



Know the three Dosha Vata, Pitta and Kapha

The basics of Ayurveda lie within the three Doshas. Any imbalance in these will lead to the disorders. What is the composition of Tridoshas, and how can the imbalance be corrected? To [know about the Vata, Pitta, and Kapha](#): Read this blog shared by Dr. Sharda Ayurveda, which covers how with modifications in dietary habits one can live a healthy, fit, and disease-free life.