qualities of vpk chart

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

|  |  |  |  |
| --- | --- | --- | --- |
| Dosha | Vata  | Pitta  | Kapha  |
| traditional qualities | dry light cold subtle clear mobile dispersing astringent bitter | hot sharp light oilypungent sour spreading | heavy slowcool oily dampsmooth soft static viscous sweet |
| additional adjectives  | scatteredirregularhardungroundedeffusiveflakyrestlessunsubstantialanimatingfreshfloatinginvigoratingemptyetherealopenvastcrunchyunpredictableunexpectedvibrantdepletedcrispenthusiasticephemeraltransparentunstablefast | intensecriticaldiscerningpurepassionatepenetratingtransformativeprocessingto-the-pointdigestinganalyzingstrategizingworkingilluminatingcatabolicfluid flowingbrightglowingtartspicyacidictangystingingburningproducingevaluating | denseregularthickgroundedcalmunchangingstillsubstantialdullfullclutteredunprocessedslimyheldabsorptivebufferingnourishingfertilesturdysolidprotectivematernalmoistfoggycloudedunclearnurturing |

**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.