

Lassi

Take just before the meal and with the first few bites.

Digestive Lassi increases the digestive fire (jethragni) if mandagni (low) or vishamagni (erratic). Increases Pitta, balances Kapha and Vata.

Rosewater Lassi pacifies jethragni if tikshagni (too high). Balances Pitta by increasing sweet taste. Increases Kapha.

Rosewater Lassi

1/2 cup fresh yoghurt
1/2 cup water
Add 1 tablespoon rosewater
and raw sugar to taste

Digestive (salty) Lassi

1/2 cup fresh yoghurt
1/2 cup water
1/2 tsp cumin seeds, dry roasted & crushed
1/4 tsp rock salt