

MIND

BODY

SPIRIT

KAPHA DOSHA QUICK GUIDE



ASTROLOGY
& AYURVEDA

KEY TRAITS

Kapha is the dosha of stability, nurturing, and resilience. It embodies qualities of groundedness, calmness, and compassion, making Kapha individuals naturally reliable and caring. With their steady energy and nurturing nature, they often bring balance and harmony to those around them. When Kapha is in balance, it supports emotional stability, strong immunity, and sustained endurance.

WATER

EARTH

OUT OF BALANCE SYMPTOMS

When out of balance, Kapha may manifest as lethargy, a sense of heaviness, congestion, sluggish digestion, weight gain, low mood, or resistance to change. These imbalances often arise from a lack of movement, overindulgence in heavy or sweet foods, or holding on to emotional or physical patterns that no longer serve well-being.

WATER

EARTH

NUTRITION TIPS

To balance Kapha, prioritize foods with pungent, bitter, and astringent tastes, which help stimulate digestion and reduce heaviness. Limit sweet, sour, and salty foods, as these can exacerbate Kapha's heaviness and sluggishness. Choose light grains like quinoa or millet, legumes such as lentils and chickpeas, and steamed vegetables to support digestion. Add spicy herbs like ginger, black pepper, and turmeric to boost metabolism.

WATER

EARTH

MINDFUL MOVEMENT

To balance Kapha, prioritize invigorating and dynamic exercises that stimulate movement and circulation. Activities such as brisk walking, jogging, dancing, or vigorous yoga help energize the body, uplift the mind, and prevent stagnation. Incorporating movement that challenges endurance and increases heart rate can effectively counteract Kapha's natural tendency toward lethargy, encouraging vitality and lightness.

WATER

EARTH

SAVE THIS MINIGUIDE
FOR FUTURE REFERENCE!



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