



ELEMENTAL ALCHEMY

Ayurveda 101: The Elements & You

The 5 Great Elements	The 20 <i>Gunas</i> (qualities)	The 3 Doshas
Ether	+ Heavy - Light	Vata / Movement
+ Space / Large intestine, ear, bones, skin / clarity	+ Hot - Cold	+ Nervous System
Air	+ Moist - Dry	+ Motor Function
+ Wind / Respiration, gas, cracking joints / expression	+ Slow - Sharp	+ Elimination
Fire	+ Stable - Mobile	+ Creativity
+ Heat / Blood, metabolism, eye function / intellect	+ Soft - Hard	Pitta / Transformation
Water	+ Slimy - Rough	+ Metabolism
+ Water / blood, digestive juices, saliva / emotion	+ Gross - Subtle	+ Digestion
Earth	+ Cloudy - Clear	+ Passion
+ Soil / Adipose tissue, muscular fiber / stability	+ Dense - Liquid	Kapha / Protection
		+ Structure
		+ Stability
		+ Nourishment

Vata dominance can look like..

Physical: Light build, often delicate features that are long, slim or narrow; very tall or petite

Personality: Creative, abstract thinker, enthusiastic, likes to “change it up”

Prone to: Dryness, cold extremities, constipation, variable appetite, difficulty with routine

Stress response: Fear, anxiety

Balanced by: Grounding, warming, establishing some routines

Pitta dominance can look like...

Physical: Medium build; well-developed muscles; features that are generally sharp and well-defined

Personality: Passionate, sharp intellect, natural leader, quick witted, competitive; type A personality

Prone to: Acid reflux, heartburn, rashes & skin redness; irritability, short-temperament

Stress response: Critical of self and others, anger

Balanced by: Cooling, calming, slowing down

Kapha dominance can look like...

Physical: Broad frame; facial features that are round, large and smooth; silky, smooth hair & skin

Personality: Grounded, compassionate, nurturing, dependable, stable, loyal

Prone to: Congestion, slow digestion, retention; difficulty with change, attachment

Stress response: Withdrawal, depression

Balanced by: Invigoration, stimulation, changing things up