

Kapha-dominant.

Earth/water energy, stability, sweetness

Characteristics:

- Heavy, stable, slow, and moist.
- You may have a sturdy frame, smooth skin, slower digestion, and a calm demeanor.
- Prone to weight gain or congestion.



Herbal Recommendations

- **Trikatu** (black pepper, long pepper, ginger) – ignites agni and clears ama.
- **Tulsi (Holy Basil)** – clears lungs, uplifts the mood.
- **Punarnava** – supports urinary system, water balance, and weight.
- **Guggulu** – detoxifying and supports healthy fat metabolism.
- **Musta (Cyperus rotundus)** – enhances digestion and reduces bloating.
- **Chitrak (Plumbago zeylanica)** – boosts metabolism and clears stagnation.



Meat Recommendations

Kapha types benefit from light, dry, and spicy meats that stimulate digestion and avoid heaviness.

- Wild game (venison, pheasant) – light and lean, suitable for weight balance.
- Free-range chicken (grilled or roasted) – when prepared without excess oil.
- Lean grass-fed beef (occasionally) – with pungent spices to aid digestion.
- Quail – light, warming, and good for cold/damp conditions.
- Turkey breast – drier and lighter than dark meats, helps stimulate metabolism.

Best preparation: grilled, dry-roasted, or spiced well with black pepper, mustard seed, cinnamon, and chili.



Supportive Ideal Foods

- Light, dry, warm, and stimulating: quinoa, millet, bitter greens, light legumes.
- Use pungent and astringent spices like cayenne, mustard seed, and ginger.
- Limit cold, heavy, oily, and sweet foods.



Kapha Dietary Guidelines

Maintain active to stay warm and keep the body resilient.

Best Foods:

- **Vegetables:** Onions & garlic (cooked), all root vegetables, cruciferous green vegetables like broccoli, asparagus & kale
- **Grains & Legumes:** Brown rice, quinoa, buckwheat, hearty lentils, millet, chickpeas
- **Fruits:** Spiced baked apples, raisins, figs, prunes (soaked), spiced pears, cooked spiced banana, rhubarb, pomegranate
- **Dairy (nutritive):** Warmed whole goat's or cow's milk, ghee, cottage Cheese, aged cheeses & buttermilk
- **Fats:** Ghee, goose, chicken & duck fat, sesame & mustard oil, nuts & seeds like walnuts, hemp & sesame seeds

Limit/Reduce:

- Cold smoothies, fried greasy foods, iced drinks, excess sleep, heavy grains
- Excessive dairy like yoghurt and cold butter (especially in wet climates)
- Cold/cured meats and overeating heavy meals late at night
- Excessively sweet, sour, and salty taste foods

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Rooted like the earth, calm like the moon—your strength is in your stillness.

Lifestyle Tips

- Build ojas with rich, warm, spiced meals.
- Move the body with strength-building practices, cardiovascular exercise and breathwork to prevent Kapha stagnation.



Skin Care

- **Stimulating oils:** mustard or flaxseed, with warming herbs like cinnamon.
- Try dry brushing or udvartana (herbal powder massage) regularly.
- Avoid excess rich, greasy products and overly sedentary routines.
- Maintain activity to stay warm and keep the body resilient.

