Ayurvedic Body Types

Vata

Element	air
Body Type	thin, delicate bone structure, low body fat, hard to gain weight
Characteristic	sensitive, spiritual, running late, can't sit still, forgets to eat, routine of the day
	feels difficult and overwhelming, flightiness, memory problems, easily
	confused, not too present, baldness
Signs of	sharp, quick thinking, creative, fast talking, abstract, creative types
Balance	might have propensity toward arts, writing, poetry, music
Signs of	gas, bloating, unfocused, spacey, dry skin, hair and nails, coldness and chills,
Imbalance	nervousness, sleeplessness, worry, cavities
Organs to	nervous system, colon, bones
Nourish	
Foods to	stay away from low-fat diets, raw and cold foods, need very careful planning if
Reduce	vegetarian or vegan to stay grounded and focused
Foods to	warming, lubricating, grounding, heavier foods to calm down, good quality
Increase	oils, warming foods to counteract coldness
Beneficial	creamy tasting soups, lighter proteins like fish and eggs, mashed sweet
	potatoes, root vegetables, heavier grains, regular and balanced meals, weight
	lifting, pilates, yoga

Pitta

E1	Control of the
Element	fire and water
Body Type	medium body frame, well proportioned, prone toward muscularity, easily
	overheated
Characteristic	type A personalities, compelled to accomplish things, focused, organized, never misses meals and can be cranky if a meal is skipped (has a strong metabolism), workaholic, doesn't do well in hot, humid climates, sassy, creates problems that don't really exist when feeling too balanced, needs to eat often
Signs of	productive, get-it-done person, organized, has a capacity to work until they
Balance	drop, energized, enthusiastic, quick but sharper than vata
Signs of	under stress easily agitated, irritable, overly competitive and other heat-
Imbalance	associated conditions; diarrhea, skin rashes, burning eyes, increased appetite,
	perspiration, over-working
Organs to	liver, gall bladder, spleen, small intestine, blood, eyes
Nourish	
Foods to	excessive spices that are too heating, red meat
Reduce	
Foods to	sweet and bitter foods, cooling and astringent, sweet tasting spices
Increase	(cardamom, fennel), protein
Beneficial	peppermint tea, fresh lime, lighter proteins (chicken and fish), dark leafy
	greens (bitter and cooling), sweet vegetables, calming and relaxing physical exercise, pilates, gentle relationships

Kapha

Element	earth and water
Body Type	larger body type, not necessarily overweight, gains weight easily, holds fat and
	water, strong, great powerful athlete when in shape
Characteristic	grounded, stable, solid, clear about the ways of the world, sensual, strong
	sexuality, sense of physicality, steady appetite but not overly strong like pitta,
	can miss a meal, slower metabolism, resists exercise and is slower moving,
	often trying to lighten up (physically and emotionally)
Signs of	reliable, dependable, calm, peacekeeper, even-tempered, loving, affectionate
Balance	
Signs of	holds on to emotions, lethargic, sleeping too much, depressed, lack of
Imbalance	enthusiasm, feeling dull and sluggish, overweight, congestion
Organs to	lungs, stomach, body fat, lymphatic system
Nourish	
Foods to	high fat foods, heavy and fatty proteins, dairy, gluten-based grains, red meats,
Reduce	starchy vegetables
Foods to	drying and heating foods, heating and pungent spices for their thermogenic
Increase	properties, lighter grains, light proteins, vegetables
Beneficial	beans, quinoa, spinach, dandelion, salads, cayenne, pepper, ginger, self-
	acceptance and body-image affirmations, cardiovascular exercises, love the
	body you have (Kapha woman trying to be Vata)