



The Essential Guide to: Balancing Kapha Dosha in Spring



Welcome,

In this guide, you'll discover valuable insights and practical tips to help you embrace the energy of spring and balance your Kapha dosha for optimal well-being.



Ayurveda

The Science of Life

Ayurveda is the sister science of yoga and one of the world's oldest holistic healing systems. It is said to have originated in India more than 5000 years ago and still exists as part of India's traditional medical system.

Ayurveda emphasizes prevention and focuses on creating balance and harmony within the body mind and spirit. It focuses on proper diet, proper thinking, proper lifestyle and herbal remedies.



Doshas & Constitutions

Ayurveda is a system built around the 5 elements, earth, water, wind, fire and air. A combination of these elements comes together to form what is known as a **dosha**. The three Doshas are:

Vata

Pitta

Kapha

Each person has within them all three doshas, but at different ratios, this is known as your constitution. Usually, only the first 2 are named, for instance, someone with a vata dominance may also have secondary pitta tendencies so they are referred to as vata-pita. This is their constitution, their blueprint.

As you move through life, the proportion of each of the three doshas constantly fluctuates according to your environment, your diet, the seasons, the climate, your age, and many other factors. As they move into and out of balance, the doshas can affect your health, energy level, and general mood. The purpose of Ayurveda is to restore the balance of the doshas.

Kapha Dosha

- Lethargy / low energy
- Heaviness / weight gain
- Dull / foggy mind
- Allergies (excess mucus)
- Low mood
- Unmotivated / Uninspired
- Congestion

From mid-winter to spring, the Kapha dosha (Water + Earth) is predominant inside and out. In a time when the earth is emerging from its winter slumber, we too want to feel lighter and more energised. However, the qualities of kapha dosha, being solid, stable, and grounded, can, if excessive make us feel sluggish and heavy. Here are some common signs when our Kapha dosha is too excessive.



How are you feeling as we transition from winter to spring?

Tips For Balancing Kapha Dosha

Move the
Body



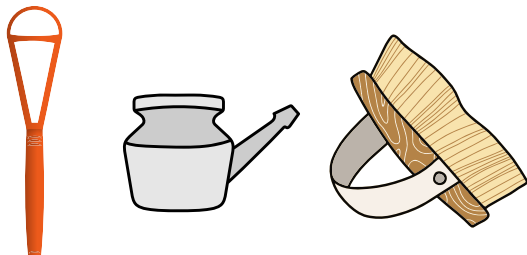
Early To Bed /
Early To Rise



Eat Light Meals
Cleanse/ Detox



Cleansing
Morning Rituals



Spend Time
In Nature



Spring Clean /
Declutter



Eat More Bitter, Pungent,
Astringent Foods





Move The Body

1



We need to get our energy moving, our blood flowing and our lymph system activated and nothing does this better than exercise and movement.

2



Exercise and movement also helps us to warm up the lungs which in turn helps to break up any phlegm and mucus that can be prevalent this time of the year.

3



A little sweat everyday keeps the doctor away. Aim to break a little sweat at least once a day. Be it from an active workout, a walk in the sun or even from a sauna.

It might seem difficult at first, as you may feel tired and unmotivated, but moving the body is exactly what we need to gain more energy! You will feel better for it.

Write a motivational phrase for when you need a little push...



Diet

1

Eat Light, warm and dry foods.
When Kapha is dominant, our metabolism can be slower and more sluggish. Keep meals light with the biggest meal at lunchtime and avoid snacking.

2

Eat Kapha balancing foods that are bitter, astringent, and pungent (spicy). Use heating spices like dry ginger, turmeric, black pepper, trikatu, cumin, fenugreek and brown mustard seed.

3

Detox / Cleanse.
A great time to spring clean and reset the body by fasting or going on a cleanse.
As we are still transitioning from winter - choose warm and nourishing cleanses at least make sure you add in a daily soup into your juice fast!



Balancing Foods For Kapha

Bitter

- kale
- collard greens,
- Brussels sprouts,
- fenugreek
- dill
- turmeric
- cacao
- coffee
- most teas
- zucchini
- eggplant

Astringent

- cranberries
- berries
- unripe bananas
- pomegranates
- legumes
- dark leafy greens
- turnips
- artichokes
- whole grains
- legumes

Pungent

- chillies
- garlic
- onions
- spices
 - black pepper,
 - ginger,
 - cayenne,
 - cardamom



Life Style

1

Sleep

Rise with the sun. Getting some early morning light will do wonders for your energy, plus we want to avoid oversleeping this time of the year. That also means trying to avoid napping too!

2

Morning Rituals

How we start our day is how we set ourselves up for the day. Hence in Ayurveda, **dinacharya**, or morning self care rituals are non negotiable. Excercise, meditation, dry brushing, tongue scrapping and neti pots are just some examples.

3

Declutter

I think we can all appreciate how good it feels to have a big spring clean. A time where we look at all the stuff we have accumulated over the year, sort, organise and even let go of what is no longer of use makes us feel clearer, lighter and creates more space for new things.

4

Get out in Nature

Just witnessing nature coming back to life can be inspiring and can provoke an inner excitement within us. Seeing the green buds on the trees, flowers beginning to bloom, lambs exploring their new surroundings and breathing in the fresh springtime air.

DINACHARYA

In Ayurveda, the term dinacharya refers to a daily self-care routine done first thing in the morning. This routine helps us remove built-up toxins in the body (ama) leaving us feeling refreshed and rejuvenated. This list of things we 'should do' in the morning is extensive, and adding a few more things to that list can feel overwhelming! I know. But here's why these 3 routines will help you this spring to keep Kapha dosha balanced.



DRY BRUSHING

Dry brushing helps support your body's natural detoxification process by helping to stimulate lymph flow and circulation. Plus, it helps remove dead skin cells so our skin is softer and glows! Follow with an oil massage and shower.



TONGUE SCRAPPING

Scrapping the tongue before brushing our teeth removes ama and bacteria that accumulate on the tongue over night, stimulates the whole energy body (like reflexology) and improves taste which improves digestion also.



NETI POT

Spring is the time of year where all the plant life begins to wake up and the air is full of pollen. If you struggle with allergies, you may want to add this routine to your mornings as it will flush out the nasal passageways from pollen, dust and debris.

Dry Brushing

Dry brushing is a simple yet effective technique that helps exfoliate the skin, stimulate circulation, and promote lymphatic drainage. Incorporating dry brushing into your daily routine can improve the appearance of your skin, enhance detoxification, and leave you feeling rejuvenated and invigorated.

1. Begin with dry skin before bathing or showering. Starting at your feet, use a natural bristle brush and gentle, upward strokes towards your heart. Work your way up your body, brushing each area several times.



2. Pay extra attention to areas with thicker skin, such as elbows, knees, and ankles, using firmer strokes to exfoliate dead skin cells and stimulate circulation.

3. Finish by showering to wash away any loosened skin cells and toxins. Follow with a moisturizer to keep your skin hydrated and nourished.

Benefits

1. Exfoliation
2. Improved Circulation
3. Lymphatic Drainage
4. Relaxation
5. Invigoration

How to use a neti pot?



Always use filtered or purified water to limit risk of introducing dangerous bacteria.. Create your own saline solution by adding a little bit of salt.

1

Lean forward over a sink and tilt your head about 45°. Place the tip of the spout in the nostril closest to the ceiling.

2

Breathe through your mouth and start to pour the water into the nostril closest to the ceiling and let it pour out the other side into the sink.

3

Repeat on the other side. Use about half the water on each side. *Tip, if the water flows backwards, change the angle of your head slightly forward.

Morning Self-Care Rituals

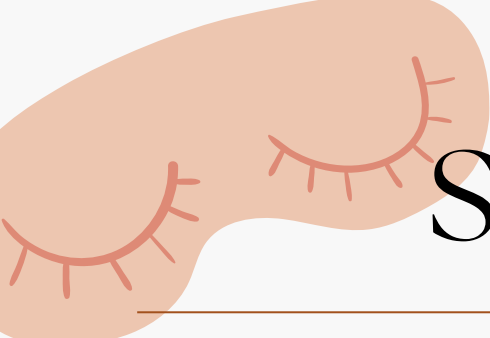
1-10

How important is self-care to me?

Does my morning routine make me feel good?

What will I commit to adding in my morning routine?





Sleep Journal



What is my current sleep routine?

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Do I feel energised or still tired?

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What can I improve or change (if anything)?

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Spring Clean

Kitchen

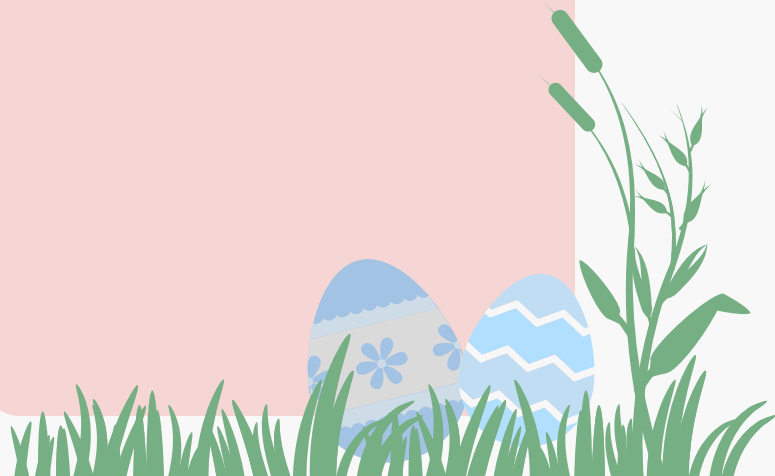
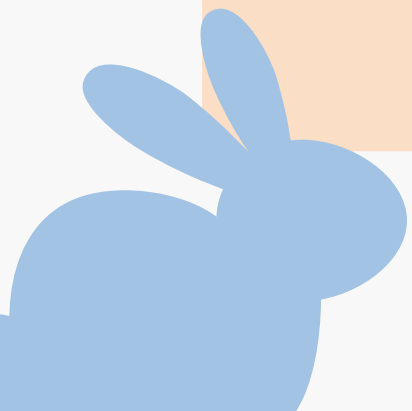
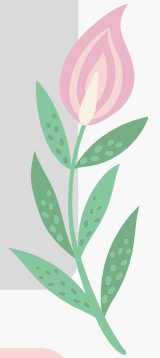
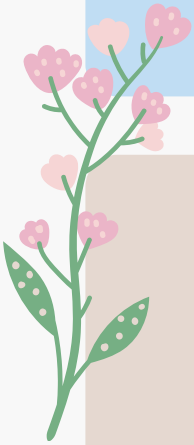
Bathroom

Bedrooms

Living area

Outside / Garage

Mind/ Heart



DETOX

Ayurveda and Cleanses

Cleanses, detoxes, fasting - all are well-known words in our vocabulary. Some solely swear by them, and some think they are unnecessary and even dangerous. Ayurveda encourages seasonal cleansing as a way to keep ourselves balanced and thriving.

Spring is an optimal time to cleanse as over winter we possibly ate a lot of comfort foods and with all the holidays upon us, we perhaps indulged a little too much in many things that can tax our digestive system and dampens our agni (digestive fire).

As we transition from winter we are more likely to feel sluggish and fatigued, feel heavy and perhaps carry a little extra weight and we may just generally feel off or lack energy. If so, now is the right time for a little cleanse!

Cleanses can be 1 day to 1 week - or even longer if there is a lot of ama holding on. But for most people, just 1-3 days can be enough to feel the benefits.

Pros and Cons of Cleanses

- We **REMOVE** high-calorie, low-nutrient food during cleanses. We also eliminate white flour, white sugar, alcohol, and packaged and processed foods. This is probably why they yield results initially and we feel better in the beginning.
- We **REST** the digestive system. A cleanse usually consists of a mono diet which gives the digestive system a break from breaking down many different hard-to-digest foods.
- We **RESTORE** gut health by reducing inflammation and bloating and strengthening our agni (digestive fire). We restore balance in our cravings to addictive foods. We restore our vital energy.





Gentle Cleanse with *Kitchari*

Kitchari is a traditional ayurvedic dish that is used as a cleanse and digestive reset in ayurveda. It is a tri-doshic and complete meal (including fats, carbohydrates, protein and amino acids) that has a balancing effect no matter what dosha you are. It consists of rice and mung beans, as well as dosha-specific spices.

WHAT?! NO JUICE?

When we think of a cleanse or a detox, we usually think of juicing. Juice cleanses are great - but according to Ayurveda, during Kapha season, we should be having warm and nourishing foods still. Juice cleanses are typically tolerated more during the warm summer months.



But... if you are like me and loooooove your juice cleanses - just simply add a warm soup to your daily program



VEGETARIAN/
VEGAN



4 SERVINGS



40 MIN

KITCHARI

INGREDIENTS

- ½ cup moong dal, split mung beans (or yellow/red lentils)
- ½ cup Basmati rice
- 4 cups water (or veg/bone broth)
- 1 tablespoon ghee, coconut oil or avocado oil for vegan-friendly
- 1 teaspoon cumin seeds
- ½ teaspoon minced fresh ginger or a pinch of ground ginger powder
- ¼ teaspoon ground turmeric
- 1 teaspoon sea salt
- ¼ teaspoon black pepper
- ½ fenugreek (optional)

For Garnish: All Optional

- ½ cup chopped fresh cilantro
- slices of lime or lemon
- well cooked vegetables

DIRECTIONS

1. Soak the moong dal and rice in a bowl for 15 minutes, pour the mixture into a fine mesh strainer and rinse with cold water until it runs clear.
2. Warm the oil or ghee on medium-low heat in a medium pot. Once hot, add the cumin seeds and let them cook for about a minute until the seeds start to brown and become fragrant. Add the ginger and ground turmeric.
3. Add the rice and dal mixture into the pot and sauté. Season with sea salt and black pepper. Stir and add the 4 cups of water.
4. Increase the heat to medium-high to bring the mixture to a gentle boil. Turn the heat down immediately to a gentle simmer. Simmer for 30 minutes, uncovered, stirring occasionally until you get a porridge-like consistency. It should be soft and creamy.
5. Taste the kitchari to make sure the texture is soft. If not, you may need to let it cook a little longer. Eat as is, or add vegetables of your choice and garnishings.

Thank You

for Exploring the Spring
Self-Care Workbook!



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Deepest gratitude,

Amy

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