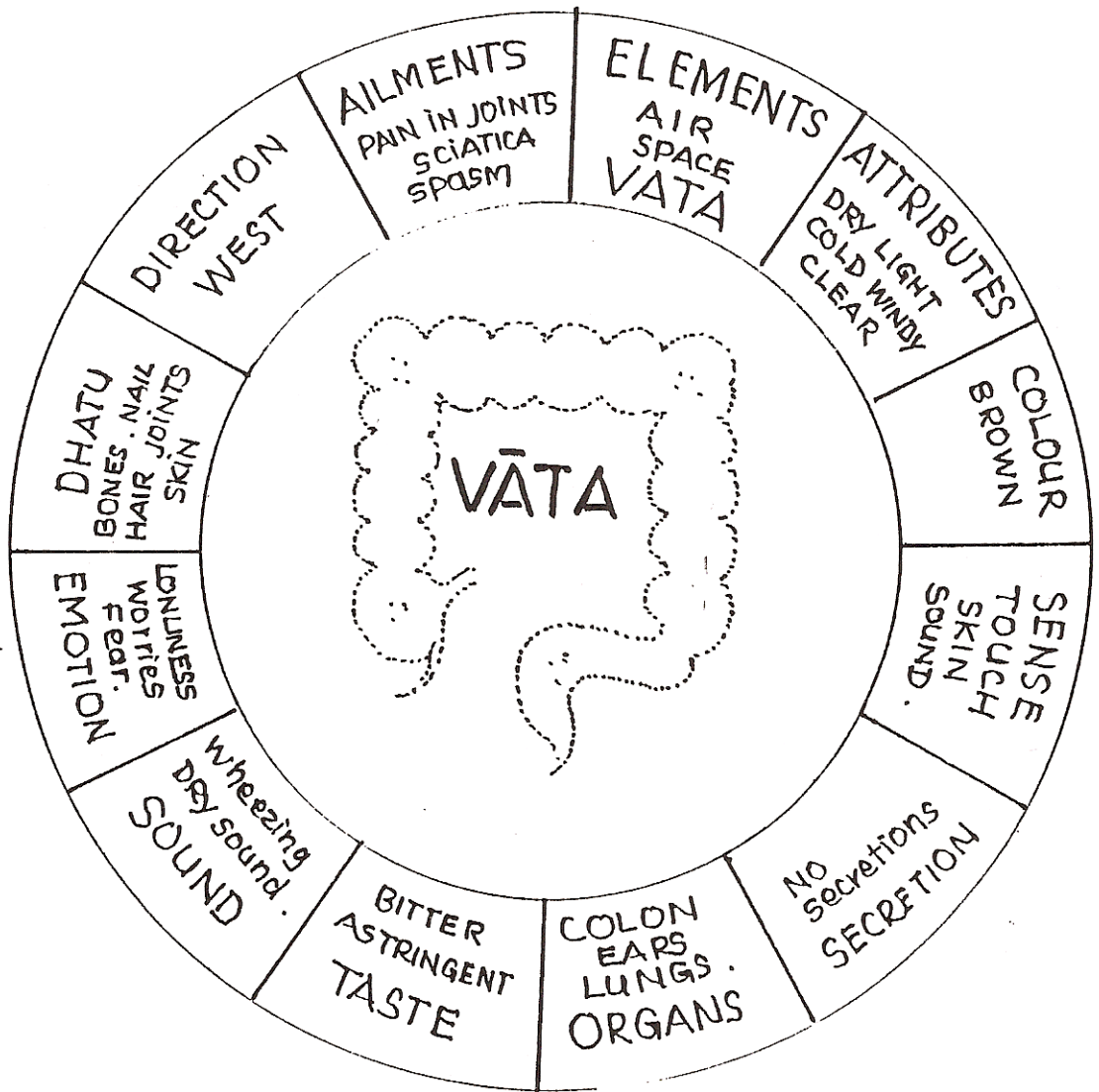


Autumn the season of VATA-DOSHA.



Balanced Autumn

Clarity of communication
learning new subjects
Ready to change
Flexibility.
clear smell

Imbalanced Autumn.

Fear
Anxiety
Lonliness
Lack of direction
Indecision
Fatigue
Tremors
muscle-joint pain.