



Ayurvedic Health Center

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Guided Transformation in Health and Wellness

Vata Tip Sheet

THE ELEMENTS THAT MAKE UP VATA
air + ether
BECAUSE OF THE ETHER + AIR ELEMENTS, VATA'S QUALITIES ARE:
<i>cold, dry, light, mobile, variable</i>
... like the autumn wind that dries out and blows the leaves off the trees, wreaking a bit of havoc
TOO MUCH OF A GOOD THING CAUSES VATA TO BECOME UNBALANCED:
<i>excessive travel, lack of routine, fear, anxiety, too much change</i>
... too much movement, variety, cold, and/or dryness increase Vata, tipping the apple cart over
WHEN THERE IS TOO MUCH VATA, IT LOOKS LIKE THIS:
<i>worry, anxiety, overwhelm, constipation, confusion</i>
... thinking too much, obsessing about stuff, "monkey mind," being indecisive, having one or more days where you don't go poop
TO RESTORE BALANCE TO VATA, EMPHASIZE:
<i>regular routines, slowing down, moisture, heaviness, warmth and heat</i>
... slow way down, stick to a routine, and eat a nice warm oily soup to stop the madness
SO, WHAT IS VATA GOOD FOR?
... finding inspiration in the most unlikely places; inspiring others; channelling tremendous creativity; having <i>great</i> enthusiasm

What is Vata?

Vata is a combination of the air and ether elements. It is a windy type of energetic: cold, dry, light, mobile, and variable. **Vata** rules all movements in the body: the conduction of nerve impulses, the pulse of blood in your veins and arteries, and the peristalsis that aids digestion.

Vata is spontaneous, creative, inspired and inspiring, evocative, and artistic. **Vata** has real flair. **Vata** relates to autumn and winter, old age, afternoon and very early morning: times of restlessness and change.

People who are predominately **Vata** types tend towards a long slim body type, bony joints, dark wild hair, quick darting eyes, dry skin, and charisma.

Vatas love to eat salads, the bigger the better! Lighter and raw foods are what they gravitate to, enjoying the infusion of more pranic life-force energy.

Excessive Vata

When they are out of balance (ie: have too much **Vata**/cold), **Vata** types run too cold. They become worried, fearful, and anxious. **Vata** types tend towards constipation, confusion, and indecision.

Vata is what shrivels us in old age, lending dry wrinkled skin and thin brittle bones. **Vata** feels—and often is—thin and insubstantial, needing to be shorn up.

Reducing Vata

To restore balance to **Vata**, we apply the opposite qualities of cold, dry, light and mobile. We heat **Vata** up, we moisten **Vata**, and we soothe **Vata**'s nervous system!

How do we do that? We slow things down, we add weight and stability, and we eat warm oily delicious soups. We structure our time with regular routines that give us a solid foundation and framework for living a robust life.