

Ayurveda Kapha Energy and Dosha Body Type



Kapha energy reflects the energy of water and earth with the **qualities**: smooth, moist, cooling, dense, and heavy. It is anabolic, conserving & stabilizing. The energy of growth and maintenance.

Kapha dosha is predominant in the **life cycle** during childhood years, when we develop our bone and muscle mass & structure.

Kapha **season** is from February through May, when it's wet, humid and cool.

Kapha periods of the **day** are between 6-10am and 6-10pm. These are the best times for in the morning to: have a light breakfast, follow task list, production; in the evening: light dinner, being with family, relaxation.

Kapha's predominant **senses** are taste and smell.

Kapha energy is responsible for the body's form and structure - from flesh and bones to blood and fat. Kapha energy sustains the body's strength, lubricates the joints, keeps the skin moist, and helps to heal any wounds. It gives energy to the heart and lungs, maintains the immune system and supports memory retention. It is mostly found in the chest and in the body's plasmatic fluids and cells (especially fat cells).

In **plants** Kapha energy represents the root system, deep in the soil where water is stored.

Kapha Dosha **body type** is generally well-built, with a sturdy, heavier body frame and broad, even expanded chest. Kapha dosha type have smooth, moist and cool skin, thick wavy hair, and large attractive black, dark brown or blue eyes with thick, long lashes and brows and an intense look. Their walk is usually unhurried and steady showing a lot of grace and stamina. They have a low, soft voice and a slower speech reflecting a deliberate thought process. They love warm, dry weather, are stable and grounded with great strength, endurance and stamina. They have a sound, long and heavy sleep often with romantic dreams featuring peaceful scenery.

Kapha types like sweet & sour foods (sweets, dairy, fermented foods, sour fruits) and cold drinks.



Balanced Kapha is emotionally stable and balanced, self-sufficient and calm. They even have a tendency toward introversion, placing a great value on their privacy. They are methodical and tend to be slower to learn new things, but have an outstanding long-term memory. Balanced Kapha has excellent health and a gentle, undemanding approach to life. They have a sweet, loving disposition, being non-judgmental, reliable, loyal, patient, affectionate and loving. Their nature is caring, easygoing, forgiving and compassionate. Generally they strive to maintain harmony and a healthy peace in their surroundings, making use of their calm, rational thinking and determination. When balanced they are not easily angered or upset, their moods are not easily changed, which makes them a point of stability and encouragement for others. Although they have the most energy of all other types, theirs is rather steady vs. explosive. However, even when balanced, at times they can exhibit traits of greed, attachment and envy. They tend to be possessive and hold onto things, people and money. These natural tendencies make them a good earner and saver, as they have the special ability to preserve and use personal resources.

An imbalanced Kapha typically has to deal with respiratory, metabolic, and weight problems. Too little Kapha energy results in lack of concentration, dryness of respiratory tract and heartburn. Too much Kapha energy causes flu, sinus congestion, allergies, feeling heavy, bloated and sluggish, a tendency to sleep too much, lethargy, procrastination, resisting useful change, inflexibility, inertia, dull thinking, boredom, depression, weight gain and water retention.

Kapha gets aggravated by damp chilly weather, too much routine, excessive rest and oversleeping, overeating, insufficient exercise, shallow breathing, too little variety and change in life.

Kapha gets pacified by lots of change and stimulation, warm, dry weather, energetic exercising, actively seeking new experiences and passionate, joyful activities. It's beneficial for them to stimulate their body in the morning with a dry massage with a silk glove. Stimulating, warming spices like pine, eucalyptus and must are good for them. The daily habit of breathing more deeply, as it charges up the metabolism. To increase their energy level they should include in their regular activities setting specific goals, and step-by-step plans to achieve them, participating in competitive activities or taking up an entrepreneurial venture.

Above all they should make sure to exercise vigorously until they break a sweat every day for at least 30 minutes, whether it's hiking, speed swimming, intense aerobics or yoga.

kapha
{taste, smell}