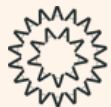


DOSHAS & THE 5 ELEMENTS

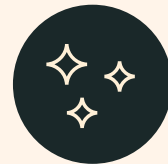


ASTROLOGY
& AYURVEDA

Pitta is made up
of ***fire*** and ***water***

HOT • INTENSE • OILY •
SHARP • LIGHT • MOIST

SUN, MARS, KETU



SPACE



AIR



FIRE



WATER



EARTH



Vata is made up
of ***space*** and ***air***

LIGHT • COLD • DRY • MOBILE •
IRREGULAR • ROUGH

MERCURY, SATURN, RAHU



Kapha is made up
of ***water*** and ***earth***

COOL • STABLE • SOLID •
SMOOTH • HEAVY • SLOW

MOON, VENUS, JUPITER