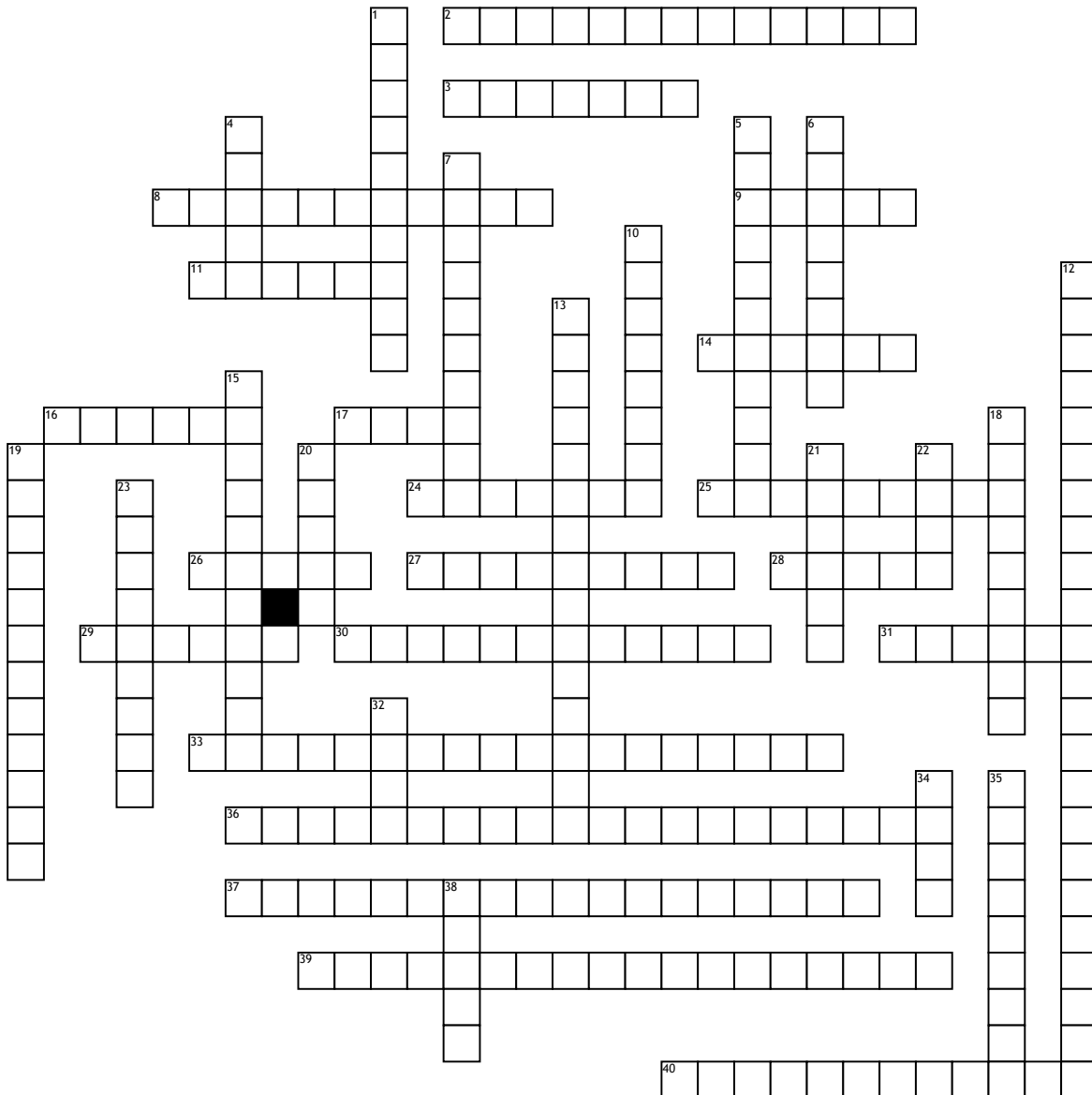


ayurpuzzle DIGESTION



Across

2. field of experience of prabhav
 3. kledaka k, pachaka p, prana & samana v, jathara agni
 8. bile yields more absorption via villi in ilium, stomach/intestines become light
 9. pachaka p & samana v plus rapid absorption of chyle by villi of ileum
 11. apana v (from ileocecal valve down - colon)
 14. samana open pyloric valve (duodenum) to alkaline enzymes (kloma agni)+ranjaka (bile, GIF) digests
 16. field of experience of rasa
 17. pachaka p, kledaka k, prana v (to pylorus), samana v
 24. location associated with 4th hour of digestion
 25. field of action of rasa/taste?
 26. pachaka p, samana v (to ileocecal valve)
 27. vyana v carries ahara rasa to the heart via...
 28. which dosha associated with first hour of digestion
 29. pachaka pitta and jathara agni create _____ conveyed by prana v

30. taste stimulates Jathara a, samana v brings food to kledaka k & pachaka p, prana & samana churn
 31. samana & apana; absorption in ascending colon/waste becomes solid in transverse/descends to sigmoid>peristalsis
 33. location of 6th hour of digestion
 36. 1st hour of digestion location
 37. field of experience of virya
 39. field of action of vipaka (post-digestive effect)
 40. bile & enzymes from liver & pancreas released into jejunum; blood thins, circulation^
Down
 1. kledaka kapha nourishes with sweat, energy rise, contentment
 4. which dosha associated with 2nd & 3rd hours of digestion
 5. field of action of prabhav (dynamic action beyond explanation)
 6. field of experience of vipaka
 7. liver bile in duodenum act on carbs, proteins, fats, maintain electrolyte balance
 10. location associated with 3rd hour of digestion

12. location of 2nd hour of digestion
 13. food enters cecum, absorption of liquid & minerals, stimulates mass peristalsis
 15. samana vayu is the fire element of vata dosha, bringing movement in what direction
 18. HCl secretion, stomach becomes lighter, some protein secretion
 19. pachaka p releases HCl, gastrin, pepsin; kledaka k mucus protection, prana v moves down to pyloric v, samana churns
 20. parotid glands start salivation, chemoreceptors send prana msg to brain>bodhaka k
 21. pachaka & ranjaka p, samana v, kloma agni
 22. which dosha associated with last 2-3 hours of digestion
 23. field of action of virya (systemic potential energy of hot or cold)
 32. pachaka p, samana v
 34. hot sharp phase of pachaka p & samana v; initial phase of micro-chyle
 35. all six tastes+20gunas+5elements+5tanmatras
 38. location of 5th hour of digestion