

**Wellbeing Natural Medicine Practice**  
3 Wells Street  
Inverness  
IV3 5JT

## KAPHA DOSHA

Kapha dosha governs the structural integrity of the body, from giving it mass and stability to protecting it from the outside environment. Kapha dosha governs the structural integrity of the body, from giving it mass and stability to protecting it from the outside environment.

Kapha dosha governs the structural integrity of the body, from giving it mass and stability to protecting it from the outside environment.

### The five subdoshas of Kapha

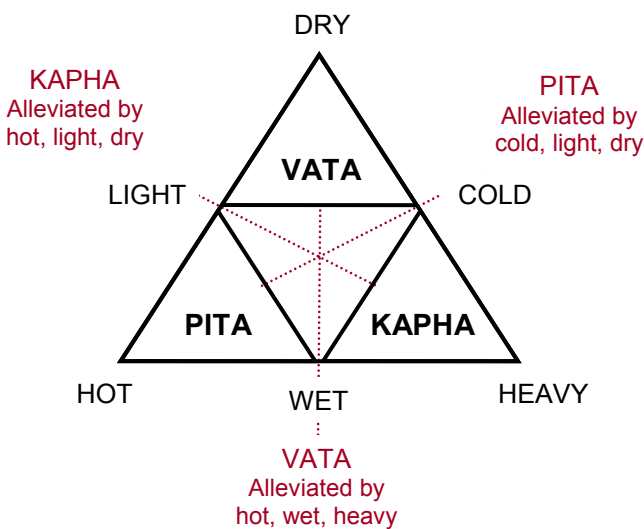
*Kledaka Kapha* functions in the gastric area. Lubricating ingested food to make it easier to digest is its principal function.

*Bodhaka Kapha* is located in the tongue and throat and governs taste. Lubricating food and making it easier to swallow are Bodhaka Kapha activities.

*Avalambaka Kapha* resides in the heart, chest and lower back. Lubricating the heart and lung tissue to slow down wear and tear is an Avalambaka Kapha activity.

*Tarpaka Kapha* is located in the head, sinuses and spinal fluid. It provides lubrication to nerve and brain tissue.

*Shleshaka Kapha* is located in the joints and provides lubrication to keep the joints smooth and flexible



### Signs that you need to balance Kapha

- Are you gaining weight easily, even though you feel like you don't really have an appetite?
- Do you feel tired even though you are not performing any physical activity?
- Do you find it difficult to awake even after long hours of sleep? Do you wake up feeling unrefreshed, tired?
- Is your skin feeling oilier than usual, with breakouts?
- Is your hair oily and streaky even with regular shampooing?
- Are you heavy and congested in your throat, head and chest?
- Is your digestion slow? Do you feel heavy and lethargic after a meal?
- Do you feel like you just want to sit and be a spectator?
- Do you feel withdrawn? Is it difficult to deal with change?
- Do you constantly feel the need to "cling"?
- Do you feel mentally unmotivated?

### Kapha is made up of the two elements water and earth.

The most revered ayurvedic text, the Charaka Samhita, defines the characteristics of Kapha dosha:

- Heavy both water & earth are heavy elements (guru)
- Cold (sheetoha)
- Soft (mridu)
- Unctuous, offering lubrication (snigdha)
- Sweet (madhura)
- Stability, offering immunity (sthira)
- Slippery (tikshila).

People with more Kapha in their constitutions tend to be of larger proportions, with a robust frame and padded joints, thick smooth skin that may tend towards oiliness, and rich, wavy hair. They are stable and calm in thought, speech and action, and are easy-going and supportive in relationships. There is an element of steadiness to their step, a quality of serenity in their smile. Loyalty is usually their second name. They are long, heavy sleepers and uncomfortable in damp, clammy environments. Calm and sweetness of disposition are hallmarks of balanced Kapha.

**Booking: 01463 226622**

[info@wellbeingnaturalmedicine.com](mailto:info@wellbeingnaturalmedicine.com)