

Ayurvedic Psychology

Element

Role

Guna

Vital Essence

Balanced Agni

Imbalanced Agni

Temperament

Positive Emotions

Negative Emotions

Personality

PITTA



Fire

(fiery; aggressive, critical, contentious, destructive)

Governs reason, intelligence, illuminating capacity.

Sattva

(being, harmony)

Tejas

(courage, intellect, drive, radiance)

Patience, composure, boldness

Impatient, passivity, overly critical

Motivated, strong-willed

Courage

Anger

Being competitive, they love to win. Intelligent, perceptive and discriminating. See things in a systematic way with a sharp mind. May be opinionated, judgmental or self-righteous. Prone to anger - their main reaction to new or unexpected events, and tend to be aggressive or domineering. Strong willed and can be impulsive or self-willed. Make good leaders but can be fanatic / insensitive.

VATA



Wind

(find it difficult to settle down or be at ease)

Governs the basic sensitivity and mobility of the mental field.

Rajas

(activity, seeking)

Prana

(helps emotional harmony, balance, creativity)

Clarity, logic, consistency, bravery

Indecisive, anxiety, confusion

Nervous, changeable

Adaptability

Fear

Quick and agile mind. Changing interests and inclinations. Talkative, informed, and intellectual. Can understand many different points of view. Can be superficial in their ideas and talk on aimlessly. Mind easily wavers. Lack determination, consistency and self-confidence. Often have negative self-image. Get spaced out and may be absent-minded.

KAPHA



Water

(Amorphous like water, sometimes stimulated into changing self)

Governs feeling, emotion, and the capacity of the mind to hold on to form.

Tamas

(darkness, ignorance)

Ojas

(provides peace, calm & contentment)

Joy, stability, balance, affection, interest

Depression, desire, withdrawal

Content, conservative

Love

Attachment

Emotional, have much love, devotion and loyalty. Like to belong. They have much desire, attachment and may be possessive or greedy. Slow to learn but retain what they learn. Not creative or inventive. Often traditional / conventional. Good followers - prefer team work. Content and accepting. Stable but sometimes stagnate. Don't like to change and find change difficult.