

In Ayurveda, dosha means “that which is out of balance or seeking balance”. Ayurveda means “the science of life”, dating back to at least 5,000 years and cognized by the ancient rishis of India. The doshas are governed by the 5 elements of nature (panchmahabhuttas), space, air, fire, water, earth. Each element has certain qualities and characteristics. The elements outside are grouped as soma, agni and marut. The 5 elements inside us are grouped as the 3 doshas, vata, pitta and kapha. In general, to maintain and improve health is to keep the 5 elements/3 doshas in balance as much as possible.

DOSHAS - FUNCTION & QUALITIES

Each person has all three doshas with varying degrees of each.

VATA

Governing Elements: space and air

Function: the movement of pitta and kapha in the body

Qualities: movement, activity, quick, cold, light, subtle, dry, rough

- a slim, thin build, narrower hips
- dry, rough skin, prefer warmer weather, tendency towards cold hands and feet
- irregular digestion and appetite
- movements tend to be quick and abrupt, fast talker
- irregular sleep
- imbalances include restlessness, tire easily, lack of energy, joint pain, fear, anxiety

PITTA

Governing Elements: fire and water

Function: transformation and digestion, also transformation of thoughts and emotions

Qualities: heat, fiery, burning, sharp, intense, pungent, acidic

- moderate, medium build
- sensitive skin
- strong digestion
- sharp, laser focused, likes to make to-do lists
- prefer not to stay out in the sun too long
- imbalances include impatience, reactive, jealousy, acidity, impaired digestion

KAPHA

Governing Elements: water and earth

Function: to lubricate the body, joints, the stomach, brain and spinal cord.

Qualities: soft, unctuous, sweet, soothing, relaxed, calm, stable, nurturing. Kapha balances excess vata or pitta. Kapha calms the quick, overactive vata, and soothes the fiery, sharp qualities of pitta.

- bigger boned than vata
- fleshy skin, sturdy, strong build, thick hair
- has regular appetite
- friendly, warm-hearted, sweet, giving, nurturing
- imbalances include laziness, congestion, resistant to change, possessive

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