



What is Kapha?

- ***Kapha* Qualities:**

This dosha represents water and earth. *Kapha* is stable, moist, cool and heavy. *Kapha* types are slow and grounded, even serene. An imbalance in *kapha* leads to congestion and excess weight.

- ***Kapha* Diet:**

The sweet taste strengthens *kapha*, yet too much will create an imbalance. *Kapha* types can use heating and pungent spices that would not be advisable for the *pitta* type.

- ***Daily Kapha*:**

Have you ever noticed that if you stay up too late it can be hard to wake up before sunrise? Or maybe you find yourself feeling like lounging around the house at the end of your day? From 6-10 (am and pm) is when *kapha* rules the day.

- ***Seasonal Kapha*:**

Kapha types benefit from a warm, dry climate and need regular activity and exercise to balance their natural tendency towards lethargy.

- ***Age of Kapha*:**

From birth to maturity, when the body is growing unit by unit, is governed by *kapha*. It is very common for children and young adults to experience the effect of excess *kapha*, which manifest as sinus problems, chest colds, asthma and diabetes. Therefore, eating a lighter diet of less rich foods, such as hot lentil soup with gingered vegetables – despite cravings for fried foods, dairy products and sugar –helps re-balance *kapha*, leaving the body feeling lighter and more energized.