

HOW TO RECOGNISE A HEALTHY KAPHA AND AN IMBALANCED KAPHA?

KAPHA DOSHA (jala and prithvi – water and earth are the dominant elements)
 Giving the following characteristics to **KAPHA: COLDNESS/COOLNESS, HEAVINESS, SOFTNESS, UNCTUOUSNESS/GREASINESS, STICKINESS/SLIMINESS, DENSITY, STABILITY**

Healthy KAPHA is mainly located in the **UPPER PART OF THE BODY** (upper part of stomach, pancreas, heart, lungs, head, sinus, nose, mouth, taste buds, throat, synovial fluid, cerebrospinal fluid, plasma, lymph nodes, white matter and meninges of the brain)
 Associated to the RESPIRATORY SYSTEM and IMMUNE SYSTEM

NORMAL – BALANCED KAPHA	IMBALANCED – TOO MUCH KAPHA (Similar to not enough Vata)
<p>What keeps KAPHA balanced?</p> <ul style="list-style-type: none"> - regular exercise: cardio, intense, stimulating exercise - staying up later at night - getting out of the routine - going on new adventures, new projects - exposure to the sun or heat to sweat (eg: sauna) - expressing love and kindness - socially active <p><u>In the food:</u></p> <ul style="list-style-type: none"> - eating less than one's capacity - fasting once in a while - eating favourable tastes: bitter, astringent, pungent/spicy - eating dry, light, non-oily food - food is cooked, warm, steamed - raw food in small quantities and at lunch only - drinking water with honey, warm beverages or herbal teas 	<p>Causes for too much KAPHA?</p> <p><u>General causes:</u></p> <ul style="list-style-type: none"> - siestas/afternoon naps, sleeping just after eating food - no physical/cardio exercise - idle/slothful - too much contentment - easily satisfied - aggravates easily during childhood, 6 to 10 (am&pm), spring season <p><u>In the food:</u></p> <ul style="list-style-type: none"> - eating when the previous food is not yet digested - eating under emotions - overeating/eating too rich/heavy food like red meat, big fishes, deep fried food, wheat, sugar, sugarcane juice, milk - affinity to sweet, sour, salty tastes - too much liquid - sticky/slimy food - cold/raw food - processed/canned food
<p>Kapha in the 5 senses:</p> <ul style="list-style-type: none"> - related to the senses of smell and taste - big, beautiful, clear eyes with long eyelashes, thick eyebrows, calm and loving look - fair skin with a glow, smooth and cool to touch - deep and monotonous voice <p>Kapha helps with:</p> <ul style="list-style-type: none"> - appropriate salivation - clear, fair or pale complexion - sound and deep sleep 	<p>How Kapha manifests physically:</p> <ul style="list-style-type: none"> - body frame is large, broad - strong, heavy structure, thick joints - thick, curly/wavy hair - large shoulders or large hips <p>and physiologically:</p> <ul style="list-style-type: none"> - weak appetite but likes eating, overeating - heavy digestion, slow metabolism - tendency to have mucous in the stool - hardly sweats or watery with sweet smell

Kapha is responsible for:

- body structure and its lubrication
- support and stability
- density, compactness, growth
- fat regulation
- strength, resistance, strong immune system, stamina, energy
- good cohesion of tissues
- water electrolyte balance
- gastric secretions in mouth and stomach
- nourishment for brain and whole body
- repair and regeneration
- gaseous exchange in lungs
- groundedness
- graceful movements

5 parts of KAPHA:

Avalambaka Kapha: the supportive one: located in chest (lungs, pleural cavity, respiratory tract), spine, sacrum and heart. Supports the body and gives nourishment through plasma of blood, gives strength to sacrum, heart, supports all 4 other Kapha. Provides softness, moisture, liquidity and lubrication for body

Kledaka Kapha: the one that moistens: located in stomach, gastrointestinal tract. Moistens food with gastric secretions, helps the digestion by disintegrating the food, nourishes the plasma

Bhodaka Kapha: the perceiving one: located in the oral cavity, in the tongue. Controls perception of tastes, moistens all that touches the tongue with salivary secretions, gives salivation, helps in swallowing

Tarpaka Kapha: the satisfying/pleasing one: located in the head (white matter, myelin sheath, cerebrospinal fluid). Gives nourishment to all sense organs and provides them with a cooling sensation, nourishes the brain pituitary gland giving a proper flow of thinking and discrimination

Sleshaka Kapha: the connecting one: located in joints. Provides lubrication, synovial fluid, nourishes bones n joints, giving them strength, protects body from the heat

PHYSICAL SYMPTOMS:

- easy weight gain, difficulty losing weight
- obesity
- loss of sensation, numbness
- dullness, gloomy appearance
- slow & sluggish movements
- general weakness/drowsiness
- loss of strength
- dull headaches
- cold, cough with mucous
- sinusitis
- generalised heaviness, every movement asks effort
- loss of facial expression
- suppression of digestive power
- loss of appetite/nausea/vomiting
- indigestion
- slow metabolism
- cold feeling
- congestion (in head, in chest)
- breathlessness, asthma
- cough with mucous
- mucus expectoration
- pneumonia
- looseness of joints
- oily hair/skin
- swelling/oedema/goitre/ascites
- extra growth: cysts, lymphoma, tumours
- excessive excreta from eyes/ears/nose/genitals
- whiteness of urine, eye, stool
- urticaria
- pallor
- candida, yeast infection
- rigidity/stiffness in joints
- excess salivation
- phlegm in pericardium, fatty heart, fatty liver
- hardening of vessels
- kidney stones

<p>Balanced KAPHA in the mental:</p> <ul style="list-style-type: none"> - sense of duty, sense of morality - ability to integrate knowledge and to convey/pass it on - sense of order, integration, organisation, conservation - meticulous - good long-term memory - ability of attention, listening - composed attitude - contentment, fulfilment - sense of cohesion and calmness 	<p>Too much Kapha in the mental:</p> <ul style="list-style-type: none"> - confusion, dullness, inertia - lack of enthusiasm or happiness - resignation attitude - mental laziness, stagnation - no sense of aim or direction - loss of coherence - reduced grasping power
<p>Balanced KAPHA in the vital:</p> <ul style="list-style-type: none"> - affectionate, warm hearted - empathy, forgiveness, compassion - kindness, goodwill - reliability, endurance, patience - constancy, regularity - security, reassuring - sense of support - sobriety, humility - loyalty - good with money - strong sexual energy 	<p>Too much Kapha in the vital:</p> <ul style="list-style-type: none"> - feeling of not being loved/cared/heard - lack of confidence - laziness, lethargy - attachment/possessiveness - miserliness - denying responsibilities, putting oneself as a victim - greediness - sadness, depression - suicidal tendencies - no libido
<p>General line of treatment:</p>	<p>AIM: STIMULATING</p> <ul style="list-style-type: none"> - avoid the above causes - restore causes of healthy Kapha - see top left column (NORMAL – BALANCED KAPHA) - every day 30 minutes exercise: cardio, stimulating, brisk movements etc. - Panchakarma treatment: <i>vamana</i> (vomiting therapy), <i>nasya</i> (administration of medicines through the nose), <i>dhumapana</i> (fumigation), <i>udvartana</i> (stimulating or reducing massage), <i>swedana</i> (sudation/sweat therapy) - seek medical advice if needed