qualities of vpk chart

***“If the quality is there, the dosha is there.” ~Siva***

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| --- | --- | --- | --- |
| Dosha | Vata | Pitta | Kapha |
| traditional qualities | dry  light  cold  subtle  clear  mobile  dispersing astringent  bitter | hot  sharp  light  oily  pungent  sour  spreading | heavy  slow  cool  oily  damp  smooth  soft  static  viscous  sweet |
| additional adjectives | scattered  irregular  hard  ungrounded  effusive  flaky  restless  unsubstantial  animating  fresh  floating  invigorating  empty  ethereal  open  vast  crunchy  unpredictable  unexpected  vibrant  depleted  crisp  enthusiastic  ephemeral  transparent  unstable  fast | intense  critical  discerning  pure  passionate  penetrating  transformative  processing  to-the-point  digesting  analyzing  strategizing  working  illuminating  catabolic  fluid  flowing  bright  glowing  tart  spicy  acidic  tangy  stinging  burning  producing  evaluating | dense  regular  thick  grounded  calm  unchanging  still  substantial  dull  full  cluttered  unprocessed  slimy  held  absorptive  buffering  nourishing  fertile  sturdy  solid  protective  maternal  moist  foggy  clouded  unclear  nurturing |

**further understanding**

Remember, the energetic composition (VPK) of anything can be understood by sensing it’s qualities. So, when you note these qualities in anything, you are sensing the presence of vata, pitta, and kapha.

* Notice there are some words that may seem more “good” or “bad” because we are conditioned to categorize the world this way. For example, depleted may seem like a “bad” aspect of vata, and sweet may seem like a “good” aspect of kapha. In reality, the designation is in our minds, and relative to the beholder.
* What may be intense to me, *por ejemplo*, may not seem intense to you. This could be the case if I had a sensitive (more vata) nature/current state, or if you had more accepting (more kapha) of a nature/current state.
* That we perceive differently underscores our unique nature, or constitution. We’ll go into this in the Module 3: your unique nature.
* Each dosha has its beneficial qualities, which are augmented **when we are in balance** in that dosha. Similarly, each dosha has its detrimental qualities, which we see when we have imbalance. We’ll explore this concept further in Modules 4 and 5, while looking at your current state and defining imbalance.