



Food Thinking

Chef Deepto Ray, executive chef of Swad Shakti, the café at Ayushakti Ayurved Centre in Mumbai believes that a number of ayurvedic ingredients can feed your brain cells. He says:

- Some of the ingredients which are brain-boosters are the juice

of white pumpkin, brahmi leaves, green moong, dates, jyotishmati seeds, shankapushpi leaves, vacha sticks and green cardamoms.

- To hone your mental skills, it's better to avoid spicy and

oily food. Ayurveda also suggests that you avoid lobsters, mussels and shrimps as they produce heat in the body.

- Cow's milk and ghee are very good for the brain.

- Substitute this powder for coffee powder — Dry date seeds in the sun for 15 days. Roast and powder them. Use this in milk as a coffee powder. It gives a similar flavour and is very good for the brain.

- Mix equal quantities of dry brahmi leaves, shankapushpi leaves, jaggery, vacha sticks and green cardamoms. Make into a powder and store. Use one tsp of this for a glass of milk to enhance memory power. ■

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