**Shifting Focus: Constitutional Assessment Through a Global Lens**

Good Medicine Confluence 2018

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|  | **Three Doshas** | | | **Five Elements** | | | | | **Four Temperaments** | | | | |
|  | | |  | | | | |  | | | | |
| Vata | Pitta | Kapha | Wood | Fire | Earth | Metal | Water | Choleric | Sanguine | Phlegmatic | | Melanch-olic |
|  | | |  | | | | |  | | | | |
| Element | Ether/Air | Fire/Water | Water/  Earth | Wood | Fire | Earth | Metal | Water | Fire | Air | | Water | Earth |
| Quality | Cold, light, dry, changeable | Hot, light, sharp, clear | Cold, Heavy, Dense, Slow | Expansive  growth | Light, warm, vital | Nourish, ground,  sustain | Letting go, transform-ation | Essence, flow, circulate | Active, exciting,  change | Quick, light, creative, exciting | | Adaptablesteady, calm | Solid, groun-ded, stable |
| Physical | Thin frame, dry skin, curly hair | Medium height/  Weight, fair skin, freckles | Stockier frame, broad chest, muscular, cool moist skin | Medium build, muscular, square, coarse skin | Soft, long body, warm moist skin | Round, muscular form, broad | Lean, light, clear skin | Dense, lean, long | Medium height, strong,  warm, dry skin | Tall, thin, soft, warm skin | | Short to medium, fleshy, solid, cold damp skin | Medium height, solid bones, cold, dry |
| Emotion | Creative, active, witty, impulsive | Leaders, courageousplanners | Loyal, positive, forgiving, loving | Motivated  creative, planners | Positive spirited  invigorated | Grounded focused, easy  going, com-passionate | Steady, solid detached | Self-confident  aware, adapt-able | Confident, optimistic, passionatefocused, determ-ined | Upbeat, outgoing, generous, social | | Compassionate, empa-thetic, open | Stubbornloyal, stable, good listeners |
| Organ Affinity | Large Intestine | Small intestine | Stomach | Liver | Heart | Spleen/  Stomach | Lungs | Kidneys | Yellow Bile | Blood | | Phlegm | Black Bile |
| Season | Fall/Early Winter | Summer | Late Winter/  Spring | Spring | Summer | Late Summer | Fall | Winter | Summer | Spring | | Winter | Fall |
| Out of Balance | Anxious, restless, constipated, insomnia, neurological issues | Anger, inflam-mation infection, diarrhea, HBP | Low metabolism, phlegm, respiratory issues, edema | Depression, anxiety, anger, CV issues, skin outbreaks | Inflam-mation infection, hypo or hyper function, heat | Sluggish,  bloating, edema, poor immune function | Tension, rigidity, respira-tory issues, low immunity | Inflam-mation, anxiety, night  sweats, depletion | Frustrat-ion, anger, HBP, tension, depress-sion | Self-absorbed anxiety, skin outbreaks, impulsive | | Over-stimulatedlack of boundary,resp-iratory issues | Rigid, lack of action, cons-tipation |
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|  | Vata | Pitta | Kapha | Wood | Fire | Earth | Metal | Water | Choleric | Sanguine | | Phlegm-atic | Melan-cholic |
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| Actions | Pungents, Demulcents, Tissue Tonics, carminative anti-spasmodics, nutritives, nervines, grounding adaptogens | Cooling bitters, diaphoretic  demulcentscooling nervines, sedatives, Circulatory tonics, grounding adaptogens | Pungents, warming bitters, carminatives, astringents, diuretics, lymphatics, expectorants | Cooling bitters, cholereticsnervines, heart tonics | Heart tonics, nervines, sedatives, bitters, yin tonics | Bitters, tonics, carminatives, CV tonics, lymph-atics | Qi and immune tonics, aromatics, pungents, circul-atory tonics | Groun-ding adapt-ogens, yin tonics, astrigentsnutritivesnervines | Cooling bitters, alterativesadapt-ogens, demul-cents | Rooty bitters, heart tonics, anxio-lytics, gentle nervines, sedatives | | Carminatives, diuretics, zippy adapt-ogens, heart tonics,  astringent | Warming carm-inatives, bitters, aromaticsdemul-cents, antispasmodics |
| Herbs | Ashwagandha, Cinnamon, licorice, White Peony, Calendula, Milky Oats, Chamomile, Blue Vervain, Seaweeds, | Dandelion, Linden, Shatavari, Marshmallow, Goji, Ashwaga-ndha, Gotu Kola, Milk Oats, Passionf-lower, Cal Poppy | Ginger, Cinnamon, Dandelion, Fennel, Schisandra, Thyme, Lemon Balm, Rose, Cardamom | DandelionMilk thistle, bupleur-um Gentian, Skullcap, Passion-flower, Hawthorn Jujube, Linden, Violet, Milky Oats | Linden, Albizzia, Hawthorn, Rose, Blue Vervain, Passion-flwr, Cal. Poppy, Milky Oats, Mother-wort, Shatavari | Carda-mom, Citrus Peel, DandelionBurdock, Jujube, HawthornCleavers, Calendula | Astra-galus, Reishi, Lemon balm, Ginger, Thyme, Pepper-mint, Elderberry | Ashwa-gandha, Marsh-mallow, ShatavariRose, Rasp-berry leaf, Nettle, Holy Basil | Marsh-mallow, violet, plantain, cleavers, linden, blue vervain, hawthorn, lemon balm, mother-wort, skullcap, Burdock, Yellow Dock | Cham-omile, Linden, HawthornRose, milky oats, Ashwa-gandha, skullcap, passion-flower, yellow dock | | CinnamonCard-amom, Fennel, Ginger, Elder-flowers, Thyme, Sage, Rosemary, Nettles, Cleavers, Rose, Schis-andra, Raspberry leaf | Fennel, Dand-elion, Cinn-amon, Card-amom, Citrus peel, Mother-wort, Valerian, Linden, LavenderLemon balm |
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