

# Ayurpuzzle6

1. vata & pitta DOWN, kapha UP
  2. vata DOWN pitta, kapha UP
  3. vata DOWN pitta, kapha UP
  4. vata, pitta UP kapha DOWN
  5. vata UP, pitta kapha DOWN
  6. vata UP pitta kapha DOWN earth air
  7. field of action of prabhav
  8. sour cooling sweet
  9. sour heating sour
  10. astringent cooling sweet
  11. sweet cooling sweet
  12. astringent pungent cooling pungent
  13. astringent sour heating sweet
  14. pungent heating pungent
  15. pungent heating sweet
  16. astringent sweet sour cooling sweet
  17. astringent sour cooling pungent
  18. sweet sour heating sweet
  19. astringent cooling pungent
  20. sweet heating sour
  21. astringent cooling pungent
  22. sweet sour heating pungent
  23. sweet astringent cooling sweet
  24. pungent bitter cooling pungent
  25. astringent sweet bitter heating sweet
- A. dry ginger
  - B. lime
  - C. ripe mango
  - D. unripe banana
  - E. avocado
  - F. cithara agni (cell nucleus)
  - G. madhura
  - H. cooked spinach
  - I. lavana
  - J. tikta
  - K. ripe apple
  - L. banana
  - M. cumin
  - N. unripe apple
  - O. cilantro
  - P. amla
  - Q. katu
  - R. raw spinach
  - S. sweet potato
  - T. lemon
  - U. kasaya
  - V. saffron
  - W. fresh ginger
  - X. tomato
  - Y. white potato

26. astringent cooling sweet

Z. unripe mango