




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