

Your constitution at a glance or “What’s your dosha?”

It is helpful to understand our health tendencies so that we know what preventative diet, lifestyle and herbs are recommended for optimum health. Tally up your preferences in the columns in the table on the next page to determine your primary and secondary dosha.

Some people may be tri-doshic (have an equal count from all three columns). If you choose to schedule a consultation, I will be able to assess your constitution more accurately.

Vata:

Vata is like wind. The qualities of Vata are cold, dry, light, mobile and erratic. It is the force behind all movement. The seat of Vata is the colon and it governs the nervous system.

If your dominant dosha is Vata you have a lean body structure and you like to be active. You are creative and talkative and can tend towards irregularity with eating and sleeping habits. If Vata is out of balance, you can tend towards constipation, spaciness and more aches & pains. You might feel anxious and fearful. Imbalances associated with Vata primarily are arthritis, brittle bones, asthma, gas, pain, accidents, Alzheimer's.

Pitta:

Pitta is like fire. The qualities of Pitta are hot, sharp, light, oily. It is the force behind transformation, including digestion.

If your dominant nature is Pitta you enjoy intellectual stimulation and you have strong will power. You have strong hunger and need to eat promptly and regularly. If Pitta is out of balance, you can be angry and irritable and have acid indigestion or loose bowels. Imbalances associated with Pitta primarily are skin rashes, heart, blood and liver problems, acid indigestion.

Kapha:

Kapha is like earth. The qualities of Kapha are cool, moist, stable, heavy and dense. It is the force of solidification.

If your dominant dosha is Kapha you have a sturdy body and are slower to move and talk. You can eat less, don't like change, can be sedentary and are compassionate. If Kapha is out of balance, you can struggle with attachment and feel “stuck” to the point of depression. Imbalances associated with Kapha are: obesity, depression, tumors, cysts, asthma, diabetes

Attribute	“X”	Kapha	“X”	Pitta	“X”	Vata
Body structure		Sturdy, solid, easy to put on weight		Moderate, defined muscles		Slim, very tall or short, wiry
Appetite		Low		Strong and urgent		Variable
Digestion		Slow, smaller portions		Strong hunger		Gassy, variable
Sleep		Long and heavy		Moderate, 7-8 hours, sound		Light, less
Evacuation		Regular, sluggish, tends toward constipation		With ease, 1-2 times/day, tends towards diarrhea		Irregular, tends towards constipation
Energy		Slow, steady		High, passionate, may burn out		Irregular
Project style		Slow and complete, may procrastinate		Organized, ambitious, complete		Easy to start, creative, lots at once, incomplete
Emotions		Compassionate, may tend towards attachment		Passionate, may tend towards anger and jealousy		Uplifting, may tend toward anxiety and worry
Total		Kapha		Pitta		Vata