

# – The Doshas in a Nutshell –

<b>VATA</b> 	<b>PITTA</b> 	<b>KAPHA</b> 
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## THE ELEMENTS THAT MAKE UP THIS DOSHA

air + ether	fire + water	earth + water
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## BECAUSE OF THOSE ELEMENTS, EACH DOSHA HAS SPECIFIC QUALITIES:

<i>cold, dry, light, mobile, variable</i> ... like the autumn wind that dries out and blows the leaves off the trees, wreaking a bit of havoc	<i>hot, oily, sharp, light</i> ... like a fire that deeply warms and ignites a passion for whatever it comes in contact with	<i>cool, wet, stable, heavy</i> ... like a pristine lake where the squishy bottom and sandy shore provide a place to drop in and feel
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## TOO MUCH OF A GOOD THING CAUSES THE DOSHAS TO BECOME UNBALANCED:

<i>excessive travel, lack of routine, fear, anxiety, too much change</i> ... too much movement, variety, cold, and/or dryness <b>increase</b> Vata, tipping the apple cart over	<i>heat, intensity, overwork, spicy foods, alcohol, coffee, competitiveness</i> ... too much heat, work, intensity, and/or focus <b>increase</b> Pitta, causing inflammation all around	<i>being stuck, lack of motivation, excess sleep, too little change</i> ... too much of the same old–same old <b>increases</b> Kapha, digging those ruts ever deeper
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## WHEN THERE IS TOO MUCH OF A DOSHA, IT LOOKS LIKE THIS:

<i>worry, anxiety, overwhelm, constipation, confusion</i> ... thinking too much, obsessing about stuff, “monkey mind,” being indecisive, having one or more days where you don’t go poop	<i>anger, critical, judgemental, diarrhea, indigestion, inflammation</i> ... irritated skin situations, difficulty digesting a meal, hangry, crabbiness, nothing is “good enough,” having too much poop	<i>nausea, depression, overweight, congestion, attachment</i> ... hay fever and springtime allergies, feeling blue, wanting (and having) *all* of the stuff, a roly-poly body, wanting a nap
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## TO RESTORE BALANCE TO A DOSHA, EMPHASIZE:

<i>regular routines, slowing down, moisture, heaviness, warmth</i> ... slow way down, stick to a routine, and eat a nice warm oily soup to stop the madness	<i>cool, avoiding stimulants, calm, play, non-spicy foods</i> ... sip peppermint tea, stroll in nature, and participate (without dominating) to cool things off	<i>lightness, dryness, warmth, movement, spontaneity</i> ... be wild and crazy, be bold, be spontaneous, shake things up—even if just for an afternoon
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## SO, WHAT IS THIS DOSHA GOOD FOR?

finding inspiration in the most unlikely places; inspiring others; channelling tremendous creativity; having <i>great</i> enthusiasm	getting stuff done; being efficient; creating order out of chaos; knowing where everything is; having <i>great</i> musculature	maintaining stability; being calm, cool, and collected; making sure everyone is all right; nurturing others; having <i>great</i> skin and hair
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