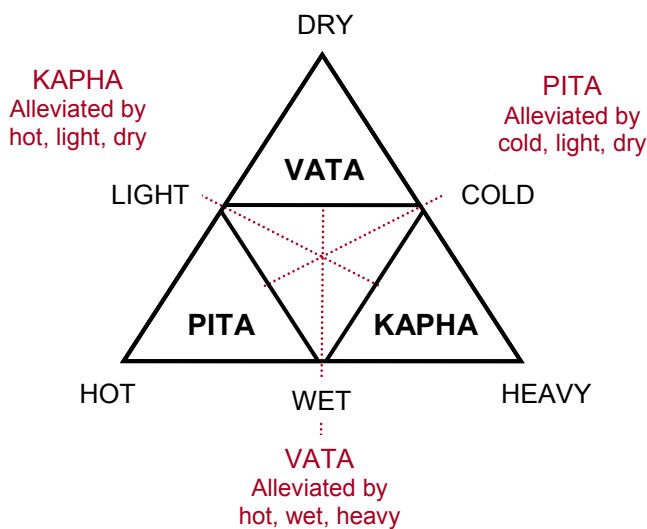


# Wellbeing Natural Medicine

**Wellbeing Natural Medicine Practice**  
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Vata dosha governs all movement in the physiology, from the subtle, fleeting movement of a thought flitting across your mind to the coursing of blood through your arteries and veins. Vata dosha governs all movement in the physiology, from the subtle, fleeting movement of a thought flitting across your mind to the coursing of blood through your arteries and veins. Vata dosha governs all movement in the physiology, from the subtle, fleeting movement of a thought flitting across your mind to the coursing of blood through your arteries and veins.



## Vata is made up of the two elements space & air.

The most revered Ayurvedic text, the *Charaka Samhita*, defines the characteristics of Vata dosha:

Dry and rough	(rookshaha)
Cool	(sheetoha)
Light-lacking weight	(laghuhu)
Very tiny, penetrating molecules	(sookshamaha)
Always moving	(chalota)
Broad, unlimited, unbounded space	(vishadaha)
Rough	(kharaha)

People with more Vata in their constitutions tend to be thin, with a slender frame and prominent joints, delicate skin that is naturally dry, and dry voluminous hair. They are quick and lively in thought, speech and action, and make friends easily. There is an element of airiness to their step, a quality of lightness in their laughter. Change is usually their second name. They are light sleepers and gravitate towards warm environments. Creativity and enthusiasm are hallmarks of balanced Vata.

# VATA DOSHA

## The five sub-doshas of Vata

*Prana Vata* functions in the head-neck-chest region. Thinking and creativity, learning new information and inhalation are examples of Prana Vata governed activities.

*Udana Vata* functions in the throat and chest region, in the opposite direction. Sneezing, singing and exhalation are examples of Udana Vata regulated activities.

*Vyana Vata* radiates from the heart to all over the body through the circulatory system and the skin. The beating of the heart, sweating and the sense of touch are examples of Vyana Vata activity.

*Samana Vata* works in the stomach area, governing the flow of food through the digestive tract.

*Apana Vata* works in the colon and pelvic area and governs such functions as menstruation and the elimination of wastes.

## Signs that you need to balance Vata

Are you constantly worried, anxious, overwhelmed, fretful?

Do you feel tired but find yourself unable to slow down and relax?

Do you find it difficult to settle down and fall asleep at night?

Is your sleep restless when you do manage to fall asleep?

Is your skin feeling dryer than usual, stretched taut or flaking?

Is your hair more brittle, with split ends happening oftener?

Are your lips raw and chapped?

Is your throat constantly dry?

Is your digestion irregular?

Do you experience problems with abdominal gas?

Do you feel like you cannot sit still, that you need to be constantly moving?

Do you feel "spaced out"?

Is it harder to remember things for more than a short period of time?

Is your attention span shorter than usual?

Is it harder to focus?

Do your bowel movements occur less than once daily?

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