

Vata-dominant.

Air/Ether energy, movement, creativity

Characteristics:

- Light, airy, cold, and dry
- May have a lean build, dry skin, variable appetite
- Quick thinking but tendency to worry or fatigue easily



Herbal Recommendations

- **Ashwagandha** – grounding, supports stress and sleep
- **Licorice root (Yashtimadhu)** – moistens and nourishes the system
- **Shatavari** – balances hormones and deeply nourishes tissues
- **Vidari Kanda** – rejuvenative and strengthens the nervous system
- **Bala (Sida cordifolia)** – supports strength, immunity, and vitality
- **Ginger (in small amounts)** – stimulates digestion gently without overheating



Meat Recommendations

Vata types benefit from grounding, nourishing, oily meats that help build tissues (dhatus) and calm the nervous system.

- **Organic pasture-raised lamb or beef** – warming and strengthening
- **Wild-caught salmon** – rich in good fats; supports the brain and nervous system
- **Duck** – oily and grounding; good in colder seasons
- **Bone broth (beef or chicken)** – deeply nourishing for joints, gut, and nerves

Best prepared as slow-cooked soups or stews with warming, digestive herbs like cumin, ginger, and garlic



Overheating Ideal Foods

- Warm, oily and grounding: cooked grains, root vegetables, ghee, warm milk, fatty meats
- Use spices like cumin, cardamom, fennel
- Avoid raw salads, dry crackers, and stimulants like caffeine



Vata Dietary Guidelines

Ground the nervous system, warm digestion, nourish the mind

Best Foods:

- **Vegetables:** Various root vegetables like sweet potatoes, carrots, beets, jerusalem artichoke, turnips, celeriac
- **Grains & Legumes:** Pearl barley, rolled oats, brown rice, spelt, mung dal, chickpeas, kidney beans
- **Fruits:** Cooked spiced apples & pears, dates, figs, blueberries, blackberries
- **Dairy (unctuous):** Warm cow's or goat's milk with ghee and spices (golden milk), paneer in cooked dishes, yoghurt & aged cheese
- **Fats:** Ghee, sesame oil, butter, beef tallow, bone marrow, organic bone broth, hemp seeds, flaxseeds, walnuts, brazil nuts, pistachios, macadamia nuts
- **Sweeteners:** Raw honey, maple syrup, coconut sugar, molasses, mishri

Limit/Reduce:

- Raw veggies, salads, popcorn, crackers & excess leafy green vegetables
- Cold drinks and smoothies
- Dry meats like jerky, cured meats & cold cuts
- Caffeine & carbonated beverages

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In stillness, I
nourish the
lightness within me
and invite calm.

Lifestyle Tips

- Regular oil massages (abhyanga) with sesame oil
- Use adaptogens like Ashwagandha and Brahmi for nervous system support
- Early bedtime
- Slow walks
- Grounding yoga



Skin Care

- **Rich oils:** sesame, almond, ghee, beef tallow or avocado oil for daily abhyanga
- Hydrating masks with honey, aloe, and rose
- Avoid wind, cold, and drying cleansers

