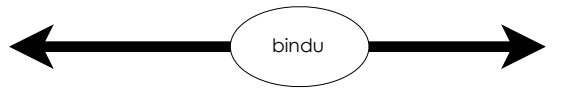


# The 20 Gunas, the 5 elements & the 3 doshas

10 spectrums or pairs of opposites.  
The 20 qualities (*gunas*)



Cold <i>Shita</i>	Hot <i>Ushna</i>
Oily <i>Snigdha</i>	Dry <i>Ruksha</i>
Heavy <i>Guru</i>	Light <i>Laghu</i>
Gross <i>Sthula</i>	Subtle <i>Sukshma</i>
Dense <i>Sandra</i>	Liquid <i>Drava</i>
Soft <i>Mrudu</i>	Hard <i>Kathina</i>
Static <i>Sthira</i>	Mobile <i>Chala</i>
Sticky <i>Picchila</i>	Clear <i>Vishada</i>
Slimy <i>Slackshna</i>	Rough <i>Khara</i>
Slow <i>Manda</i>	Sharp <i>Tikshna</i>

## 5 Great Elements – Maha Bhutus

ETHER - *Akasha*  
Sound, non-existence, space

AIR - *Vayu*  
Touch, Vibration, Motion

FIRE - *Tejas*  
Sight, appearance, conversion  
(heat-color), energy

WATER - *Apas*  
Taste, Fluidity, Cohesiveness

EARTH - *Prithivi*  
Smell, Solidity (density of particles),  
Mass

## 3 Energies - *Doshas*

Wind energy - *vata*  
Air & Ether  
(cold, dry, light, subtle/ clear,  
flowing, hard, rough, mobile)

fire energy - *pitta*  
Fire & Water  
(hot, light, flowing, clear,  
mobile, sharp)

water energy - *kapha*  
Earth & Water  
(cold, wet, heavy, gross, dull,  
dense, static, soft, smooth,  
cloudy)



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