

Vata Kapha Prakruti

Your response to the questionnaire tells us that Vata-Kapha is your Prakruti.

What it means:

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

Some health issues that you are likely to have are skin problems, gas and constipation.

How it happens:

Excess of Vata creates coldness, lightness and dryness in the body, especially the colon, skin and bones and excess of Kapha creates moistness, coldness and heaviness, leading to congestion.

What you need to do:

You will need to bring down excess Vata to make yourself energetic, adaptable and cheerful, and reduce Kapha, which will bring in some fringe benefits such as a feeling of loyalty, consistency and comfort.

No prizes for also guessing that the next step will be to balance your doshas so that they are not pulled at two ends - dryness and lightness on one side (by Vata) and moistness and heaviness on the other side (by Kapha).

GBB Recommendations

Balancing the doshas:

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

1. Consume more cooked food; this will help you bring down Vata.
2. Take herbs that help digest food; this will also help you to reduce Vata.
3. Eat mainly pungent, hot substances that reduce excessive air, water.
4. Breakfast may be skipped, if desired.

5. Food should be warm.
6. Avoid excess fasting or overeating.

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 to heavy walking.
- Top it off with Sitting and Stretching postures, very specifically Parvatasana, Vajrasana and Pavanmuktasana.
- Meditation will be a huge help.

Allied Therapy:

Oil massage, Aroma therapy, Shirodhara, Basti, and Vaman.

Colours:

Did you know, you can even choose specific colours to ring in the balance? Try yellow, gold, orange and shades of red. Lighter and pastel shades are recommended.

Notes of caution:

- The following organs are sensitive in people with Vata-Kapha constitution – large intestine, ears, bones and joints and skin.
- Avoid –
 - * Food or drinks that are cold
 - * Excessive swimming
 - * Irregular meals
 - * Junk food

Medicinal intake:

You can have Ashwagandha, garlic, ginger, haritaki.

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