

20 Gunas: Ayurvedic Qualities

 Guru heavy	$\xleftarrow{VP-K+}$ Earth, Water	WEIGHT	$\xrightarrow{VP-K+}$ Earth, Ether, Fire	Laghu light
 Manda slow/dull	$\xleftarrow{VP-K+}$ Earth, Water	INTENSITY	$\xrightarrow{VP-K+}$ Fire	Tikshna sharp
 Hima/Shita cold	$\xleftarrow{VK+P-}$ Water	TEMPERATURE	$\xrightarrow{VP-K+}$ Fire	Usna hot
 Snigdha oily	$\xleftarrow{V-PK+}$ Water	MOISTURE	$\xrightarrow{VP-K+}$ Earth, Air	Ruksha dry
 Slakshna smooth	$\xleftarrow{V-PK+}$ Water	TEXTURE	$\xrightarrow{VP-K+}$ Air	Khara rough
 Sandra dense	$\xleftarrow{VP-K+}$ Earth	SOLIDITY	$\xrightarrow{VP-K+}$ Fire, Water	Drava liquid
 Mrdu soft	$\xleftarrow{V-PK+}$ Water	RIGIDITY	$\xrightarrow{VP-K+}$ Earth	Kathina hard
 Stirah stable	$\xleftarrow{VP-K+}$ Earth	MOBILITY	$\xrightarrow{VP-K+}$ Air	Cala mobile
 Sthula bulky/tangible	$\xleftarrow{VP-K+}$ Earth	STRUCTURE	$\xrightarrow{VP-K+}$ Air, Ether	Sukshma subtle/minute
 Picchila slimy/sticky	$\xleftarrow{V-PK+}$ Water	ADHESION	$\xrightarrow{VP-K+}$ Air, Ether	Vishada clear