

5 ELEMENTS		
आकाश	ākāśa	space
वायु	vāyu	air
अग्नि	agni	fire
आपस्	āpas	water
पृथिवी	pr̥thivī	earth

3 ORGANIZATIONS	
वात	vāta (movement)
पित्त	pitta (transformation)
कफ	kapha (structure)

20 CHARACTERISTICS (10 pairs of opposites - we generally treat with opposites)					
गुरु	guru	heavy	light	लघु	laghu
मन्द	manda	dull, slow	sharp, penetrating	तीक्ष्ण	tīkṣṇa
हिमा	hima	cool	hot	उष्ण	uṣṇa
स्निग्ध	snigdha	oily	dry	रूक्ष	rūkṣa
श्लक्ष्ण	ślakṣṇa	smooth, slimy	rough	खर	khara
सान्द्र	sāndra	dense	liquid	द्रव	drava
मृदु	mṛdu	soft	hard	कठिन	kaṭhina
स्थिर	sthira	stable	mobile	चल	cala (सर sara spreading)
स्थूल	sthūla	gross	subtle	सूक्ष्म	sūkṣma
पिच्छिल	picchila	sticky, cloudy	clear	विशद	viśada

vāta (movement)	pitta (transformation)	kapha (structure)
dry	oily	oily
light	light	heavy
cold	hot	cool
rough		smooth, slimy
subtle		gross
mobile	spreading (passively mobile)	stable
clear		sticky, cloudy
	sharp, penetrating	dull, slow
	liquid	dense and liquid
		soft and hard
astrigent, bitter	sour, pungent	salty, sweet

We come into this world a combination of the 5 elements. This baseline constitution is our natural home - it is the healthy normal for each of us. Some people are more like oak trees, some more like willow trees. We don't try to be the same, we try to flourish as the best version of our individual garden.

kapha types - more earth and water - larger bones, bigger muscles, thicker skin, lustrous hair, bigger eyes, broad nose, full lips, hips, breasts
kapha is stable, faithful, content

pitta types - more fire and water - medium frame, lustrous skin, penetrating eyes, tapering chin for a heart shaped face, tend toward lighter coloring even freckles
pitta is transformative, focused, sharp minded

vata types - more air and space - lighter frame, thin skin, dark, shifty eyes, angular face, irregularities to structure, dark wiry hair,
vata is creative, flexible, intuitive

विकृति vikṛti current constitution

We each are affected by our climate, food, our internal and external relationships a person of any baseline constitution can go out of balance in any direction. Our goal is to return to our healthy baseline constitution, our natural garden.

kapha increased - (earth/water accumulation) weight gain, sluggishness, congestion, water retention, slow digestion/elimination, oversleeping, unwilling to change

balance kapha by getting it moving

pitta increased - rashes, ulcers, loose stools, overly critical, judgemental, seeing only how things can be better, neglecting body, working through lunch, sacrificing self

balance pitta by unplugging, taking a break and playing

vāta increased - weight loss, undeveloped/disinterested in sex, anxiety, fear, loneliness, dry skin, dry constipation, displaced appetite, instability, overly sensitive

balance vāta by oiling skin, eating enough, sleeping enough, singletasking, being held

BALANCING WITH TASTES

sweet - earth and water

pungent - fire and air

sour - earth and fire

bitter - air and ether

salty - fire and water

astringent - air and earth

(these 3 balance vāta)

(these 3 balance kapha)

(sweet, bitter, astringent balance pitta)