A person with dreadlocks and glasses is shown in profile, writing on a whiteboard. They are wearing a light blue t-shirt and a black backpack. The whiteboard has several sheets of paper pinned to it, some with colorful charts and tables. The background is a wall with more papers pinned to it.

A little bit of theory –
what is Dosha?

Qualities of substances

- Matter is described by its qualities, not constituents
- Represented by 5 elements in various proportions
- Space, air, fire, water, and earth
- Associated with qualities perceived by our senses

Element	Property
Space	Porosity
Air	Movement
Fire	Temperature
Water	Viscosity
Earth	Mass



Earth and space qualities

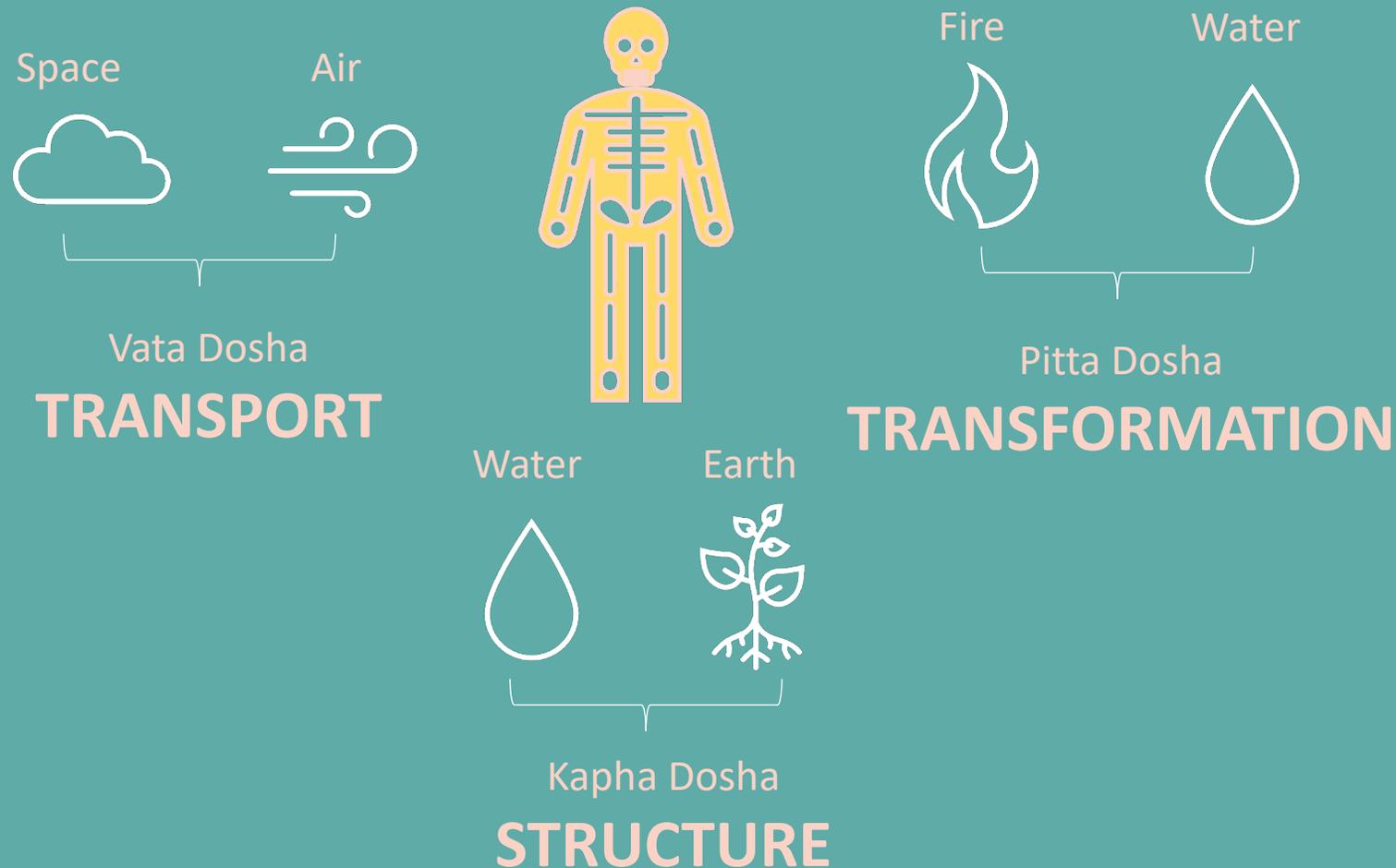


Water, fire, and air qualities



Earth quality

Biology regulated by Doshas

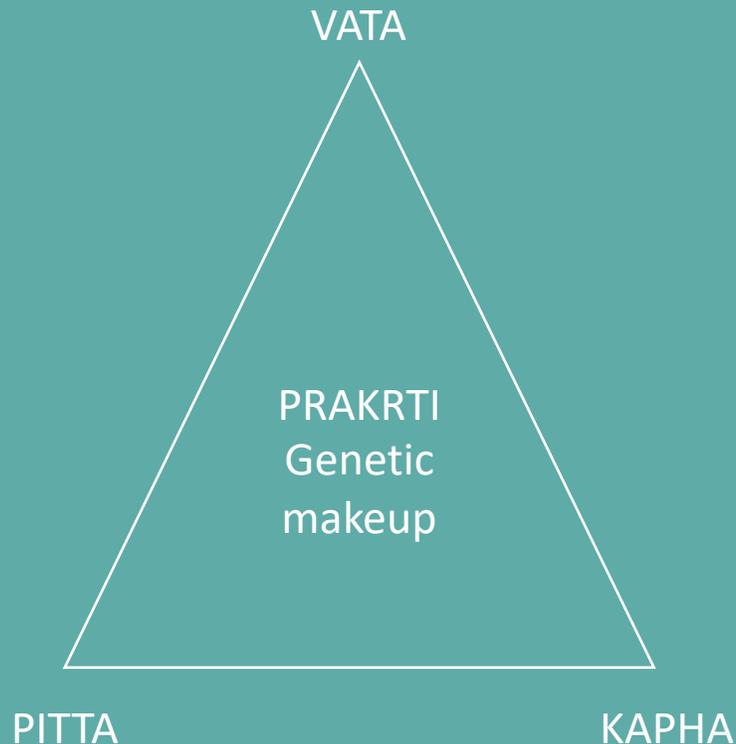


- Vata governs breathing, circulation, cell membrane transport, excretion of wastes – catabolic processes
- Pitta controls digestion, body temperature – metabolic processes
- Kapha is responsible for formation of muscle, bone, fat, and lubrication – anabolic processes

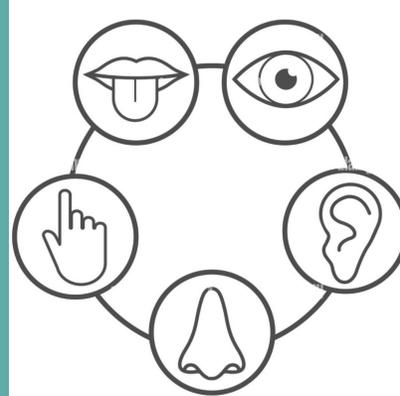
Meaning of balanced doshas

Each individual is born with a unique proportion of three Doshas - Prakrti

- When this proportion is maintained, there is health
- When this proportion changes, disease ensues



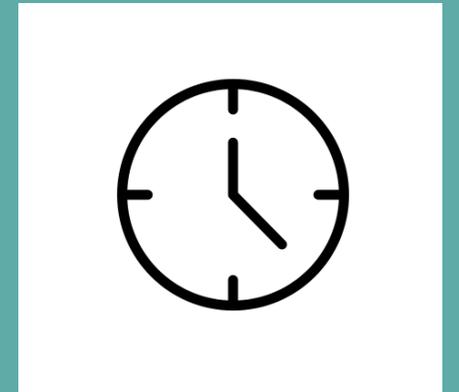
What causes dosha imbalance?



Improper input to senses

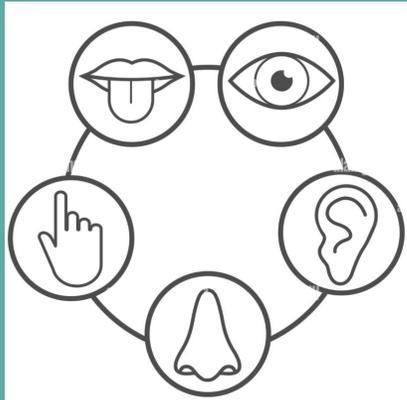


Improper use of intellect



Time of day/seasons

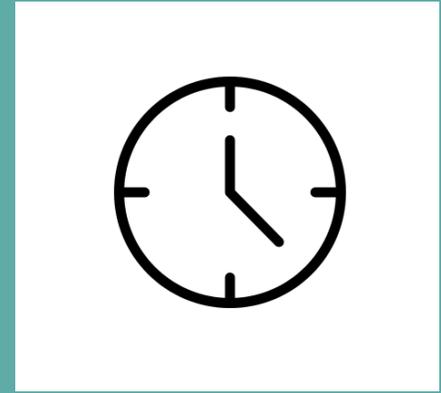
Practical guidelines to keep Doshas balanced



DAILY ROUTINES
Dinacharya



CODE OF CONDUCT
Sadvritta



SEASONAL ROUTINES
Ritucharya

Use food, lifestyle, and spirituality to restore balance of Doshas