



AYURVEDA Dosha Qualities		
VATA	PITTA	KAPHA
Cold Dry* Mobile Light	Hot* Oily Mobile Light	Cold Wet Steady* Heavy*
Air (Ether) Move	Fire (water) Transform	Earth (water) Sustain

AYURVEDA Dosha Manifestations			
	VATA	PITTA	KAPHA
<i>Body</i>	Thin, tall, small features, long-limbs, dry hair/skin, low stamina	Medium build, muscular, freckled	Large build, padded joints, high endurance
<i>Mind/ Emotion</i>	Creative, expressive, inspired, playful	Sharp, strategic, intellectual, clear mind	Easy-going, kind, loyal, forgiving, consistent
<i>Digestion</i>	Gas, bloating, constipation	Heartburn, diarrhea	Slow/inefficient digestion
<i>Imbalanced emotion</i>	Worry, anxiety, fearful, overwhelmed, spacey, forgetful	Angry, resentful, jealous, critical, controlling, demanding	Sad, depressed, lethargic, greedy, resistant to change
<i>Other symptoms of imbalance</i>	Insomnia Dizzy Pain (neck, back, hip) Nervous system issues Large intestine issues	Infection/Inflammation Skin rash/acne Migraines Eyes/Liver/gallbladder Mid-back pain	Head/chest congestion Excess mucous Fluid retention Swelling

AYURVEDA Dosha Recommendations			
	VATA	PITTA	KAPHA
<i>Sleep/rest/ meals</i>	V: 2-6pm V: 2-6am	P: 10am-2pm P: 10pm-2am	K: 6-10am K: 6-10pm
<i>Seasons</i>	V: Fall, early winter	P: Late spring, summer	K: Late winter, early spring
<i>Body oiling</i>	V: Sesame oil	P: Coconut oil	K: Sunflower, Corn, or mustard oil
<i>Marma points</i>	See chart		
<i>Eating</i>	Slow/calm eating, large meal Pitta hours (10am-2pm), little drinks w meal, avoid ice/cold, high prana meals		
<i>Food emphasis</i>	Warm, oily, heavy (avoid cold, light, dry)	Cooling, dry, heavy (avoid hot / spicy)	Warm, dry, light (avoid sugar, oils, salts)
<i>Tastes</i>	Sweet, Sour, Salty Avoid: Pungent, bitter, astringent	Sweet, Bitter, Astringent Avoid: Sour, Salty, Pungent	Pungent, Bitter, Astringent Avoid: Sweet, Sour, Salty
<i>Digestive spices</i>	V: Hingvastak (cumin, ginger, pepper, salt), spices, ghee	P: Fennel, cumin, coriander, turmeric (blood), ghee (heavy)	K: Trikatu ginger, black pepper, cinnamon
<i>Energy Flow</i>	Energy flows UP	Energy flows UP	Energy flows DOWN
YOGA	V: Ground, strengthen, stabilize, long holding, focused breath	P: Cool, soft/gentle, flexible, ground	K: Strength, Stimulate, Move, Heat
Balance 3 Doshas: Mountain, Tree Twists Standing folds Triangle (twisting) Pyramid Halfmoon Downdog Plow, Shoulderstand Bridge Baby Cobra Airplane Hero, Cobblers Staff, Childs	Warriors (I, II, III), Chair, Side Angle *Headstand, *Forearm stand [Avoid wheel, bow, pigeon] *Plank, side plank *Seated poses (folds, stretches, lateral opening, tortoise) *All twists	[Avoid building heat/strength by short holds] [Legs up wall, Shoulder stand] [Short backbends, avoid wheel and pigeon] [Short planks] *Seated poses (folds, stretches, lateral opening, tortoise) *All twists	Warriors (I, II, III), Chair, Side Angle *Headstand, *Forearm, *Handstand *Full Cobra, *Wheel, *Pigeon, Bow *Plank, side plank [Avoid seated poses and long floor poses] *All twists
<i>Avoid</i>	Fast moves, cold, deep hips, deep backbends, too flexible	Strength, heat, intensity, fast movement, inversions	Floor, stillness
<i>Breathwork</i>	Long, deep, slow	Cool, steady, slow	Heating, fast, deep
<i>Elements</i>	Earth, Fire	Air, Earth	Air, Fire