

# 20 Gunas, 5 Elements & 3 Doshas

## GUNAS

10 spectrums or pairs of opposites.

20 aspects that present in mind-body

Tamas	Sattva	Rajas
Cold .....		Hot
Oily .....		Dry
Heavy .....		Light
Gross .....		Subtle
Dense .....		Liquid
Soft .....		Hard
Static .....		Mobile
Sticky .....		Clear
Slimy .....		Rough
Slow .....		Sharp

## 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 - Prithivi

Smell, Solidity (density of particles), Mass

## DOSHAS

3 Forces

### 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



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