

A guide to survive and thrive during the age of self distancing and staying at home, according to your dosha.

A Y U R V E D I C Q U A R A T I N E



written by

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hi there!

if you're looking to add some structure to your self isolated life, you have found the right guide.

i understand that maintaining healthy habits is hard during times of crisis. this little nugget of information will help you personalize your day to give you energy, concentration, and a sense of calm.

if you have any questions, feel free to reach out to grace@looseleafsoul.com, or my instagram [@looseleafsoul](https://www.instagram.com/looseleafsoul).

what is ayurveda?

ayurveda is the oldest healthcare system in the world! it originates from india, and is defined as "the science of life".

ayurveda is a huge subject to cover in just one page, but here's what concerns you: we are all made of elements (called doshas). everyone's constitution of doshas vary from person to person, so you may naturally have attributes of one or two doshas over the others. the level of your doshas is called your constitution.

health problems arise when one dosha is too active in your body. in order to become healthy, we must pacify that dosha by building up the other doshas

if you would like a more in depth explanation of the doshas, i have left some resources at the end.

STOP!

do you know your ayurvedic
constitution?

if not, take the quiz [here](#)!

if you do, keep going!

follow this guide based off your primary
dosha. if you have two primary doshas,
choose your mental one.



pitta

in this time of self isolation , it can be hard for you to settle into relaxation. the fire in you wants to get out and go!

lucky for you, you may not struggle with keeping focused and achieving your goals during this time. go you! but you can also start to feel angry and impatient for the pandemic to end.

it will be beneficial for you to focus on maintaining inner calm and peace. this is a perfect time for you to get your zen on.

daily routine for pittas

morning

- pittas should wake up before 6 am. pittas may struggle to get a long, restful night of sleep, so waking up earlier creates a healthy routine and encourages an earlier bedtime.
- upon rising, drink a cup of warm water to wake up the digestive system.
- meditation is key to harnessing your fiery energy. you should meditate for 10 minutes or more every morning, concentrating on creating a calm and collected inner world.
- abhyanga, or self massage, should be done with a cooling oil such as coconut or olive. afterwards, taking a cool shower.
- exercise for pitta should be calming and slow, such as a yin yoga sequence.
- eat a pitta balancing breakfast (good foods for pacifying pitta dosha is on page

daily routine for pittas

afternoon

- leave unstructured time in our schedule. pittas have a tendency to over schedule themselves, so having free time can help you remain calm and unstressed throughout your day.
- eat lunch between noon and 1 pm. this should be the largest meal of your day. eat slowly and mindfully.
- talk a short walk after lunch to aid digestion.
- complete your easier work towards the end of the day.
- don't do any competitive activities towards the end of your day. this may spark too much of your pitta fire and it will be hard to sleep.

daily routine for pittas

evening

- try to end your work early in the day to create more time to relax during the evening.
- eat dinner before 7pm. this meal should be light and easy to digest.
- take another short walk after dinner.
- spend time relaxing in the evening. gathering with friends or family, grounding, taking a bath or reading are all great ideas.
- meditate around sunset.
- turn off technology at least 30 minutes before going to bed.
- be in bed with lights off by 10pm.

pitta pacifying foods

include

- leafy greens
- lentils
- most sweet fruits
- avocado
- asparagus
- artichoke
- cucumber
- sweet peppers
- mushrooms
- squash
- oats
- wheat
- quinoa
- tofu
- tempeh
- almonds
- pumpkin seeds
- coconut oil

avoid

- sour fruits
- onions
- radishes
- garlic
- mustard greens
- brown rice
- corn
- miso
- fake meats
- most nuts
- meat
- honey
- white sugar
- most spices that include heat



this self isolation is a double edged sword for vatas: on one hand, you have plenty of time to fill up your cup with creative projects you've been wanting to start. on the other hand, you're probably spending this time reading every single article about the pandemic.

your focus during this time is calming your anxiety and letting your creativity flow.

daily routine for vatas

morning

- vatas can wake up at any time, as long as it is consistent day to day. vatas often have trouble sleeping, so making sure you are getting 7-8 hours a night is a priority.
- upon rising, drink a cup of warm water to wake up the digestive system.
- meditate every morning for 10 minutes or longer. focus on creating a positive and creative energy for the day.
- abhyanga, or self massage, should be done with a warming oil such as almond. it is suggested that vatas take baths, but if you prefer to shower use warm water.
- vata pacifying exercise should be grounding, such as yoga or working out outside.
- eat a vata balancing breakfast (good foods for pacifying vata dosha is on page 13)

daily routine for vatas

afternoon

- focus on one task at a time. multitasking can make you feel anxious.
- drink lots of warm water or tea throughout the day, especially with warming spices such as ginger or cinnamon.
- eat lunch between noon and 1 in a calming environment, making sure to be mindful.
- take a 15 minute walk after lunch to aid digestion
- if you feel sleepy, take a short nap between 2 and 4 pm
- stay warm, vatas tend to run cold, so make sure you sit with a blanket or sweater close by.

daily routine for vatas

evening

- eat dinner before 7pm
- meditate around sunset
- take another 15 minute walk after dinner.
- finish all large projects well before bedtime. stimulating projects might reduce the quality of your sleep.
- take a relaxing bath before bed.
- turn off technology 30 minutes before bed.
- aim to be in bed with the lights off by 10:30.

vata pacifying foods

include

- most fresh fruits
- asparagus
- avocado
- cucumber
- squash
- wheat
- oats
- quinoa
- lentils
- most soy products
- dairy alternatives
- all nuts
- most oils
- most sweeteners
- non-spicy spices

avoid

- dried fruits
- watermelon
- pears
- artichokes
- broccoli
- lettuce
- mushrooms
- potatoes
- corn
- cold cereal
- most beans
- tempeh
- popcorn
- canola oil
- artificial sweeteners
- white sugar
- honey
- cayenne
- chili powder



kapha

this self isolation time is a DREAM for kaphas. time to laze around, eat endless food, and spend quality time with people you love (digitally or otherwise) is the dream.

so much time to relax may make you feel sluggish and unproductive. your focus needs to be in fueling your inner fire to stay active and get shit done!

daily routine for kaphas

morning

- kaphas should wake up just before 6 am. kaphas have a tendency to oversleep, so make sure that you don't hit snooze.
- upon rising, drink a cup of warm water to wake up the digestive system.
- meditate for 10 minutes. this can be traditional seated meditation, or you can opt for walking meditation. focus on building energy for the day.
- abhyanga, or self massage, should be done with a warming oil such as sunflower. afterwards.
- it is recommended that kaphas bathe, but if you prefer to shower do it with warm water.
- kaphas should aim to break a sweat every day. running, power yoga, and dance are great options.
- eat a kapha balancing breakfast (good foods for pacifying kapha dosha is on page 18)

daily routine for kaphas

afternoon

- eat lunch between noon and 1 pm. this should be the largest meal of your day.
- take a 15 minute walk after eating to aid digestion.
- make incentives for you to be productive. kaphas can become sluggish and unproductive when they are out of balance. plan a fun night activity to look forward to once you get all your work done.
- avoid taking naps, as in increases kapha.
- meditate around sunset.

daily routine for kaphas

evening

- eat a light dinner before 7 pm.
- take a 15 minute walk to stimulate digestion.
- it is essential that kaphas have exciting evening activities. since we are unable to go out and socialize, try tuning into a live yoga class, facetime with friends, start a new creative hobby, or take an online class about a subject you are interested in.
- begin winding down 30 minutes before you intend to go to bed.
- enjoy a relaxing bath with essential oils such as rose or vanilla.
- try to be in bed with the lights off by 10:30, but kaphas can afford to get a little less sleep.

kapha pacifying foods

include

- apple
- berries
- lemon
- lime
- most vegetables
- corn
- granola
- cereal
- seitan
- sprouted wheat
- most legumes
- almonds
- pumpkin seeds
- almond oil
- honey
- concentrated fruit juices
- all spices

avoid

- banana
- avocado
- coconut
- melons
- cucumber
- wheat
- cooked oats
- most soy (besides warm tofu and tempeh)
- dairy
- most nuts
- red meat
- most oils
- most sweeteners
- salt

resources

[the chopra center](#)

[banyan botanicals](#)

about

loose leaf soul is a blog dedicated to holistic healing, vegan lifestyles, ethical travel and yoga.

grace is a yoga teacher and blogger. her mission is to help you find the magical in the mundane. she lives in colorado, but can often be found in a tropical climate sipping out of a whole coconut.

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