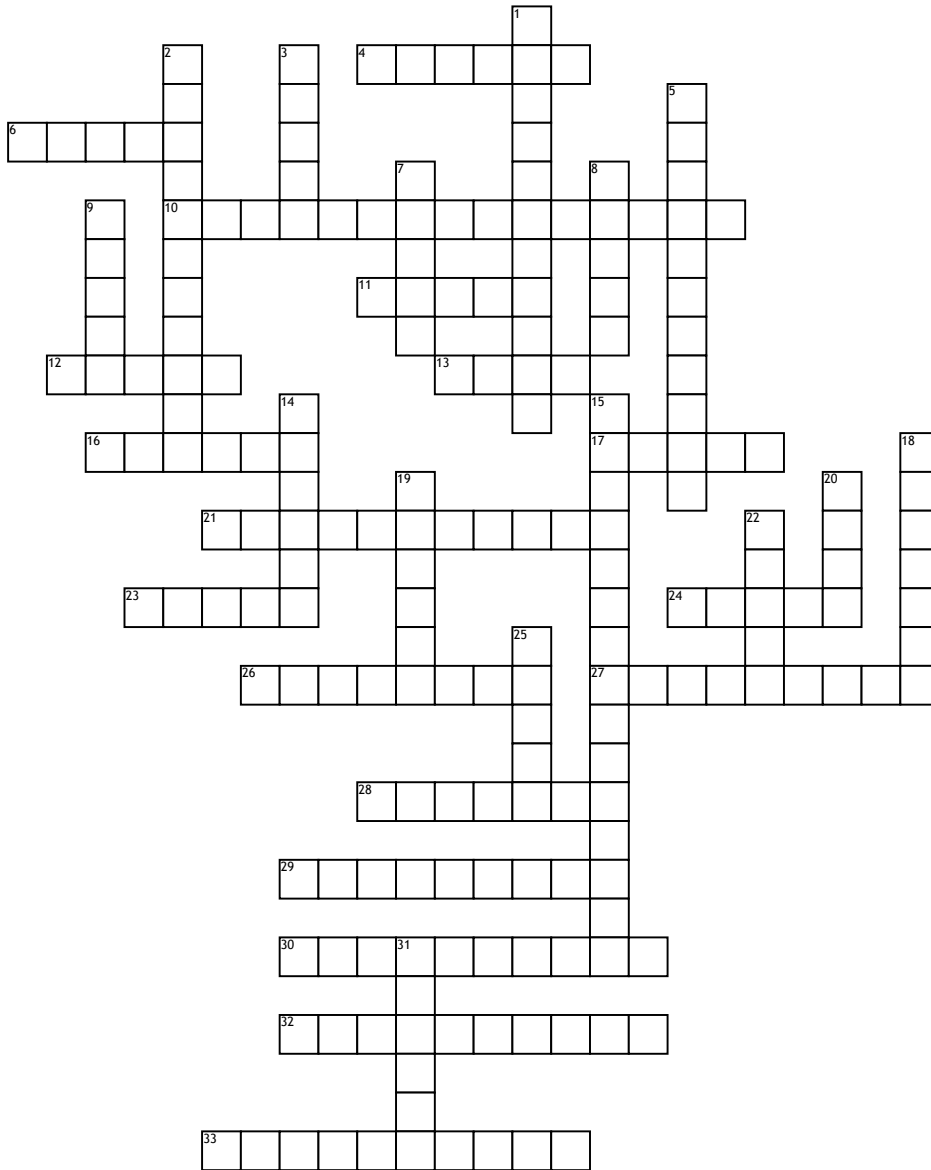


ayurpuzzle7



Across

4. that which causes sadness, grief, etc
 6. 6-8 am/pm, grief, sadness, sorrow
 10. 1st pillar of 6 - disease
 11. the movement between observer/observed; restless, selfish
 12. predominantly tamas, some sattva
 13. predominately rajasa, some sattva
 16. that which kills/extreme prajnaparadha
 17. depression, attachment, grief, greed, possessiveness
 21. 5th pillar of 6 - disease
 23. pyrexia - increased body temp, fever, infection disease
 24. intense fear
 26. it maintains the ideal state of equilibrium

27. exercise, hot water, kapha pacifying diet
 28. nervousness, anxiety, fear, loneliness, isolation
 29. fire component of the elements
 30. cooling, balancing pitta pacifying diet
 32. 6th pillar of 6 - disease
 33. dhatus, doshas, bhutas, jathara, jatru, kloma, pilu, pithara, indriyas, malas

Down

1. 2nd pillar of 6 - disease
 2. aggravated dosha attack the dhatus, srotas, or organs
 3. 2-4 times and anger/criticism
 5. routine, grounding, vata pacifying diet
 7. the crystallisation of experience

8. that which can be disturbed, product of dhatus
 9. outcome of sin/ignorance/vice
 14. distorted or deformed akruti, physical/mental/emotional
 15. 4th pillar of 6 - disease
 18. 3rd pillar of 6 - disease
 19. anger, hatred, jealousy, envy, competitiveness, comparison, judgement
 20. that which gives rise to physical and mental pain
 22. that which is born of ama
 25. predominantly sativa, some rajasa
 31. purity, clarity of perception in mind; love, compassion, alertness