



The School of
Evolutionary Herbalism

LESSON I:
CONSTITUTIONS &
TISSUE STATES TABLE
OF CORRESPONDENCE

THE VITALIST HERBALISM MINI-COURSE



CONSTITUTIONS & TISSUE STATES TABLE OF CORRESPONDENCE

	Tissue State	Element	Dosha	Yin/Yang	Planets*
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

* Note these planets generate these particular tissue states.