

Ayurvedic Doshas

VATA

**Cold
Dry
Irregular
Mobile/Fast**

Poor stamina
Loves sun
Thin-boned
Dry hair, skin, nails
Speaks/moves quickly
Enthusiastic
Imaginative
Sensitive
Not Practical
Catches on quickly
Forgets quickly
Prone to anxiety
Prone to insomnia
Variable digestion
Chronic pain/joints
Instability

PITTA

**Warm
Oily
Intense
Irritable/Sharp**

Athletic
Tired by heat
Red hair/early gray
Fair/freckles
Strong appetite
Leader/organizer
Intelligent/ambitious
Confident/courageous
Overly critical
Efficient
Enjoys challenges
Prone to overwork
Prone to inflammation
Heartburn/ulcer
Skin rashes/eczema

KAPHA

**Cold
Heavy
Wet
Stable/Slow**

Square build
Lustrous hair
Pale, smooth skin
Graceful/lubricated
Strong
Tolerant/calm
Loyal
Compassionate
Good memory
Emotional
Loves comforts
Prone to laziness
Prone to inertia
Chronic sinusitis
Swelling fibroids
Depression



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