

OPPOSITES

*Like increases like.
A quality is decreased
by its opposite quality.*

Heaviness	Lightness
Coldness	Hotness
Unctuousness	Roughness
Dullness	Sharpness
Stability	Mobility

Softness	Hardness
Nonliminess	Sliminess
Smoothness	Coarseness
Minuteness	Grossness
Solidity	Liquidity

ELEMENTS

*In Ayurveda, everything in our world is made
up of a combination of the five great elements.*

QUALITIES OF THE GREAT ELEMENTS				
ETHER	AIR	FIRE	WATER	EARTH
Minuteness	Lightness Mobility Roughness	Hotness Lightness Sharpness Liquidity	Coldness Liquidity Softness Smoothness	Heaviness Solidity Stability

ENERGIES

*Each dosha is a combination of two elements,
one of which predominates over the other.*



Vata is a combination of the air and ether elements with air predominating.



Pitta is primarily the fire element, with water as the secondary element.



Kapha is a combination of the water and earth elements, with water as the primary element.