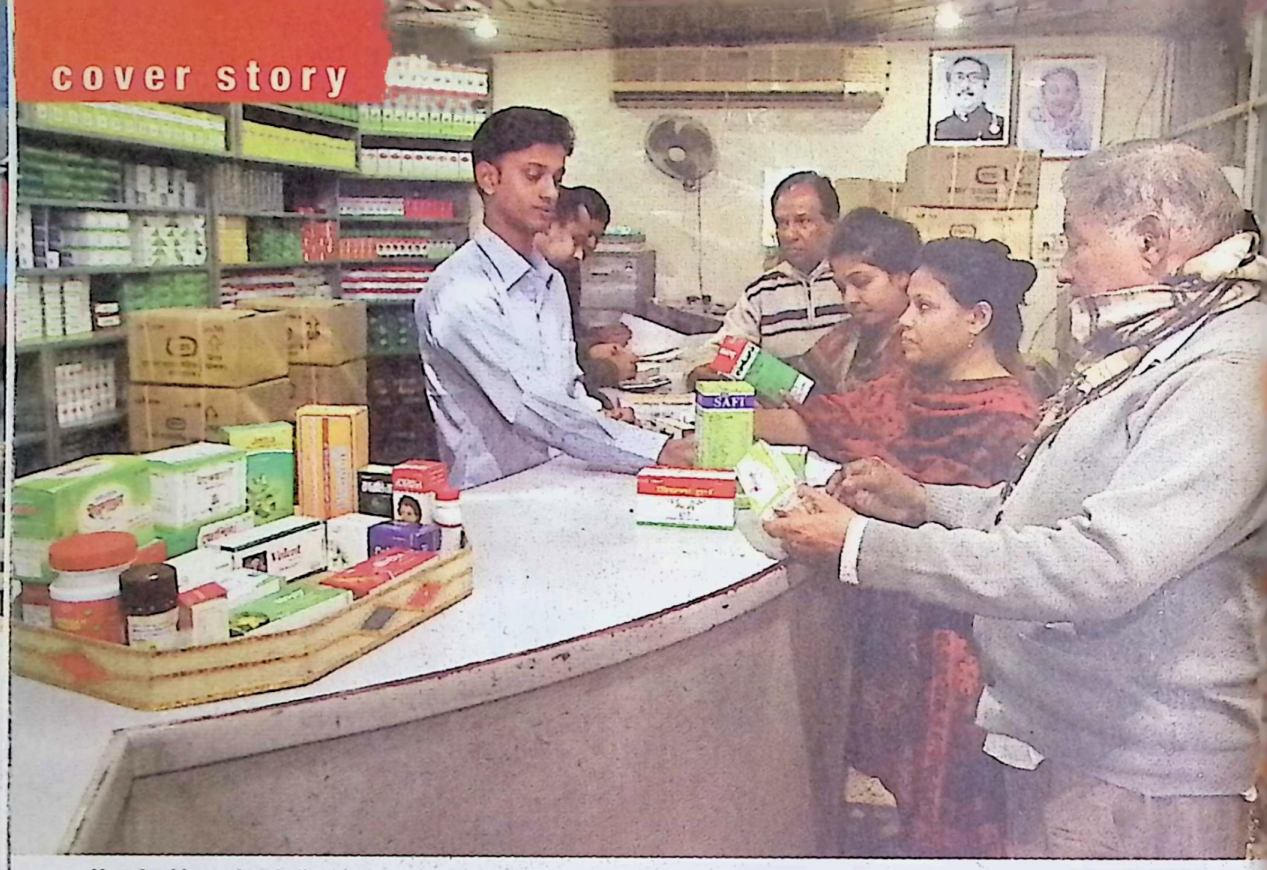
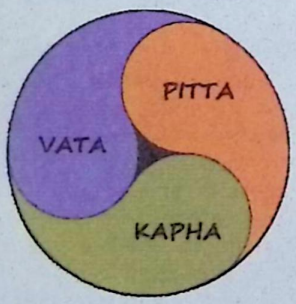


Hamdard has a loyal client base.

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Know Your Dosha



According to Ayurveda, the characteristic personality of an individual is determined by a combination of three 'Doshas' or bodily humors that make up one's constitution - Vata, Pitta and Kapha. An individual's health, diseases, cure for any disease etc are governed by these three doshas. Each person has all three Doshas, but usually one or two dominate. Knowing your type can help you understand what foods, exercises, and lifestyle elements can support and nurture your health and which ones can cause imbalance.

Vata

Elements: Air and Space

Vatas tend to be small and thin. They have dry, rough skin and dry hair. Their primary organ is the colon. They are usually restless but highly creative and imaginative. Vatas don't like the cold and are wont to prefer warm food over frozen or driend foods.

When in balance, Vata promotes creativity and flexibility. Out of balance, Vata produces fear and anxiety. Physical ailments connected to the air element, such as emphysema, pneumonia and arthritis, are predominant when Vatas become imbalanced.

In order to be balanced, Vatas need to keep warm and maintain calmness, avoid raw, cold foods, stay out of cold weather and keep a regular routine, avoiding strenuous activities. Yoga, Tai chi, walking and swimming can be ideal forms of exercise.

Sweet berries, fruits, small beans, rice, and all nuts and dairy products are good food choices for Vata types.

Optimum meal times: *breakfast at 7am, lunch at noon, a snack at 4pm and a full dinner at 6pm.*

Pitta

Elements: Fire and Water

Pittas tend to be of medium build, strong with straight or thinning hair. Their primary organs are the small intestine and stomach. Pittas have a sharp mind, are determined and can and retain information easily. Patas generally don't like the hot weather or humidity.

When in balance, Pitta promotes intelligence and understanding. Out of balance, Pitta produces anger and jealousy.