

# The Three Doshas & Their Core Functions

## Teaching:

In Ayurveda, the body is governed by three fundamental energies called **doshas**—Vata, Pitta, and Kapha. These energies are combinations of the five elements (ether, air, fire, water, and earth) and represent the *forces behind everything your body, mind, and spirit do*. Your unique energetic blueprint (Prakriti) is a specific balance of these doshas from birth. When that balance is disrupted (Vikriti), symptoms—physical, emotional, spiritual—begin to appear.

## Explanation:

Each dosha governs a specific set of functions and spiritual lessons:

- **Vata (Air + Ether):** Movement, breath, communication, intuition, nervous system regulation.
- **Pitta (Fire + Water):** Digestion, transformation, metabolism, perception, inner fire.
- **Kapha (Earth + Water):** Stability, structure, emotional anchoring, nourishment, grounding.

We all carry all three doshas, but in different ratios. Imbalances occur when one (or more) become dominant or depleted due to life circumstances, diet, trauma, overstimulation, or spiritual misalignment.

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## Types of Dosha Imbalances

## Teaching:

Imbalances are not flaws—they're *flags*. They help you track where your system is trying to recalibrate. There are three main types of imbalances:

- **Single Dosha Imbalance**
  - **Dual Dosha Imbalance (Samsarga)**
  - **Tri-Dosha Imbalance (Sannipata)**
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## **1. Single Dosha Imbalance**

### **➤ Vata Imbalance**

#### **Causes:**

- Trauma, overstimulation, nervous system dysregulation
- Excess travel, irregular schedules, cold/raw food
- Skipping meals or erratic routines

#### **Symptoms:**

- Anxiety, restlessness, insomnia
  - Constipation, gas, dry skin
  - Cold extremities, dissociation
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### **➤ Pitta Imbalance**

#### **Causes:**

- Overwork, competitiveness, perfectionism
- Hot weather, spicy or acidic food
- Suppressed anger

#### **Symptoms:**

- Irritability, rage, judgment
- Acid reflux, inflammation, rashes

- Excess heat, burnout disguised as drive
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### ➤ Kapha Imbalance

#### Causes:

- Inactivity, emotional suppression, over-sleeping
- Heavy/oily diets (dairy, sugar, fried food)

#### Symptoms:

- Depression, brain fog, lethargy
  - Weight gain, allergies, congestion
  - Resistance to change, emotional stagnation
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## 2. Dual Dosha Imbalance (Samsarga)

### ➤ Vata-Pitta

**Energetic Tone:** Flighty but fiery.

#### Symptoms:

- Anxiety + irritation
- Insomnia + digestive issues
- Dryness + inflammation
- Internal overwhelm

**Common Cause:** Overworking without grounding or regulation

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### ➤ Vata-Kapha

**Energetic Tone:** Foggy body, frazzled brain.

**Symptoms:**

- Sleep disruption + body heaviness
- Low motivation + racing mind
- Emotionally numb + nervous system on edge

**Common Cause:** Avoided trauma or stuck grief

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#### ➤ Pitta-Kapha

**Energetic Tone:** Boiling beneath still waters.

**Symptoms:**

- Passive-aggressive emotions
- Digestive slowdowns + inner frustration
- Internal pressure + physical stagnancy

**Common Cause:** Repressed anger, people-pleasing, fear of conflict

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### 3. Tri-Dosha Imbalance (Sannipata)

**Energetic Tone:** Everything all at once.

**Symptoms:**

- Anxiety + exhaustion + emotional flatlining
- Digestive confusion, food intolerance
- Brain fog, spiritual disconnection
- Overloaded nervous system

**Common Causes:**

- Long-term trauma
  - Chronic caregiving or spiritual overexposure
  - Lack of purpose or direction
  - Life completely misaligned with your energetic needs
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## ◆ Root Causes of Dosha Imbalances (The Deeper Layer)

### Teaching:

Physical and emotional symptoms are just surface-level expressions of deeper soul wounds or energetic misalignments. Let's decode the hidden roots behind your imbalance.

### Explanation:

#### Root CauseHow It Disrupts the Doshas

Ignoring your natural rhythms wrecks all 3 doshas; destabilizes Vata most.

Abandoning yourself for others elevates Pitta (resentment) + Kapha (grief).

Forcing instead of flowing inflames Pitta + dries out Vata.

Avoiding difficult truths stagnates Kapha + overdrives Vata.

Spiritual bypassing or toxic positivity inflames Pitta, dissociates Vata.

Lack of touch, movement, creativity suppresses Kapha + agitates Vata.

Unprocessed childhood trauma wrecks Vata stability + triggers reactive Pitta.

Starving your soul purpose erodes Kapha's power, Vata's vision, and Pitta's clarity.

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## In Summary:

### What Your Dosha Imbalance Is Really Saying

- **Vata says:** “Ground. You’re not as alone as you feel.”
- **Pitta says:** “Cool down. You don’t have to prove your worth.”
- **Kapha says:** “Move. Your grief is sacred, but don’t let it drown you.”

Your body, mind, and spirit aren't broken—they're brilliant messengers. Dosha imbalances are invitations, not punishments. They show you exactly where your inner compass has veered away from your natural harmony.

When you learn to **interpret the language of your energy**, you stop pathologizing yourself and start *reclaiming your power*.