

Comprehensive Conversational Prakriti Knowledge Base

A modern, conversational Ayurvedic knowledge file organized by Prakriti.

Vata

Overview

Vata dosha represents air and ether. It governs movement, creativity, and communication. When balanced, Vata

promotes flexibility and inspiration; when imbalanced, it causes anxiety, dryness, and irregularity.

Ahara (Diet)

Recommended: Warm, moist, and grounding foods, Cooked grains (rice, oats), Soups and stews with ghee, Sweet

fruits (bananas, mangoes, berries), Dairy (warm milk with spices). Avoid: Cold drinks and raw vegetables, Dry

foods (crackers, popcorn), Excess caffeine or alcohol, Skipping meals.

Vihara (Lifestyle)

Recommended: Regular daily routine (sleep, meals), Oil massage (Abhyanga) with sesame oil, Gentle yoga and

meditation, Stay warm and calm, Adequate hydration and rest.

Ritu Charya (Seasonal Guidance)

Winter: Keep warm, avoid dry cold air; favor oily foods. Summer: Stay hydrated; include mild spices and sweet

fruits. Monsoon: Avoid cold/raw foods; maintain regular meals.

Aushadhi (Herbs & Therapies)

Ashwagandha, Licorice, Shatavari, Bala, Ginger (in moderation)

Emotional & Behavioral Balance

Creative Enthusiastic Restless Anxious when stressed

Pitta

Overview

Pitta dosha embodies fire and water. It governs digestion, metabolism, and transformation. Balanced Pitta

gives intelligence and leadership; imbalance leads to irritability, inflammation, or overheating.

Ahara (Diet)

Recommended: Cooling and hydrating foods, Sweet, bitter, and astringent tastes, Coconut water, cucumber,

melons, leafy greens, Whole grains (barley, rice), Milk and ghee (in moderation). Avoid: Spicy and sour foods,

Fried or oily dishes, Alcohol and caffeine, Overeating or late-night meals.

Vihara (Lifestyle)

Recommended: Stay cool physically and emotionally, Engage in calming activities (swimming, meditation),

Regular sleep schedule, Spend time in nature, Avoid competitiveness or excessive heat.

Ritu Charya (Seasonal Guidance)

Summer: Avoid heat and spicy foods; focus on cooling meals. Winter: Add mild warming foods; avoid excessive

oily or fried foods. Monsoon: Favor light, digestible meals; avoid sour fermented foods.

Aushadhi (Herbs & Therapies)

Amla, Guduchi, Neem, Shatavari, Coriander

Emotional & Behavioral Balance

Focused Ambitious Assertive Can be irritable under stress

Kapha

Overview

Kapha dosha combines earth and water. It governs stability, endurance, and immunity. Balanced Kapha provides

calmness and strength; imbalance causes lethargy, weight gain, and congestion.

Ahara (Diet)

Recommended: Light, dry, and spicy foods, Bitter and pungent tastes, Herbal teas with ginger or black pepper,

Plenty of vegetables (especially leafy greens), Millets and barley instead of heavy grains. Avoid: Dairy and cold foods, Fried or oily meals, Sugary or starchy foods, Sleeping during the day.

Vihara (Lifestyle)

Recommended: Daily exercise and physical activity, Dry brushing (Garshana), Early wake-up time (before sunrise), Stimulating routines and variety.

Ritu Charya (Seasonal Guidance)

Winter: Engage in warming, invigorating routines. Spring: Best time for detox; avoid dairy and heavy foods.

Monsoon: Keep digestion strong; use spices like ginger and turmeric.

Aushadhi (Herbs & Therapies)

Trikatu, Turmeric, Guggul, Pippali, Mustard

Emotional & Behavioral Balance

Calm Loyal Compassionate Can become possessive or lazy when imbalanced

Vata-Pitta

Overview

Combination of Vata and Pitta — energetic, creative, and driven, but prone to anxiety and irritability when imbalanced.

Ahara (Diet)

Recommended: Warm, moist meals, Sweet fruits, Cooked vegetables, Ghee, Mild spices. Avoid: Very spicy or dry foods, Excess caffeine or alcohol.

Vihara (Lifestyle)

Recommended: Regular routines, Relaxation and cooling practices, Oil massage with coconut or sesame oil.

Aushadhi (Herbs & Therapies)

Shatavari, Licorice, Amla, Ginger (mild)

Pitta-Kapha

Overview

Combination of Pitta and Kapha — strong, stable, and determined, but prone to sluggish digestion and irritability when imbalanced.

Ahara (Diet)

Recommended: Light soups, Bitter greens, Barley, Turmeric, Ginger tea. Avoid: Heavy dairy, Fried foods,

Overeating.

Vihara (Lifestyle)

Recommended: Regular exercise, Avoid daytime naps, Spend time in nature, Practice meditation.

Aushadhi (Herbs & Therapies)

Triphala, Guduchi, Turmeric, Neem

Vata-Kapha

Overview

Combination of Vata and Kapha — creative yet grounded, but may face issues with sluggishness or anxiety if

imbalanced.

Ahara (Diet)

Recommended: Steamed vegetables, Warm soups, Light grains, Ginger tea. Avoid: Cold or heavy foods, Sugar,

Fried dishes.

Vihara (Lifestyle)

Recommended: Gentle exercise, Stay warm and active, Regular meal times.

Aushadhi (Herbs & Therapies)

Tulsi, Dry ginger, Turmeric

