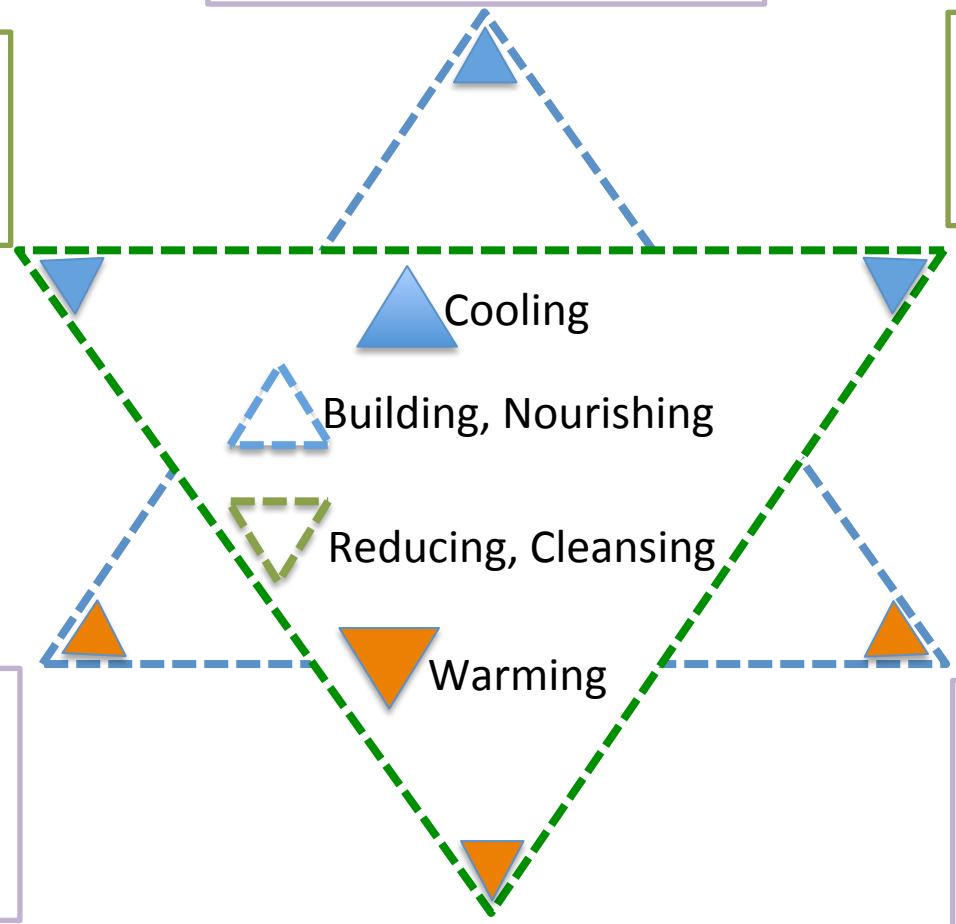
Six Tastes

SWEET
Building & Cool
Pacifies Vata & Pitta
(Too Heavy for Kapha)

ASTRINGENT
Reducing & Cool
Pacifies Kapha & Pitta
(Too Drying for Vata)

BITTER
Reducing & Cold
Pacifies Kapha & Pitta
(Too Cold & Dry for Vata)



SOUR
Building & Warm
Pacifies Vata
(Too Warm for Pitta,
Too Heavy for Kapha)

SALTY
Building & Warm
Pacifies Vata
(Too Warm for Pitta,
Too Moist for Kapha)

PUNGENT
Reducing & Hot
Pacifies Kapha
(Too Warm for Pitta, Too Drying for Vata)