

VATA TIP SHEET

AIR+ETHER

Vata's Qualities

cold, dry, light, mobile, variable...like leaves blowing in the wind

What pushes Vata?

lack of routine, lots of change, excessive travel, eating foods that are cold, light, and dry, succumbing to the pulls of fear, anxiety.

When unbalanced...

You experience worry, anxiety, fear, overwhelm, constipation, confusion, gas, dry skin/eyes, personality becomes erratic

To restore balance...

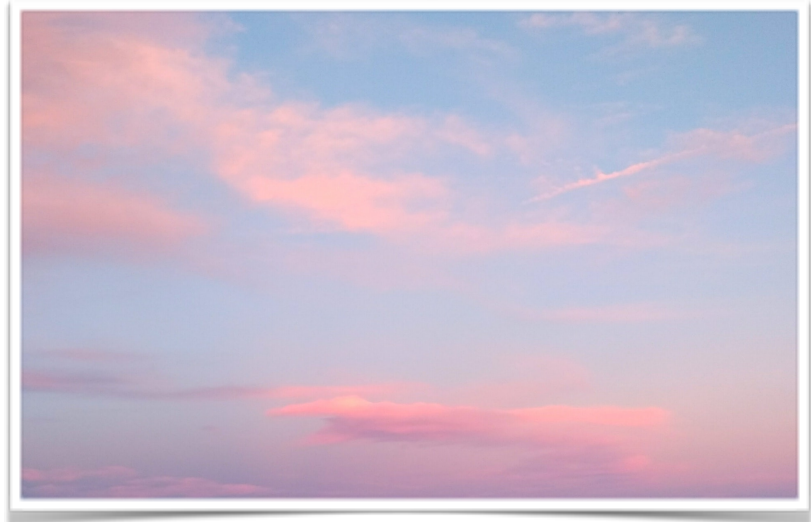
create a regular routine, slow down, try to focus on one task at a time, add moisture, heaviness, warmth and heat to your foods and life.

Vata's strengths are...

creative, inspiring, enthusiastic, great communicator, subtle

Vata's affirmation...

"Strong winds may blow, but they will not move me. I am grounded and centered."



About Vata

The Vata constitution is composed of the elements of air and ether. It's energy can be described as windy. It is cold, dry, light, irregular, rough, mobile, quick, and changeable. A vata individual shows up as ever changing, on the go, energetic, and creative. Vatas flourish as artists, creatives, seers, actresses/actors, musicians, etc. Vata relates to fall and early winter, as well as the change of seasons. People in their old age are in the vata stage of life. During the day, vata is dominant from 2-6am and pm, times where the natural rhythm shifts from day to night and night to day.

In the body

Vata governs all movements in the body: the conduction of nerve impulses, the pulse of blood flow, and the peristalsis that is part of digestion. Those with vata dominance usually have a thin, light frame or asymmetrical body. Their energy is variable, coming and going in bursts. They tend to have dry hair and skin. Their hands

and feet tend to be cold. They sleep lightly and have sensitive digestion. When they are out of balance vatas can run very cold, experience weight loss, constipation, gas, hypertension, arthritis, weakness, and insomnia.

Personality

Vatas are quick and changeable, they are spontaneous. They love new experiences, they are adaptable. They are quick to anger and quick to forgive, they are flexible. They are inspiring, creative, and energetic. When imbalanced, they are air-headed, experience fear, confusion, and indecision.

To Balance

To restore balance to Vata dosha, cultivate the opposite of its qualities of cold, dry, light, and mobile. Support the self with warmth, moisture, and stay grounded.

Lifestyle Routines for Balance

- **Stay focused on one thing at a time.** Finish one of your many projects.
- **Cultivate a regular morning and evening routine** that helps you ground down.
- **Slow down.** Take time out to chill out and appreciate all the little things in life.
- **Stay warm.** Soak up the sun. Dress warm. Sometimes even sleeping with a hat/scarf can help you stay warm. Wrap yourself up in warming colors.
- **Hydrate** with hot water, decaf chai, and teas.
- **Gentle exercise.** Walking, qi-gong, restorative yoga, etc.
- **Try abhyanga**, self-massage with sesame oil or get a massage.
- **Listen to soothing, calming music.**
- **Try a diffuser** with sweet, heavy, warm aromas such as basil, bay, cinnamon, citrus, cloves, frankincense, lavender, pine, sage, and vanilla. You can cook with many of these too.
- Try nadi shodhana for pranayama and restorative yoga.

Nutritional Guidelines for Balance

- **Favor foods that are** oily, warming, or heavy with tastes that are sweet, salty, and sour. Minimize pungent, bitter, or astringent tastes.
- **Create a routine** around your eating, eating at the same time each day with lunch as the biggest meal. Include some fat and protein in your lunch to help you feel grounded and carry you through the day.
- Rice and wheat are the best grains for vata. Sweet heavy fruits. Dairy (low-fat milk) is easier to digest when warmed. Beans can aggravate vata. You may prefer tofu or mung beans. Proteins: chicken, turkey, seafood, and eggs
- Cook your vegetables in a generous amount of olive oil or ghee. Favor roots, **minimize raw.**
- **Spices that pacify vata:** cardamom, cumin, ginger, cinnamon, salt, cloves, mustard seed, basil, asafetida, cilantro, fennel, oregano, sage, teragon, thyme, and black pepper.
- Keep the colon and digestive system lubricated and healthy. Eat the last meal at least 3 hours before bedtime making bedtime start at 9:30pm the latest.