

Learn the Ayurvedic art of cooking in the Parkschlösschen training kitchen

Nutrition is considered to be a remedy in Ayurvedic medicine

Many discomforts and physical sensitivities such as allergies can be alleviated, relieved or even healed entirely through properly balanced diet. Food, as it is written in the ancient Vedic scriptures, should give a person more happiness and satisfaction in life.

A healthy Ayurvedic diet can be found in every cuisine

Ayurvedic cooking – and that is what our chef considers to be very important – does not only mean to make Indian or Asiatic food. On the contrary, in most cuisines throughout the whole world there is great knowledge with deep wisdom. We have simply forgotten these rules. In the Vedic writings, the oldest words of human beings, there are plenty of those surprisingly current and useful words of wisdom concerning health care, preventive measures and regeneration. We want to impart this knowledge in a professional combination of theory and practice to our guests.

Learn the Ayurvedic art of cooking in the Parkschlösschen

In our in-house training kitchen there is room for both theory and practice. First the “trainee cooks” are given an overview of the essence of Ayurvedic nutrition and how it is connected to Ayurvedic healing. But these lectures are not boring theory. You can get to know and taste the food and spices in our workshop. In a practical class the participants learn how to prepare Ayurvedic meals correctly.

Nutrition in accordance with the Dosha principle

In Ayurveda each human body is classified according to three principles of function, so-called Doshas: Vata, Pitta and Kapha. Each human being contains all three Doshas. They are, however, developed differently in each person. Usually, one Dosha dominates. If a person is healthy, all three Doshas, Vata, Pitta and Kapha, are balanced. If this balance is not equal or if it is disturbed, then a person becomes ill.

Food is also classified along these three principles of function. The easiest way to balance the Doshas would be to consume food which ensures the Doshas' equilibrium.

If, for example, Vata dominates or is greatly increased, there are a lot of foods which have a balancing effect on our organism and which reduce Vata. Many discomforts can be corrected very easily and are very easy to handle with the help of a good Vedic doctor. As a rule of thumb you could say that there is an edible remedy for every discomfort.

A concrete example:

Similar to the effect of asparagus, spinach flushes and drains the body of liquids. It is a suitable vegetable to eat if one wants to lose weight which would mean that you reduce Kapha.

However, if the doctor advises you to reduce increased Vata, which is a result of too much stress and hectic, a food intended for losing weight is unsuitable.

You can then cook the spinach with a suitable counteragent such as olive oil, black pepper or cumin, thereby reducing Kapha and at the same time balancing Vata.

Our workshop´s goal is for you to learn a delicious combination of ingredients, refined with precious oils and effectively applied herbs and spices - for the proper and healthy nutrition for each individual.

For more information please contact:

Ricarda Brehm, Telephone +49-(0)6541-705-117, marketing@parkschloesschen.de

Martha Walker, Telephone +49-(0)6541-705-119, walker@parkschloesschen.de

Telefax: +49-(0)6541-705-115

Public Relations:

Ayurveda Parkschlösschen Bad Wildstein

Wildbadstraße 201, D-56841 Traben-Trarbach, Germany

Telephone: +49-(0)6541-7050

www.parkschloesschen.de