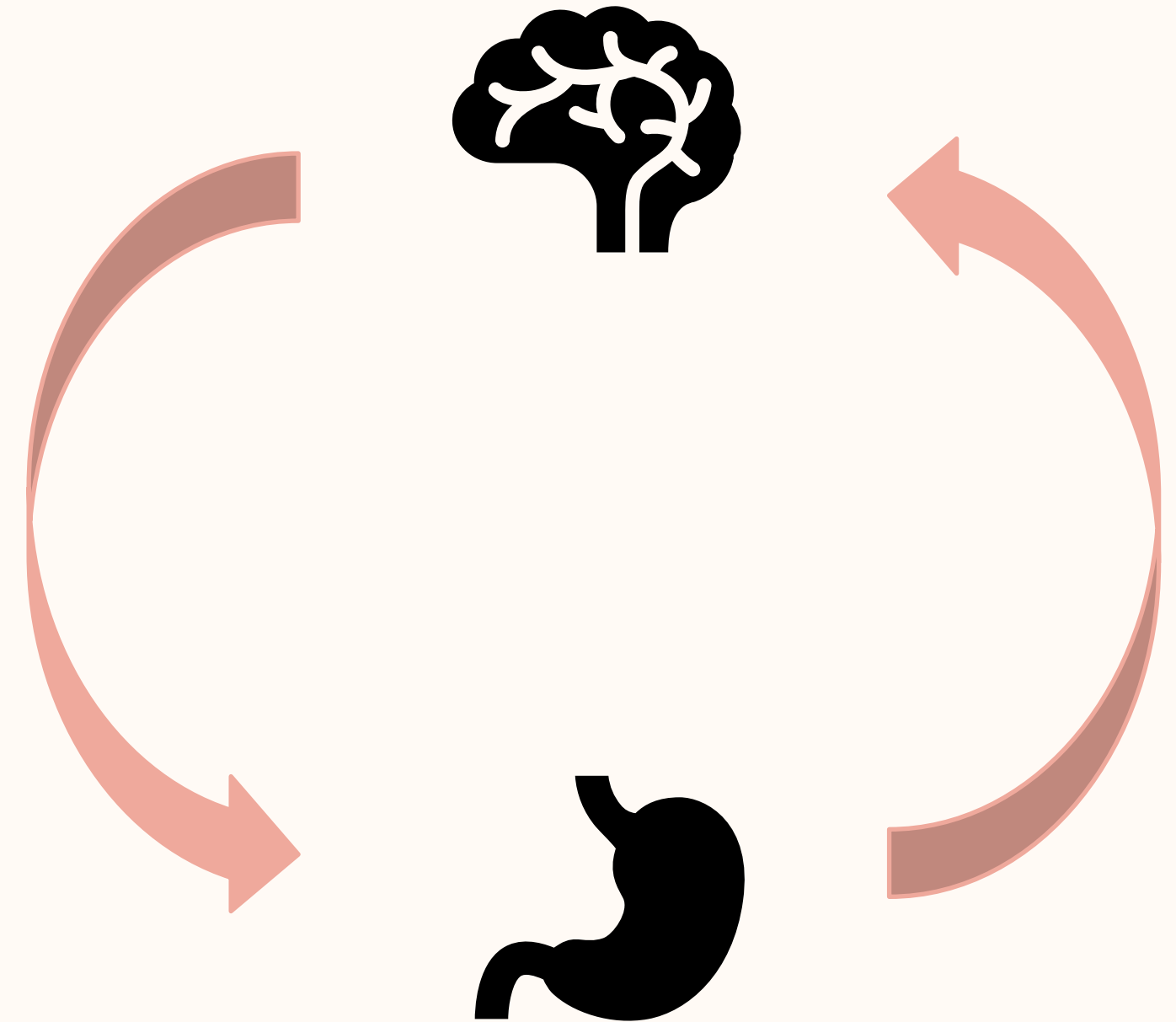
Sama	Love, happiness, peace, discernment, calmness, clarity, awareness.
Vishama	Anxiety, fear, insecurity,
Tikshna	Excessive activity, frustration, anger, envy.
Manda	Lethargy, dullness, possessiveness.

# THE GUT-BRAIN AXIS (GBA)

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A **bidirectional link** between the central nervous system (CNS) and the enteric nervous system (ENS) of the body.

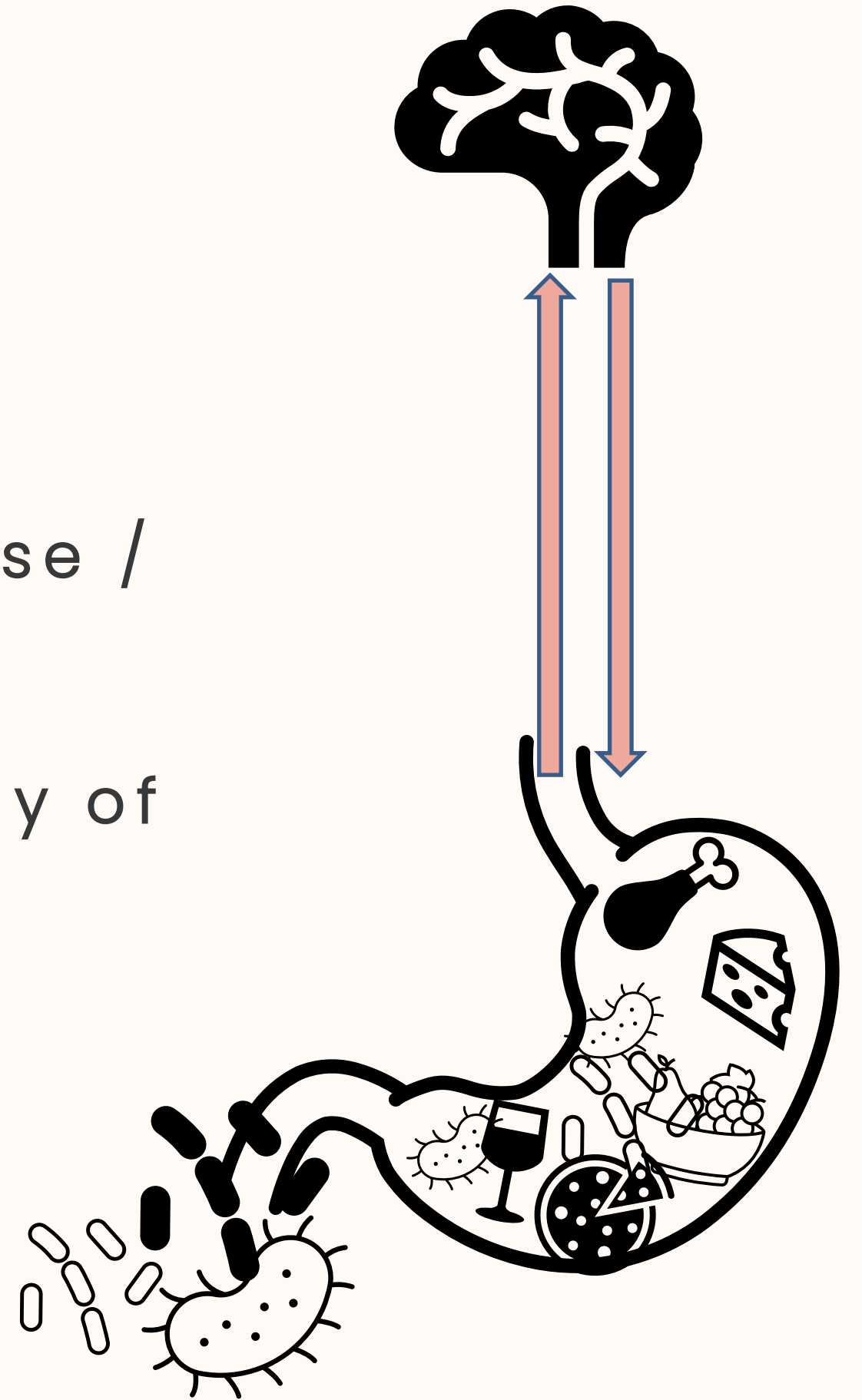
A complex system which includes the vagus nerve, the endocrine (HPA axis), immune, the autonomic nervous system (ANS) and **the gut microbiome**.



# Gut bacteria impact the GBA by

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- Influencing gut cells for hormone release / neurotransmitters. **Serotonin ; GABA**
- Breaking down fiber to produce an array of metabolites:
  - Short chain fatty acids
  - Secondary Bile acids
- Affect Inflammation.



*the fastest and most direct way for the microbiota to influence the brain is by hijacking vagus nerve signaling.*

# MICROBIOME & AGNI

Healthy Lifestyle, dietary and environmental factors

Healthy gut microbiome

Sama Agni = balanced digestion



Immune system, Microbial diversity,  
nutrient absorption, neurotransmitters

Healthy & nourishing rasa  
dhatu, sense organs

Healthy Mind



THANK YOU!

