



Dr. K's Guide to Mental Health

Intro to Ayurveda | Notes

Ayurveda is an evidence-based system of medicine used to improve wellness in your life - that is personalized to your physical and cognitive fingerprint. Understanding your ayurvedic temperament can help you attain success by playing to your strengths and balancing your weaknesses. Everyone has different levels of each of the three doshas: Vata, Pitta, and Kapha. Disease occurs when any of the doshas become too high (toxicity) or too low (deficiency).



	VATA	PITTA	KAPHA
DISPOSITION	<ul style="list-style-type: none">• Dynamic & fast• Gets bored easily• Learns quickly & forgets quickly	<ul style="list-style-type: none">• Steady & focused• Driven• Ambitious & argumentative	<ul style="list-style-type: none">• Slow & methodical• Resilient• Never forgets
BUILD	<ul style="list-style-type: none">• Slender• Angular features• Prominent veins	<ul style="list-style-type: none">• Medium• Fiery complexion• Yellow back teeth	<ul style="list-style-type: none">• Larger• Round• Big boned
SUSCEPTIBILITES	<ul style="list-style-type: none">• Constipation• Atopic disease• Nerve conditions	<ul style="list-style-type: none">• Indigestion• Ulcers	<ul style="list-style-type: none">• Respiratory conditions• Mucus production
WORKING DYNAMIC	<ul style="list-style-type: none">• Switches gears easily• Talks about many things	<ul style="list-style-type: none">• Blames others when under stress	<ul style="list-style-type: none">• Focuses on one thing• Blames themselves when under stress