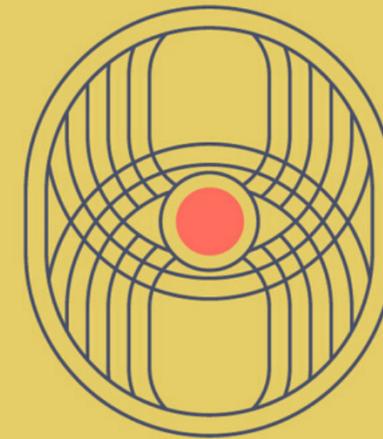


You Are  
Unique!: Learn  
Your Ayurvedic  
Mind-Body  
Constitution



COURTNEY  
LACAVA

AYURVEDIC PRACTITIONER + HEALTH COACH

[www.courtneylacava.com](http://www.courtneylacava.com)  
[courtney@courtneylacava.com](mailto:courtney@courtneylacava.com)  
(415) 509-7055

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# Hi! I'm Courtney

As an Ayurvedic Practitioner and Health Coach, I'm so passionate about guiding people to heal and evolve with the essential habits of Ayurveda and Yoga.

I discovered Ayurveda through my own health crisis with chronic fatigue in 2005. It led me to Ayurveda. It revolutionized my life and I now dedicate my work to empowering people to heal.



# Ready to get started?

Click below to watch the live workshop  
and follow along with the slides

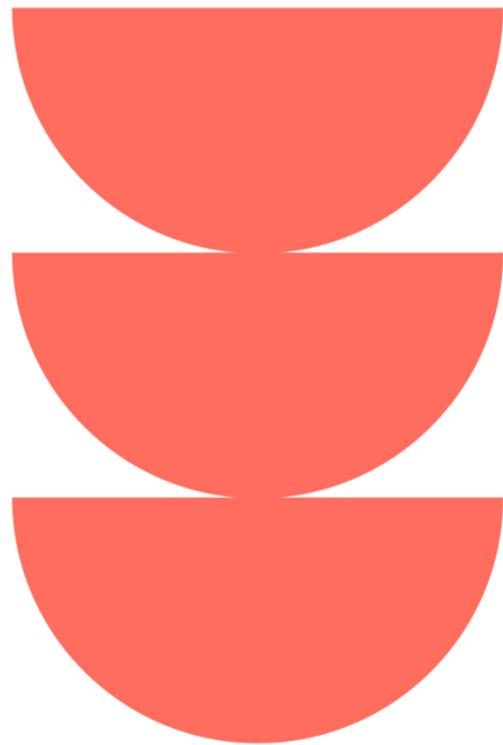
PART 1  
PART 2



# The Five Elements

- Everything in the universe is composed of the 5 elements
- Space, Air, Fire, Water + Earth

# The Qualities: Pair of Opposites



- The 5 elements have qualities
- These qualities (*gunas*) are described in pairs of opposites
- Basic Principle of Healing: "Like increases like, opposites balance."
- We create balance or imbalance through the 5 senses - taste, sight, sound, touch, smell

# 5 Elements + 10 Opposing Qualities

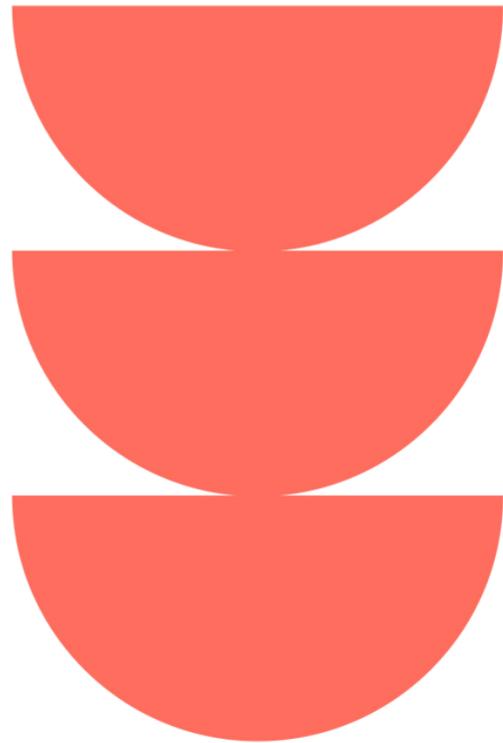
- 5 Elements-

SPACE  
AIR  
FIRE  
WATER  
EARTH

- 10 Pairs of Opposites-

DRY-MOIST  
COLD-HOT  
MOBILE-STABLE  
LIGHT-HEAVY  
SHARP-DULL  
ROUGH-SMOOTH  
SOFT-HARD  
LIQUID-SOLID  
SUBTLE-GROSS  
CLOUDY-CLEAR

# Qualities Meditation - TIMES



- Thought
- Image
- Motion
- Emotion
- Sensation

Doshas, Elements and Qualities of Ayurveda

*\*Like increases like. Opposites balance.\**

5 Elements	SPACE	AIR	FIRE	WATER	EARTH
Qualities:	space/connection	movement	light/heat/ transformation	lubrication	solidity/stability
HEAVY/LIGHT	Light	Light	Light	Heavy	Heavy
COLD/HOT	Cold	Cold	Hot	Cold	Cold
MOIST/DRY	Dry	Dry	Dry	Moist	Dry
SOFT/HARD	Soft	Hard	Hard	Soft	Hard
MOBILE/STABLE	+/- both	Mobile	+/- both	Stable	Stable
SHARP/DULL	Sharp	Sharp	Sharp	Dull	Dull
ROUGH/SMOOTH	N/A	Rough	Rough	Smooth	Rough
DENSE/FLOWING	Flowing	Flowing	Flowing	+/- both	Dense
SUBTLE/GROSS	Subtle	Subtle	Subtle	Gross	Gross
CLOUDY/CLEAR	Clear	Clear	Clear	Cloudy	Cloudy
DOSHAS	VATA		PITTA		KAPHA
	Light		Light		Heavy
	Cold		Hot		Cold
	Dry		Slightly Moist		Moist
	Hard		+/- Soft/Hard		Soft
	Mobile		+/- Static/Mobile		Stable
	Sharp		Sharp		Dull
	Rough		+/- Rough/Smooth		Smooth
	Flowing		Flowing		Static
	Subtle		Subtle		Gross
	Clear		Clear		Cloudy

# Vata Dosha

- Composed of air + space elements
- Rules circulation and movement
- Is light, cold, dry, hard, mobile, sharp, rough, flowing, subtle, clear

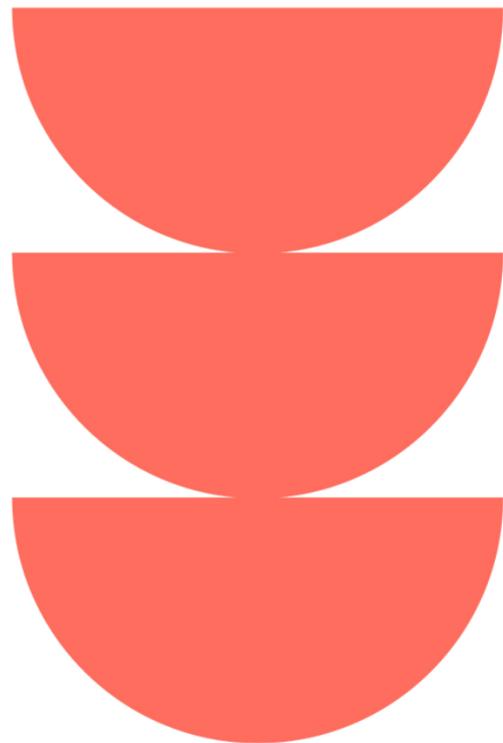
# Pitta Dosha

- Composed of fire + water elements
- Rules metabolism/digestion and transformation
- Is light, hot, slightly moist (oily), sharp, flowing, subtle, clear

# Kapha Dosha

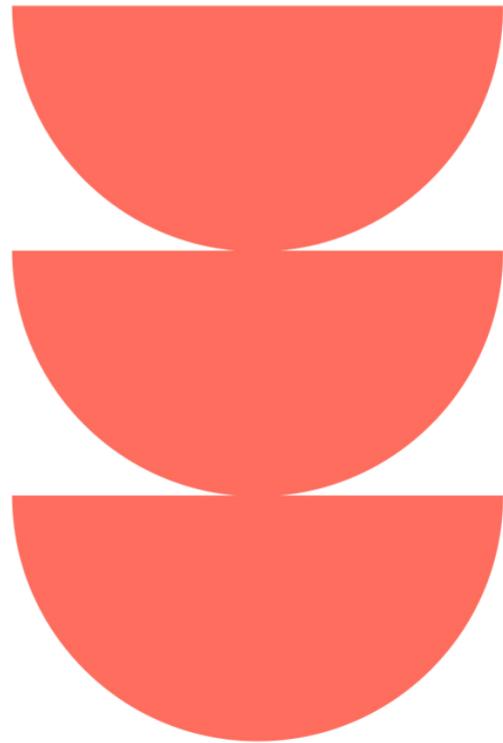
- Composed of water + earth elements
- Rules stability, structure, immunity
- Is heavy, cold, moist, soft, stable, dull, smooth, static, gross, cloudy

# Prakruti: Your Mind-Body Constitution



- We all have all 3 doshas
- Balance of the doshas at the moment of conception
- Related to genetics
- Influenced by physical, mental, emotional state of the mother during pregnancy
- We each have our own unique balance
- Most have a predominance in one or two doshas
- Combinations: Vata, Pitta, Kapha, Vata-Pitta, Vata-Kapha, Pitta-Vata, Pitta-Kapha, Kapha-Pitta, Kapha-Vata, Tridoshic

# How To Determine Prakruti

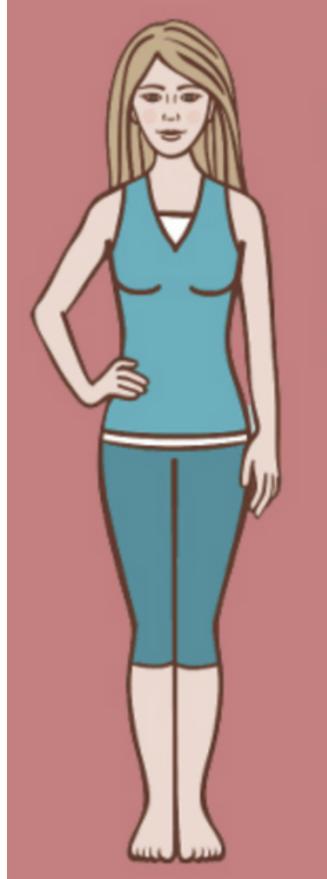


- Physical build
- Long-term internal functioning of the body
- Personality/mental and emotional tendencies
- Pulse
- Tongue



# Vata Prakruti

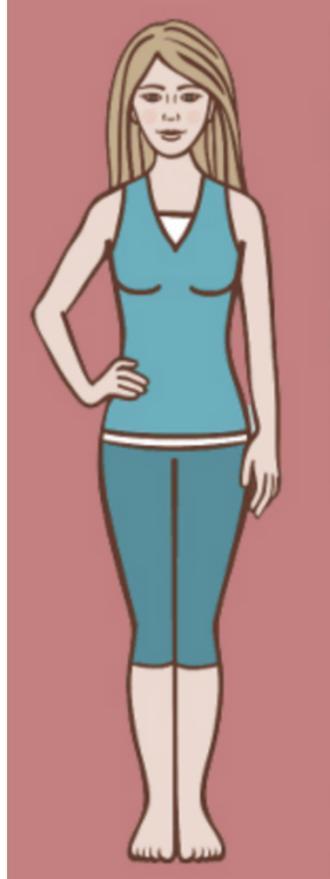
- Elements: air + space
- Qualities: light, cold, dry, mobile, flowing, subtle, clear
- Personality, Mind + Emotions: Vibrant with a general enthusiasm for life, light of heart, speaks quickly, have their "head in the clouds"; those more predominant in the space element can be shy, soft-spoken, introverted, deeply connected to the subtle realm
- Strengths: Great artists, healers, great sensitivity to the world around them
- Positive adjectives: creative, inspired, energetic
- Neutral adjectives: fast, sensitive
- Challenging adjectives: indecisive, unpredictable, scattered, flighty, spacey, moody, superficial





# Vata Prakruti - Structural

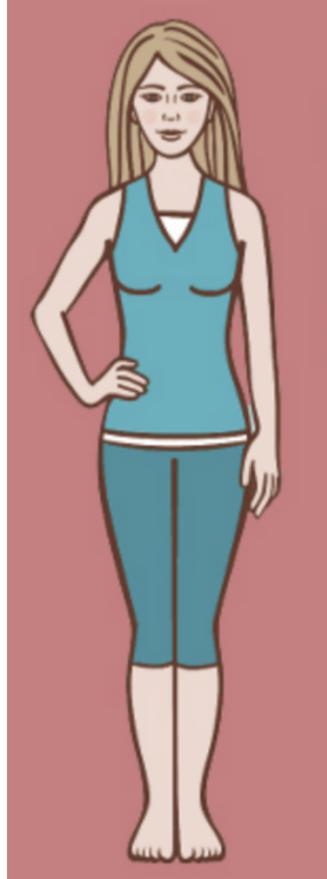
- ❑ **Face:** Oblong. The thinner the face, the greater the amount of Vata.
- ❑ **Eyes:** Small relative to the size of the face. This reflects their subtle nature.
- ❑ **Nose:** Small relative to the size of the face. Bridge of the nose is narrow.
- ❑ **Lips:** Narrow, may appear chapped, reflecting the dry nature of Vata
- ❑ **Complexion:** dull or dusty
- ❑ **Hair:** dry, kinky, brittle, and coarse. When Vata increases and gets out of balance, a tendency toward hair loss.
- ❑ **Skin:** dry and thin
- ❑ **Pulse:** Wiry (snake)
- ❑ **Tongue:** Small, narrow, pale pink or grey





# Vata Prakruti - Structural

- **Bones:** Narrow (circumference of bone relative to length). Vata bones tend to be long with narrow circumference. Because of lack of muscular development, bones may appear very prominent.
- **Neck:** Long, narrow, not very muscular.
- **Hands:** Long, narrow fingers. Longest finger is most often longer than length of palm. Palm itself is long and its shape is rectangular. Different size palms.
- **Nails:** Thin nails that crack easily.
- **Body Build:** Narrow or ectomorph. This reflects their light quality. Tend to be skinny without musculature. Length of body is long relative to circumference of body. This is the defining feature, regardless of height.



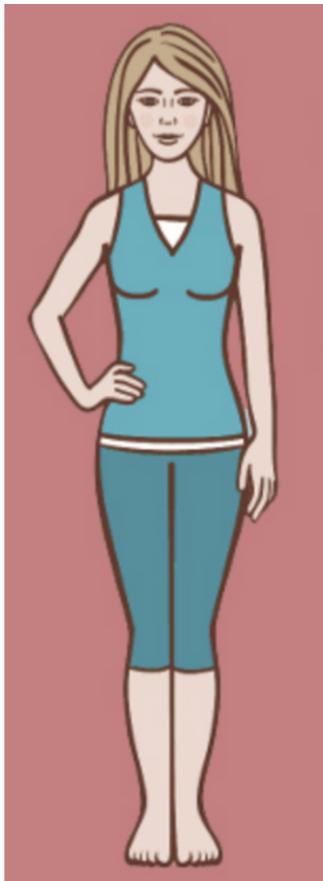
# Vata Prakruti - Functional

☐ **Appetite:** variable. which reflects the mobile nature of air. There may be extreme hunger at times, and little attention paid to the appetite at others. Meals are often irregular. After missing a meal, a person with Vata imbalance becomes anxious, irritable, or even volatile.

☐ **Digestion:** Variable. Dryness of the colon causes gas and constipation. Also fluctuations between periods of constipation and diarrhea. Bloating and distention. Hyperacidity due to dryness.

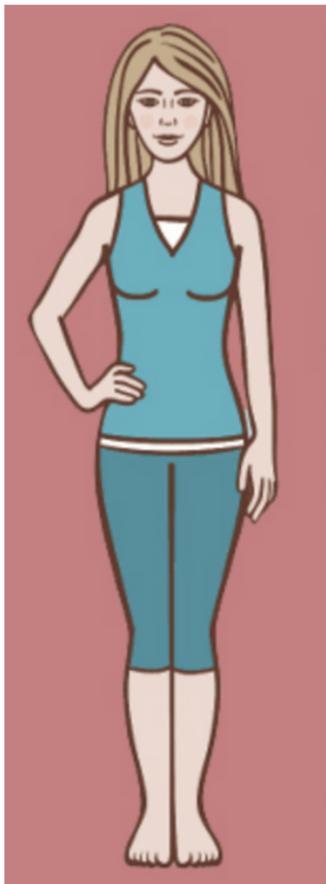
☐ **Elimination:** Stools are hard and difficult to pass. Constipation.

☐ **Sweat:** Sweat less than others.



# Vata Prakruti - Functional

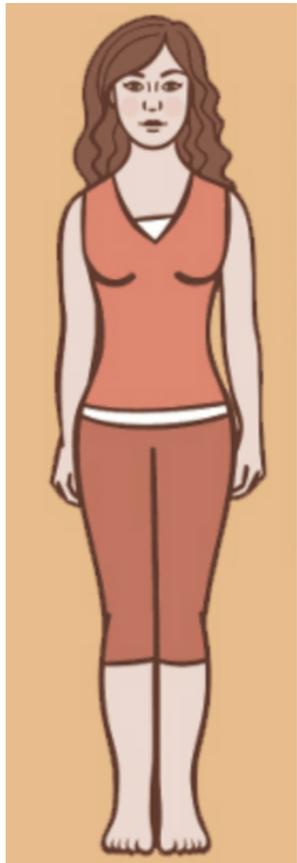
- ☐ **Temperature:** Feel cold easily.
- ☐ **Skin:** Dry. Rashes tend to be dry, flaky. Acne will be small with dry skin around it.
- '☐ **Menstruation:** Irregular, may miss period, especially after exercise or travel. Period lasts 2-4 days. Tend towards greater pain.
- ☐ **Sleep:** Tend towards difficulty sleeping. Light, disturbed, restless.





# Pitta Prakruti

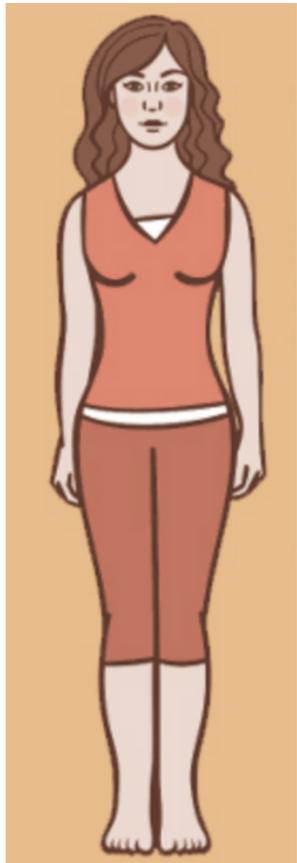
- **Elements:** fire + water
- **Qualities:** hot, light, slightly moist (oily), sharp, flowing, subtle, clear
- **Personality, Mind + Emotions:** warm, friendly people to their friends and fierce opponents to their enemies; strong leaders who have passion and vision and are able to motivate others to their cause. Courageous and brave as they move toward the goal. Speak very clearly.
- **Strengths:** Great teachers, leaders, are able to shine the path of the way forward for others
- **Positive adjectives:** courageous, brave, focused, perceptive
- **Neutral adjectives:** logical, organized, serious
- **Challenging adjectives:** angry, jealous, envious, critical, sharp, judgmental





# Pitta Prakruti - Structural

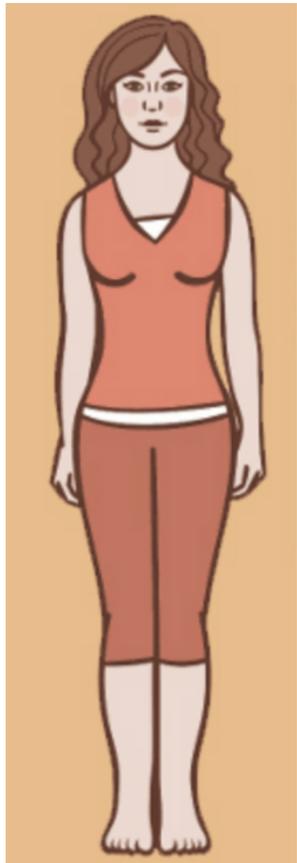
- **Face:** Angular, due to sharp qualities of fire element. Intensity in the facial energy, suggestive of passion, intensity and scrutiny. Face shape may appear more triangular or square. Bones prominent, especially jaw or cheekbones.
- **Eyes:** Moderate, deep-set. Not all Pittas have deep-set eyes, but those who do usually have a great deal of discernment.
- **Nose:** Medium, relative to size of face
- **Lips:** Medium
- **Complexion:** Rosy or ruddy; freckles, moles
- **Hair:** Fine, light. May turn gray early from heat burning out color. Male pattern baldness.
- **Skin:** Oily, prone to rashes
- **Pulse:** Pounding, like a frog
- **Tongue:** Medium, dark pink or red, pointed tip





# Pitta Prakruti - Structural

- **Bones:** Moderate
- **Neck:** Moderate length and circumference
- **Hands:** Middle finger matches the length of palm. Square palm.
- **Nails:** Moderately thick nails. Strong, do not crack easily.
- **Body Build:** Medium or mesomorphic, well-defined musculature. Length of body moderate relative to circumference of body, regardless of height.





# Pitta Prakruti - Functional

- **Appetite:** Hot energy reflected in strong digestive fire ("agni). Appetite strong and consistent. "Hangry" when missing a meal.
- **Digestion:** Digests easily. When out of balance can experience hyperacidity, burning indigestion. Tendency towards loose stool and diarrhea.
- **Elimination:** Stool tends to be soft or loose and frequent. Rarely miss a bowel movement. Strong odor.
- **Sweat:** Hot, sharp qualities lead to sweating in order to cool off. Sweat can have strong odor.





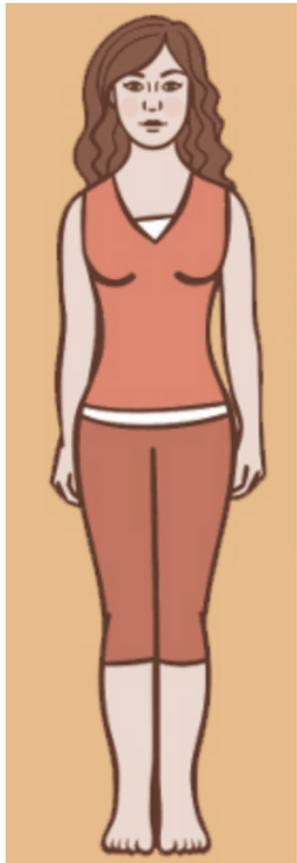
# Pitta Prakruti - Functional

□ **Temperature:** Feel warmer than others. The last ones to put a sweater in cold months, first ones to turn on AC in warm months.

□ **Skin:** Fire element creates ruddy complexion, prone to rashes that tend to be red and oily. Red, oily acne.

□ **Menstruation:** Heavy b/c of heat building up in blood. Regular cycle, rarely misses. Duration is 3-5 days.

□ **Sleep:** Sleep light but well. If awakened, go back to sleep easily. Heat may keep them awake. Obsessing about planning, achieving may also keep them up. Pittas tend to awaken with ease and eager to start the day.





# Kapha Prakruti

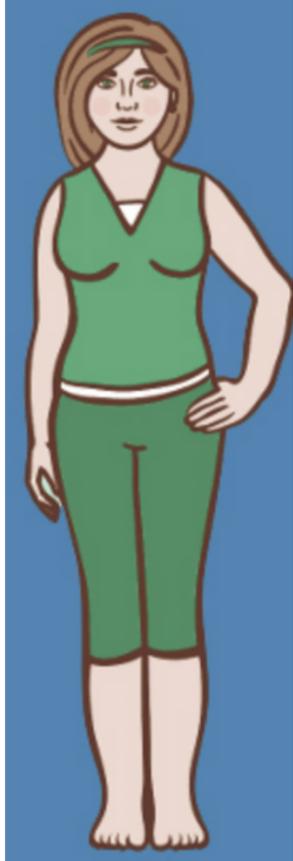
- **Elements:** water + earth
- **Qualities:** heavy, cold, moist, soft, stable, dull, smooth, cloudy
- **Personality, Mind + Emotions:** calm; move, think, react slowly to circumstances; steady disposition, not easily disturbed; loving, compassionate, devoted. Move slowly and do not find it easy to make change often. Strong endurance.
- **Strengths:** Strong stamina and immunity; "the rock" for others; deeply devoted and nurturing
- **Positive adjectives:** sweet, loving, calm, compassionate, nurturing, affectionate, gentle
- **Neutral adjectives:** slow, steady, stoic, conservative, obedient
- **Challenging adjectives:** stubborn, attached, controlling, rigid, complacent, uninspired





# Kapha Prakruti - Structural

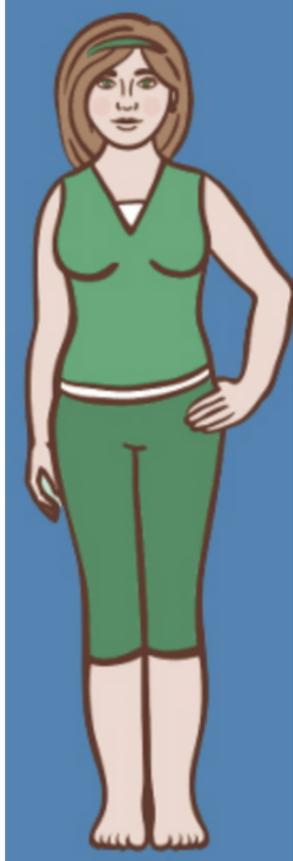
- Face: Round, soft, smooth face, revealing gentle inner nature.
- Eyes: Large relative to size of face. Reflect serenity and calm.
- Nose: Large relative to size of face. Bridge of nose widest relative to the three doshic types.
- Lips: Wide and soft.
- Complexion: Pale, lack of color.
- Hair: Oily, full, luxurious, wavy, and coarse. Fullness of hair defined as many hair fibers per square inch. Hair fibers are thick.
- Skin: Moist, thick, and soft.
- Pulse: Wide, graceful, steady, like a swan
- Tongue: Large, round, pale





# Kapha Prakruti - Structural

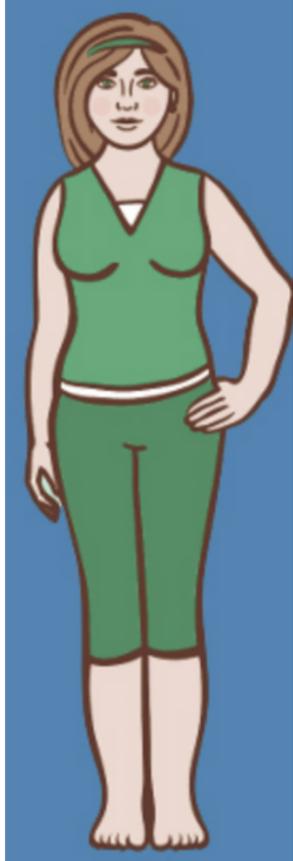
- **Bones:** Thicker (circumference of bone relative to its length. Shorter with a large circumference.
- **Neck:** Thick and short.
- **Hands:** Short, wide fingers. Longest finger is most often shorter than the length of palm. Palm tends to be square and fleshy.
- **Nails:** Thick nails that are strong and do not crack easily.
- **Body Build:** Larger, endomorphic. Reflects heavy, dense qualities of earth. Tend to be heavier, though not necessarily fat. Solid, thick build. Length of body is shorter relative to circumference of their body, regardless of height.





# Kapha Prakruti - Functional

- **Appetite:** Reflects slow nature of digestive process. Not hungry for quite some time. Consistently low appetite. If skips a meal, not usually greatly affected and may even feel better from lightness.
- **Digestion:** Food digests slowly and the person feels heavy after eating. May be constipation due to sluggishness.
- **Elimination:** Large, bulky bowel movements. Regular. Stool may be pale or contain mucous.
- **Sweat:** Sweat a lot because of the water in their constitution. Sweat may smell sweet.





# Kapha Prakruti - Functional

☐ **Temperature:** Feel cool but not very cold. Retains heat even though does not generate its own heat.

☐ **Skin:** Thick, soft, and smooth. With excess kapha, may appear clammy.

☐ **Menstruation:** Very regular, average to heavy flow. Duration is 5 days, +/- 1 day. Discomfort is mild, though swelling of breasts is common.

☐ **Sleep:** Sleep heavily, not easily disturbed or awakened. Can take a while to fully wake up and focus. Do not easily get out of bed in the morning, can sleep long hours.



# Vata-Pitta/Pitta-Vata Prakruti



- Fire + air elements
- Qualities:** hot, light, dry, mobile, sharp, flowing, subtle, clear
- Balancing:** cool, heavy, moist, stable, soft, gross
- Management:** vata-pacifying regimen during the fall and winter seasons, during the change of seasons and especially when the weather is cold and windy; pitta-pacifying regimen during the spring and summer and especially when the weather is warm.



# Pitta-Kapha/Kapha-Pitta Prakruti

- Fire, earth, water elements
- Qualities:** hot, moist, heavy, stable
- Balancing:** cool, dry, light, mobile
- Management:** Pitta-pacifying regimen during the late spring and summer seasons especially when the weather is hot; kapha-pacifying regimen during the cooler times of the year like fall, winter, and early spring, and especially when the weather is cool and damp



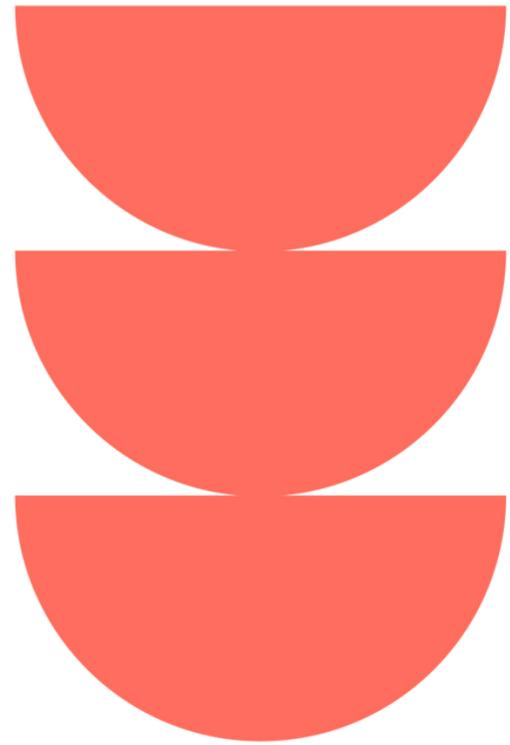
# Vata-Kapha/Kapha-Vata Prakruti

- Air, earth, water elements
- **Qualities:** cold, dry, heavy
- **Balancing:** hot, moist, light
- **Management:** Vata-pacifying regimen during the summer and fall seasons, during the change of seasons, and especially when the weather is cool and dry. Follow a kapha-pacifying regimen during the winter and spring and especially when the weather is cool and damp.

# Vata-Pitta-Kapha (Tridoshic) Prakruti

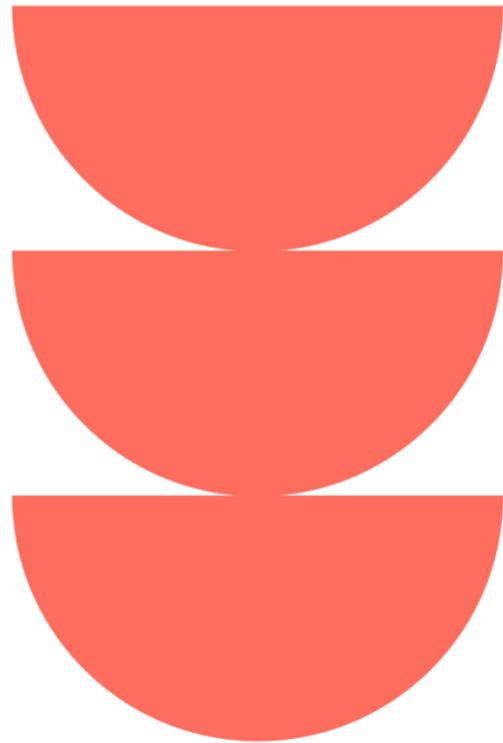


- Equal all elements
- Qualities:** hot, heavy, dry
- Balancing:** cool, light, moist
- Sturdy constitution. Your constitutional forces will tend to balance each other and maintain a healthy equilibrium.
- Management:** vata-pacifying regimen during the fall and early winter, during the change of seasons and especially when the weather is cool, dry, and windy; pitta-pacifying regimen during the late spring and summer seasons and especially when the weather is hot; kapha-pacifying regimen during the late winter and spring and especially when the weather is cool and damp.



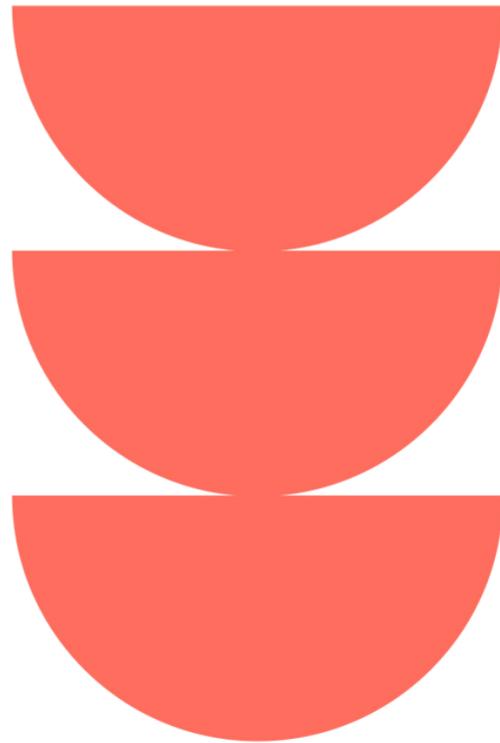
# Features in our Group + Prakruti Quiz

# Vikruti: Your Current State of Imbalance



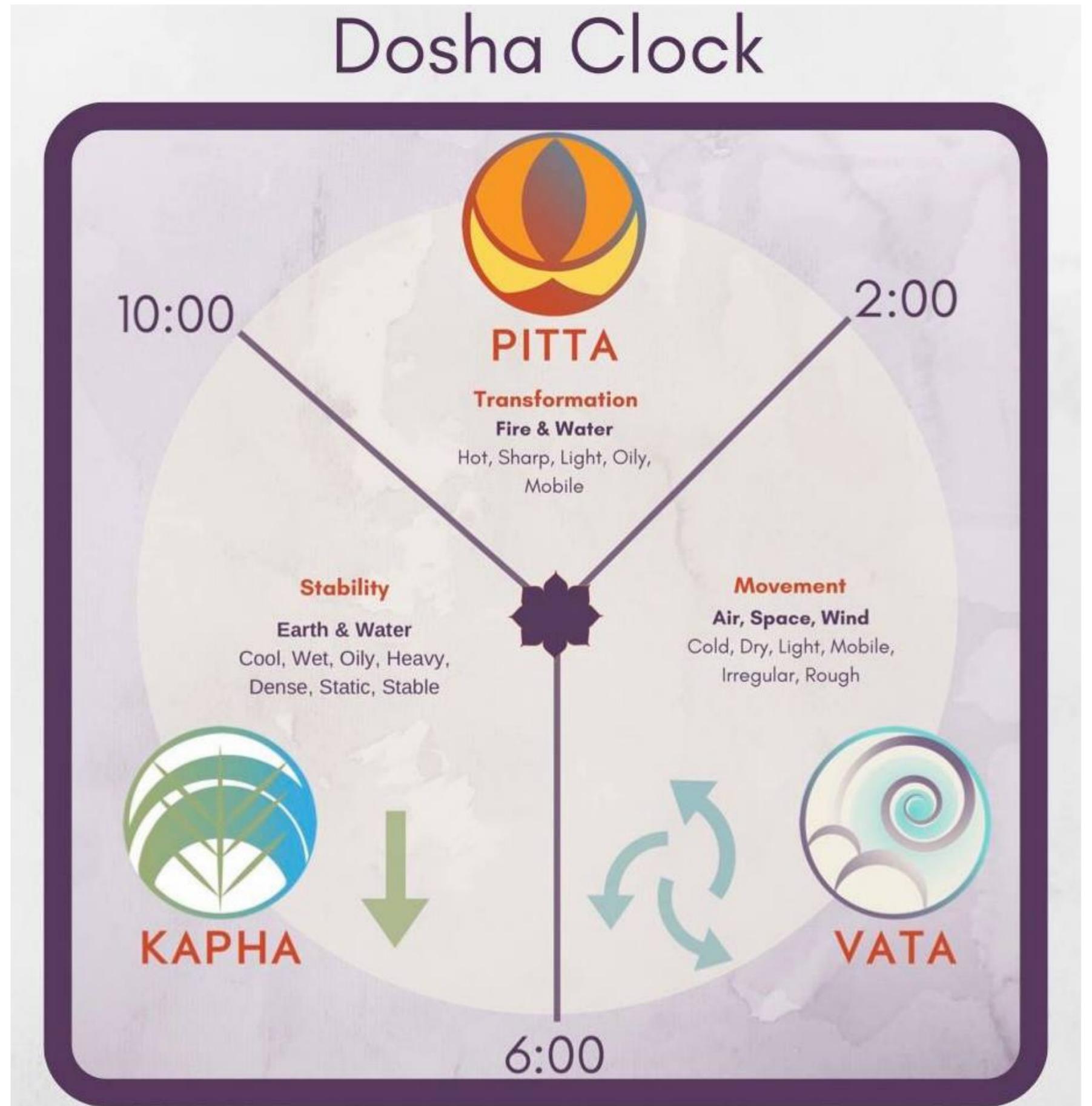
- We are constantly taking in the qualities through our senses (ie. *dry* food, *irregular* mealtimes, *heated* arguments, etc.)
- Like increases like, opposites balance.
- Too much of any quality can cause a dosha to become out of balance
- Imbalanced dosha => symptoms + disease

# Vikruti: How We Get Out of Balance

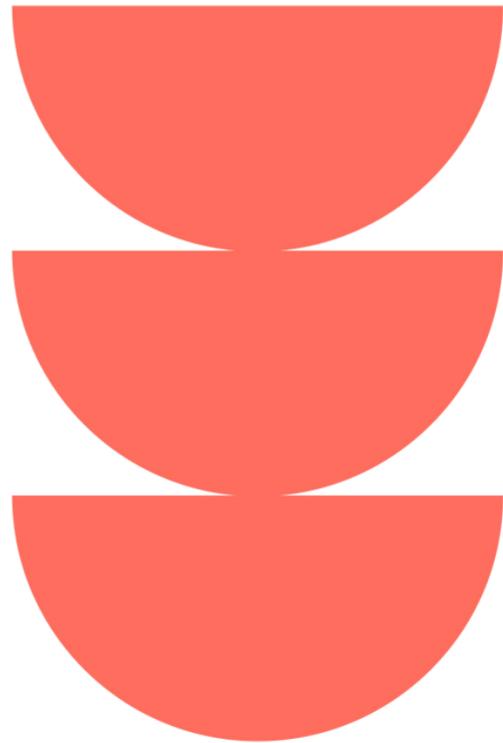


- **Your Habits** - moving out of rhythm with the cycles of nature
- **Your Senses** - Like increases like, opposites balance. What you take in through your senses - what you eat, when you eat, the qualities of your habits and schedule, etc. can all increase or decrease the doshas

# Vikruti: Your Habits + The Dosha Clock



# Vikruti: Sense Organ Meditation



Sight/Eyes

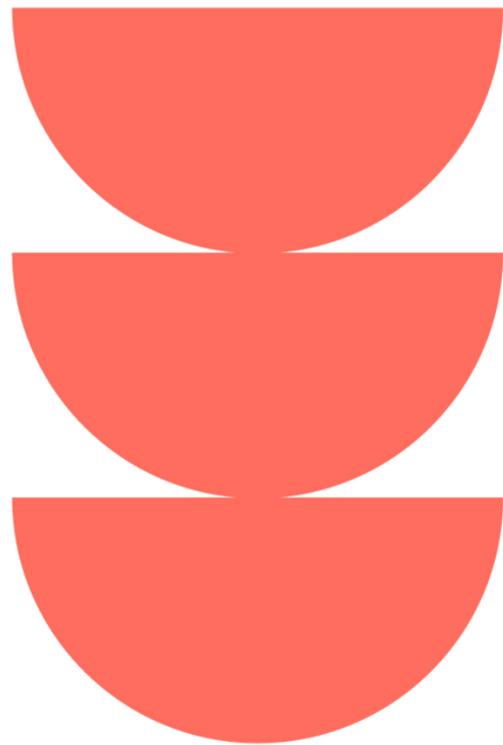
Smell/Nose

Sound/Ears

Taste/Mouth

Touch/Hands

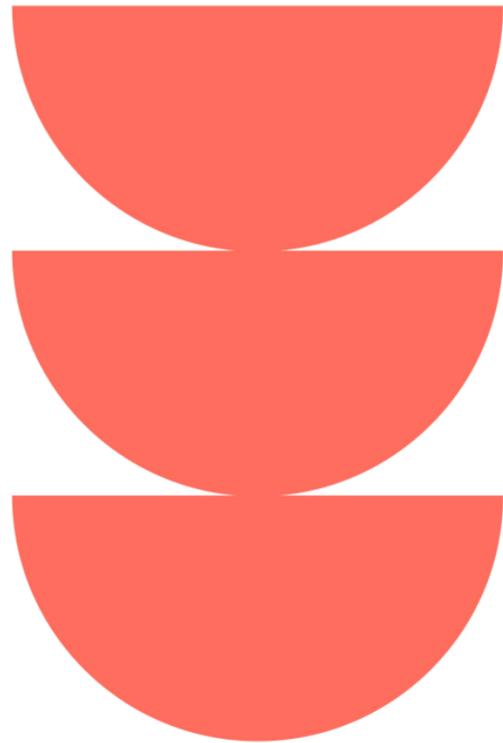
# Vikruti: Example



□ Kim is pitta predominant (fire element). She has a highly competitive job. She works long hours and goes to bed at midnight. She eats lots of spicy food, coffee, and alcohol. She's often angry and irritable. It affects her marriage, children, and work. She also has burning indigestion and will occasionally break out when stressed.

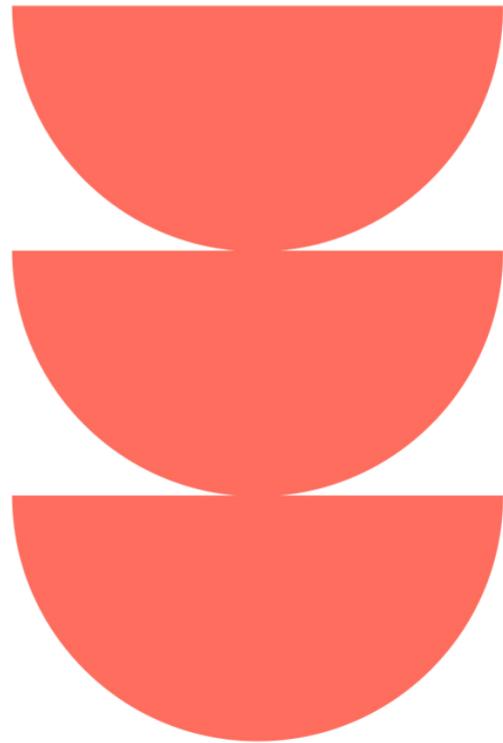
□ The foods, drinks, schedule have an excess of the fire element. This increases heat in her already fiery constitution, leading to symptoms of excess heat.

# Vata Vikruti



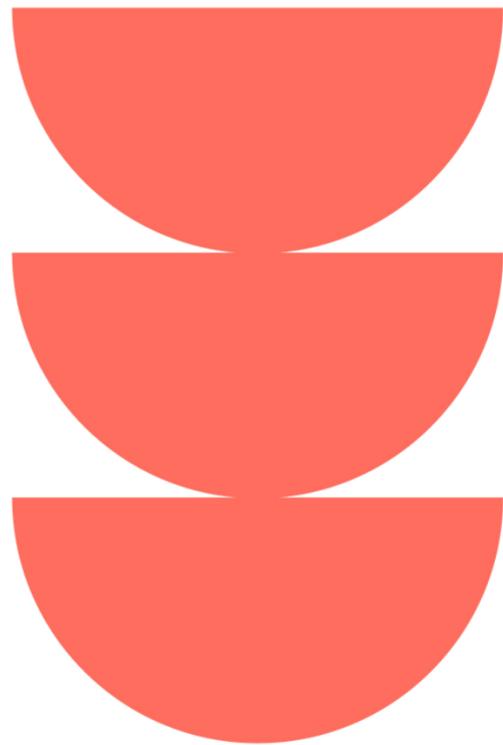
- Nervousness, anxiety, panic attacks, fear
- Twitches, tremors, and spasms
- Low energy, persistent fatigue, and sluggishness
- Anything to do with the nervous system
- Anything associated with immunosuppression or immunodeficiency
- Dry, flaky skin and brittle, cracking and peeling nails
- Constipation, gas, bloating, and hard stools

# Vata Vikruti (cont.)



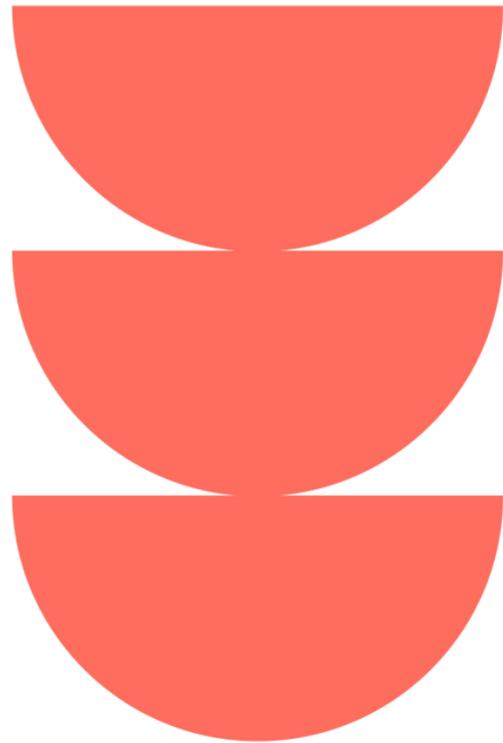
- Irregular digestion that is unpredictable from day to day
- Low body weight, inability to gain weight, lose weight very easily
- Light sleep is often interrupted by waking up in the early morning hours (especially between 2-6am)
- Insomnia
- Feeling of being spacey, forgetful, or scattered
- Excessive thinking, worrying, and ruminating
- Sensitive to loud, sudden noises

# Pitta Vikruti



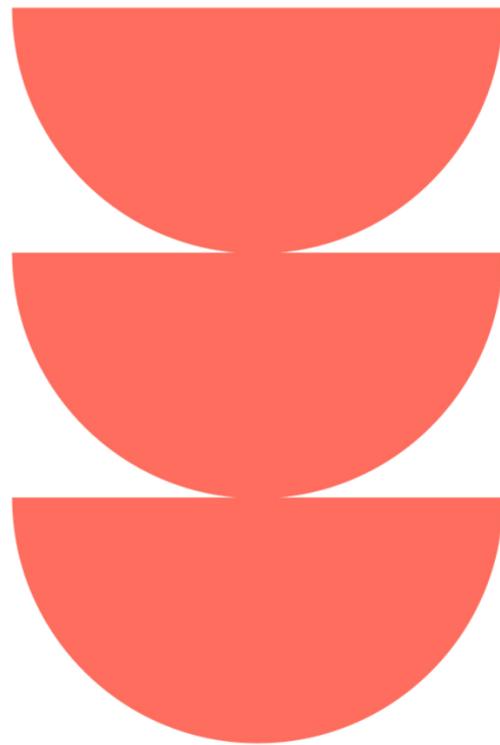
- Any kind of inflamed skin rash, cold sores
- Inflammation in the body – e.g. joint inflammation with rheumatoid arthritis, digestive inflammation with irritable bowel syndrome
- Acne
- Acid reflux and heartburn, ulcers
- Nausea
- Hypermetabolism and voracious, almost insatiable appetite

# Pitta Vikruti (cont.)



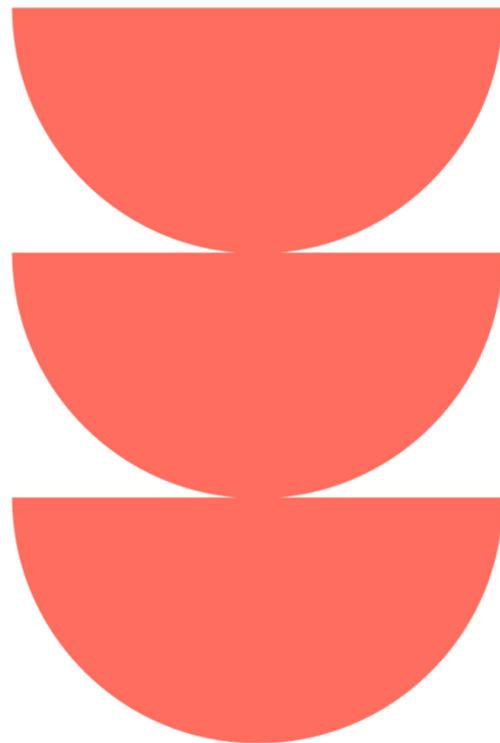
- Loose stools and diarrhea
- Excess body heat
- Frustration, anger, irritability, jealousy
- Perfectionism, impatience
- Red and inflamed eyes
- Light sensitivity
- Extremely high libido
- Impotency

# Kapha Vikruti

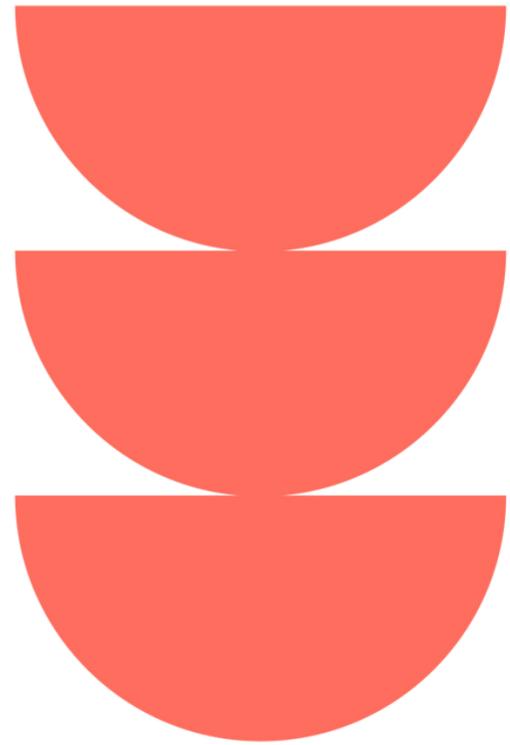


- Excess mucous in the respiratory system and in stools
- Thick, white coating (ama) on the tongue
- Infrequent and sluggish bowel movements (e.g. consistently not having a bowel movement every day)
- Emotional eating
- High body weight, difficulty losing weight, and easily gains
- Difficulty waking in the morning and from naps

# Kapha Vikruti (cont.)

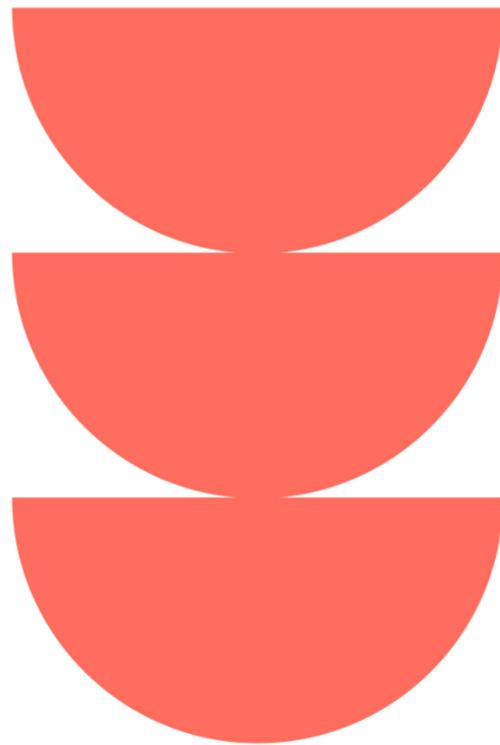


- Feeling slow, foggy, dull, lethargic, or heavy in mind and/or body
- Feeling overly attached and possessive of people, things, or experiences
- Stubbornness, complacency
- Endometriosis, ovarian cysts, enlarged prostate



# Vikruti Quiz

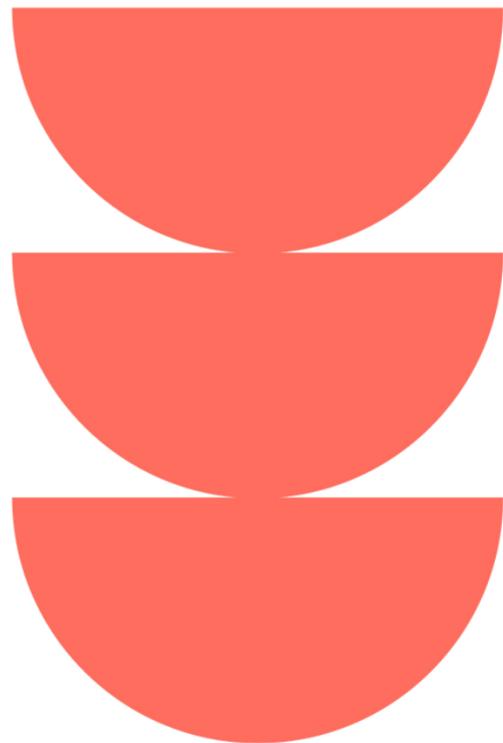
# How we aggravate Pitta



~ Excess hot, sharp, oily, light, flowing qualities ~

- Excess Pungent, sour, salty food (ie. hot spices, alcohol, coffee, fermented foods, etc.)
- Exposure to mid-day sun/excessive heat
- Late nights, bedtime past 10pm
- Excess competition
- Pushing, not taking rest, relaxation, or vacation
- Over-exercising, especially in the heat
- Skipping meals
- Judgment

# How we aggravate Pitta (Example)

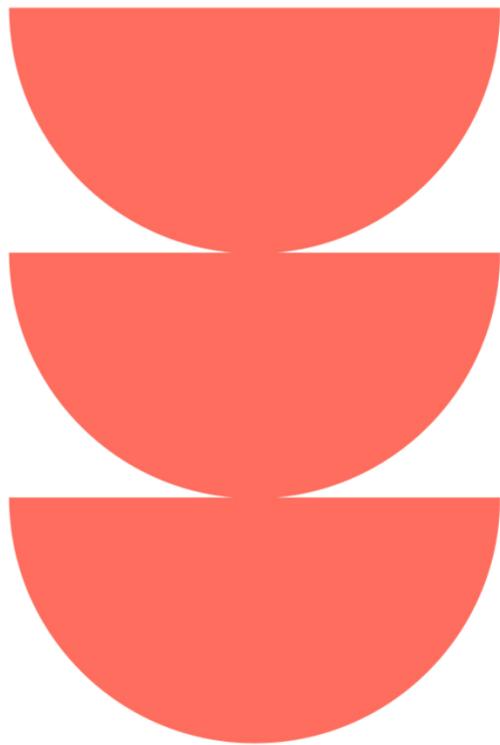


You are a pitta individual. Pitta is hot in nature. You visit the equator for a vacation and you sunbathe for six hours daily and enjoy hot, spicy food daily for one week. At the end of the week, you suffer from an acute rash and terrible heartburn and find yourself with an awful temper. Ayurveda would say that your heat-increasing indulgences increased the natural heat in your pitta constitution and lead to hot conditions “erupting” in your body and emotions. This is an extreme example to illustrate a point.

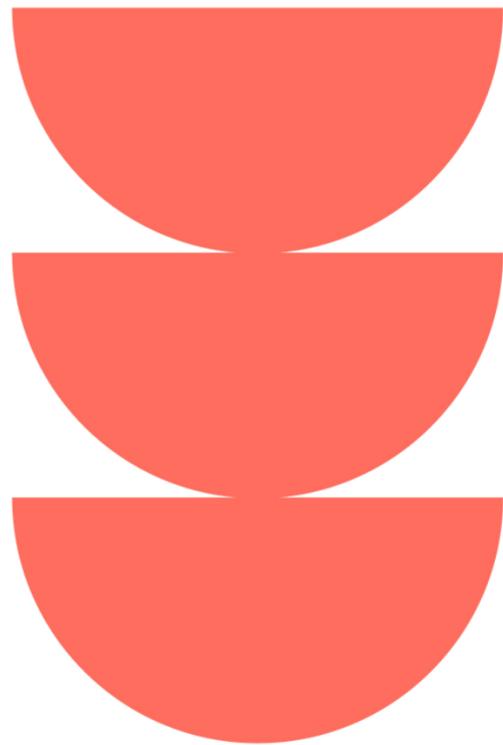
# How we aggravate Kapha

~ Excess heavy, cool, moist, slow, stable, soft qualities ~

- Excess sweet, sour, salty food (dairy, wheat, oats, sweets, etc.)
- Not enough space between meals. Ideally eating only 2 meals per day, with at least 5-6 hours between meals.
- Lack of exercise, movement
- Sedentary lifestyle
- Excessive sleep and napping
- Holding on to excess material possessions
- Attachment



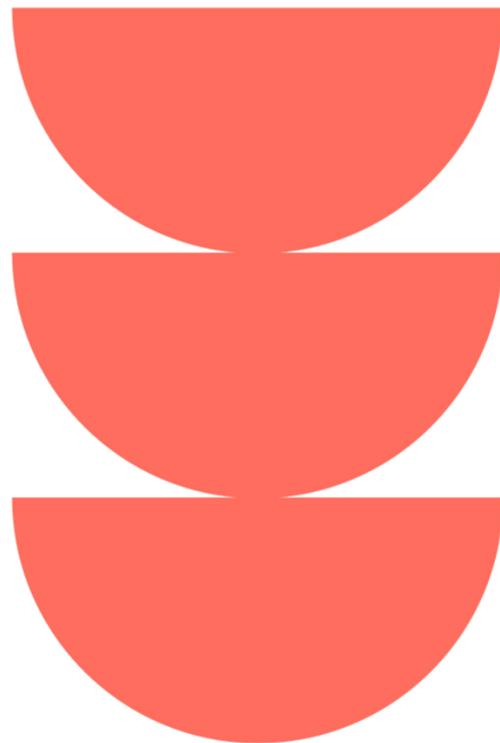
# How we aggravate Kapha (Example)



**Example:** You are a kapha individual. Kapha is heavy, dense, wet, cold, and static. If you eat a large bowl of ice cream (heavy, dense, wet, and cold,) at night (cold) in winter in Vermont (cold, wet), you can be sure that kapha will increase in your system. The next morning you may find yourself with a cold, having gained a pound or two (the increase of heavy and dense), and less likely to move than ever (static).

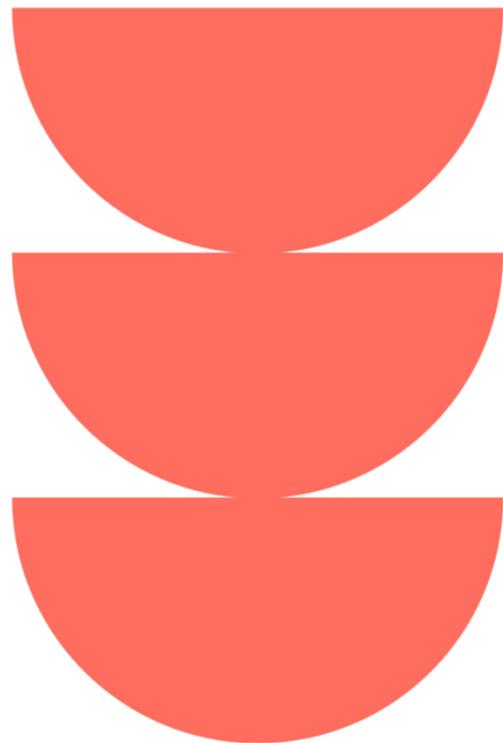
# How we aggravate Vata

~ Excess dry, light, cool, rough, subtle, and mobile ~



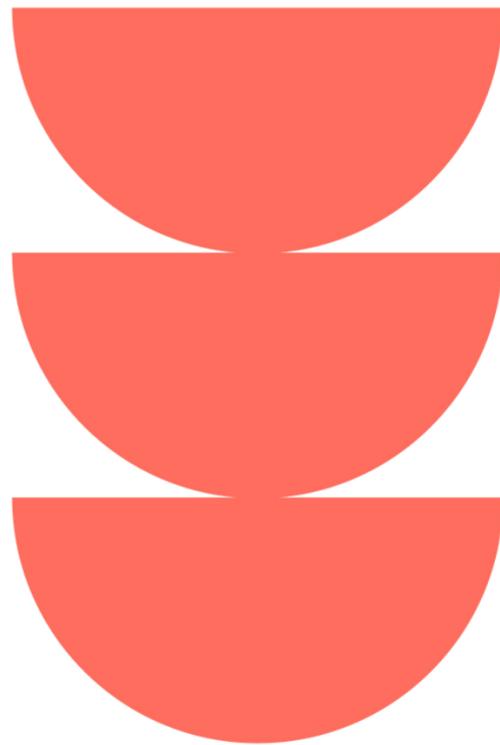
- Cold, dry, spicy, bitter, and astringent foods, like chips, crackers, raw foods, greens, beans.
- Skipping meals
- Not eating meals at regular hours
- Late bedtime
- Travel
- Excess sensory input
- Multitasking
- Exposure to cold

# How we aggravate Vata (Example)



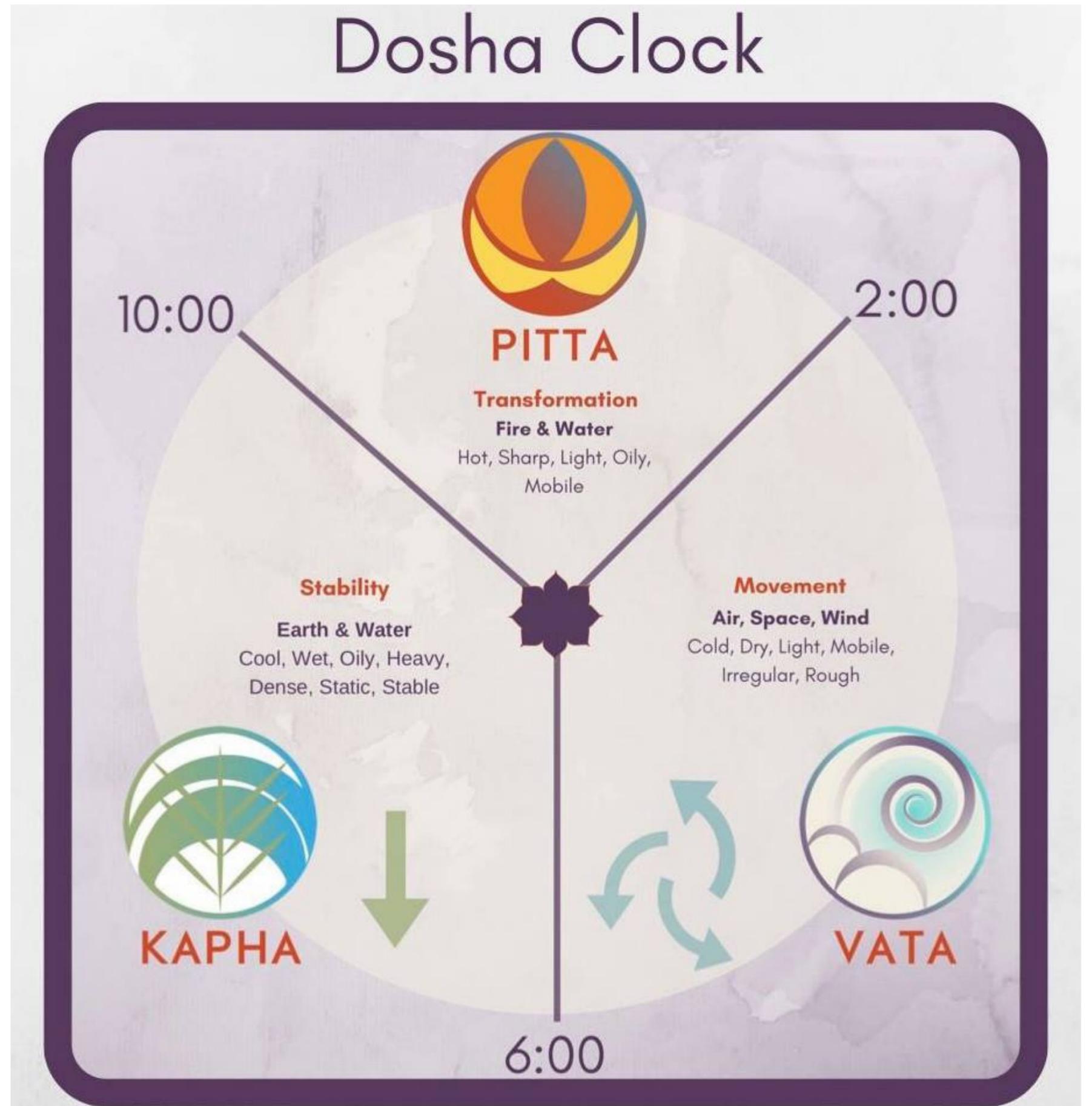
You are a vata individual. One of the qualities of vata is dryness. You live in a dry climate, like a desert, and you regularly snack on dry crackers. This added dryness adds to the dry quality of vata, which you already have plenty of. This usually increases vata and can lead to dry conditions like constipation or dry skin. This is an extreme example to illustrate the point.

# Creating Balance #1: The Habits

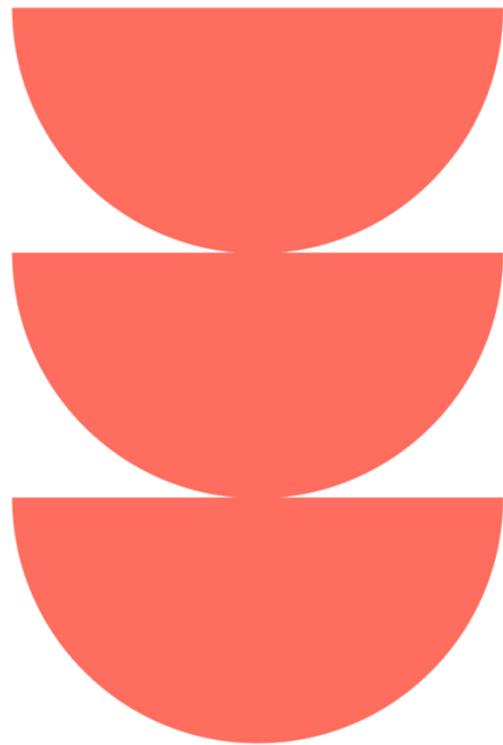


- You are part of nature. Your physiology is designed to move with the rhythms of nature (Circadian Science).
- How/when you eat, sleep, wake, hydrate, eliminate, move, rest, create space for mental, emotional processing, care for your senses, etc.
  - create balance or obstacles to healing.

# Vikruti: Your Habits + The Dosha Clock

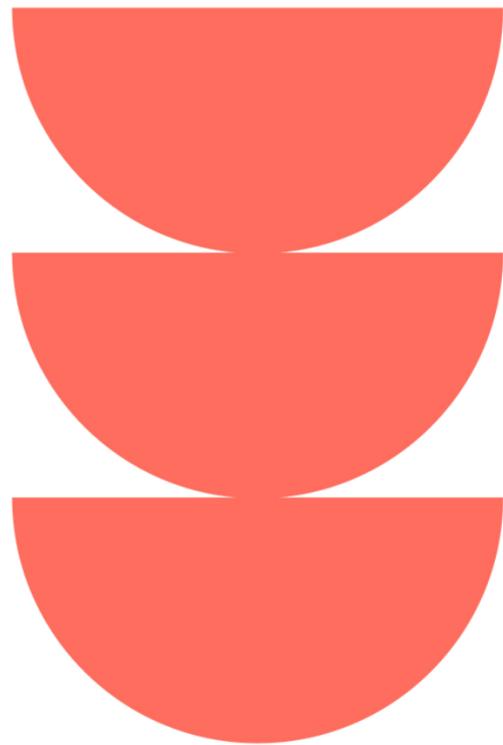


# Creating Balance #2: Honor the Seasons



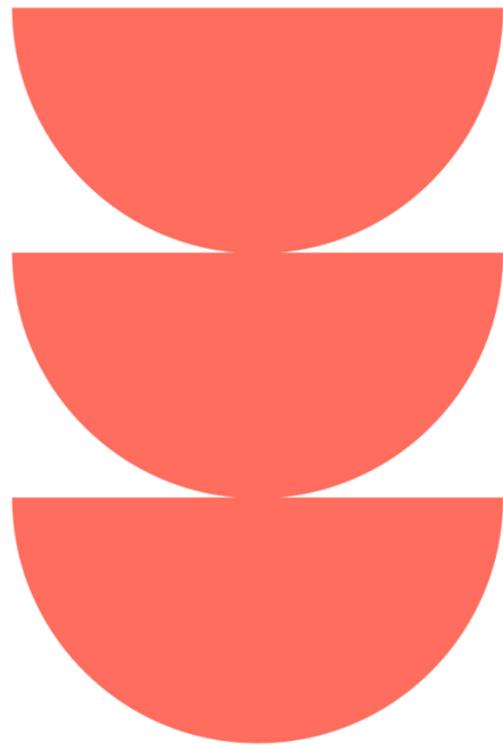
- Eat what's seasonal locally
- The seasons:
  - Fall/early winter = Vata (cold, dry, light)
  - Late winter/spring = Kapha (moist, damp, cool)
  - Summer = Pitta (hot)

# Creating Balance #3: Work with Your Dosha(s)



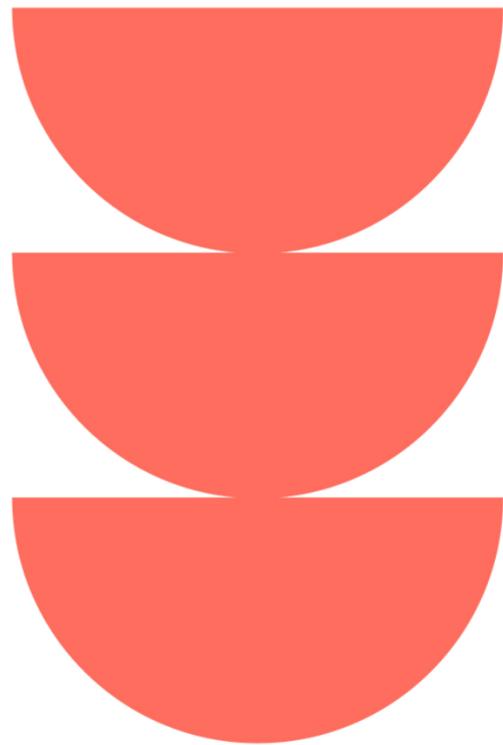
- Like increases like, opposites balance
- Balance through the 5 senses:
  - Taste: Diet, herbs
  - Touch: self-massage, five sense therapies/bodywork
  - Sight: Awareness of what we bring into our senses; color therapy; limiting exposure to excess tech, etc.
  - Sound: Balancing music, mantra; limiting exposure to excess input
  - Smell: aromatherapy

# Managing Vata Dosha



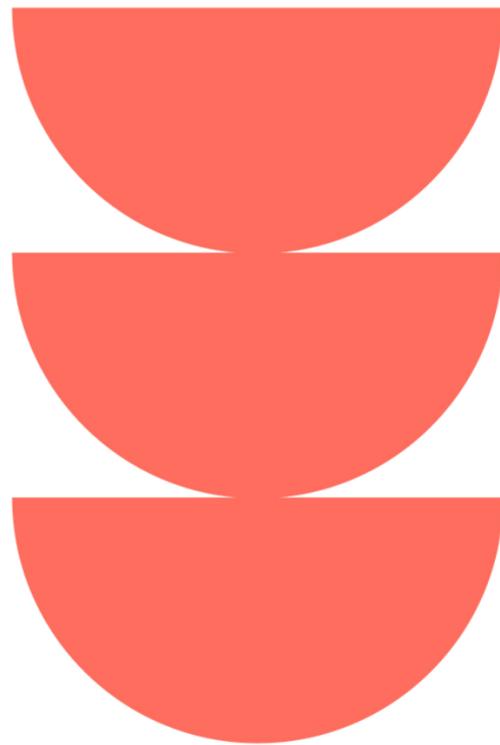
- Keywords: Routine, Warmth, Serenity, Nourishment
- The Habits: create a "container" to ground Vata
- Favor:
  - Foods that are naturally sweet, sour, and salty in taste.
  - Warm foods, both energetically and in temperature.
  - Whole, freshly cooked foods.
  - A limited selection of legumes, including mung dahl, tofu, or tempeh that is well-cooked and warm soy milk spiced with cinnamon and nutmeg.
  - Warming spices like ginger, black pepper, cinnamon, and cumin, but not extremely hot spices like cayenne pepper.

# Managing Vata Dosha (cont).



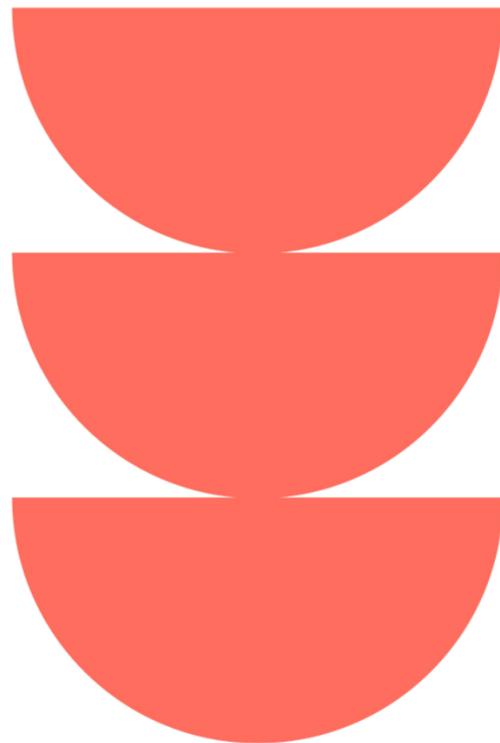
- Plenty of room temperature or warm drinks.
- Dairy, as long as it is not very cold. Avoid drinking milk with your meals. It is best to have it warm and spiced with cinnamon and nutmeg, at least an hour before or after other food.
- A generous amount of high-quality oils or ghee in your daily diet.
- Routine times for your meals.
- Taking a deep breath after swallowing your last bite and heading off for your next activity.
- Eating your meal in a peaceful environment.

# The Vata Child



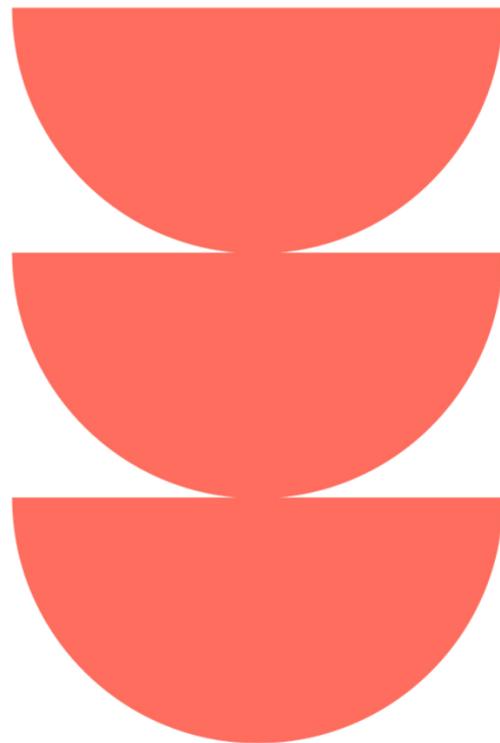
- Air + Space elements
- Light, slender body frame
- Quick - thought, speech or physical movement - restless nature
- Creative - get absorbed in their own world
- Buzz around the classroom, chatting and finding it hard to sit still and be quiet. Long periods of focus can be challenging
- Daydreamy
- Prone to worry and anxiety
- Variable appetite
- Light sleepers

# Nurturing the Vata Child



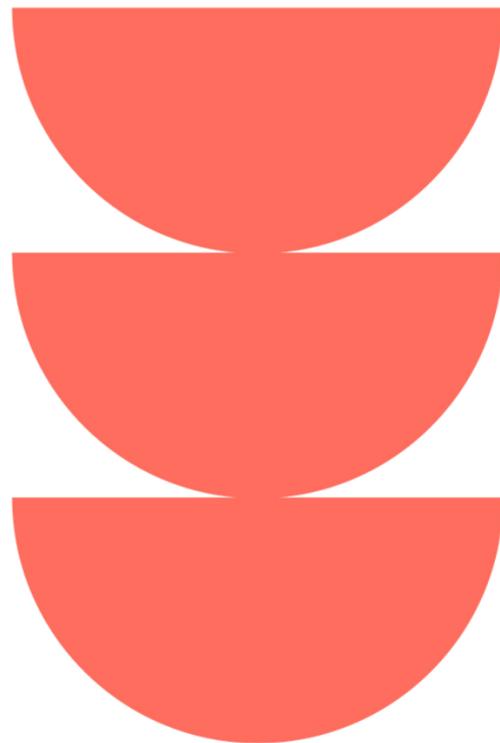
- Regular routines of mealtimes and bedtime
- Warm, nourishing meals will help keep them grounded. Avoid dry, cold snacks.
- Plenty of water (especially warm water) throughout the day
- Warming, soothing teas with herbs like ginger and licorice
- Lots of gentle reassurance
- Encourage the habit of checking their homework for silly mistakes
- Check to make sure they eliminate every day
- Keep them warm in the winter months
- Regular warm oil massage with sesame or almond oil (or herbal blend for Vata)

# The Pitta Child



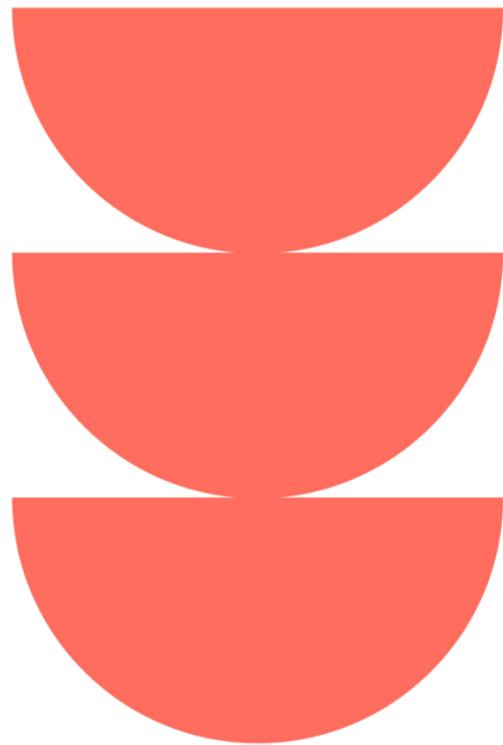
- Fire and water elements
- Get overheated, red-faced during hot weather
- Sensitive skin, freckles, prone to rashes
- Competitive nature, enjoy leadership from a young age
- Athletic/love sports
- Sharp, intelligent mind. Organized, confident at home and school. Enjoy being the center of attention.
- Perfectionist, self-critical
- Strong appetites. Need regular, consistent meals. "Hangry".
- Sleep well, ready to get moving in the morning.
- More robust than Vatas, but because of their "hot nature" may be prone to outbursts.

# Nurturing the Pitta Child



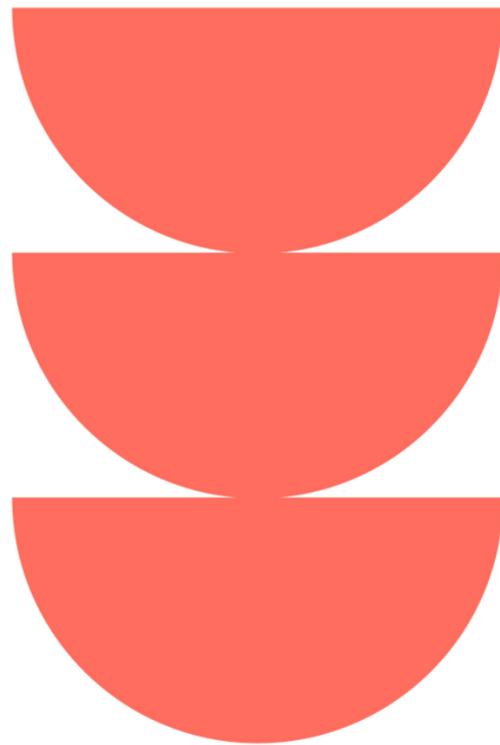
- Be a good role model and teach how to lose gracefully
- Encourage them to listen to others and understand that they can't always get their own way
- Make sure their food needs are met with regular mealtimes
- Provide cooling teas with herbs like mint, rose, and licorice
- Keep them cool, calm, and well-hydrated in summer
- Show them that things can't be perfect all the time: we all learn from mistakes

# The Kapha Child

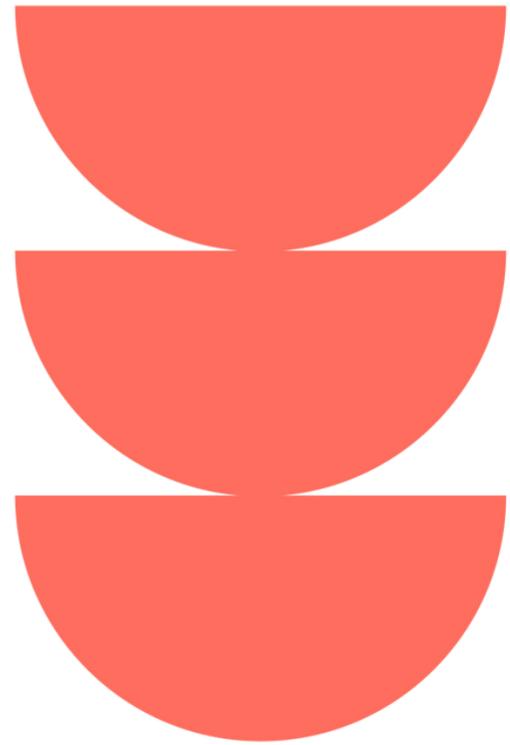


- Water and earth elements
- More well-built, solid body frame than Vata or Pitta types
- Slower and steadier than other types. Move slowly and steadily. Conserve energy.
- Slower to learn, but once they do, they retain info for life
- Fast, busy pace of classroom may be challenging as a child, but do well when older
- Calm, peaceful nature. Well-liked and loving.
- Deep, heavy sleepers. May have trouble waking.
- Prone to mucous, coughs and colds
- May gain weight more easily, especially without regular physical activity

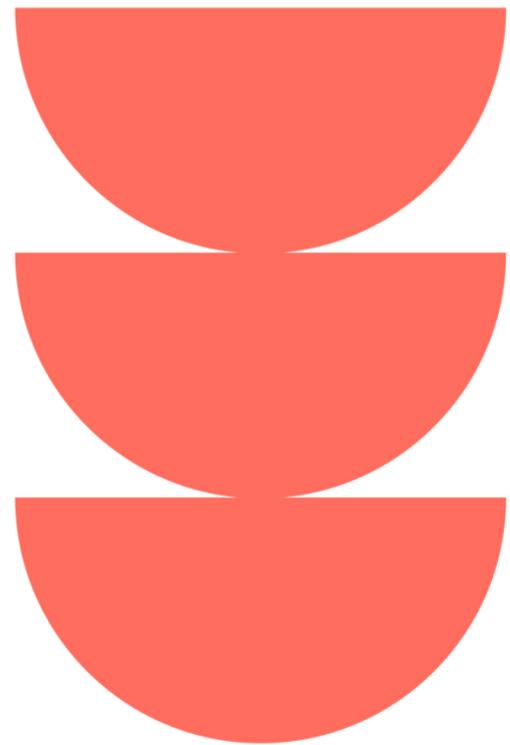
# Nurturing the Kapha Child



- Encourage stimulating forms of exercise that are both fun and involve teams
- Minimize cold, heavy, sweet foods like dairy, wheat, sugary sweets (ie. mac and cheese, bread, ice cream, etc.)
- Provide warming teas with herbs like ginger and cinnamon
- Keep them warm in the winter months
- Provide lots of physical and mental stimulation
- Do best when waking earlier than their Vata and Pitta counterparts
- Limit snacking - should eat no more than 2-3x/day.



# Ayurveda At Work



# Food Programs

# Interested in working together?

## □ Discovery Process:

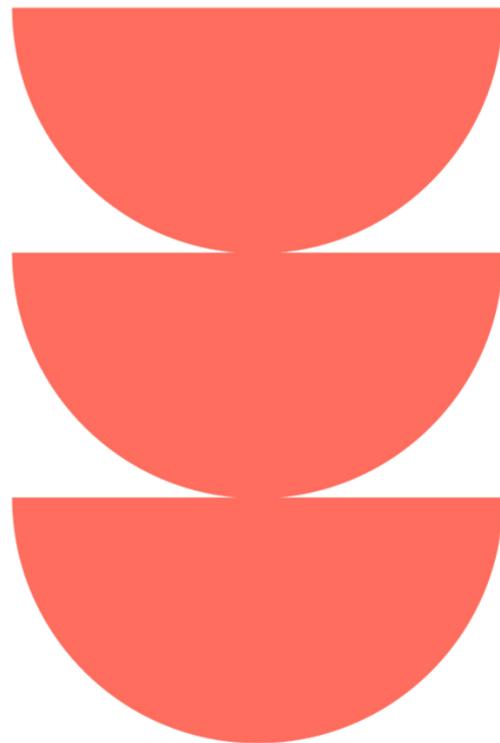
The Discovery Sessions are an opportunity for you to get clear on what you desire most for your health, habits, life purpose, relationships and more. The Discovery Process typically requires between 1-3 Discovery Session Zoom calls (30-45 mins each). All are free of charge.

<https://calendly.com/courtneylacava/introdiscoverysession>

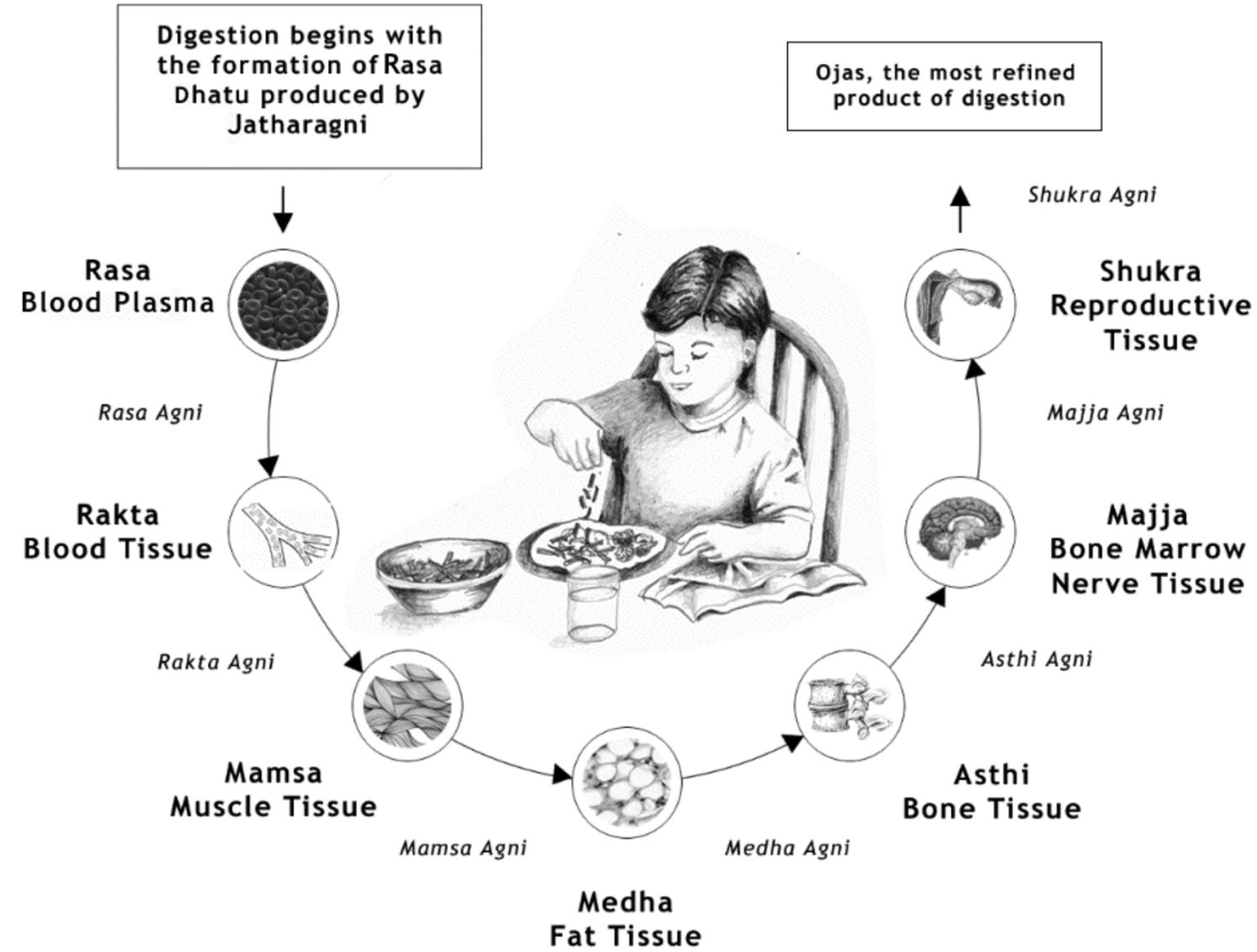
## □ Essential Living Course - enrolls each quarter

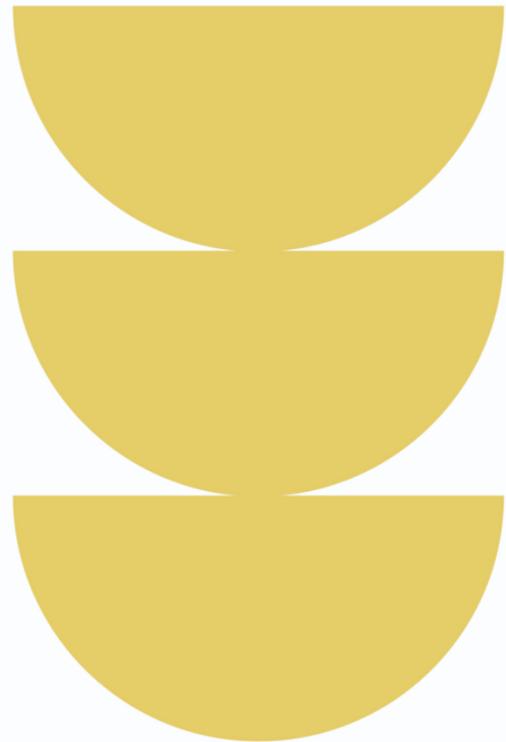
Step 1 for creating a life of balance. Tap into greater vitality, stronger immunity, clarity and ease through the essential habits of Ayurveda.

[www.courtneylacava.com/essential-living-course](http://www.courtneylacava.com/essential-living-course)



# The Digestive Process





# Ama: Metabolic Waste

- Ama = undigested food or emotions
- Byproduct of imbalanced agni and/or poor eating habits
- Ama coats the cells of the body and inhibits their proper functioning

# How Ama Accumulates

- Undigested food leads to ama.
- Fairly easy to eliminate from the digestive tract. Once it overflows into deeper tissues, it becomes more difficult to clear.
- If the root cause of ama isn't resolved, it moves from the digestive tract through the bloodstream, affecting the mood with negative emotions.
- Moves with oxygenated blood to feed other cells, ama blocks the flow of the life force throughout the body.
- Ama is the opposite of conscious vitality. It contributes to repressed emotions and eventually to mental confusion.

# 6 Stages of Disease

## 1) Accumulation

(Sanchaya)

The dosha begins to accumulate in its own site.



## 2) Provocation

(Prakopa)

It then begins to "rise" in its own container.



## 3) Spread

(Prasara)

Leaving its site, it then spreads via general circulation.



## 4) Deposition or Localization

(Sthāna Samsraya)

Moving to a spot with some weakness, it deposits there.



Healthy Tissue

## 5) Manifestation

(Vyakti)

The dosha manifests with pathological changes in the tissues, producing cardinal signs and symptoms.



Unhealthy Tissue

## 6) Differentiation or Destruction

(Bheda)

In the final stage, the disease has fully manifested with structural changes.

# Sources

Image Credit: Banyan Botanicals

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