



*Understanding Your*  
**Ayurveda Dosha**

SHIFT YOUR DIET AND  
LIFESTYLE TO FIT YOUR  
DOSHA FOR IMPROVED  
HEALTH AND WELL-BEING.

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NUTRITION

# AYURVEDA BASICS

*What is it?*

Ayurveda is an ancient healing science that dates back over 5,000 years. Sanskrit for “the science of life,” it has its roots in India. Its focus? Prevention.

According to Ayurveda, health comes from a state of balance, which can be attained through your thinking, diet, lifestyle, and herbs.

Ayurveda says the pathway to creating this balance comes from understanding one’s constitution, or dosha. Much like everyone has a unique fingerprint, Ayurveda belief says we all have a unique pattern of energy.

According to Ayurveda theory, there are five elements of nature (space, air, fire, water, and earth), that combine to form three doshas: vata, pitta, and kapha.



## VATA

Space + air energy

Energy of movement



## PITTA

Fire + water energy

Energy of digestion & metabolism



## KAPHA

Earth + water energy

Energy of structure & lubrication

Everyone has qualities of all three doshas. But usually one is dominant, one is secondary, and one is least dominant. Your dominant dosha is known as your primary dosha.

According to Ayurveda, health and well-being come from vata, pita, and kapha energy being in balance. When vata, pitta, or kapha is deficient or in excess, it can lead to disease.

In this guide, we’ll explain characteristics of all three doshas, so you can identify your primary dosha. We’ll also cover dietary and lifestyle habits to help keep vata, pita, and kapha energy in harmony.

# VATA DOSHA

*Space + air*

The vata dosha is made up of space and air elements. Its nature is light, cold, and dry.

Vata is the energy of movement, which controls breathing, muscle movement, blinking, heartbeat, and the movement between cell membranes.

## Vata Body Type Characteristics

Vatas tend to be slim and energetic. They often have dry, cracked skin, especially in the winter. They may have brittle or rough nails and their veins may be visible through their skin. Vatas have a tendency towards cold hands and feet.

They may experience digestive issues, which can lead to toxins building up in their bodies. Sleep problems are also common with vatas.

### Vata Traits

People with a dominant vata dosha tend to have these qualities:

- Quick learners
- Creative
- Good at multi-tasking
- Flexible
- Kind-hearted
- Struggle with short-term memory

### Vata Imbalance

When vata energy is out of balance, it may cause:

- Anxiety
- Sleep issues
- Poor circulation
- Sensitivity to cold weather
- Appetite fluctuations

# VATA DOSHA

*Lifestyle & diet tips*

## Vata Lifestyle Tips

- **Stay well hydrated.** Vatas tend to get dry, so drink at least 64 ounces of water each day.
- **Get plenty of sleep.** Lack of sleep imbalances vata energy. Getting 7-8 hours of sleep each night should be a top priority.
- **Stick to a routine.** Routines help balance vata energy. Create a morning routine and bedtime ritual... and stick to them!
- **Get grounded.** Vatas often benefit from grounding practices like meditation, walks in nature, self massage, or gentle yoga.



## Vata Diet Tips

- **Don't skip meals.** Eat small meals at regular intervals (every 3 hours or so) to keep vata balanced.
- **Eat warm, well-cooked foods.** Cold and raw foods can impair digestion and aggravate vata energy.
- **Enjoy sweet fruits** like bananas, berries, mango, and grapes.
- **Drink warm and hot beverages.** Sip on warm water with lemon or a cup of herbal tea.
- **Add warm herbs** like ginger, pepper, and cardamom to foods.

# PITTA DOSHA

*Fire + water*

The pitta dosha is made up of the fire and water elements. Its nature is hot, penetrating, and sharp.

Pitta is the energy digestion and metabolism, which controls absorption and assimilation of nutrients, and energy production. It also helps regulate body temperature.

## Pitta Body Type Characteristics

Pittas tend to have an athletic build. They don't tolerate thirst or hunger well, and may get cranky if they don't eat often enough. They tend to be sensitive to warm weather and sweat more than others.

Pittas have strong leadership skills, are goal-oriented, and may come across as aggressive at times.

### Pitta Traits

People with a dominant pitta dosha tend to have these qualities:

- Intelligent
- Motivated & determined
- Good leaders
- Tenacious
- Strong metabolism
- Healthy circulation system
- Athletic

### Pitta Imbalance

When pitta energy is out of balance, it may cause:

- Lack of patience
- Frequent conflicts with others
- Hunger pangs that lead to mood swings
- Inflammation (skin breakouts)
- Early graying, baldness, or hair thinning

# PITTA DOSHA

## *Lifestyle & diet tips*

### Pitta Lifestyle Tips

- **Stay cool.** Avoid being outside in the heat of the day or exercising outdoors when it's hot.
- **Try meditation.** Pittas are more likely to get angry or irritated. Daily meditation can help pittas control their emotions.
- **Drink plenty of water.** Water calms the pitta dosha. Aim for 2 liters of room temperature water every day.
- **Stick to work and sleep schedules.** Pittas are prone to overworking and tend to go, go, go. Having consistent work and sleep schedules can help keep this in check.



### Pitta Diet Tips

- **Don't skip meals.** Pittas tend to get hangry easily. Stick to fixed meal times to avoid this.
- **Be choosy with animal protein.** Beef, seafood, and eggs aggravate pitta energy. Chicken & turkey are better suited for pittas.
- **Avoid hot, sour, & salty foods.** These can imbalance pitta's fiery energy.
- **Eat naturally sweet foods.** Sweet foods balance pitta. Avoid refined sugars and opt for sweet fruits like melons, grapes, cherries, pineapple, plums, and oranges.



# KAPHA DOSHA

*Earth + water*

The kapha dosha is made up of the earth and water elements. Its nature is stable, heavy, cold, and soft.

Kapha is the energy structure, which ensures stability in the body, lubricates joints, hydrates tissues, and moisturizes skin.

## Kapha Body Type Characteristics

Kaphas tend to have well developed bodies and are more likely to carry excess weight. They have a slow metabolism and gain weight easily.

They have a grounded energy and a laid-back disposition. They are caring by nature and are supportive of others.

### Kapha Traits

People with a dominant kapha dosha tend to have these qualities:

- Caring and supportive
- Calm and patient
- Happy
- Empathic
- Trusting of others
- Strong immunity
- Thick, long hair
- Smooth, radiant skin

### Kapha Imbalance

When kapha energy is out of balance, it may cause:

- Sluggishness
- Oversleeping
- Putting on weight easily
- Respiratory issues
- Depression
- Higher risk of heart disease

# KAPHA DOSHA

## *Lifestyle & diet tips*

### Kapha Lifestyle Tips

- **Get regular exercise.** Kaphas are prone to lethargy, so physical movement is crucial. Running, cycling, dancing, and hiking can help balance kapha energy.
- **Embrace spontaneity.** Kaphas are more likely to get stuck in ruts. Changing up routines, trying new things, and exploring new places can balance kapha energy.
- **Don't sleep in.** Kaphas have a tendency to oversleep, which can aggravate energetic imbalances. Avoiding daytime naps is crucial too.



### Kapha Diet Tips

- **Eat small portions.** To prevent weight gain, eat slowly and stop when you're 80% full. It takes the brain 20 minutes to register you're full.
- **Avoid heavy foods.** Fried foods, dairy, and other fatty foods aggravate kapha energy.
- **Eat foods with pungent, bitter, and astringent tastes** like leafy greens and radishes.
- **Limit grains.** Kaphas do better with less grains than vatas or pittas. Eat them in moderation.