



Mind-body Type: Kapha

Appearance	Mental Attributes	Metabolism	Common Concerns
<ul style="list-style-type: none"> • Powerful body structure. • Glowing skin and shiny, smooth hair! • Easy to weight gain and steady presence. 	<ul style="list-style-type: none"> • Naturally calm, patient, and loving. • Resistant to changes and slow to adapt. • Great long-term memory. 	<ul style="list-style-type: none"> • Sluggish metabolism. • Slow bowel movements. • Good appetite; prefers heavy, sweet foods. 	<ul style="list-style-type: none"> • Prone to obesity. • Tendency to often feel lethargic. • Susceptible to cold and respiratory issues.

Your Kapha nature seeks upliftment and motivation. With some warm adjustments, you can awaken that inner spark, enhancing your steadiness and natural strength. So, ready to add a little rhythm to your day?



The Perfect Day: A Visual Blueprint for a Well-Balanced Routine

While the clock gives you an overview of your day's rhythm, the table below focuses on optimizing your routine specifically for your Kapha nature. Let's make sure your day is as balanced as possible.

Activity	Ideal Time Slot	How to approach it?	Why it works for Kapha
Wake Up	4:00 AM - 5:30 AM (Vayu + Aakash)	Rise before sunrise.	Waking up early aligns with Vata's creative energy, allowing Kapha people to break free from lethargy.

Activity	Ideal Time Slot	How to approach it?	Why it works for Kapha
Morning Rituals	5:30 AM - 6:30 AM (Vayu + Jal)	Sip on warm water, then oil pulling with coconut oil, and bathe using Happiveda Bright on Time Face and Body Hydrating Cleanser Concentrate and Happiveda Strong and Dance Hydrating and Strengthening Hair Cleanser Concentrate Follow it up with Happiveda The Smooth Operator Head 2 Toe Balm and Happiveda Sunny Side Up Sunscreen Cream SPF 50 PA +++++ for added protection.	With Vata's refreshing energy, these morning rituals stimulate the body and mind, enhancing motivation for the day.
Exercise	6:30 AM - 7:00 AM (Jal + Prithvi)	Engage in dynamic activities such as dance, and jogging.	Kapha individuals need energizing activities in the morning to counteract their natural heaviness and sluggishness during the Kapha-dominant time.
Pranayama	7:00 AM - 7:30 AM (Jal + Prithvi)	Energizing breathing exercises like Kapalabhati, Anulom - Vilom.	Engaging in Pranayama post-exercise enhances energy flow, keeping Kapha balanced.
Breakfast	7:30 AM - 8:30 AM (Jal + Prithvi)	Warm, light breakfast like poha/oats. Add Happiveda Pinch of Health Metabolism and Immunity Boosting Mix to it.	It aids digestion and kick-starts metabolism, balancing Kapha's heaviness.
Focus Time	9:00 AM - 12:00 PM (Agni)	Dive into creative tasks or brainstorming.	Optimal period for Kapha people to work, as Pitta energy builds, enhancing focus and drive, which helps counter Kapha's tendency towards inertia.

Activity	Ideal Time Slot	How to approach it?	Why it works for Kapha
Main Meal	12:00 PM - 1:00 PM (Agni)	Hearty yet not too heavy lunch like khichdi or porridge. Add Happiveda Pinch of Health Metabolism and Immunity Boosting Mix to it.	Eating the biggest meal when Pitta is high ensures effective digestion and nutrient absorption.
Creative or Light Tasks	1:00 PM - 4:00 PM (Agni + Aakash)	Engage in tasks that spark joy or creativity.	In the afternoon, Vata's creative energy peaks, making it ideal for Kapha individuals to stay engaged and motivated.
Snack or Tea	4:30 PM - 5:00 PM (Vayu + Aakash)	Light, warming snacks like nuts or herbal tea.	A light snack at Vata hours will keep energy levels stable and combat the heaviness of Kapha.
Gentle movement	6:00 PM - 6:30 PM (Jal + Prithvi)	Take a leisurely walk or do some gentle yoga.	Governed by Kapha energy, light movements during this time will aid in alleviating lethargy, promoting circulation.
Dinner	6:30 PM - 7:00 PM (Jal + Prithvi)	Light meal focusing on soup or steamed vegetables. Add Happiveda Pinch of Health Metabolism and Immunity Boosting Mix to it.	The night begins with Kapha energy, a light dinner will ease digestion and improve sleep quality.
Evening Rituals	7:30 PM - 9:00 PM (Jal + Prithvi)	A post-dinner walk, meditation, or a read. Cleanse before bed using Happiveda Bright on Time Face and Body Hydrating Cleanser Concentrate . Follow it up with Happiveda The Smooth Operator Head 2 Toe Balm . Before going to bed consume Happiveda Sip. Sleep. Shine Sleep and Skin Rejuvenation Mix .	Post-dinner rituals during Kapha time calm your senses, and help to prepare you for a restful sleep.

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Sleep	9:00 PM - 10:00 PM (Jal + Prithvi)	Aim to be in bed by 10 p.m.	Early sleep aligns with Kapha's restorative energy, allowing kapha personalities to enjoy deep sleep and rejuvenation.

Wellness

Cleanse

- Use **Happiveda Bright on Time Face and Body Hydrating Cleanser Concentrate** for morning freshness.
- Apply **Happiveda Strong and Dance Hydrating and Strengthening Hair Cleanser Concentrate** for hair wash.

Treat

- Use **Happiveda Heal Me Up Multipurpose Cream** for cracked heels, minor burns and wounds.
- Boost resilience with nourishing **Happiveda Pinch of Health Metabolism and Immunity Boosting Mix**.
- **Happiveda Sip. Sleep. Shine. Sleep and Skin Rejuvenation Mix** for glowing skin and restful sleep.

Happify

- **Happi5™ Vedic Complex** (Ashwagandha, Tulsi, Fenugreek, Giloy, and Brahmi) helps boost happiness hormones—Oxytocin and Serotonin.

Hydrate

- Lock in moisture by using **Happiveda The Smooth Operator Head 2 Toe Balm**.
- Keep skin supple with regular application.

Protect

- Shield your skin with **Happiveda Sunny Side Up Sunscreen Cream SPF 50 PA++++**.

Nutrition

Nourishment

Best foods for Vegans

- **Warming options** like herbal tea/ ginger cinnamon water/ turmeric milk (plant based milk).
- **Digestible foods** like moong dal, khichdi and daliya.
- **Bitter, astringent veggies** like bitter gourd, spinach, broccoli and fruits like apple, pomegranate. Include tofu varieties too.
- **Millet**s such as Ragi, Jowar and Bajra for making chapatis and parathas.
- **Dry and light snacks** like peanuts and chickpeas roasted in olive oil, dry fruits, pumpkin and sunflower seeds.
- **Spicy, sour soups** like tomato carrot soup, or vegetable soup with ginger and garlic.
- **Warm spices** like turmeric, cumin, black pepper, cloves, fenugreek, hing.

Best foods for Vegetarians

- **Warming options** like herbal tea/ ginger honey water/ turmeric milk.
- **Digestible foods** like moong dal, khichdi (with little ghee) and daliya.
- **Bitter, astringent veggies** like bitter gourd, spinach, broccoli and fruits like apple, pomegranate.
- **Millet**s such as Ragi, Jowar and Bajra for making chapatis and parathas.
- **Dry and light snacks** like peanuts, chickpeas roasted in ghee, dry fruits, pumpkin and sunflower seeds.
- **Spicy, sour soups** like tomato carrot soup, or vegetable soup with ginger and garlic.
- **Warm spices** like turmeric, cumin, black pepper, cloves, fenugreek, hing.

Best foods for Mixed Diet

- **Warming options** like herbal tea/ ginger honey water/ turmeric milk.
- **Digestible foods** like moong dal, khichdi,

Remember to steer clear of

- **Sugary treats:** Opt for fresh fruits or lightly sweetened snacks instead.
- **Oily, fried & processed snacks:** Choose roasted nuts, seeds, or homemade baked goods.
- **Cold and carbonated drinks:** Opt for warm herbal teas or infused warm water.
- **Heavy dairy products:** These can increase Kapha and heaviness.
- **Excessive sleeping:** It can lead to sluggishness. Try to keep your sleep to a regular schedule.
- **Overeating:** Eat smaller, more frequent meals to stay energized.

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daliya, lean meat (skinless chicken & turkey).

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Immunity

Introduce Ragi in your routine to reap its benefits

- Rich in iron for better stamina.
- Supports bone health and strength.
- Provides essential minerals.

Include powerful herbs like Tulsi, Fenugreek, Giloy, Pippli, Sunthi in your routine

- Supports the respiratory system, helping Kapha individuals avoid congestion.
- Boosts digestion and metabolism, preventing the heaviness.
- Detoxify and stimulate circulation.

Take supplements enriched with Vidarikand and Shatavari for robust immune support

- Ignite digestive fire (Agni) in Kapha people.
- Its rejuvenating properties can help combat lethargy.
- Helps with hormonal health, promoting general vitality.

You can also try **Happiveda Pinch of Health Metabolism and Immunity Boosting Mix**, packed with the goodness of these herbs and much more! It is easy to use. Just sprinkle it in your meals and savour the benefits!

Muscle Building

Muscle building foods for Vegans

- Soy products like tofu, soya chaap.
- Chickpeas and kidney beans.
- Seeds and nuts like pumpkin seeds, almonds, walnuts.
- Quinoa salad for complete protein source.
- Veggies, beans, and legumes for nutrients.

Muscle building foods for Mixed diet

- Chicken and turkey breast for lean protein.
- Scrambled and boiled eggs.
- Fatty fish rich in Omega-3 like salmon.
- Seeds and nuts like pumpkin seeds, almonds, walnuts.
- Plain greek yogurt protein boost.

Gut Health

- Eat fibre-rich foods like oats and seeds.
- Include healthy fats like nuts and ghee.
- Consume light, warm, and dry foods like soups, salads and bitter greens.
- Savor cooked veggies for easier digestion.
- Practice Vajrasana after meals.

Muscle building foods for Vegetarians

- Paneer and low-fat cheese like parmesan.
- Greek yogurt packed with probiotics.
- Veggies like green peas, sweet corn, and brussel sprouts.
- Seeds and nuts like pumpkin seeds, almonds, walnuts.
- Dishes like moong dal or besan cheela.

Metabolism

- Stick to consistent meal timings.
- Opt for light, spicy foods that stimulate digestion.
- Consider a day of fasting once a week to rest your digestion.
- Add spices like ginger, black pepper, black salt, cumin and cinnamon to your meals.
- Enjoy **Happiveda Pinch of Health Metabolism and Immunity Boosting Mix**, for benefits of all these herbs.
- Add it to your meals for everyday goodness.
- Limit heavy and oily foods.
- Incorporate regular cardio or dynamic yoga into your daily routine.

Mindfulness

Breathing

Deep, energizing breaths invigorate Kapha's heavy energy and promote mental clarity!

How it helps?

Kapha types often experience lethargy, leading to a sense of being stuck or uninspired. By incorporating invigorating breathing exercises, the flow of energy is enhanced, boosting alertness, clearing mental fog, and increasing motivation throughout the day.

Practice	Duration	Frequency	How to Do It?
Deep Breathing	10-15 mins	2-3 times/day	<ol style="list-style-type: none">1. Sit comfortably with your spine straight.2. Inhale deeply through your nose for 4 counts.3. Hold the breath for 4 counts.4. Exhale slowly through your nose for 6-8 counts.5. Focus on your breath and repeat.
Kapalabhati (Skull-Shining Breath)	5-10 minutes	1-2 times/day	<ol style="list-style-type: none">1. Sit upright with your hands resting on your knees.2. Take a deep breath in and exhale forcefully through your nose, contracting your abdominal muscles.3. Allow passive inhalation and repeat the exhalation rhythmically.4. Continue for several cycles, focusing on the forceful exhale.
Bhastrika (Bellows Breath)	10-15 minutes	1-2 times/day	<ol style="list-style-type: none">1. Sit comfortably with your spine straight.2. Inhale deeply and exhale forcefully through your nose, keeping your mouth closed.3. Breathe in and out rapidly while expanding and contracting your abdomen.4. Repeat at a comfortable pace for the desired duration.

Chants

Repetitive chanting uplifts and energizes the Kapha mind, bringing a sense of lightness!

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः । सर्वे
भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत् । ॐ शान्तिः
शान्तिः शान्तिः ॥

I invoke a happy, healthy and disease-free life for everyone. May everyone see and experience happiness goodness. May no one face sorrow or suffering. May everyone be at peace, peace, peace!

How to Chant It?

- Sit comfortably with a straight spine.
- Take a few deep breaths to relax your body and mind.
- Start chanting slowly and mindfully.

How It Helps?

The steady rhythm and positive vibrations of chanting invigorate Kapha's slow and steady energy. It promotes mental clarity, boosts motivation, and helps reduce lethargy and emotional heaviness.

When to Chant?

- Before sleep to calm your thoughts for a peaceful sleep.
- When overwhelmed, to restore calm during anxiety.
- During meditation to enhance grounding and balance.

Frequency: Repeat 5-10 times during transitions.

While chanting, focus on:

- Energizing
- Releasing stagnation
- Inviting lightness

Analytical Thinking

Structured thinking exercises stimulate Kapha's steady mind, bringing fresh energy and motivation!

How it helps?

- **Brainstorming Sessions:** Generate creative ideas for a project or problem-solving.
- **Comparative Analysis:** Compare and contrast options or perspectives in decision-making scenarios.
- **Time-Bound Challenges:** Solve riddles or quick mental math within a set time limit.

These exercises challenge Kapha's tendency for mental sluggishness, enhancing focus and encouraging mental agility.

Why It's Helpful for Kapha?

Kaphas have a steady and deliberate approach to problem-solving. These tasks energize their mental faculties, preventing stagnation and fostering adaptability. Adding a dynamic or time-limited element introduces a sense of urgency, counteracting their tendency to move slowly and encouraging active engagement.

Frequency

- Regularly for maintaining balance.

De-stressing Mindfulness Meditation

Energizing and uplifting activities help activate Kaphas and bring lightness to their energy!

How it helps?

Kapha types can become stagnant or lethargic, leading to a sense of heaviness. Mindfulness meditation invigorates their energy, breaking stagnation and fostering clarity and motivation.

Prepare Yourself:

- Choose a quiet and comfortable spot.
- Set an intention before you begin (energizing/ uplifting/ releasing stagnation/ inviting clarity).

Repeat this affirmation:

- Inhale deeply, and as you exhale, say to yourself:

ENGLISH VERSION

I am breaking free from stagnation and embracing vitality. My mind is clear, my body feels light, and I am inviting joy and clarity into my life. With every step, I am moving toward a brighter and energized state.

- Take a few breaths and let this affirmation settle in.

Start with a Few Gentle Breaths:

- Close your eyes.
- Breathe deeply through your nose.
- Hold for a few seconds.
- Exhale slowly through your mouth.
- Repeat 3-5 times.

Visualization:

- Gently shift your focus towards your solar plexus (just above your navel).
- Imagine a glowing, golden light radiating from this center, spreading warmth and vitality throughout your body.
- Visualize this light breaking through any blocks or heaviness.
- Feel yourself becoming energized and uplifted.

HINGLISH VERSION

Main stagnation ko tod kar vitality ko embrace kar raha hoon. Mera mind clear hai, mera body light feel kar raha hai, aur main apni life mein joy aur clarity invite kar raha hoon. Har ek kadam ke saath, main ek brighter aur energized state ki taraf badh raha hoon.

Now gently bring your attention back to the present:

- Keep your eyes closed and notice your surroundings with your other senses.
- Acknowledge your thoughts in that moment.
- And gently return your focus to your breath.
- Now wiggle your fingers and toes.
- Rub your palms and keep them over your eyes before you open them.
- Now open your eyes, remove your palms, take a deep breath, and express gratitude.

Duration: Dedicate 8-12 minutes to this meditation for a balanced and adaptable mindset.

Sleep

An early and disciplined sleep routine can help balance Kapha's tendency for excess sleep and prevent lethargy, promoting restful energy!

How it helps?

Kapha types can feel overly sluggish due to their grounded nature. A steady sleep routine helps avoid excessive tiredness, promotes refreshing rest, and keeps energy levels steady throughout the day. Make sure you sleep before 10 to fully rejuvenate your body. Consistent sleep with simple bedtime rituals will help you feel recharged.

Some quick tips to help you sleep better:

- Aim for consistency.
- Avoid heavy meals or snacks before bed.
- Say no to daytime dozing to maintain nighttime sleep rhythms.
- Stay away from screens for at least an hour before sleep.

Herbal Aids:

- Use herbs like Ashwagandha, Brahmi, Nutmeg and Cardamom.
- **Benefits:** Stress busters, provides relaxation and enhances deep sleep.
- Or you can have **Happiveda Sip. Sleep. Shine Sleep and Skin Rejuvenation Mix**, a powerhouse of these herbs combined for restful sleep!

Movement

Slightly irregular routines and occasional comfort food can tip Kapha's balance, adding to its heaviness. A consistent, dynamic movement plan keeps energy flowing and maintains Kapha's natural strength!

Best time for workout for you: Morning (6 AM to 10 AM) and evenings (6 AM to 10 AM).

Why is this time the best?

For Kapha individuals with medium lifestyle deviation, exercising during Kapha-dominant timings helps maintain energy levels, prevent stagnation, and keep their metabolism steady. This routine supports circulation and overall balance.

Component	Activity	Duration	Focus	How to Do It?	Safety Disclaimer
Warm-Up	Arm Swings	2 min	Energizes the body and improves circulation in the upper body.	<ol style="list-style-type: none">1. Stand tall with arms at your sides.2. Swing arms forward and backward in a controlled motion.	Avoid jerky movements; maintain smooth motion.
Warm-Up	High Knees	2 min	Activates large muscle groups, boosts energy, and warms up the legs.	<ol style="list-style-type: none">1. March in place, lifting knees high towards the chest.2. Swing arms naturally for balance.	Maintain an upright posture to prevent strain.
Warm-Up	Side Lunges	2 min	Engages lower body muscles and improves mobility.	<ol style="list-style-type: none">1. Stand with feet wider than hip-width apart.2. Shift weight to one side, bending the knee, then alternate sides.	Keep the knee aligned with the toe to avoid injury.
Cardio	Jumping Jacks	3 min	Stimulates energy, combats sluggishness, and promotes cardiovascular health.	<ol style="list-style-type: none">1. Jump while spreading legs and raising arms overhead.2. Return to the starting position and repeat.	Land softly to avoid joint impact.

Component	Activity	Duration	Focus	How to Do It?	Safety Disclaimer
Strength Training	Push-Ups	3 sets of 8-10 reps	Builds upper body and core strength, stimulating Kapha's energy.	<ol style="list-style-type: none"> 1. Start in a plank position. 2. Lower body until elbows are at 90 degrees. 3. Push back to the starting position. 	Keep back straight and engage the core.
Strength Training	Squats	3 sets of 10-12 reps	Strengthens the lower body and activates Kapha-dominant muscles.	<ol style="list-style-type: none"> 1. Stand with feet shoulder-width apart. 2. Lower hips as if sitting in a chair. 3. Return to standing. 	Keep knees aligned with toes to prevent strain.
Flexibility	Crescent Lunge Pose	1 min per side	Stretches hips and improves balance while reducing stiffness.	<ol style="list-style-type: none"> 1. Step one foot forward into a lunge position. 2. Extend arms overhead and hold. 3. Switch sides. 	Avoid overextending the knee past the toes.
Core Training	Bicycle Crunches	2 sets of 15 reps	Activates the core and helps reduce Kapha heaviness.	<ol style="list-style-type: none"> 1. Lie on your back, hands behind your head. 2. Alternate bringing opposite elbow to opposite knee. 	Keep movements controlled to avoid neck strain.
Cool-Down	Cat-Cow Pose	2 min	Promotes spinal flexibility and relaxation.	<ol style="list-style-type: none"> 1. Start on hands and knees. 2. Alternate arching (Cow) and rounding (Cat) the back. 	Avoid forcing movements; follow natural range.
Cool-Down	Reclining Bound Angle Pose	2 min	Gently stretches the hips and promotes relaxation.	<ol style="list-style-type: none"> 1. Lie on your back with soles of feet touching and knees open. 2. Rest arms at your sides and breathe deeply. 	Support knees with pillows if needed.

Component	Activity	Duration	Focus	How to Do It?	Safety Disclaimer
Cool-Down	Supine Twist (Jathara Parivartanasana)	1.5 min per side	Releases tension in the back and massages the digestive organs.	1. Lie on your back, bend knees, and drop them to one side. 2. Keep shoulders grounded and switch sides.	Avoid forcing the twist; relax into the stretch.
Cool-Down	Forward Fold (Uttanasana)	1.5 min	Calms the mind and stretches the hamstrings and lower back.	1. Stand with feet hip-width apart. 2. Fold forward from the hips, letting head hang.	Bend knees slightly if hamstrings are tight.
Cool-Down	Child's Pose (Balasana)	2 min	Promotes relaxation and gently stretches the lower back and hips.	1. Sit back on heels, stretch arms forward, and rest forehead on the ground.	Keep knees apart if needed for comfort.

Relationships

Relationship with Self

Kapha people may struggle with low self-esteem and a tendency to feel stuck!

Improvement Strategy:

- Set small, achievable goals daily.
- Practice self-reflection and journaling regularly.
- Engage in activities that inspire growth and challenge.

Relationship with Family

Kapha types often become overly attached, leading to dependency!

Improvement Strategy:

- Communicate openly about needs and feelings.
- Create healthy boundaries for personal space.
- Participate actively in family events and activities.

Relationship with Community

Kapha individuals can sometimes be hesitant to step outside their comfort zone, limiting community connections!

Improvement Strategy:

- Join groups or activities that encourage movement and interaction.
- Volunteer for causes that resonate with your values.
- Attend community events to build stronger social ties.

Gratitude

Kapha people are often extra giving and deeply appreciative but may not express it enough!

Improvement Strategy:

- Regularly share appreciation with those you care about.
- Keep a gratitude journal to reinforce positive feelings.
- Show gratitude through actions as well as words.

Giving

Kapha types may tend to give without boundaries, leading to emotional exhaustion!

Improvement Strategy:

- Practice saying 'no' when necessary to avoid burnout.
- Give in a way that doesn't compromise your own well-being.
- Focus on quality, not quantity, when offering help.

