

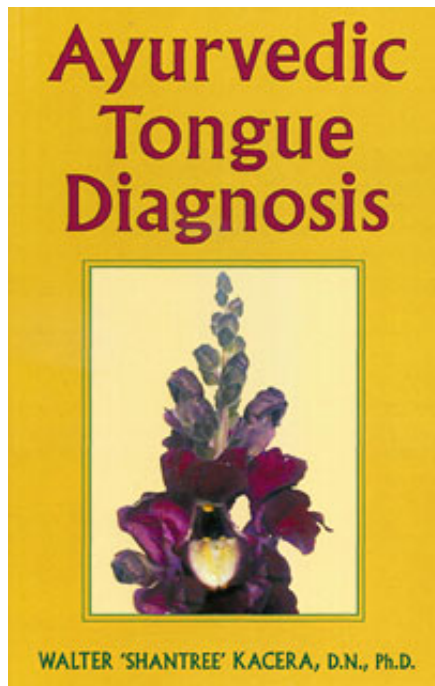
Walter 'Shantree' Kacera Ayurvedic Tongue Diagnosis

Reading excerpt

[Ayurvedic Tongue Diagnosis](#)

of [Walter 'Shantree' Kacera](#)

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3 The Three Doshas

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- Doshas and their Attributes
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- Effects of Vata, Pitta, Kapha
- Characteristics of Vata, Pitta and Kapha Types
- Signs of Vata, Pitta and Kapha Imbalance
- The Ten Constitutional Types
- Sites of the Doshas

Since the human body and nature are in a state of continuous flux, Ayurveda maintains that a dynamic equilibrium of all the body's constituents is imperative for perfect health.

When any of the three doshas become excessively agitated or increases disproportionately in relation to the others, an imbalance is created and disease results. The loss of dynamic equilibrium may be due to the excessive or deficient use or misuse of the five sense organs - the ears, skin, eyes, tongue, and nose; as well as the body-mind action, speech, and the time of year or season.

Restoration of health equals regaining the balance of the three doshas. When the Ayurvedic practitioner knows the nature of the imbalance of the doshas, he may prescribe remedies, nutritional program, lifestyle changes and psychological counseling.

Nature provides us with a vast array of natural substances for healing and Ayurveda has collected a fund of data on their therapeutic effects integrating them into a complex theory of physical health.

3.1 Doshas, Attributes and the Six Tastes

Dosha & Attributes	increased by:	Decreased by:
Vata Dry, Cool, Light	Astringent Bitter Pungent	Sweet Sour Salty
Pitta Hot, Light, Wet	Pungent Sour Salty	Bitter Astringent Sweet
Kapha Heavy, Wet, Cool	Sweet Salty Sour	Bitter Pungent Astringent

3.2 Doshas and Their Locations in the Body

VATA	PITTA	KAPHA
Brain	Skin	Brain
Heart	Eyes	Joints
Colon	Liver	Mouth
Bones	Brain	Lymph
Lungs	Blood	Stomach
Bladder	Spleen	Pleural Cavity
Bone Marrow	Endocrine	Pericardial Cavity
Nerve Function	Metabolic Function	Bodily Fluid Function
Large intestines	Small Intestines	Stomach

Body Constitutions

The theory of Tridoshas has led the ancient teachers to make a classification of human constitutions. The predominance of one dosha determines the constitution of a person. In other words, if there is an excess of Vata, if the air element is dominant, it results in a person having a Vata constitution. Likewise, the predominance Fire and Water gives rise to Pitta. Constitutions

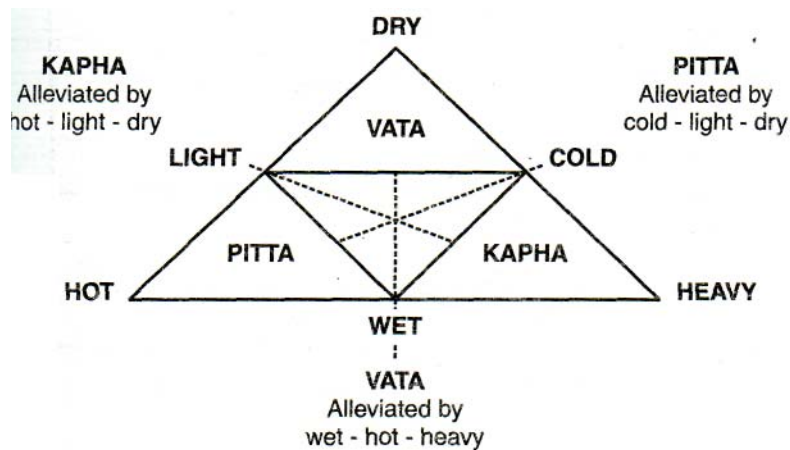
depend on the vitiation of more than one dosha. The Prakruti is pre-determined at the moment of conception and there is no change in its basic structure until a person dies.

Each constitution has peculiar to itself dietary and other habits as well as a predictable response to drugs. It is one of the cardinal rules of Ayurveda that medicine cannot be prescribed for a patient unless the physician has taken into account the type of constitution the patient has. This is because a drug that may help one type of constitution may not help another. It is imperative to understand that, in Ayurveda, the true drug is the one that cures a patient without producing any-side effects.

Let us now take a closer look at each of the body constituents.

Understanding the Doshas

3.3 Understanding the Doshas



"Dosha" is a Sanskrit word meaning "blame" or "fault." This is the literal meaning but in the context of health care it would be more appropriate to translate "Doshas" as "forces in the body that easily go out of balance."

The Three Doshas Are: VATA, PITTA, KAPHA

VATA means a force that generates and possesses the qualities of Air & Ether.

PITTA means a force that generates and possesses the qualities of Fire & Water.

KAPHA means a force that generates and possesses the qualities of Water & Earth.

Each one of us is made up of all three Doshas. At the time of conception, Nature decides the permutation of the Doshas within us.

The Doshas Have:

- Physical traits that translate into the physical description of a person, for example, height, complexion, eyes, etc.
- Mental and behavioral traits that translate into the kind of people we are, how we sleep, dream and think, how we react to external situations, our emotional strengths and weaknesses and our attitude towards money.
- Intellectual traits that translate into whether we are thinkers and dreamers, designers and planners or silent plodders and solid workers.
- Disease and digestive traits that are affected by different kinds of food, the climate and whether the environment is beneficial or detrimental to us.

All this, and more, Nature decides at the time of conception and during the period we spend in the mother's womb.

Doshas can be managed by the six tastes of Sweet, Sour, Salty, Pungent, Bitter and Astringent. These tastes can aggravate or pacify the different Doshas.

With this knowledge we are able to prevent disease, heal ourselves and understand our interpersonal relationships better.

3.4 Doshas and Their Attributes

VATA	PITTA	KAPHA
Dry	Oily	Oily
Cold	Hot	Cold
Light	Light	Heavy
Irregular	Intense	Stable
Mobile	Fluid	Viscous
Rarefied	Malodorous	Dense
Rough	Liquid	Smooth

In our bodies, these three doshas, also called humors, govern our psychobiological functioning. Vata, Pitta and Kapha are present in every cell, tissue and organ. When in balance, they create health; when out of balance, they are the cause of disease. These three doshas are responsible for the huge variety of individual differences and preferences and they influence all we are and all we do, from our choices of food to our modes of relating to others. They govern the biological and psychological processes of our body, mind and consciousness. They regulate the creation, maintenance and destruction of bodily tissue as well as the elimination of waste products. They even govern our emotions. When in balance, they generate noble qualities such as understanding, compassion and love. When their balance is disturbed by stress, improper diet, and environmental conditions, they can give rise to a disturbed disposition.

In Ayurveda, Vata is the bodily air principle, the energy of movement. Pitta is the principle of fire, the energy of digestion and metabolism and Kapha is the principle of water, the energy of lubrication and structure. While we are made up of all three doshas, one is usually primary, one secondary and the third least prominent. Thus, each person has a particular pattern of energy, an individual combination of physical, mental and emotional characteristics that make up their Prakruti constitution.

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Health is order; disease is disorder. The internal environment of the body is ceaselessly reacting to the external environment. Disorder occurs when these two are out of harmony With each other. But since order is inherent within disorder, the wise person learns to be aware of the presence of disorder and sets about to reestablish order.

The three fundamental doshas combine to create ten basic constitutional types. For the moment, let us look a little more deeply into the characteristics of the three basic energies of life.

3.5 Attributes of Vata

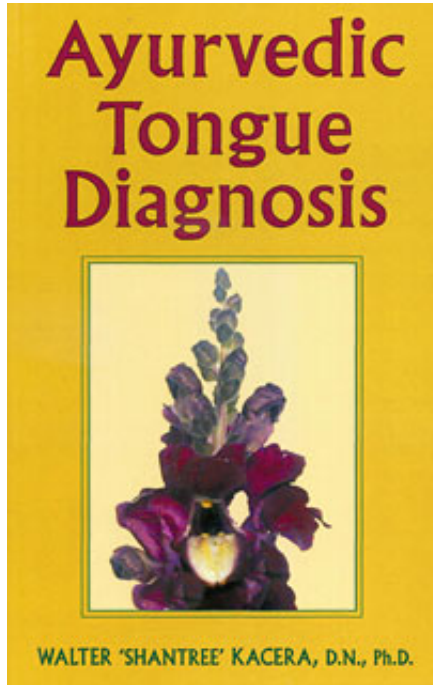
Attributes	Manifestations in the Body, Mind and Emotions
Dry	Dry skin, tongue, hair, lips, tongue, tending towards constipation, hoarse voice
Light	Underweight, light bones, muscles, slender skeletal system, scanty sleep
Cold	Poor circulation, cold hands and feet; stiff muscles, dislikes cold
Rough	Cracking joints, skin, hair, nails, teeth, rough hands and feet
Subtle	Emotional anxiety, insecurity, fears, tremors and muscle twitching
Mobile	Restless in body, mind and emotions, moves and walks fast, unstable joints, does numerous things simultaneously, always traveling, scattered mind and moody
Clear	Experiences loneliness, learns quickly but just as quickly forgets, absent minded and spacey
Astringent	Tendency towards constipation, gets hiccups easily and hiccups frequently, craves Sweet, Salty and Sour
Brownish-Black	Coated tongue, dark complexion, hair and eyes

3.6 Attributes of Pitta

Attributes	Manifestations in the Body, Mind and Emotions
Hot	Strong appetite and digestive capacity, high body temperature, soft brownish-red body, facial and skin hair, gray hair and balding
Sharp	Sharp teeth, pointed nose and chin, piercing eyes, sharp complexion, strong digestive assimilation, good memory, grasps information well, intellectual, irritable, sharp vision/eyesight
Light	Bright eyes, fair glossy skin, medium-light skeletal frame, sensitive to sunlight
Liquid	Soft delicate muscles, excess urine, sweat and thirst, diarrhea symptoms
Mobile/ Spreading	Inflammation throughout the body, skin and muscles, a tendency to spread like wide fire
Oily	Oily skin, hair, feces
Body Odor	Strong body odor under armpits, soles of feet and mouth
Red	Red flushed skin, nose, cheeks, eyes appear red, sensitive to heat and sunlight
Yellow	Bright yellow color of eyes, skin, urine and feces, over production of bile, dark yellow is color of Pitta Ama, pale yellow coloring is healthy Pitta
Pungent	Burning sensation, heartburn, emotionally strong feelings of hate and anger
Sour	Acidic pH of body tissues and digestive juices, excess salivation and sensitive mouth and teeth
Bitter	Bitter acid taste in mouth, feelings of nausea and vomiting

3.7 Attributes of Kapha

Attributes	Manifestations in the Body, Mind and Emotions
Heavy	Grounded, overweight, heavy skeletal and muscular systems, heavy voice
Slow/ Dull	Sluggish metabolism and digestion, body gestures, walk and talk slow and lazy
Cold	Reoccurring colds, flues, cough, and nasal congestion, clammy skin, cold and slow digestive system
Liquid	Congestion in the chest, sinuses, throat and head, excess salivation
Smooth	Smoothness of organs and skin, calm, gentle mind and personality
Dense	Firm and solid muscles, condensed, strong tissues, well rounded organs, thick skin, hair and feces
Soft	Gentle pleasant character, compassionate, kind, caring and forgiving
Static	Enjoys lying around and sleeping a lot
Oily	Oily internal organs, joints, skin, hair and feces
Sticky	Cohesive quality, compact and firm joints and organs, viscous, emotionally is very loving, a great friend and loyal in relationships
Hard	Strong muscles and body, lots of strength and vigor
Gross	Obese, may have numerous internal obstructions
Cloudy	Mucousy congestion, mind and emotions are cloudy and foggy
White	Tongue is coated with a white film, pale complexion
Sweet	Abnormal function may cause cravings for sweets, the anabolic action of Sweet taste stimulates sperm formation increasing quality of semen
Salty	Water retention, assists with growth and metabolism, gives strength and stamina, abnormal function may create craving for Salt



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