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Balancing the three doshas – Vata, Kapha and Pitta Vata. For the Vata constitution, the leading elements are Air and Ether. Because these elements are vital, this type of dosha is characterized by coldness, lightness, agility and dryness. People with this type of constitution often suffer from insomnia, constipation, headaches, dry skin, have nutrition problems and/or anxiety.

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