

## PRANA VATA

**Location:** Brain, head and moves downwards to the chest and throat (heart and respiratory organs).

**Functions:** Intellect, intelligence, memory; feelings, governs perception through all senses, (especially hearing and touch). Sneezing, belching, inspiration, swallowing food.

**Imbalances:** Respiratory disorders, cognitive problems, neurological disorders, tension headaches, worry, anxiety, overly active mind, insomnia, hiccoughs, asthma.

## UDANA VATA

**Location:** Chest and moves into nose, umbilicus and throat.

**Functions:** Initiation of speech (and singing). Energy, effort, enthusiasm, strength (work capacity), colour complexion, swallowing, sneezing. Memory, awareness, courage.

**Imbalances:** Speech disorders. Diseases of the throat (eg dry coughs and sore throat). Fatigue.

## SAMANA VATA

**Location:** Stomach, intestines. Moves in the koshtha (alimentary tract and abdominal viscera).

**Functions:** Withholds food, cooks it, separates the essence from waste and eliminates. Kindles agni. 'Fans' the Pitta that digests food. Responsible for peristaltic action.

**Imbalances:** Irregular or weak digestion, anorexia, bloating.

## APANA VATA

**Location:** Colon/large intestine, bladder, genitals and thighs. Navel, pelvis, groin, rectum.

**Functions:** Elimination of wastes (not sweat); sexual discharge; menstruation and foetus.

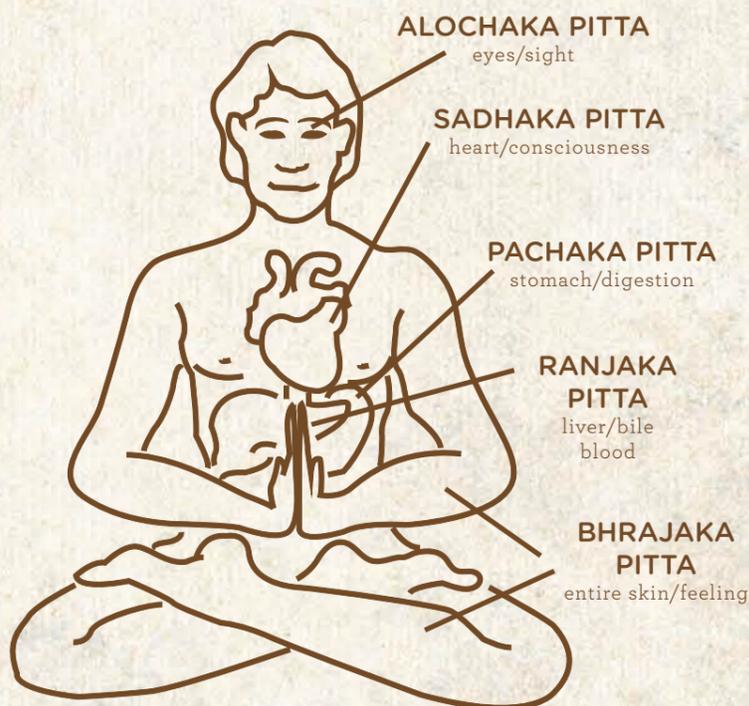
**Imbalances:** Constipation, diarrhoea, flatulence, colitis, lower back pain and spasms, sexual dysfunctions, menstrual problems, genitourinary diseases.

## VYANA VATA

**Location:** Heart - moves all over the body with great speed. Skin, nervous system and circulatory system.

**Functions:** Movement: walking, lifting body parts up and down, closing the eyes. Circulation, blood pressure & the sense of touch. Expansion, contraction, dilating channels, flow of sweat, blood, semen. All involuntary movements.

**Imbalances:** Circulatory and heart diseases such as high blood pressure and heart arrhythmia; nervous diseases. Often involved in other pathological processes.



## ALOCHAKA PITTA

**Location:** Eyes

**Functions:** Eyesight. Helps see the form of all things.

**Imbalances:** Visual problems, bloodshot eyes.

## SADHAKA PITTA

**Location:** Heart

**Functions:** (Higher) mental functions: Knowledge, intelligence, consciousness, emotion, contentment, memory. Cardiac.

**Imbalances:** Depression, psychiatric disturbances, heart disease, memory loss, indecisiveness.

## PACHAKA PITTA

**Location:** Interior of pakvasaya (large intestines) and amasaya (stomach & small intestine).

**Functions:** Paka (digest and transforms food), cooks food and divides essence and waste. It supports the other pittas and all the agnis. Protector: will not let any foreign body pass through stomach. Liquid, but not snighda (viscosity) nor shita (coldness).

**Imbalances:** Digestive weakness, heartburn, hyperacidity, ulcers.

## RANJAKA PITTA

**Location:** Amasaya (stomach). Liver, spleen, duodenum, red blood cells.

**Functions:** "Ranjaka" = "to colour". It is responsible for the formation of red blood cells from rasa dhatu and balances the blood chemistry. It is aggravated by toxins such as pollutants.

**Imbalances:** Anaemia, blood disorders, jaundice, certain skin problems, anger and hostility ("venting one's spleen").

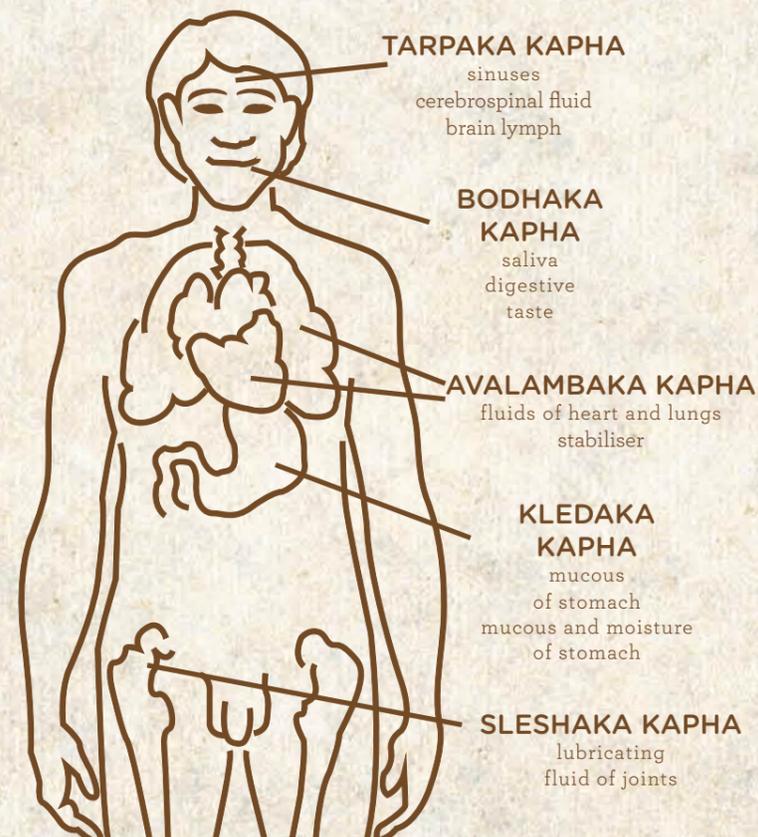
## BHRAJAKA PITTA

**Location:** Skin

**Functions:** Skin metabolism, colour, complexion, lustre, body temperature.

Digests materials from oil-massage, water-bath, application of pastes.

**Imbalances:** Skin diseases, especially those of a Pitta nature such as boils, rashes and acne.



## TARPAKA KAPHA

**Location:** Head, sinuses, spine and cerebrospinal fluid.

**Functions:** Nourishes and lubricates the sense organs (mouth, sinuses, nose, eye) and head. Cools them down. Maintains spinal fluid. Nourishes motor organs. Produces mental saliva (cortisol) when you are in front of knowledge/information.

**Imbalances:** Sinus problems, sinus headaches, nasal congestion, upper respiratory cough, sensory problems especially of smell, Alzheimers (ruksha).

## BODHAKA KAPHA

**Location:** Tongue, Mouth

**Functions:** Moistening the tongue and mouth, Perception of taste, Salivary gland function, Immunity (root of tongue and jaw relates with immunity).

**Imbalances:** Disruption of taste and salivation, dryness. Gum and teeth issues like tonsil stones. Responsible for desires. Related to diabetes and glycaemia (apa bhuta imbalance).

## AVALAMBAKA KAPHA

**Location:** Chest, heart (Laksmi) and trika (junction of shoulder, neck and back), lumbar back (Durga).

**Functions:** The stabiliser. Supports the body by functions of ap bhuta: cohesion, softness, moistness, liquidity. Gives strength to other seats of kapha.

**Imbalances:** Back pain, heart problems, chest congestion, asthma, wheezing, lethargy.

## KLEDAKA KAPHA

**Location:** Stomach (Amasaya)

**Functions:** Moistens and initially digests of food. "Kled" = moisture, humidity, guru, picheela, snighda, mucus, fat. Prevents hydraulic acid from damaging and keeps pH levels intact. Nourishes other kaphas, keeps micro-biome intact.

**Imbalances:** Dull digestion, imbalances affect all the kaphas.

## SLESHAKA KAPHA

**Location:** Joints of bones. Every connection in the body (tissue by tissue, cell by cell).

**Functions:** Lubrication of joints, cohesion and binding all over the body.

**Imbalances:** Joint problems