

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

Chapter 5. The Role of Doshas (Vata, Pitta, Kapha) in Detoxification

<u>AD</u>



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" $V\bar{a}$ ta moves the waste, Pitta cooks the waste, Kapha stores the waste. Know each and you master cleansing." — Ayurvedic maxim

1 · Why Understand Doşas Before You Cleanse?

1. Different wastes live in different places.

Sticky Kapha clogs stomach, lungs, sebaceous follicles; hot Pitta hides in liver-blood; erratic Vāta scatters dryness and gas through colon, skin and nerves.

- 2. Each Doşa responds to a different "door."
 - Vamana opens Kapha's exit;
 - Virechana drains Pitta;
 - o Basti pacifies Vāta.
- 3. Sequencing errors back-fire.

Purging a frozen Kapha or heating an already blazing Pitta can worsen symptoms.

2 · The Doșic Face of "Āma" (Metabolic Toxin)

Trait of Āma	Dominant Doșa	Visual Cue on Skin/Hair	Sensation
Sticky, white, heavy, mucus-like	Kapha-āma	Oily sheen, whiteheads, scalp grease, water-retention face	Lethargy, sweet taste in mouth
Hot, sour, red, acidic	Pitta-āma	Acne cysts, flushed cheeks, melasma, hives	Burning epigastrium, loose stool
Dry, rough, dark, gas- forming	Vāta-āma	Grey dullness, crepey skin, dandruff powder, split ends	Bloating, variable appetite

[□] **Take-away:** Identify the *flavour* of \overline{a} ma \rightarrow choose matching $p\overline{u}$ rva and pradh \overline{a} na karma.

3 · Doșa-Guided Detox Map

Step	Kapha Key	Pitta Key	Vāta Key
Pūrvakarma Oils (Internal)	Tikta Ghṛita minimal (10 ml) — don't over-grease	<i>Triphala Ghṛita</i> (20–30 ml) cools fire	Bala-Ashwagandha Ghṛita (30–60 ml) deep lube
External Snehana	Mustard-horse-gram abhyanga (lekhana)	Coconut-sandal abhyanga (cool)	Sesame-dashamoola abhyanga (warm, heavy)
Swedana Type	Dry salt bolus (<i>rukṣa pinda</i>)	Gentle steam box with vetiver	Milk-rice bolus (śāli ṣaṣṭika)

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Step	Kapha Key	Pitta Key	Vāta Key
Main Karma	Vamana	Virechana or micro- Raktamokṣaṇa	Basti (sneha + āsthāpana) & Nasya
Rasāyana	Trikatu-honey + horse-gram soup	Āmla-manjishtha decoction	Ashwagandha, dates-almond, sesame laddus

$\mathbf{4}\cdot\mathbf{Signs}$ Your Cleansing Hit the Doşa Target

Desired End-Point (Snuddni Lakṣaṇa)	Kapha	Pitta	Vāta
Tongue	Coating gone, taste returns	Mild pink, no bitterness	Moist but clean
Perspiration / Odour	Reduced clammy sweat	Odour neutral, heat down	Normalised dryness
Bowel Pattern	1-2 formed stools, no mucus	Soft, golden-brown, no burning	Regular daily, no gas
Skin/Hair Look	Pores tighten, oil halved	Redness fades, tone bright	Dewy bounce, less frizz
Mind-Feel	Lightness, enthusiasm	Cool calm clarity	Grounded, steady sleep

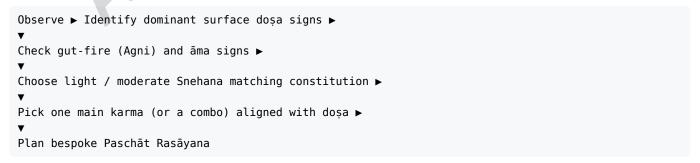
5 · When Dosas "Cross-Talk" — Mixed Presentations

Client Picture	Hidden Mix	Detox Strategy
Oily T-zone + inflamed cysts	Kapha plus Pitta	<i>Lekhana abhyanga</i> → Light Vamana → 10 days Manjishtha Rasāyana
Dry cheeks + grey tan + constipation	Vāta plus Pitta	Warm sesame ghṛita 3 days → Mild Virechana → 5 Sneha Bastis
Puffy face + dull mind + flaky scalp	Kapha plus Vāta	Mustard udvartana 3 days → Mixed Basti course (oil alt. decoction)

6 · Dosha-Specific Mistakes & How to Avoid Them

Common Error	Why It Fails	Fix
Giving heavy ghees to obese Kapha acne	Adds more "oil to oil," nausea, no vomiting	Use <i>Takra-snehapāna</i> (buttermilk) or trikatu water first
High-heat steam to rosacea Pitta	Sudden vasodilation, flare	Opt for lukewarm vetiver compress only
Strong purgation to frail Vāta	Dehydration, palpitations	Start with Sneha Basti, postpone Virechana

7 · The Cosmetologist's Decision Tree



Stick this flow on your treatment-room wall; it prevents one-size-fits-all detox.

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Quick Gloss

- Pitta "fire+water" bio-energy; controls heat, colour, digestion.
- Kapha "water+earth"; controls structure, lubrication.
- **Vāta** "air+space"; controls movement, nerve impulses.
- Āma unmetabolised residue/toxin.
- Rasāyana rejuvenative phase restoring tissues.

Key Take-Aways

- 1. Doșa dictates waste nature; cleanse accordingly.
- 2. Right Snehana + right heat primes the doşa to exit; wrong pairing blocks it.
- 3. Observe **Shuddhi Lakṣaṇa** to know detox completion.
- 4. Mixed doṣa cases need hybrid protocols, not double-strength of one.
- 5. Successful cosmetology programmes begin with a **doṣa-precise detox**; all serums, lasers, and oils work better on a balanced canvas.

Marma note: "He who grasps the dance of Vāta, Pitta and Kapha, cleanses like a maestro and paints beauty that lasts."

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