



CLASS 6

FUNDAMENTALS OF AYURVEDA

UPA DOSHA (SUB-DOSHA)



There are 15 subdoshas

These are classified under Vata, Pitta and Kapha
Doshas

UPA DOSHA (SUB-DOSHA)



Vata dosha -

Prana Vayu

Apana Vayu

Udana Vayu

Samana Vayu

Vyana Vayu

Pitta dosha -

Sadhaka Pitta

Ranjaka Pitta

Alochaka Pitta

Pachaka Pitta

Bhrajaka Pitta

Kapha dosha -

Kledaka Kapha

Bodhaka Kapha

Tarpaka Kapha

Avalambaka Kapha

Shleshaka Kapha

UPA DOSHA (SUB-DOSHA)



Prana Vayu-

Location: Head

Action - Inspiration, Swallowing, Memorising, Grasping through sense organs. It governs the functioning of heart (particularly systolic function), lungs, brain. Actions of coughing, sneezing and spitting are governed by Prana Vayu

UPA DOSHA (SUB-DOSHA)



Apana Vayu-

Location: Large Intestines

Action - Defecation, Urination, Ejaculation of Semen, Menstruation and Child birth

UPA DOSHA (SUB-DOSHA)



Udana Vayu-

Location: Navel

Action - Expiration, Speaking, Recapitulation of memory, Burping, Vomiting

UPA DOSHA (SUB-DOSHA)



Samana Vayu-

Location: 4 fingers above navel

Action - It is the seat of Agni. It helps in Digestion, absorption, assimilation, Dilation of heart.

UPA DOSHA (SUB-DOSHA)



Vyana Vayu-

Location: Extremities

Action - Circulation of blood and nutrients, Flow of
Consciousness through the body

UPA DOSHA (SUB-DOSHA)



Sadhaka Pitta -

Location: Heart

Action - Focus, Firing your intention

UPA DOSHA (SUB-DOSHA)



Pachaka Pitta -

Location: Stomach, Intestines

Action - Digestion, Absorption, Assimilation

UPA DOSHA (SUB-DOSHA)



Ranjaka Pitta -

Location: Liver, Spleen

Action - colours of blood, urine, Faecal matter, bile,
skin

UPA DOSHA (SUB-DOSHA)



Alochaka Pitta -

Location: Eyes, Brain

Action - Perception, Vision

UPA DOSHA (SUB-DOSHA)



Bhrajaka Pitta -

Location: Liver, Skin

Action - Skin texture and colour

UPA DOSHA (SUB-DOSHA)



Kledaka Kapha -

Location: Oesophagus (food pipe), Stomach

Action - protects stomach walls, helps in digestion

UPA DOSHA (SUB-DOSHA)



Avalambaka Kapha -

Location: Pleural sack, Pericardium

Action - Absorbs shock of heart beat, maintains lung pressure

UPA DOSHA (SUB-DOSHA)



Bodhaka Kapha -

Location: Mouth

Action - Lines oral cavity, promotes salivation and enzyme secretion

UPA DOSHA (SUB-DOSHA)



Tarpaka Kapha -

Location: Head (sinuses, ventricles in the brain)

Action - Maintains sinuses health, helps in
manifestation

UPA DOSHA (SUB-DOSHA)



Shleshaka Kapha -

Location: Joints

Action - Maintains smooth movement of joints



END OF CLASS 6

FUNDAMENTALS OF AYURVEDA