



REVIEW OF CLASS 6

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# 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



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# FUNDAMENTALS OF AYURVEDA TRAINING

## UPA DOSHA (SUB-DOSHA)



The subdoshas can alter their function depending on certain internal and external factors. These create changes in the Gati.

You remember from Chapter 3 wherein we have studied about Sama and Nirama Gati of Vata, Pitta and Kapha Dosha

## UPA DOSHA (SUB-DOSHA)



Prana Vayu- Sama Gati

Location: Head

Manifestation - short breath, Pain in centre of chest, coughs, Negative thoughts, Grasping ability compromised. Increased heart rate.

## UPA DOSHA (SUB-DOSHA)



Apana Vayu- Sama Vayu

Location: Large Intestines

Manifestation - Constipation/low bowel pressure,  
Urine retention, improper menstruation, Low ovum  
health

## UPA DOSHA (SUB-DOSHA)



Udana Vayu- Sama Vayu

Location: Navel

Manifestation - Incomplete exhalation, Stuttering,  
Speaking, inability to recapitulate stored memory,  
Excessive Burping, Travel sickness, giddiness,  
Vertigo, stiffness in neck

## UPA DOSHA (SUB-DOSHA)



Samana Vayu- Sama Vayu

Location: 4 fingers above navel

Manifestation - Mandagni, Gastritis, rumbling of bowels, improper digestion, mal-absorption, sweaty palms and feet, fatigue, low back pains.



## UPA DOSHA (SUB-DOSHA)



Vyana Vayu- Sava Vayu

Location: Extremities

Manifestation - Improper circulation of blood and nutrients, pins and needles in extremities, radiating pains in low back, Obstructed flow of Consciousness through the body causing tightness in limbs

## UPA DOSHA (SUB-DOSHA)



Sadhaka Pitta - Sama Vayu

Location: Heart

Manifestation - Lack of focus, self defeating thoughts

## UPA DOSHA (SUB-DOSHA)



Pachaka Pitta - Sama Vayu

Location: Stomach, Intestines

Manifestation - Improper digestion, pins and needles in stomach, mal-absorption, improper assimilation, bloated abdomen

## UPA DOSHA (SUB-DOSHA)



Ranjaka Pitta - Sama Vayu

Location: Liver, Spleen

Manifestation - Vitiligo, subcutaneous fat deposits

## UPA DOSHA (SUB-DOSHA)



Alochaka Pitta - Sama Vayu

Location: Eyes, Brain

Manifestation - Clouded perceptions, Resistance to perceptions, Problems in vision acuity, pain in eyes

## UPA DOSHA (SUB-DOSHA)



Bhrajaka Pitta - Sama Vayu

Location: Liver, Skin

Manifestation - Discolouration of skin, dry skin,  
urticaria

## UPA DOSHA (SUB-DOSHA)



Kledaka Kapha - Sama Vayu

Location: Oesophagus (food pipe), Stomach

Manifestation - Excess alkaline mucous secretions,  
gas formation in stomach

## UPA DOSHA (SUB-DOSHA)



Avalambaka Kapha - Sama Vayu

Location: Pleural sack, Pericardium

Manifestation - Coughing, Heavy and laboured breathing, short breath



## UPA DOSHA (SUB-DOSHA)



Bodhaka Kapha - Sama Vayu

Location: Mouth

Manifestation - Bad breath, excess salivation,  
impaired enzyme secretions in mouth

## UPA DOSHA (SUB-DOSHA)



Tarpaka Kapha - Sama Vayu

Location: Head (sinuses, ventricles in the brain)

Manifestation - stiffness in head and neck, shifting headaches, sinus congestion

## UPA DOSHA (SUB-DOSHA)



Shleshaka Kapha - Sama Vayu

Location: Joints

Manifestation - Knee pains, stiffness in knees,  
swollen joints



END OF CLASS 7

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**FUNDAMENTALS OF AYURVEDA**