

KAPHA DOSHA

EARTH AND WATER

Kapha Qualities

heavy, slow, stable, solid, cold,
soft, oily...like a still lake

What pushes Kapha?

not changing, lack of
motivation, excess sleep, being
stuck. the same ol' same ol'

When unbalanced...

nausea, depression,
overweight, congestion,
attachment, hay fever, allergies,
yearning, lethargy, couch
potato

To restore balance...

lighten, dry, warm, move,
stimulate, experiment

Kapha's strengths are...

stability, loyalty, calm, cool,
collected, caring, nurturing,
beautiful lustrous skin, hair, and
eyes.

Kapha's affirmation...

"I go with the flow, I am flexible,
and spontaneous!"



About Kapha

The Kapha constitution is composed of the elements of earth and water. It's energy can be described as cool, damp, wet, heavy, and stable. A kapha individual shows up as consistent, stable, traditional, devotional, nurturing, supportive, and reliable.

Kaphas are content and compassionate people. Kaphas flourish in management or caring positions where long-term relationships/projects are developed and patience is key. Kapha relates to the seasons of later winter and spring and the developmental times of youth where structure is building in the body. It is dominant from 6-10am and 6-10pm.

In the body

Kapha governs the structure of the body including holding cells together and forming muscle, fat, bone, and sinew. These all help protect the body. Those with kapha dominance usually have a fuller body type, large round features, lustrous hair, well-lubricated joints, beautiful full eyes, and very few wrinkles. They

sleep soundly and have regular digestion. When they are out of balance they suffer from excess weight gain, fluid retention, allergies, lethargy, asthma, diabetes, and depression.

Personality

Kaphas are calm, grounding to be around, and caring. They are comfortable with routines and stability and inherently enjoy life. They are strong, loyal, patient, steady, and supportive. When out of balance they can be greedy, difficult to move/adapt, resistant to change, and stubborn.

To Balance

To restore balance to Kapha dosha, cultivate the opposite of its qualities of cool, wet, stable, heavy: go for warm, dry, light, and mobile instead. Heat her up, lighten her up, and dry her out, get stimulated.

Lifestyle Routines for Balance

- **Get moving.** This will help increase your energy and vitality. Exercise regularly.
- **Play with spontaneity, stimulate yourself, try something new.**
- **Follow a regular routine** that avoids naps and sleeping in.
- **Stay warm and avoid dampness.** Use dry heat when congested, a heating pad, wear a hat/scarf. Cover yourself in orange, yellow, red, and colorful prints.
- **Hydrate** with hot water, decaf chai, and teas.
- **Soak in the sun by being active outdoors.**
- **Use a neti pot** to help with congestion.
- **Try garshana** (dry massage) on your body to promote circulation.
- **Clear your space.** Avoid clutter and accumulation. No hoarding. Try the KonMari method.
- **Try a diffuser** with warm, stimulating aromas including cloves, camphor, cinnamon, eucalyptus, juniper, and marjoram.
- Kapalbhata pranayama, challenging exercise.

Nutritional Guidelines for Balance

- **Favor foods that are** light, dry, and warm. Flavors that are pungent, bitter, and astringent. Reduce foods that are sweet, sour, and salty.
- **Try a liquid fast once a week**, having only vegetables, vegetable soups, and fruit juices.
- **Create a routine** around your eating, eating at the same time each day with lunch as the biggest meal. Make breakfast and dinner light.
- Leafy greens, bitter herbs, lentils, dried beans, dals, pomegranates, chili peppers, and fermented foods. Ghee, corn, flaxseed, mustard and sunflower oils in small amounts. Barley, corn, millet, buckwheat, rye. Drink hot ginger tea with meals. Chicken, turkey, eggs, seafood.
- **Avoid, heavy rich foods.** Pizza, mac and cheese, meatloaf, etc. Reduce dairy and nuts. Avoid most sweeteners except honey. Favor light foods.
- **Spices that pacify kapha:** all spices except salt.
- **Keep the digestive system moving.** Eat the last meal at least 3 hours before bedtime making bedtime start at 9:30pm the latest.