

## **Vata Pitta Prakruti**

Your constitution is predominantly Vata and Pitta.

### **What it means:**

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

Excess of air creates coldness, lightness and dryness in the body impacts the colon, skin and bones. Constipation could be a major nuisance.

What it also means is that when this excess is balanced, you are energetic, adaptable and cheerful.

### **How it happens:**

Excess of fire causes heat in the form of rashes, infections, ulcers etc. The fire, the heat, causes hot temper and infuses a tendency to be impatient.

However, when balanced, the same fire becomes your friend, philosopher and guide, helping you to become stronger, goal-oriented, express leadership qualities and show warmth

## **GBB Recommendations**

### **Balancing the doshas:**

So, how do we balance the three doshas Vata, Pitta and Kapha? Just bring in these small practical tips into your eating habits:

1. Consume more cooked food and heavier food; this will increase Kapha and reduce Vata.
2. Eat small meals at regular intervals, not more than 3 to 4 hours apart, to keep Pitta in check.
3. Make sure that what you eat is fresh, with a little bit of oil, ghee; this will help increase Kapha and reduce Vata.

4. Take a nutritious diet, with a predominantly sweet taste to increase Kapha and reduce Vata.
5. Eat herbs to help digestion; it will reduce Vata.

### **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:**

For some effort from you –

- Yoga is definitely recommended. Your body constitution calls for some calming and ground postures in sitting or lying position. You can do Swastikasana, Ardha Padmasana, Padmasana, Vajrasana and Pavamuktasana.
- Top it with moderate walking and swimming.
- Practise Meditation regularly.

### **Allied Therapy:**

Oil massage or Aroma therapy and Basti are strongly recommended.

### **Colours:**

White, green pink or blue could be your choice of colours. White, lighter and pastel shades are recommended. Choice of colours does have a telling effect on you, your actions and your body.

### **Notes of caution:**

- The following organs are sensitive – Colon, bones and skin.
- Avoid –
  - \* Excessive exercise
  - \* Keeping late hours
  - \* Excessive mental stress
  - \* Hot and fermented food

**Medicinal intake:**

You can take Shatavari and ghee.

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