

What's your DIVINE DOSHA?

Delve into the ancient art
of Ayurveda to reveal your
healthiest happy place

WORDS: TANYA SMALE

If you've tried all the latest faddy diets and self-care trends but vibrant energy still eludes you, then Ayurveda could be the key to unlocking your most radiant self. Ayurveda is comprised of nutrition, healing and self-care practices and treats people based on their unique constitution by balancing the body and mind. More people are turning to its timeless wisdom than ever before as our hectic lifestyles leave us struggling with ailments that conventional healthcare is unable to shift.

A deep sense of inner peace

Ayurveda practitioner and author Sahara Rose discovered the lifestyle whilst suffering from chronic digestive issues. After trying various diets, Ayurveda provided her with the self-care tools she needed to heal her health and transform her life. "The constant state of restlessness I carried – needing to always be doing something and going somewhere – was replaced by a deep sense of inner-peace and acceptance, similar to the tranquillity one feels at the end of a yoga class. I realised that Ayurveda is so much more than a way to heal the body – it actually shifts the very foundation of your being."

Now Sahara is on a mission to make Ayurveda accessible to everyone. "Sacred self-care is essential to who you are. When you take care of yourself, you show yourself through action that you are worthy, which changes your ability to manifest anything you want in life."

*"Ayurveda
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NOW DISCOVER YOUR DOSHA

Ayurveda is based on the five elements – fire, water, earth, air and ether (space) – which we all have within us in varying amounts. In Ayurveda, the elements comprise the three doshas or mind-body types – Vata, Pitta and Kapha. The doshas show up in your characteristics, from the way you digest to

the way you sleep. It's important to know your dosha because your unique version of health will depend on your specific constitution. No one is entirely one dosha but a combination of all three, however we normally have a primary dosha. Ayurveda treats the dosha that is out of balance, so we can achieve optimum mind-body health.

Take the quiz below to discover your primary dosha and how to embrace it

1. Which most accurately describes your body?

- A Naturally thin
- B Medium build**
- C Curvy

2. How easily do you gain weight?

- A Next to impossible
- B Moderately**
- C Too easily

3. What are your eyes like?

- A On the smaller side
- B Penetrating, deep gaze**
- C Big and beautiful

4. What is your skin like?

- A Dry and thin
- B Oily, acne-prone, reddish tint**
- C Moist, smooth, thick

5. What is your hair like?

- A Dry, frizzy, prone to split ends
- B Fine, oily, thinning or greying**
- C Thick, abundant

6. What is your digestion like?

- A Variable
- B Strong and powerful**
- C Slow and weak

7. How is your body temperature?

- A Always cold
- B Usually warm**
- C Pretty adaptable

8. What is your temperament like?

- A Enthusiastic, vivacious, creative
- B Driven, passionate, ambitious**
- C Easy-going, giving, patient

9. What are your negative traits?

- A Anxious, fearful, nervous
- B Competitive, aggressive, impatient**
- C Lonely, depressed, jealous

10. How do you sleep?

- A Difficulty falling asleep, wake up often
- B Moderate and sound**
- C Deep and long



AND YOUR DOSHA IS...

Count how many A, B and C answers you got. A answers represent Vata, B is for Pitta and C indicates Kapha. The dosha with the highest number is your primary dosha and the second highest number is your secondary dosha.

Vata Characteristics (Air and Ether)

Lucky Vatas can eat whatever they want and struggle to gain weight. They are naturally small boned and often extremely tall or short. They have dry bodies, hair, skin and nails, rarely sweat and feel the cold. Vatas are highly creative and interested in the arts, literature, spirituality, philosophy and anything outside the box. They talk quickly and have a million ideas in their head. They can be indecisive and overanalyse things and are prone to anxiety, nervousness and panic attacks. Health issues can include constipation, irregular periods and infertility.

Nourish your dosha:

Vatas can eat sweet fruits, cooked vegetables, warming grains such as rice or porridge, all nuts and seeds and moist animal products such as yogurt. They should avoid dry or sour fruits, raw vegetables, cooling grains and difficult-to-digest legumes. They do well with cooked hearty dishes such as curries and stews, rather than cold salads and light snacks, which throw them off balance. Vata's ideal meal would be warm sweet potato soup with spices.

Pitta Characteristics (Fire and Water)

Pittas are the athletic types with medium builds who gain muscle easily. They tend to have oily hair that goes grey or starts balding at an early age. Their skin is oily with a tendency to breakouts and both their skin and hair have a reddish tint. They sweat profusely and can become overheated. Pittas are very driven and interested in business, law, finances, fitness, science and anything else that's achievement

orientated. They have organised minds, love structure and are naturally domineering. They can be controlling, demanding and impatient with others. They are prone to burnout and adrenal fatigue due to their perfectionist mentality. Health issues can include heartburn, acid reflux and ulcers.

Nourish your dosha:

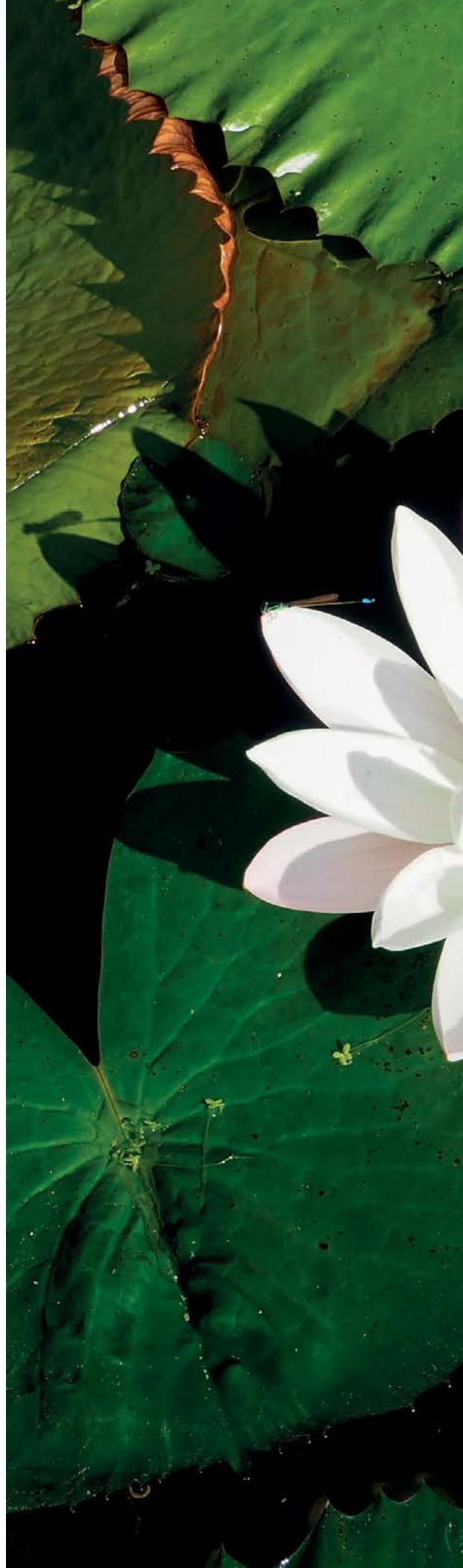
Pittas thrive on sweet fruits, most vegetables apart from nightshades (tomatoes, peppers and aubergines), cooling grains such as quinoa and uncooked oats, all legumes, some organic dairy and spices that aren't too hot. They should avoid citrus fruit, excess garlic, onions and nuts and warming grains. They may like their dishes hot and spicy but what they really need is something cooling and simple. A Pitta's ideal plate would be steamed leafy greens with avocado.

Kapha Characteristics (Earth and Water)

Kaphas gain weight just by watching someone else eat and are naturally bigger boned with round faces and bodies. They have thick, moist hair, smooth, baby-soft skin and long, lustrous nails. They maintain their body temperature well but prefer warm, dry weather. They tend to have cold, clammy hands and sugar cravings. Kaphas are compassionate and interested in teaching, human resources, nursing, therapy and anything service based. They are people-pleasers and often put the needs of others before their own. They are calm and peaceful but tend to be slow and resistant to change. They often hold onto the past and become depressed due to emotional eating and weight gain. Health issues can include asthma, slow metabolism and water retention.

Nourish your dosha:

Kaphas should eat sour fruits, cooked vegetables, light grains such as amaranth and millet and all legumes. They should avoid sweet fruits, raw vegetables, heavy grains such as bread and pasta, all dairy and nuts. Kaphas do best with lightly spiced, warm meals. A Kapha's ideal dish would be a lentil salad with herbs and leafy greens.



NOW TRY SOMETHING NEW

5 AYURVEDIC SELF-CARE RITUALS

- Wake at dawn to watch the sunrise and give gratitude for the day. Carving out time in the morning for yourself will give you a sense of joy and appreciation.

- Scrape your tongue to remove toxins that have accumulated with a tongue scraper. Practice oil-pulling: swishing oil round your mouth to remove toxins and boost digestion and your immune system. Use a tablespoon of sesame oil for Vata and Kapha or coconut oil for Pitta and swish it round your mouth for up to 20 minutes. Spit out the oil in the food waste or bin. Rinse your mouth with warm water or brush your teeth afterwards.

- Make your morning cuppa a hydrating and healing herbal tea: cooling coriander for Pitta, warming ginger for Vata and Kapha. Drinking hot water is cleansing and stimulates your digestive fire, the internal flame related to metabolism.

- Dry brush your body with a natural bristle brush. Always stroke towards the heart to promote detoxification and stimulate your lymphatic system. Follow with abhyanga, self-oil massage to enhance detoxification, soften your skin and calm your nervous system. Use sesame oil for Vata and Kapha and coconut oil for Pitta and warm the oil between your palms. Massage your whole body intuitively with slow, deliberate strokes if you're stressed or firm, vigorous strokes if you're feeling lethargic.

- Go to sleep by 10pm. Sleep is when you restore and detoxify your body, balance your hormones and relax your mind. Turn off technology at least an hour before bedtime, light candles, diffuse aromatherapy oils such as lavender and read a book to signal to your body that it's time to rest.

Sahara Rose Ketabi

is a certified Ayurvedic Practitioner, Holistic and Sports Nutritionist, wellness blogger and author. For more information about her work, visit eatfeelfresh.com or follow her on Instagram @iamsahararose