

WHAT ARE THE "DOSHAS?"

UNDERSTANDING HOW THEY WORK IN OUR BODIES TO MAINTAIN BALANCE

BY STEPHANIE LIZOTTE, OWNER OF SIMPLY GROUNDED YOGA/PILATES



ARE YOU VATA?



ARE YOU PITTA?



ARE YOU KAPHA?



TAKE THE TEST TO FIND OUT





The concept of Doshas in Ayurveda

In the holistic system of Ayurveda, The sister science to Yoga, The Doshas are the three fundamental energies or biological forces that exist in the human body. They are known as Vata, Pitta, and Kapha, and their balance is crucial for maintaining optimal health and well-being. The concept of Doshas is rooted in the belief that every individual has a unique constitution, determined by the predominance of one or more of these energies. By understanding and managing our Dosha composition, we can cultivate harmony within and lead a balanced life.

Step one

Take the Ayurveda Dosha test to better understand which Dosha is most prevalent within you (can be combo)

Use the list below to help with the test, in identifying your Dosha

herbs & spices



Step one Dosha Test

S. No.		Vata	V	Pitta	P	Kapha	K
1	Frame	I am thin, lanky, and slender with prominent joints and thin muscles.		I have a medium, symmetrical build with good muscle development		I have a large, round or stocky build. My frame is broad, stout or thick.	
2	Weight	Low; I may forget to eat or have a tendency to lose weight.		Moderate; it is easy for me to gain or lose weight if I put my mind to it.		Heavy; I gain weight easily and have difficulty losing it.	
3	Eyes	My eyes are small and active.		I have a penetrating gaze.		I have large pleasant eyes.	
4	Complexion	My skin is dry, rough or thin.		My skin is warm, reddish in color and prone to irritation..		My skin is, thick, moist and smooth.	
5	Hair	My hair is dry, brittle or frizzy.		My hair is fine with a tendency towards early thinning or graying		I have abundant, thick and oily hair	
6	Joints	My joints are thin and prominent and have a tendency to crack		My joints are loose and flexible.		My joints are large, well knit and padded	
7	Sleep Pattern	I am a light sleeper with a tendency to awaken easily.		I am a moderately sound sleeper, usually needing less than eight hours to feel rested.		My sleep is deep and long. I tend to awaken slowly in the morning.	
8	Body Temperature	My hands and feet are usually cold and I prefer warm environments.		I am usually warm, regardless of the season, and prefer cooler environments.		I am adaptable to most temperatures but do not like cold, wet days.	
9	Temperament	I am lively and enthusiastic by nature. I like to change.		I am purposeful and intense. I like to convince.		I am easy going and accepting. I like to support.	
10	Under Stress	I become anxious and/or worried.		I become irritable and / or aggressive.		I become withdrawn and/or reclusive.	
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Use the Characteristics and traits from pages 4 & 5 below.

Page 6 indicates imbalances when your Dosha are out of balance



VATA

KAPHA

PITTA

LATE FALL/EARLY WINTER

COLD, DRY, LIGHT, SWIFT, MOBILE,
IRREGULAR, ROUGH

- ❑ Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips.
- ❑ Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis).
- ❑ Extreme sensitivity to cold, wind, and dry weather.
- ❑ Cold extremities, such as hands, feet, and nose.
- ❑ Erratic appetites and irregular digestion.
- ❑ May suffer from arthritis, fibromyalgia, anxiety, migraines
- ❑ Irregular menstrual cycles with premenstrual physical and emotional symptoms.
- ❑ Light, restless sleep.
- ❑ Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic.

LATE WINTER/EARLY SPRING

COOL, WET, OILY, HEAVY, DENSE,
STATIC, STABLE

- ❑ Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips.
- ❑ Soft, thick, oily hair that is wavy and plentiful.
- ❑ Intolerant of cold, damp environments.
- ❑ Cool extremities that may be clammy (cool sweaty palms/feet).
- ❑ Steady appetite with slow but regular bowel movements and minimal urination.
- ❑ Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems.
- ❑ Regular menstrual cycles with little premenstrual symptoms
- ❑ Heavy sleepers with tendency to over sleep
- ❑ Easy going, fun loving, patient, slower moving, endurance, grounded disposition, resistance towards change

SUMMER

HOT, OILY, LIGHT, LIQUID, MOBILE,
SHARP, SOFT, SMOOTH

- ❑ Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color.
- ❑ Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early.
- ❑ Burn easily in sun. Sensitive to heat and humidity.
- ❑ Extremities are warm with good circulation.
- ❑ Robust, healthy appetites. Become irritable if they skip a meal.
- ❑ Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn.
- ❑ Regular menstrual cycles with heavy bleeding and PMS.
- ❑ Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends.
- ❑ Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.

<u>Characteristics</u>	<u>Kapha</u>	<u>Pitta</u>	<u>Vata</u>
1) Body Frame	Large Frame (Stout, thick skin, broad chest, bones not prominent)	Medium Frame (Moderate muscle development and view prominence, slender and delicate frame)	Thin Frame (Small frame, slender, thin, flat chests, prominent veins, taller or shorter than average)
2) Body Weight	Obese, tendency for excess weight	Moderate weight	Thin and lean/slender
3) Skin type	Thick, oily, cold, pale	Soft, warm, moist (slight wrinkles, moles and acne)	Dry and rough, thin, cracked, cool
4) Eyes	Big, large wide, prominent, dense	Medium size, sharp and penetrating gaze	Sunken, small, dry, thin
5) Hair	Thick, dark, soft and wavy	Thin, fine, silky and oily	Dry, scanty, coarse, curly

<u>Characteristics</u>	<u>Kapha</u>	<u>Pitta</u>	<u>Vata</u>
6) Complexion	Fair, bright	Coppery, yellowish, reddish	Brown
7) Disease tendency	Mucus, congestion	Inflammation, heat, fever	Nerve diseases
8) Personality strengths	Loyal, calm, content, forgiving, tolerant	Leaders, sharp, good orators, ambitious	Creative, quick understanding, imaginative
9) Personality weaknesses	Greed, attachment, possessiveness, <u>self-centered</u>	Anger, jealousy, irritability	Nervous, fearful, anxious, lack willpower
10) Physiological traits	Slow digestion, good stamina, sound sleep, crave bitter and pungent foods	Good digestion, strong appetite and metabolism, body temperatures run slightly higher than average	Crave sweet, sour and salty food. Disturbed sleep, cold hands and feet
11) Miscellaneous traits	Relaxed, loving, faithful, prone to depression	Focused, assertive, competitive, passionate	Lively, fun, full of joy and enthusiasm

Notice the signs and symptoms of imbalanced Doshas

Signs of Dosha Imbalance			
Dosha	Physical	Mental	Emotional
Vata	<ul style="list-style-type: none"> • Weight loss • Sharp pains and joint stiffness • Cold sensitivity • Rough, dry skin and lips • Sore throat • Heart palpitations (fluttering) • Fainting • Constipation and/or gas 	<ul style="list-style-type: none"> • Mental fatigue • Lack of concentration • Loss of short term memory • Indecisiveness • Insomnia 	<ul style="list-style-type: none"> • Anxiety and worry • Nervous tiredness • Impatience • Insecurity • Self-deprecation
Pitta	<ul style="list-style-type: none"> • Fever • Hypoglycemia (low blood sugar) • Heartburn or stomach ulcer • Diarrhea • Hypersensitive food allergies • Rashes • Bad breath • Acne 	<ul style="list-style-type: none"> • Argumentative • Increased mental frustration • Goal-oriented fixations • Confusion • Nightmares 	<ul style="list-style-type: none"> • Irritability • Anger and aggression • Impatience • Controlling • Reckless
Kapha	<ul style="list-style-type: none"> • Weight gain • Ear, nose, throat congestion • Nausea • Cold and clammy skin • Bloating • Poor circulation • Coughing 	<ul style="list-style-type: none"> • Trouble waking, sleeping all day • Decreased mental processing • Slow reactions • Procrastination • Drowsiness • Boredom 	<ul style="list-style-type: none"> • Apathetic • Depression • Sentimentality and clinginess • Greed and materialism • Possessiveness • Lethargy



The Next three pages are best practices for all Doshas

BEST EXERCISES FOR VATA DOSHA			
EXERCISE	QUALITIES	INTENSITY	DURATION
Walking	<ul style="list-style-type: none"> • Slow pace • In fresh air if possible • Avoid walks in extreme weather, especially windy • Dress warm in winter and fall and cover extremities • Best time is between 2-6pm • Take deep breaths • Avoid using phone or loud music 	Low to moderate	30 minutes
Weight Lifting	<ul style="list-style-type: none"> • Light weights only, especially in the beginning • Slow repetitions • Low repetitions • Avoid overstraining 	Low in the beginning, gradually building overtime	30-45 minutes with proper breaks in between
Yoga	<ul style="list-style-type: none"> • Slow pace • Gaze down and focused • Avoid power Yoga or hot Yoga • Favor Gentle Yoga, Yin Yoga and Restorative Yoga (or any "slow flow" class) • Simple balancing and static postures should be practiced 	Low to moderate	30-60 minutes
Hiking	<ul style="list-style-type: none"> • Flat, mild terrain • Avoid steep hikes, mountains and high elevation • Favor areas with lots of trees, waterfalls and foliage • Avoid extreme weather, especially windy • Keep hydrated 	Low to moderate	30-90 minutes
Biking	<ul style="list-style-type: none"> • Slow paced • Flat terrain best; avoid uphill • Avoid extreme weather, especially windy • Stay hydrated 	Low	30 minutes

BEST EXERCISES FOR PITTA DOSHA

EXERCISE	QUALITIES	INTENSITY	DURATION
Walking	<ul style="list-style-type: none"> • Medium pace • In fresh air if possible • Avoid direct sun, especially mid-day and in hot weather • Best times are dawn or dusk • Take deep breaths • Avoid using phone or loud music 	Medium	30+ minutes
Elliptical Machine	<ul style="list-style-type: none"> • Medium pace • Stay hydrated • Avoid exercising in hot rooms • Avoid overexertion • Wear cool clothing 	Medium	20-30 minutes
Swimming	<ul style="list-style-type: none"> • Avoid outdoor swimming in direct sunlight • Avoid heavily chlorinated pools 	Medium	30 minutes
Yoga	<ul style="list-style-type: none"> • Medium paced • Avoid power Yoga or hot Yoga • Avoid Yoga in the direct sun • Avoid headstand and sun salutations • Favor twists and forward folds 	Low to medium	30-60 minutes
Hiking	<ul style="list-style-type: none"> • Favor areas with lots of trees, waterfalls and foliage • Avoid hikes in the direct sun or extreme heat • Keep hydrated 	Low to medium	30-90 minutes
Weight Lifting	<ul style="list-style-type: none"> • Medium weights • Medium pace and reps • Avoid excessive heavy lifting • Avoid over straining the muscles • Take breaks in between reps • Stay hydrated 	Medium	30-60 minutes with breaks in between reps

BEST EXERCISES FOR KAPHA DOSHA

EXERCISE	QUALITIES	INTENSITY	DURATION
Walking	<ul style="list-style-type: none"> • Medium to fast pace • In fresh air if possible • Best time is after a meal to help increase digestion and metabolism • Take deep breaths • Avoid using phone 	Medium to high	30+ minutes
Elliptical Machine or any non-weight bearing cardio	<ul style="list-style-type: none"> • Medium to fast pace • High resistance if possible • Stay hydrated, but avoid drinking too much water 	Medium to high	30-60 minutes
Personal Trainer	<ul style="list-style-type: none"> • Useful for Kapha to keep one motivated and working at a higher intensity • Keeps one on tract and allows a variety of exercises to play around with • Allows one to build strength and stamina in an intelligent manner 	Medium to high	60 minutes
Yoga	<ul style="list-style-type: none"> • Medium to fast paced • Favor classes with more movement • Early morning classes are useful to help get the blood pumping in the mornings and reduce grogginess • Favor sun salutations, twists, core work and chest openers 	Medium to high	30-90 minutes
Exercise classes	<ul style="list-style-type: none"> • Aerobics, Zumba, Belly dancing, water exercises, sculpting classes, etc • Great to help motivate and set a faster pace to push one harder • Avoid excessive weight bearing • Stay hydrated, but avoid excessive water 	Medium to high	45-60 minutes

vata diet

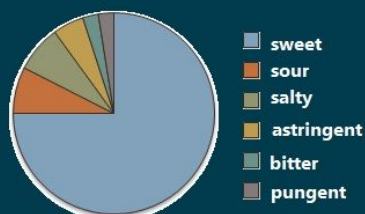
Foods for VATA are grounding, building, easy-to-digest, nourishing, moist and warming.

the vata plate



- carbohydrates whole grains i.e. cooked cereals, pasta, bread, chappatis, oats, wheat, rice
- protein split lentils, tofu, mung beans, lightly roasted nuts
- vegetables preferably lightly cooked,
- fruits fresh and sweeter preferable, steamed/baked fruits
- dairy in moderate quantities; butter, buttermilk, kefir, milk (preferably warm), sour cream, yogurt (fresh)

the vata taste palette



- Vata is balanced by sweet, sour and salty tastes; and is irritated by pungent, bitter and astringent tastes

General rule - Vata foods must not be light, dry, crunchy, cold, raw and anything hard-to-digest or gas-producing.

you can read more at blog.omved.com

pitta diet

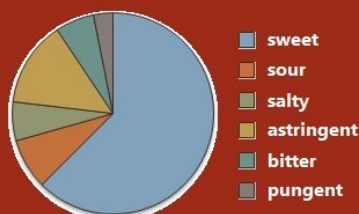
Foods for PITTA are grounding, sustaining, cooling, calming, heavy and dry.

the pitta plate



- carbohydrates whole grains i.e. whole-wheat breads and cooked grains, basmati, white basmati rice, oats, quinoa, pasta
- protein black lentils, chickpeas, mung beans, soy products
- vegetables most veggies, squashes, potatoes, peas
- fruits sweet & ripe, avoid sour fruits
- dairy in small quantities; unsalted butter, cottage cheese, cream cheese, ghee, milk

the pitta taste palette



- Pitta is balanced by sweet, bitter and astringent tastes; and is irritated by sour, salty and pungent tastes.

General rule - Pitta foods must not be salty, sour & pungent. Avoid hot spices, fried foods, sour drinks (alcohol, coffee, soda) & refined sugars.

kapha diet

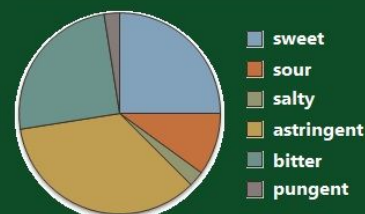
Foods for KAPHA are light, dry, well-spiced, warm, easy-to-digest, lively & energising.

the kapha plate



- carbohydrates whole grains i.e. crackers, dry cereals, cooked grains, toasts, amaranth, barley, basmati rice, buckwheat, corn
- protein all legumes & lentils, tofu, soymilk, split peas
- vegetables almost all; raw during summer & cooked rest of year
- fruits dried and astringent fruits are typically best
- dairy in minimal quantities; goat milk, skim milk, soy milk

the kapha taste palette



- Kapha is balanced by pungent, bitter and astringent tastes; and is irritated by sweet, sour and salty tastes.

General rule - Kapha foods must not be heavy, oily & cold. Reduce sweet, salty and sour foods. Avoid fried foods, deserts, sweets, icecream.

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CUMIN, CORIANDER & FENNEL TEA

Is considered Tri-Doshic, best for a 3 doshas

1/4 tsp CORIANDER SEED

1/4 tsp CUMIN

1/4 tsp FENNEL SEEDS

In Ayurveda teas are the traditional method of delivering the medicinal effects herbs and spices to your body's tissues. Ayurvedic teas generally consist of a single herb or blend of herbs steeped in hot water.

Boil 1 1/2 cups of water

Add the whole cumin, coriander, and fennel seeds.

Let steep for 5 minutes, or until it cools to a comfortable drinking temperature.

Strain and serve, discarding the spices.

Drink with every meal for at least two weeks.



Benefits of CCF Tea

BENEFITS OF CUMIN

- Stimulates Digestive Fire
- Relieves gas and bloating
- Decongestion
- Contains antioxidants and iron
- Pacifies Vata and Kapha Dosha

BENEFITS OF CORIANDER

- Stimulates Digestive Fire
- Relieves gas
- Supports intestinal health
- Aids indigestion
- Antispasmodic
- Anti Inflammatory
- Pacifies Pitta



Benefits of CCF Tea Cont.

Benefits of Fennel

- Strengthens digestive fire
- Antispasmodic
- Increases mental alertness
- Relaxes digestive tract
- Alleviates gas and indigestion
- Rich source of fiber
- Aids fat burning
- Diuretic
- Pacifies Pitta



Spice it up

VATA SPICE RECIPE

use daily with lunch and dinner: use 1/2 tsp of the mix per meal

- Cumin - 8tsp
- Fennel - 8tsp
- Tumeric - 2tsp
- *Ginger -1tsp
- *Cinnamon - 1/4tsp



PITTA SPICE RECIPE

use daily with lunch and dinner: use 1/2 to 1 tsp of the mix per meal

- Fennel -10 tsp
- Coriander - 4 tsp
- Tumeric - 2 tsp



Spice it up

KAPHA SPICE RECIPE

use daily with lunch and dinner: use 1/2 tsp of the mix per meal

- Cumin - 6 tsp
- Coriander - 6 tsp
- Turmeric - 3 tsp
- *Fenugreek - 2 tsp
- *Ginger - 1/4 tsp
- *Black Pepper - 1/4 tsp



***If you experience heartburn, hot flashes, inflammation of the GI tract, or other burning & heat sensitivity leave out these ingredients*

