

WHAT ARE THE ELEMENTS, TASTES, AND ENERGIES OF MY BODY TYPE?

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|---|---|---|
| VATA Air and Space; bitter (cold) | VATA-KAPHA Air and Earth; astringent (cold) | KAPHA-VATA Earth and Air; astringent (cold) |
| PITTA Fire and Water; salty (hot) | PITTA-VATA Fire and Air; pungent (hot) | VATA-PITTA Air and Fire; pungent (hot) |
| KAPHA Water and Earth; sweet (cold) | PITTA-KAPHA Fire and Earth; sour (hot) | KAPHA-PITTA Earth and Fire; sour (hot) |

WHAT NURTURES MY BODY TYPE?

VATA: Nurtured by fire, water, and earth

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|---------------------|-------|-------|
| moist (lubricating) | hot | salty |
| heavy (solid) | sweet | sour |
| smooth (consistent) | | |

PITTA: Nurtured by water, air, space, and earth

| | | |
|-------------|---------|------------|
| cool | calming | bitter |
| substantial | sweet | astringent |
| aromatic | | |

KAPHA: Nurtured by fire, air, and space

| | | |
|--------------------|----------------------|------------|
| dry | uncloying (moderate) | bitter |
| warm (stimulating) | pungent | astringent |
| light | | |

