



# Ayurvedic Health Center

AyurvedicHealthCenter.org

Guided Transformation in Health and Wellness

## Kapha Tip Sheet

### THE ELEMENTS THAT MAKE UP KAPHA

water + earth

### BECAUSE OF THE EARTH + WATER ELEMENTS, KAPHA'S QUALITIES ARE:

*cool, wet, stable, heavy*

... like a pristine lake where the squishy bottom and sandy shore provide a place to drop in and feel

### TOO MUCH OF A GOOD THING CAUSES KAPHA TO BECOME UNBALANCED:

*being stuck, lack of motivation, excess sleep, too little change*

... too much of the same old—same old **increases** Kapha, digging those ruts ever deeper

### WHEN THERE IS TOO MUCH KAPHA, IT LOOKS LIKE THIS:

*nausea, depression, overweight, congestion, attachment*

... hay fever and springtime allergies, feeling blue, wanting (and having) \*all\* of the stuff, a roly-poly body, wanting a nap

### TO RESTORE BALANCE TO KAPHA, EMPHASIZE:

*lightness, dryness, warmth, movement, spontaneity*

... be wild and crazy, be bold, be spontaneous, shake things up—even if just for an afternoon

### SO, WHAT IS KAPHA GOOD FOR?

... maintaining stability; being calm, cool, and collected; making sure everyone is all right; nurturing others; having *great* skin and hair

## What is Kapha?

**Kapha** is a combination of the water and earth elements. It is a cool, damp type of energetic: cold, wet, heavy, and stable. **Kapha** rules all of the structures in the body: dense bones and strong muscles.

**Kapha** is consistent, stable, traditional, devotional, nurturing, supportive, and reliable. **Kapha** is very happy to do almost anything—as long as someone who is near and dear will do it, too.

People who are predominately **Kapha** types tend towards a fuller body type, large round features, a fantastic head of hair, well-lubricated joints (no popping or cracking here!), beautiful eyes, and very few, if any, wrinkles. How do they do it?

**Kaphas** love to indulge in rich, thick, creamy foods. The saucier the better! “More fat, please. More sugar, too, while you are at it!” Comfort foods are where it’s at.

## Excessive Kapha

When they are out of balance (ie: have too much **Kapha**/ cold and damp), **Kapha** types run too wet, ie: congested and mucousy. They easily become overweight and can succumb to melancholy or lethargy. **Kaphas** tend to accumulate much and get stuck—and understandably so: they are so comfortable right where they are; why would they want to change a thing?!

## Reducing Kapha

To restore balance to **Kapha**, we apply the opposite qualities of warm, dry, light and mobile. We heat **Kapha** up, we dry her out, and we get her moving! How do we do that? We go dancing, we eat smaller portions of less dense food, and we get rid of some of our “stuff.”