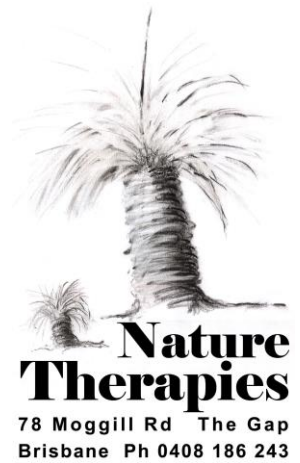


The VATA Dominant Individual



- Thin, bony, elongated face
- Light in weight
- Lean, thin, tall or short in build
- Skin – dry, coarse, rough, cracked or scaling
- Extremities – cold
- Low endurance
- Small deep set eyes, close together or far apart
- Sclera – dark
- Frequent blinking, dry
- Teeth – very small or protruding, crooked, easily cracked
- Nails – short, rough, brittle
- Hands/fingers – very long or very short
- Hair – thin, coarse, dry, wiry
- Joints – Loose or rigid, pronounced, crack
- Veins, prominent, close to skin surface
- Chest – elongated, sunken, thin ribs – easily visible
- Body odour – little or no smell or perspiration
- Tongue – rough, cracked “geographic”
- Performs activity very rapidly
- Enthusiastic and excitable
- Rapid mood changes
- Conceptual grasp excellent – learns very easily and quickly
- Imaginative but restless
- Poor long-term memory, good short-term memory
- Inconsistent digestion – varies between weak and strong
- Appetite variable – skips meals
- Quality of sleep – light, easily interrupted
- Frequency of bowel movements – irregular
- Response to challenge – uncertain, worry anxiety, indecisive