



CLASS 9

FUNDAMENTALS OF AYURVEDA

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. Today we will study about Saga Pitta and Sama Kapha

UPA DOSHA (SUB-DOSHA)



Prana Vayu- Sama Pitta

Location: Head

Manifestation - short breath, Bronchospasms, Allergic Bronchitis, Short and repeated coughs, thoughts of anger and resentment, Stiffness in fingers. Rigid heart beat.

UPA DOSHA (SUB-DOSHA)



Apana Vayu- Sama Pitta

Location: Large Intestines

Manifestation - Fissure/Ulcerative Colitis, Urinary incontinence, Menorrhagia, Endometriosis, Low ovum health, Erectile Dysfunction (in men), Low sperm count and low motility

UPA DOSHA (SUB-DOSHA)



Udana Vayu- Sama Pitta

Location: Navel

Manifestation - stiffness in diaphragm, Inability to breathe out properly, tightness in abdomen, tiredness and fatigue, memories of anger and resentment, Excessive hunger, weight loss, tightness in nape of neck

UPA DOSHA (SUB-DOSHA)



Samana Vayu- Sama Pitta

Location: 4 fingers above navel

Manifestation - Teekshnaagni, Acidic indigestion, thinning of intestinal walls, perforation in small intestines, Typhoid, mal-absorption, hotness in hands and feet, fatigue, straightening of lumbar spine

UPA DOSHA (SUB-DOSHA)



Vyana Vayu- Sava Pitta

Location: Extremities

Manifestation - Improper circulation of blood and nutrients, hotness in hands and feet, burning sensation in hands and feet, Obstructed flow of Consciousness through the body causing tightness in limbs

UPA DOSHA (SUB-DOSHA)



Sadhaka Pitta - Sama Pitta

Location: Heart

Manifestation - Rigid heart beat, Resentment and anger, Suicidal thoughts, glistening eyes, Migraines, Strain in eyes

UPA DOSHA (SUB-DOSHA)



Pachaka Pitta - Sama Pitta

Location: Stomach, Intestines

Manifestation - improper digestion and absorption,
cramps in stomach, stiff abdomen

UPA DOSHA (SUB-DOSHA)



Ranjaka Pitta - Sama Pitta

Location: Liver, Spleen

Manifestation - Hyper-pigmentation, non-alcoholic / chronic liver cirrhosis, bleeding gums, Strain in eyes while seeing harsh light, migraine headaches when listening to sharp sounds, and smelling strong perfumes and harsh sunlight

UPA DOSHA (SUB-DOSHA)



Alochaka Pitta - Sama Pitta

Location: Eyes, Brain

Manifestation - Perceptions filled with resentment, and hatred, glistening eyes, dryness in eyes, vessel degeneration in macular region

UPA DOSHA (SUB-DOSHA)



Bhrajaka Pitta - Sama Pitta

Location: Liver, Skin

Manifestation - Hyperpigmentation of skin, thinning skin tissue, easily bruised, urticaria

UPA DOSHA (SUB-DOSHA)



Kledaka Kapha - Sama Pitta

Location: Oesophagus (food pipe), Stomach

Manifestation - Acidic indigestion, H-Pilori infection,
GERD

UPA DOSHA (SUB-DOSHA)



Avalambaka Kapha - Sama Pitta

Location: Pleural sack, Pericardium

Manifestation - Stiffness in Bronchi, Tuberculosis,
Burning sensation in throat, Coughs between
sunrise and sunset

UPA DOSHA (SUB-DOSHA)



Bodhaka Kapha - Sama Pitta

Location: Mouth

Manifestation - Mouth ulcers, Mouth cancers, indicates habits of chewing tobacco, eating supari processed with supari

UPA DOSHA (SUB-DOSHA)



Tarpaka Kapha - Sama Pitta

Location: Head (sinuses, ventricles in the brain)

Manifestation - stiffness in head and neck, Migraine headaches, blocked sinuses

UPA DOSHA (SUB-DOSHA)



Shleshaka Kapha - Sama Pitta

Location: Joints

Manifestation - Stiffness in ligaments, sharp shooting knee pains, stiffness in knees, Osteopenia

UPA DOSHA (SUB-DOSHA)



Prana Vayu- Sama Kapha

Location: Head

Manifestation - short breath, Pneumonia, low self confidence, Pleural effusion, Pericardial effusion, Chylothorax

UPA DOSHA (SUB-DOSHA)



Apana Vayu- Sama Kapha

Location: Large Intestines

Manifestation - Intestinal infection, Uterine Fibroids, bulky Prostate, clots during menses, Low ovum health, Excess sperm count, Hydrocele

UPA DOSHA (SUB-DOSHA)



Udana Vayu- Sama Kapha

Location: Navel

Manifestation - Difficulty in speaking, Inability to breathe out properly, Weak abdomen and back, tiredness and fatigue, diminished hunger

UPA DOSHA (SUB-DOSHA)



Samana Vayu- Sama Kapha

Location: 4 fingers above navel

Manifestation - Manaagni, Excess mucous in intestines, thinning of intestinal walls, perforation in small intestines, Typhoid, mal-absorption, hotness in hands and feet, fatigue, straightening of lumbar spine

UPA DOSHA (SUB-DOSHA)



Vyana Vayu- Sava Kapha

Location: Extremities

Manifestation - Improper circulation of blood and nutrients, coldness and numbness in hands and feet, Obstructed flow of Consciousness through the body causing accumulation of fluids in limbs

UPA DOSHA (SUB-DOSHA)



Sadhaka Pitta - Sama Kapha

Location: Heart

Manifestation - Dull heart beat, Bradycardia, unhappiness from unfulfilled desires, dullness in eyes, blocks in arteries and vessels of the heart

UPA DOSHA (SUB-DOSHA)



Pachaka Pitta - Sama Kapha

Location: Stomach, Intestines

Manifestation - no hunger, improper digestion and absorption, excess mucous in intestines, bloated abdomen, intestinal infection

UPA DOSHA (SUB-DOSHA)



Ranjaka Pitta - Sama Kapha

Location: Liver, Spleen

Manifestation - Hypo-pigmentation, non-alcoholic Fatty liver disease, compromised immunity, whitish stools and urine, varicose veins, low back pains

UPA DOSHA (SUB-DOSHA)



Alochaka Pitta - Sama Kapha

Location: Eyes, Brain

Manifestation - Perceptions filled with unhappiness,
dullness in eyes, cataract

UPA DOSHA (SUB-DOSHA)



Bhrajaka Pitta - Sama Kapha

Location: Liver, Skin

Manifestation - Hypo-pigmentation, low vitamin D3, subcutaneous fat lining under the skin, thickening skin tissue may cause psoriasis, possibility of dian

UPA DOSHA (SUB-DOSHA)



Kledaka Kapha - Sama Kapha

Location: Stomach

Manifestation - Mandaagni (low gastric fire), bad
breath

UPA DOSHA (SUB-DOSHA)



Avalambaka Kapha - Sama Kapha

Location: Pleural sack, Pericardium

Manifestation - Congestion in lungs with phlegm,
asthma, asthma, Pneumonia

UPA DOSHA (SUB-DOSHA)



Bodhaka Kapha - Sama Kapha

Location: Mouth

Manifestation - Excess salivary secretions in mouth, drooling, indicates that the person has been eating more sweets, lack of hunger

UPA DOSHA (SUB-DOSHA)



Tarpaka Kapha - Sama Kapha

Location: Head (sinuses, ventricles in the brain)

Manifestation - Pain in the back of the head, Fluid accumulation in head, dullness due to medication

UPA DOSHA (SUB-DOSHA)



Shleshaka Kapha - Sama Kapha

Location: Joints

Manifestation - painful joints, arthritis, Bursitis



END OF CLASS 9

FUNDAMENTALS OF AYURVEDA