

## **Kapha Vata Prakruti**

Your constitution is predominantly Kapha and Vata.

### **What it means:**

Your dominant dosha is Kapha, your secondary dosha is Vata and the weakest dosha is Pitta. Ayurved defines health as balance of doshas. So, logically, in your case, Kapha needs to be reduced; Vata needs to be kept in check and Pitta needs to be increased. This will establish the balance and keep you healthy.

Imbalance in Kapha-Vata can lead to problems of obstruction, such as asthma and edema.

### **How it happens:**

Both Kapha and Vata have cold properties. You should pay careful attention to diet and atmosphere that is cold in nature. You'll need to steel yourself and say no to cold drinks and ice-creams. You are at your most vulnerable when working in an air-conditioned atmosphere or when in water.

### **What you need to do:**

Ensure that you have warm things and that you stay in a warm atmosphere as far as you can help. Warm conditions are ideal for you.

## **GBB Recommendations**

### **Balancing the doshas:**

So, how do we balance the three doshas Vata, Pitta and Kapha?

Even in today's mechanized, gadget driven, fast-paced life, what's expected of you is simple and very very doable (with a little extra effort from you).

1. Take a diet that is moderately spiced and warm in nature.
2. Use dry ginger and black pepper for digestion.
3. Breakfast may be skipped, if desired.
4. Eat freshly cooked food.

### **Diet:**

Your diet has been customized not only to your Prakruti, but also in sync with all your other information. Please check the Diet section in the CD.

### **Exercise and Yogasan:**

- Sitting and stretching postures are good. You could do Parvatasana, Pavanamuktasana, Vajrasana
- Pranayam
- Meditation every day (No compromise on this, please)
- Moderate to heavy exercises

### **Allied Therapy:**

Regular oil massage, Aroma therapy, Vaman, Basti, and Shirodhara.

### **Colours:**

Use yellow, gold, orange and shades of red. Give preference to lighter and pastel shades.

### **Notes of caution:**

- Chest, head, bony joints.
- Avoid –
  - \* Frequent eating
  - \* Cold water and food directly from the refrigerator
  - \* Working in an air-conditioned or cold atmosphere

### **Medicinal intake:**

Aloe vera gel, guggul, brahmi, garlic, ginger, and honey are recommended for you.

***Please wait for detailed instructions on all the above, which will be customized for you after we receive the answers to the other questionnaires.***