**QUALITIES OF THE DOSHAS**

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| **Vata (Air/Space)** | **Pitta (Fire/Water)** | **Kapha (Water/Earth)** |
| Small Frame | Medium Frame | Large Frame |
| Delicate Build | Athletic Build | Stocky Build |
| Dry Skin and Joints | Reddish or Freckled Skin | Pale White/Thick/Moist Skin |
| Dry, Coarse, Often Curly Hair | Reddish Hair, Tendency for Early Grey/Baldness | Thick, Voluminous Hair |
| Small Delicate Facial Features | Pointy Facial Features (eg. Chin, Nose) | Square Facial Features, Large Eyes |
| Spontaneous in Movement and Action | Goal Driven and Direct in Action | Slow and Steady in Action |
| Changeable and Variable | Focused and Intense | Consistent |
| Low Stamina | Medium Stamina | Excellent Stamina and Endurance |
| Fast Pace | Medium Pace with Intensity | Slow Pace |
| Friendly, Playful Demeanor | Competitive, Focused, Serious Demeanor | Soft, Steady, Supportive Demeanor |
| Fearful and Anxious Under Stress | Angry and Irritated Under Stress | Withdrawn or Numbed Out Under Stress |
| Enthusiastic, Imaginative | Leader, Go Getter, Enjoys Challenges | Loyal, Tolerant, Compassionate |
| Easily Spacey and Forgetful | Overly Critical of Self and Others | Can be Stubborn and Challenged with Letting Go of Attachments |
| Prone to anxiety, insomnia, chronic pain, or nervous system imbalances | Prone to overwork, anger, inflammation, heartburn, or skin rashes | Prone to inertia, water retention, heaviness, or depression |