

# Qualities of Vāta Doṣa

ether + air

cold

Not hot, warm, or even cool, but straight up cold. Think cold weather, cold foods like ice cream and iced drinks, a cold plunge in the Pacific Ocean. The cold quality promotes mucus, slows digestion, and reduces immunity.

While the opposite of cold is hot, you don't want to make things too hot, because heat is drying, another vata quality. Instead think warm, grounding, and unctuous. Ensure your foods are cooked, incorporate more warm drinks into your days, and instead of spicy hot, think well-spiced.

light

As opposed to heavy. Think easily blowing in the wind like those dried up autumn leaves and lighter-than-a-feather snowflakes. Too much light creates spaciness, instability, and can lead to fear and anxiety.

Think dense, grounded, firmly rooted to the earth. Add some braised root veggies to your meals. Try a yin yoga practice or yoga nidra, fully wrapped up in the coziest blankets, of course!

mobile

The opposite to stillness, or sthira for the yogis out there. The mobile quality is what moves our thoughts and our circulation. It moves us through the seasons. Think of windy autumn and winter days, shifting temperatures, fluctuation. Too much of this quality leads to restlessness and shakiness.

Introduce elements of steadiness into your body, mind, and life. Bring a sense of stillness to your mind with meditation, incorporate stable, grounded standing poses into your yoga practice, and bring a sense of steadiness to your life by incorporating a daily routine.



omfairy.com

discover more at

dry

Instead of unctuous and oily, dryness is a pervasive quality of Vata. When the wind keeps blowing, it dries out that which is in its path leading to dehydration. Think dry skin from being out in the elements, or hard stools from lack of hydration.

Get loved up by adding some oil to your life! Snehana, the ayurvedic process of oil application, also means love in the Sanskrit language. Top your root veggies with ghee. Make the time for an oil bath / abhyanga with warming sesame oil.

rough

This quality is like dry on steroids. Smooth is its opposite. Raw vegetables are considered rough, as are a number of beans such as chickpeas. The more skin is exposed to dryness it becomes rough, cracking eventually. Rough can lead to a lack of flexibility and brittleness.

Have enough unctuousness in your life to keep your skin smooth & your body well lubricated so you avoid becoming rough. Add avocados to your meals, smooth & in-season. Cook your greens, or break them down, massaging them with avocado, coating roughness in a smooth substance.

subtle

Less tangible, its opposite is gross, as in large, tangible, dense. Subtle qualities increase ether, bringing a sense of spaciness or a high. Thus, alcohol, drugs, and some herbs can exacerbate this quality, along with subtle practices such as certain types of pranayama that make us lightheaded.

Avoid or lessen alcohol and other products and activities that contribute to that sense of lightheadedness and giddiness. Choose warming, heavier drinks such as a mug of hot cocoa or a golden milk latte.

clear

As opposed to cloudy. Clear like the ether, I picture being in the final Harry Potter when he meets with Dumbledore in 'Kings Cross'. Clarity. Too much of this quality can lead to a feeling of isolation.

Favor soups and stews over clear bone broths. Focus your meditations on a sensation or visualization, instead of transcendental meditation. Notice when you are feeling isolated, and make a connection.