



# LIFESTYLE TIPS

## THE THREE DOSHAS

Ayurveda practitioners believe that disease may be triggered by many external causes, including planetary influences, acts of god, fire and accidents, harmful gases (which we today would call pollution), poisons and toxins, and evil spirits. As well as this, there are two other main causes of illness, an imbalance of the "tri-doshas" (VATA, PITTA, and KAPHA), and mental imbalance.

Our constitution is very important in Ayurveda, and each of us is individual, according to our specific energies. We inherit many aspects of our constitution, we can live a healthy and happy life if we strive to attain a good quality of spirit and maintain a healthy diet and lifestyle.

As we go through life, diet, environment, stress, trauma, and injury all cause the doshas to become imbalanced, a state known as "vikruthi". When levels of imbalance are excessively high or low it can lead to ill health.

Each person is made up of a combination of two or all three types of doshas, although we may tend to be predominantly one. Some sub-groups include Vata-pitta, vata-kapha, or pitta-kapha.

### VATA

Predominantly, Vata people tend to be thin, with light bones, dry, rough, or dark skin; large, crooked or protruding teeth; a small thin mouth, and dull, dark eyes.

Vata is the combination of the elements air and ether, with air being the most dominant. Its qualities are light, cold, dry, subtle, mobile, clear, dispersing, erratic and astringent.

It is lightest of the three Doshas and is often portrayed by blue colour. Vata is the driving force; it relates mainly to the nervous system and the body's energy.



### PITTA

Pitta types are of medium height and build, with soft, fair, freckled, or bright skin; soft, fair, light brown or reddish hair that goes prematurely grey; small yellowish teeth and an average sized mouth. Pitta is mostly fire with water. Its qualities are light, hot, oily, sharp, liquid, sour and pungent. Pitta is "medium", and it is portrayed by the colour red. Pitta is fire; it relates to the metabolism, digestion, enzymes, acid, and bile.

### KAPHA

Kapha people tend to be large framed and often overweight, with thick, pale, cool, and oily skin; thick, wavy and oily hair; either very dark or very light; strong white teeth, and a large mouth with full lips.

Kapha is a combination of mostly water and some Earth. Its qualities are heavy, cold, oily, slow, slimy, dense, soft, static, and sweet. Kapha is the heaviest of the doshas, and is portrayed by yellow.

Written by Dr. Vinaya Vridhi Nair  
[lifestyle@serenaspa.com](mailto:lifestyle@serenaspa.com)