

	Sweet	Sour	Salty	Pungeant	Bitter	Astringent
Elements	Earth and Water	Fire and Earth	Earth and Water	Air and Fire	Air and Ether	Air and Earth
Virya	Most Cooling	Least heating	Medium Heating	Most Heating	Medium Cooling	Least Cooling
Agni	in excess will suppress agni, slow metabolism, lead to Ama, poor digestion, and obesity	Increases agni, promotes digestion, increases body temperature, and circulation	Increases agni, promotes digestion, increases body temperature, and circulation	Increases agni, promotes digestion, increases body temperature, and circulation	in excess will suppress agni, slow metabolism, lead to Ama, poor digestion, and obesity	in excess will suppress agni, slow metabolism, lead to Ama, poor digestion, and obesity
Vipaka	Sweet	Sour	Sweet	Pungeant	Pungeant	Pungeant
Action	Anabolic, promotes tissue growth	Metabolic, promotes digestion	Anabolic, promotes tissue growth	Catobolic, promotes break down of tissues	Catobolic, promotes break down of tissues	Catobolic, promotes break down of tissues
Effect on Doshas	Increases Kapha	Increases Pitta	Increases Kapha	Increases Vata	Increases Vata	Increases Vata
Gunās Increased	Heavy, oily, Soft	Light, Oily, Sharp	Heavy, Oily, Sharp	Light, Dry, Sharp	Light, Dry, Sharp	Heavy, Dry, Soft
Affect on Mala	increases urine, feces, reduces sweat	Increases urine, feces, and sweat	Increases urine, feces, reduces sweat	Decreases urine and feces, increases sweat	Decreases urine and feces, increases sweat	Decreases urine and feces, increases sweat



Village Life Wellness