

Vaata= Space and Air

Pitta= Fire and Water

Kapha= Water and Earth

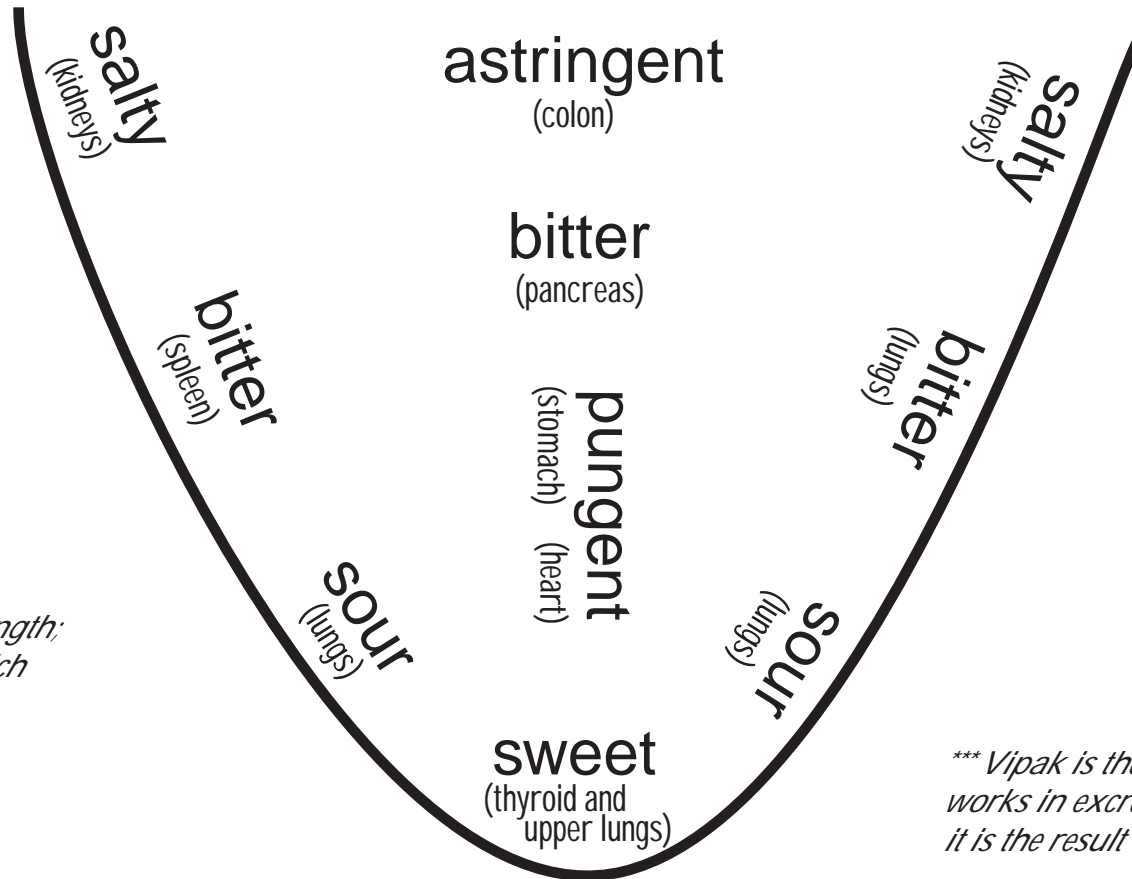
<u>Rasa*</u>		<u>Virya**</u>	<u>Vipak***</u>
Sweet = Earth + Water =	V↓ P↓ K↑	Cooling	Sweet
Sour = Earth + Fire =	V↓ P↑ K↑	Heating	Sour
Salty = Water + Fire =	V↓ P↑ K↑	Heating	Sweet

<u>Rasa*</u>		<u>Virya**</u>	<u>Vipak***</u>
Pungent = Air + Fire =	V↑ P↑ K↓	Heating	Pungent
Bitter = Air + Space =	V↑ P↑ K↑	Cooling	Pungent
Astringent = Air + Earth =	V↑ P↓ K↓	Cooling	Pungent

*\*Rasa is the affect on the tongue; affects rasa dhatu*

*\*\* Virya is the potency or strength; this is from the liver agni which extends to all other agnis*

*\*\*\* Vipak is the effect in the colon; it works in excreta and cell membrane exchange; it is the result of virya.*



### Six Tastes on the Tongue