

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
Cala (mobile) Rūkṣha (dry / dehydrating) Laghu (light) Śhīta (cold) śhīghra / āśhukāri (quick / acute) unavasthita (unsteady / erratic) Khara (rough) Sūkṣhma (subtle) Amūrti (formless) Viśada (clear)	Uṣhṇa (hot) Tikṣhṇa (sharp) Laghu (light) Dravya (liquid) Cala (mobile) Īśhad snigdha (somewhat viscous / oily) Visāra (spreading)	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)
<hr/> Rajoguṇa (quality of kinesis)	<hr/> Sattva guṇa (quality of equilibrium)	<hr/> Tamoguṇa (quality of inertia)
<hr/> ākāśha and vāyu (space and air)	<hr/> agni and āpas (fire and water)	<hr/> āpas and pṛthivī (water and earth)

Physiological Role of the Tridoṣha

Vāta	Pitta	Kapha
Meaning: "That which moves things" Moves the other doṣhas Rules Sensory Orientation Rules Mental Balance Rules Mental Adaptability Regulates comprehension	Meaning: "That which digests" Rules chemical transformation Rules Metabolism Rules mental "digestion" Governs the sight and the ability to perceive things	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

Mental Qualities of the Tridoṣha

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