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Each Of Us Has A Unique Doshic Thumbprint, And An Ayurvedic Healer Performs An Ayurvedic Pulse Assessment To Discover That Unique Doshic Make-up And The Exact Nature Of Imbalances In Order To Recommend A Very Individual Program For Restoring Balance. For Good Health And Well-being To Be Maintained, The Jan 17th, 2024

## Three Ayurvedic Doshas - The AIAM

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Tally Up! The Highest Number Determines Your Predominant Dosha. The Runner Up Is Usually Your Secondary Dosha. And Very Rarely All Three May Be Equal, Making You Tridoshic. So, You Might Be Vata, Pitta, Kapha, Vata-pitta, Vata-kapha, Pitta-vata, Pitta-kapha, Kapha-vata Feb 7th, 2024

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The Fi Rst Task Of Any Ayurvedic Practitioner When Seeing A Client Is To Establish Their Mind-body Type, Or 'dosha' As It's Known In Sanskrit. The Three Doshas – Vata, Pitta And Kapha – Are Derived From The Fi Ve Elements And Each Has Its Own Caring And Nurturing Regimen Jan 3th, 2024

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