

PHYSICAL ATTRIBUTES OF VATAS, PITTAS AND KAPHAS

We continue the discussion on how *prakriti* is common for our generic disposition.



Vata



Pitta



Kapha

Body Frame

People with predominant attribute of *Vatas* are thin and slender. That does not mean they lack strength or stamina. In their lean frames, they can be just as energetic as the other two *doshas*. Their gait is swift, and they often have long arms or long legs. They are not broad-chested and tend to have a squarish body structure with small shoulders and narrow hips. Their bones are light.

Pittas have medium body frames but very symmetrical bodies. Their limbs are in proportion to the rest of their bodies. *Pittas* can be quite tall, but they are still well endowed with muscle. They are full of energy but not as agile as *Vatas*.

Kaphas have the largest frame of the three. They have stout bodies and their build is stocky; their bones are heavy and they walk slowly. They have excellent physical strength and stamina. Many *Kaphas* with a composite of *Vata* make excellent athletes in such sports, such as boxing, and weightlifting., etc.

Joints and Muscles

Vatas have prominent, sometimes protruding, joints,

which tend to crack easily. Do some squats: if you hear crackles in your knees, it may well mean you are a *vata*. Those crackles could also be due to stiffness in the body, though. Be sure to differentiate between them.

Vatas' muscles are slender and have almost no fat – just flesh.

Pittas have reasonably strong joints, which are loose, well-shaped and flexible. Even though their joints are good, they can develop arthritis in the later years of their life due to their *pitta* nature. Their muscles are well-built but supple. Their muscle mass is not as lean as the *Vatas*, but *Pittas* have the best muscular structure from the perspective of fitness and strength.

Kaphas have large joints like their body frame. Their joints are well padded and strong, though. When standing, they can feel tiredness in their ankles very quickly, mostly because the weight of their large body frame is on their feet. This is true even if they are not overweight. This can often lead to some swelling around the ankles. Their muscles are not as lean or supple as the other two types.

Body Temperature

Vatas are most productive and comfortable in warm environments. For most of the year, their hands and feet are cold. They are very sensitive towards any changes in the temperature, and their body reacts to such variations quickly.

Pittas are usually warm. They love winters and cold climates, and are uncomfortable in hot weather. They have the greatest physical stamina when the mercury is on the lower side.

Kaphas are comfortable for most of the year, but they prefer summer and spring. Like *Vatas*, they do not like cold days. Additionally, they feel depressed on wet days. During winters and rains, they feel low on energy and stamina.

Various Seasonal Affective Disorders (SAD), such as like winter depression, winter blues or seasonal depression affect *Vatas* and *Kaphas* more than *Pittas*, as the two former *doshas* experience depressive symptoms in the winter.

Body Weight

Vatas are generally underweight. If they are not

underweight, they are certainly on the lighter side. They can be so excited about their passions that they may even forget to eat. *Vatas* have no problem with skipping meals, and they have a tendency to lose weight.

Pittas are of normal weight usually; they are just right according to their body frame. Of the three, it is the easiest for *pittas* to gain or lose weight. Any effects of exercise and diet show on their body in a matter of days.

Kaphas are normally on the heavier side of the spectrum. Relative to their build, they tend to be overweight. They gain weight easily and have great difficulty in losing it. A *Kapha* may have the strictest diet plan, yet results still come slowly for him. In fact, losing weight is one of the most difficult things for *Kaphas*.

Nature of Hair

Vatas commonly have dry hair; they get split ends easily. Their hair tends to be frizzy and breaks easily. They generally do not become bald like *pittas*, but they do need to take greater care of their hair. Their hair tangles easily.

Pittas mostly have extremely fine but thin hair. Their hair is

long and straight and never really jet black. They tend towards blonde or red in Caucasian people and light black in Asian and African cultures. Their hair usually greys at earlier in life ages unlike the than for *Vatas* and *Kaphas*. *Pitta* males are inclined to be bald towards the later years of their lives.

Kaphas frequently have thick and wavy hair. Their hair is oily and tends to be on the darker side. The colour of one's hair, however, is a factor almost entirely dependent on one's race. So, a Caucasian man or a woman with blonde hair could be as much a *Kapha* as an Indian with jet black hair.

Forehead

Vatas usually have small foreheads and forward hairlines, making their foreheads look even smaller. They tend to have permanent frown marks as they age. Generally, when they raise their eyebrows, three lines appear on their forehead.

Pittas commonly have medium sized foreheads, with wrinkles and lines in no specific pattern during the later years of their lives. Their foreheads tend to be plainer, with no frown lines or only light frown lines.

Kaphas have the largest foreheads of the three. Their foreheads are lustrous and radiant. There are usually no signs of any wrinkles there till much later in their lives.

Nature of Eyes

Vatas have small and active eyes; their eyes may even be sunken. They blink a lot and rarely settle their gaze on anything beyond a few seconds. Their eyebrows are generally smaller and frugal. Their eyelashes are of normal thickness and length.

Pittas have charismatic eyes. Their eyelashes are fine and thin. Their eyebrows are stately but not as hairy as a *kapha*'s. *Pittas* have a penetrating gaze and their eyes have an artistic look.

Kaphas have large, soft and smooth eyes. There is a certain stillness and warmth in their gaze. The whites of their eyes are extremely white and prominent. Their eyebrows and eyelashes are thick and luxuriant.

Lips and Teeth

Vatas have thin lips which get dry and chapped easily. Their teeth can be somewhat uneven and may require constant care and attention.

Pittas have medium-sized soft lips. Their upper lip is slightly darker than the lower one. Their teeth are medium-sized and are generally well-shaped. *Pittas* need to take proper care of their teeth, as they tend to suffer from cavities more than both *vatas* and *kaphas*.

Kaphas have large and smooth lips, with a slight natural pout. Their teeth are generally well formed and aligned.

Skin and Complexion

Vatas' skin is dry and somewhat rough. They need to moisturize it properly during the dry and cold seasons to protect it from wrinkling and cracking. Their skin is thin; one can see the veins running beneath it. Their complexion is on the darker side and their skin feels cold.

Pittas have soft and smooth skin. Wrinkles do no't form as easily on them as *Vatas*. Their complexion is more on the fair side, but it tends to be wheatish or yellowish. Fair-coloured *Pittas* suffer from skin rashes and sunburn more readily than others.

Kaphas have thick and smooth skin. Their skin is oily, and wrinkles do no't appear until late

in their lives. Their skin can look cold and pale. Their complexion tends to be fair and bright. Minimal skincare does it for them.

Hands and Nails

Vatas have long and slender hands. Their hands look creative and artistic; they make good surgeons and painters. The palms are somewhat dry and slightly rough. Their fingers are longer than their palms, with thin nails which crack easily.

Pittas, too, have somewhat long hands, but they are proportionate to the size of their bodies. *Pittas* make good pianists and musicians. Their fingers are slender but somewhat squarish. Their palms are slightly larger than their fingers, and their nails are square, beautiful, pink and soft.

Kaphas have short and stocky, but strong, hands. Their palms and fingers are of the same length. Their nails are short and thick. With their symmetrical hands, their nails look somewhat wide and whitish.

We may continue the discussion on such physical attributes in the next issue.

Courtesy:
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