

	VATA	PITTA	KAPHA
elements	space and air	fire and water	water and earth
elements in sanskrit	akasha and vayu	agni and apas	apas and prttvi
gunas	dry, light, cold, clear, subtle, mobile, rough	oily, sharp, hot, light, fleshy smell, spreading, liquid, sour	heavy, manda, cool, oily, smooth, dense, soft, stable, sweet, salty
gunas in sanskrit	ruksho, laghu, sita, vishadah, suksma, chalo, karah	sasneha, tiksna, usna, laghu, visram, saram, dravam, amla	guru, manda, hima, snigdha, slaksna, sandra, mrdu, stirah, madhura, lavana
Associated Time of Day	dawn, dusk	Mid-day and midnight	after dawn and dusk
	2-6 am and 2-6 pm	10-2 am and 10-2 pm	6-10 am and 6-10 pm
Associated Season	Autumn	Summer	Winter and Spring
Main Sites for Therapy	Large Intestine or Pakwashaya	Small Intestine, Belly button (Nabi), celiac ganglion	Stomach and Chest
Secondary Sites	Pelvis (Kati), Thighs (Sakthi), Ear (Srota), Bone (Ashti), Skin (Sparshana)	Stomach (Amashaya), Sweat (Sweda), Sebacious secretions (Lasika), Blood Plasma (Rudhiram), Rasa (Serum), Drug (eyes), Gallbladder, Spleen, Grey matter of the brain	Greater Curvature of Stomach, Throat, Head (white matter of brain, cerebral fluid, meneges), pancreas, joints (synovial fluid), plasma, fat, nose, tongue (saliva), protein (plasma, white, BP, muscles), all mucous membranes, all secretions of lungs (bronchial secretions) vaginal and prostatic secretions, pericardial fluid

**To follow up or schedule
consultation:
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