



## *Ayurveda Quick Tip Sheet*

*VATA DOSHA:*

**Air + Ether**

**Qualities:** light, dry, cold, rough, mobile

**Physical characteristics:** slender, narrow, small eyes, thin lips, oval face

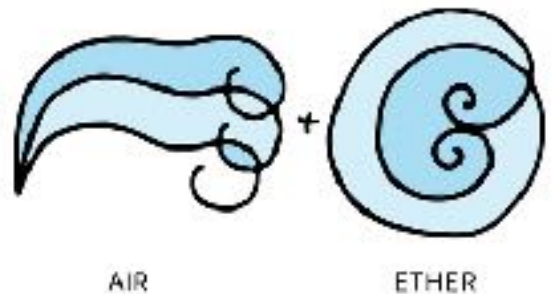
**Physical challenges:** dryness, constipation, sleeplessness, anxiety, fear, feels cold, nervous system challenges

**In balance:** energetic, intuitive, creative, enthusiastic, positive

**Out of balance:** fear, anxiety, overwhelm, worry, indecisive, hyper, forgetful

**Bring balance by:** routine, regular eating and sleeping times, comfort, warmth, nourishment, slowing down, grounding, stability, stillness, warm foods slightly spiced

**Best tastes to balance vata:** sweet, sour, salty



AIR

ETHER

## *PITTA DOSHA:*

### **Fire + Water**

**Qualities:** light, hot, mobile, moist, slightly oily, sharp

**Physical characteristics:** medium in build, muscular, defined facial features, rosy complexion, deep set eyes

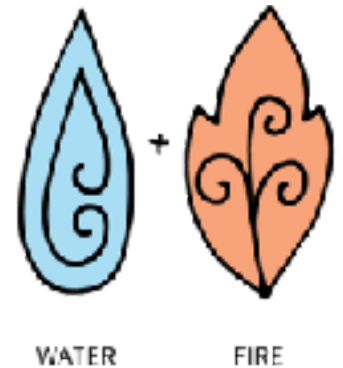
**Physical challenges:** inflammation, acne, acid re-flux, burning indigestion/ loose stool, fever, feeling overheated, any "-itis"

**In balance:** positive, charismatic, intelligent, courageous, perceptive

**Out of balance:** impatient, anger, jealousy, irritable, critical (self and others), manipulative, intense

**Bring balance by:** cooling down (mind & body), acceptance, play, letting go, slowing down, patience, "being" instead of always "doing"

**Best tastes to balance pitta:** bitter, sweet, astringent



## *KAPHA DOSHA*

### **Earth + Water**

**Qualities:** heavy, cool, dull, smooth, oily, moist

**Physical characteristics:** solid, large bones, large eyes and lips, soft skin, thick hair

**Physical challenges:** congestion, mucous, water retention, tend to overweight, lethargy

**In balance:** compassionate, reliable, calm, nurturing, consistent, devoted

**Out of balance:** attached, greedy, seeking comfort, apathetic, melancholy

**Bring balance by:** lighten up, dynamic movement, warmth, stimulation, smaller meals, wake early

**Best tastes to balance kapha:** bitter, pungent (spicy), astringent

