



## The features of Vata Dosha I.

**Vata:** Means “what generates movement”, or “wind”, and is probably the strongest of the three *Doshas*, as it controls mental and sensorial balance.

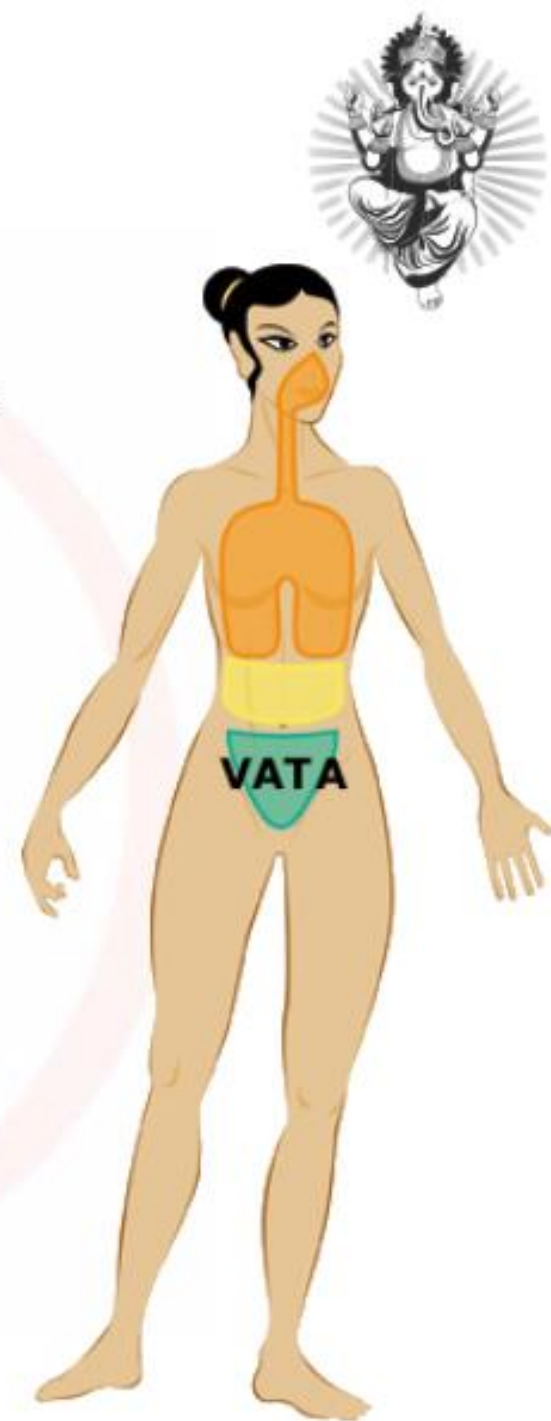
**Functions:** Vata is responsible for food transit, the respiratory system and the elimination of metabolic waste. It controls mental and sensorial balance, as well as body agility and ability, orientation, comprehension and mental adaptability. Vata also regulates voluntary and involuntary movement. It is the primary energy, or “*Prana*”, and predominates in the colon, nervous tissues, skin, ears, and generally in the lower part of the body below the navel.

**Physical aspects:** Vata corresponds to a slim figure with narrow shoulders and hips, flat thorax, scarce muscles; visible veins and tendons; cold, dry and chapped skin; wavy and rough hair; small, dark and deep-set eyes with little shine; coarse and fragile nails; variable appetite and digestion and irregular sleep. The people with dominating *Vata* constitution like warm beverages, and are stabilized by sweet, sour and salty flavors.

## The features of Vata Dosha II.

**Psychological aspects:** Vata persons are mentally quick and agile; they possess extensive general knowledge but lack depth; they are usually good communicators and commit themselves to everything they do. They are talkative, indecisive and insecure, lack self-confidence, and when they are in imbalance they tend to become nervous. In addition, they stand out for being creative, good at organizing and thinking, adaptable to changes and flexible. Fear, insecurity and anxiety are the predominating emotions when they are instable.

**Most common diseases:** Dry skin with a tendency for wrinkles, stretch marks and dry nails; rheumatism; joint problems, arthritis, stiffness; ocular problems; constipation; insomnia; cardiac pain; headache and stomach pain; sensorial disorientation; distress, depression and anxiety.





## The features of Vata Dosha III.

**Recommendations for Vata stability:** Sweet, sour and salty flavors diminish *Vata*, while bitter, spicy and astringent flavors increase it. In order to decrease an excess of *Vata* it is recommended to avoid cold food and beverages, processed food, bread and gassy beverages. It is recommended to consume warm beverages and nutritious, cooked, humid and softly seasoned food, in other words, consume easily digestible meals. It is also advisable to avoid excessive physical exercise and to follow a daily routine that helps to stabilize *Vata* through: meditation, prayer, oil application and relaxing moments, with the aim of reducing anxiety, stress and fear. The warm massage oils (sesame, almonds, or mustard) bring peace to *Vata* and counteract with the coldness and dryness, just as the warm essences such as bergamot, geranium, orange or cardamom oils do.

**Predominance of Vata:**

- From 2 to 6 am and 2 to 6 pm.
- After meals until the process of digestion starts.
- In autumn and a part of winter.
- In old age.





## The features of Pitta Dosha I.

**Pitta:** Means “warm up, transform or burn”, or “what digests the things”.

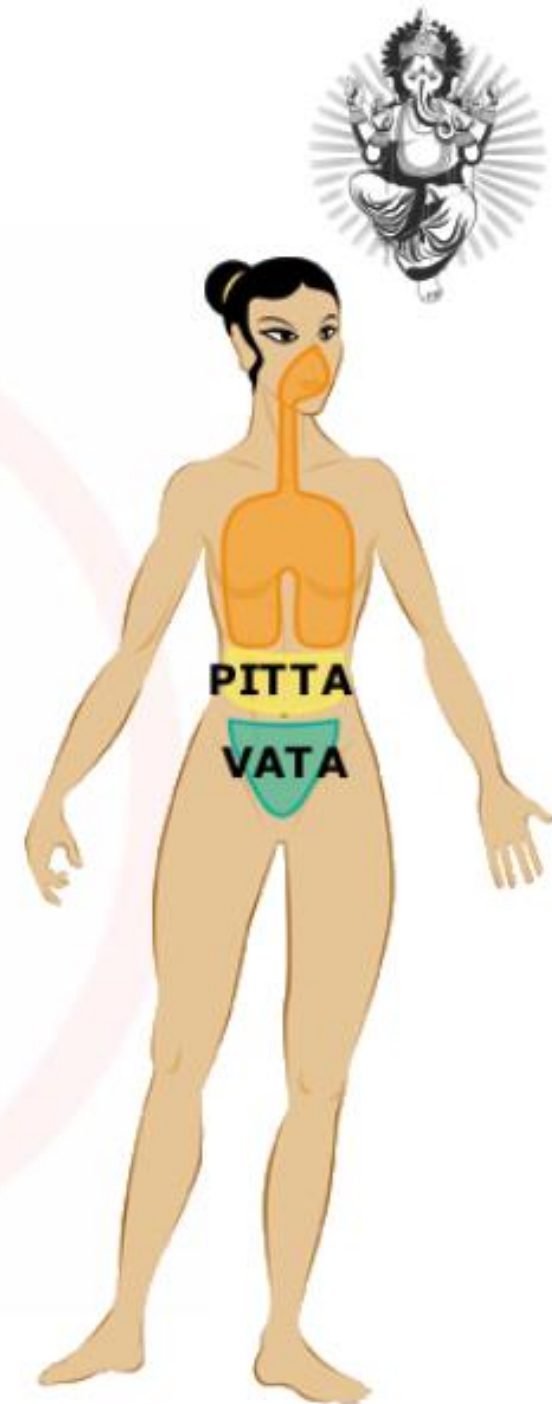
**Functions:** Pitta digests and assimilates food as well as ideas. It controls all the chemical and metabolic transformations of the body. Pitta can be found in the blood and it also regularizes the sight. It predominates in the liver, spleen, stomach, duodenum and pancreas, gastric juice and the bile. Generally, it is related to the middle part of the body, between the navel and the heart.

**Physical aspects:** *Pitta* corresponds to a medium figure, with moderate muscles; reddish, soft and warm skin often with freckles, moles or birth marks; fine, silky hair with a tendency for grey hair and hair loss; medium sized eyes, usually with a light color; soft nails; with a big appetite and a good digestive metabolism; light sleep with a medium duration. Those persons who are predominantly *Pitta* like cold beverages, and they are stabilized by sweet, bitter and astringent flavors.

## The features of Pitta Dosha II.

**Psychological aspects:** Pitta persons are intelligent and perceptive, with a high capacity for discrimination; perfectionists and slightly obstinate; they possess a good and fast memory and manage rigidity, rules, principles and order very well; they tend to be good communicators and leaders and successful in convincing people.

**Most common diseases:** Fever and excessive heat, hypothermia and high temperatures, excessive sweating, muscle weariness, skin problems (itching eczema, rash, herpes, acne or rosacea), burning sensation, bad breath, bleeding ulcers, bad digestion, liver disorders, pharyngitis and conjunctivitis; aggressivity, rage, stubbornness and insolence.





## The features of Pitta Dosha III.

**Recommendations for *Pitta* stability:** Sweet, bitter and astringent flavors diminish *Pitta*, while acid, salty and spicy flavors increase it. It is recommended to eat raw food such as salads with scarce seasoning, fruit and vegetables, and avoid pickled food, gassy beverages, alcohol, salt, tea and coffee, as well as reduce the intake of acid beverages and meat. It is advisable to drink a lot of liquid. Morning meditation, contemplation and prayer tend to reduce the emotions related to *Pitta*. It is convenient, not to wrap up too much nor expose oneself to the sun in an excessive manner; to carry out outdoor activities; and to enjoy a massage with oils that have a cooling effect such as olive, coconut and sunflower oil, or cold essences like lavender, spearmint, jasmine or vetiver. The *Pranayama Shitali* or cooling breath exercise is also recommended.

**Predominance of *Pitta*:**

- From 10 am to 2 pm and 10pm to 2 am.
- During digestion.
- In summer.
- In adult age.





## The features of Kapha Dosha I.

**Kapha:** Means “what is adhered or glued” or “what unites the things”.

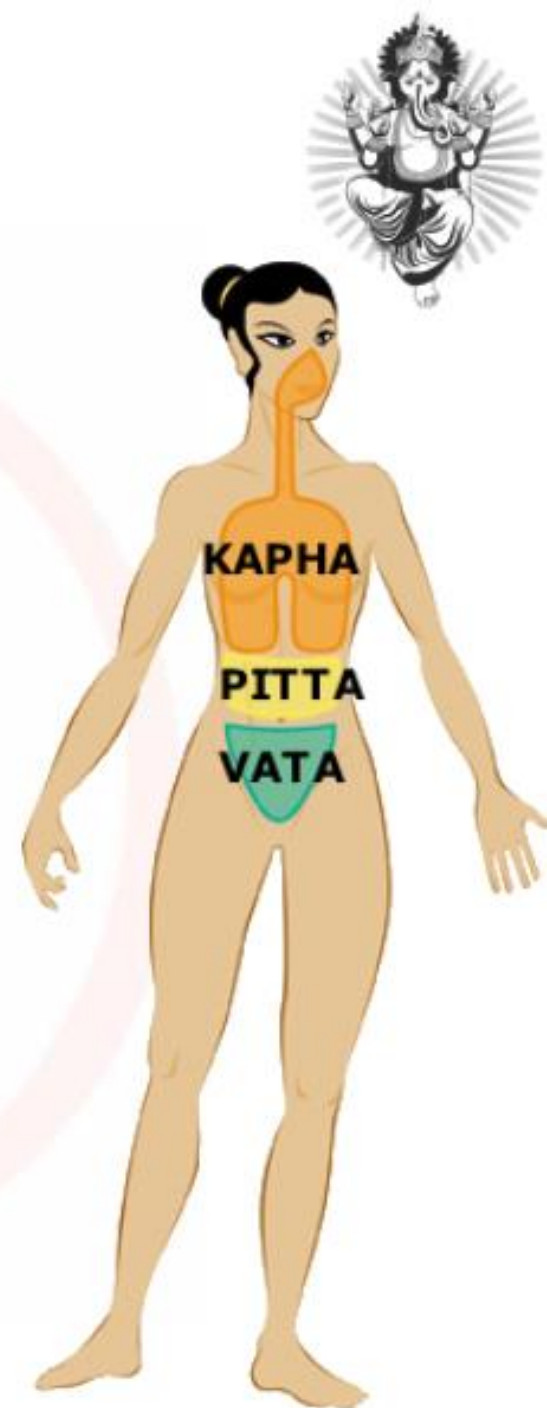
**Functions:** Kapha is responsible for the excretion of secretions and the protection of nerves, the mind and the senses. It dominates the senses and emotions, as well as generates firmness and stability in the organism. Kapha predominates in the head, tongue, throat, nose, fat and lymph, lungs and stomach; generally it corresponds to the upper part of the organism, in the area above the heart. Its subtle essence is called *Ojas*, and it constitutes the energy reserve of the organism.

**Physical aspects:** Kapha corresponds to shapely figures; with a broad and extended thorax, developed muscles and a tendency for overweight; soft and healthy-looking skin that is usually cold and pale; plenty of wavy hair that is either very light or very dark; big and attractive eyes with long and thick eyelashes; symmetrical and strong nails; regular appetite and slow digestion; long and profound sleep. The persons who are predominantly *Kapha* prefer warm beverages, and are stabilized by spicy, bitter and astringent flavors.

## The features of Kapha Dosha II.

**Psychological aspects:** Kapha persons have an emotional temperament with a tendency for love and loyalty, and they are often romantic, tolerant and sentimental; although an excess of desire can produce greediness, passivity and stubbornness. They are slow learners but they retain the information well; they are usually not that creative or innovative but still very enterprising. Being traditional in their behavior, they enjoy the company of family and friends.

**Most common diseases:** Heaviness, nausea after eating, indigestion, breathing difficulties, mucus, edema, slackness of the limbs, cysts, tumors, sleepiness and apathy.







## The features of Kapha Dosha III.

**Recommendations for *Kapha* stability:** Spicy, bitter and astringent flavors diminish *Kapha*, while sweet, sour and salty flavors increase it. For those with a predomination of Kapha, it is recommended to eat warm and light food, properly seasoned adding a spicy touch; avoid raw and cold ingredients as well as fried and fatty food; it is advised not to eat between hours and to avoid alcohol and sweets. It is also not recommended to stay in a cold environment. The individuals pertaining to this *dosha* should not sleep excessively and especially not during daytime, and ought to exercise daily in order to avoid obesity. Detoxification treatments such as sauna, body scrubs and massage (which helps to eliminate liquids) using warm oils (such as mustard, almond or sesame oil) and essences such as eucalyptus, cinnamon and lemon (which helps to stimulate circulation) or ginger, are recommended. Also dry massage done with herbs or silk gloves is useful. The *Pranayama Kapalbhati* technique, or Skull Shining Breath, is recommended.

**Predominance of *Kapha*:**

- From 6 to 10 am and 6 to 10 pm.
- During the assimilation of food.
- End of winter and end of spring.
- In childhood.