




Dosha & Qualities	Found in Nature	Balanced	Imbalances
<p>Kapha</p> <p>Energy of lubrication and structure cold, heavy, wet, static, dull, dense</p>	<p>moon/rain</p> <p>Late winter Early spring</p> 	<p>mind love, nurturing, compassion, patience</p> <p>body builds, strengthens, nourishes, lubricates, protects, fat, fluids, reproduction,</p>	<p>mind greed, envy, holds grudges, attachment,</p> <p>body congestion, obesity, allergies, lethargy, sinus problems</p>
<p>Pitta</p> <p>Energy of transformation hot, sharp, oily, light, mobile, smooth</p>	<p>sun/heat</p> <p>Late spring Summer</p> 	<p>mind intelligence, memory, discrimination</p> <p>body metabolism, digestion, eyes, blood, skin, brain & heart</p>	<p>mind anger, hate, controlling, hot temper</p> <p>body acid reflux, heart burn, acne, hypertension, nausea, migraines, endometriosis</p>
<p>Vata</p> <p>Energy of movement dry, cold, light, rough, mobile, subtle</p>	<p>wind</p> <p>Autumn Early winter</p> 	<p>mind creative, spiritual, tranquility,</p> <p>body all movements, blood flow, nerve impulses, fast in actions, emotions</p>	<p>mind fear, anxiety, stress, worry, poor memory</p> <p>body hyperactivity, dry skin, constipation, gas, arthritis, osteoporosis, PMS</p>