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| **Subdoshas** | | |
| **VATA** Air & Ether  **Movement** | **PITTA** Fire & Water  **Digestion** | **KAPHA** Earth /Water **Lubricate** |
| ***Prana vayu*** Primary Breath Brain**-**Heart ***Outside to Inside*** | **Pachaka Pitta** Fire of Digestion  S/Intestine/L Stomach ***Digest Food*** | **Kledaka Kapha** Digestive **M**ucous  Stomach ***Lubes lining o/stomach*** |
| **Samana vayu** Balancing Breath Small Intestine ***Periphery-Center*** | **Sadhaka Pitta** Thought Digetstion  Brain-Heart ***Sensory Impressions*** | **Avalambaka Kapha** M. Storehouse  Chest-Lungs ***Lubes respiratory system*** |
| **Vyana vayu** Circulating Air  Heart ***Center to Periphery*** | **Alochaka Pitta** Visual Digestion  Pupil ***Conv. Light/Visual to Info.*** | **Tarpaka Kapha** Thought/Emotion  Brain-E. Heart ***Lubes Nerve Tissues*** |
| **Udana vayu** Exhalation  Chest-Throught ***Up & Out*** | **Bhrajaka Pitta** Touch Digestion  Skin-Touch ***Pressure/Tempreature*** | **Bodhaka Kapha** Mouth/Tongue m  Mouth-Tongue ***Digestive Saliva*** |
| **Apana vayu** Elimination  Colon ***Downward air*** | **Ranjaka Pitta** Blood Digestion  Blood ***Cnv. Food>Nutrition>Tissue*** | **Sleshaka Kapha** Movement Lube.  Joints ***Synovial Fluid*** |

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| **Dhatus** | | | |
| **Dhatu** | **Associated Tissue** | **Upa Dhatu(s)** | **Mala(s)** |
| **Rasa Dhatu** | Lymph, Plasma | Menses, Breast Milk | Kapha, Mucous, Phlegm |
| **Rakta Dhatu** | Blood | Blood Vessels, Tendons | Pitta or Bile |
| **Mamsa Dhatu** | Muscle | Ligaments & Skin | Cavity waste, Snot, Ear wax |
| **Medas Dhatu** | Fat | Omentum & Peritoneum | Sweat |
| **Asthi Dhatu** | Bone | Teeth | Hair & Nails |
| **Majja Dhatu** | Marrow | Sclera / Sclerotic fluids | Tears / Eye Secretions |
| **Shukra Dhatu** | Repro. Secretions | N/A | Genital waste, Smegma |

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| **Srotas** | | | |
| **Srota** | **Body System** | **Gross Organ(s)** | **Subtle Organ(s)** |
| **Annavaha Srota** | Digestive System | Mouth, Stomach, S Intestine | Stomach |
| **Pranavaha Srota** | Respiratory System | Lungs, Bronchi, Sinus | Heart |
| **Svedavaha Srota** | Sebaceous System | Hair Follicles, Skin Pores | Adipose Tissues |
| **Purishavaha Srota** | Excretory System | Colon, Rectum | Colon |
| **Mutravaha Srota** | Urinary System | Kidney, Ureter, Bladder, Urethra | Bladder, Urethra |
| **Artavavaha Srota** | Menstrual System | Ovaries, Fallopian tubes, Uterus, Vaginal Canal | Ovaries, Uterus |
| **Stanyavaha Srota** | Lactation System | Lactating Ducts | Uterus |
| **Ambuvaha Srota** | Water Metabolism | Pituitary Gland, Pancreas, Palate | Kloman and Palate |
| **Manovaha Srota** | Mind / Subtle Body | Mind | Entire body, Subtle body |
| **Rasavaha Srota** | Lymphatic System | Lymphatic System | Heart, Blood vessels |
| **Raktavaha Srota** | Blood Vessels, (R.B.C.) | Blood Vessels, (R.B.C.) | Spleen Liver |
| **Mamsavaha Srota** | Muscular System | Muscular System | Ligaments, Skin |
| **Medovaha Srota** | Adipose System | Kidneys & Omentum | Fatty Tissue in abdomen |
| **Asthivaha Srota** | Skeletal System | Skeletal System | Adipose in hips and buttocks |
| **Majjavaha Srota** | Nervous System | Brain, Bone marrow | Bones, Joints |
| **Shukravaha Srota** | Reproductive System | Pathway of Sperm and Ovum | Men: Testes,  Women: Uterus |