

DIFFERENT BODY TYPES as per Ayurveda

VATA

A person with a predominance of Vata dosha moves swiftly with a lean body. Vata predominance means that these qualities will be well expressed in one's mental, emotional and physical attitude. As compared to predominance of Pitta or Kapha dosha, person with Vata dosha will have cold and dry skin. Vatas tend to have energetic and creative minds but can be indecisive at times. As long as Vata is in balance, the person will be dynamic and enthusiastic. However, if their constitution goes out of balance through excessive movement or irregularity they can suffer from feelings of restlessness, boredom, fear, stress and insomnia. This may manifest in the body as poor circulation, constipation, dry skin, cold hands and feet.



KAPHA

A person with a predominance of Kapha dosha in their constitution has well built, broad and heavier body frame with a steady walk. Kaphas are naturally thoughtful, composed and patient than either Pitta or Vata. Kapha predominance is reflected in both strengths and weaknesses of a person. They are caring, loving, forgiving individuals with a placid and easy-going nature. They have strong, solid bodies but can suffer from weight gain, lethargy and heaviness when they are out of balance.



PITTA

People with more Pitta in their constitution are of medium frame with sharp minds and intellect. This dynamic personality has lots of energy, high ambitions, and good leadership qualities. When in balance, Pittas have a lustrous complexion, perfect digestion, abundant energy, and a strong appetite. However, if they go out of balance and their innate 'fire' becomes too high they can quickly become angry, stressed and frustrated. They generally have a strong digestive fire and immune system but when they slip out of balance they can develop rashes, ulcers, acid stomachs and heart problems.



Ayurveda is the Original form of
WELLNESS...

Ayurveda - India's contribution to mankind in its quest towards human longevity and well being - has been developed through millennia of medical practice and theory by several generations of physician-saints and practitioners. Ayurveda is a 5000 year old wellness practice, much before the western world even started talking about wellness.

The same concept is envisaged in the following stanza by Susruta in 1000 BC.

ayusante™

Inspired by **Ayurveda**,
Powered by **Science**,
Propelled by **Education**



For more information, visit www.myvestige.com



“Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease.”

- Definition of health by the World Health Organization (WHO)

KIDNEYHEALTH

- Is a potent antioxidant and shows preventive role against renal toxicity
- Is helpful in urinary disease
- Helps cleanses the kidneys
- Helps in removal of renal calculi (kidney stones)

Recommended Dosage: One capsule thrice daily or as directed by healthcare professional



TOXCLEAN

- Helps maintain normal colon health
- Helps regulate digestion and metabolism
- Helps purify blood
- Relieves mild constipation

Recommended Dosage: One capsule twice daily or as directed by healthcare professional



VITAL COMPLEX

- Helps body fight oxidative stress
- Helps nourish body tissues
- Helps to accelerate cell regeneration process
- Helps tackle fatigue

Recommended Dosage: One capsule twice daily or as directed by healthcare professional



PROCARD

- Supports a healthy cardiovascular health, naturally!
- Combination of well known cardiotonics and cardio-protective ingredients like Arjuna, Ashwagandha and Guggul
- Helps maintain triglyceride level.

Recommended Dosage: One to two capsules twice daily or as directed by healthcare professional



GLUCOHEALTH

- Helps the body to maintain normal glycemic health
- Helps regulate blood glucose levels
- Helps improve Glycemic Index
- Helps regulate appetite

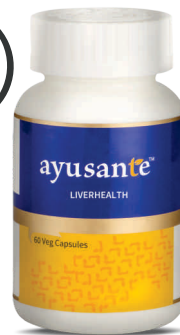
Recommended Dosage: Two capsules thrice daily or as directed by healthcare professional



LIVERHEALTH

- Used as hepatoprotective
- Widely recommended ingredients that are synergistically combined to provide optimum health benefits

Recommended Dosage: One capsule thrice daily or as directed by healthcare professional



RESPOCARE

- Helps in allergic cough
- Useful in cold and cough
- May improve pulmonary function even in asthmatic patients

Recommended Dosage: One capsule thrice daily or as directed by healthcare professional

