Kapha subdoshas Poetry Slam

Kledaka Kapha

Supportive,

protective,

digestive

Mucous in the gut

Contains the fire, but,

Lines the stomach wall

keeps us safe from the gall

Kledaka Kapha,

digestive,

does it all

Avalambaka

Kapha’s storehouse,

more house,

your house

Leading to clinging,

and holding

and Memories embolding

Mucus Respiratory,

Kapha’s Repository,

that’s Avalambaka’s story

Tarpaka Kapha

CNS fluids and Kapha of the mind,

By stabilizing find

the value of the past

As it moves into the now,

Show me how,

to hold still

as it will

until

It moves again

Tarpaka Kapha honors the beginning and the end

Bodhaka Kapha

The waters of the mouth,

always running south,

Salivary wisdom of our tastes

Informing the brain of the

Chemicals contained

in the food that generates

the waters of the mouth,

always running south

We know

because of Bodhaka Kapha flow

Sleshaka Kapha is

Jovial synovial,

happy just to move the joint

Isn’t that the point?

To lubricate these,

our elbows and our knees

So we can pivot, twist and bend

Until we reach our end

Sleshaka help us move, and groove and improve