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Doshas and Aromatherapy According to Ayurvedic texts, the human body and mind are influenced by five basic senses: air, fire, water, earth and ether or space. So, when two of these elements are combined, the "doshas" or higher operative principles are formed (Vata, Pitta and Kapha). VATA (ether and air)

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According to Ayurveda, your health is governed by three Ayurvedic doshas. They are Vata, Pitta, and Kapha. Every person is made up of all five elements. These five elements are ether, air, fire, water, and earth, and have varying ratios from person to person.

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