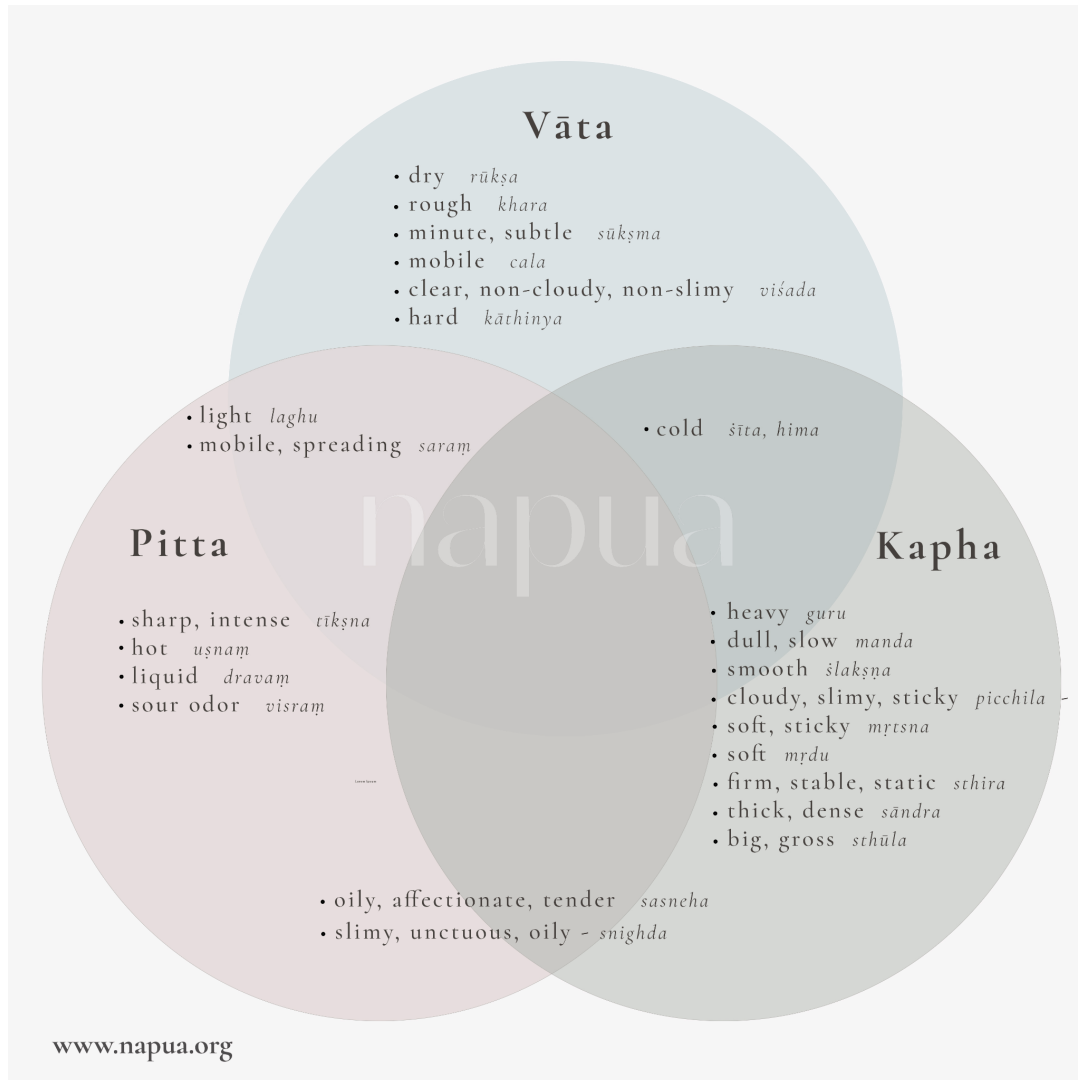


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## GURVĀDI GUṆAS

The ~10 antagonistic pairs of qualities or characteristics used to describe the *bhūtas* (elements) and the *doṣas* (humours).



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## GURVĀDI GUṆAS

#	Tattva		Bhoutic Composition	VPK ↑	Notes/Description	Examples
1	<i>Guru</i> गुरु	Heavy	<i>Pṛthvī, Āpas</i>	K		
2	<i>Laghu</i> लघु	Light	<i>Ākāśa, Vāyu</i>	VP		
3	<i>Manda</i> मन्द	Dull, slow	<i>Pṛthvī, Āpas</i>	K		
4	<i>Tikṣṇa</i> तीक्ष्ण	Sharp	<i>Tejas</i>	VP		
5	<i>Śīta</i> शीत	Cold	<i>Āpas, Vāyu</i>	VK		
	<i>Hima</i> हिम	Cold	<i>Āpas, Vāyu</i>	VK		
6	<i>Uṣṇa</i> उष्ण	Warm, hot	<i>Tejas</i>	P		
7	<i>Snigdha</i> स्निग्ध	Slimy, unctuous, oily	<i>Āpas</i>	PK		
8	<i>Sasneha</i> सस्नेह	Oily, greasy; affectionate, tender.	<i>Āpas</i>	PK	Gives unctuousness, invigoration, luster, strength, and corpulence to the body	
8	<i>Rūkṣa</i>	Dry	<i>Vāyu</i>	V		
9	<i>Ślakṣṇa</i> श्लक्ष्ण	Smooth	<i>Āpas, Ākāśa</i>	PK		
10	<i>Khara</i> खर	Rough	<i>Vāyu</i>	V		
11	<i>Sāndra</i> सान्द्र	Dense, thick	<i>Pṛthvī</i>	K		
12	<i>Drava</i> द्रव	Liquid, fluid	<i>Āpas</i>	P, K then ↓		
13	<i>Mṛdu</i> मृदु	Soft	<i>Āpas, Ākāśa</i>	PK		
14	<i>Kaṭhina</i> कठिन	Hard	<i>Pṛthvī</i>	V		
15	<i>Sthira</i> स्थिर	Firm, stable, static	<i>Pṛthvī</i>	K		

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## GURVĀDI GUṆAS

#	Tattva		Bhoutic Composition	VPK ↑	Notes/Description	Examples
16	<i>Cala</i> चल	Mobile	<i>Āpas, Vāyu</i>	VP		
	<i>Sara</i> सर	Mobile				
17	<i>Sthūla</i>	Course, big, gross	<i>Pṛthvī</i>	K		
18	<i>Sūkṣmā</i> सूक्ष्मा	Subtle	<i>Ākāśa, Vāyu, Tejas</i>	VP		
19	<i>Picchīla</i> पिच्छिल	Slimy, gummy, sticky, murky, cloudy	<i>Pṛthvī, Āpas</i>	K		
20	<i>Viśada</i> विशद	Clear, shiny, non-slimy, transparent, lucid. Clarity & transparency	<i>Tejas, Vāyu, Ākāśa</i>	VP		
21	<i>Visraṃ</i>	Foul-smelling				