

What are the 'Doshas' :

In essence, the doshas are energetic forces of nature, functional principles that help us better understand ourselves and the world around us.

Vata, pitta, and kapha are each essential to our physiology in some way, so no one dosha is better than, or superior to, any other. Each of them has a very specific set of functional roles to play in the body. That said, when the doshas are out of balance, they can wreak havoc on our health.

Take this short quiz, to find out your predominant dosha....



DOSHA QUIZ

- 1 Select which statement applies to you most of the time
- 2 Calculate how many 1's, 2's & 3's you have
- 3 Discover your unique mind-body constitution



My stamina is:

- 1 Rather delicate & easily exhausted
- 2 Moderate, but I'm strong willed & like to push myself
- 3 Impressive, but I usually prefer not to test it



My skeletal frame is:

- 1 Long, narrow and slight
- 2 Medium and muscular
- 3 Larger, I have big bones with broad shoulders & hips



My skin tends to be:

- 1 Dry & rough
- 2 Oily & sensitive
- 3 Smooth, slightly oily & thick



As a child, I was often:

- 1 Creative, imaginative, excitable, enthusiastic
- 2 Smart, disciplined, focused & wise
- 3 Gentle, warm, loving, compassionate



My mind is naturally:

- 1 Quick, expansive, creative but easily scattered
- 2 Bright, focused and driven
- 3 Calm & steady, not easily ruffled



I especially enjoy:

- 1 Change, I love adventure & travel
- 2 Physical & mental challenges, I'm naturally competitive
- 3 Rest & relaxation, I often prefer to chill rather than be active



When not feeling good, my emotions
tend to be:

- 1 Anxious, nervous or fearful
- 2 Impatient, irritable, angry or jealous
- 3 Lethargic, depressed or lacking in motivation



My sleep currently tends to be:

- 1 Light & restless, can be interrupted by worry & anxiety
- 2 Reduced due to too much thinking
- 3 Heavy & excessive, difficult to rise in morning



Eating habits

- 1 I often forget to eat, but feel spaced out & lack energy
- 2 I get 'hangry' and never miss a meal
- 3 I reach for comfort food even when not hungry



After eating I can experience

- 1 Gas, bloating and pain
- 2 Acidity, burning sensation or excess heat
- 3 Sense of heaviness, sluggishness & fullness



My stools tend to be:

- 1 Dry, hard, pellet-like, difficult to pass, less than once per day
- 2 Soft or loose, can be a few times a day
- 3 Sticky or slow, can feel incomplete



If you got*mostly 1's, :

* Your mind-body constitution or 'Dosha' is VATA

Vata means 'wind' and is a combination of the space & air elements. Like the wind vata-predominant people are changeable and irregularity will feature in their physical & emotional make up. When in balance, Vata's are enthusiastic, creative, and idealistic. They love change & travel. they often start things, but don't finish them. Vata people are active, but tend to tire easily, have low stamina, and can suffer from anxiety & insomnia. Their body tends to feel dry both internally & externally.

Artists, actors, musicians & creatives tend to be Vata.

If you got mostly 2's, :

Your mind-body constitution or 'Dosha' is PITTA

Pitta means 'fire' and is a combination of the fire & water elements. Pitta people tend to be bright, focused, organised and competitive. They can have a fiery nature and can be critical, domineering and intolerant. They are a medium build, well proportioned with strong appetites and good digestion. They are often achievement orientated and can be workaholics. Pitta people can suffer from heat related imbalances and skin disorders.

Leaders, managers, professional sports players tend to be Pitta

If you got mostly 3's, :

Your mind-body constitution or 'Dosha' is KAPHA

Kapha means 'phlegm' or 'that which binds things', and is made up of the earth and water elements. Kapha dominant people have a bigger build, thick, lustrous hair and big features. They tend to be grounded, emotionally & physically strong, kind, and loyal. They don't like change, or unpredictability. Kapha's have a tendency to be lazy, and prefer to relax and do nothing, rather than exert themselves. Their digestion is slow and they can put on weight easily. They are predisposed to congestive issues.

Caring professions, healers, and gardeners tend to be Kapha's

Understanding your Dosha :

While you may predominate in one dosha, you in fact have a unique, particular ratio of vata, pitta, and kapha within you. This provides a blueprint for optimal health and garners a significant influence on our individual physical, mental, and emotional character traits-as well as our unique strengths and vulnerabilities.

When in balance, we feel well and healthy, when out of balance, we become ill. Due to lifestyle choices, seasons and relationships, it is easy for us to move into imbalance.

If you are experiencing any imbalances (hormonal, skin, digestive, emotional) or would like help understanding your constitution in more detail, and how to maintain balance in your body & mind, please get in touch. You can book a consultation online or just call to find out more.

www.balance-you.co.uk,

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