

10 Opposite Pairs of Attributes and the 10 Main Pairs of Amino Acids

The Ayurvedic concept of **Prakruti** (Original Constitution) is **Genetic Code**

Guna | Sanskrit | Amino Acid

Heavy - Guru - Alanine

Slow/Dull - Manda - Asparagine

Cold - Shita - Cysteine

Oily - Snigdha - Glutamine

Smooth/Slimy - Slakshna - Proline

Dense - Sandra - Tyrosine

Soft - Mrudu - Isoleucine

Static/Stable - Sthira - lysine

Gross - Sthula - Threonine

Sticky/Cloudy - Picchila - Tryptophan

Guna | Sanskrit | Amino Acid

Light - laghu - Arginine

Sharp - Tikshna - Asparate

Hot - Ushna - Glutamate

Dry - Ruksha - Glycine¹

Rough - khara - Serine

Liquid - Drava - Histidine

Hard - Kathina - Leucine

Mobile - Chala - Methionine

Subtle - Sukshma - Phenylalanine

Clear - Vishada - Valine

Kapha

Lunar/ Yin / Nourishing

Cold

Building / Anabolic

Para-sympathetic (rest and digest)

Sex Hormones

(e.g. Estrogen, Prolactin)

Pitta & Vata

Solar / Yang / Reducing

Hot (Pitta) though Vata is cold

Lightning / Metabolic (P) Catabolic (V)

Sympathetic (fight or flight)

Stress Hormones

(e.g. Cortisol, Adrenalin)

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