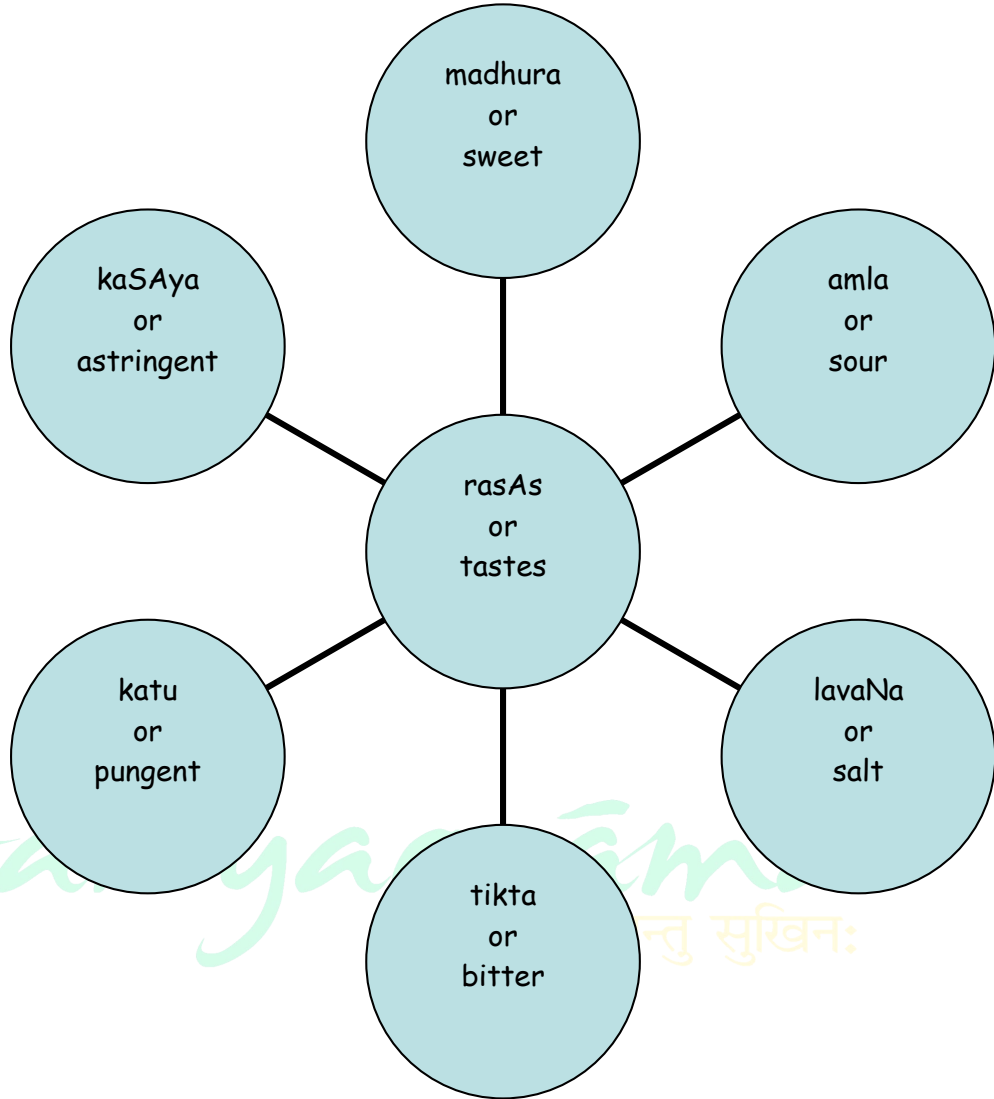


Description of the six rasAs or tastes - some points



**madhura (jala + pRthvi)**

मधुर	सोम पृथ्वी	रसरुधिरमांस मेदोस्थिमज्जौ जः शुक्राभिवर्धन	promotes dhatu	कण्ठ्य	beneficial for throat	क्षीणक्षत सन्धानकर	heals wounds of emaciated
		आयुष्य	increases lifespan	बल्य	increases strength	घ्राणमुख कण्ठौष्ठ जिह्वा प्रह्लादन	is pleasing to nose, mouth, throat, lips and tongue
		षडिन्द्रियप्रसा दन	pleasing to sense organs	प्रीणन	nourishing	दाहमूर्च्छा प्रशमन	removes heat and fainting
		बलवर्णकर	promotes strength & lustre	जीवन	vitaliser	षट्पदपिप ी लिकाना मिष्टतम	liked by bees and ants
		पित्तविषमारुत घ्न	alleviates pitta, poison & vayu	तर्पण	saturating	स्निग्ध	unctous
		तृष्णादाहप्रशम न	pacifies thirst and heat	बृंहण	bulk- promoting	शीत	cold
		त्वच्य	beneficial for skin	स्थैर्यक र	stabiliser	गुरु	heavy
		केश्य	beneficial for hair				

Examples - Milk, rice, wheat, butter, dates, fennel, liquorice, potatoes, and honey

Special note - Effect on mind includes - harmonizing, nourishing, promoting contentment, love & attachment; pacifying anger, reducing fear

**amla (agni + pRthvi)**

अम्ल	अग्नि पृथ्वी	भक्तं रोचयति	gives relish to food	इन्द्रिय ाणि दृढी करोति	makes sense organs firm	भुक्तमप कर्षयति क्लेदयति जरयति	carries down, moistens & digests food
		अग्निं दीपयति	Stimulates agni	बलं वर्धयति	promotes strength	प्रीणयति	gives satisfaction
		देहं बृंहयति	promotes bulk	वातमनु लोमयति त	regulates flow of vata	लघु	light
		उर्जयति	Energises	हृदयं तर्पयति	saturates heart	उष्ण	hot
		मनो बोधयति	awakens mind	आस्मा स्रावयति त	salivates mouth	स्निग्ध	unctous

Examples - Berries, lemon, lime, raspberries, fermented food and ripe grapes

Special note - Effect on mind includes - awakening the mind, comforting, understanding, awareness, stabilizing

सर्वे भवन्तु सुखिनः

lavaNa (jala + agni)

लवण	अम्बु तेजः	पाचन	digestive	विकास्य	depressant	कफं विष्यन्द य ति	liquefies kapha
		क्लेदन	moistening	अधःस्रस्य	oozing	मार्गान् विशोध य ति	cleans channels
		दीपन	appetizer	अवकाश कर	space- creating	सर्वशरी र वयवान् मृदु करोति	softens all body parts
		अश्च्यावन	Pouring	वातहर	vata- alleviating	रोचयत्य हारम्	gives relish to food
		छेदन	expectorant	स्तम्भबन् धसङ्घा त विधमन	removes stiffness, binding & compactness	आहार योगी	is an associate of food
		भेदन	mass-breaking	सर्वरस प्रत्यनी क भूत	overshadows all rasas	नात्यर्थं गुरु	not too heavy
		तीक्ष्ण	penetrating	आस्यमा स्रावयि त	salivates mouth	नात्यर्थं स्निग्ध	not too unctuous
		सर	Laxative			नात्यर्थं उष्ण	not too hot

Examples - Salts

Special note - Effect on mind includes - creating intensity, boldness, enlivening, courage



**katu (agni + vAyu)**

कटु	अग्नि अनिल	वक्त्रं शोधयति	cleans mouth	रोचयत्य शनं	gives relish to food	बन्धांश्छि न ति	cuts the bindings
		अग्निं दीपयति	stimulates digestion	कण्डूर्वि नाशयति	destroys itching	मार्गान् विवृणोति	opens the channels
		भुक्तं शोषयति	Absorbs food	व्रणानव सादयति	depresses wounds	श्लेष्माणं शमयति	pacifies kapha
		घ्राणमास्रावयति चक्षुर्विरेचयति	causes secretion from nose & eyes	क्रिमीन् हिनस्ति	kills worms	लघु	light
		स्फुटीकरोती न्द्रियाणि	makes sense organs clear	मांसं विलिखति	scrapes muscles	उष्ण	hot
		अलसकश्वयथू पचयोदर्दाभिष्य न्दस्नेहस्वेदक लेद मलानुपहन्ति	alleviates alasaka, swelling, corpulence, urticarial patches, channel- blocking, unction, sweating, moisture & dirt	शोणित सङ्घातं भिनत्ति	checks the coagulation of blood	रूक्ष	rough

Examples - Most spices (onions, pepper, chilli, hing.)

Special note - Effect on mind includes - stimulating the mind, promoting clarity, alertness

### kaSAya (vAyu + pRthvi)

कषाय	वायु पृथ्वी	संशमन	pacifying	रोपण	healing	शरीर क्लेदस्यो पयोक्ता	utilizes body fluids
		संग्राही	binding	शोषण	absorbing	रूक्ष	rough
		सन्धानकर	promotes union	स्तम्भन	checking	शीत	cold
		पीडन	compressing	श्लेष्म रक्त पित्त प्रशमन	pacifies kapha, rakta, pitta	लघु	light

Examples - Various tannins, lotus seeds, raspberry leaves, turmeric and lentils.

Special note - Effect on mind includes - sedative effect, enables retention of memory, grounded thoughts

### tikta (vAyu + AkAza)

तिक्त	वायु आकाश	स्वयं अरोचिष्णुर प्यरोचकघ्न	itself non- relishing but destroys non- relish	ज्वरघ्न	removes fever	क्लेदमेदो वसामज्ज लसीका पूयस्वेदमू त्र पुरीषपित्त श्लेष्म शोषण	absorbs moisture, fat, muscle fat, marrow, lymph, pus, sweat, urine, feces, pitta & kapha
		विषघ्न	removes toxins	दीपन	appetizer	रूक्ष	rough
		क्रिमिघ्न	destroys worms	पाचन	digestive	शीत	cold
		मूर्च्छादाहकण्डू कुष्ठतृष्णा प्रशमन	alleviates fainting, burning sensation, itching, skin diseases, thirst	स्तन्य शोधन	cleans breast milk	लघु	light
		त्वङ्मांसयो स्थिरीकरण	firms up skin and muscles	लेखन	reducing		

Examples - Aloe, bitter gourd, barberry

Special note - Effect on mind includes - giving clarity in expression, keen perception, focus

**Some gunAs and their association with the rasAs**

guNa	High	medium	low
रूक्ष	कषाय	कटु	तिक्त
स्निग्ध	मधुर	अम्ल	लवण
उष्ण	लवण	अम्ल	कटु
शीत	मधुर	कषाय	तिक्त
गुरु	मधुर	कषाय	लवण
लघु	तिक्त	कटु	अम्ल / लवण

rasAs & doSAs			
	vAta	pitta	kapha
madhura	decreases	decreases	increases
amla	decreases	increases	increases
lavaNa	decreases	increases	increases
katu	increases	increases	decreases
kaSAya	increases	decreases	decreases
tikta	increases	decreases	decreases

*vaidyagrāma*  
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