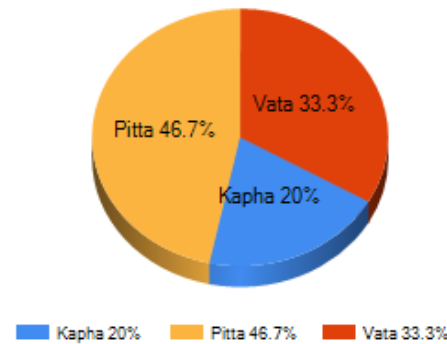


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your mind-body type is **Pitta-Vata**



## AN INTRODUCTION TO THREE DOSHAS:

Ayurveda defines health as a dynamic state of balance between mind (or consciousness) and body (or physical matter). All of us are made up of a unique mind-body type that differentiates us from people around us. In Ayurveda, our mind-body type is explained by the influence of three doshas- Vata, Pitta and Kapha. Each dosha has a defined set of physical and emotional characteristics, and personality traits. In order to achieve a healthy state of balance, it is important to identify your mind-body type based on your dosha, as it will help you create a lifestyle that supports your unique personality.

## KNOW YOUR KAPHA-PITTA-VATA (KPV) INDEX:

Each of us possess all three *doshas*, but in varying proportions. This KPV index quiz will help you evaluate your unique mind-body type by giving you a breakdown of your *doshas*. You will learn that one *dosha* will usually be predominant, making its effect the strongest on your overall mind-body constitution. You will also find out about your secondary and least dominant *dosha*, giving you a general understanding of how the three *doshas* play a significant role in influencing your personality.

The quiz includes questions about your physical constitution, mental traits, general habits and behavior to help determine your personality. While answering them, make sure you choose the one that applies the most to you.

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## ABOUT YOUR KPV INDEX

### ABOUT

You have both *Pitta* and *Vata* that are predominant in your personality making your mind-body type a blend of both *doshas*.

Learn more about the qualities of each of your *doshas* to recognize your physical tendencies and mental behavior to everyday situations. This way you would be better able to prepare your mind and body when an imbalance occurs and can take the necessary action to restore it.

### CHARACTERISTIC

#### PITTA CHARACTERISTICS

- **Personality** : Determined, intelligent, perceptive, judgmental, self-righteous, aggressive, impulsive, good leaders, argumentative, good orator, lack compassion
- **Body** : Average height & build with well-developed muscles
- **Skin** : Oily and acne-prone
- **Eyes** : Sensitive, get red easily
- **Hair** : Thin, early greying and balding
- **Stomach** : Good appetite and can eat without putting on weight easily.
- **Disease** : Prone to hyperacidity, heartburn, ulcers, fever, high BP, infections and blood conditions
- **Sleep** : Average, but sometimes can get disturbed due to emotional reasons. Colourful and dramatic dreams.
- **Strength** : Competitive, like sports and have average stamina
- **Suitable professions** : Scientist, engineer, psychologist, military, police officer, lawyer, politician

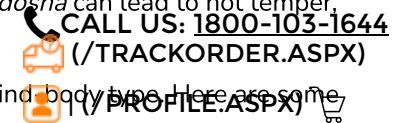
#### VATA CHARACTERISTICS

- **Personality** : Quick and agile mind, talkative, well-informed, intellectual, restless, indecisive, unsteady, lack determination and confidence, get worried and anxious easily, absent-minded, tendency to over-exert themselves, social, rebellious
- **Body** : Too tall or too short with a narrow built and thin body
- **Skin** : Dry, rough, dusky and wrinkled
- **Eyes** : Small and dry
- **Hair** : Dry, prone to dandruff and split-ends
- **Stomach** : Sometimes high, sometimes low appetite.
- **Disease** : Prone to indigestion, pain diseases like headaches and arthritis.
- **Sleep** : Light sleepers, may have sleeping problems. Restless dreams and nightmares.
- **Strength** : Very active and energetic, enjoy a lot of aerobic activities like running, swimming, etc, but have poor stamina
- **Suitable professions** : Teacher, computer programmer, mass media, musician, artist



When your *dosha* is balanced, you tend to be energetic, adaptable and cheerful. But an excess or imbalance of your *dosha* can lead to hot temper, impatience, rashes, infections, ulcers, dry skin, gas problems and constipation.

To restore balance and strengthen your health, it is important to consume diet and adapt a lifestyle that suits your mind, body type. Here are some simple Ayurveda diet and healthy lifestyle tips to help you achieve that.



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## DIET OR AAHAR TIPS:

- Consume more cooked and heavier foods
- Increase your intake of herbs to help you with digestion. These include cardamom, cinnamon, fennel, mint and coriander
- Reduce hot foods (onions, garlic, chillies, capsicum, etc), difficult to digest foods (potatoes, tomatoes, brinjal, etc) and foods that are fermented, fried and salty
- Eat smaller meals every 3-4 hours
- Avoid having milk with foods that have yeast (bread, pizza, vinegar, curd, etc)
- Fruits: Suitable fruits for your *dosha* are soaked dry fruits, coconut, grapes, kiwi, mango, orange, pineapple, plum, watermelon and avocado. Don't combine fruits with other foods
- Vegetables: Suitable vegetables for your *dosha* are corn, cucumber, green beans, ladyfinger and sweet potato. Avoid broccoli, cauliflower, brussels sprouts, beet and carrot and they may cause digestion issues
- Grains: Have cooked whole grains, white basmati rice, wheat, oats, amaranth and barley
- Beans: *Mung dal* is suitable. Other beans may cause constipation
- Nuts and seeds: Have raw or lightly roasted nuts in small amounts. Overnight soaked-almonds, sesame seeds, coconut seeds and sunflower seeds are good
- Oil: Sesame oil, sunflower oil, *ghee*, and butter are suitable
- Drinks: Your *dosha* requires lots of fluids. Some good options are boiled milk, fruit juices, vegetable juices and teas (milk, chamomile, elder flower, fennel, jasmine, lavender, lemongrass, raspberry, rose and saffron)

## LIFESTYLE OR VIHAR TIPS:

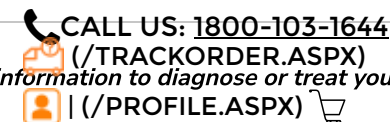
- Regularly massage feet, head, back and lower abdomen with sesame oil. *Brahmi* oil for hair is excellent. *Mahanarayana* oil is good for pain and arthritis.
- Aromatherapy (inhaling oil with steam) of essential oils including sandalwood, rose, geranium and lily is beneficial in relaxing the mind
- Regularly practice *yoga*. Sitting positions, prone positions and shoulder stands are good.
- *Pranayama* or deep breathing is very helpful as it relaxes both mind and body
- Indulge in moderate exercises such as walking, swimming and jogging



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- Meditate often, as it will help you against worry, fear, negativity, anxiety, impatience, anger and lack of faith.



**Disclaimer: The information on this page is not intended to be a substitute for professional medical advice. Do not use this information to diagnose or treat your problem without consulting the doctor. Consult your physician before beginning an exercise regime.**

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