

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.



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.