

THE 10 GUNAS (ATTRIBUTES, QUALITIES) OF MATTER AND THEIR 10 OPPOSITES

These attributes contain potential energy and express the static nature of a substance, while the actions express kinetic energy.

Guna Quality Element	Effect on Dosha	ACTION (karma)	BALANCING GUNAS (ATTRIBUTES) WITH YOUR PRAKRUTI (ORIGINAL DOSHIC NATURE) ASSISTS IN LIVING IN HEALTH & HARMONY	ACTION (karma)	Effect on Dosha	Guna Quality Element	
USNA <u>HOT</u> Fire	V- P+ K-	Heating, digestive, moves upwards and outwards, diaphoretic, cleansing (Svedhana), anger, hate			Cooling, slows digestion, moves inwards and downwards, restrains contracting, (Stambhana) fear	V+ P- K+	SITA <u>COLD</u> Water
LAGHU <u>LIGHT</u> Fire Air Space	V- P+ K-	Easy to digest, reduces accumulations, reduces (Langhana) freshness and alertness			Difficult to digest, builds tissues, moves down, creates tiredness, nourishes (Bruhana) dullness, lethargy	V- P- K+	GURU <u>HEAVY</u> Earth Water
RUKSA <u>DRY</u> Earth Air	V+ P- K+	Drying, astringing, dehydrating, constipating, nervousness			OILY, Difficult to digest, lubricating, nourishing, increases love, moistening (kledana)	V- P+ K+	SNIGDHA <u>UNCTUOUS</u> Water
TIKSNA <u>SHARP</u> Fire	V+ P+ K-	PENETRATING, Enters deeply into the body and mind, immediate effect, ulcers, quick understanding			SLOW, Increases tissues, causes stagnation, slowness, pacifies (Samana)	V- P- K+	MANDA <u>SLUGGISH</u> Earth Water
SLAKSNA <u>SMOOTH</u> Water	V- P+ K+	Eases tension, brings together and reduces roughness, love and care			Reduces lubrication, causes dry skin, brittle bones, builds rigidity, inflexibility, scrapes (lekhana)	V+ P- K-	KHARA <u>ROUGH</u> Air
STHIRA <u>STABLE</u> Earth	V -P -K+	Encourages relaxation, creates sluggishness, support, faith, obstruction			Encourages movement and changeability, releases, shakiness, restlessness	V+ P+ K-	CALA <u>MOBILE</u> Air
MRDU <u>SOFT</u> Water	V- P+ K+	Eases tension, increases love, tenderness, reduces hardness, pacifies (Samana)			Difficult to digest, gives strength, rigidity, selfishness, callousness and insensitivity	V+ P- K+	KATHINA <u>HARD</u> Earth
DRAVA <u>FLUID</u> Fire Water	V- P+ K+	LIQUID, holds together, lubricates and moistens, compassion and cohesiveness			SOLID, Difficult to digest, increases structural strength, mental fortitude	V- P- K-	SANDRA <u>DENSE</u> Earth
SUKSMA <u>SUBTLE</u> Air Space	V+ P+ K-	Penetrates deeply into the tissues, expansive, increases emotions, feelings, and awareness			Difficult to digest, causing obstruction and obesity	V- P- K+	STHULA <u>GROSS</u> Earth
PICHALA <u>SLIMY</u> Water	V- P+ K+	Heals broken bones, soothes, creates lack of clarity, lack of perception, plasters, (Lepana)		Increases clarity, pacifies, creates isolation and diversion	V+ P+ K-	VISADA <u>CLEAR</u> Air Space	

5 ELEMENTS (Space, Air, Fire, Water and Earth) OF THE TRIDOSHAS (3 Doshas: Vata, Pitta and Kapha)

Space + Air = Vata

Fire + Water = Pitta

Water + Earth = Kapha