

Āyurvedic Yoga Book Ten Pairs of Opposites Chart

Here are the *vimśati guṇas* (the twenty qualities or attributes) paired with their opposites.
In *Āyurveda* we use these qualities for describing everything in the world of form.

#	Continuum/Spectrum	Building & Nourishing (<i>Bṛmhaṇa</i>)	Reducing & Lightening (<i>Langhaṇa</i>)
1	Weight	Heavy ~ <i>guru</i>	Light ~ <i>laghu</i>
2	Intensity	Dull or Slow ~ <i>manda</i>	Sharp or Penetrating ~ <i>tikṣṇa</i>
3	Temperature	Cold ~ <i>śīta</i>	Hot ~ <i>uṣṇa</i>
4	Emolliency	Oily ~ <i>snigdha</i>	Dry ~ <i>rūkṣa</i>
5	Texture	Smooth ~ <i>ślakṣṇa</i>	Rough ~ <i>khara</i>
6	Viscosity	Dense or Thick ~ <i>sāndra</i>	Liquid or Diluted ~ <i>drava</i>
7	Compressibility	Soft ~ <i>mṛdu</i>	Hard ~ <i>kaṭhina</i>
8	Fluidity	Stable or Static ~ <i>sthira</i>	Mobile or Erratic ~ <i>cala</i>
9	Density	Gross or Big or Obvious ~ <i>sthūla</i>	Subtle ~ <i>sūkṣma</i>
10	Adhesion	Sticky or Cloudy or Slimy ~ <i>picchala</i>	Clear ~ <i>viśada</i>
+1			Spreading ~ <i>sara</i>
+2			Flesh Smelling ~ <i>visram</i>