



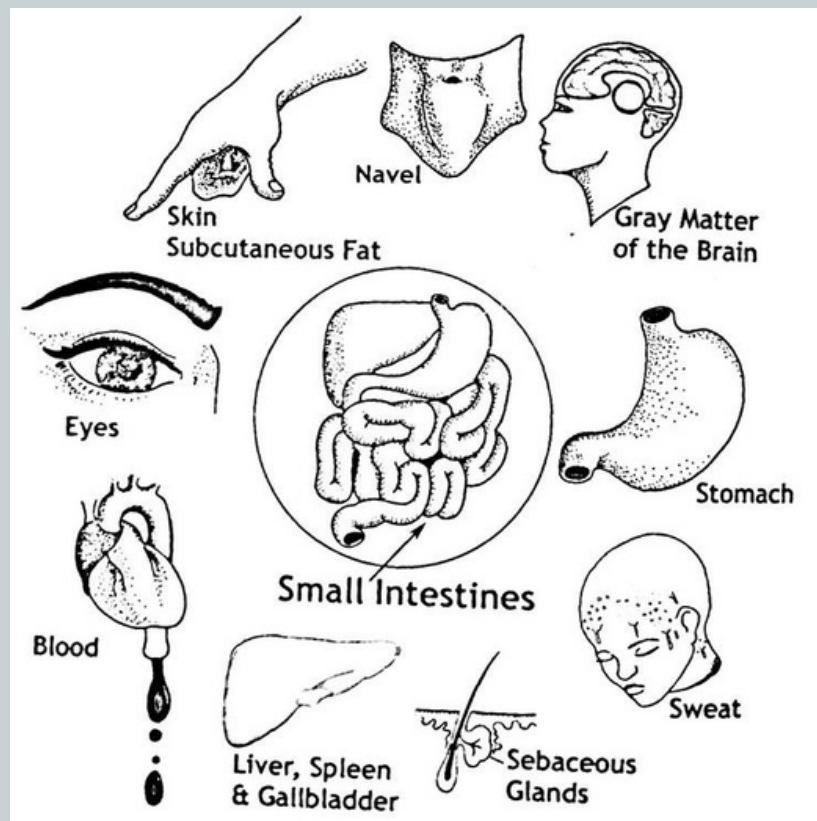
Qualities and powers



elements	fire water	hot, light, sharp, penetrating, oily, liquid
powers	metabolism circulation ascension	digest, discern, transform flow, circulate, nourish, expand grow, evolve
centers of potency	pelvis viscera brain	<i>sacrum</i> : creativity, joy, desire <i>navel</i> : courage, will power, confidence, self healing <i>eyebrow center</i> : discernment, knowledge, understanding

**locations
in body**

small intestines
heart
blood
liver
spleen
pancreas
sweat glands
brain
navel
skin
eyes



function

digestion
metabolism
assimilation
absorption
clarity
temperature

of all food: physical & mental,
understanding, ability to benefit from
food and sensory stimuli, fast learning

discrimination, clarity of speech
maintain body temperature, protect
from excess heat & cold
vision, luster of skin and color of eyes

form

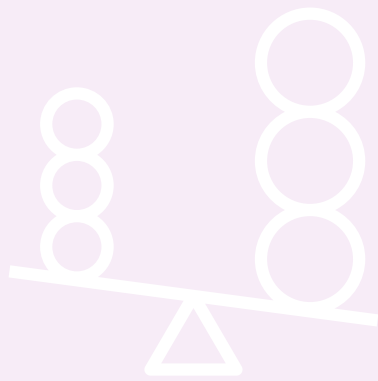
athletic
soft

medium build, toned muscles,
penetrating eyes, sharp teeth
soft rosy skin, freckles, soft oily hair,
warm hands & feet

emotion

passionate
intelligent
competitive
ambitious

enthusiastic, natural leader, driven,
loves challenge, high achiever



Symptoms of Imbalance

physical

all inflammation

acne, all *-itis*, upset stomach, heartburn, diarrhea, hyperacidity, excessive perspiration, headaches, intense hunger, low blood sugar, excessive thirst, nausea, vomiting, hiccups, sensitivity to spice foods, sharp pains, odor in the breath and excretions, burning sensation, yellow hue on skin, tongue, nails

energetic

over-heating

hot flashes, excess heat in the blood, burning or itching sensation

activation

insomnia, racing mind

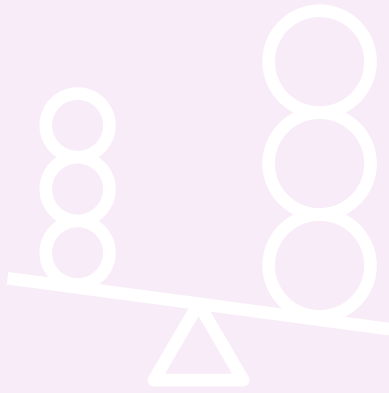
mental

passion

excitement

excessive arousal

irritability, impatience, anger, judgement, perfectionism, criticism, insatiability, competitiveness, jealousy, hostility, aggression, violence, obsessive-compulsive behaviors



Causes of Imbalance

physical

genetics

hot tempered parents, hot time of conception/birth

diet

too much sour, salty, pungent, oily, fermented, hot, dry, processed food, stimulants, red meat, alcohol, vinegar

environment

gyms, team sports, stock exchange, loud places, hot & sunny beaches, summer season

behavior

competitive

debates, extreme or excessive sports, keeping up with the Joneses

warrior

fighting, arguments

leader

performance oriented work settings

mental

intelligent

wanting to control others' behavior,

discerning

stubbornness, unbending convictions

judging

arrogant



Sensory management

sight

pastels,
cool

blue, green, white

smell

sweet, mild

rose, jasmine, sandalwood

taste

sweet
bitter
astringent

grains, root vegetables, bitter greens,
legumes, bananas, green mango

sound

melody
chanting

soft, melodious vocals, piano, strings,
wind instruments, recitation

touch

self-massage

feet and head massage with coconut or
neem oil, cool foods and drinks (not
iced though)



Lifestyle management

activity

moderation

moonlit walks, exercise early morning or evening, avoid strenuous activity at noon time, swimming, walks in nature or near water, gentle yoga (restorative or yoga Nidra), mantra meditation, relaxation

lifestyle

self-care
environment

wear hats, stay out of the sun, choose cooler places to live and vacation in

diet

food
herbs

white rice, grains, squash, sweet fruits, coriander, fennel, ghee, fresh yogurt, coconut oil, milk, leafy greens, green lentils, beans, okra, broccoli, fresh water fish, chicken