

EFFECT OF SOUR TASTE -SOOTHE ANXIOUSNESS***Dr. Anup Lata**

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ABSTRACT

Anxiety disorders are widespread and disabling conditions with a lifetime prevalence of nearly 30% in the United States. As the most common mental disorder, anxiety presents an urgent problem that affects people of all ages. Anxiety is often accompanied by stress, which is the body's physiologic response to mental or physical threats. While brief exposure to the stress response is meant to be a beneficial coping mechanism, long-term stress is likely to result in the decline of overall health and the complication of existing diseases. Treatment protocols for the management of anxiety and the reduction of stress are continuously being sought to mitigate the effect of these prevailing health risks. Alternatives to benzodiazepines and other prescription medications are of great interest, with intentions to lessen exposure to harmful adverse effects affiliated with these drugs. Sour taste support mental

steadiness and grounding during moments of acute anxiousness.

KEYWORDS: Sour taste, Anxiousness, Ayurveda.

INTRODUCTION

For starters, a 2006 study from *The Journal of Neuroscience* confirms that “general anxiousness level is directly related to taste perception,” demonstrating the link between the experience of taste and the quality of the mind or nervous system.

A 2018 analysis of nine peer-reviewed clinical studies showed that even the sourness of citrus essential oils being inhaled “can exert beneficial effects on anxiousness. It is well known that

one's sense of smell and taste are directly related, so if smelling sour citrus can have a beneficial effect on anxiousness, could tasting it have a similar impact? Ayurveda says yes.

This wisdom of Ayurveda supports this theory. According to *The Ayurveda Encyclopedia*, the sour taste “awakens the mind and senses.”

- **Sour Taste:** In Ayurveda the sour taste is moistening and warming, traditionally used to balance vata and may support mental steadiness and grounding during moments of acute anxiousness.
- **Scientific Links:** Emerging studies show taste perception relates to anxiousness, and inhaled citrus aromas had beneficial effects; intense sour sensation may help redirect attention to present, grounding the mind.
- **Triphala Benefits:** Choose natural sour foods and herbs — citrus, tomatoes, pickles, yogurt, triphala, tamarind — and simple practices like warm lemon water or abhyanga to promote vata grounding.

The Ayurvedic Perspective on the Sour Taste



Ayurveda tells us that the sour taste (amla rasa) embodies qualities of moisture and heat. Think of how a sour candy brings moisture to your mouth in the form of salivation. Then, think of how lemon juice is an essential part in expressing a heating quality with its acidic nature.

These qualities together give the sour taste a grounding presence that can help steady the mind by calming the winds of busy thoughts.

With its moistening or oily nature, the sour taste is most balancing to vata dosha. It helps ground the excess wind in our bodies and minds that may lead to anxious or overwhelming thoughts.

Ways how to in cooperate the Sour Taste into Your life

Yogurt and other mildly ferment items offer a bit of a sour taste as well.

Herbal preparations like triphala, amla, and chyavanprash deliver a sour rasa, and culinary herbs like tamarind are also wonderful options. Ayurveda would also recommend incorporating the sour taste into your culinary preparations as a potentially preventive measure.

If vata remains balanced through diet and lifestyle choices, the spiral of anxious thoughts is less likely to occur in the first place.

CONCLUSION

In moments when the world feels stressful and overwhelming, I return to the simplicity of Ayurveda again and again.

To explore other vata-soothing practices as well—like abhyanga (Ayurvedic self-massage), nasya, or legs up the wall pose.

Each of these simple habits will help to ground excess vata and cultivate a sense of peace in your life.

One of the great sciences, Ayurveda is that the more we learn, the more it can help us understand exactly what the body is calling for from day to day and moment to moment.

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