



WHAT ARE THE DOSHAS?



WWW.WILDISHWELLNESS.NET

AN INTRODUCTORY LOOK AT THE DOSHAS

- 02. Ayurveda
- 03. Dosha overview
- 04. Vata
- 05. Pitta
- 06. Kapha
- 07. Closing

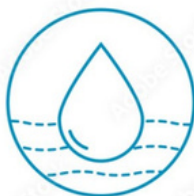
AYURVEDA

Ayurveda is an ancient holistic healing system that originated in India over 5,000 years ago. The word "Ayurveda" is derived from Sanskrit, where "Ayur" means life, and "Veda" means knowledge. This traditional system of medicine focuses on achieving balance and harmony in the body, mind, and spirit to promote overall well-being.

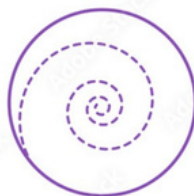
At the core of Ayurveda is the belief that each individual is unique, and the key to good health lies in understanding and maintaining one's unique balance of energies or doshas. These doshas, Vata, Pitta, and Kapha represent different combinations of the five elements (earth, water, fire, air, and ether) that make up the human body and everything in the universe.



Air



Water



Ether



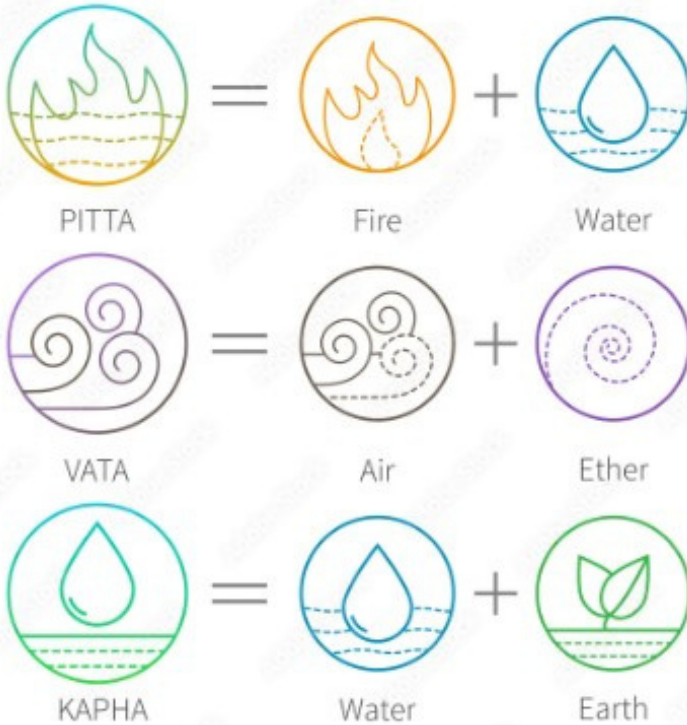
Fire



Earth



Ayurvedic practices encompass a wide range of natural remedies, including herbal medicine, dietary guidelines, meditation, yoga, and detoxification techniques. The goal is to prevent illness, promote longevity, and enhance the quality of life by aligning oneself with the natural rhythms of the body and the environment. While Ayurveda has ancient roots, its principles continue to influence contemporary holistic health practices, integrating traditional wisdom with modern approaches for a comprehensive and personalized approach to well-being.



The dosha's are responsible for maintaining balance in our body, mind and environment. When your mind & body (Doshic constitution) is balanced you are healthy, when the mind & body (Doshic constitution) is out of balance disease sets in. It is as simple as that!



VATA SNAPSHOT

Vata = Ether/Space and Air elements.
Think of the qualities you would experience in wind

Physical Characteristics:

Vata predominant individuals tend to have a smaller skeletal frame with narrow shoulders and hips as well as prominent joints with a tendency to “Crack”.

Vata individuals generally struggle to put on weight or build muscle mass and can usually eat without gaining much weight. Their facial features are chiseled and angular with eyes that are smaller in size with a tendency to have dark circles under the eyes. Skin tends to be thin and dry rather than oily. Hair is also likely quite dry and even frizzy or curly with a darker color. Vata people are quite frequently cold and prefer warmer temperatures.

Mental and Emotional Characteristics:

Vata minds are creative and full of ideas. They are interested in art, literature, spirituality, travel and anything to do with thinking out the box! Though they can also be emotionally or energetically sensitive. Vata people prefer adventure to routine, are quick in decision making and just as quick to change their minds.

Those high in Vata often over commit to things and easily suffer from anxiety , nervous system issues and panic attacks and are often fidgety.

Their friends would probably describe them as fun-loving, happy, enthusiastic and a bit impulsive.

Digestion (Vashama Agni= Irregular)

Vata dominant people often have irregular appetite and bowel movements.



PITTA SNAPSHOT

Pitta = Fire and water elements
Think of a volcano, heat and liquid qualities,

Physical Characteristics:

Pitta individuals have a medium-proportioned skeletal frame and build, they are natural athletes that maintain weight and put on muscle mass pretty fast. Their eyes are also medium in size and generally lighter in color, with a sensitivity to bright light. Skin is relatively fair, slightly oily, reddish in color and prone to break outs. Hair is fine with reddish hues and may have signs of early graying or balding. They are usually warm to the touch, and sweat easily and probably prefer to remain in cooler, drier climates.

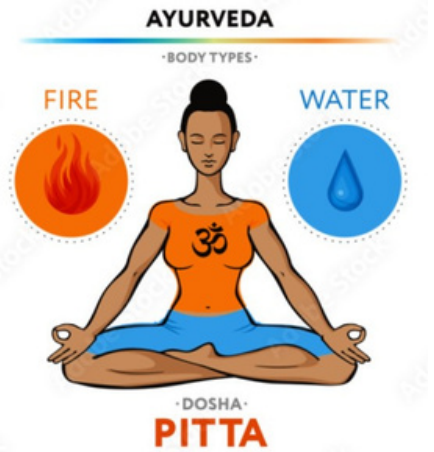
The balanced Pitta individual has a sharp intellect, and tremendous courage with a piercing gaze. Pitta imbalances commonly manifest in the body as infection, inflammation, rashes, ulcers, heartburn, and fever.

Mental and Emotional Characteristics

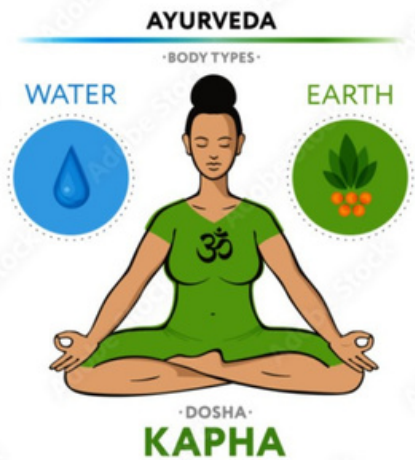
Pitta people are Naturally dominant making them great leaders, they are drawn towards military or police forces but also make great business people and professional athletes. You are generally intelligent with good concentration, memory and articulate speech. They love a challenge but can be impatient and tend to burn out. You are probably known for being ambitious, hard-working, disciplined, dependable, and wise with a competitive nature. Pitta people have a natural capacity for problem solving, systems, and leadership tasks giving them a bit of a temper and a tendency towards perfectionism.

Digestion(Tikshna Agni= Sharp)

Pitta individuals generally eliminate easily but are prone to loose stools.



KAPHA SNAPSHOT



Kapha= Earth and water elements
Think of wet earth or stone qualities,

Physical Characteristics:

Kapha's have a well-developed skeletal frame with sturdy bones and joints, broad shoulders and hips, and a larger overall build. Their musculature is naturally strong and well-developed, but requires an active lifestyle in order to be maintained. Their weight may be a continuous struggle. Facial features are broad and round with a clear complexion, and larger lush eyes. Their skin tends to be paler in tone, thick, oily, and very smooth. Hair is often thick and somewhat oily with some wave to it. A Kapha dominant persons body temperature tends to feel relatively neutral. Kapha individuals do well in a diverse range of climates but prefer dryness to humidity.

Mental and Emotional Characteristics:

Kapha types are compassionate nature and have a well-developed capacity to be fully present and are willing to take life at a slower pace than some, though if that impulse is taken too far, it can lead to laziness and lethargy. In fact, Kapha types often ignore their need to stay active in favor of satisfying their desire to relax. They likely tend to accumulate beautiful things and may have a difficult time letting go of their possessions, particularly if they have emotional significance.

Digestion(Manda agni= Dull)

Kapha individuals have a slow , sluggish digestion and metabolism . They feel full most of the time even when they haven't eaten much.





Each individual possesses a unique combination of the three doshas: Vata, Pitta, and Kapha. They define your constitution, known as your Prakriti, which is determined at birth. It's common to observe elements of each dosha within oneself. For instance, one might exhibit qualities of both Vata and Pitta or a blend of Pitta and Kapha. Recognizing these nuances is integral to understanding one's holistic health. Consulting with a qualified Ayurvedic practitioner becomes invaluable in this process, as they can assess your unique constitution, identify imbalances (Vikriti), and recommend personalized lifestyle adjustments. This individualized approach allows for a more accurate and effective application of Ayurvedic principles, fostering harmony and well-being in accordance with your specific constitution. I offer in depth wellness consultations that take a deep dive into your unique wellness needs. More information can be found on my website under the consultations tab.

LETS GET IN TOUCH

www.wildishwellness.net

werwildish@gmail.com

[@wildish.wellness](https://www.instagram.com/wildish.wellness)