



## THE DOSHAS

Ayurveda, “the Science of Life”, teaches us how to use the doshas to inform our lives. Doshas are fluid and affected by circumstance, seasons, food, time of day, age and more, because everything has a dosha. Once we understand our Prakruti (inherent constitution) & any doshic imbalances, we can nourish the best qualities of our doshas to find greater balance and vibrant health.

<i>Dosha</i>	<b>VATA</b>	<b>PITTA</b>	<b>KAPHA</b>
<i>Elements</i>	Air & Space (wind COLD/DRY)	Fire & Water (HOT)	Earth & Water (STATIC)
<i>Main location</i>	Colon	Small intestine	Stomach
<i>Physical characteristics</i>	Tall or short, thin, dry skin & hair, prominent joints, smaller eyes	Medium build, reddish complexion, early gray or thinning hair, piercing eyes	Oily or lustrous skin, large bones, good muscle, large eyes, thick & wavy hair
<i>Appetite</i>	Irregular, scanty	Intense	Consistent
<i>Weight</i>	Hard to gain, easy to lose	Easy to gain, easy to lose	Easy to gain, hard to lose
<i>Memory</i>	Learns quickly, forgets quickly	Learns quickly, forgets slowly	Learns slowly, forgets slowly
<i>Speech</i>	Talkative, erratic	Articulate, decisive	Measured, slow, cautious
<i>Characteristics when in balance</i>	<b>CREATIVE &amp; ENTHUSIASTIC</b> , intuitive, quick thinking, high energy	<b>INTELLIGENT &amp; COMPASSIONATE</b> , focused, determined, clever, compassionate	<b>STEADY &amp; STRONG</b> , calm, reliable, loyal, loving, never forgets, great long-term memory, great stamina
<i>Characteristics when out of balance (external influences)</i>	-absentminded, forgetful, forgets to eat, anxious, nervous, flighty, speaks quickly, insomnia, weight loss, aches, cracking joints, arthritis, constipation	-intense, impatient, short-tempered, critical, sensitive, jealous, uber-competitive, inflammation, rashes, hyperacidity, ravenously hungry	-sluggish, lethargic, slow, depressed, congested, rigid thinking, stubborn, possessive, greedy, dull pains, overweight
<i>Biochemics</i>	Catabolism	Metabolism	Anabolism
<i>Life span</i>	The Later years	The Doing years	The Building years
<i>Seasons</i>	Fall & Early Winter	Late Spring through Summer	Late Winter & Early Spring
<i>Time of day</i>	2 am – 6 am, 2 pm – 6 pm	10 am – 2 pm, 10 pm – 2 am	6 am – 10 am, 6 pm – 10 pm
<i>Rasas (tastes)</i>	-Sweet, salty & sour balances ( <i>Bitter, astringent, pungent aggravates</i> )	-Bitter, sweet, astringent balances ( <i>Pungent, sour, salty aggravates</i> )	-Pungent, bitter, astringent balances ( <i>Sweet, salty, sour aggravate</i> )
<i>Healing foods</i>	-Favor warm, moist, cooked & oily foods ( <i>AVOID caffeine &amp; cold, raw, dry foods</i> )	-Favor fresh & sweet fruits & veggies ( <i>AVOID excess oil, fried &amp; spicy foods, caffeine, salt</i> )	-Favor complex carbs, spicy foods & herbs ( <i>AVOID fried foods, empty carbs</i> )
<i>Healing lifestyle</i>	-Keep warm, establish & keep to a regular routine, create a safe & calm environment	-Keep cool, get fresh air, slow down & savor life, cultivate lightheartedness	-Be physically active, be open to challenges & to change, keep stimulated, avoid napping
<i>Goal</i>	<b>GROUND:</b> FEEL CALM & GROUNDED	<b>SOFTEN:</b> RELAX & DON'T JUDGE	<b>ENERGIZE:</b> FEEL LIGHT, CLEANSED & ENERGIZED
<i>Best types of yoga poses</i>	Calming & grounding, meditative	Slow, cooling, relaxing	Cleansing, energizing, heating

Source: 2010 Lectures, Training & Consultations with Arun Deva, DASC, AYT, E-RYT500, YTRx of Arunachala Yoga & Ayurveda.

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