

CLASS 12

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# FUNDAMENTALS OF AYURVEDA

## VATA DOSHA

- ▶ Physical location of Vata dosha -

*Prana* | *Apana* | *Udana* | *Samana* | *Vyana*

## VATA DOSHA

- ▶ Physical manifestation of Vata dosha

*Head*

*Bladder, Pelvis, Lower  
abdomen*

*Thighs*

*Hands*

## SAMA DOSHA ON VATA

- ▶ Effect of Sama Dosha on Vata -

*Head*

*Bladder, Pelvis, Lower  
abdomen*

*Thighs*

*Hands*

## PITTA DOSHA

- ▶ Physical location of Pitta Dosha -

*Pachaka*

*Ranjaka*

*Sadhaka*

*Alochaka*

*Bhrajaka*

## PITTA DOSHA

- ▶ Physical manifestation of Pitta Dosha -

*Eyes*

*Liver*

*Calves*

*Small spaces in the body  
such as nasal canal*

## SAMA DOSHA ON PITTA

- ▶ Effect of Sama Dosha on Pitta -

*Eyes*

*Liver*

*Calves*

*Small spaces in the body  
such as nasal canal*

## KAPHA DOSHA

- ▶ Physical location of Kapha dosha -

*Avalambaka* | *Kledaka* | *Bodhaka* | *Tarpaka* | *Shleshaka*



## KAPHA DOSHA

- ▶ Physical manifestation of Kapha dosha -

*Mouth*

*Breast*

*Feet*

*Upper part of the arm*

## SAMA DOSHA ON KAPHA

- ▶ Effect of Sama dosha on Kapha -

*Mouth*

*Breast*

*Feet*

*Upper part of the arm*

END OF CLASS 12

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# FUNDAMENTALS OF AYURVEDA