

The KAPHA Dominant Individual

- Round, full, attractive face
- Body weight - heavy
- Stocky, large framed, fleshy or plump build
- Skin - oily
- Body temperature - cool
- Great endurance
- Eyes large, attractive, thick long lashes
- Sclera – white, glossy
- Eyes – teary or runny, moist
- Teeth – strong, large, white
- Nails – thick, well rooted, soft, glossy, white
- Hands/fingers – thick, stubby, fleshy
- Hair – thick, glossy, wavy
- Joints – strong, well covered
- Veins – neither hidden nor prominent
- Body odour –none
- Tongue – thick, pale pink, fleshy, moist
- Performs activity slowly
- Unhurried, deliberate in motivation
- Steady moods
- Conceptual grasp – slow – needs repetition
- Quality of mind - stable
- Excellent long term memory
- Slow digestion
- Appetite mild – can skip meals
- Sleep – deep and heavy
- Bowel movements – regular
- Response to challenge – great patience, not easily flustered

