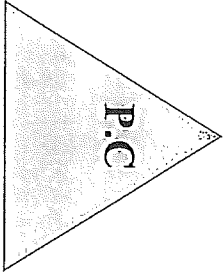


Ayurveda Institute of America

Ayu = Life

Veda = Science, Knowledge, Wisdom

Human Beings



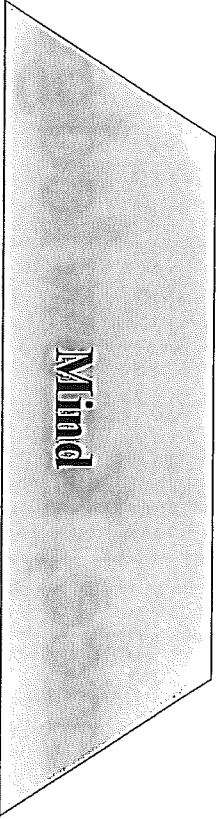
Thoughts

Head



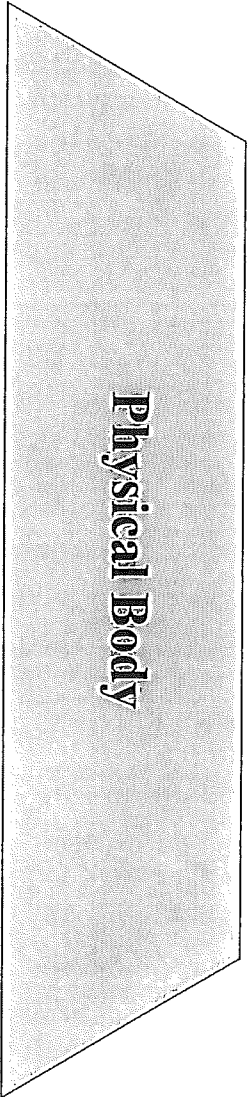
Emotions

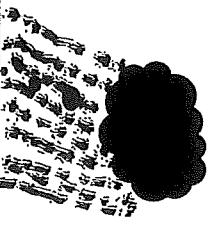
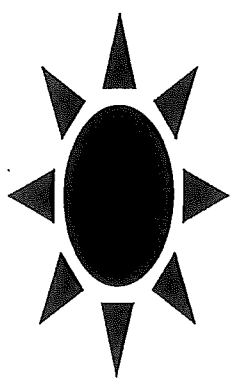

Heart



Action

Hands



INTERNAL FORCE & ITS PROPERTIES	RELATION TO NATURE	ACTION ON BODY & MIND	EFFECT OF IMBALANCE
Kapha (Structure) Cold, Heavy & Wet	 Rain or Water	Body stability, Growth Lubrication. Love, Affection, Patience	Congestion, Sinusitis, Cold, Cough, Weight gain, Allergies, Lethargy
Pitta (Function) Hot & Light	 Sun or Heat	Digestion, Metabolic reaction, Enzymatic balance, Intelligence, Understanding	Hyper-acidity, Nausea, Indigestion, Hormonal imbalance, PMS, Vertigo, Excessive perspiration, Hot flashes, Anger
Vata (Transmission)	 Wind or Air	Movements, Blood Flow, Nerve impulses, Emotions, Tranquillity	Constipation, Gas, Arthritis, Stress & Tension, Poor memory, Anxiety, Nervousness

BODY TYPES

Type / Characteristics	Kapha (water) Cold, Heavy, Wet	Pitta (heat) Hot, Light	Vata (wind) Cold, Dry, Light
Figure	Stout, well built	Medium stature	Thin, Tall or Short
Complexion	Smooth & soft	Warm, Moist, Reddish, Moles or Freckles	Skinny, Dry & Rough
Action	Slow, Steady, Graceful	Precise, Goal-seeking, Orderly	Quick & Hyperactive
Personality	Affectionate, Loving, Forgiving	Intelligent, Aggressive, Leader, Perfectionist	Anxious, Nervous, Artistic
Metabolism	Low Metabolism	High Metabolism	Irregular Metabolism
Sleep Pattern	Sound Sleep	Moderate Sleep	Irregular
Ayurveda's Recommendation	Increase Movements	Calm Down, Be cool	Slow down, Be regular

OTHER BODY TYPES ARE

KAPHA-PITTA, PITTA-VATA, VATA-KAPHA OR KAPHA-PITTA-VATA (TRI-DOSHIC)

Effect of Tastes

Taste	Action on Body	Source	Effect of Imbalance	Effect on Forces
				K P V
Sweet	tissue growth development of body	bread, rice, pasta, milk, oils, meats	toxin build up, allergies, weight gain, lethargy	↑ ↓ ↓
Sour	maintaining acidity counters thirst	lemons, oranges, yogurt, alcohol, vinegar	hyperacidity, envy	↑ ↑ ↓
Salty	maintains mineral balance, holds water	table salt, seaweed, junk food, soy sauce	water retention, greed	↑ ↑ ↓
Pungent	improves appetite and metabolism	chilies, cayenne pepper, garlic, ginger, onion, cloves	burning, drying, hatred	↓ ↑ ↑
Astringent	gives firmness to tissues, stops bleeding, heals	beans, lentils, cabbage, broccoli, cauliflower	contraction / fear	↓ ↓ ↑
Bitter	detoxification, cleansing	spinach, romaine lettuce, golden seal, neem, aloe	cold / sorrow	↓ ↓ ↑

Recipe for Ginger Tea:

1 glass warm water 1 tsp honey
 1/4 tsp fresh grated ginger 1/2 lime, freshly squeezed

Mix and drink 1-3 times a day

Daily / Seasonal / Life Cycle

