

Yoga Chikitsa for Kapha

Yogasana Theory, Practice and
Applied Therapeutics
Part 2



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Common Symptoms/Rupa of Kapha

Sub dosha	Rupa
Kledaka	Congestion in the digestive system, decreased digestion, all other kaphas
Avalambaka	Congestion of the lungs, heart issues, back pain
Bodhaka	Loss of taste, smell, excessive saliva
Tarpaka	Disorders of the senses, nose, throat, CSF, headaches, depression
Shleshaka	Disorders of the joints, congestion

Is your Kapha balanced?

Sama- means with accumulated Kapha

Sama

- Cloudy mucus, sticky or thick discharge which blocks throat
- White coating on tongue
- Threads form with saliva
- Sour or salty taste present in mouth
- Congestion/tightness in chest
- Mucus in stool and urine
- Low appetite
- Heaviness, dull achiness or fatigue

Nirama

- Watery mucus, liquid to frothy
- Sweet taste in mouth
- Normal appetite
- Clear tongue
- No mucus in stool or urine
- No pain indicated

Contraindications

*Please take extra caution when practicing Kapha postures and pranayama if you have been diagnosed by a LHCP or Ayurvedic Doctor with the following:

1. Kapalabhati and bhastrika pranayama- avoid if under going chemotherapy/radiation for cancer, COPD or acute respiratory infection, glaucoma, heart disease, high blood pressure, pregnancy or hernia.
2. Adho Muhka Svanasana and Adho Muhka Vrksasana- Kapha individuals may sometimes suffer from obesity or a sedentary lifestyle. Offering a slightly modified option using chairs or a wall may help to take excess pressure off of the wrists and shoulders. Over time one can graduate to the floor as endurance builds. Kapha individuals have a greater tendency towards upper body or upper extremity accumulation of extra weight.
3. Ustrasana- backbends can be modified with using props such as blocks, bolsters or chairs. While Kapha individuals have great strength it may be helpful to “lighten up” the body while holding a restorative option in back bending.

