

20 QUALITIES OF AYURVEDA

QUALITY	SANSKRIT NAME	OPPOSING QUALITY	EXAMPLE OF IMBALANCE IN BODY	WAYS TO PROMOTE BALANCE
COLD	Shita	Hot	Cold hands & feet	Take a ginger bath.
HOT	Ushna	Cold	Anger, hot temper	Drink hibiscus tea.
LIGHT	Laghu	Heavy	Underweight	Eat building foods such as dairy, ghee, meat, whole grains, nuts & seeds.
HEAVY	Guru	Light	Overweight	Eat lightening foods such as soups, steamed veggies, chickpeas & dals.
OILY	Snigdha	Dry	Oily skin and hair	Soak in a dry sauna.
DRY	Ruksha	Oily	Dry skin and hair	Favor healthy oils such as ghee, avocado, nuts & seeds.
SLIMY	Shlakshna	Rough	Excessive mucus	Eat rough foods such as raw veggies, crackers & toast.
ROUGH	Khara	Slimy	Gas and bloating	Eat soft, well cooked meals such as kitchari, basmati rice & soups.
SLOW/ DULL	Manda	Sharp	Dull, foggy mind	Take 1/2 tsp of Trikatu Churna before meals.
SHARP	Tikshna	Dull	Cranky hunger	Drink fennel tea between meals.
SOFT	Mrudu	Hard	Excessive adipose tissue	Sleep on a hard bed, avoid over cooked, mushy foods.
HARD	Kathina	Soft	Callousness, rigidity	Increase soft surroundings such as soft bed, soft touch, oil massage, etc.
DENSE	Sandra	Liquid	Excessive muscle	Perform oil massage to soften muscles.
LIQUID	Drava	Dense	Excessive saliva	Avoid excessive fluids; drink astringent herbal teas.
STATIC	Sthira	Mobile	Sedentary lifestyle	Walk after meals each day.
MOBILE	Chala	Static	Restless mind	Meditate daily upon awakening.
GROSS	Sthula	Subtle	Obesity	Perform 30 minutes of cardio daily.
SUBTLE	Sukshma	Gross	Spacey mind	Massage the feet with sesame oil.
CLEAR	Vishada	Cloudy	Poor memory	Massage the scalp with brahmi oil.
CLOUDY	Avila	Clear	Foggy mind	Drink brahmi-ginger tea.