

Diseases caused by Individual Dosha Imbalances (YogaTute.com)

VATA Disesas	PITTA Diseases	KAPHA Diseases
1. Nakhabheda (cracking of nails)	1. Osha (heating)	1. Trupti (anorexia nervosa)
2. Vipadika (cracking of feet)	2. Plosa (scorching)	2. Tandra (drowsiness)
3. Pada shoola (pain in foot)	3. Daha (burning)	3. Nidraadhikya(excessive sleep)
4. Pada Bhramsha (foot Drop)	4. Davathu (boiling)	4. Staimitya (timidness)
5. Pada Suptata (numbness of foot)	5. Dhoomaka (fuming)	5. Guru Gatrata (heaviness of the body)
6. Vata khuddata (club foot)	6. Amlaka (acid eructation)	6. Alasya (laziness)
7. Gulpha Graha (stiff ankle)	7. Vidaaha (pyrosis) – heart burn	7. Mukha Maadhurya (sweet taste in mouth)
8. Pindikodveshtana (cramps in calf muscle)	8. Antar daaha (burning sensation inside the body)	8. Mukha Srava (salivation)
9. Gridhrasi (sciatica)	9. Amsa daha (burning sensation in shoulder)	9. Shleshmodgirana (mucus expectoration)
10. Janu Bheda (Genu varum)- Bow leggedness, bandiness	10. Ushmaadhikya (excessive temperature)	10. Malaadhikya (excessive excretion of excreta)
11. Januvishlesha (Genu valgum) – Knock Knee	11. Ati Sveda (excessive sweating)	11. Balasaka (loss of strength)
12. Urustambha(stiffness of thigh)	12. Anga gandha (bad odour of thee body)	12. Apakti (indigestion)
13. Urusada (pain in the thigh)	13. Angaavadarana(cracking pain in the body)	13. Hrudayopalepa (feeling as if heart is wrapped up with moisture)
14. Pangulya (paraplegia)	14. Shonita kleda(sloughing of the blood)	14. Kantopalepa (phlegm adhered to throat)
15. Guda Bhramsa (prolapsed rectum)	15. Mamsa kleda (sloughing of the muscle)	15. Dhamani Praticaya (hardening of vessels)
16. Gudarti (Tenasmus)	16. Tvak Daaha(burning sensation in the skin)	16. Galaganda (goiter)
17. Vrushanakshepa (pain in scrotum)	17. Charma dalana(itching of the skin)	17. Ati Sthaulya (obesity)
18. Shepha Stambha (stiffness of penis)	18. Tvagavadarana (cracking of the skin)	18. Sheetaagnita(suppression of digestive powder)
19. Vankshana anaha (tenstion of groin)	19. Rakta kotha (urticaria)	19. Udarda (urticaria)
20. Shroni Bheda (pain around the pelvic girdle)	20. Rakta visphota (red vesicle)	20. Shvetaavabhasata (pallor), Shveta Mutra Netra Varchastva (whiteness of urine, eye and faces)
21. Vidheda (diarrhea)	21. Rakta Pitta(bleeding tendency)	
22. Udavarta (bloating)	22. Rakta mandala (red wheals)	
23. Khanjatva (lameness)	23. Haritatva (greenishness)	

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24. Kubjatva (kyphosis)	24. Haaridratva (yellowishness)	
25. Vamanatava(dwarfism)	25. Neelika (blue moles)	
26. Trikagraha (stiffness of sacro-iliac joint)	26. Kaksha (herpes)	
27. Prsistagraha (stiffness of back)	27. Kaamala (jaundice)	
28. Parshva Marda (pain in chest)	28. Tiktaasyata (bitter taste in month)	
29. Udaraveshta (Gripping pain in abdomen)	29. Lohita Gandhasyata (smell of blood from the mouth)	
30. Hrit Moha (braby cardia)	30. Pooti mukhata(foetid odour of mouth)	
31. Hrit Drava (tachycardia)	31. Trishnaadhikya (excessive thirst)	
32. Vaksha- Udgharsha (rubbing pain in chest)	32. Atrupty (non-satisfaction)	
33. Vaksha- Uparodha (impairment of thoracic movement)	33. Aasya Vipaka (stomatitis)	
34. Vakshastoda (stabbing pain in chest)	34. Gala paka(pharyngitis)	
35. Bahu Shosha (atrophy of arm)	35. Akshi paka (conjunctivitis)	
36. Greeva Stambha (stiffness of the neck)	36. Guda paka (proctitis)	
37. Manyastambha (torticollis)	37. Medhra Paka(inflammation of the penis)	
38. Kanthoddhvamsa(hoarseness of voice)	38. Jivadana(hemorrhage)	
39. Hanu Bheda (pain in jaw)	39. Tamah pravesha (fainting)	
40. Ostha Bheda (pain in lips)	40. Harita haridra netra mutra varchas (greenish and yellowish coloration of eyes, urine & faeces)	
41. Akshi Bheda (pain in eye)		
42. Danta Bheda (toothache)		
43. Danta Shaithilya (looseness of tooth)		
44. Mookatva (aphasia / dumbness)		
45. Vak Sanga(stalling speech)		

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46. Kashaya asyata (astringent taste in mouth)		
47. Mukha shosha (dryness of mouth)		
48. Arasajnata(ageusia) – loss of taste function		
49. Ghrana Nasha(anosmia) – loss of smell function		
50. Karna Shoola (ear ache)		
51. Ashabda Shravana (tinnitus)		
52. Ucchaih Shruti (hard hearing)		
53. Badhirya (deafness)		
54. Vartma Stambha (Ptosis of eye lid)		
55. Vartma Samkocha (entropies)		
56. Timira(amaurosis) – a type of vision loss		
57. Akshi Shoola (pinching pain in eye)		
58. Akshi Vyudasa (Ptosis of eye ball)		
59. Bhru Vyudasa (ptosis of eye brow)		
60. Shankha Bheda (pain in temporal region)		
61. Lalata Bheda (pain in frontal region)		
62. Shiro Ruk (headache)		
63. Kesha bhumi sphutana (dandruff)		
64. Ardita(facial paralysis)		
65. Ekanga Roga (monoplegia)		
66. Sarvanga Roga (polyplegia)		
67. Pakshavaha (hemiplegia)		
68. Akshepaka (convulsion)		
69. Dandaka (tonic convulsion)		
70. Tama (fainting)		
71. Bhrama (giddiness, dizziness)		

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72. Vepathu (tremor)		
73. Jrumbha (yawning)		
74. Hikka (hiccup)		
75. Vishaada(asthenia) – weakness, depression		
76. Ati Pralapa (delirium) – excessive irrelevant talk		
77. Raukshya (dryness)		
78. Parushya (hardness)		
79. Shyava Arunaava Bhasata (dusky red appearance)		
80. Asvapna (sleeplessness)		
81. Anavasthita chittatva (unstable mind).		