

THE VITALIST HERBALIST MINI-COURSE



LESSON ONE: The Human Constitution Chart

	TISSUE STATE	ELEMENT	DOSHA	YIN/YANG	PLANET
TEMPERATURE	Heat Excitation	Excess Fire	Excess Pitta	Yang Excess	Sun Mars
	Cold Depression	Deficient Fire	Excess Kapha or Vata	Yang Deficiency	Saturn
MOISTURE	Dry Atrophy	Excess Air	Excess Vata	Yin Deficiency	Saturn
	Damp Stagnation	Excess Water	Excess Kapha	Yin Excess	Moon Jupiter
TONE	Wind Tension	Excess Ether	Excess Vata	General Excess	Mercury
	Damp Relaxation	Deficient Earth	Excess Kapha	General Deficiency	Venus

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