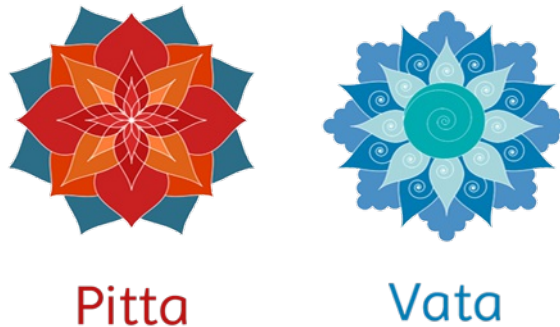


## Dosha Test

### Results

#### Pitta Vata Dosha



Pitta

Vata

##### This is the Pitta in you...

The elements water and fire rule this Dosha which is the essential force for all digestive and metabolic activities

You have a strong appetite as well very good digestive strength. You sometimes gain weight but can lose it easily. The fire in you is expressed by reddish hair and skin tone, freckles or moles and you are warm to touch. For this reason, you don't prefer bright sunlight and heat. You have combination skin, dry to oily. There is a tendency for premature graying or hair loss.

Your mind is alert and power of comprehension is very good. This makes you really suited for tasks that required detailed planning and organization. You tend to be organized, even if that task is undertaken periodically. You have a small circle of friends and many consider you a loyal friend. The Pitta in you makes you ambitious, you work hard for your goals and like to reward yourself when you are successful.

##### Daily lifestyle suggestions:

Resist the temptation to be overly organized, spontaneity should have part in your daily living. Delegate when possible as your take charge attitude can make you taken on too much and cause stress. Drink fluids regularly throughout the day and make sure meals have protein to provide energy. Enjoy but regulate the amount salty, oily or spicy foods you consume, caffeine and alcohol. Eat fruits whenever you can. Here are some recipes for you. Take [Chyawanprash](#) daily, all year except for the extremely warm months.

##### When out of balance, what happens:

You get agitated easily and can lose your temper. Pitta people tend to have conditions involving fire principle: metabolic disruptions, allergies, inflammatory conditions, skin rashes, heart burn.

##### When out of balance, what you should do:

Take [Gymnema](#) for metabolic imbalance relating to sugar cravings. The liver has many roles, one of which is fat metabolism, so periodically try a liver cleanse with [Phyllanthus](#) and simultaneously use [Picrorrhiza](#) to strengthen the liver. Reduce the amount of dark meats (beef, dark chicken), tomato and sauces/salsas, hot peppers, sour foods. Prefer fruits such as pears, apples, raisins and eat white meat (chicken, duck). Dairy foods are very helpful. Try team or group sports: basketball, volleyball and reduce competitive individual sports such as running or tennis. Water skiing, kayaking are beneficial. When you get a massage, prefer moderate pressure and gentle tapping is best. Use our Cooling Massage Oil.

##### This is the Vata in you....

The elements air and space rule this Dosha which is the essential force behind all things moving.

You walk fast and talk fast. You have lots of energy but not as much stamina and tire easily. The appetite can be variable and while you can eat substantial meals, your digestion is not always up to the task. Despite being active, your circulation is variable and can often make you feel cold, particularly the hands, nose and feet. Sitting still makes you restless.

You have a quick mind and remember things easily; but forget quickly too. Vata people are creative and enjoy the arts. A side effect of this can be the loss of focus because a creative mind goes hither/thither. You are friendly and have a large circle of friends because your flexible and "go with flow" nature. You are good at earning a living but not as good at saving money.