

## **Kapha Pitta Prakruti**

Your constitution is predominantly Kapha and Pitta.

### **What it means:**

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

### **How it happens:**

Both Kapha and Pitta have oily properties. An imbalance in Kapha and Pitta can lead to problems caused by blockage. Excess oil or fat can obstruct micro and macro channels and cause diseases like asthma and eczema.

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

Stay in a dry atmosphere as far as possible. Pay special attention to your diet. Dry food is fine. Stay far away from food containing more fat.

## **GBB Recommendations**

### **Balancing the doshas:**

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

1. Take a balanced diet with bitter and astringent tastes.
2. You can take oily and spicy food, but there should be an adequate intake of raw food (salad).
3. Food should be nutritious, dry and at room temperature.
4. Take water at room temperature.

### **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:**

- Dhanurasana, Sinhasana, Matsyendrasana, Mayurasana are recommended for you.
- Moderate to strong exercise is advised.
- Pranayam and meditation – the great Indian blessings – are definitely advised for you.

### **Allied Therapy:**

Top up your self-care with oil massage, Aroma therapy, Vaman and Basti.

### **Colours:**

Go for green, sky blue, white – it will help to reduce Pitta.

### **Notes of caution:**

- Chest, head and bony joints are your problem areas.
- Avoid –
  - \* Jam, vegetable oils, bakery products, tinned food
  - \* Sleeping during the daytime
  - \* Working in an air-conditioned atmosphere
  - \* Cold food, cold drinks

### **Medicinal intake:**

You can have honey, shatavari, guggul, aloe vera, garlic, and ginger.

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