

Example of an Ayurvedic assessment

Ayurvedic type

- Vata Pitta Kapha Vata/Pitta
 Vata/Kapha Pitta/Kapha Tridosha

Most pronounced qualities

Vata:

- Dry Light Cold Rough Subtle Mobile Clear

Pitta:

- Hot Sharp Light Liquid Mobile Oily

Kapha:

- Heavy Slow/dull Cold Oily Dense Smooth Soft Static



Balanced characteristics *Medium height, muscular built, strong and purposeful movements, loose joints, sensitive to heat, variable appetite, keen and sharp mind, competent at work, motivated and driven*

Signs of imbalance *Recurring lower back pain (with quality of sharpness), ongoing digestive distress (with quality of acidity), feelings of anxiety that manifest as occasional sharp stabs in his stomach (quality of sharpness), issues with consuming rage (quality of heat) that he is trying to do everything in his power to overcome. Long hours at work, intense involvement in every aspect of his work, perfectionism.*

Observations *L appears to have a lot of inner intensity, and he is intent on controlling it, often by suppression. He confided that he often felt like he was on fire and sometimes that inner fire felt all-consuming. We discovered that he unconsciously "self-medicated" by spending time on his friend's boat. He felt the best when he was on the water, surrounded by friends.*

Practice recommendations *Less intense, non-competitive practice, cooling breath. Include a meditation to channel his inner fire in a productive way to warm up his heart and fuel his passion, to warm up his throat and purify his speech, to illuminate the mind and give him mental clarity. Turn the inner fire from the distracting force to a nurturing source of transformation.*