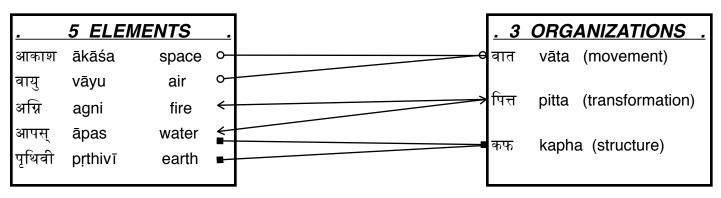
# आयुर्वेद ĀYURVEDA "knowledge of life"

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. 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	उष्न 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	<b>mobile</b> चल cala	(सर sara <b>spreading)</b>	
स्थूल	sthūla	gross	subtle	सूक्ष्म sūkṣma	
पिच्छिल	Γ 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	
astringent, bitter	sour, pungent	salty, sweet	

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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.

<u>kapha</u> 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

**<u>pitta</u> 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

<u>vata</u> types - more air and space - lighter frame, thin skin, dark, shifty eyes, angular face, irregularities to structure, dark wiry hair, vata is creative, flexibile, 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.

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

### balance kapha by getting it moving

<u>pitta</u> 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

<u>vāta</u> 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 sour - earth and fire salty - fire and water (these 3 balance vāta) pungent - fire and air bitter - air and ether astringent - air and earth (these 3 balance kapha)

(sweet, bitter, astringent balance pitta)