

Pitta Kapha Prakruti

Your constitution is predominantly Pitta and Kapha.

What it means to you:

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

An excess of fire (Pitta) and water (Kapha) elements creates coldness, heat, heaviness and dampness in the body, specifically in the chest, lung, sinus, stomach and small intestine. When the excess is balanced, you are adaptable, cheerful, goal-oriented and a leader.

How it happens:

An excess of fire causes heat related issues like hot temper, overly critical and impatient attitude, skin rashes, allergies, eye problems, ulcer and diarrhoea. An excess of water element creates bronchitis, excess weight, and mental lethargy.

What you need to do:

Choose Pitta controlling diet from late spring through fall and Kapha controlling diet from late fall through early spring. Stay off sour food beverages and aerated soft drinks. Reach for food with bitter taste and an astringent effect.

GBB Recommendations

Balancing the doshas:

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

1. You can take spicy and oily food. Along with it, ensure that there is an adequate intake of raw food (salad).
2. Take food that is nutritious, dry and at room temperature.
3. Drink water that is 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:

- You can do moderate to strong exercise.
- Dhanurasana, Sinhasana, Matsyendrasana, and Mayurasana should have you ship-shape.
- Meditation and Pranayam are definitely recommended.

Allied Therapy:

Top off your efforts with oil massage, Aroma therapy, Vaman, and regular Virechan.

Colours:

Green, sky blue, white, lighter and pastel shades are colours that will soothe you and in the process bring down Pitta, keep Kapha in check and up your Vata.

Notes of caution:

- Your problem areas are the stomach, brain, eyes, and skin. You have a special predilection for deficient digestion.
- Say a strict “No, no” to the following –
 - * Sour and oily food.
 - * Hot food (onion, garlic, red pepper), fermented or fried food, salty food.
 - * Jam, vegetable oil, bakery products, tinned food.
 - * Fried and hot food, fermented food, salt.

Medicinal intake:

You can take Shatavari, guduchi, aloe vera.

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