

# The 3 Doshas: Vata, Pitta, Kapha

- Ayurveda states that each of us is born with a unique combination of elemental energies, called *doshas*. Our dosha is derived from a combination of the five great elements: ether, air, fire, water and earth. The doshic combination we are born with (our *prakriti*) stays with us throughout our lifetime, while our current state of being (*vikriti*) may be swayed away from our original nature by outside factors.
- All of us embody all three doshas, while maintaining a dominant (or dual-dominant) dosha. Keeping our original doshic nature in balance allows us to experience life in a harmonious state. The three doshas are Vata, Pitta and Kapha.



## Vata



## Vata (ether & air)

The three dominant qualities of Vata are light, cold and dry. Vata dominant individuals have thin frames and small or narrow features. They are creative, spontaneous and enjoy change and movement. Vata individuals have little or a light appetite.

When Vata is out of balance it may produce anxiety, fear, insomnia, and irregular digestion.

Vata is balanced using warm, wet and heavy elements.