



YOGA MEDICINE

EDUCATION. EXPERIENCE. RESULTS.

Ayurveda for the Doshas

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AYURVEDIC DEFINITION OF HEALTH

In Ayurveda, health is defined as a tranquil, content, and clear state of the body, senses, mind, and spirit, where one's doshas, all dhatus (bodily tissues), the agni (digestive fire), and the malas (waste) are all in appropriate balance

We are all unique and there is no one way for all. One needs to take one's own constitution, the season, and their environment into account and seek balance based on their own life's experiences. When one is situated in one's self, one can make the necessary adjustment to sustain balance and therefore health.

THE DOSHAS - FIVE ELEMENTAL SCIENCE

Dosha = That which goes out of balance

Vata

- Composed of earth and water, is heavy, cold, Composed of air and space, vata is dry, light, cold, rough, subtle/pervasive, mobile, and clear. As such, vata regulates the principle of movement. Any bodily motion—chewing, swallowing, nerve impulses, breathing, muscle movements, thinking, peristalsis, bowel movements, urination, menstruation—requires balanced vata. When vata is out of balance, any number of these movements may be deleteriously affected.
- Typical Vata is an Ectomorph body type, creative, goes with the flow, easily distracted, prone to anxiety, has a variable appetite, eats “like a bird”, and prone to constipation.
- Vata’s home is in the lower abdomen. Season is Fall to Early Winter. Time is 2-6am/pm.

Pitta

- Pitta is composed of fire and water. It is sharp, penetrating, hot, light, liquid, spreading, and oily. Pitta governs transformation. Just as fire transforms anything it touches, pitta is in play any time the body converts or processes something. Pitta oversees digestion, metabolism, temperature maintenance, sensory perception, and comprehension. Imbalanced pitta can lead to sharpness and inflammation in these areas in particular.
- Typical Pitta is a Mesomorph body type, sharp, tends to lead the charge, easily irritated, prone to anger, has a strong appetite, eats regularly/often, maintains weight, prone to judgement/impatience.
- Pitta’s home is in the upper abdomen. Season is Summer. Time is 10-2am/pm.

Kapha

- Kapha, composed of earth and water, is heavy, cold, dull, unctuous, smooth, dense, soft, static, liquid, cloudy, hard, and gross. As kapha governs stability and structure, it forms the substance of the human body, from the skeleton to various organs to the fatty molecules (lipids) that support the body. An excess of kapha leads to an overabundance of density, heaviness, and overall excess in the body.
- Typical Kapha is an endomorph body type, “down to earth”, everything sticks (good memory/firm beliefs), nurturing, easily gains weight, prone to obsession, has a good appetite but slow digestion, prone to inertia/depression.
- Kapha’s home is in the chest. Season is Late Winter to Spring. Time is 6-10am/pm.