



Pingala

Sympathetic
Surya (Sun)
Male
Ha
Extroverted
Left Hemisphere of the Brain
Vital Processes of the Brain
Red Blood in Circulatory System
Spanda

Ida

Parasympathetic
Chandra (Moon)
Female
Tha
Introverted
Right Hemisphere of the Brain
Mental processes of the Brain
Blue Blood in Circulatory System
Nishpanda