



AyurvedicPuzzles©

Across

- 5 The governing element of Vyana (5)
- 7 Located in the small intestine and navel (6)
- 9 The governing element of Prana (5)
- 10 Also known as Vayu, a dosha with 5 subtypes (4)
- 12 The normal functions of vata in the body are movement, ingestion of food and what other function? (11)

- 13 Located in the head and the brain (5)

Down

- 1 A term used to describe the different functions of a dosha and how they relate to their locations within different structures, known as Ayurvedic *what?* (13)
- 2 Located in the heart and whole body (5)
- 3 Located in the diaphragm and throat (5)
- 4 Vata is present

throughout the body and is predominant in the head, throat, small intestine, belly button (navel), pelvic girdle, bones, thighs, colon and heart. There is one item missing from the list. (9)

- 6 The governing element of samana (4)
- 8 Located in the colon and pelvic cavity (5)
- 9 The governing element of apana (5)

- 11 The governing element of udana (3)