

# DOSHA 101



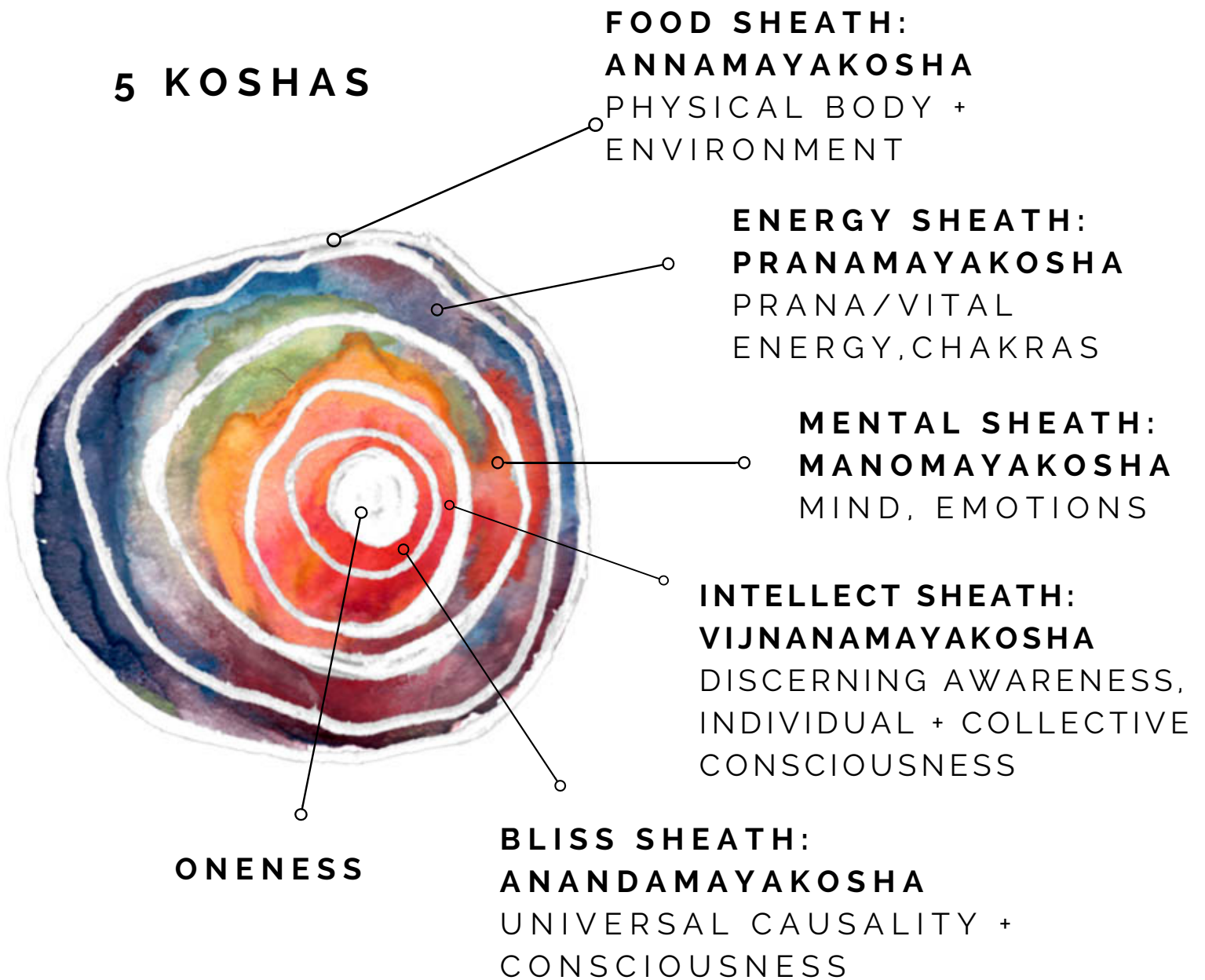
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# AYURVEDA

THE DOSHAS ARE THE THREE MIND-BODY PRINCIPLES OF AYURVEDA, THE WHOLISTIC STUDY OF THE LIFESPAN AND ENTIRE PHYSIOLOGY AS SHOWN THROUGH THE KOSHAS.

## 5 KOSHAS



# **5 ELEMENTS**

THE FIELD OF PURE CONSCIOUSNESS EXPRESSES  
ITSELF AS THE FIVE ELEMENTS OF NATURE:

**SPACE (AKASHA)**

**AIR (VAYU)**

**FIRE (TEJAS)**

**WATER (JALA)**

**EARTH (PRITHIVI)**

THE THREE DOSHAS ARE DERIVED  
FROM THE FIVE ELEMENTS:

**VATA (SPACE/AIR)**

**PITTA (FIRE/WATER)**

**KAPHA (EARTH/WATER)**



QUALITIES OF

# VATA

**PRIMARY FUNCTION: MOVEMENT + FUNCTION**  
**COLON/BELOW NAVAL**

ROUGH, COOL, LIGHT, SUBTLE, MOBILE, DRY, COARSE,  
IRREGULAR, CHANGEABLE, QUICK

**PHYSICAL:** THIN, LIGHT FRAME, VARIABLE DIGESTION, DRY  
SKIN/HAIR, COLD HANDS AND FEET, SLEEPS LIGHTLY, LACKS  
SEXUAL STAMINA, MOVES AND TALKS QUICKLY,  
HYPERACTIVE/RESTLESS

**BALANCED:** CLARITY, ALERTNESS, CREATIVITY, PERCEPTIVENESS,  
JOYOUSNESS, FLEXIBILITY, EXCITEMENT, ADAPTABILITY,  
ENTHUSIASM, WELCOMES NEW EXPERIENCES, SPIRITUAL,  
ENERGETIC, INITIATOR, GOOD COMMUNICATOR

**IMBALANCED:** FEAR, ANXIETY, INSECURITY, NERVOUSNESS,  
LONELINESS, UNCGROUNDEDNESS, MOOD SWINGS, EMOTIONAL  
INSTABILITY, CONFUSION, RESTLESS, DAYDREAMING, SPACY,  
INCONSISTENCY, INSOMNIA, WORRY, CONSTIPATION, VARIABLE  
DIGESTION,





QUALITIES OF

# PITTA

**PRIMARY FUNCTION: TRANSFORMATION**  
**SMALL INTESTINES/BETWEEN NAVAL AND HEART**

HOT, SHARP, LIQUID, SOUR, FLUID, PUNGENT, LIGHT, INTENSE,  
PENETRATING, SHARP, ACIDIC

**PHYSICAL:** MEDIUM BUILD, STRONG DIGESTION, THINNING OR  
GRAY HAIR, WARM BODY TEMP, PERSPIRES EASILY, SLEEPS  
SOUNDLY FOR SHORT PERIODS OF TIME, STRONG SEX DRIVE

**BALANCED:** UNDERSTANDING, COMPREHENSION, APPRECIATION,  
GOOD MEMORY, ATTENTION, CONCENTRATION, SHARP  
INTELLECT, DISCRIMINATING, DIRECT, PRECISE, COURAGEOUS

**IMBALANCED:** ANGER, RAGE, IRRITABILITY, FRUSTRATION,  
HATRED, AGITATION, JEALOUSY, ENVY, CRITICISM, AGGRESSION,  
COMPETITIVENESS, VIOLENCE, REJECTION, PERFECTIONISM,  
ADDICTIVE PERSONALITY, MANIPULATIVE, INTIMIDATING



QUALITIES OF

# KAPHA

**PRIMARY FUNCTION: STRUCTURE + PROTECTION**  
**LUNGS/ ABOVE HEART**

HEAVY, COOL, SOFT, SWEET, IMMOBILE, SLIMY, SMOOTH, SOLID, STABLE

**PHYSICAL:** HEAVYSET, SMOOTH SKIN, THICK OR CURLY HAIR, SWEET FACE AND EYES, DEEP SOUND SLEEP, SLOW MOVING, REGULAR DIGESTION, GAINS WEIGHT EASILY, DIFFICULTY LOSING WEIGHT, GOOD STAMINA, SLOW AND EASY SEX DRIVE, PROCESS-ORIENTED

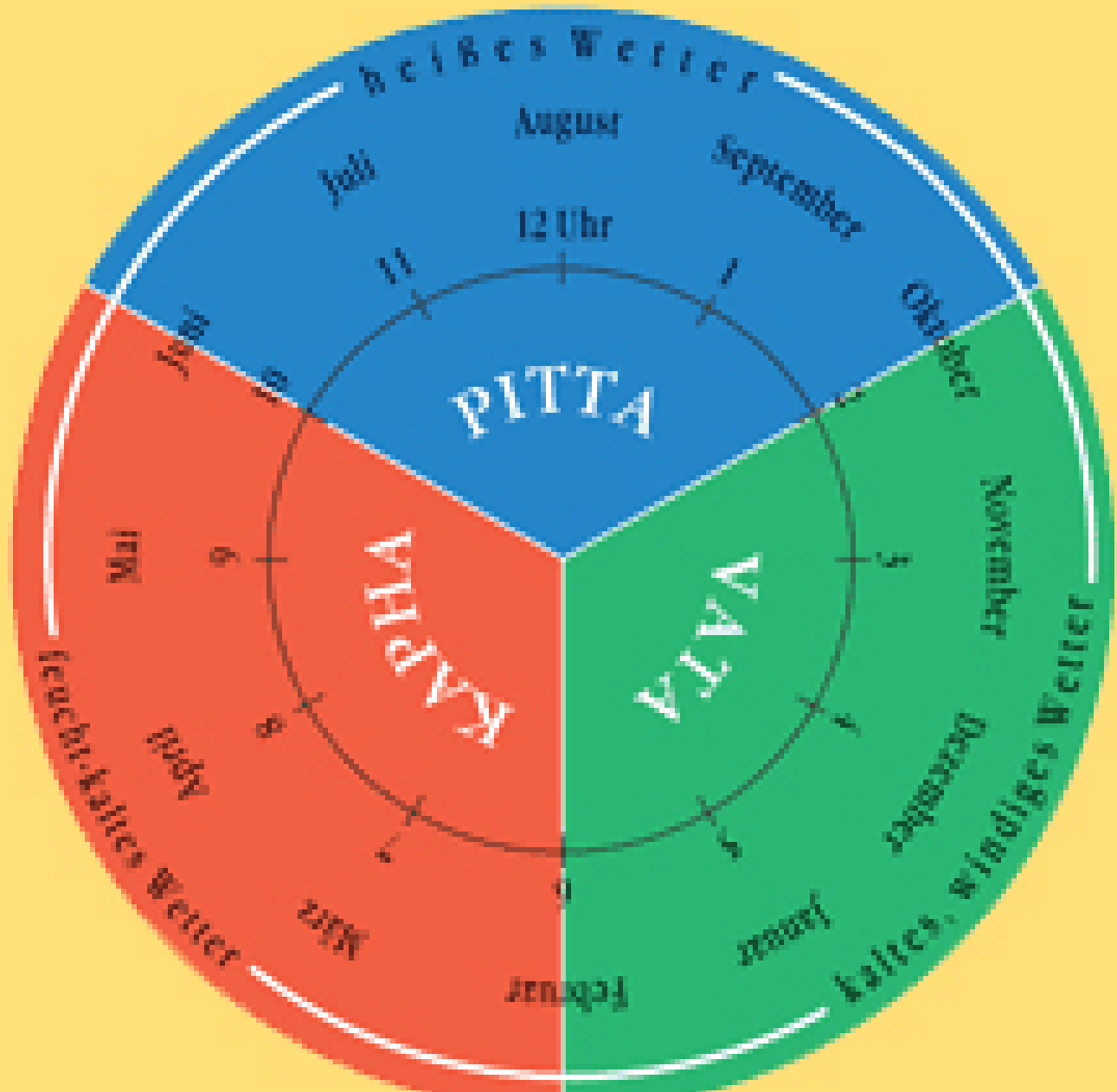
**BALANCED:** STEADY, CONSISTENT, LOYAL, STRONG, SUPPORTIVE, LOVE, COMPASSION, CARE, CONTENTMENT, GENTLENESS, SATISFACTION, FULFILLMENT, GROUNDEDNESS, STABILITY, FORGIVENESS

**IMBALANCED:** GREED, ATTACHMENT, POSSESSIVENESS, LONGING, LUST, WORTHLESSNESS, GRIEF, SADNESS, DEPRESSION, GLOOMINESS, HEAVINESS, DULLNESS

DOSHAS IN THE

# SEASONS

THE EXTENSION OF THE BODY



[HTTP://WWW.AYURVEDA-MUSIC.COM/HEALING-SOUNDS-OF-AYURVEDA.HTML](http://www.ayurveda-music.com/healing-sounds-of-ayurveda.html)

DOSHAS IN THE

# 24 HOUR DAY

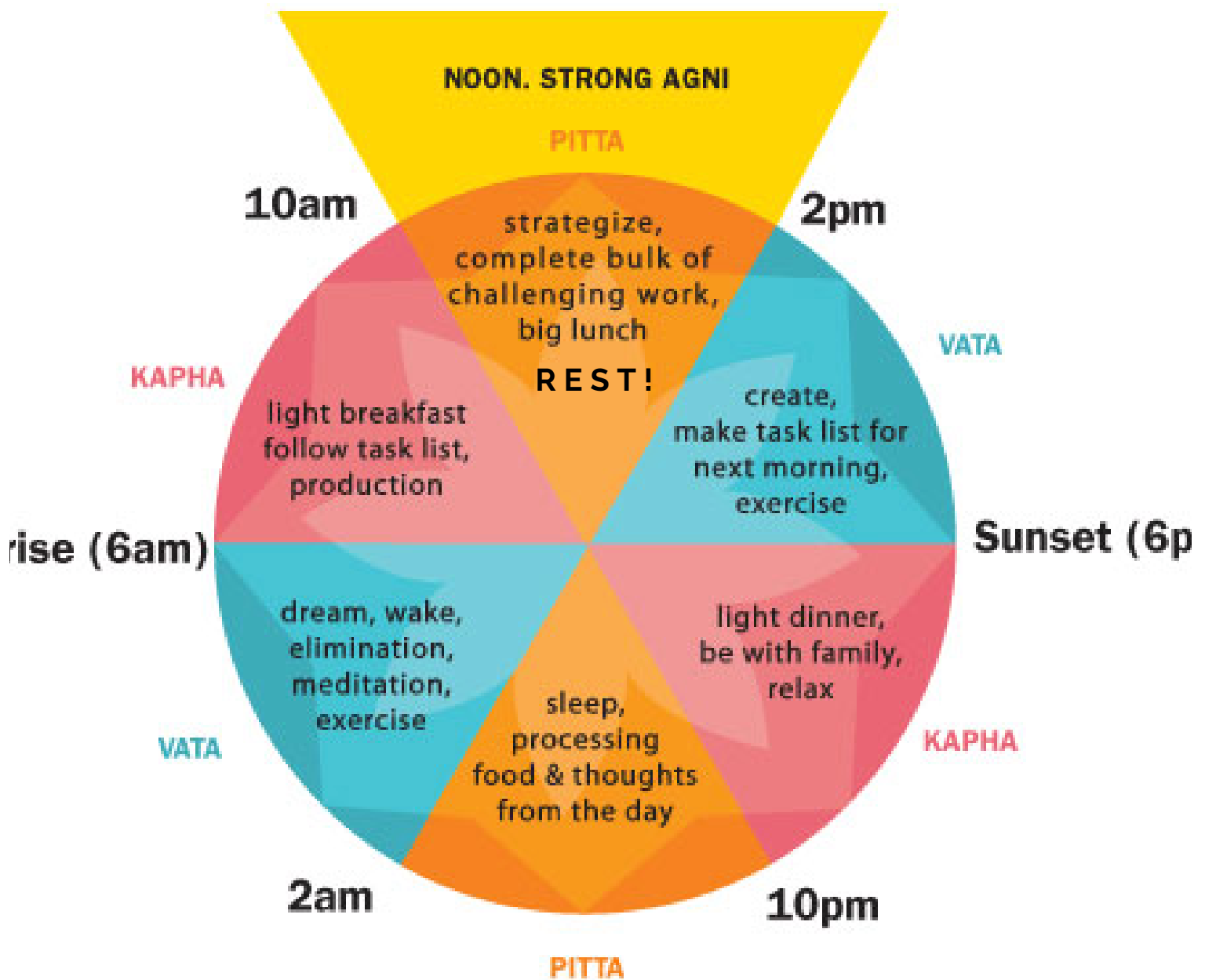


IMAGE FROM ORGANICOLIVIA.COM

# SO WHAT?

**INDIVIDUAL CONSTITUTION:**  
PRAKRITI

**IMBALANCE:**  
VIKRITI

**YOU CAN USE:**

FOODS  
LIFESTYLE  
ENERGY AND BREATH PRACTICES  
MEDITATIONS  
YOGA (UNION)  
EMBODIED HEALING PRACTICES  
STUDY OF SELF + KARMA (ACTION)  
INTENTION

...TO BALANCE YOUR  
BODY, ENERGY, MIND, SOUL, AND LIFE.

YOU CAN BALANCE TO  
WEATHER, SEASON AND TIME OF DAY.



## Brief Ayurvedic Assessment

I tend towards: (Circle one)

|                        |  |   |                                 |
|------------------------|--|---|---------------------------------|
| <b>Sleep</b>           | Light sleeper                          | Sleep well                                      | Deep/long, trouble waking       |
| <b>Weight</b>          | lose easily                            | constant  | gain easily                     |
| <b>Appetite</b>        | irregular/small                        | strong hunger                                   | steady, moderate                |
| <b>Thirst</b>          | Irregular                              | strong thirst                                   | rarely thirsty                  |
| <b>Digestion</b>       | irregular, gas                         | steady or strong                                | slow, heavy digestion           |
| <b>Speech</b>          | quick                                  | sharp   | slow, monotonous                |
| <b>Emotions</b>        | anxiety<br>fear, uncertainty           | anger, irritability<br>ambitious,<br>analytical | calm, greedy, stagnant          |
| <b>Mood</b>            | changes quickly                        | intense emotions                                | steady mood                     |
| <b>Personality</b>     | creative,<br>Spiritual,<br>Imaginative | intelligent, efficient<br>perfectionistic       | caring, calm, patient           |
| <b>Conflict</b>        | makes me restless                      | makes me angry,<br>irritable                    | makes me depressed, lazy        |
| <b>Stamina</b>         | short bursts of<br>Energy              | medium  | high, steady                    |
| <b>Climate</b>         | avoids cold                            | avoids heat                                     | avoids humidity                 |
| <b>Activity</b>        | hyperactive, quick                     | moderate pace,<br>goal-oriented                 | slow and steady                 |
| <b>Learn</b>           | quickly but forget                     | pointed in learning                             | slowly but good memory          |
| <b>Stress Response</b> | "What did I do wrong?"                 | "What did you do wrong?"                        | "I don't want to deal with it!" |



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