



## What is Vata?

- **Vata Qualities:**

This *dosha* represents ether and air. It is movable, creative, cold, rough, drying and light. *Vata* types move and act more than other *doshic* types as well as tire more easily. They are erratic and their appetite, digestion and elimination vary. To help ground and balance this aggravated *dosha*, it is important to establish a routine to ensure regular meals and snacks are eaten to give sustained energy and aid in creating healthy, regular eating habits.

- **Vata Diet:**

The tastes that increase *vata* are pungent (hot or spicy), bitter, and astringent –due to its drying effect. To pacify *vata* you need to increase the sweet, sour and salty tastes eaten and make sure foods are well cooked and warm when eaten. *Vata* needs stability, warmth and regularity.

- **Daily Vata:**

You may notice the effects of a *vata* imbalance when you wake up early in the morning and cannot fall back to sleep or you find that your mind has difficulty focusing in the afternoons? This is due to the fact that from the hours 2-6 (am and pm) everyday are when *vata* reigns the day! It is important to notice the effect your dietary habits and lifestyle choices have on your sleep, digestion and sense of well-being.

- **Seasonal Vata:**

Fall and early winter are high *vata* season(s). Just as the leaves dry up and fall from the trees, our bodies also have to combat the windy, dry and cool nature of fall – all signs of *vata*. Be sure to keep your body and feet warm! It is also beneficial for *vata* to be where it is warm and you can benefit by living near water.

- **Age of Vata:**

From 50 to death – when things begin to dry out and separate is governed by *vata*; this may result in dry skin, joint stiffness, neurological problems, anxiety, fear, confusion, bowel irregularity and constipation – which are great indicators of excess *vata* and can be assessed on a daily basis. Try taking castor oil gels at bedtime to regain normal bowel movements as well as helping to alleviate joint stiffness and pain due to *vata*! Ayurveda seeks to balance *vata*'s drying qualities with opposing elements; therefore, regular applications of *vata* oil on the body, high quality fats, warm nourishing food and a more easeful lifestyle help re-balance an aggravated *vata dosha*.