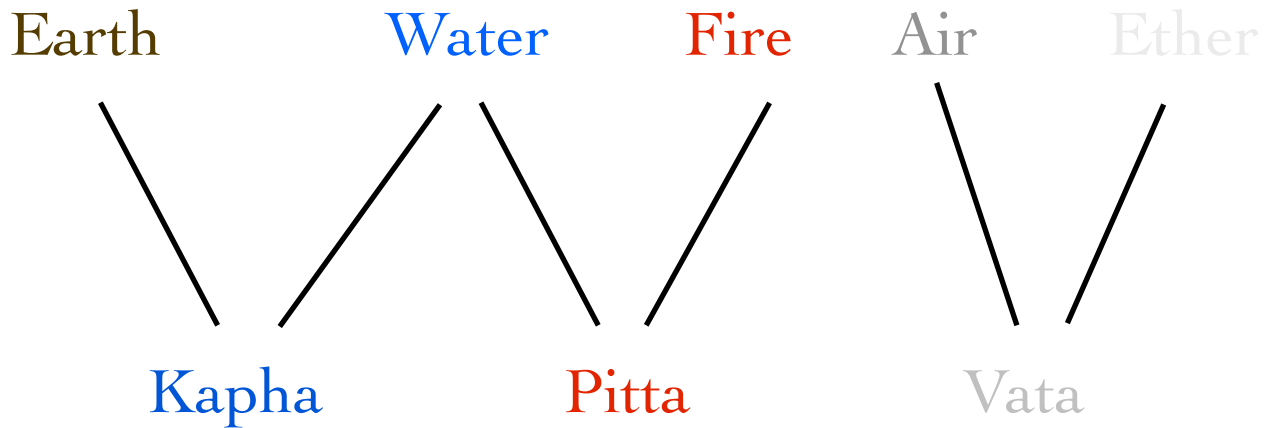


# The Three Doshas of Ayurveda



Temperature	Cold	Hot	Cold
Weight	Heavy	Light	Light
Moisture	Wet	Wet (oily)	Dry
Frame	Large	Moderate	Thin
Movement	Slow	Sharp	Mobile/subtle
Other Qualities	Smooth, dense, soft, static, viscous, cloudy, sweet, salty	Liquid, spreading, red, yellow, sour, bitter, pungent	Rough, subtle, clear, astringent
To Balance	Exercise, avoid heavy foods (dairy, red meat), keep active, change routine, avoid cold, fatty, oily foods.	Avoid excess heat, oil, steam, limit salt intake, eat cooling non-spicy foods, drink cool drinks (not iced!!).	Keep warm and calm, avoid cold raw foods, avoid cold temperatures, eat warm foods and spices, keep a regular routine

The word *dosha* means “that which is quick to imbalance,” holding within its very definition it’s tendency towards disease. All of life is in constant flux and the doshas are a great model to understand how the dynamics within nature move- within our own being, and externally, and most importantly, how the two weave together to co-create life.

It is our natural tendency to be attracted to those things which drive our doshas out of balance. So kapha’s will want to sit on the couch, watch T.V., sleep all day, and eat ice cream- whereas a pitta will want to eat spicy foods all the time, exercise like crazy, and play sports. The vata’s may be interested more in their spirituality than their practicality and won’t do their dishes, balance their checkbook, or hold a routine.

In this way, in order to live and practice Ayurveda, we must move into places of discomfort. In order to maintain the dynamic equilibrium of our constitution, we must do those things that we maybe are not fully drawn to, but when engaged in those activities they bring us to a great state of health and balance.