

Ayurvedic Cycles of the Day

Part I-Characteristics Which Do Not Change

are the hardest to de-  
counts of each dosha.  
endency to long life,  
physicians say that  
treat when they do  
ew true V-P-K types.  
a mixed type.

yourself, remember  
arn about yourself.  
e V-P-K balance of

cribes you.  
e you, or none.

choices that you  
e body type with  
ace the world. Of  
m this (see Part  
promised immu-  
veal you to be  
configuration is  
compare them to

Vata	Pitta	Kapha
<input type="checkbox"/> 1. Thin and unusually tall or short.	<input type="checkbox"/> 1. Medium body.	<input type="checkbox"/> 1. Large body.
<input type="checkbox"/> 2. Light, small bones and/or prominent joints.	<input type="checkbox"/> 2. Medium bone structure.	<input type="checkbox"/> 2. Heavy bone structure.
<input type="checkbox"/> 3. Long tapering fingers and toes.	<input type="checkbox"/> 3. Fingers and toes medium in length.	<input type="checkbox"/> 3. Fingers and toes short and squarish.
<input type="checkbox"/> 4. Thin as a child.	<input type="checkbox"/> 4. Medium build as a child.	<input type="checkbox"/> 4. Large or chunky as a child.
<input type="checkbox"/> 5. If gains weight, around middle.	<input type="checkbox"/> 5. If gains weight, deposits fat evenly.	<input type="checkbox"/> 5. Tends to gain weight, especially in rear and thighs.
<input type="checkbox"/> 6. Dark complexion (relative to family—tans easily).	<input type="checkbox"/> 6. Fair skin, sunburns easily, freckles and moles common.	<input type="checkbox"/> 6. Tans evenly.
<input type="checkbox"/> 7. Body hair scanty or overabundant, tends to be dark, coarse and curly.	<input type="checkbox"/> 7. Light body hair - fine texture.	<input type="checkbox"/> 7. Moderate amount of body hair.
<input type="checkbox"/> 8. Small forehead.	<input type="checkbox"/> 8. Medium forehead with folds and lines.	<input type="checkbox"/> 8. Large forehead.
<input type="checkbox"/> 9. Small, dark, active eyes.	<input type="checkbox"/> 9. Medium size, light green, gray, amber or blue eyes.	<input type="checkbox"/> 9. Large, liquid, sometimes blue, often chocolate brown eyes.
<input type="checkbox"/> 10. Crooked, uneven or buck teeth that are sensitive to heat and cold, may have needed braces.	<input type="checkbox"/> 10. Even teeth, of medium size.	<input type="checkbox"/> 10. Large, even, gleaming teeth.
<input type="checkbox"/> 11. Neck small, unsteady.	<input type="checkbox"/> 11. Moderate neck.	<input type="checkbox"/> 11. Large, steady neck.

Vata	Pitta	Kapha
<input type="checkbox"/> 12. Delicate chin.	<input type="checkbox"/> 12. Moderate chin.	<input type="checkbox"/> 12. Large jaw.
<input type="checkbox"/> 13. As a child, hair kinky, curly.	<input type="checkbox"/> 13. As a child, hair fine, light.	<input type="checkbox"/> 13. As a child, hair wavy & thick.
_____ Total VATA	_____ Total PITTA	_____ Total KAPHA

**Part II - Characteristics Which Change.** This shows where your balance is now. Total your VPK here and compare it to your original VPK to see how you've shifted. Many of these characteristics are symptoms of imbalance and you may wish to be free of them. Example, if you were born primarily Vata, but in Part II demonstrate a shift into Kapha symptoms like weight gain, fluid retention, craving sweets, this shows a Kapha imbalance that needs correcting.

### Part II - Characteristics Which Change

Vata	Pitta	Kapha
<input type="checkbox"/> 1. Difficulty gaining weight.	<input type="checkbox"/> 1. Can gain or lose weight if puts mind to it.	<input type="checkbox"/> 1. Gains weight easily, hard time losing without exercise.
<input type="checkbox"/> 2. Cold hands and feet.	<input type="checkbox"/> 2. Skin warm to touch.	<input type="checkbox"/> 2. Skin cool but not cold.
<input type="checkbox"/> 3. Dry skin (1/4" thick - pinch skin on forearm), chaps easily. Prone to corns and callouses.	<input type="checkbox"/> 3. Oily skin, prone to pimples and rashes (1/4 " - 1/2" thick).	<input type="checkbox"/> 3. Thick skin (3/4+" thick), well lubricated.
<input type="checkbox"/> 4. Often suffers cracked, chapped lips	<input type="checkbox"/> 4. Deep, red lips, tendency toward cold sores, fever blisters.	<input type="checkbox"/> 4. Full, moist lips.

**Kapha**

Large jaw.  
As a child, hair wavy & thick.

Total KAPHA

your balance is  
VPK to see how  
of imbalance and  
primarily Vata,  
like weight gain,  
ance that needs

**Kapha**

weight easily,  
come losing  
at exercise.  
cool but not  
skin (3/4+)"  
well  
zed.

at lips.

**Vata**

- 5. Dry hair, lusterless, split ends, dark, rough, wiry or kinky.
- 6. Dislikes dryness and cold (likes warmth).
- 7. Tongue dry with thin, grayish coating.
- 8. Eyes often dry and scratchy, sclera (whites of eye) grayish or bluish.
- 9. Bowel movement can be irregular, hard, dry or constipated.
- 10. If ill: nervous disorders, sharp pain likely.
- 11. Sexual interest variable, fantasy life active.
- 12. Menses irregular, scanty flow, severe painful cramps.
- 13. Either indulges in rich food or on strict diet.
- 14. Receding gums.
- 15. Joints - painful, unsteady, cracking or stiff.

\_\_\_\_\_ Total VATA

**Pitta**

- 5. Fine, light, oily, blonde, red or early gray hair, early thinning or baldness possible.
- 6. Prefers cool, well-ventilated places (dislikes heat).
- 7. Tongue coating yellowish, orange or reddish.
- 8. Sclera has reddish or yellow tinge.
- 9. Bowels loose - more than twice a day/diarrhea.
- 10. If ill: fevers, rashes or inflammation likely.
- 11. Highly sexed, arouses easily.
- 12. May bleed heavily, and long loose stool accompanies period.
- 13. Loves proteins, caffeine & hot, spicy, & salty foods.
- 14. Inflamed, bleeding gums.
- 15. Joints - hot, swollen, burning.

\_\_\_\_\_ Total PITTA

**Kapha**

- 5. Thick, slightly wavy hair, a little oily, dark, brown, lustrous.
- 6. Tolerates most climates (dislikes humidity).
- 7. Tongue swollen with thick, curdy, white coating.
- 8. Tendency toward eye puffiness.
- 9. Large full bowel movement, once a day/mucous, itching.
- 10. If ill: swelling, fluid retention, mucous, congestion.
- 11. Steady sex, slow to arouse.
- 12. Prone to water weight during menses, slight cramps, if any.
- 13. Loves sweets, dairy, bread and pastry.
- 14. Thick gums.
- 15. Joints - loose, aching, watery, swollen.

\_\_\_\_\_ Total KAPHA

**Part III - The Mind.** The mind of each metabolic type demonstrates favorable and unfavorable characteristics. Vatas are creative thinkers but change their mind often. Pittas have good memory and organization skills but can tend toward snap decisions and running over people in their drive to get things done. Kaphas work well with routine and follow directions thoughtfully but are slow to make decisions and can lack creativity. Knowing yourself and understanding how you think can save you much discomfort. For example, if your questionnaire reveals that you have predominately Vata mind characteristics you will be much happier in a job using your creativity rather than management or repetitive routines.

**Part III - Mind**

<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
<input type="checkbox"/> 1. Concentration is short, short-term memory good, but forgets quickly.	<input type="checkbox"/> 1. Good short- and long-term memory, logical, rational thoughts.	<input type="checkbox"/> 1. Takes time to learn things, once learned, never forgets.
<input type="checkbox"/> 2. Dislikes routine.	<input type="checkbox"/> 2. Enjoy planning & organizing, especially if self-created.	<input type="checkbox"/> 2. Works well with routine.
<input type="checkbox"/> 3. Difficulty deciding, changes mind easily.	<input type="checkbox"/> 3. Rapid decision-making, sees things clearly.	<input type="checkbox"/> 3. Takes time making decisions, sticks with it.
<input type="checkbox"/> 4. Restless, active, likes movement.	<input type="checkbox"/> 4. Aggressive, likes competitive activities.	<input type="checkbox"/> 4. Calm, likes to relax, leisure activities.
<input type="checkbox"/> 5. Creative thinker.	<input type="checkbox"/> 5. Organized thinker.	<input type="checkbox"/> 5. Prefers to follow a plan or idea.
<input type="checkbox"/> 6. Does many projects all at once.	<input type="checkbox"/> 6. Constantly organizing, likes to proceed in orderly fashion.	<input type="checkbox"/> 6. Resists change, new projects; likes simplicity.
<input type="checkbox"/> 7. Knows a lot of people, few close friends.	<input type="checkbox"/> 7. Very selective, but creates warm friendships/makes enemies easily.	<input type="checkbox"/> 7. Loyal, with many friends.
<input type="checkbox"/> 8. Spends impulsively, money is to be used.	<input type="checkbox"/> 8. Plans spending, money is for achieving purpose.	<input type="checkbox"/> 8. Spends reluctantly, likes to save.
_____ Total VATA	_____ Total PITTA	_____ Total KAPHA

**Part IV - The Emotions.** The emotional characteristics of each type have positive and negative aspects. Vata people become easily anxious or fearful, yet can forget quickly and don't often hold a grudge. Pitta's anger comes quickly, but they have the ability to transform it to competitiveness or overcoming a challenge. Kapha's sensitivity means a slight is not easily forgiven, but that sensitivity makes them loyal and romantic.

Look at your choices in this section and note where you are emotionally: are you manifesting positive or negative aspects; are your emotions in line with your initial type (Part I), current balance (Part III) or have you developed characteristics outside of your dosha (summary of questionnaire, page 30).

**Part IV - The Emotions**

...demonstrates favorable  
...change their mind  
...tend toward snap  
...done. Kaphas work  
...to make decisions  
...you think can save  
...deals that you have  
...prefer in a job using  
  
Kapha  
  
...takes time to  
...things, once  
...med, never for-  
  
...works well with  
...ne.  
  
...takes time mak-  
...decisions,  
...with it.  
...likes to relax,  
...activities.  
...to follow a  
...idea.  
...change,  
...projects; likes  
...city.  
...with many  
  
...reluctantly,  
...ave.  
  
KAPHA

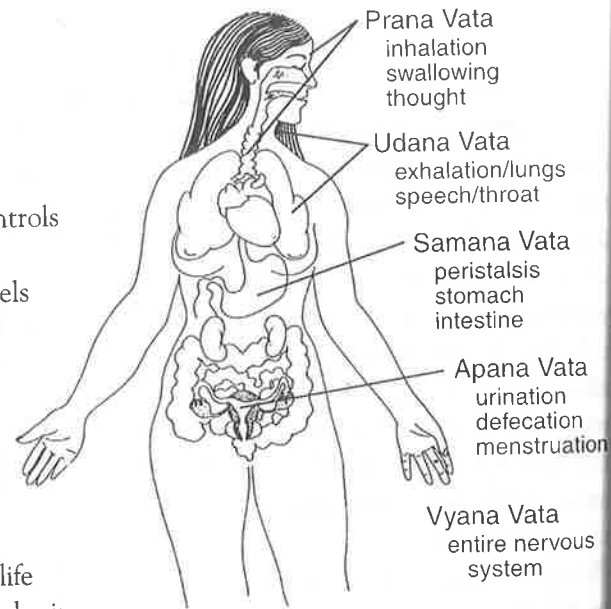
Vata	Pitta	Kapha
<input type="checkbox"/> 1. Experiences fear.	<input type="checkbox"/> 1. Experiences hate.	<input type="checkbox"/> 1. Experiences apathy.
<input type="checkbox"/> 2. Practices secretiveness.	<input type="checkbox"/> 2. Can be vindictive.	<input type="checkbox"/> 2. Can be uncaring.
<input type="checkbox"/> 3. Can be self- destructive.	<input type="checkbox"/> 3. Can be destructive.	<input type="checkbox"/> 3. Feels victimized.
<input type="checkbox"/> 4. Anxious.	<input type="checkbox"/> 4. Irritable.	<input type="checkbox"/> 4. Attached.
<input type="checkbox"/> 5. Sneaky.	<input type="checkbox"/> 5. Manipulative.	<input type="checkbox"/> 5. Greedy.
<input type="checkbox"/> 6. Nervous.	<input type="checkbox"/> 6. Angry.	<input type="checkbox"/> 6. Desirous.
<input type="checkbox"/> 7. Dynamic.	<input type="checkbox"/> 7. Perceptive.	<input type="checkbox"/> 7. Harmonious.
<input type="checkbox"/> 8. Communicative.	<input type="checkbox"/> 8. Caring.	<input type="checkbox"/> 8. Devoted.
<input type="checkbox"/> 9. Flexible.	<input type="checkbox"/> 9. Tolerant.	<input type="checkbox"/> 9. Patient.
<input type="checkbox"/> 10. Feelings and emotions change easily.	<input type="checkbox"/> 10. Aggressive about opinions and feel- ings, gives opin- ions even if they are not asked for.	<input type="checkbox"/> 10. Avoids giving opinions in diffi- cult situations.
<input type="checkbox"/> 11. Dreams about flying, restless, nightmares.	<input type="checkbox"/> 11. Dreams in color, fast, passion, conflicts.	<input type="checkbox"/> 11. Romantic, short dreams, often involve water.
_____ Total VATA	_____ Total PITTA	_____ Total KAPHA

tem, with its greatest concentration in the colon. Pitta's primary concentration is in the small intestine, but also the liver, heart, eyes, and skin. Kapha has its primary location in the chest, but also the stomach, mouth, head and joints. When the doshas are out of balance, they will produce specific conditions which are characteristic of their location in the body.

The subdoshas are important in diagnosis and treatment. Even if you discovered that you are a pure fire-type with an imbalance of Pitta, during flu season you may experience a Kapha flu with an excess of mucous discharge. It would then be appropriate to drop your Pitta-reducing regimen, and use the essential oils that can reduce the aggravation of Kapha you are experiencing in your sinus area.

## THE FIVE FORMS OF VATA

Each of these forms controls movements in nerves, muscles and blood vessels in a specific part of the body.



**Prana Vata** is our vital life force. It is located in the brain, the head and the chest and is responsible for inhalation and the downward movement, or swallowing, of food. It makes possible all of the senses, including the ability to think and have feelings. Almost all diseases have some aspect of disruption of the Prana Vata and therefore breathing exercises and aromatherapy can be an important part in healing any condition. Our fast-paced society with its flood of impressions and over-stimulation causes us to unconsciously restrict our breathing and

lowers our life force. Just notice how “dead” people appear as they watch TV; hardly breathing at all (thoroughly stimulated visually and auditorially, but hardly reacting).

**Symptoms of Imbalance**

- worry
- anxiety
- insomnia
- asthma
- tension headaches
- hoarseness
- hiccups
- dry cough
- tuberculosis
- shortness of breath
- dehydration
- emaciation
- wasting
- poor memory
- senility
- irregular heartbeat
- loss of voice

**Essential Oils to Restore Balance**

- calamus
- sandalwood
- rosemary
- brahmi
- myrtle
- hyssop
- basil krishna
- angelica
- cardamon
- orange

**Essential Oil Applications**

- inhalations
- nasya (nose drops)
- compresses
- seasonings in food and teas
- shirodhara

(see Section III for more information on oil applications and restoring balance)

**Udana Vata** is concentrated in the lung and throat. It is known as the upward moving air and is responsible for exhalation. It makes speech possible, promotes physical strength, and creates a strong intellect and memory. Udana Vata allows the release of emotions and the letting go of thought projections (forgiveness).

**Symptoms of Imbalance**

- dry eyes
- sore throat
- tonsillitis
- lack of enthusiasm
- weakness

**Essential Oils to Restore Balance**

- chamomile
- elecampane (inhalation only)
- anise
- ajwan

**Essential Oil Applications**

- inhalations
- compresses
- gargles



**Symptoms of Imbalance** (continued)

fatigue  
earaches  
speech defects  
stuttering  
cancer  
over-excitement  
dry cough

**Samana Vata** is responsible for moving food into the stomach and intestine by peristalsis. It is a balancer and equalizer of both the mind and the emotions. It is responsible for the movement of digested food into the metabolism.

**Symptoms of Imbalances**

too-slow or too-fast  
movement of food  
indigestion  
diarrhea  
gas  
poor nutrition  
low energy  
dehydration

**Essential Oils to Restore Balance**

ajwan  
cumin  
turmeric  
ginger  
basil  
cloves  
nutmeg  
dill  
valerian

**Essential Oil Applications**

compresses  
food and drink  
seasonings

**Apana Vata**, downward moving air, is responsible for excretion of urine, food residues, menstruation, ejaculation, and the birth process. It sustains the growth of the fetus. When Vata becomes imbalanced it will tend to collect here in the colon more than anywhere else in the body and is the primary site of excess Vata in the body.

**Apana Vata (continued)**

**Symptoms of Imbalance**

constipation  
diarrhea  
diabetes  
menstrual disorders  
dysmenorrhea  
sexual dysfunction  
low back pain  
stillbirth  
difficult birth

**Essential Oils to Restore Balance**

trifolia  
ginger  
garlic  
cinnamon  
lime  
lemon  
onion  
parsley  
asafoetida  
basil

**Essential Oil Applications**

compresses  
basti (enema therapy)  
douche  
implants  
sitz baths

**Vyana Vata** is found throughout the body. Its force is distributed by the nervous system and the circulatory system. It moves nutrition into the cells and moves the waste out. It is responsible for perspiration, heart rhythm, constriction and dilation of the blood vessels, yawning, and the sense of touch. It is the force that moves any of the excess doshas into weaknesses or faults in the body.

**Symptoms of Imbalance**

joint-cracking  
arthritis  
nervousness  
frequent blinking  
heart irregularity  
poor circulation  
difficult body movement

**Essential Oils to Restore Balance**

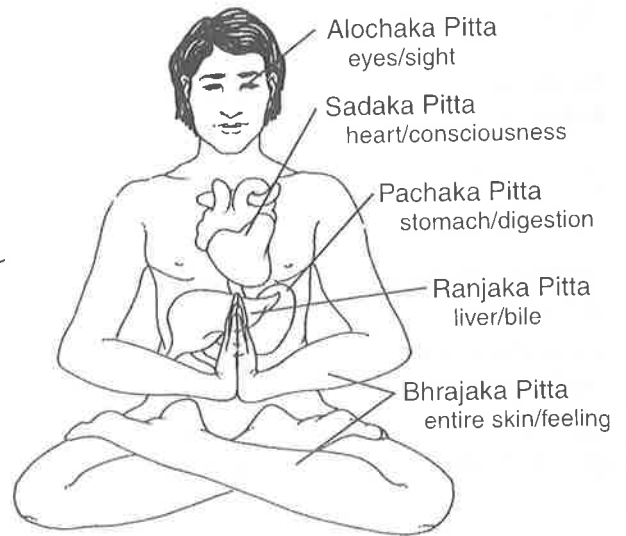
myrrh  
camphor  
cardamon  
cinnamon  
eucalyptus  
valerian

**Essential Oil Applications**

baths  
massage lotions  
food and drink

## THE FIVE FORMS OF PITTA

The five forms of Pitta in the body are responsible for metabolism, digestion, enzymes, hormones, body chemistry, transformation, heat production, understanding of ideas, and vision.



**Pachaka Pitta** manifests as stomach acids and pancreatic enzymes. It produces appetite and cravings, breaks down food into nutrients and wastes and is the primary seat of Pitta. It is in this area that Pitta is most likely to accumulate and cause problems.

### Symptoms of Imbalance

ulcers  
heartburn  
indigestion  
addictions  
cravings

### Essential Oils to Restore Balance

coriander  
cumin  
turmeric  
fennel  
dill  
peppermint  
aloe vera (in fresh form, jel or juice—no essential oil exists)

### Essential Oil Applications

food and drink additives  
stomach compresses

**Ranjaka Pitta** is active in the liver as bile, in the spleen as the production of red blood cells, and is responsible for maintaining blood chemistry, transforming food into metabolites and burning up the toxins that have accumulated in the blood.

**Symptoms of Imbalance**

anger  
 hostility  
 skin inflammations  
 liver disease  
 jaundice  
 blood disorders  
 anemia  
 low blood pressure

**Essential Oils to Restore Balance**

rose  
 sandalwood  
 chamomile  
 myrtle  
 lemon balm  
 lavender  
 coriander  
 neem  
 yarrow  
 chrysanthemum  
 turmeric  
 saffron  
 honeysuckle

**Essential Oil Applications**

food and drink additive  
 cool compresses

**Sadaka Pitta** is centered in the heart, and is regarded as the seat of consciousness. It brings contentment, courage, self reliance, clear-thinking, and digestion of thoughts.

**Symptoms of Imbalance**

heart attack  
 indecision  
 emotional disturbance  
 (anger, sadness,  
 forgetfulness)

**Essential Oils to Restore Balance**

cardamon  
 rose  
 sandalwood  
 saffron  
 lotus  
 hina  
 gardenia  
 jasmine

**Essential Oil Applications**

heart compresses  
 inhalations  
 chakra anointment

Pachaka Pitta  
 eyes/sight

Ranjaka Pitta  
 heart/consciousness

Pachaka Pitta  
 stomach/digestion

Ranjaka Pitta  
 liver/bile

Bhrajaka Pitta  
 entire skin/feeling

enzymes. It pro-  
 cesses and wastes and  
 is most likely to

Essential Oil

Applications

food and drink additives

cool compresses

**Alochaka Pitta** is located in the eyes and is responsible for visual perception, the actual utilization of light by the body which directly stimulates the pineal gland.

**Symptoms of Imbalance**

eye diseases  
visual problems  
red, irritated eyes  
anger

**Essential Oils to Restore Balance**

camphor  
chrysanthemum  
fennel

**Essential Oil Applications**

cool compresses over eyelids (no essential oils should be put into the eyes, even in diluted form; however, floral waters (rose, myrtle) are appropriate for this use

**Bhrajaka Pitta** is located in the skin and is connected with our ability to feel what others feel (be objective). When it is in balance, our skin is radiant and glowing and when it is aggravated, it produces red, irritated skin.

**Symptoms of Imbalance**

acne  
boils  
inflammation  
rashes  
skin cancer  
all skin disorders

**Essential Oils to Restore Balance**

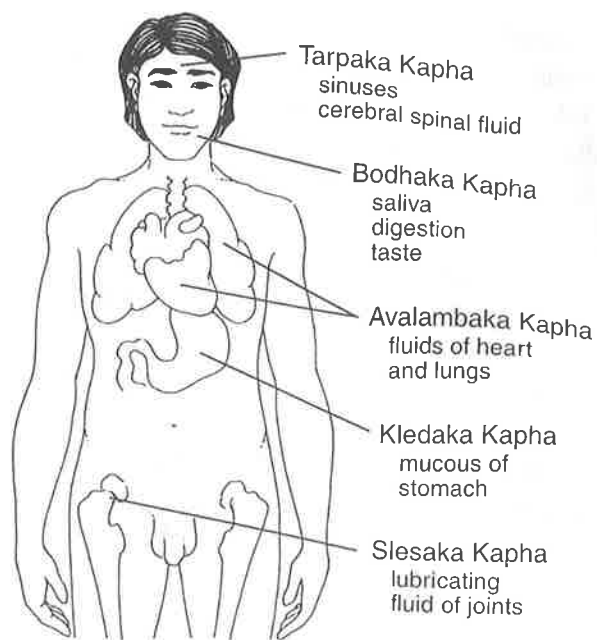
yarrow  
chamomile  
peppermint  
coriander  
lavender  
rose

**Essential Oil Applications**

massage oils and lotions  
cool compresses  
cool or slightly warm baths

## THE FIVE FORMS OF KAPHA

The five Kaphas in the body are responsible for maintaining our tissues and structures, the fluids and lubrication, stability, firmness, flexibility and coolness in the body.



**Bodhaka Kapha** is found in the saliva and digestive fluids in the parotid gland. It is located in the mouth and is responsible for taste. Taste is particularly important to Kapha types and can result in overeating, achieving a dullness of taste and leading to imbalance. The first perception of life for a baby is the need for food, and in the first year of life, everything that the baby gets hold of goes immediately into the mouth: "oral fixation."

### Symptoms of Imbalance

obesity  
food sensitivity  
congestion  
diabetes  
loss of taste

### Essential Oils to Restore Balance

cardamon  
camphor  
calamus  
fennel  
eucalyptus  
ginger  
myrrh

### Essential Oil Applications

mouthwash  
food and drink seasoning

**Avalambaka Kapha** is located in the heart and lining of the lung and provides lubrication for the movement of these very sensitive organs. A loss of these lubricating fluids is one of the most excruciating, painful conditions that you can experience. Avalambaka Kapha provides strength to the back, the chest, the heart, and flexibility to the body.

**Symptoms of Imbalance**

chest congestion  
asthma  
lethargy  
back pains  
stiffness

**Essential Oils to Restore Balance**

cardamon  
orange  
calamus  
elecampane  
ginger  
hyssop  
eucalyptus  
sage

**Essential Oil Applications**

inhalations  
compresses  
massage oil

**Kledaka Kapha** is found in the stomach, and its mucous protects the stomach tissues from Pitta digestion. It mixes with the food and provides an internal lubrication.

**Symptoms of Imbalance**

slow digestion  
fullness  
excess mucous in the stomach

**Essential Oils to Restore Balance**

ginger  
ajwan  
cinnamon  
orange peel  
oregano  
thyme  
cloves

**Essential Oil Applications**

compresses  
heating carminatives  
seasonings of food and drinks

lining of the lung and sensitive organs. A loss of strength to the back,

**Essential Oil Applications**

inhalations  
compresses  
massage oil

**Slesaka Kapha** lubricates the joints of the body and provides ease of movement. Aggravation or excess produces loose, swollen or watery joints.

**Symptoms of Imbalance**

loose joints  
swelling  
stiffness  
slow, painful movements

**Essential Oils to Restore Balance**

ginger  
eucalyptus  
turmeric  
calamus  
juniper  
cypress

**Essential Oil Applications**

hot compresses  
massage oil (blends using mustard seed oil as a base)  
baths  
saunas

**Tarpaka Kapha** nourishes and sustains the sinuses, provides cerebral spinal fluid to cushion the brain and the spinal cord, and moistens the eyes and nose. It gives contentment and inner joy. In the state of enlightenment, tarpaka Kapha transforms itself to *amrita*, the nectar of immortality.

protects the stomach and provides an

**Essential Oil Applications**

compresses  
adding carminatives  
seasonings of food  
and drinks

**Symptoms of Imbalance**

sinus irritation  
headaches  
loss of smell  
irritability

**Essential Oils to Restore Balance**

basil  
eucalyptus  
elecampane  
(inhalation only)  
camphor  
rosemary

**Essential Oil Applications**

nasya  
inhalation  
shirodhara



## Subdoshas Symptom Survey

Use this chart to determine which subdoshas are out of balance.

### VATA

#### Prana Vata

- worry
- anxiety
- dehydration
- emaciation
- insomnia
- wasting
- asthma
- loss of voice
- hoarseness
- tuberculosis
- hiccups
- dry cough
- senility
- tension head-aches
- shortness of breath

#### Udana Vata

- sore throat
- cancer
- tonsillitis
- stuttering
- weakness
- dry cough
- fatigue
- earaches
- dry eyes
- lack of enthusiasm
- over-excitement
- speech defects

#### Samana Vata

- indigestion
- low energy
- diarrhea
- dehydration
- poor nutrition
- too slow food movement
- too fast food movement

#### Apana Vata

- constipation
- diarrhea
- diabetes
- dysmenorrhea
- stillbirth
- difficult birth
- low back pain
- menstrual disorders
- sexual dysfunction

#### Vyana Vata

- joint-cracking
- nervousness
- arthritis
- frequent blinking
- heart irregularity
- poor circulation
- difficult body movement

# PITTA

## Pachaka Pitta

- ulcers
- indigestion
- heartburn

- addictions
- cravings

## Ranjaka Pitta

- anger
- liver disease
- hostility
- jaundice
- anemia

- skin inflammations
- blood disorders
- low blood pressure

## Sadhaka Pitta

- heart attack
- indecision

- emotional disturbance

## Alochaka Pitta

- eye diseases
- anger

- visual problems
- red, irritated eyes

## Bhrajaka Pitta

- acne
- inflammation
- poor memory
- boils

- skin cancer
- rashes
- all skin disorders

of balance.

## Udana Vata

- dry eyes
- lack of enthusiasm
- over-excitement
- speech defects

## ana Vata

- low back pain
- menstrual disorders
- sexual dysfunction

## KAPHA

### Bodhaka Kapha

- obesity
- diabetes
- congestion
- loss of taste
- food sensitivity

### Avalambaka Kapha

- asthma
- back pains
- lethargy
- stiffness
- chest congestion

### Kledaka Kapha

- slow digestion
- fullness
- excess mucous in stomach

### Slesaka Kapha

- loose joints
- swelling
- stiffness
- slow, painful movements

### Tarpaka Kapha

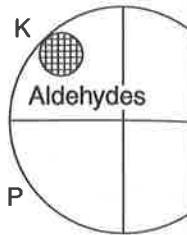
- headaches
- loss of smell
- irritability
- sinus irritation

## Functional Groups

The various chemical constituents fall into eight functional groups.

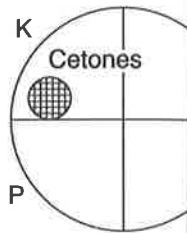
### Aldehydes

*Aldehydes* are known to be anti-inflammatory, calming, sedative and anti-viral. You may be familiar with *formaldehyde*, which is an industrial chemical used as a preservative. Oils containing high amounts of aldehydes would be considered Kapha-producing (being both cold and wet), and can be placed on the chart in the upper left.



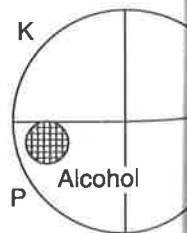
Essential oils high in aldehydes have a characteristic lemon-like smell such as lemongrass, lemon balm, citronella, and a variety of eucalyptus called citriodora.

*Cetones* (also Ketones) are a class of chemicals that are wound-healing and mucolytic (eases the secretions of mucous). Their unique ability to stimulate new cell growth has been utilized in skin care. Women use *acetone* to remove nail polish (you may be chagrined to notice that essential oils can also remove the finish of your furniture if spilled). Camphor is an example of an essential oil that is almost pure cetone. Other essential oils with high cetone content include rosemary, sage, eucalyptus globulus and hyssop. Cetones are in the cold and wet category (upper left) and are Kapha-producing (stimulate cell growth). They are warmer than aldehydes but mix equally well in water.



### Alcohols

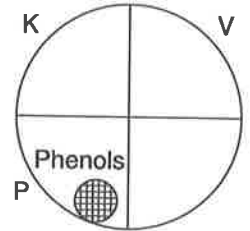
*Alcohols* are bactericidal (kill bacteria), energizing, vitalizing, anti-viral and diuretic. The pancreas produces 32 kinds of alcohol for use in human metabolism. Some of the most beneficial molecules in essential oils are alcohols. Linalool and terpineol are two common terpene alcohols which are both ger-



micidal and non-toxic. Essential oils which are high in alcohols include rose, petitgrain, rosewood, peppermint, myrtle, tea tree, sandalwood, patchouli and ginger. Alcohols are very wet, but only slightly heating. They fall in the left lower quadrant and stimulate Pitta (hot and wet) energetics, but not strongly.

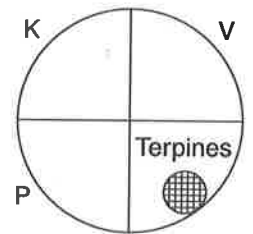
### Phenols

A group related to alcohols are the *phenols* which are very strongly bactericidal. They are immune stimulants, invigorating, warming, potential skin irritants and can produce slight liver toxicity if taken in high doses for extended periods of time. Pharmaceutically, phenol is used in lip balms and cough drops. Examples of oils that have high phenol content include clove, cinnamon, thyme, oregano, savory, cumin. These essential oils fall into the lower left corner of our chart and include some of the most heating of all essential oils. They produce an energetic that matches very closely the energetic of Pitta (hot and wet), and create more Pitta energy whenever they are used.

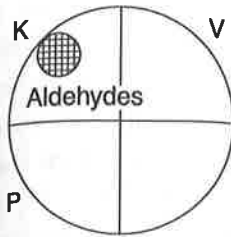


### Terpenes

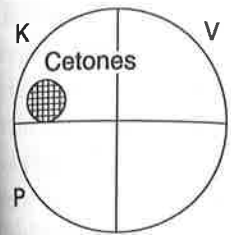
*Terpenes* are very stimulating, potential skin irritants and have anti-viral properties. Pine oil is used to make *terpentine*. Oils with high amounts of terpenes include lemon, orange, bergamot, black pepper, pine oils, nutmeg and angelica. This essential oil component falls into the lower right quadrant, it is hot and dry, it does not correspond directly to any dosha energetic, but would be somewhat irritating to a Pitta condition because of the heat, and irritating to a Vata condition because of the dryness. Terpenes are some of the smallest molecules in aromatherapy, very quick to come to the nose, and very quick to evaporate.



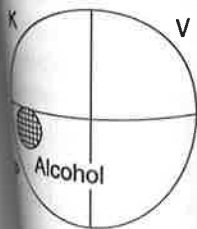
functional groups.



characteristic lemon-like smell, a variety of eucalyptus

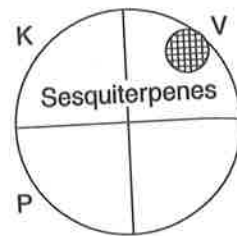


oils with high cetone and hyssop. Cetones fall Kapha-producing (cell ally well in water.



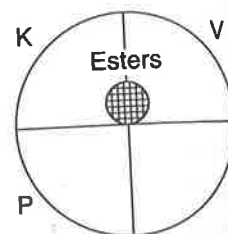
## Sesquiterpenes

*Sesquiterpenes* are some of the longest carbon chains found in the essential oils, very thick and tenacious, long lasting in their smell. More than two thousand sesquiterpenes have been isolated from plants, coming from the root, wood and plants of the compositae family, including such oils as blue chamomiles, immortelle, tansy, yarrow and tagetes. Properties include anti-phlogistic (moves fluids), anti-inflammatory, sedative, anti-viral, potentially anti-carcinogenic, bacteriostatic and immune stimulant. The sesquiterpenes fall in the upper right quadrant and correspond to cold and dry. Theoretically, they should produce a Vata energy, but the long-chain carbon composition and frequent combination with alcohols lessen their cooling effect. Their anti-inflammatory and immune building properties can be beneficial to all types.



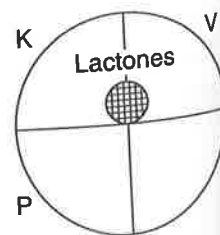
## Esters

*Esters* are chemically the most neutral of the essential oil components, being just a little above the bull's eye in the center of the chart. Esters are produced by reaction of an alcohol with an acid. They are anti-fungal, sedative, calming, spasmolytic, fungicidal, anti-inflammatory, and are known as balancers or harmonizers because of their central location in the chart. They can help to normalize any energetic or condition. Essential oils containing high amounts of esters include Roman chamomile, lavender, clary sage, petitgrain, bergamot.

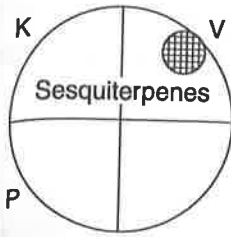


## Lactones

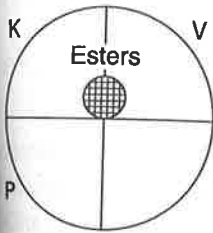
*Lactones* are an ester group which also has a carbon ring attached; they are some of the most anti-inflammatory compounds known and include the essential oil arnica. Some can be stronger mucolytic agents than



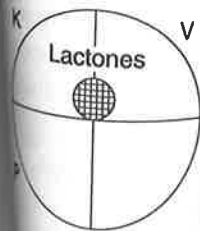
ketones; example eucalyptol (eucalyptus). They are grouped with the esters on the graph.



...atory, sedative, anti-viral, immune stimulant. The sesquiterpenes correspond to cold and dry. But the long-chain carbon chains lessen their cooling and drying properties can be

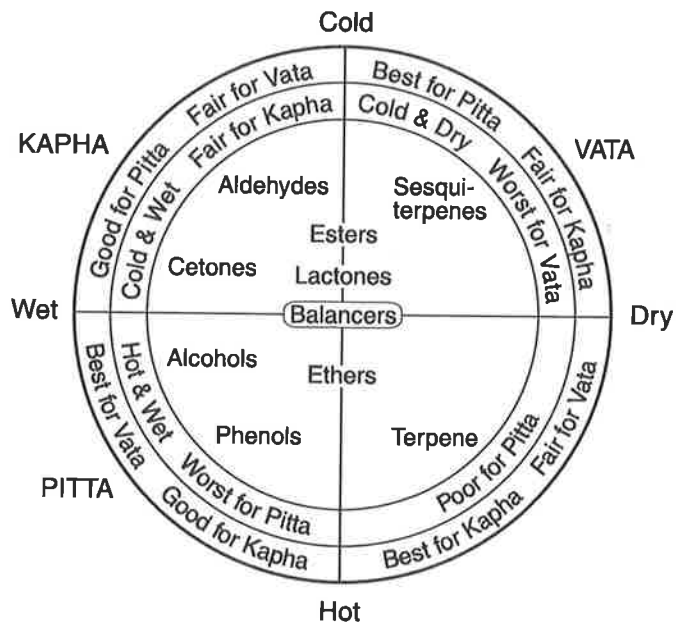
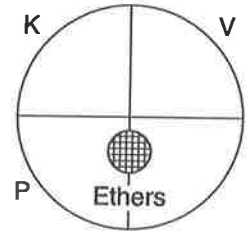


...energetic or condition. The Roman chamomile,



*Ethers*

*Ethers* (sometimes called phenylpropane ethers), are very harmonizing to the nervous system. They are antiseptic, stimulant, expectorant (increase secretions), spasmolytic and diuretic. This group includes such oils as cinnamon, clove, anise, basil, tarragon, parsley, and sassafras. They are characterized by their very sweet fragrance. This group is also rather central to the chart; although somewhat more heating than the esters, their harmonizing effects have application to all doshas.



## MARMA POINTS

Indian Name	Location	Function/area of Body Affected	Essential Oils
<b>Arm</b>			
1a. Kshipra	Base of Thumb	Passion Connection to Will Stomach	Cardamon Sandalwood Fennel Carminatives
b. Kshipra	Base of Little Finger	Passion Connection to Will Stomach	Cardamon Sandalwood Fennel Carminatives
2a. Talhridaya	Center of Palm	Heart	Cardamon Rose Orange
b. Talhridaya	Tips of Fingers	Nervousness Circulation	Sandalwood Champa Rosewood Ylang Ylang
3. Manibandha	Thumb Side of Wrist	Expressing Yourself in the World	Vetiver Rosewood Jatamansi Valerian
4. Koorchsha	Little Finger Side of Wrist	Circulation	Lavender Juniper Cypress Keawa
5. Karpooram	Middle Front of Elbow	Sexual Metabolism	Cinnamon Jatamansi Clove Dhavana
6. Kurpara	Inside and Out- side of Elbow	Right—Liver, Gallbladder Left—Spleen	Ginger Rose Myrtle Rosemary Coriander
7. Oorvi	Outer, Middle Arm	Blood Circulation	Thyme Camphor Clove Eucalyptus Orange
<b>Neck</b>			
8. Kraknik	One Inch Below Base of Skull to Side of Spine	Heart Opening Lungs Chest Congestion	Cajeput Eucalyptus Basil
9. Unnamed	Center Base of Skull	Mental Fatigue Allergies	Rosemary Basil Myrtle Lemongrass All Citrus
10. Manya	Front of Neck Under Ear	Blood Vessels Circulation	Rosemary Lavender Juniper Geranium
11. Siramantrika	Lower Front of Neck	Mother of All Vessels	Myrtle Camphor Eucalyptus Sandalwood Cajeput



POINTS

Function/area of Body Affected	Essential Oils	
Function to Will	Cardamon Sandalwood	Fennel Carminatives
Function to Will	Cardamon Sandalwood	Fennel Carminatives
	Cardamon Rose	Orange
	Sandalwood Champa	Rosewood Ylang Ylang
ing Yourself	Vetiver Rosewood	Jatamansi Valerian
World	Lavender Juniper Orange	Cypress Keawa
abolism	Cinnamon Jatamansi Ginger	Clove Dhavana Rose
	Myrtle	Rosemary Coriander
ulation	Thyme Camphor Clove	Eucalyptus Orange
	Cajeput Eucalyptus	Basil
	Rosemary Basil Myrtle	Lemongrass All Citrus
	Rosemary Lavender Myrtle Camphor Cypress	Juniper Geranium Eucalyptus Sandalwood Cajeput

Indian Name	Location	Function/area of Body Affected	Essential Oils	
<b>Chest</b>				
12. Neela	Chestbone/ Collarbone Junction	Thyroid 5th Chakra	Seaweed Absolute	Cajeput Sandalwood
13. Apastamgh	Right Upper Chest Below Collar Bone	Muscle Tone Heart	Rosemary Cardamon	Lemongrass Rose
14. Kakshadhara	Left Upper Chest Below Collar Bone	Muscle Tone Heart	Rosemary Cardamon	Lemongrass Rose
15a. Hridayam	Upper Central Chest	Thymus 4th Chakra	Yarrow Saffron Myrtle	Cumin Angelica Rose
b. Hridayam	Lower Central Chest	Heart	Cardamon Saffron	Rose Orange
16. Manipura	Lower Tip of Sternum	3rd Chakra Will	Sandalwood Dhavana	Anise/ Champa
<b>Abdomen</b>				
17. Nabi	2" Below Navel	Balance Creativity Elimination 2nd Chakra	Ginger Trifolia Cedarwood	Clary Sage Cypress
18. Vasth	On Central Pubic Bone	Sexual Energy Survival	Ginger Dhavana Sandalwood	Yarrow Trifolia
<b>Leg (front)</b>				
19. Lohitaksham	Groin-Inguinal Ligament	Lymph Drainage	Rose Nutmeg Ylang Ylang	Geranium Jasmine Champa
20. Oovi	Front Mid Thigh	Letting Go	Trifolia Yarrow	Lavender Rosewood
21. Ani	Central Above Knee	Balance	Yarrow Yarrow Lavender	Rose Sandalwood
22a. Janu	Two Points Above Knee	Balance	Sandalwood Cedarwood	Yarrow Lavender
b. Janu	Two Points Below Knee	Joints	Sandalwood Cedarwood	Yarrow Lavender

MARMA POINTS (continued)

Indian Name	Location	Function/area of Body Affected	Essential Oils	
23. Unnamed	Mid Outside Shin	Kidney-Adrenal	Orange Cypress Myrtle	Cedarwood Sandalwood
24. Unnamed	Lower Inside Shin	Reproductive System	Dhavana Geranium Clary Sage	Angelica Vetiver
25. Gulpha	Inside and Outside Ankle	Reproductive System	Dhavana Clary Sage	Jatamansi Vetiver
<b>Foot</b>				
26. Khipram	Above and Below Where Toes Join	Sinus Lymph	Rosemary Eucalyptus	Camphor
27. Koorcha	Ball of Foot	Stomach	Keawa	Sandalwood
28. Talhridayam	Center of Foot	Heart	Rose Cardamon	Sandalwood Rosemary
29. Koorchshir	Center of Heel	Spinal Alignment 1st Chakra	Angelica Trifolia	Jatamansi Vetiver
<b>Leg (back)</b>				
30a. Indravastih	Center of Calf	Cramps Leg Pain	Lavender Lemongrass	Wintergreen
b. Indravastih	Lower Calf	Athletic	Lavender Lemongrass	Wintergreen
31. Janu	Behind Knee	Spleen (Left) Liver/Gall Bladder (Right)	Angelica Lemon Balm	Lemon Yarrow
32. Aanih	Lower Back of Thigh	Intestines	Trifolia Ginger	Thyme
33. Vorvee	Upper Back of Thigh	Circulation of Leg	Juniper Cypress	Eucalyptus
34. Kteektaninam	Center of Buttock	Equilibrium	Yarrow Lavender Sandalwood	Geranium Rose
<b>Back</b>				
35. Gudam	Tip of Tail Bone	Alignment - 1st Chakra	Vetiver Jatamansi Cypress	Labdanum Ginger

POINTS (continued)

Function/area of Body Affected	Essential Oils	
Kidney-Adrenal	Orange Cypress Myrtle	Cedarwood Sandalwood
Reproductive System	Dhavana Geranium Clary Sage	Angelica Vetiver
Reproductive System	Dhavana Clary Sage	Jatamansi Vetiver
Stomach	Rosemary Eucalyptus	Camphor
Stomach	Keawa Rose Cardamon	Sandalwood Sandalwood Rosemary
Spinal Alignment Chakra	Angelica Trifolia	Jatamansi Vetiver
Stomach	Lavender Lemongrass	Wintergreen
Stomach	Lavender Lemongrass	Wintergreen
Stomach (Left)	Angelica Lemon Balm	Lemon Yarrow
Stomach	Trifolia Ginger	Thyme
Stomach	Juniper Cypress	Eucalyptus
Stomach	Yarrow Lavender Sandalwood	Geranium Rose
Stomach	Vetiver Jatamansi Cypress	Labdanum Ginger

Indian Name	Location	Function/area of Body Affected	Essential Oils	
36. Kukundaray	Top of Sacrum	Alignment - 2nd Chakra	Cypress	Birch
37. Nitamba	Lower Kidney Area	Kidney	Orange	Juniper
38. Koopram	Upper Kidney Area	Adrenal	Lemongrass	Cypress
39. Vrahti	Mid Back	Heart, Lungs	Juniper	Orange
40. Asphalakah	Upper Back	Thymus, Heart	Angelica	Yarrow
<b>Shoulder</b>			Lavender	Geranium
41. Asaha	Top of Shoulder	Relaxes Nervous System Self Esteem	Rosemary	Camphor
42. Shaunkh	Above and in Front of Ear	Clear Hearing	Eucalyptus	Rose
43. Utkshpau	Above and Behind Ear	Increasing Awareness & Brain Activity	Cardamon	
44. Apa	Temple	Vision	Thyme	Lavender
45. Sthapui	Between Eyebrows	Balancing 6th Chakra Pituitary Inner Vision	Yarrow	Rose
46. Adhipati	Top of Head	Pineal Self Realization Balances 7th Chakra	Ginger	Sandalwood
47. Nadi	Back Top of Head	Posterior Pituitary	Rosewood	Cedarwood
			Lavender	Peppermint
			Basil	Rosemary
			Camphor	
			Peppermint	Clary Sage
			Basil	Lemon
			Lavender	Camphor
			Jasmine	Basil
			Keawa	Henna
			Myrrh	Frankincense
			Shamama	
			Brahmi	Sandalwood

with the heart and thymus. It is located connectedness. It is also the center of chakras. When this center is closed or blocked, loneliness, isolation and hatred, feeling separated and disconnected. Personal love. We know that love is fact and our memories as an opportunity is our teacher. Our challenges are access to all things.

throat and the neck area. When voice, hearing, and communication expressing our feelings (telling the become a channel for truth. Nothing shall set us free." We speak God's

located above or between the eye-associated with the pituitary gland. problems, headaches, feelings of separation we see our connection to all and we live in the now. Our clairvoyance understand all things. Nothing can be a witness of the world without

of the head and is associated divine energy and self realization. We pray out of desperation. We When open, the ego falls away. on the planet. We surrender our become one with all things. At this forth as light. We experience

## Guide to the Chakras and Essential Oils

	Western Name	Sanskrit Name	Meaning	Location	Essential Oils	Color
7th	Crown	Sahasrara	Thousand petaled	Top of cranium	Violet absolute, frankincense, myrrh, shamama, hina	Violet
6th	Third Eye	Ajna	Unlimited power	Above and between eyebrows	Basil, camphor, lavender, jasmine, eucalyptus, rosemary, lemon, keawa	Indigo
5th	Throat	Vishuddha	Pure	Throat	Cajeput, sandalwood, bergamot, tea tree, blue chamomile	Blue
4th	Heart	Anahata	Unstricken	Chest over heart	Rose, cinnamon, champa, orange, neroli, bergamot, yarrow, lavender	Green
3rd	Solar Plexus	Manipura	City of gems	Between navel and ribcage	Dhavana, gold chamomile, sandalwood, anise, fennel, champa, lavender	Yellow
2nd	Sexual	Svadhishana	Dwelling place of self	Pubic area	Cedarwood, clary sage, cypress, lemon verbeina, trifolia, myrtle, rosewood, ylang ylang, patchouli	Orange
1st	Base Root	Muladadhara	Foundation	Between genitals and anus	Vetiver, angelica, cypress, jatamansi, rock rose, ginger, angelica	Red

**Application:** Mix a total of 30% of the prescribed essential oils with 70% vegetable oil. Cold pressed vegetable oil (sweet almond, grape seed, jojoba, etc.) is preferred. Place 10 drops of this mixture on the corresponding chakra location and rub into the skin in a counter-clockwise direction while visualizing the corresponding color. Or, place a total of 6-12 drops of the prescribed essential oils into one cup of water. Soak a small cloth with the solution, squeeze out the excess and place as a warm compress over the chakra. Cover with a towel and rest until cool.