

Qualities of the Tridoṣha

Main quality of the Tridoṣha

Vāta or vāyu (wind or air)	Pitta or agni (bile or fire)	Kapha or śhleṣhma (phlegm or water)
Cala (Movement)	Uṣhṇa (Heat)	Guru (Heavy)

Guṇas (attributes) of the Tridoṣha (Tri guṇa and mahābhūtas)

Vāta	Pitta	Kapha
<p>Cala (mobile) Rūkṣha (dry / dehydrating) Laghu (light) Śhīta (cold) śhīghra / āśhukāri (quick / acute) unavasthita (unsteady / erratic) Khara (rough) Sūkṣhma (subtle) Amūrti (formless) Viśada (clear)</p> <hr/> <p>Rajoguṇa (quality of kinesis)</p> <hr/> <p>ākāśha and vāyu (space and air)</p>	<p>Uṣhṇa (hot) Tikṣhṇa (sharp) Laghu (light) Dravya (liquid) Cala (mobile) Īśhad snigdha (somewhat viscous / oily) Visāra (spreading)</p> <hr/> <p>Sattva guṇa (quality of equilibrium)</p> <hr/> <p>agni and āpas (fire and water)</p>	<p>Guru (heavy) Dravya (Liquid) Manda (slow / dull) Śhīta (cool) Snigdha (oily / viscous) Śhlakṣhṇa (slimy / smooth) Sāndra (dense / thick) Mṛdu (soft) Sthira (stillness) Āvila (cloudy) Sthūla (gross)</p> <hr/> <p>Tamoguṇa (quality of inertia)</p> <hr/> <p>āpas and pṛthivī (water and earth)</p>

Physiological Role of the Tridoṣha

Vāta	Pitta	Kapha
<p>Meaning: “That which moves things” Moves the other doṣhas Rules Sensory Orientation Rules Mental Balance Rules Mental Adaptability Regulates comprehension</p>	<p>Meaning: “That which digests” Rules chemical transformation Rules Metabolism Rules mental “digestion” Governs the sight and the ability to perceive things</p>	<p>Meaning: “That which holds thing together” Gives substance to the body Provides support Gives bulk to body tissue Gives emotional support Gives love and compassion</p>

Mental Qualities of the Tridoṣha

Vāta	Pitta	Kapha
<p>Quick to attach / detach Quick to remember / forget Adaptable, sensitive, Or when unbalanced: Unsteady, ungrounded, anxious, fearful</p>	<p>Steady, confident, assertive, articulate, strong willed, bold, adventurous intelligent, logical Or when unbalanced: Pushy, aggressive, critical, violent, angry, irritable</p>	<p>Slow to love: Slow to hate: slow to forgive Steady, compassionate, romantic, sentimental, conservative, obedient Or when unbalanced: Greedy, possessive, attached, shy, closed-minded</p>