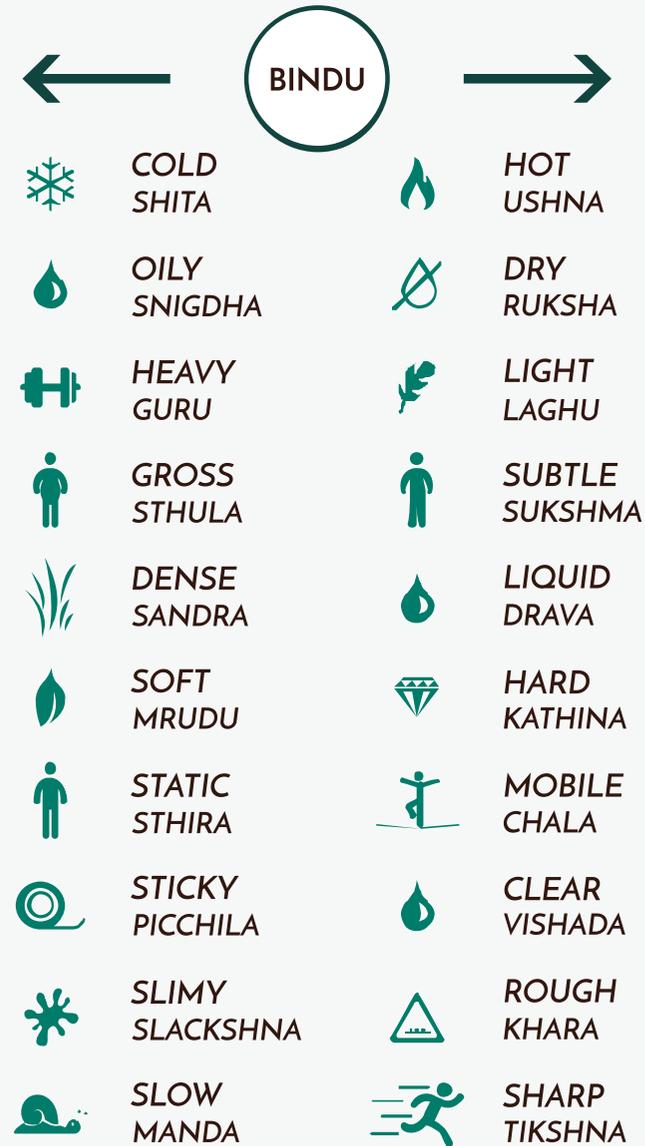


20 Gunas, 5 Elements & 3 Doshas

10 SPECTRUMS OR PAIRS OF OPPOSITES.
THE 20 QUALITIES (GUNAS) THAT APPEAR IN MIND + BODY



5 GREAT ELEMENTS - MAHA BHUTAS



ETHER - AKASHA
SOUND, THE FIELD, SPACE



AIR - VAYU
TOUCH, VIBRATION, MOTION, CONNECTION



FIRE - TEJAS
SIGHT, APPEARANCE, CONVERSION (HEAT-COLOR), ENERGY



WATER - APAS
TASTE, NURTURANCE, REPAIR



EARTH - PRITHVI
SMELL, SOLIDITY (DENSITY OF PARTICLES), MASS

3 FORCES - DOSHAS

MOVEMENT - VATA



AIR & ETHER
(COLD, DRY, LIGHT, SUBTLE/ CLEAR, FLOWING, HARD, ROUGH, MOBILE)

TRANSFORMATION - PITTA



FIRE & WATER
(HOT, LIGHT, FLOWING, CLEAR, MOBILE, SHARP)

NOURISHMENT - KAPHA



EARTH & WATER
(COLD, WET, HEAVY, GROSS, DULL, DENSE, STATIC, SOFT, SMOOTH, CLOUDY)