



## Qualities and powers



element

earth  
*water*

Heavy, slow, dense, thick, static  
*cloudy, cool, oily, liquid*

vayu

apana  
*vyana*

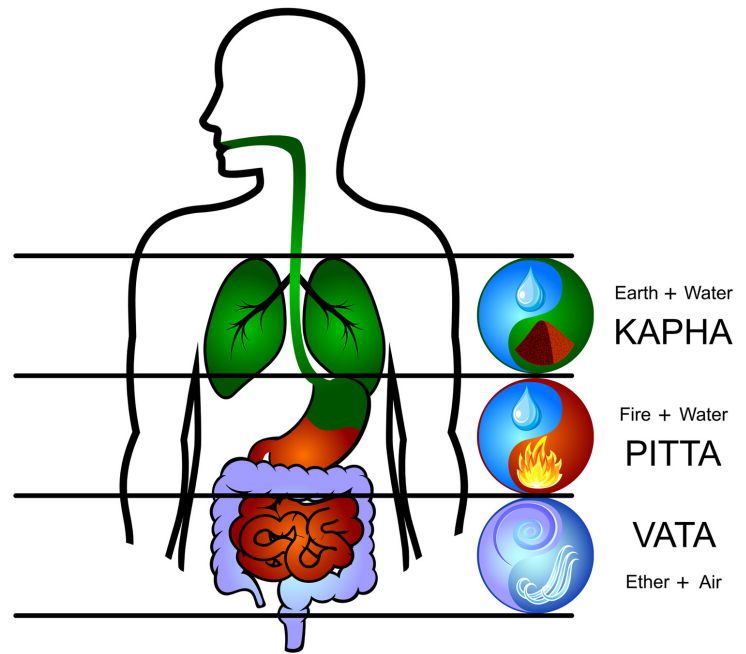
ground, eliminate, calm, down  
*flow, circulate, nourish,*  
*everywhere*

chakra

muladhara  
*swadisthana*

root: perineum - security  
*sacrum: pelvis - creativity, joy*

location mucus lining:  
 stomach  
 lungs  
 pancreas  
 sinuses  
 brain  
 lymph nodes  
 joints  
 synovial fluid  
 nose & mouth  
 mastic tissue



function protection  
 structure  
 nourishment  
 lubrication

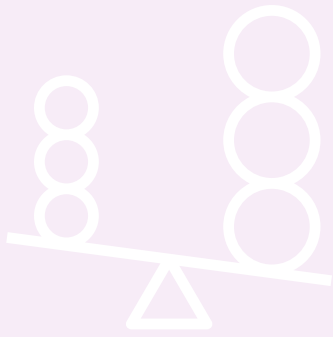
immunity, resilience, smell  
 strength, stamina, memory  
 flexibility, taste

form thick  
 large  
 smooth  
 round

bones, hair, muscles  
 eyes, teeth  
 skin, face, eyes

emotion calm  
 loyal  
 loving

patient, thoughtful, modest  
 supportive, steady, content  
 kind, forgiving, compassionate



## Symptoms of Imbalance



physical

excess of:  
tissue  
*fluid*

obesity, constipation, diabetes  
high cholesterol, cysts, tumors  
*phlegm: allergies, asthma,  
congestion, cold, cough, edema*

energetic

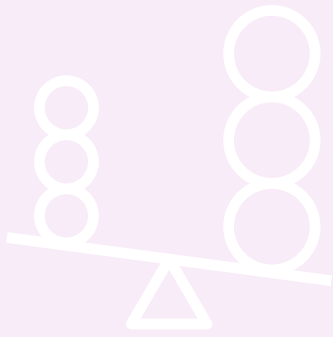
weariness  
tamasic

lack of energy or motivation,  
resistance to change, inertia,  
lethargy, procrastination, dull,  
stuck, oversleeping, drowsy  
slow to move, resist growth

mental

possessive  
stupor

greed, attachment, hoarding  
stubbornness, depression



## Causes of Imbalance



physical

genetics  
diet  
environment

obesity, diabetes, allergies  
sugar, salt, fat, dairy, leftovers  
cold, damp, snowy weather of  
winter and spring

behavior

accumulation  
inactivity  
relationships

storing, saving, over-frugality  
oversleeping, lack of exercise  
acting dependent, over protective

mental

attachment  
stupor

possessiveness, holding on to  
convictions, resentment rejecting  
new ideas, dogma



## Sensory management



# KAPHA

sight  
(color)

bright  
warm

red, orange, yellow, purple

smell  
(aroma)

stimulating  
invigorating  
warm

ginger, cloves, garlic, camphor,  
cinnamon, eucalyptus, juniper,  
marjoram

taste  
(rasa)

pungent  
bitter  
astringent

pepper, cayenne, mustard  
bitter greens  
beans

sound

rhythm

loud, sharp, high, drums

touch

movement

fast, vigorous, sweaty, firm touch



## Lifestyle management



activity

stimulation  
exercise

mix it up: new experiences  
regular, vigorous: dance, running,  
cycling, yoga - sun salutes,  
standing & arm balances,  
pranayama - ujjayi, kapalabhati,  
bhastrika

lifestyle

self-care  
environment

dry-brushing, neti pot  
dry & warm climate, big city

diet

food  
herbs

raw fruits, vegetables, legumes  
brahmi, ginger, cloves, licorice