

BLUE LOTUS YOGA



AYURVEDA DOSHA QUIZ

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AYURVEDA

Ayurveda is the oldest and most holistic medical system on the planet. It can be translated as the 'Science or Knowledge of Life' and is often referred to as the 'sister' science to yoga.

It teaches us how to maintain optimal health and harmony within our own bodies and with nature. Ayurveda has two aspects, the preventative side and the curative side.

The preventative side teaches us how to avoid illness with right diet, lifestyle, yoga and meditation. The curative side has eight branches of specialist medicine.

Here at Blue Lotus we're going to explore the preventative side to this ancient holistic science that empowers us to be our own healers.

WHAT IS IT?

HOW DOES IT WORK?

According to the ancients, everything in the world is a constant play of dynamic forces and energies. These energies are made up of the 5 elements: Earth, Water, Fire, Air & Ether.

The system of Ayurveda believes that when we understand how these elements flow and work together we can achieve harmony in our body, mind and soul.

Ayurveda teaches that optimal health is found in the balance of this holy trinity, so being ill in one area affects another one.

As an example we know that continual stress (mind) can cause an ulcer (body); if the ulcer persists and becomes debilitating, this can affect you on a deeper level, causing despair or depression (soul). Therefore managing the stress could potentially alleviate all three issues.

The Ayurvedic system asks us to take steps from becoming ill in the first instance but if you do become unwell it looks for the root of the issue rather than simply treating the symptoms.

THE 5 ELEMENTS

The 5 elements are the building blocks of all we see - the natural world, humans and even the seasons. They differ from one another purely by their vibration and density.

Earth is the most solid matter and brings stability, permanence and rigidity. In our bodies it appears as tissues, bones, teeth and cellular structure.

Water can be seen in anything with moisture. A large percentage of our body is water; our cellular fluids, blood, lymph, cerebral spinal fluid too.

Fire shows itself as our body temperature and digestive fire.

Air is the wind and is mobile and dynamic and governs all our movements and actions, both internally and externally.

To maintain balanced health we need to identify these elemental forces, but as they are invisible we look to their inherent qualities.

In Ayurveda these elementals join forces and biologically combine to create three energies that are known as Dosha's:

- **Vata Dosha** - made of air and ether
- **Pitta Dosha** - made of fire and a splash of water
- **Kapha Dosha** - made of earth and water

THE DOSHAS

The Tri-Doshas	Vata	Pitta	Kapha
Each Dosha is comprised of 2 elements	Air & Space	Fire & Water	Earth & Water
Each Dosha has specific roles it can perform	<p>PRINCIPLE OF MOVEMENT</p> <p>Responsible for all cycles & communication. It co-ordinates the activity of body & mind. It is the energy of moving substances around the body including movements of mind. It regulates respiration, cardiac & digestive function. It rules the nervous system and is in charge of expulsion of waste</p> <p>Lives in the colon & hair, bones, skin, ears, thighs, lower abdomen, pelvic girdle</p>	<p>PRINCIPLE OF TRANSFORMATION</p> <p>Controls all activities where substances are transformed from one thing to another. Governs secretions in GI tract, enzymes & hormones. Regulates digestion, assimilation of nutrients and body temperature, hunger and complexion. Gives passion, will, courage, intelligence and mental digestion. Lives in small intestine & liver, spleen, gallbladder, blood, sweat & eyes</p>	<p>PRINCIPLE OF COHESION & LUBRICATION</p> <p>Responsible for growth & sustenance of the body. Controls integrity and interlinking of different cells. Protects body from wear and tear. Maintains flexibility, strength, immunity and the capacity for reproduction. Creates feelings of contentment, calmness and provides good memory. Lives in stomach & lungs, sinuses, nose, mouth, tongue, throat, lymph nodes</p>
Signs of dysfunctional digestion	<p>Stool is hard & then soft, variable in nature, darker in colour. Possibly excessive gas, bloating, pain, constipation, IBS. Variable or no hunger</p>	<p>Stool is softer, yellow, orangish in colour. It may smell badly. Diarrhoea. May suffer from acidity or nausea. Very hungry</p>	<p>Stool is pale colour, perhaps frothy or with mucous. Sluggish digestion. Little hunger though may eat for emotional reasons</p>

BALANCING THE DOSHAS

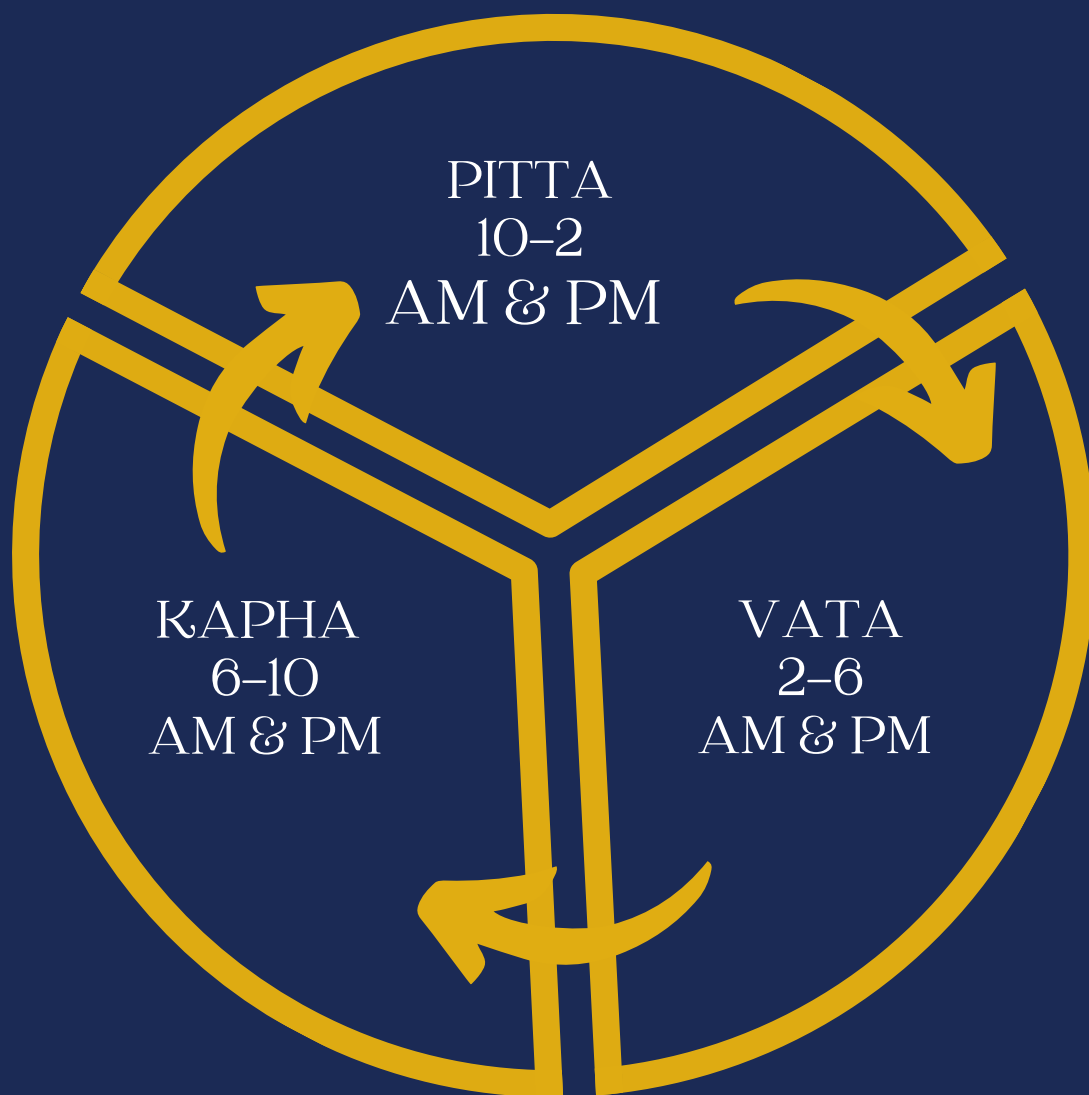
	Vata	Pitta	Kapha
We can observe ourselves on a daily basis noting if there are any signs of imbalance	<p>Greyness on tongue or complexion Emaciation Dryness Feeling cold Desire for hot things Tremors Abdominal distention Increased gas Constipation Ringing in ears Loss of strength Loss of sleep Irrelevant speech Giddiness Feeling afraid or timid</p>	<p>Yellow, green, bright red discolouration in stool, skin, eyes, urine, tongue Burning sensations Excessive hunger or thirst Desire for cold things Fever, inflammation, infection Rashes Restless sleep as body feels uncomfortable Feeling irritable or angry</p>	<p>White colouration on tongue, stool, urine Suppressed appetite Increased fluids like saliva Feeling of heaviness Excessive eating leading to being overweight Loosening joints Congested breathing Expectorating type cough Becoming overly sentimental Excessive sleep</p>

If we notice any of these signs that a particular dosha has increased then we can take steps to reduce the dosha by introducing opposite qualities to decrease the dosha

OPPOSITES DECREASE	<p>Qualities that increase: Dry Rough Cold Light Mobile Clear Subtle Irregular</p>	<p>Qualities that increase: Hot Unctuous Light Sharp Liquid Spreading Penetrating</p>	<p>Qualities that increase: Cold Heavy Dull Slow Dense Soft Cloudy Smooth</p>
	<p>Qualities that decrease: Liquid Oily Hot Heavy Regular Gross</p>	<p>Qualities that decrease: Cool Dry Clear</p>	<p>Qualities that decrease: Warm Mobile Light Sharp Rough</p>

Ritucharya: The Seasonal Fluctuations of the Doshas

Dosha	Season			
Vata	Autumn	Early Winter		
Kapha		Late Winter	Early Spring	
Pitta			Late Spring	Summer



WHAT DOSHA AM I?

Circle the options that best describe you.

Then count up the majority to reveal your dominant dosha

	VATA	PITTA	KAPHA
Frame	Tall or short with little body fat	Medium build, good muscles	Curvy, big boned, stocky, muscular
Weight	Light and generally thin	Moderate & remains constant	Tendency to gain weight
Hair	Coarse, dry, frizzy, slightly wavy	Fine, soft or prematurely grey or bald	Thick, lustrous, wavy, oily
Head & Face	Small, thin, long	Moderate, ruddy, sharp contours	Large, steady, round, pale, soft contours
Eyes	Small, dry, attractive	Medium & penetrating	Large & pleasant
Neck	Thin, long	Medium	Large, thick
Skin	Thin, dry, cool, dull complexion	Warm, moist, pink, prone to rashes	Thick, smooth, moist, oily soft
Mouth	Gappy teeth, rough & cracked, receding gums	Prone to bleeding gums, yellow teeth, can have bad breath	Strong round healthy teeth & gums
Features	Small, thin, dry (eg lips)	Medium	Large, firm, soft
Hands & Feet	Small, thin, cracked, cold	Medium, warm, healthy	Large, thick, cool, firm
Walking	Fast & erratic	Fast but steady	Slow & steady
Legs & Arms	Thin, small, overly long, prominent knees	Medium	Large, thick, stocky
Nails	Brittle, narrow	Medium, soft	Large, white, hard
Voice	Low, weak, hoarse	High pitched, moderate, sharp	Pleasant, deep voice
Body Strength	Low, poor endurance	Medium	Strong, good stamina

	VATA	PITTA	KAPHA
Speech	Erratic, enthusiastic, fast	Clear, sharp, measured, logical	Slow, resonant, clear thinking
Personality	Enthusiastic, lively, creative	Efficient, disciplined, driven, analytical	Loving, calm, patient, home loving
Sociability	Shy, but can be very chatty	Outgoing, assertive	Sociable, makes friends easily
Character	Likes to be busy & active	Organised & focused	Slow & methodical
Ability to Forgive	Forgives and forgets easily	Finds it hard to forgive	Forgives easily
Activity	Quick, unsteady, distracted	Motivated, competitive, focused	Slow, measured, enjoys repetition
Sexual nature & fertility	Low stamina & fertility, variable libido	Passionate, domineering, moderate libido	Low but constant desire, good energy & fertility
Immunity	Variable, poor, weak	Medium, prone to infection	Strong
Disease tendency	Nervous system, arthritis, stress, aches & pains	Skin rashes, inflammations, infections, fevers, acidity, heartburn	Bronchitis, asthma, allergies, congestion, obesity, high cholesterol
Sweat	Light & no smell	Profuse and strong smell	Moderate, cold and mild smell
Bowel Movement	Dry, tendency toward constipation & gas	Regular, loose, yellowish, tendency towards diarrhoea	Regular, solid, well formed
Appetite	Variable, erratic, moderate thirst	Strong, rarely misses a meal, strong thirst	Constant, doesnt need much food but craves it, not thirsty
Memory & learning	Quick to grasp once focused but forgets quickly,	Quick to grasp, good memory, rarely forgets	Takes time to grasp but then never forgets
Sleep	Light, fitful, sleep, wakes early, dreams lots	Good sleeper	Deep Sleeper, finds it hard to get up in the morning
Emotions	Tendency towards anxiety, worry, fear, nervousness	Tendency towards anger, irritation, jealousy	Tendency towards depression, lack of motivation, self pity