

VATA-dosha

from the elements of SPACE & AIR



Properties:	Cold, dry, light, rough, subtle, mobile
Characteristics:	<ul style="list-style-type: none">- Quick actions, fast walking & talking, restlessness- Dryness; hair, nails, skin, tendency towards constipation- Cold hands and feet, poor circulation- Lightness, can be underweight, thin physique, light sleeper- Sensitive to stimuli, specially sounds and touch- Roughness; rough and cracked skin, nails, feet, hair, cracking joints
Location in body:	<ul style="list-style-type: none">- Large intestine (colon)- Lumbar region and pelvic girdle- Sense organs- Bones, skeletal system (related to movement) and bodily cavities (space)
Functions:	<ul style="list-style-type: none">- All physical and mental movement (nerve impulses, thoughts, feelings)- Breathing and respiration- Heart functions and circulation, pumping the heart and moving the blood- Stimulation of Agni (digestive fire), peristalsis and excretion- Speech, communication- Sense of touch and hearing
Mentally in balance:	<ul style="list-style-type: none">- Creative and inspiring- Enthusiastic and joyful- Adaptable and mobile, happy with changes and new ideas- Social and talkative, loves meeting new people- Open minded, sense of clarity and presence
Imbalanced:	<ul style="list-style-type: none">- Restless- Anxious and nervous, unsettled- Difficulty concentrating, disorganized and forgetful- Multitasking, starting new projects without finishing- Worry and constant «mind-chatter»
Physical signs of imbalance:	<ul style="list-style-type: none">- Sensitive, slow and/or variable digestion (hard - loose)- IBS and bloating in the colon, gas and constipation- Pain and stiffness in the body, cracking joints- Dryness of skin, hair and finger nails (also rough and cracked skin)- Cramps, spasms or other involuntary movements- Dizziness- Trouble sleeping, sensitive and easily disturbed sleep- Physical and/or mental exhaustion- Increased sensitivity for sensory impressions, specially sounds
Possible causes for imbalance:	<ul style="list-style-type: none">- Unstable lifestyle, lack of daily routines- Frequent and/or sudden changes (moving, diet, relationships etc)- Eating too much of foods that are cold, dry and difficult to digest such as; raw food, leafy green salads, ice cream, popcorn, crackers- Excessive stimulation of the nervous system and senses, such as loud music, violent movies, strong stimulants like coffee, alcohol and chocolate- Hard physical exercise that may lead to depletion- Frequent traveling, specially long flights, change of timezones and climate- Little or disturbed sleep, lack of regular sleep rhythm- Accidents, physical and/or mental chock- Cold, dry and windy weather- Isolation, spending too much time alone without talking to anyone



PITTA-dosha from the elements of FIRE & WATER



- Properties:**
- Sharp, direct, slightly oily, hot, penetrating, fluid, sour, pungent
 - The heating energy that is responsible for all transformative functions in the body
- Characteristics:**
- Heat, strong digestion and metabolism, generally warm body temperature
 - Oiliness, soft skin that can prone to acne and blackheads
 - Fluidity, excess sweating, urination, loose stools, excessive thirst
 - Sharpness, accurate memory, sharp penetrating eyes
 - Direct and clear speech (both in words and voice)
 - Pungent, burning sensations ex on the skin, eyes, throat, stomach (as reflux, ulcers etc)
 - Spreading, ex spreading infections in the body, also as rash, acne
- Location in the body:**
- Small intestine, navel region, lower part of the stomach
 - Liver, spleen, pancreas and gallbladder
 - Eyes, vision
 - The endocrine/hormonal system
 - Blood (red blood cells) and sweat
- Functions:**
- Digestion, assimilation of food
 - Transformation
 - Metabolism, energy, regulation of body temperature
 - Hunger and thirst
 - Skin colouration and luster of eyes, skin, hair
 - Intelligence, ambition, courage, knowledge
 - Vision/seeing
- Mentally in balance:**
- Organized, efficient and energetic
 - Confident, willfull and determined
 - Courageous, motivated and ambitious
 - Intelligent, practical, will take charge and lead, strong sense of responsibility
 - Focused and clear minded
- Imbalanced:**
- High tempered, can experience anger, irritation and jealousy
 - Overly competitive, judgmental
 - Impatient, critical (both toward self and others), lack of tolerance
- Physical signs of imbalance:**
- Fever and inflammation
 - Increased sweat, often with strong smell
 - Sharp and quick digestion, excess bile, burnings sensations, diarrhea, can even cause malnutrition due to lack of absorption of nutrients
 - Intense hunger and/or thirst
 - High blood pressure, hyperthyroidism, low blood sugar
 - Migraine
 - Sensitive eyes and skin; rashes, eczema, psoriasis, acne and «black heads»
 - Heavy menstrual bleeding, nosebleeds and bleeding tendencies in general
- Possible causes of imbalance:**
- Suppressed anger and long term frustration
 - Imbalance between stress, work, hectic lifestyle and time for rest and relaxation
 - Irregular meals, eating on the go, not taking time for proper digestion
 - Lack of sleep, too much activity and rigorous exercise, competitive environment
 - Warm and dry climate, too much sun and heat
 - Fried food, pungent spices, red meat, salty and very sour foods
 - Lack of purpose, fear of «loosing face» and not being good enough...



KAPHA-dosha

from the elements of WATER & EARTH



- Properties:**
- Soft, cold, stable, heavy, slow, moist/oily, dense, sweet
 - All fluids in the body; plasma, mucus, saliva, lymphatic fluid etc
- Characteristics:**
- voice/speech
- Heaviness, large body, bones and muscles, soft, slow and deep
 - Cold skin, can also be moist, cold and clammy
 - Slow metabolism that may lead to reduced appetite and/or weight gain
 - Soft and moist/oily skin and hair, strong nails and teeth
 - Generally strong immune system, solid joints, often flexible with good movement
 - Loyal and loving, patient and relaxed attitude, firm decisions, prefer slow activities
 - Good anabolic function, may experience fluid retentions, excess mucus, itching
- Location in the body:**
- Bodily structures, joints, muscles and adipose tissue (protective tissues)
 - Head, throat and chest
 - Upper part of stomach including the non-acidic gastric juices
 - Nose, sinuses and all mucous membranes
 - Lymph system, plasma, synovial fluid
 - Reproductive structure
- Functions:**
- Anabolism, nourishment and growth
 - Strength, stability, support (fat and muscle tissues)
 - Potency and energy, sleep
 - Immunity (white blood cells carried by plasma)
 - Lubrication incl protecting fluids around the organs, synovial fluid
 - Compassion, forgiveness, memory retention
 - The sense of taste and smell
- Mentally in balance:**
- Kind, compassionate, caring and nurturing
 - Patient, understanding, a good listener with good memory (specially long term)
 - Calm, loyal, protective, generally content and easy going
 - Structured, conscientious, «down to earth»- attitude
- Imbalanced:**
- Inertia, lack of motivation and will power
 - Hopelessness, melancholy, dark and depressive mind
 - Impatient, critical (both toward self and others), lack of tolerance
 - Greedy, inflexible, clingy
- Physical signs of imbalance:**
- Frequent colds, blocked airways, and/or runny nose, excess mucus, slimy
 - Fluid retentions, edema, swollen hands and feet
 - Heaviness, weight gain (also with little eating), lethargic and slow
 - Tiredness, exhaustion, dullness
 - Comfort eating, heavy and sweets foods
 - Slow digestion, slimy and heavy
- Possible causes of imbalance:**
- Inactive and sedate lifestyle, not enough movement
 - Overeating, specially heavy, sweet and fatty foods
 - Too much sleep, sleeping late in the morning, naps during the day
 - Little social company, isolation and clinging to old habits
 - Lack of new inspiration, not being mentally «challenged»
 - «Living in the past», not able to let go and free up space for the new...
 - Cold, dark and humid weather

