

## **Characteristics of Kapha Dosha, in its aggravated and normal states**

Kapha is the conceptual equilibrium of water and earth. Kapha is structure, lubrication and stability. One can visualize the Kapha force as the stirring force to keep water and earth from separating. For example, if we take a pot, fill it half with water and then add sand to it, the sand will gradually sink to the bottom of the pot (separating from the water). The only way to keep the sand in equilibrium with the water and separate is to stir the mixture continuously. The Kapha force can be visualised as this stirring force in our body. Kapha's attributes are wet, cool, oily, heavy, stable, dense, cloudy, slow, smooth, sweet, sour, and salty.

Kapha cements the elements in the body, providing the material for the physical structure of the body. This dosha maintains body resistance. Water is the main constituent of Kapha, and this bodily water is responsible physiologically for biological strength and natural tissue resistance in the body. Kapha lubricates the joints, provides moisture to the skin, helps to heal wounds, fills the spaces in the body, gives biological strength, vigour, and stability; supports memory retention, gives energy to the heart and lungs, and maintains immunity. Kapha is present in the chest, throat, head, sinuses, nose, mouth, stomach, joints, cytoplasm, plasma, and liquid secretions of the body such as mucous. Psychologically, Kapha is responsible for emotions of attachment, greed and long-standing envy. It is also expressed in tendencies toward calmness, forgiveness, and love. The chest is the seat of Kapha.

Kapha predominates during the child-hood years until full development; during the winter season; immediately after eating; and during the morning from around 6am to 10am and evening from about 6pm to 10pm

**Note:** All characteristics listed below indicate tendencies only, a Kapha person may/may not show these, and there is no law stating that a Kapha person **must** demonstrate a particular characteristic or that another Dosha type may not also demonstrate this.

### **Typical characteristics of people with a predominantly Kapha constitution:**

- Solidly built, may be overweight or gain weight easily
- Strong and wide body and big thighs, hips, and buttocks, chest is expanded and broad; veins and joints not prominent due to Kapha's thick skin and good muscle development
- Skin soft, pale, cool, and oily; and complexion fair and bright
- Hair is thick, dark, soft, shiny, and wavy
- Eyes are large, clear, black or blue; white of eye is generally very white, large, and attractive; thick lashes
- Nails are clear, thick, strong, square, even, and pale
- Appetite is regular and digestion slow, may be sluggish
- Stools are soft and pale in colour, evacuation slow
- Perspiration is moderate
- Sleep is sound and prolonged
- Slow speech reflecting a deliberate thought process
- Slow moving and graceful
- Slower to learn but rarely forgets, outstanding long-term memory
- Strong vital capacity with good stamina and endurance
- Easygoing, relaxed, slow-paced
- Affectionate, warm, and loving
- Forgiving, compassionate, non-judgemental nature, stable and reliable, faithful
- Prone to heavy, oppressive depressions
- More self-sufficient, and need less outward stimulation than do other types
- A mild, gentle, and essentially undemanding approach to life
- Sexually slow to be aroused, but more endurance than other constitutions
- Excellent health with strong resistance to disease
- Slow to anger, they strive to maintain harmony and peace in their surroundings
- Generally happy, calm, and healthy; not easily upset and can be a point of stability for others
- Tendency to be possessive and hold to things, people, and ideas; also money (they tend to be good savers)
- Don't like cold damp weather



### **Signs of Kapha Aggravation**

- Sluggish thinking, dull thinking
- Groggy or drowsy all day, inertia
- Sleeping too much, very tired in morning and difficulty to get out of bed
- Apathetic, no desire or interest
- Depressed, sad, sentimental, melancholic, insecure
- Slow to comprehend, slow to react
- Procrastinating, lethargy, boredom, laziness
- Clingy, hanging on to people and ideas, attachment, hoarding, materialistic
- Greed, envy, possessiveness
- Stubborn, narrow-minded, neglectful, nasty
- Over eating, weight gain, obesity
- Sluggish digestion, food 'just sits' in the stomach
- Oedema (water retention), bloated feeling
- Congestion, stagnation, circulation problems
- Mucous and congestion in the chest, throat, nose, or sinuses
- Pale, cool, clammy skin
- Aching joints or heavy limbs, arthritis
- Breathing difficulties, asthma, wheezing, hay-fever, allergies
- Colds, congestion, headaches
- Nausea, diabetes
- High cholesterol, high blood pressure, arteriosclerosis (hardening of arteries)
- Kidney / bladder stones
- Anorexia

### **Indications of balanced Kapha:**

- Physical strength, stamina
- Strong immune system, good health
- Serenity, mental resolve, good memory, rational thinking, relaxed attitude
- Contemplative, nurturing, maternal, forgiving, faithful, giving, loving
- Ability to conserve and use personal resources wisely
- Thorough, well organised, following through on tasks
- Endurance, fluidity, calmness, flexibility and adaptability
- Sensual and graceful

### **Ways to balance Kapha:**

- Follow the dietary guidelines given (Kapha Pacifying Dietetics)
- Reduce your fat intake and avoid fast and fried foods
- Avoid iced drinks and sweets
- Reduce intake of water
- Wake early (before dawn), sleep less, and avoid sleeping in the day
- Get plenty of physical exercise every day
- Perform activities that stimulate and energize the body and mind, and build physical and mental heat
- Allow for excitement and challenge and variety in life to break away from stagnation and clinging to old ways of thinking and behaving
- Keep warm and dry

