

# SUBTYPES OF VATA

Subtype	Primary Seat or Location	Governing Actions	Associated Element
Prana	Heart, Head & Brain	Inhalation, respiration	Ether
Udana	Chest, Diaphragm & Throat	Exhalation, speech, communication	Air
Samana	Small Intestines	Digestion, Metabolism, Absorption	Fire
Apana	Colon	Elimination, menstruation, urination. Childbirth, labor	Earth
Vyana	Heart & Entire Body	Circulation, movement of joints, muscles	Water

# Subtypes of Pitta

Subtype	Primary Seat or Location	Governing Actions	Associated Element
Pachaka	Small Intestines & Stomach	Digestion, Metabolism, Absorption, Assimilation	Fire
Ranjaka	Liver, Spleen, Stomach	Gives color to blood, bile, stools. Produces liver enzymes, process emotions	Water
Sadhaka	Brain & Heart	Intelligence, Emotions, Comprehension, Critical Thinking	Ether
Bhrajaka	Skin	Gives color to skin, maintains healthy complexion, luster, texture of skin	Earth
Alochaka	Eyes	Visual perception, "digests" light	Air

# Subtype of Kapha

Subtype	Primary Seat or Location	Governing Actions	Associated Element
Kledaka	Stomach, Mucous Lining	Lubrication, gastric secretions, digestion	Fire
Avalambaka	Lungs, Heart, Respiratory Tract	Lubricates lungs, produces phlegm	Air
Bodhaka	Mouth, Tongue, Oral Cavity	Taste perception, salivary secretions, first part of digestion	Water
Tarpaka	Brain, Cerebrospinal fluid	Emotions, Memory, Happiness, Thinking	Ether
Shleshaka	Joints, Synovial Fluid	Lubricates and cushions joints	Earth