

# Key to the Doshas



VATA



PITTA



KAPHA

<b>Element //</b>	Air & Ether	Fire & Water	Earth & Water
<b>Qualities //</b>	Dry, light, cold, subtle, rough, mobile	Moist, light, hot, subtle, mobile,	Moist, heavy, cold, dense, smooth, static
<b>Governs //</b>	Movement & information	Digestion & Transformation	Structure & Stability
<b>Seasons //</b>	Alleviated: Spring Aggravated: Fall	Alleviated: Winter Aggravated: Summer	Alleviated: Summer Aggravated: Winter
<b>Time of Day/Peak //</b>	2-6 am/pm Peak - 4:00	10-2 am/pm Peak - 12:00	6-10 am/pm Peak - 8:00
<b>Work Style //</b>	Independent/ Creative	Leader/ Goal Oriented	Supporter/ Team Projects
<b>Project Approach //</b>	Takes on many, finishes few	Focused, fast, sees it through	Committed, slow, sees it through
<b>Signs of Imbalance //</b>	Gas, bloating, constipation, restlessness, anxiety	Heartburn, diarrhea, ulcers, too busy, anger	Weight gain, excess mucous, lethargic, melancholic
<b>Quick Tips //</b>	Meditate, ground, find quiet time	Slow down, relax, smell the roses	Get out, play, shake things up