

The Three Doṣhas and Ṣhaḍrasa (Six Tastes)

“-” indicates that that taste is pacifying to that dosha (that is to say it reduces that dosha).

“+” indicates that that taste is aggravating to that dosha.

“+++” means that is the most aggravating taste for that dosha.

Doṣa	śveta (sweet)	lavaṇa (salty)	amla (sour)	kaṭu (pungent)	tikta (bitter)	kaṣāya (astringent)
vāta	-	-	-	+++	+	+
Pitta	-	+	+++	+	-	-
Kapha	+++	+	+	-	-	-

The Ṣhaḍrasa (Six Tastes) and their Effects The Body and Emotions

Taste	Sweet	Salty	Sour	Pungent	Bitter	Astringent
Bodily Effect	Cool, Heavy, Moist, Strengthening, Nourishes tissues, Balances Mind, Soothes Mucus Membranes, Eases Burning, Laxative, Expectorant	Hot, Heavy, Moist, Softening, laxative, sedative, stimulates digestion, in large amounts it is purgative, and in larger amounts it causes vomiting	Hot, Light, Moist, Stimulant, Digestive stimulant, Dispels gas, Relieves thirst, Increases tissues in the body, decreases reproductive tissue	Hot, Light, Dry, Stimulant, digestive stimulant, causes sweating, heating, promotes sweating, increases metabolism, and promotes organ function	Cool, Light, Dry, Purifies the blood, cleansing, detoxifying, decreases tissues in the body, increases lightness in the mind	Cool, Heavy, Dry, Stops bleeding (and all discharges like sweat or diarrhea), healing to skin and mucus membranes, depleting
Emotional Effect	Joy – Love In excess: Lack of Fulfillment - Sadness	Calm In excess: Greed	Contentment In excess: Envy - Judgement	Clarity - Understanding In excess Anger – hatred - rage	Purity - Detachment In excess: Grief - Resentment	Independence - firmness In excess: Fear – anxiety - confusion
Organ Damaged (When taken in excess)	Spleen and Pancreas	Kidneys	Liver	Lungs	Heart	Colon