

Doshas

My Dosha is:

First Time



Second Time



Write about what you've discovered about yourself. Please answer these specific questions:

Does this information help you understand others better? Give an example.

Yes, because sometimes we think that all people are the same and with this information we will be more empathetic, for example, the Kava person is easily forgotten and we can repeat it if necessary without criticism.

Are you a combination of Doshas? Does this seem right to you, does it make sense?

Yes, I believe that humans have the combination in different percentages of doshas because we need balance and all Doshas have specific characteristics that are unique and make us unique.

Did you find any useful tips on creating balance for your mind/body type? Please explain.

If there were some tips, for example, to stay healthy, a good idea is to swim or some exercise that involves contact with the cold, it can even be a walk now that it is winter and it can be gratifying to enjoy the snow, with the necessary care . Also in food you can set schedules and eat less spicy.