

## Ayurveda's Three Pillars of Health Book Ten Pairs of Opposites Chart

Here are the twenty qualities (also sometimes described as “characteristics” or “attributes”) paired with their opposites. In Ayurveda we use these qualities for describing everything in the world of form.

#	Continuum/Spectrum	Building & Nourishing (Brahma)	Reducing & Lightening (Langhana)
1	Weight	Heavy ~ guru	Light ~ laghu
2	Intensity	Dull or Slow ~ manda	Sharp or Penetrating ~ tikshna
3	Temperature	Cold ~ shita	Hot ~ ushna
4	Emolliency	Oily ~ snigdha	Dry ~ ruksha
5	Texture	Smooth ~ shlakshna	Rough ~ khara
6	Viscosity	Dense or Thick ~ sandra	Liquid or Diluted ~ drava
7	Compressibility	Soft ~ mrdu	Hard ~ kathina
8	Fluidity	Stable or Static ~ sthirah	Mobile or Erratic ~ chala
9	Density	Gross or Big or Obvious ~ sthula	Subtle ~ sukshma
10	Adhesion	Sticky or Cloudy or Slimy ~ picchala	Clear ~ vishada
+1			Spreading ~ sara
+2			Flesh Smelling ~ visra