Vatadominant.

Air/Ether energy, movement, creativity

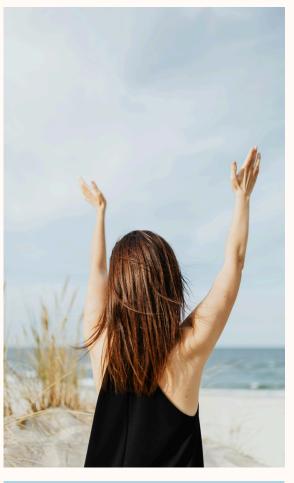
Characteristics:

- 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





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



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

Vata Dietary Guidelines

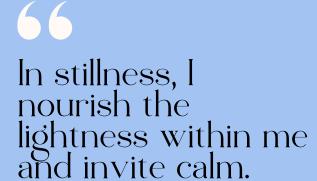
Ground the nervous system, warm digestion, nourish the mind

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





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

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

