

The Doshas and Their Properties

VATA

cold
dry
irregular
mobile/fast

poor stamina
loves sun
thin boned
dry hair, skin, nails
speak/move quickly
enthusiastic
imaginative
sensitive
not practical
catches on quickly
forgets quickly
prone to anxiety
prone to insomnia,
ADHD, variable digestion,
chronic pain/joints esp.
instability

PITTA

warm/hot
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
headaches, HTN

KAPHA

cool
wet
heavy
stable/slow

square build
lustrous hair
pale smooth skin
graceful/lubricated
strong
tolerant/calm
loyal
compassionate
good memory
emotional
loves comforts
prone to inertia
prone to mucus,
chronic sinusitis,
swelling, fibroids
depression