 

What dosha are you?

<http://doshaquiz.chopra.com/>

Ayurvedic Recipe from *Pinki’s Palate: Raw Energy Bites*

Ingredients: ½ cup tahini, ½ cup shredded coconut, 1 cup dates/dried figs, ½ mixed nuts/seeds, superfoods of choice (goji berries, flax seeds, cacao nibs, almond butter, hemp seeds, buckwheat). Directions: Soak dates/figs in warm water for a few hours. Blend all ingredients in food processor until thick mixture is formed. Roll into bites. Coat with shredded coconut, sesame or chia seeds, or cocoa powder. Store in fridge. ☺

Body type: large build, wide shoulders and hips, thick wavy hair, good physical stamina

Mentally: slow to learn but good memory

Emotionally: loyal, stable, and reliable

Disruptions: daytime sleeping, eating after stomach is full, eating foods high in water/salt content/sugar, greed

Susceptible to: asthma/breathing disorders, diabetes, cancer, nausea after eating, obesity

Imbalance: tendency for sinus infections, poor circulation, slow digestion

Avoid: oils/fats, sweets and salts due to digestion

Eat: lots of spices, vegetables, and high fiber foods

## Kapha Dosha

## Pitta Dosha

Body type: medium build, good muscle tone, feels warm, premature graying/balding hair, reddish complexion, good digestion

Mentally: enjoy high energy levels, intelligent, focused, ambitious

Emotionally: passionate about life, tend to be perfectionist, irritable

Disruptions: eating sour/spicy foods, spending too much time in the sun

Susceptible to: anger and negative emotions, Chron’s disease, heart disease, heartburn after eating, high BP, infections

Imbalance: excessive anger, inflammatory conditions, digestive problems, over-stressed workaholics

Avoid: hot spices, alcohol, coffee, vinegar, and acidic foods

Eat: cooling vegetables high in water content, and sweet juicy fruits

Body type: slender, may find it difficult to gain weight, prominent bony structures, little muscle tone, tend to be cold often

Mentally: fast learners, fast forgetters, enjoy change, creative

Emotionally: excitable, enthusiastic, but can become anxious easily

Disruptions: eating dry fruit or too soon after a previous meal, fear/grief, staying up too late

Susceptible to: anxiety, asthma, heart disease, nervous system disorders, rheumatoid arthritis, skin problems

Imbalance: poor digestion, dry nasal passages, and can easily catch colds, insomnia and fatigue

Avoid: dry/crunchy goods, carbonated drinks, cold/raw veggies

Eat warm cooked foods, nuts, and hot milk

## Vata Dosha

Everything in the universe, living or non-living, is connected. Good health is possible when body, mind, and spirit are in harmony with the universe, while poor health and sickness are a result of a disruption in this harmony.

Anything affecting physical, spiritual, or emotional health can throw you out of balance with the universe. This includes genetics, injuries, seasonal changes, emotions, and age.

Every person is made up of a combination of the five basic elements found in the universe: space, air, fire, water, and earth. These elements combine in the body to form three life energies, or doshas. Doshas control how your body works. These doshas are: vata dosha (space and air), pitta dosha (fire and water), and kapha dosha (water and earth). Ayurveda believes that chances of sickness are linked to the balancing of your doshas.

The main goal of Ayurvedic medicine is to cleanse the body of undigested food that can make you sick.

Common Ayurvedic treatments include massage, aromatherapy, breathing exercises, stretching, yoga, diet changes, herbs, vitamins, minerals, plant-based oils and spices.

Treatments overall seek spiritual healing, improved immunity, and reduced symptoms.

Ayurvedic medicine is one of the world’s oldest medical systems, originating in India more than 3,000 years ago. Instead of guessing what foods, behaviors, and supplements are appropriate to you, Ayurveda follows a prescriptive path uniquely developed for your body type, or dosha. Most people have one prominent and a secondary dosha. Benefits of Ayurveda are seen in the body, mental, and emotional health. Ayurveda promotes herbal compounds, special diets, yoga, massage, and other unique practices. With this holistic approach to health, Ayurveda helps create balance, happiness, and vitality.

# Ayurvedic Medicine

### Ayurvedic Theory