



Pitta

Pitta

(fire & water)

The three dominant qualities of Pitta are light, hot and oily. Pitta dominant individuals have a medium build, proportionate facial features and sparkling or intense eyes. They are orderly, intense and focused. Pitta individuals have a sharp appetite and can be irritable when hungry.

When Pitta is out of balance it can lead to anger, resentment, inflammation and ulcers.

Pitta is balanced through cooling, relaxing and nurturing methods.

Kapha



Kapha (water & earth)

The three dominant qualities of Kapha are heavy, cold and oily. Kapha dominant individuals have a large build with full, soft features. They are relaxed, patient and conservative. Kapha individuals have stable and regular digestion, but can be prone to emotional or "boredom" eating.

When Kapha is out of balance it can cause attachment, lethargy, depression and congestion.

Kapha is balanced by energizing, mobilizing and stimulating means.