



THE DOSHAS

AND THEIR FUNCTIONS

Source: Textbook of Ayurveda (Vol. 1) by Dr. Vasant Lad

VATA DOSHA

AIR + SPACE

Light
Cold
Dry
Hard
Mobile
Sharp
Rough
Flowing
Subtle
Clear

FUNCTIONS OF VATA

- All physical movements
- Maintenance of life
- Communication
- Governs mind, sensory perception, motor functions
- Movements of thoughts, feelings, nerve impulses
- Respiration
- Heart function
- Circulation
- Ingestion
- Peristalsis and enzyme secretion
- Assimilation and absorption
- Elimination of urine, feces, sweat
- Menstruation, childbirth, orgasm
- Cellular respiration and division
- Hearing
- Touch
- Creativity, joy

PITTA DOSHA

FIRE + WATER

Hot
Sharp
Light
Liquid
Oily
Flowing
Sour

FUNCTIONS OF PITTA

- Governs bodily metabolism
- Digestion, absorption, assimilation of food
- Maintenance of body temperature
- Appetite
- Thirst
- Taste
- Color
- Luster of eyes, hair, skin, body
- Sensitive and reactive body
- Intelligence, understanding, comprehension, knowledge
- Courage
- Ambition
- Transformation
- Visual perception

KAPHA DOSHA

WATER + EARTH

Heavy
Slow/Dull
Cold
Moist
Liquid
Slimy/smooth
Dense
Soft
Static
Sticky
Cloudy
Hard
Gross

FUNCTIONS OF KAPHA

- Lubrication
- Nourishment
- Support and stability
- Groundedness
- Growth
- Water electrolyte balance
- Fat regulation
- Strength and stamina
- Energy
- Repair and regeneration
- Memory retention
- Contentment
- Forgiveness
- Compassion
- Taste perception
- Olfactory perception (smell)