**VATA**

**Qualities of Vata**

Cold Light

Dry Irregular

Rough Moving

Quick Changeable

**Physical Characteristics**

* Usually a thin, light frame and excellent agility
* Energy comes in bursts and experience sudden bouts of fatigue
* Dry skin and hair, cold hands and feet
* Sleep lightly
* Sensitive digestion
* When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges

**Emotional Characteristics**

* Vatas love excitement and new experiences
* Quick to anger but also to forgive
* Energetic, creative, and flexible
* Take initiative and are good conversationalists
* When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia
* When they feel overwhelmed or stressed, their response is to wonder what they did wrong