

VATA

Characteristics

Vata is characterized by air and ether (space) energy. Vata qualities can be described as dry, light, cold, rough, subtle, mobile, clear, and quick-thinking. Vata governs bodily movement and communication.

Balanced Vata

- Creative
- Intuitive
- Energetic
- Initiative
- Natural ability to communicate
- Tall and lean body frame



Imbalanced Vata

- Anxiety
- Fear
- Overactive thoughts
- Inability to complete tasks
- Joint pain
- Dryness
- Constipation



Tastes that balance Vata: Sweet, Sour, Salty

Favor: Warm, nourishing, grounding foods, like roasted root vegetables, and grains with plenty of healthy oils and fats.

Tastes that increase Vata: Pungent, Bitter, Astringent

Avoid: Light and dry foods like crackers, chips, toast and popcorn, cold food and drinks, raw food.

PITTA

Characteristics

Pitta is characterized by fire and water energy. Pitta governs the digestion of food, thoughts, emotions and experiences. Pitta qualities are oily, sharp, light, hot, moving, liquid, and acidic. Pitta oversees bodily digestion and transformation.



Balanced Pitta

- Passionate
- Driven
- Sharp intellect
- Leadership
- Strong digestion
- Medium body frame



Imbalanced Pitta

- Angry
- Irritable
- Egotistical
- Critical
- Inflammatory disorders, e.g. skin rashes, ulcers, heartburn, fever



Tastes that balance Pitta: Sweet, Bitter, Astringent

Favor: Dark, leafy bitter and astringent greens, cooling spices like coriander and cardamom and grains such as white rice and oats.

Tastes that increase Pitta: Pungent, Sour, Salty

Reduce/ Avoid: Spicy foods like tomatoes, salsa, hot sauce, bell peppers, jalapenos, chili peppers, raw garlic, citrus fruits, coffee and alcohol.

KAPHA

Characteristics

Kapha is characterized by water and earth energy. Kapha qualities are oily, cold, heavy, sticky, dull, soft, and static. Kapha lubricates the joints, hydrates the cells, moisturizes the skin, maintains immunity and protects tissues. Kapha provides bodily cohesiveness, structure and lubrication.

Balanced Kapha

- Friendly
- Compassionate
- Calm and stable
- Reliable
- Strong
- Larger body frame



Imbalanced Kapha

- Depression
- Lack of motivation
- Weight gain
- Respiratory conditions
- Sluggish digestion
- Stagnant



Tastes that balance Kapha: Pungent, Bitter, Astringent

Favor: Dark, leafy bitter and astringent greens, slightly pungent spices and vegetables.

Tastes that increase Kapha: Sweet, Sour, Salty

Reduce/ Avoid: Heavy and cold foods like dairy (milk, cheese, ice cream, yogurts), bananas, plantains, bread, excessive grains, meat and water.