


# The 13 Ayurvedic Body Types



# Five Daily Tips for Each Constitution

# Presented by Dr. Helen Thomas, D.C. — Healing Airwaves

## Disclaimer

This eBook is for educational and inspirational purposes only. It is not intended as medical advice. Please consult with a qualified Ayurvedic practitioner or healthcare provider for personalized recommendations.

# VATA

1. Align daily rhythm with sunrise for balance in Vata.
2. Favor foods that pacify excess Vata qualities.
3. Practice pranayama or gentle breathwork to calm Vata.
4. Engage in self-massage (abhyanga) with oils suited for Vata.
5. Incorporate meditation or mantra chanting to harmonize Vata.

# PITTA

1. Align daily rhythm with sunrise for balance in Pitta.
2. Favor foods that pacify excess Pitta qualities.
3. Practice pranayama or gentle breathwork to calm Pitta.
4. Engage in self-massage (abhyanga) with oils suited for Pitta.
5. Incorporate meditation or mantra chanting to harmonize Pitta.

# KAPHA

1. Align daily rhythm with sunrise for balance in Kapha.

2. Favor foods that pacify excess Kapha qualities.

3. Practice pranayama or gentle breathwork to calm Kapha.

4. Engage in self-massage (abhyanga) with oils suited for Kapha.

5. Incorporate meditation or mantra chanting to harmonize Kapha.

## Vata-Pitta

1. Align daily rhythm with sunrise for balance in Vata-Pitta.
2. Favor foods that pacify excess Vata-Pitta qualities.

1. Steamed Basmati Rice with Ghee and Cilantro

Cooked Root Vegetables with Spices

**Examples:** Carrots, beets, and sweet potatoes sautéed with cumin, coriander, and fennel.

**Why it works:** Root vegetables stabilize Vata's lightness, and fennel/coriander help calm Pitta's heat.



### 🌿 3. Warm Almond Milk with Cardamom and Dates

**Why it works:** Almonds (soaked and peeled) nourish both doshas; dates provide grounding sweetness for Vata, and cardamom cools and regulates digestion for Pitta.

## 2. skinnyredhairpeople

**General principle for Vata–Pitta:** Favor **warm, mildly spiced, and grounding foods** with a natural sweetness and cooling energy. Avoid extremes—too cold/rough (Vata-aggravating) or too hot/spicy (Pitta-aggravating).

**Why it works:** Basmati rice is grounding and easy to digest (good for Vata), while ghee cools and soothes internal heat (good for Pitta). Cilantro adds a refreshing cooling touch.

3. Practice pranayama or gentle breathwork to calm Vata-Pitta.

4. Engage in self-massage (abhyanga) with oils suited for Vata-Pitta.

5. Incorporate meditation or mantra chanting to harmonize Vata-Pitta.



## Pitta-Vata:

1. Align daily rhythm with sunrise for balance in Pitta-Vata.
2. Favor foods that pacify excess Pitta-Vata qualities.
3. Practice pranayama or gentle breathwork to calm Pitta-Vata.
4. Engage in self-massage (abhyanga) with oils suited for Pitta-Vata.
5. Incorporate meditation or mantra chanting to harmonize

## Vata-Kapha

1. Align daily rhythm with sunrise for balance in Vata-Kapha.
2. Favor foods that pacify excess Vata-Kapha qualities.
3. Practice pranayama or gentle breathwork to calm Vata-Kapha.
4. Engage in self-massage (abhyanga) with oils suited for Vata-Kapha.
5. Incorporate meditation or mantra chanting to harmonize Vata-Kapha

## Kapha-Vata

1. Align daily rhythm with sunrise for balance in Kapha-Vata.
2. Favor foods that pacify excess Kapha-Vata qualities.
3. Practice pranayama or gentle breathwork to calm Kapha-Vata.
4. Engage in self-massage (abhyanga) with oils suited for Kapha-Vata.
5. Incorporate meditation or mantra chanting to harmonize Kapha-Vata.

## Pitta-Kapha

1. Align daily rhythm with sunrise for balance in Pitta-Kapha.
2. Favor foods that pacify excess Pitta-Kapha qualities.
3. Practice pranayama or gentle breathwork to calm Pitta-Kapha.
4. Engage in self-massage (abhyanga) with oils suited for Pitta-Kapha.
5. Incorporate meditation or mantra chanting to harmonize Pitta-Kapha.

## Kapha-Pitta

1. Align daily rhythm with sunrise for balance in Kapha-Pitta.
2. Favor foods that pacify excess Kapha-Pitta qualities.
3. Practice pranayama or gentle breathwork to calm Kapha-Pitta.
4. Engage in self-massage (abhyanga) with oils suited for Kapha-Pitta.
5. Incorporate meditation or mantra chanting to harmonize Kapha-Pitta.



## Vata-Pitta-Kapha

1. Align daily rhythm with sunrise for balance in Vata-Pitta-Kapha.
2. Favor foods that pacify excess Vata-Pitta-Kapha qualities.
3. Practice pranayama or gentle breathwork to calm Vata-Pitta-Kapha.
4. Engage in self-massage (abhyanga) with oils suited for Vata-Pitta-Kapha.
5. Incorporate meditation or mantra chanting to harmonize Vata-Pitta-Kapha.

## VPK (secondary Vata)

1. Align daily rhythm with sunrise for balance in VPK (secondary Vata).

2. Favor foods that pacify excess VPK (secondary Vata) qualities.

3. Practice pranayama or gentle breathwork to calm VPK (secondary Vata).

4. Engage in self-massage (abhyanga) with oils suited for VPK (secondary Vata).

5. Incorporate meditation or mantra chanting to harmonize VPK (secondary Vata).



## VPK (secondary Pitta)

1. Align daily rhythm with sunrise for balance in VPK (secondary Pitta).

2. Favor foods that pacify excess VPK (secondary Pitta) qualities.

3. Practice pranayama or gentle breathwork to calm VPK (secondary Pitta).

4. Engage in self-massage (abhyanga) with oils suited for VPK (secondary Pitta).

5. Incorporate meditation or mantra chanting to harmonize VPK (secondary Pitta).

## VPK (secondary Kapha)

1. Align daily rhythm with sunrise for balance in VPK (secondary Kapha).

2. Favor foods that pacify excess VPK (secondary Kapha) qualities.

3. Practice pranayama or gentle breathwork to calm VPK (secondary Kapha).

4. Engage in self-massage (abhyanga) with oils suited for VPK (secondary Kapha).

5. Incorporate meditation or mantra chanting to harmonize VPK (secondary Kapha).

# ✨ Continue Your Healing Journey ✨

If these tips inspire you, consider booking a consultation to explore your unique constitution more deeply. Together we can create a daily routine, diet, and lifestyle plan tailored for your mind-body type



Schedule your consultation  
today with

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