

Air & Ether



vata

The Vata dosha brings the energy of air and ether into your physical form and mind. As someone with a lot of Vata energy, you may become a bit restless at times and find it challenging to stick to a steady routine. The Vata quality of movement keeps both your physical body and your mind quite active.

On the positive side, many Vata's thrive in creative roles where they can follow their impulses and don't get stuck doing the same thing every day. Everything about Vata is variable --appetite, mood, interests, even passions. This makes it easy for you to adapt to change and keep an open mind.

Vata Imbalance

Vata energy is crucial to the movement that happens within your body. Every step you take, breath you breathe and bite you chew is a result of Vata activity. Even the flow of nutrients in and out of your cells relies on Vata activity.

However, just like everything else in life, too much of a good thing can throw you off balance. There are several things that can cause an imbalance of Vata energy, some of the most common include:

- Not getting enough sleep
- Fasting, or skipping meals
- Over-exercising
- Eating cold or raw foods
- Cold weather
- Overt-stimulation (loud music, movies, etc.)
- Recreational or stimulating drugs
- Erratic schedules
- Stress (emotional and physical)

SIGNS OF IMBALANCE

While this list isn't comprehensive, some common signs of Vata imbalance include:

- Dry hair, skin, and nails
- Bloating and gas
- Weight loss
- Poor circulation, resulting in feeling cold (hands and feet)
- Feeling agitated
- Feelings of fear and anxiety
- Twitching
- Insomnia, trouble sleeping
- Feeling restless and ungrounded (mind and body)

VATA BALANCING TEA

Ingredients:

- 4 cups of water
- 1 tablespoon fennel
- 1 tablespoon coriander seeds
- 2 pods of cardamom

Heat water in a pot over the stove. Add fennel, coriander seeds, and cardamom and boil for 5 minutes. Strain and serve hot.

Grounding



Balancing

VATA BALANCING AROMATHERAPY

Aromatherapy can be incredibly calming and pacifying for Vatas. Grounding scents will decrease restlessness and anxiety, and promote sleep. Some fantastic Vata balancing essential oils include:

- Basil
- Orange
- Clove
- Rose

Lifestyle Tips

As a Vata person, your main goal for balance is to create structure in your life. Therefore, as much as possible, try to follow a regular schedule and routine. Lifestyle choices that will help ground your Vata energy include:

- Set a consistent bedtime
- Wake up at the same time every day
- Eat three meals a day, at regular times
- Avoid too many cold or raw foods
- Limit overstimulation from electronics, music, TV, etc.
- Find a creative outlet (you have lots of creative energy, express it in the world so it doesn't get trapped in your body!)
- Self-massage (Abhyanga) with warm sesame oil
- Meditate to calm your mind

