

1 — 11

AYURVEDA DOSHA

CHEAT SHEET

This Dosha 'Cheat Sheet' is designed for you to recognise and tune into which signs your body is giving you day to day, moment to moment.

ONE ELEVEN

VATA



IF YOU'RE EXPERIENCING:

- Restlessness - Like you can't sit still
- A busy mind & racing thoughts
- Feeling cold or irritated by wind
- Shakes or tremors
- Constipation, bloating or gas
- Irregularity in any way
- Interrupted sleep
- Anxiety
- Feeling ungrounded, spaced out or 'away with the fairies'
- Excessive talkativeness/ a tendency to talk and talk
- Feeling scattered or distracted
- Travel fatigue or jet-lag (if you've been driving, flying etc.)
- Being in a very cold and/or dry climate

BALANCE VATA WITH:

- Establishing regularity in your day: consistent daily routine, regular meal times
- Grounding: putting your feet on the earth as much as possible
- Abhyanga self-massage
- Sipping warm water
- Keeping your ears warm especially in the winter or wind
- Internally oiling: include good fats in your diet like ghee
- Avoiding dry or raw foods (popcorn, crackers, raw vegetables, sushi)
- Avoiding caffeine and other stimulating substances
- Warmth: staying warm, eat warm foods, drink hot drinks
- Prioritizing nourishing social interactions and friendships
- Rest: going to bed early (before 9:30pm)
- Meditation twice per day
- Gentle exercise that promotes grounding e.g. yoga
- One Eleven Health Bliss

PITTA



IF YOU'RE EXPERIENCING:

- Excessive thirst or hunger
- Feeling 'hangry'
- Excess heat on your skin or in your body
- Excessive sweating
- "Hot" emotions: anger, lust, aggression, irritability, frustration
- Over-reactions
- Excess intensity or rigid attachment
- Over-doing things
- Working far too hard
- Sunburn
- Burning sensations anywhere in the body
- Inflammation anywhere in the body
- Eczema, acne, or skin redness and inflammation
- Waking up early in the morning with disturbed emotions
- Diarrhea
- Being in a hot climate

BALANCE PITTA WITH:

- Leisure: relaxing, putting your feet up and simply doing nothing
- Taking a break from work and doing things you enjoy
- Drinking cooling thin lassi
- Eat cooling (sweet, bitter or astringent) foods like coriander, leafy greens, sweet fruits
- Avoiding heating foods (chilli, coffee, cheese, alcohol, fermented foods, sesame & mustard)
- Adopting moderation in every sense (with food, exercise, work etc.)
- Avoiding hot showers, opting for medium/cold showers instead
- Doing slow pranayama and meditation
- Opting for gentle, calming exercises like swimming, yoga or walking
- One Eleven Health Bliss

KAPHA



IF YOU'RE EXPERIENCING:

- Feeling low/depressed
- Heaviness: heavy in the mind, or physically overweight.
- Lethargy and dullness
- Lack of motivation or inspiration
- Excessively slow movement/slowness in getting going
- Slow, difficult digestion
- Excess saliva and/or mucus
- Laziness
- Congestion in the sinuses/respiratory tract
- Proneness to coughs and colds.
- Excess sleeping
- Being in a cold, damp climate

BALANCE KAPHA WITH:

- Waking early with the sunrise
- Stimulation of the mind/body
- Movement/exercise
- Lymphatic drainage
- Self-abhyanga massage
- Sunbathing or getting sun on the skin (in moderation)
- Stay warm (warm foods, warm environment)
- Steam inhalation/sipping hot water
- Eat warm, stimulating foods and spices (cumin, black pepper, mustard)
- Avoid foods that are sweet, heavy, oily or processed