

AYURVEDA: THE THREE DOSHAS

DOSHA BOWL

MIND-BODY TYPES: A DOSHA GUIDE

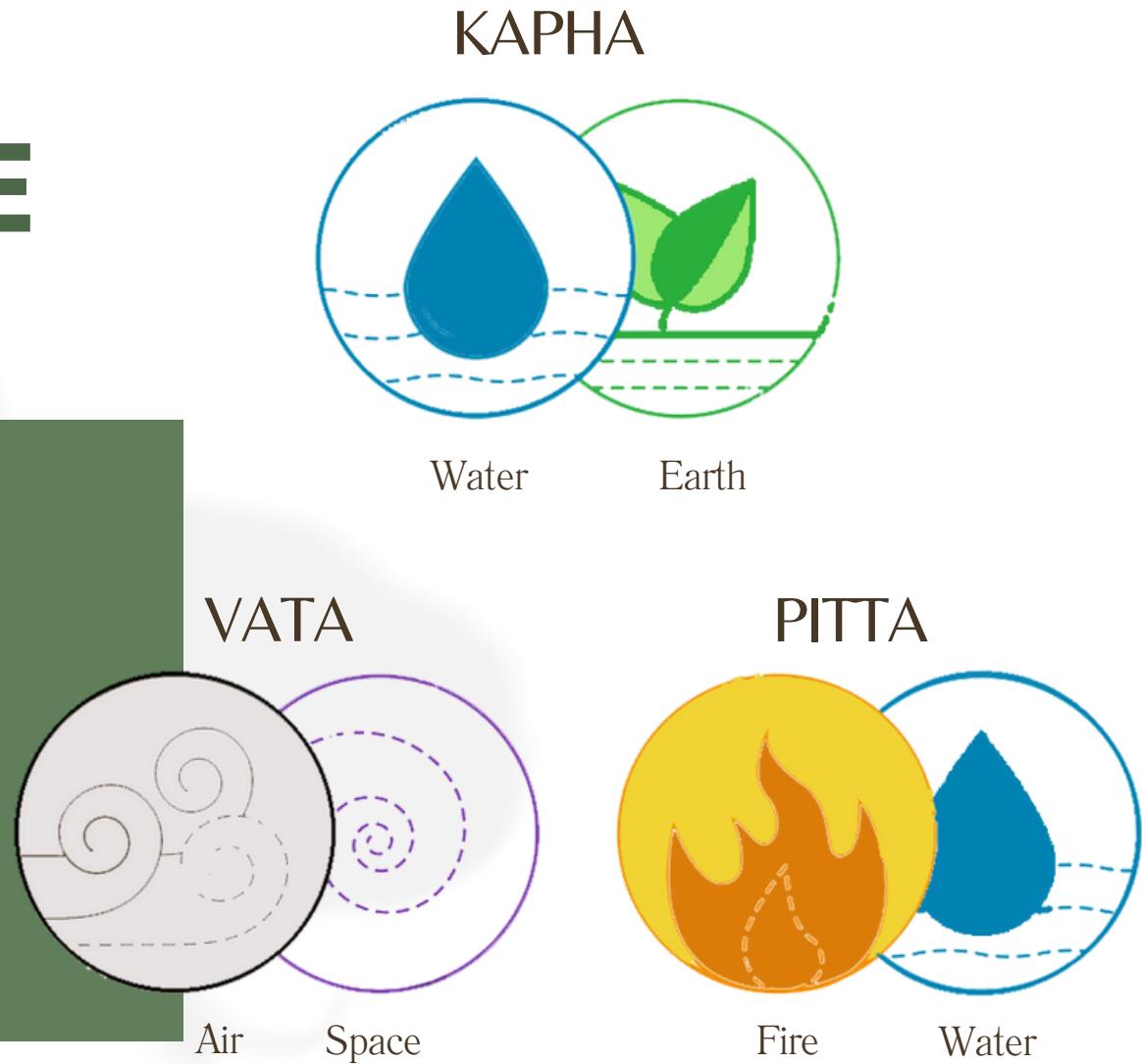
BASIS	VATA (air and space)	PITTA (fire and water)	KAPHA (earth and water)
Built	Thin and light frame	Medium-sized built	Large and strong frame
Appetite	Variable	Strong	Constant
Metabolism	Erratic	Fiery	Slow
Skin	Dry	Oily	Well moisturized, smooth
Hair	Dry or frizzy	Thin or fine	Thick or coarse
Speech	Fast	Easily Audible	Slow
Memory	Learns and forgets quickly	Good memory	Learns slowly but does not forget
Weight	Difficult to gain	Medium weight	Easy to gain weight, hard to lose
Sleep	Interrupted	Sound	Heavy
Endurance	Easily exhausted	Moderate	High
Temperament	Nervous	Motivated	Satisfied
Mood	Changes quickly	Well-organized	Relaxed
Weather preferred	Warm	Cold	Warm, don't like cold, wet weather
Body Temperature	Cold body & hands	Warm hands & feet	Normal

UNDERSTANDING YOUR DOSHA AND THE AYURVEDIC DIET

The first step in understanding an Ayurvedic diet is identifying your Dosha- one of the three primary elements and energies within the body:

- Vata (related to air)
- Pitta (related to fire)
- Kapha (a blend of water and earth)

DOSHA BOWL



Rooted in Sanskrit, the term "*Dosha*" originates from "*dosa*," which translates to "*fault*" - signifying elements capable of disrupting the body's balance.

In the realm of Ayurveda, Doshas play a fundamental role.



DOSHA BOWL

According to Ayurvedic principles, every individual is born with a distinctive blend / unique combination of these doshas, with one typically dominating. These doshas are believed to flow within the body, exerting influence over various facets of our physical, mental, and emotional attributes.

Think of them as a personalized blueprint that shapes your unique personality, tendencies, and physical traits.

Delving into the intricacies of your dosha composition offers valuable insights into preserving harmony, fostering holistic well-being, and cultivating a balanced mindset.

THE THREE DOSHAS AND THEIR CHARACTERISTICS



VATA

Vata is the energy of air that controls autonomic bodily functions associated with movement like heartbeat, breathing, sensory perception, communication and our capacity to feel joy and expansive consciousness.

Balanced Vata: leads to creativity and vitality.

Vata characteristics: include dry skin, sensitivity to cold weather, joint pain.



PITTA

Pitta is the energy that controls metabolic functions like digestion, absorption, and body temperature.

Balanced Pitta: supports ambition, contentment, assimilation and intelligence.

Pitta characteristics: include oily skin, hot body temperature, inflammation.



KAPHA

Energy that controls structure and cohesiveness, grounding and stability.

Balanced Kapha: leads to love and forgiveness.

Kapha characteristics: include smooth, radiant skin, stamina, and thick hair.

The Ayurvedic Diet is not about depriving yourself of food or avoiding certain foods. It's about eating foods that are in alignment with your dominant dosha, which is your unique mind-body type. By eating foods that support your dosha, you can promote optimal physical and mental health.

GENERAL AYURVEDIC DIET TIPS

It is important to be aware that imbalances can occur in any of the doshas, not just your dominant one. If you are experiencing symptoms of an imbalance, you may need to adjust your diet to support the balance of that specific dosha.



HERE ARE SOME TIPS:

- Eat fresh, organic foods as much as possible.
- Eat warm, freshly cooked foods. Do not microwave foods.
- Avoid processed foods including canned, frozen, and genetically engineered foods.
- Avoid refined flour and sugars.
- Avoid artificial flavors, preservatives, and colorings.
- Cook foods gradually, over low heat.
- Eat until you are full and do not skip meals.
- Eat around the same time each day.
- Chew your food slowly and thoroughly.
- Breakfast and dinner should be light meals, and lunch should be the largest meal of the day and consist of plenty of protein.
- Avoid drinking cold beverages with your meal, and sip warm or room-temperature drinks such as herbal tea or water.

DOSHA BOWL

VATA

Vata is called the "King of Doshas", and translates to "vayu" which is associated with the movement and flow in the body.



VATA



PHYSICAL AND EMOTIONAL CHARACTERISTICS OF VATA DOMINANT PEOPLE:

- Lightweight and thin
- Energetic but sometimes feel tired unexpectedly
- Have cold feet, hands and dry, flaky skin
- Shows early signs of aging
- Experience anxiety, weight loss, frustration, aches, and pain
- Creative and love to thrive on new experiences and adventures

vata

FAVORABLE FOODS	FOOD TO AVOID	HOW TO STAY BALANCED
<p>Vata is a cold dosha that can be balanced by having warm and nourishing foods. Adding butter and fats to food items helps in stabilizing Vata.</p> <ul style="list-style-type: none">• Foods having sweet, salty, and sour flavors are relaxing and gratifying.• Vatas respond well to warm soups, foods, and beverages.• Cinnamon, cardamom, ginger, cloves, and cumin are some of the best spices.	<p>Cold foods like raw vegetables, greens, iced beverages, too much caffeine, and unripe fruits should be avoided.</p>	<ul style="list-style-type: none">• Maintain a proper diet• Exercise daily and regularly• Avoid cold and windy weather• Get regular massages• Avoid crowded and loud places• Get enough sleep

PITTA

Pitta is a dosha, or energetic principle, in Ayurveda that is characterized by the qualities of heat, energy, and transformation.



PITTA

It is associated with the fire element and is responsible for many bodily functions, including regulating metabolic processes, digestion, maintaining hormonal balance, and body temperature regulation. Pitta's influence extends to our mental and emotional well-being, influencing our drive, ambition, and intelligence.

Additionally, it plays a role in our ability to perceive and respond to our environment.

Individuals with a predominant Pitta dosha are often known for their sharp intellect, quick thinking, and strong ambition.



DOSHA BOWL

PHYSICAL AND EMOTIONAL CHARACTERISTICS OF PITTA DOMINANT PEOPLE:

- Pittas have a warm body temperature and an excellent digestive system.
- They are medium built and have a muscular structure.
- They have oily reddish skin with light-sensitive intense eyes. It is easier for them to gain and lose weight.
- They also have a good complexion with strong eyesight.
- Pittas are good decision-makers and have high concentrating and learning ability.
- They are goal-oriented, passionate, and competitive.
- Pittas are often outspoken, direct, and quick-witted.
- They love adventure and obstacles. When they are out of balance, there can be sudden emotional outbursts, anger, and arguments.

pitta

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FAVORABLE FOODS

- Cold and warm foods are better for Pittas.
- Food items that taste astringent, bitter, and sweet are ideal.
- Cold food like ice cream, milk, and salads are refreshing while soothing herbal tea is favorable.
- Pittas should opt for vegetarian meals as red meats tend to increase body heat due to high-fat content.
- Vegetables, food grains, and milk should be consumed in large quantities.

FOOD TO AVOID

- Sour food items like pickles, cheese, and sour cream aren't ideal for Pittas. Butter and fats should be added to food items.
- Foods that are alcoholic or fermented should also be avoided.
- Nuts, egg yolks, spices, fried food, and beverages should also be consumed in less to no quantities.

HOW TO STAY BALANCED

- Maintain a proper diet
- Exercise when the weather is cool
- Avoid excessive dry and humid weather
- Stay hydrated
- Be patient and considerate
- Avoid conflicts
- Maintain moderation in every aspect



KAPHA

Kapha consists of water and earth elements, and translates to "the one that binds things". It is known as the "stabilizer" dosha and is responsible for providing the body with stability, support, lubrication, and protection.

KAPHA

Kapha also plays a role in maintaining emotional stability, physical, and mental endurance, and the ability to feel deeply. Its dense and stable quality protects our organs and maintains body heat.



DOSHA BOWL

PHYSICAL AND EMOTIONAL CHARACTERISTICS OF KAPHA DOMINANT PEOPLE:

- Broad and curvy frame with strong bones and muscles
- Cool and smooth skin with thick and wavy hair
- Large and bright eyes with fuller lips
- Gain weight easily but find it difficult to lose weight
- Slow digestion
- Loving and calm nature
- Appreciate life and prefer a regular routine in their personal and professional lives, and want to do things in a meticulous, step-by-step manner
- Powerful, patient, helpful, and show an excessive amount of attachment
- During an imbalance, they become stubborn, complacent, and unmotivated

FAVORABLE FOODS	FOOD TO AVOID	HOW TO STAY BALANCED
<ul style="list-style-type: none"> Prefer dry cooking methods like boiling or grilling to moist cooking methods like steaming or poaching Consuming spices like sesame seed, turmeric, cumin, and fenugreek seeds are helpful for increasing the appetite. Warm lightly cooked or raw food 	<ul style="list-style-type: none"> Kaphas should avoid overindulging in sweet and fatty foods, as well as excessive salt consumption, which can lead to fluid retention. As Kaphas tend to overeat, they should have their main meal (dry and light) in the middle of the day. Sugar, fats, dairy products, and chilled products should be avoided. Ghee and oils should be used in moderation. 	<ul style="list-style-type: none"> Maintain a proper diet Wake before dawn, and avoid sleeping during the day Exercise regularly Always keep dry and warm Engage in activities that excite and stimulate the mind and body Allow for a sense of adventure, excitement, challenge, and variety in your life

Can Someone be Bi-Doshic or Tri-Doshic?

Bi-doshic means that you have strong qualities in common with two of the three doshas: Vata, Pitta, and Kapha. People with bi-doshic qualities may be said to be "split" in some ways, as they may exhibit the characteristics of both doshas. For example, a person with vata-kapha qualities may be creative and energetic (vata qualities) but also stable and grounded (kapha qualities).

Tri-doshic means that you have an equal influence of all three doshas. People with tri-doshic qualities are often seen as being well-balanced and adaptable, but they can also be susceptible to imbalances if they are not careful.

The best way to manage bi-doshic and tri-doshic qualities is to follow practices that will counterbalance all three doshas. This can be done through diet, lifestyle, and yoga. For example, a bi-doshic person with vata-kapha qualities might eat grounding and nourishing foods like sweet potatoes and brown rice, and practice yoga poses that calm the mind and nervous system, such as seated forward bends and twists.



The season is also a factor to consider when managing bi-doshic and tri-doshic qualities.

For example, in the autumn, when Vata is dominant, it is better to follow a "Vata" balancing regime, such as eating warm, cooked foods and avoiding cold, dry environments. During the summer season, you would follow a "Pitta" balancing regime, and during the winter season, it is better to follow a "Kapha" balancing regime.

By understanding your dosha type and following practices that promote balance, you can improve your overall health and well-being.



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