**KAPHA**

**Qualities of Kapha**

Heavy Slow

Steady Solid

Cold Soft

Oily

**Physical Characteristics**

* Strong build and excellent stamina
* Large, soft eyes; smooth, radiant skin, and thick hair
* High Kapha people sleep soundly and have regular digestion
* When Kapha builds to excess, weight gain, fluid retention, and allergies manifest in the body
* When out of balance, Kapha types may become overweight, sleep excessively, and suffer from asthma, diabetes, and depression

**Emotional Characteristics**

* Naturally calm, thoughtful, and loving
* Have an inherent ability to enjoy life and are comfortable with routine
* When balanced, they are loving, loyal, patient, steady, and supportive
* People with excess Kapha tend to hold on to things, jobs, and relationships long after they are no longer nourishing or necessary
* Excess Kapha in the mind manifests as resistance to change and stubbornness.