



AyurvedicPuzzles©2024

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|-------------|------------|
| Air         | Inward     |
| Apana       | Isolation  |
| Body        | Linear     |
| Brain       | Move       |
| Cavity      | Navel      |
| Circular    | Outward    |
| Circulation | Pelvic     |
| Colon       | Prana      |
| Diaphragm   | Pulsation  |
| Downward    | Samana     |
| Earth       | Separation |
| Ether       | Small      |
| Fill space  | Splitting  |
| Fire        | Subtype    |
| Head        | Throat     |
| Heart       | Throbbing  |
| Holding     | Udana      |
| Intestine   | Upward     |

Vyana

Water