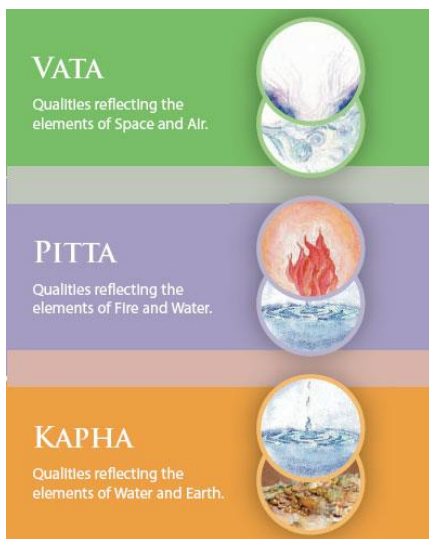


Although doshas are not directly involved with the teachings of Meditation (I have studied this separately), I have here given an outline of understanding of doshas as I feel that Ayurveda is very much present in the awareness of our Mind, Body & Spirit and therefore has an effect in our understanding of ourselves.

The doshas are biological energies found throughout the human body and mind. They govern all physical and mental processes and provide every living being with an individual blueprint for health and fulfilment.

The dosha derive from the Five Elements and their related properties. Vata is a composed of space and Air, Pitta of Fire and Water, and Kapha of Earth and Water.



A person with a predominantly Vata constitution will have physical and mental qualities that reflect the elemental qualities of Space and Air. That is why Vata types are commonly quick thinking, thin, and fast moving. A Pitta type, on the other hand, will have qualities reflective of Fire and Water, such as a fiery personality and oily skin. A Kapha type will typically have a solid bodily frame and calm temperament, reflecting the underlying elements of Earth and Water. While one dosha predominates in most individuals, a second dosha typically has a strong influence.

VATA	KAPHA	PITTA
LATE FALL/EARLY WINTER COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH <ul style="list-style-type: none"> Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips. Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis). Extreme sensitivity to cold, wind, and dry weather. Cold extremities, such as hands, feet, and nose. Erratic appetites and irregular digestion. May suffer from arthritis, fibromyalgia, anxiety, migraines Irregular menstrual cycles with premenstrual physical and emotional symptoms. Light, restless sleep. Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic. 	LATE WINTER/EARLY SPRING COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE <ul style="list-style-type: none"> Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips. Soft, thick, oily hair that is wavy and plentiful. Intolerant of cold, damp environments. Cool extremities that may be clammy (cool sweaty palms/feet). Steady appetite with slow but regular bowel movements and minimal urination. Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems. Regular menstrual cycles with little premenstrual symptoms Heavy sleepers with tendency to over sleep Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change 	SUMMER HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH <ul style="list-style-type: none"> Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color. Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early. Burn easily in sun. Sensitive to heat and humidity. Extremities are warm with good circulation. Robust, healthy appetites. Become irritable if they skip a meal. Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn. Regular menstrual cycles with heavy bleeding and PMS. Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends. Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.