

Pitta Vata Prakruti

Your constitution is predominantly Pitta and Vata.

What it means:

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

How it happens:

Pitta and Vata are both light in nature. With these two doshas in balance, you can't but feel light, ready to soar ahead. Your motivation level will be very high and your movements will be quicker. As a result, you will become the highly envied "versatile personality".

What you need to do:

A little bit of caution with regard to diet and activities that can make the body lighter (low weight or weak immunity) is all that you need to keep an eye on. Excessive fire and air can make your body very weak.

GBB Recommendations

Balancing the doshas:

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

1. Eating a balanced, healthy and cooling diet, with mainly sweet taste, will increase Kapha.
2. Food should be heavy (nutritious), cooked and mildly spicy; this will control Vata.
3. Eat regular, small meals frequently; this will bring down Pitta.

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:

- Moderate walking, swimming.
- Calming and ground postures in sitting or lying position are recommended. Swastikasana, Ardha Padmasana, Padmasana and Vajrasana are recommended.
- Meditation will do you a world of good.

Allied Therapy:

For cleansing the body – go in for oil massage, Aroma therapy, Virechan and Basti.

Colours:

Colours that will complement your personality and augment your positives are white, lighter and pastel shades of green, pink and blue, and bright cherry green.

Notes of caution:

- The following organs are sensitive – colon, small intestine, blood, eyes, skin.
- Avoid –
 - * fasting
 - * excessive exposure to heat
 - * pickles, chilies, bakery products
 - * emotions like anger and grief

Medicinal intake:

Herbs like rose, lotus seeds, brahmi, Shatavari 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.