

## THE 20 QUALITIES OF MATTER

QUALITY	ACTION	EFFECT
HOT	Heating/digestive/moves up & out/diaphoretic	V- P+ K-
COLD	Cooling/slows digestion/contracting/moves in & down/restrains	V+ P- K+
LIGHT	Easy to digest/reduces accumulations/reduce	V+ P+ K-
HEAVY	Difficult to digest/builds tissue/moves down/creates tiredness/nourishes	V- P- K+
DRY	Drying/astringent/dehydrating/constipating	V+ P- K-
GREASY	Difficult to digest/lubricating/nourishing/increases love/moistening	V- P+ K+
SHARP	Penetrates deeply into body & mind/takes immediate effect	V+ P+ K-
DULL	Increases tissues/causes stagnation/slowness/pacifies	V- P- K+
SMOOTH	Eases tension/brings together/reduces roughness	V- P+ K+
ROUGH	Reduces lubrication/dry skin/brittle bones/inflexibility	V+ P- K-
STABLE	Encourages relaxation/creates sluggishness	V- P- K+
MOBILE	Encourages movement & changeability/releases	V+ P+ K-
SOFT	Eases tension & hardness/pacifies/more tenderness	V- K+
HARD	Difficult to digest/gives strength	V+ K-
LIQUID	Holds together/lubricates/moistens	V- P+ K+
SOLID	Difficult to digest/increases tissues & mental strength	V- P- K+
SUBTLE	Penetrates deeply into tissues/expansive/awareness	V+ P+ K-
GROSS	Difficult to digest/causes obstructions	V- P- K+
SLIMY	Heals broken bones/soothes/creates lack of clarity	V- P+ K+
CLEAR	Increases clarity	V+ P+ K-

## THE 20 QUALITIES OF MATTER

QUALITY	FOOD	EFFECT
HOT	ginger, garlic, alcohol	V- P+ K-
COLD	mint, wheat, (neem)	V+ P- K+
LIGHT	popcorn, rice, (gota kula)	V+ P+ K-
HEAVY	yogurt, meat or bone soups, (ashwaghanda)	V- P- K+
DRY	honey, millet, (guggul)	V+ P- K-
GREASY	cooking oils, nuts, (shatavari)	V- P+ K+
SHARP	alcohol (penetrating), salt, (calamus)	V+ P+ K-
DULL	nutmeg, tofu, yogurt	V- P- K+
SMOOTH	sesame oil, (ghee)	V- P+ K+
ROUGH	popcorn, (bhibitaki)	V+ P- K-
STABLE	yogurt, sweets	V- P- K+
MOBILE	spices, chilies	V+ P+ K-
SOFT	porridge oats, avocado, (ghee)	V- P+ K+
HARD	nuts, coconut, almonds, sesame seeds	V+ P- K-
LIQUID	water, juices	V- P+ K+
SOLID	root vegetables (beets, yams, ect.), cheese	V- P- K+
SUBTLE	honey, alcohol, (brahmi, ghee)	V+ P+ K-
GROSS	meats, mushrooms, (bala)	V- P- K+
SLIMY	oil, porridge oats	V- P+ K+
CLEAR	sprouted beans	V+ P+ K-

# THE 20 QUALITIES OF MATTER

## THE ATTRIBUTES OF VATA INDIVIDUALS

ATTRIBUTES	MANIFESTATIONS IN THE BODY
DRY	Dry skin, hair, lips, tongue, dry colon, tending toward constipation; hoarse voice
LIGHT	Light muscles, bones, thin body frame, light scanty sleep, underweight
COLD	Cold hands, feet, poor circulation, hates cold & loves heat, stiffness of muscles
ROUGH	Rough, cracked skin, nails, hair, teeth, hands & feet, cracking joints
SUBTLE	Subtle fear, anxiety, insecurity, fine goose pimples, minute muscle twitching, fine tremors, delicate body
MOBILE	Fast walking, talking, doing many things at a time, restless eyes, eyebrows, hands, feet, unstable joints; many dreams, loves traveling but does not stay at one place; swinging moods and shaky faith
CLEAR	Clairvoyant, understands and forgets immediately, clear, open mind, experiences void and loneliness
ASTRINGENT	Dry choking sensation in the throat; gets hiccups, burping; loves oily mushy soups; craving sweet, sour, salty tastes

# THE 20 QUALITIES OF MATTER

## THE ATTRIBUTES OF PITTA INDIVIDUALS

ATTRIBUTES	MANIFESTATIONS IN THE BODY
HOT	Good digestive fire; strong appetite, body temperature tends to be higher than normal; hates heat, gray hair with receding hairline, baldness, soft brown hair
SHARP	Sharp teeth, distinct eyes, pointed nose, tapering chin, heart-shaped face; good absorption & digestion; sharp memory & understanding; irritable
LIGHT	Light/medium body frame; does not tolerate bright lights, fair shiny skin, bright eyes
OILY	Soft oily skin, hair, feces; does not like deep-fried food
LIQUID	Loose liquid stools; soft delicate muscles; excess urine, sweat & thirst
SPREADING	Pitta spreads as rash, acne, inflammation all over the body or on affected areas; pitta people want to spread their name and fame all over the country
SOUR	Sour stomach acid, acidic pH, sensitive teeth; excess salivation
BITTER	Bitter taste in the mouth, nausea, vomiting, repulsion towards bitter taste; cynical
PUNGENT	Heartburn, burning sensations in general; strong feelings of anger and hate
FLESHY SMELL	Fetid smell under armpits, mouth, feet (socks smell)
RED	Red flushed skin, eyes, cheeks & nose; red color aggravates pitta
YELLOW	Yellow eyes, skin, urine & feces; may lead to jaundice, overproduction of bile; yellow color increases pitta

# THE 20 QUALITIES OF MATTER

## THE ATTRIBUTES OF KAPHA INDIVIDUALS

ATTRIBUTES	MANIFESTATIONS IN THE BODY
HEAVY	Heavy bones/muscles/large body frame; tends to be overweight; grounded, deep heavy voice
SLOW	Slow walk/talk/digestion/metabolism/sluggish gestures
COOL	Cold clammy skin; steady appetite & thirst/slow metabolism & digestion; repeated colds, congestion; desire for sweets
OILY	Oily skin, hair & feces; lubricated joints
DAMP	Congestion in the chest/lungs, sinuses, throat and head
SMOOTH	Smooth skin; gentle calm nature
DENSE	Dense pad of fat; thick skin/hair/nails/feces; plump/rounded
SOFT	Soft pleasing look; love, care, compassion and kindness
STATIC	Loves sitting, sleeping and doing nothing
VISCOUS	Viscous, sticky, cohesive quality; loves to hug; is deeply attached with things and people
CLOUDY	In early morning is cloudy & foggy; often needs coffee as a stimulant to start the day
SWEET	The anabolic action of sweet taste stimulates shukra formation; strong desire for sex and procreation; abnormal function may cause craving for sweets
SALTY	Helps digestion and growth, gives energy; maintains osmotic condition, abnormal function may create craving for salt, water retention