



Kitchari Cleansing

SPRING RECIPE + CLEANSING ROUTINES





THE SHAKTI SCHOOL

DISCLAIMER

This material is for general information purposes only. This does not constitute medical advice and is not intended to be a substitute for medical advice, diagnoses or treatment. Reliance on our services is solely at your own risk and we hereby disclaim all liabilities that may arise as a result.





GREETINGS GODDESS

Here in the Northern Hemisphere, we are in the thick of spring. Spring is an amazing time of year, but for some it can also be a difficult transition for the body. As we move into subsequently warmer months, imbalances in Kapha (earth and water) and Pitta (fire and heat) can arise. In this guide, we're gonna share how you can approach cleansing physically and emotionally for a more easeful Spring and Summer!



WHY WE CLEANSE

The love-goal of a spring cleanse is to become more powerful, more energetic, and more beautiful from the inside out. For now, I'm gonna share an easy, Ayurveda/modern-science-inspired cleanse protocol that is both manageable, effective and easy to incorporate into our modern life. Cleanses can be intimidating but this one is designed to be gentle and sweet. Remember, the goal is to prime your body and brain for more love, bliss, and peace. It's to rewire the old patterns of our ancestry.

Why do a cleanse from a physical standpoint? To stabilize digestion, reduce/eliminate digestive challenges, clear the blood of toxins, clear and revitalize body tissues, support all the body's major cleansing organs (liver, kidneys, colon, skin, etc.), and to ALKALIZE our acidic diet. Cleansing Ayurveda style can be beyond-easy. It's about LOVING and optimizing the body temple.

*Cleansing is not recommended during pregnancy, breastfeeding, menstruation or for those in weak health.

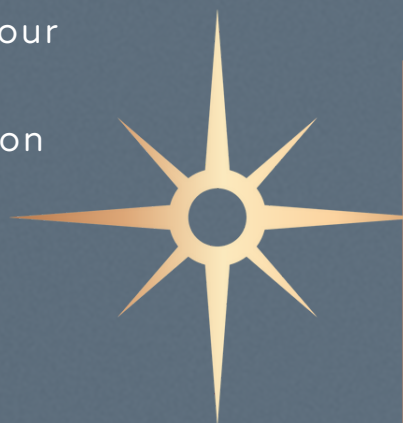
THE SIMPLEST CLEANSE ON THE PLANET

Ayurvedic cleansing is basically a mono diet. That means you're eating the same thing for every meal, and it's a meal called kitchari.

Kitchari is a combination of basmati rice and split mung beans that create this porridge-like comfort food. A simple Ayurvedic cleanse consists of choosing a few days, maybe 3-5 if it's your first time and longer if you're more seasoned, to stick to eating kitchari plus veggies with ghee for every meal, while eliminating all other foods, sugar, caffeine, and alcohol.

Mung beans have this incredible ability to scrape your intestines and literally absorb and pull out ama from your system. Ghee helps to nourish as we cleanse.

When you eat the same thing for every meal, specifically when you eat kitchari (which is insanely easy to digest) your body doesn't have to work hard to digest and instead can spend time on detoxification of the organs.



KITCHARI RECIPE

(MAKES A BIG POT)

INGREDIENTS

1 CUP YELLOW SPLIT MUNG DAL
1 CUP BASMATI RICE
1 1/2 INCH PIECE OF FRESH GINGER, PEELED
AND CHOPPED FINE

3 TABLESPOONS GHEE OR COCONUT OIL
1/2 TEASPOON FENNEL SEEDS
1/2 TEASPOON CORIANDER SEEDS
1/2 TEASPOON CUMIN SEEDS
(OR SUB YOUR FAVE SPICE BLEND)
1/2 TEASPOON DRIED TURMERIC
1/2 TEASPOON SALT
6 CUPS WATER

OPTIONAL GARNISH:
2 TABLESPOONS SHREDDED, UNSWEETENED
COCONUT
1 HANDFUL OF FRESH CILANTRO



KITCHARI RECIPE

PREPARATION

Wash and rinse the split mung and rice until water is clear. Soaking the dal for a few hours before cooking boosts digestibility.

Heat a large saucepan on medium heat and add the ghee, cumin seeds, coriander seeds, fennel seeds, and ginger (or your preferred spice blend). Stir until fragrant (a minute or so).

Add turmeric and salt to the pan and combine.

Stir in the mung beans and rice and mix well. Then, add the 6 cups of water, cover and bring to a medium boil. Let boil for 5 minutes, then turn down the heat to very low and cook, lightly covered, until the dal and rice are soft, about 25—30 minutes.

The consistency is meant to be mushy and the beans and rice will form a porridge. Garnish with the coconut and a little fresh cilantro.

If you prefer, you can use half the water, and cook the mung beans with the spices and the rice separately, in a rice cooker.



Additional Routines to Add Into Your Cleanse

- Dry brush the skin to get the lymph moving
- Do a 15-20 min oil massage, which activates the parasympathetic, helping the body let go and cleanse. It also activates the bowel system, helps the valve system turn on, and boosts your metabolism.
- Take a cleansing herb. Triphala is my queen cleansing herb, ½ or 1tsp 3x / day. Triphala is a pretty innocuous herb without many contraindications.
- ½ cup of warm or hot water every hour is great while cleansing, you don't want to over-drink which puts out your digestive fire.
- Journal and pour out anything that's going on. Let your emotions flow.
- Taking epsom salt baths also helps the body deeply release.
- Reduce the amount of exercise you're doing, take light walks but don't go crazy!





THE LOW DOWN ON

KITCHARI CLEANSING

This whole thing is about bringing more light and consciousness into your relationship with food, which is really just a mirror into your emotions and relationship with yourself. The main thing is to move with intention, openness, and grace through this process.

GET MORE DETAILS ↓

[TUNE INTO EP 7 OF SPIRIT SESSIONS](#)
[PODCAST: DETOX THE AYURVEDA WAY](#)



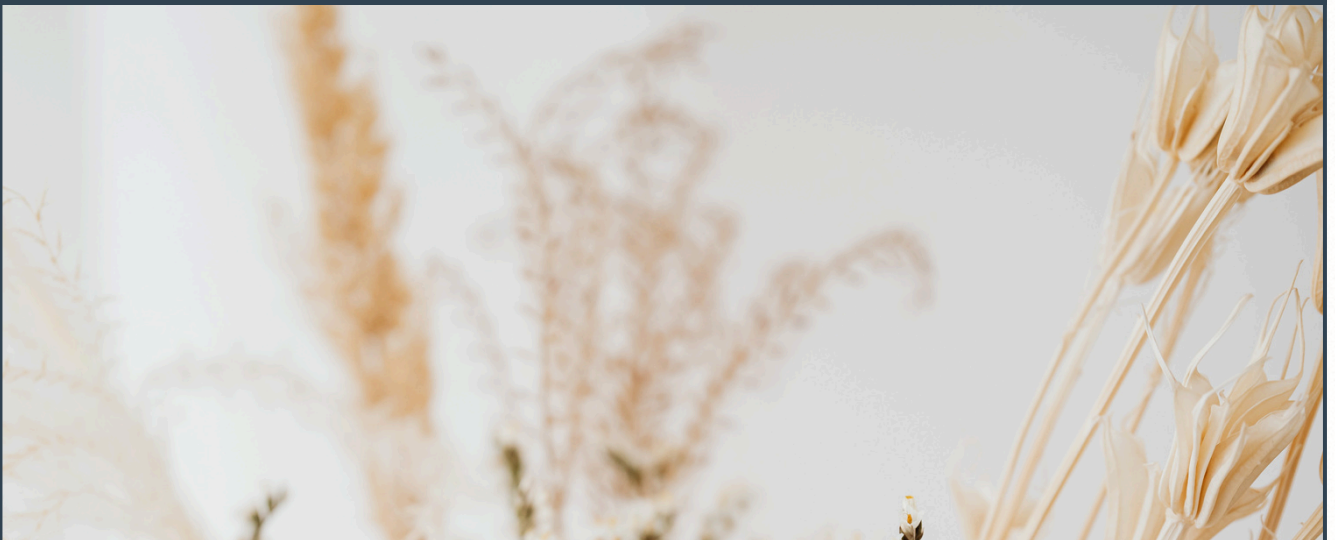
Conclusion

Whether you take a whole 7 days off to do a cleanse, or just take one hour to journal on some funky emotions that have been taking up space, now is the time to let go of what we've carried through the Winter and make room for new Spring and Summer birthing.

The important thing is that you carve out space in any form to let your body-mind-heart know that it is safe to relax and release.



HAPPY SPRING CLEANSING!



SHAKTI AYURVEDA SCHOOL

The Doors Are Now Open for 2025



What if you had space every Wednesday carved into your schedule to drop into your body's wisdom among a sisterhood of women doing the same?

(Psst. the answer is your life would CHANGE) We've seen it a million times ;) Become a certified Ayurvedic Health Coach and be a pillar of feminine wisdom in your community (or just in order to heal YOURSELF).

LEARN MORE