

AYURVEDIC DOSHA GUIDE CHEAT SHEET

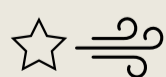
VATA

IF YOU ARE FEELING:

- Like you can't sit still
- Like you have a busy mind
- Like you're freezing cold for no reason
- Like you've got a bit of gas, constipation or bloating
- Not grounded or settled
- Anxious or nervous
- Like you can't stop talking, thinking or doing
- Like changing your mind every 5 minutes
- Like multitasking and doing everything at once

BALANCE VATA WITH:

- Grounding: putting your feet on the ground
- Abhyanga self massage
- Sipping warm water
- Keeping your ears warm especially in the winter or wind
- Internally oileate - include food fats in your diet like ghee
- Routine - eat, sleep, meditation and exercise at similar times of the day, especially lunch
- Warmth - everything warm - stay warm, eat warm foods, drink hot drinks, warm and nourishing social interactions and friendships
- Rest - early nights (before 9:30/10pm), meditate 2x/day, don't push yourself or you may easily burn out



PITTA

IF YOU ARE FEELING:

- Excessively thirsty
- A bit 'hangry'
- Excess heat in your skin or body
- Some inflammation in the body – eczema, acne, runny stools
- "Hot emotions" – anger, lust, aggression, irritable, frustrated
- A bit intense and 'A-Type'
- Like you've planned the next 6 months ahead
- Like you're glued to your laptop and are typing at lightning speed
- Like every second person is telling you to relax and take a break

BALANCE PITTA WITH:

- Leisure - put your feet up and relax, read a book, sit in the sun without technology, just relax and do leisurely things that you enjoy, rather than working or attending to projects all the time
- Drink some cooling lassi to reduce inflammation in the body
- MODERATION - don't push yourself. Take it easy. Don't over-eat, over-exercise, over-achieve, etc. Do everything in moderation, and remember, include leisure
- Avoid hot showers and try room temperature or cooling showers if that is comfortable
- Avoid heating foods like - chilli, coffee, cheese, alcohol, fermented foods, sesame and mustard
- Favour cooling foods - fresh coriander, bitter foods like leafy greens, turmeric, cooling lassi, ghee, natural sweet foods, pomegranate, most sweet fruits
- Do slow pranayama - see article Josh Blau wrote on yoga asanas for each dosha



KAPHA

IF YOU ARE FEELING:

- A bit down in the dumps. lazy, depressed, lack of zest for life
- Heavy in the mind and/or body
- Tired, like you just want to lay down and sleep
- Like eating chocolate or sweets in your warm bed is more important than work
- Like you can't be bothered doing anything
- Like you're people pleasing and being taken advantage of
- Just "meh" and whatever about things
- People think you are not motivated to work or take actions in life

BALANCE KAPHA WITH:

- Stimulation - exercise regularly everyday
- Stimulating foods like pungent spices (ginger, pepper, cumin)
- Watch the sunrise - if you can get up early in the morning and go outside and watch the sunrise or just go outside around sunrise time and move, that will really help burn the excess kapha (heaviness)
- Move your lymph - by moving your body through exercise, or performing (a more rigorous) self-abhyagna
- Get sunshine on as much of your bare body in a responsible way for your skin type. Especially on the upper chest and upper back
- Stay warm - warm foods, warm weather
- Steam inhalation - put a few drops of eucalyptus oil, peppermint oil + clove oil or other pungent herbs appropriate for steaming in hot water and inhale the steam

