

Dosha is made of taste
Taste is made of elements
(Season to increase this flavor)
Elements are made of qualities
Qualities are the foundation

	Vata		Vata		Vata & Pitta		Pitta & Kapha		Pitta & Kapha		Kapha	
	Bitter		Astringent		Pungent		Sour		Salty		Sweet	
	Spr, Sum.		Spr, Sum.		Spr.		Win.		Win.		Sum, Win.	
	Ether	Air	Air	Earth	Air	Fire	Fire	Earth	Water	Fire	Water	Earth
	K P -		K P -		K -		V -		V -		V -	
dry												
moist												
cool												
warm												
smooth												
rough												
heavy												
light												
dull												
sharp												
static												
mobile												
soft												
hard												
dense												
flowing												
gross												
subtle												
cloudy												
clear												

Each element is colour-coded and is listed only with the applicable quality. (e.g. since air is clear, it won't be listed in any taste that is cloudy, such as sour. Elements only appear in the appropriate quality for that taste.)

Ways to use this chart:

1) Locate the dosha and follow that column downward for its taste, elements & qualities.

Each dosha is color-coordinated for quick reference (Vata, Pitta, Kapha)

Vata is bitter, made of ether & air. It's dry, cool, rough, light, sharp, mobile, hard, flowing, subtle, and clear.

2) If you want only the elements of a specific quality, look for the color-coded element in that row.

The dry quality makes ether, air, earth, fire. Moist only makes water.

3) To increase that dosha, increase the consumption of those tastes, elements & qualities.

To decrease that dosha, decrease the consumption of those tastes, elements & qualities.

*The "--" sign indicates that taste is good for those doshas, as it has opposite elements & qualities from that dosha's nature.

Each flavor has a season it's best increased in, which decreases the dominant dosha of that season.

Example: Vata is bitter, a taste made of ether & air; this flavor increases Vata & is best if limited.

This taste decreases (i.e. is good for) Kapha & Pitta; it is best in the spring & summer.

Quality & Elemental representation

dry	air	ether	fire		earth
moist				water	
cool	air	ether		water	earth
warm			fire		
smooth		ether		water	
rough	air		fire		earth
heavy				water	earth
light	air	ether	fire		
dull		ether		water	earth
sharp	air		fire		
static				water	earth
mobile	air	ether	fire		
soft		ether		water	
hard	air		fire		earth
dense					earth
flowing	air	ether	fire	water	
gross				water	earth
subtle	air	ether	fire		
cloudy				water	earth
clear	air	ether	fire		