

State of Mind/ Trigunas

SATTVIC

RAJASIC

TAMASIC



Vata

Creative, Inspired,
Enthusiastic, Genuine
Artistic, Intuitive, Divine
Love

Nervous, Anxious,
Manic, Hyper,
Worrisome, Fearful

Depressed, Addicted,
Psychological problems,
Suicidal



Pitta

Strong Leader, Clear
Thinking, Spiritual
Teacher, Perceptive,

Angry, Hot Tempered,
Judgemental, Resentful,
Controlling, Jealous

Violent, Hateful,
Vindictive, Hurtful,
Murderers



Kapha

Nuturing, Peaceful,
Loving, Compassionate,
Jolly, Generous,
Patient

Attached to things/
objects, Stubborn,
Possessive,
Holds Grudges

Intensely attached to
pleasure and material
things, Self Loathing,
Lethargic, Thieves