



Information about Your Dosha Type

The five fundamental elements that make up the universe--space, air, fire, water, and earth also make up the human physiology. The energies from these elements combine in the human body and are known as doshas. There are three main doshas, called Vata, Pitta and Kapha, and each is mainly a combination of two elements. Vata dosha is made up of space and air. Pitta dosha is a combination of fire and water. Kapha dosha is made up of water and earth. Together, the doshas orchestrate all the activities that occur within us.

The combination of the three doshas that you inherit at conception is called your **prakriti** or original constitution.

For good health and well-being, the three doshas within you need to be in balance. That does not mean they need to be equal, unless you were born with equal doshas; it means that you need to maintain your original doshic make-up through life as much as possible to maintain good health. Factors such as the dietary choices you make, the lifestyle you lead, the climate where you live, levels of environmental pollution, the work you do, the nature of your relationships with people and even just the passage of time can cause one or more of the doshas in your prakriti to increase or decrease from its original level in your constitution, creating imbalance. If this imbalance is not corrected, you eventually lose your good health.

Vata (Space & Air)

General Characteristics;

Vata's main tendency is movement. Whether it is the movement within the body, the movement of people from place to place, or movement within the mind, Vata is always on the move. Perception, cognition and the nervous system are the central focuses of Vata. Vata people tend to be light in structure and form and are usually thin and taller than usual. Being cool is an aspect of Vata people. Cold hands and feet, or not being able to get warm, are common complaints. Vata tends toward dryness that includes dry hair, dry skin and dry digestive tract so that a common complaint is constipation. Vatas like to vary their daily schedule and find it difficult to stay on a regular routine.

In balance: Vata people are very creative, light and subtle. Their minds are constantly in movement, filled with new ideas. Vatas when healthy give a sense of engagement and vitality. These are people who just can't wait to experience the day. Vatas are enthusiastic, empathetic, sensitive and creative.

Out of balance: Because of Vata's main tendency towards movement they may exhibit traits such as lack of cohesion, lack of groundedness, and unpredictability. Vatas can feel empty, overwhelmed, and can have trouble concentrating. Vatas need warmth on all levels from their environment to their friendships to their food.

Diet Suggestions:

- ☉ Choose warming foods and spices
- ☉ Avoid cold or frozen foods and drinks
- ☉ Minimize intake of raw foods, especially raw apples and members of the cabbage family
- ☉ Easy on beans
- ☉ Eat warm, moist foods such as soups, hot drinks and rice with a little oil or butter
- ☉ Emphasize sweet, sour, and salty tastes

Yoga Practice: Light and flowing movements that are not too strenuous are best for Vatas. Light vinyasa balancing poses, twists, supine and prone poses, enhance Vata. Practice balancing poses for concentration, and poses that place pressure on the pelvis such as Baddha Konasana or butterfly pose. Perform poses with a slow steady breath.



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Pitta (Fire and Water)

General Characteristics:

Pitta is comprised primarily of the fire element. Mind and intellect is the central focus of Pitta. Pittas tend to be medium build with fairly muscular development, and they tend to be warm and friendly. Their body temperature is also warm. Pittas have strong digestion, strong appetites of all kinds including food, knowledge, power, personal possessions, and sex.

Balanced State: Pittas are good organizers, community leaders and business people. They are outgoing and expressive. In balance, pitas are rational, strong, courageous, and heroic. These are the type A personalities.

Out of Balance: Pittas out of balance exhibit anger, hostility and resentment with the accompanying high blood pressure and heart disease. Pitta is related to the digestive fire, but when it becomes too strong, indigestion, heartburn or ulcers can result. Imbalance can happen in Pitta easily through overheating, overeating, too much stress, too much sour food, too much spicy food or caffeine.

Diet:

- ❶ Avoid excess oils, fried foods, caffeine, salt, alcohol, red meat, and hot spices
- ❷ Emphasize fresh fruits and vegetables
- ❸ Enjoy ample amount of milk, cottage cheese, and whole grains
- ❹ Emphasize sweet, bitter and astringent tastes in your food choices

Yoga Practice: The focus is on fire and water as sweat, heating, energizing, rapid sun salutes, forceful breathing. Postures to massage abdominal areas, cooling poses, spinal twists, forward bends are helpful for Pittas.

Kapha (Earth and Water)

General Characteristics:

Kapha is comprised mostly of earth together with some water. Kaphas tend to move more slowly and cautiously. They have sweet, gentle natures. Their minds are more stable than Vata, less fiery than Pitta, but with good long-term memory.

In balance: Kaphas are meditative, deliberate and focused. Balanced Kaphas have a peaceful mind. Kaphas have a good ability to organize.

Out of balance: Kaphas are lethargic, sluggish, or even downright lazy. Kapha's digestion tends to be slower in general.

Diet:

- ❶ Keep consumption of fat to a minimum, including fried foods
- ❷ Avoid iced foods and drinks, sweets, and excessive amounts of bread
- ❸ Choose foods which are warm, light, and dry
- ❹ Emphasize pungent, bitter and astringent tastes in your food and herb choices
- ❺ Eat lots of fresh vegetables, herbs and spices
- ❻ Get enough complex carbohydrates to sustain you and maintain an adequate energy intake



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🕒 Kaphas need variety and stimulation in their foods.

Yoga Practice: Focus is on earth and grounding and strengthening poses. Postures that warm dry and stimulate the body. Postures that massage the stomach, chest and head bringing energy that builds up heat and flexibility. Flowing poses and sequences match well with this dosha.