

	VATA Dosha	PITTA Dosha	KAPHA Dosha
Digestion	Gas, bloating, cramping after meals.	Burning indigestion, heartburn, with strong smelling gas.	Heavy, bloating, nauseated after eating with slow digestion.
Elimination	Constipation or alternating of constipation and diarrhea.	Loose stools or diarrhea with 3 or more eliminations daily.	Mucous noted in stool.
Sleep	Insomnia due to anxiety or other reasons. Difficult to fall asleep.	Insomnia due to trying to problem solve.	Sleeping excessively and difficult to wake in the morning.
Skin	Dry and/or scaly.	Red, oily, acne, hives	Weepy rashes
Eyes	Dry	Red	Mucusy in the morning.
Body Weight	Weight loss or gain easily.		Steady weight gain and overweight most of adult life.
Pain	Strong, chronic pain	Burning pain	Dull pain, stiffness
Mind	Anxiety, overwhelm	Anger, critical	Melancholy, lethargic, mild to moderate depression
Total			