

QUALITIES OF VPK CHART

"If the quality is there, the dosha is there." ~Siva

DOSHA	VATA	PITTA	KAPHA
TRADITIONAL QUALITIES	dry light cold subtle clear mobile dispersing astringent bitter	hot sharp light oily pungent sour spreading	heavy slow cool oily damp smooth soft static viscous sweet
ADDITIONAL ADJECTIVES	scattered irregular hard ungrounded effusive flaky restless unsubstantial animating fresh floating invigorating empty ethereal open vast crunchy unpredictable unexpected vibrant depleted crisp enthusiastic ephemeral transparent unstable fast	intense critical discerning pure passionate penetrating transformative processing to-the-point digesting analyzing strategizing working illuminating catabolic fluid flowing bright glowing tart spicy acidic tangy stinging burning producing evaluating	dense regular thick grounded calm unchanging still substantial dull full cluttered unprocessed slimy held absorptive buffering nourishing fertile sturdy solid protective maternal moist foggy clouded unclear nurturing



FURTHER UNDERSTANDING

Remember, the energetic composition (VPK) of anything can be understood by sensing it's qualities. So, when you note these qualities in anything, you are sensing the presence of vata, pitta, and kapha.

- Notice there are some words that may seem more “good” or “bad” because we are conditioned to categorize the world this way. For example, depleted may seem like a “bad” aspect of vata, and sweet may seem like a “good” aspect of kapha. In reality, the designation is in our minds, and relative to the beholder.
- What may be intense to me, *por ejemplo*, may not seem intense to you. This could be the case if I had a sensitive (more vata) nature/current state, or if you had more accepting (more kapha) of a nature/current state.
- That we perceive differently underscores our unique nature, or constitution. We'll go into this in the Module 3: your unique nature.
- Each dosha has its beneficial qualities, which are augmented **when we are in balance** in that dosha. Similarly, each dosha has its detrimental qualities, which we see when we have imbalance. We'll explore this concept further in Modules 4 and 5, while looking at your current state and defining imbalance.

