The Kapha-Pitta Prakriti
Double Dosha
We hope you have taken some time, to familiarise yourself with our newsletters on Prakriti & the three Doshas & understand the concept of possessing a dual Prakriti.

Your profile report reveals that your inherent nature is driven by two doshas, Kapha & Pitta, with the former being more prominent than the latter. These Doshas are different, so that Kapha has a cold quality while Pitta is considered to be hot. Its written the other way round- Pitta manifests itself in the form of good metabolism, dynamism and intensity while Kapha gives you integrity and bulk. Simultaneously, both these Doshas share a common property of being oily, which may represent itself in you, on your skin.

**Anatomy & Physiology**

- You tend to be really large and bulky with sizeable muscular mass bestowed upon you by Kapha. Your joints are probably flexible (Pitta property) and strong (Kapha property).
- Your skin is moist, oily, smooth and clear from Kapha properties & glows with a radiance from Pitta. However, it is also prone to getting pimples, boils, discolouration, freckles and sunburn easily, because of the heat from Pitta, more so in the hot season. You may sweat profusely, with or without a strong odour in comparison to many people around you, which is a feature of Pitta. Both the Doshas share the common property of oiliness, so you can have a really oily skin.
- You are likely to have a thick mane of hair with a tendency for an oily scalp but you may show some typical characteristics of Pitta like early greying, hair fall and /or a receding hair line
- You have good features overall with a pleasing personality. The Kapha may make your features appear rounded and you might have a little fat or plump appearance.
- While Kapha is a cold dosha, since it also provides thickness to your skin by adding fat under it, you are generally insulated from chills. However, excessive exposure to the cold, can aggravate the Kapha in your body and give you phlegmatic disorders like sinus, colds and coughs. Otherwise, the temperature of your body (especially the hands and feet) generally remains warm, for most part of the year, due to Pitta.
- You may suffer from high grade fever & respiratory tract problems. Overall, you are strong and do not fall ill easily.
• You have a sluggish appetite because of your primary Dosha Kapha & you may get indigestion, with too many sweets and dairy products. Adding spices to your food, ignites the digestive fire, which is easily stimulated by the presence of your secondary Dosha Pitta.

• High cholesterol and diabetic tendencies, are other concerns you need to be vigilant about.

**Behavioural Patterns & Trends**

• You are a Kapha person, with features like stability, balance and slowness. These are coupled with your secondary Dosha, Pitta which exhibits itself in sharpness, intelligence, passion, assertiveness and courage to form your personality. You may demonstrate any of these features, based on the dominant presence of either of the constituent Doshas, at a particular time.

• You exhibit the sustainability, balance, persistence and endurance of Kapha and temper it with acuteness & passion, fuelled by the intensity of Pitta, in your actions. This is coupled with a fairly strong body makes you a capable & result oriented leader.

• These properties, of the two constituent doshas, can also make you perform very well in competitive sports, especially which require strength over mobility, like weightlifting or wrestling.

• You tend to be assertive, intellectually sharp, determined, persistent and calm if both of the constituent Doshas are not aggravated. Alternately, you may show inertia or escapism (Kapha features) or be impatient, dictatorial, sarcastic, angry (Pitta features) and if either or both of them are aggravated.

• You have a sound, & heavy sleep, because of Kapha, but maybe lethargic, if Kapha is aggravated. Excess, of it can be countered by increasing the Pitta (secondary Dosha) through exercise.

• Normally, about six hours of sleep is sufficient for you to get going. If you feel like sleeping more than that you need to address the aggravated Kapha.

• You have a pretty sharp memory and a good retention power with this dual Prakriti.

• Your primary Dosha Kapha also make you a loving, joyful and amicable person. While Pitta, makes you passionate and possessive about the people you love and feel good about. So, you form strong & lasting relationships.
Ayurvedic Remedies to counteract Imbalance in Kapha-Pitta

In a dual Prakriti, care needs to be taken to address both the constituent Doshas while designing your diet, lifestyle and actions in general. However, it is likely that, the primary dominant Dosha will dictate the measures taken to live as per your dual Prakriti. So the Kapha dominant in your Prakriti is followed by the Pitta and they manifest as different features, with varying properties.

Your diet, actions and life style can influence these properties and any one of these which increases the particular properties of either Dosha will increase the strength of the respective Dosha and can aggravate it. Conversely, a decrease in a dietary habit or action, can pacify the presence of a Dosha.

Often, if certain measures are taken to control one property of a constituent Dosha then the opposing property of the second constituent Dosha increases. This needs to be managed carefully & is a challenging reality while dealing with your dual Prakriti.

**AVOID actions that aggravate either Dosha like:**

- Extreme weather conditions of hot & cold
- Remaining awake till late at night
- Routine desk jobs which don’t stimulate you physically or mentally
- Going thirsty for long periods
- Lack of physical exercise or sport
Take measures to Pacify & Harmonise The Kapha-Pitta like:

**Lifestyle Habits**

- Exercise moderation while heating in cold and cooling/using air conditioning in hot weather.
- Kapha (the primary Dosha) and Pitta, give you tremendous strength and mental agility to take up mentally and physically challenging jobs. Jobs that involve leadership, analysis, persistence and perseverance will be most suitable to your Prakriti.
- Your skin care regime, should include measures to cleanse the blood and improve digestion. Kapha (primary Dosha) has a tendency to dampen the digestive fire and create ‘Ama’ the toxic metabolite resulting from deranged fire that may affect your skin. Similarly, Pitta has an affinity towards blood tissue and can easily vitiate it and cause skin diseases. Use of bitter tastes in food, and bitter herbs purifies the blood and improve digestion and reduces the production of ‘Ama’. Use of medicated scrubs is also helpful.
- With the dominance of Kapha, as your primary Dosha, you have ample stamina to remain awake till late at night. It is however, recommended that you sleep by 10 p.m., since the Pitta time starts around then and the whole digestive system is at work. Therefore, advisable to sleep early.
- Yoga and breathing exercises are therapeutic for your mind and body.

**Exercise routine**

- For you the best exercises are those that are moderate to intense. Skipping, jogging, gymnastics, power yoga are some good examples.
• Competitive sports will capture your interest as a result of the Pitta Dosha in your Prakriti & you might enjoy playing sports where you have developed skill in technique and possess stamina that will lead you to victory. Basket ball, volley ball, football, hockey, swimming, image skating, racquet sports & athletics etc are some of the sports that you might enjoy.

• You need to however keep yourself well hydrated and avoid playing when the weather is hot and/or humid. Your primary Dosha Kapha will give you the necessary stamina to play these sports and will also remain in balance with a regular exercise routine.

Dietary Guidance

• You should take care to eat, moderate quantities of food, since the Kapha in your prakriti changes all the extra calories (consumed by you), that are not burnt, into fat and the Pitta in your Prakriti demands a big appetite. So you have to watch your portions.

• Since Pitta is hot by nature, it maybe useful for you to consume cold food or food at room temperature in the form of salads or cold soups in your diet, prior to the main course. This will hopefully reduce your calorie intake and will also pacify the Pitta and Kapha by supplying cool and astringent qualities.

• You should sit peacefully and eat in a calm place. Chew the food properly and eat slowly. Eating while walking, working and talking is likely to cause acidity and indigestion, which you are prone to.

• Liquids should be taken an hour prior to or an hour after the meals, so as not to dilute the digestive juices. Few sips in between, however, maybe allowed.

• Use spices like fennel, coriander, mint, cumin & fenugreek seeds. These need to be used in small quantities as some of them have hot properties. They are also bitter, so when used in the right proportions, they will not aggravate Pitta and will also pacify Kapha.

• Oils like coconut oil, ghee & rice bran oil are good for you as do not aggravate Kapha, and pacify Pitta when used in small quantities. Intake needs to be restricted to three to four teaspoons per day.
• White meats and low fat dairy are recommended.
• The use of bitter and astringent tastes has a pacifying effect on your constituent Doshas, Kapha and Pitta. So bitters like bitter gourd, mint & fenugreek leaves and astringents like salad leaves & spinach, are vital to a healthy diet.
• Herbs for you : Fennel seeds, Neem, Trifla & Coriander seeds, are a few of the herbs useful for your Prakriti.

Become aware of your nature & its demands and use these simple but transforming techniques to lead a satisfying life abundant in health, joy & emotional & mental well being.

We wish you luck, as you work your way through a holistic life, with a better understanding of your nature, through Ayurveda.

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