







## Nutritionist Maria's Guide to Lifecycles

Intuitive Self-Regulation to Sustain Alignment, Balance, Flow and Harmony

DOSHA	KAPHA NOURISHMENT		PITTA TRANSFORMATION		VATA MOVEMENT	
<b>ELEMENTS</b>  5 STATES OF CONSCIOUSNESS CONTAIN IN ALL LIFE	<b>EARTH</b> 	<b>WATER</b> 	<b>FIRE</b> 	<b>AIR</b> 	<b>ETHER</b> 	
<b>ENERGY CENTRE</b>	1ST	2ND	3RD	4TH	5TH	
<b>SENSE</b>	SMELL	TASTE	SIGHT	TOUCH	SOUND	
<b>FUNCTION</b>	SOLIDITY, STABILTY, MASS	SWEETNESS, NUTURANCE, REPAIR	APPEARANCE, PERCEPTION, CONVERSION, ENERGY	VIBRATION, MOTION, CONNECTION	SPACE, EXPANSION, NON-EXISTENCE	
<b>QUALITIES</b>	HEAVY, COLD, DENSE, STATIC, DULL, SMOOTH, SOFT, CLOUDY, THICK, SWEET, OILY, SALTY, SLOW, LIQUID , STICKY		FLOWING, HOT , SHARP, MOBILE, LIGHT, CLEAR, OILY, SOUR, INTENSE		COLD, DRY, LIGHT, THIN, CLEAR, FLOWING, HARD, ROUGH, MOBILE, ACTIVE, DISPERING, IRREGULAR	
<b>LIFE-CYCLES</b>	CHILDHOOD		PUBERTY – FIFTIES		FIFTIES – DEATH	
<b>DAY-CYCLE</b>	SUNRISE - 10AM, SUNSET - 10PM		10AM - 2PM, 10PM - 2AM		2PM – SUNSET, 2PM – SUNRISE	
<b>SEASONS</b>	LATE WINTER - EARLY SPRING		LATE SPRING – EARLY FALL		LATE FALL - EARLY WINTER	
<b>POTENTIALLY INCREASE</b>	DRY, BITTER, PUNGENT, HOT, ASTRINGENT FOODS		SWEET, COOL, BITTER ASTRINGENT FOODS		SWEET, SOUR, OILY, STARCHY, SALTY FOODS	
<b>POTENTIALLY DECREASE</b> <small>*varies for each individual</small>	FATTY, SWEET, SOUR, SALTY FOODS		SALTY, SOUR, HOT, PUNGENT FOODS		COOL, DRY, LIGHT FOODS	
<b>20 QUALITIES THAT APPEAR IN THE MIND &amp; BODY</b>	COLD - KAPHA & VATA			HOT - PITTA		
	OILY – KAPHA & PITTA			DRY - VATA		
	HEAVY- KAPHA			LIGHT – PITTA & VATA		
	GROSS - KAPHA			SUBTLE - VATA		
	DENSE - KAPHA			LIQUID - PITTA		
	SOFT - KAPHA			HARD - VATA		
	STATIC - KAPHA			MOBILE – PITTA & VATA		
	STICKY - KAPHA			CLEAR – PITTA & VATA		
	SLIMY - KAPHA			ROUGH - VATA		
SLOW - KAPHA			SHARP – PITTA (RAPID - VATA)			
<b>SUBTLE COUNTERPARTS OF EACH DOSHA</b>	<b>OJAS</b> IS OUR ULTIMATE ENERGY RESERVE AND STAMINA  PROVIDES PEACE, STABILITY, PATIENCE TO MAINTAIN, CONSISTENCY AND SUSTENANCE.		<b>TEJAS</b> IS OUR INNER RADIANCE AND HEALING ENERGY OF FIRE  PROVIDES COURAGE, FEARLESSNESS, INSIGHT, CONFIDENCE, INDIVIDUALITY (EGO).		<b>PRANA</b> IS OUR LIFE FORCE AND HEALING ENERGY OF AIR  PROVIDES ENTHUSIASM, ADAPTABILTY, CREATIVITY, ENDURANCE OF PSYCHOLOGY AND PHYSICOLOGY.	

**IN SANSKRIT, DOSHA MEANS “FAULT” OR “DISEASE.” IT’S BELIEVED THAT ALL FIVE ENERGIES ARE CONTAINED WITHIN ALL LIVING THINGS (AND CELLS). IT’S THOUGHT THAT EACH INDIVIDUAL HAS A DOMINANT DOSHA OR COMBINATION OF DOSHAS THAT PREDISPOSES THEM TO PARTICULAR TENDANCIES. IT’S BELIEVED THAT HOLISTIC HEALTH & HARMONY IS ACHIEVED THROUGH THE BALANCE OF THE THREE DOSHAS.**

\*DISCLAIMER: THIS GUIDE IS FOR THE SOLE PURPOSE OF PROVIDING A DEEPER UNDERSTANDING OF AYURVEDA. IT IS NOT INTENDED AS MEDICAL, PHARMACEUTICAL, THERAPEUTIC, HEALTHCARE, NUTRITIONAL OR OTHER PROFESSIONAL ADVICE. DO NOT DISCONTINUE USE OF ANY MEDICATIONS WITHOUT MEDICAL PRACTITIONER’S APPROVAL. THE AUTHOR DOES NOT OR HAS NOT MADE ANY CLAIMS AS TO THE ACCURACY OR LEGITIMACY OF ANY INFORMATION CONTAINED WITHIN THIS DOCUMENT. TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE LAW, THE CREATOR EXCLUDES ANY LIABILITY ARISING FROM ANY USE OF THE INFORMATION CONTAINED WITH THIS DOCUMENT.