

## *The Three Doshas*

<b>Dosha</b>	<b>Effect of Balanced Dosha:</b>	<b>Effect of Imbalanced Dosha:</b>	<b>Factors Aggravating Dosha:</b>
<b>VATA</b>	Enthusiasm Joyfulness Clear, alert mind Good bowel function Proper tissue formation Optimistic Flexible	Dry, rough skin Constipation Restlessness Anxiety Fear Arthritis Insomnia Indecisive Insecurity	Cold Excessive movement Grief Dry, salty foods Suppression of natural urges Late summer to early Winter Caffeine
<b>PITTA</b>	Lustrous complexion Sharp, intelli- gent mind Good digestion Content Softness of body Ambitious	Yellowish/ reddish complexion and eyes Excess body heat Inflammation Skin rashes Irritability Anger Critical Diarrhea Heart burn	Strong sunshine Hot, spicy foods Yogurt Alcohol Vinegar Anger Sesame products Salty, sour foods Spring, Summer
<b>KAPHA</b>	Strong, well proportioned body Normal joints Moist, soft skin Stable, Sturdy Affectionate Patient Loving, Forgiving Loyal, Dependable	Loose Joints Slow digestion Excessive weight gain Asthma Sinus congestion Depression Laziness Possessiveness Unable to let go	Heavy Foods Cold, damp weather Milk products Sugary foods Sleep during daytime Inactivity Late Winter, Spring