

WISDOM OF AYURVEDA

EATING/COOKING IN GOLD VESSELS

**Gold metal is hot
by nature.**

**It helps to improve eyesight
& increases immunity.
Strengthens the body &
balances all doshas**

WISDOM OF AYURVEDA

EATING/COOKING IN SILVER VESSELS



**Silver metal is cold
by nature.
It helps to improve
memory power & eyesight.
Keeps your body cool
& balances all doshas.**

www.ayurtreeherbals.com/.net

WISDOM OF AYURVEDA

EATING/COOKING IN BRONZE VESSELS



Bronze (Bell Metal) increases appetite, improves memory, purifies blood. Only 3% nutrition waste while cooking in bronze vessel.

**Do not eat or cook sour foods
in bronze vessels**

WISDOM OF AYURVEDA

COOKING/EATING IN STEEL VESSELS



**Cooking/Eating in
stainless
steel has no benefits
nor any harms.**

WISDOM OF AYURVEDA

COOKING/EATING IN ALUMINUM VESSELS



Cooking/Eating in aluminum vessels is worse. It is bad for bone health, nervous system, mental health, kidney health, diabetes, asthma etc.

Cooking in aluminum pressure cooker wastes 87% nutrition..



WISDOM OF AYURVEDA
EATING IN BANYAN LEAF PLATES



**Eating in banyan leaf
plates heals ulcers
and
alleviates pitta.**

WISDOM OF AYURVEDA

EATING IN BANANA LEAF



**Eating in banana leaf
alleviates vata and kapha;
best for meals because
of cleanliness;
bestows strength,
health, complexion,
sexual desire, and hunger**

WISDOM OF AYURVEDA

EATING/COOKING IN GLASSWARE



Glass ware is cold in nature and pure. Cooking/Eating in glassware improve strength, alleviate oedema and anemia and jaundice.

WISDOM OF AYURVEDA

COOKING/EATING IN MUD VESSELS



Cooking/Eating in mud vessels is best & accepted by modern science too. It is good for overall health. Best for milk & milk products.

100% Nutrition value maintained while cooking in mud vessels.



WISDOM OF AYURVEDA

EATING/COOKING IN BRASS VESSELS



**Cooking in brass vessels
kills parasites &
prevents Vata & Kapha
related diseases. Only 7%
nutrition waste while
cooking in brass vessels.**



WISDOM OF AYURVEDA

COOKING IN IRON VESSELS

**Cooking in iron vessels
strengthens the body,
provides iron nutrition,
helps in anaemia & jaundice.**

**Prevents swelling.
Drinking milk in iron
vessel is beneficial**

Do not eat food in iron vessel.

WISDOM OF AYURVEDA

EATING IN LOTUS LEAF



**Eating in lotus leaf
acts as
vishahara (anti-toxic).
Congenial food.**



WISDOM OF AYURVEDA

DRINKING IN COPPER VESSELS



Drinking water in copper vessels makes you healthy. It removes toxins, good for liver, purifies blood & improves memory power etc.

Do not drink milk in copper vessels

WISDOM OF AYURVEDA

COOKING/EATING IN STEEL VESSELS



**Cooking/Eating in
stainless
steel has no benefits
nor any harms.**