




Best Love Matches

An Ayurvedic Guide to Valentine's Day

by Gayle Simpson



Vata dominated individuals are slender, creative, quick, changeable and have difficulty relaxing.

Pitta dominated individuals are medium-build, ambitious, focused, quick-tempered, and passionate.

Kapha dominated individuals are large-framed, calm, nurturing, and love luxury, relaxation and food.

Cons – Too much difference can be dangerous, particularly if you have a tendency to imbalance toward their body type. Someone with too much Vata is likely to be aggravated by a strongly Vata partner.

For added stability in the relationship, look for someone who shares a body type with you. The best relationship of all, according to Dr Robert Svoboda (author of *Prakruti*), is one that shares all three body types, and all five elements such as Vata-Pitta with Pitta-Kapha.

Best Love Matches by Body Type

Similar Body Types

Pros – People with similar body types are likely to be a good match because they have similar energy levels, mental attributes, and attitudes to food, family, home, and money. Kapha-Pitta will get on well with anyone who also has Kapha or Pitta in their body type. People who share both body types get along even better! Kapha-Pitta is likely to get on incredibly well with Kapha-Pitta or a Pitta-Kapha.

Cons – Similar personality weaknesses can feed off each other negatively. Kaphas need to be careful not to overeat and be lazy together. Pittas need to both be careful not to start arguments or want to be in charge. Vatas need to ensure they both slow down and focus on reality regularly!

Different Body Types

Pros – Partners with different body types can be a good thing, particularly if differences are moderate or balance each other out: Pitta's motivation will get Kapha out exercising; Kapha's good cooking will give Vata nourishment.

A Kapha Partner

Kapha loves sleep, eating, cooking, luxury, beauty, quality, warmth, water, comfort, calmness, settling down, predictability, routine; and their home, children, family and friends.

A Kapha partner will be slow and patient, may be quiet and a deep thinker. He or she is bound to be affectionate and cuddly, and will probably have some extra cuddly bits! Sensual pleasures are very important to Kapha, so stock up on massage oil! Your Kapha partner will love to sleep in and may laze around in bed or in PJs all day, with plenty of snacks and entertainment. It may be a chore trying to motivate him or her to get some regular exercise too. He or she is also likely to be a homebody and will love hanging out with family and close friends most of all.

Kapha doesn't like – Dampness, cold, speed, stress, rushing, lack of schedule, change, disagreements, unplanned events, lack of connection with family and friends, childless relationships, nomadic or globe-trotting lifestyle.

A Vata Partner

Vata loves warmth, change, spontaneity, thinking, spiritual pursuits, intellectual activities, reading, learning, alone time, parties, action, speed, spending money, late nights and early mornings, talking, laughing, creativity, travelling, air, excitement, music and art.

A Vata partner will be on the move and unpredictable most of the time. Energy comes and goes, just like everything in their life – money, time, friends, interests. He or she will be lost in thought often, will probably very creative, a deep thinker or philosopher, but could be all thought and no action! Your Vata mate will probably want to talk all night about anything and everything. They will keep you up all night one night with boundless enthusiasm and energy, then spend the next day lost in books with the curtains drawn and the phone off the hook. One year they will want to live in a house bus writing novels, and the next they will be travelling the world with the Navy. One thing this person always has is motivation and enthusiasm for new things, constantly.

Vata doesn't like cold, wind, routine, monotony, boredom, quiet lifestyle, patience, permanence, inflexibility, and saving money.

A Pitta Partner

Pitta loves fresh air, water, cool environments, fire, competitive sports, debates, activism, power, excitement,



risk, business, finance, challenges, organisation, control, brainstorming, strategising, and being right!

Pitta is determined and impatient, with a strong personality, a quick temper and a need to feel in charge. Add this to their sharp intellect and perceptiveness and you will soon realise that it's best to make them think they are right or have the best solution to your problem! However, Pitta is normally a positive person with an exuberant, bright personality unless they are dealing with repressed anger issues. Your Pitta partner will definitely be easily excited, and will always have something to be passionate about. They are organised, goal-oriented people and good at practical things, so they make great managers, bosses and leaders, even though you might not want to admit it!

Pitta doesn't like –heat, feeling weak, inferior or powerless, not speaking their mind, not being listened to and honoured, waiting, slow laid-back lifestyle, lack of goals, lack of interests or passion in life. ➡

Ayurveda For Singles

Finding Love for Valentine's Day

Find a Kapha Partner – They'll be shopping for speciality foods, boutique cooking gear, beds or bedding, luxury items, or maybe DIY or gardening stuff. Otherwise, at the park with their kids, lazing on the beach in the sun, at hot pools, at a day spa, or eating at a nice restaurant with friends and family.

Find a Vata Partner – They'll be in a bookshop, library, spiritual group, philosophy lecture or science discussion group; at a foreign or sci-fi movie, backpackers, art gallery, or concert. Otherwise, they will be doing something exciting and fast-paced, and spending all their money too.

Find a Pitta Partner – They'll be at a business meeting, financial institution, motivating people, leading a protest march, or at a meeting of Greenpeace activists. Otherwise, they may be playing with fire or fireworks, playing or watching competitive sports or strategic games.

Ayurveda For Couples

Surprise your soul mate

Kapha – A gourmet food pack, fragrant flowers, massage oil, quality toiletries or perfume, a massage voucher, spa treatment, or pedicure, a soak in a hot spring, dinner at a nice restaurant (no fast food), a luxury weekend away (drive slowly), something nice for the bedroom or an expensive ornament (I didn't say Kaphas were cheap partners)!

Where – Snuggling on the couch with some cosy pillows and warm blankets, on a tropical island or somewhere warm, in an expensive hotel or restaurant.

Vata – A book or CD, tickets to a cultural show or theatre; A night at the movies, a surprise trip, a helicopter flight, bungee jump or skydive, a violin, salsa or mosaics lesson, a meditation retreat, artwork, or a handful of cash to spend as they please (make it a big handful)!

Where – At a gypsy fair, on a plane, somewhere new, unique, and unexpected – such as a cliff-top retreat!

Pitta – Candles and incense, sports gear, sports match

tickets, a selection of drinks (cocktails, gourmet smoothies, iced teas or cordials), a strategy board game, an investment, a star named after them. Or if you're brave, a "you're the boss" weekend – give them the keys and a map and let them take charge! All you have to do is make no suggestions or objections, all weekend.

Where

– Somewhere cool and shady or dark – a lake, river or beach, in the bush or a nice cool deck. Wherever you go, make sure you don't have to wait! Pitta is not a patient person. 🍷

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