

## Ayurveda Vata Energy and Dosha Body Type



Vata energy reflects the energy of Ether and Air elements with the **qualities** of: cool, light, dry, subtle, mobile and creative. It is catabolic, activating & dynamic. It's the energy of movement.

Vata dosha is predominant in the **life cycle** during old age. As we get older we naturally dry out.

Vata **season** is from October through January, when it's cold and windy.

Vata periods of the **day** are between 2-6am and 2-6pm. These are the best times for in the morning to: wake, eliminate, meditate and exercise; in the afternoon to: create, make task lists or exercise.

Vata's predominant **senses** are hearing & touch.

Vata energy is also responsible for physiological processes involving motion, motor & sensory functions, nerve impulses, thought processes (creative thinking and enthusiasm), circulation, respiration and elimination.

In **plants** Vata energy represents the flowers and the leaves that reach farthest into the air.

Vata Dosha **body type** is generally thin, have smaller frames and a slim body shape with a flatter chest. They can be either very tall or very short. Their skin, nose, hands and feet tend to be cold and dry, even rough. They have lovely dark brown or dark green small and active eyes. Their movement and speech is quick, they are mentally restless and have lots of ideas. They are lively, creative and enthusiastic yet often fearful, anxious and insecure. Because they tend to be less bold and with less will-power, they typically need more stimulation to become more determined and practical.

Vata types like sweet, sour & salty tastes and hot drinks. They love change and thrive on having new experiences, meeting new people. They also like humid, warm, even hot, weather and they don't perspire much.

**Balanced Vata** has fun, is vibrant, lively and has an expressive personality. They have a clear and quick mind, their walk is active and their speech is fast. With an abundance of creative energy and imagination they are prolific, idealistic and artistic. Quick to respond, they grasp things easily and then forget them, they are not very good at planning. Like the wind, their money usually goes as easily as it comes. They tend to be restless, doing more than one thing at a time. They generally have a light, easily interrupted sleep. When balanced they are flexible and joyful, thoughtful, talkative, alert, sensitive, easily aroused and easily fatigued.

**An imbalanced Vata** usually causes neurological disorders, especially motor functions. Too little Vata energy results in nerve loss, congestion, difficulty in breathing, constipation, mental confusion, forgetfulness, negligence, selfishness, lack of tack and lack of concentration. Too much Vata energy results in headaches, dry coughs, sore throat, earaches, high blood pressure, muscle spasms, lower back pain, dry & wrinkled skin, aching joints, abdominal gas, diarrhea, menstrual cramps, premature ejaculation, hyper immune system, interrupted sleep, restlessness, tendency to be spaced out and do too much, fatigue, anxiety, worrying, irresponsibility and inability to make decisions.

**Vata gets aggravated by** dry weather and the cold, windy autumn & winter season. By irregular routine & meals, staying up late, frantic multi-tasking, loud noise, too much travel (especially airplane), air conditioning, excessive mental work and not taking time to relax.

**Vata gets pacified by** warmth and more humid weather, a calm daily routine including relaxation techniques (deep breathing, meditation, and walking slowly in nature) as well as going to be early (10pm) and waking up early (6am). They are balanced by calm, focused and determined people who have constructive thinking and positive attitude.

They benefit from relaxed, moderate workouts like hatha yoga, pilates, tai chi, swimming, walking in nature. Surrounding themselves with warm, gentle colors (beige, brown, yellow and warm green). Massaging their body regularly with sweet warming aromas (jasmine, clove, rose, cinnamon, orange) essential oils blended in sesame or almond oil. This will go a long way toward soothing their emotions and their entire nervous system. In dry climate a humidifier is very useful for reducing Vata imbalance.

vata  
{touch, sound}