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ABSTRACT: Nowadays whole world is curious about Prakriti. Understanding Prakriti is best guideline for healthy life. Daily and seasonal regimes are prescribed in Ayurveda. They are most simple easily executable, conservative and preventive measures. Qualities of Dosha are expressed on body. This is called Deha Prakriti. Body expressions are expressed in terms of external feature or morphology of the body, physiological or functional response of various systems of body and mental or psychological response to different stimuli.

Unique features of ayurveda to advice, to correct diet and provide appropriate regime, as per Prakriti of an

individual, as per season, as per quality of food, as per age, has become matter of global interest. This is preventive measures taken to stay in healthy status. Knowledge of prakriti is essential for every individual. Common person can maintain his health by getting proper tips about his regime, provided he understands his own prakriti. As per the Prakriti type the person should maintain his eating habits and all types of habits to remain young healthy, so one has to understand his own type of Prakriti and he should follow his diet according his Prakriti. For the person having predominance of any one Dosha should follow the dietary regime which is opposite in nature to the predominant Dosha so as to maintain the internal harmony of body.

INTRODUCTION

Ayurveda is designed for healthy and long life span. This aim is fulfilled by its sound and absolute principles. Prakriti is one of the very important principles and plays a very important role in the designing of lifestyle of a person for maintenance of health. Its

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determination is also important in disease conditions as it is essential in the prognosis and planning of treatment. Definition of Prakriti is an expression of one's own constitution. 1. Prakriti is enumeration of body features, internal as well as external. 2. Prakriti is divided into two main types; (i) Physical Prakriti called Deha Prakriti or Shareer Prakriti and (ii) Psychic Prakriti called Manasiki Prakriti 3. Seven types of Physical Prakriti people are observed. Three types with pre dominance of single Dosha, three types with predominance of two Dosha and with predominance of all three Dosha. Prakriti is organized in accordance to attributes of predominant Dosha at the time of sperm-ovum union. 4. Psychological Prakriti is classified according to these three types of mental Doshas. Satwa, Rajas, and Tamas are the three psychic or mental Doshas. There are seven divisions within satvika, six in rajasika and three in tamasika, outlining different degrees of each quality. Prakriti remains unchanged during the whole life and affects every aspects of life. Prakriti's determined by the predominance of Dosha with others combined in different proportions. Doshas are basic bodily factors responsible for the maintenance of physiology in different sections due to their specific properties. Body is governed by three humours known as vata, pitta, and kapha. They govern whole body according their nature. e. g. Vata is responsible for all the movements of the body, same applies for the rest of the Doshas. These three Doshas has determined the Prakriti of a person according to their pre dominance. Each Dosha has been designed for a specific groups or bodily functions depending upon its guna. These functions of Dosha are also found in an aggravated form in a particular type of Prakriti dominated by that particular Dosha. In very simple words Vyadhi means disease, Dosha can generate diseases because they exist in every cell. The fact gives them ability to corrupt dhatu and mala due close vicinity to each other. The matter which lodges itself into unicellular zygote. Right from the moment of conception, does make an impression on every cell. This matter has to descent through all successive divisions of cell and is bound to appear on every cell of the body. Set of three Dosha is an entity, which exhibits its existence from unicellular zygote. It is prime most elementary matter functioning immediately after conception. Characteristics of Vata Prakriti: • They are highly creative and imaginative and have a tremendous appetite for reading and writing literature • They are quick to start any job but get irritable and upset or emotionally disturbed quickly • They are very enthusiastic and hyperactive but have a tendency to tire easily • They are an excitable, lively and fun loving personality • They hate the cold season and love summer. • They are quick and lively in thought, speech and action, and make friends easily. • They don't like sitting in one place but like jogging and jumping. • They have an irregular daily routine • Their response to stress will be fear, worry, and anxiety • They tend to earn money quickly and also to spend it quickly • They are quick to learn and grasp new knowledge, but also quick to forget • They are a born charmer and are constantly in search of warmth and affection in every sphere of life. • They have a sharp mind,

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amazing flexibility and boundless. • Occupations seeking imagination, traveling and creativity attract them intensely Physical Features of Vata Prakriti: People of vata constitution are generally physically underdeveloped. They will have dry hair and dry skin and they don't perspire much. They will be having a light body frame with light muscles and will also be thin and underweight. They will have cold hands, cold feet and poor circulation. Their body parts will be well-differentiated and will have cracking joints during movements. Dietary recommendation for Vata Prakriti: Avoid food that are dry, rough, cold, bitter, pungent, astringent, very light or very heavy foods. This includes raw foods, salads, dry grains, crackers, chips, processed foods, soft drinks and frozen foods. Eat small meals that are hearty and warm throughout the day. Choose warming food and spices. Avoid foods like cabbage, cauliflower, Brussels sprouts etc that create gas. Dairy products are very calming to vata especially when it is warm. Stick to a regular routine. Sweet, moist, well-ripened fruits serve you well. Dry fruits should be soaked well before you have them. Oily, smooth, warm, sweet, sour, salty, grounding, easily digestible foods, cooked foods, root vegetables, oils and fats, soups, stews and hot drinks should be emphasized in your diet Avoid alcohol and coffee. Reduce light, dry, cold, pungent, bitter and astringent foods. Vegetables: Asparagus, beetroot, carrot, cucumber, garlic, green beans, onions, sweet potato, radishes,turnips,leafy,greens in moderation. Fruits : Sweet fruits, apricots, bananas, avocados, berries, cherries, coconut, fresh figs, grapefruit, lemons, grapes, mangos, sweet melons, sour oranges, papaya, pineapple, peaches, plums, sour fruits. Lifestyle recommendations for Vata Prakriti: • Eat at regular intervals. Try to follow the same mealtime daily. • Do not skip meals. This may further weaken your system. • Take bath with hot water. It invigorates the body immediately. • Daily elimination is very important to prevent ama from accumulating in the body. • Indulge in an ayurvedic massage every morning before bathing. This is good for your dry skin, promotes circulation and also nourishes and tones the muscles and nerves • Get to the bed early • Involve yourself in singing, dancing and yogic exercises and avoid stress, worry and anxiety • Protect yourself from the cold and wind. Wear a scarf to protect your ears and throat. Avoid long exposure to Air conditioners • Get rest, relaxation and sleep • Always try to maintain a peaceful atmosphere and cheerful mental state • Do calming exercise like walking and Yoga • Use sesame oil for a whole body massage in the morning • Regular, daily elimination Characteristics of Pitta Prakriti: As an energetic Pitta Prakriti, this type of personality can be characterized by all or many of these: • They are intensely energetic and thoroughly enjoy every challenge posed by life. • They are very courageous and very assertive while expressing their views. • They are a sharp and bright intellectual with a sharp tongue, who vehemently opposes anyone standing against their views • They love politics and are willing to debate just about anything with anyone at anytime • They are a hot tempered person and possess an exceptionally low tolerance for pain. • They are very confident and

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aggressive, and that helps them remain very competitive • Their self-confidence and an entrepreneurial spirit make them a natural leader. • They are extremely perceptive and it is almost impossible for anyone to cheat them easily Physical Features of Pitta Prakriti: People with Pitta Prakriti are usually of medium physique but are strong and well-built. They have oily skin prone to rashes and have a rosy, ruddy complexion. They will have fine, light colored hair that tends towards premature graying or thinning. They will perspire more than normal and will have a strong body odor. Dietary Recommendation for Pitta Prakriti: Keeping cool is very important for Pitta's fiery energy. Avoid excess oils, fried foods, caffeine and hot spices. Take lots of fresh fruits and vegetables. Emphasize sweet, bitter and astringent tastes in your food. Cooling whole grains like barley, wheat and basmati rice are good for pitta. Pitta’s need good amounts of calcium, iron, magnesium and Vitamins. Most oils, salt, alcohol, red meat and hot spices are warming foods and hence harmful for pitta. Most dairy products are cooling in nature but cheeses, sour cream. Buttermilk and yogurt are best avoided as their fat can aggravate Pitta. Eat whenever hungry Vegetables: Asparagus, Broccoli, Cabbage, Cauliflower, Celery, Cucumber, Green beans, Green (sweet) peppers, Leafy , Green vegetables, Lettuce, Mushrooms, Okra, Parsley, Peas, Potatoes, Sprouts, Squash, Sweet Potatoes, Zucchini Fruits: Apples, avocados, cherries, coconut, figs, dark grapes, mango, melons, orange, Pears, Pineapple, Plum, Prune, raisin Lifestyle recommendations for Pitta Prakriti: • Avoid going out in the heat of the day, especially on an empty stomach or after you have eaten spicy foods • Avoid exercising when it's hot • Take bath in cold water twice a day • Spend more time in cold weather or living in a cool place • Try reducing your short tempered nature by doing meditation • Eat whenever hungry • Meditating will help you reduce your short temper • Do mild exercises half of your capacity • Avoid exertion and try to relax in natural surroundings • Stay in a cooling environment and avoid overexposure to heat and sun • Do cooling exercises like swimming or walking in cool weather Characteristics of Kapha Prakriti: • Their movements are normally calm and deliberate, always well thought out. • They have an excellent physical and mental endurance level. • They are very stable, loving and compassionate • They have an outstanding long-term memory • They are always slow moving and graceful • They tend to be calm and have a steady disposition. • They strive to maintain peace and harmony in your surroundings • They are very possessive. • These are deeply sentimental and tend to get hurt deeply but they are very faithful. • Consistency is one of strongest personality traits. • Sexually they will be aroused slowly, but also have the most endurance Physical Features of Kapha Prakriti: People with Kapha Prakriti tend to be tall, physically strong and heavy built with powerful joints and muscles, broad shoulders and well developed chests. Kapha people generally have fair and bright complexion with lustrous, oily and smooth skin that can be cold and pale. Their hair can be thick, dark, soft, curly or wavy. Dietary Recommendation for Kapha Prakriti: Eat more garlic, green

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vegetables and spices while avoiding sugar, butter and cheese. It is better to eat three square meals rather than all day. Fat consumption should be minimal. Avoid iced foods and drinks. Complex carbohydrates in diet are important to provide the necessary fiber. Light, warming and dry grains like barley, millet and oats are increase insulin production and should be included in your diet. Dairy products are best avoided. Light, crispy foods like popcorn serve you well. Low-fat proteins like high fiber beans are good for your constitution. Reduce sugars and sweets. Avoid cold and damp. Drink warming fluids Vegetables: Asparagus, beetroot, cabbage, carrots, cauliflower, celery, garlic, leafy green vegetables, lettuce, mushrooms, okra, onions, peas, peppers, potatoes, radishes, spinach, sprouts Fruits: Apples, apricots, berries, cherries, cranberries, figs, mangoes, peaches, pears, prunes, pomegranates. Dried fruits in general are good for kapha.. Lifestyle recommendations for Kapha Prakriti: • Do regular exercise. Whatever exercise you choose, it should be stimulating, and should increase metabolism and circulations • Feel positive about every aspect of yourself and try to forget the past • Go to bed early and wake up really early in the morning and try not to sleep too much • Taking foot massage and other body massages can be very useful • Keep the mind active with new thoughts, projects and information • Travel as much as possible and also welcome new relationships in your life by making it a point to meet people • Keep warm • Stimulate with a full body dry massage • Accept motivating challenges • Do vigorous exercises like aerobic, tennis, Ashtanga Yoga etc. regularly Characteristics of combined Dosha Prakriti: Vata, Pitta, and Kapha may form combinations according to their quantitative and qualitative balance in sperm, ovum, and uterus. In the case of combinations, the signs and symptoms of same Doshas may be present in particular organs according to their effect in a particular part. Prakriti is judged according to the majority of signs dominating altogether. Charakacharya says that the majority of people are always found to be combined Prakriti. Single Dosha Prakriti is very rare and they are nearer to disorder than a natural constitution. Lifestyle recommendations for combined Dosha Prakriti: If the basic constitution is mixed Vata-Pitta or Vata –Kapha, include portion for the second influtional Dosha also in their dietary regimen. Vata Dosha is aggravated and decreased during autumn and early winter. During these seasons all body types can include some of the above foods and decreased others. Mental and emotional peace and constructive lifestyle routines are important to restoring and maintaining balance. If the basic constitution is Pitta –Vata or Pitta-Kapha, to maintain balance include smaller portion for the second Dosha. Pitta Dosha is aggravated and increased during summer. During hot, dry seasons, all mind–body types can choose some of the above foods and decrease others. Mental and emotional peace and constructive lifestyle routines are important to restoring and maintaining balance. Kapha Dosha is aggravated and increased in the spring of the year. During this season, eat less and choose more dry, fibrous foods. During wet, cold seasons, if the basic constitution is mixed, include

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smaller portion for the second Dosha. One having Sama Prakrti should try to include food items from all three lists.

DISCUSSION

: People are born with various proportions of Dosha. Their body constitution is referred Kapha are in equal proportion. These individuals are healthy people and remain healthy. Few of them show pre dominance of one Dosha. Those exhibiting pre dominance of Kapha are Kaphaja Prakriti and those with predominance of Vata or Pitta are called Vataja and Pittaja Prakriti. These people frequently fall sick. Doshas, namely Vayu, Pitta and Kapha pervade all over the body. They regulate the function of each and every one of them. When the sperm and ovum unite in the uterus of the mother to form a zygote, the Dosha present in them and outside them in the uterus produce certain characteristic features in the zygote which in ayurvedic parlance are known as Prakriti. If all the Doshas are in the state of equilibrium, then it gives rise to healthy fetus and the child born of it leads a very healthy life. If the Doshas are very much in a disturbed state, then it either prevent conception, or does not allow the zygote to grow or results in malformations. If, however, one or two of these Dosha are moderately excess, they give rise to a peculiar type of constitution and psychic temperament of the individual who is born out of it. These characteristics features of the body and the mind remain with the individual throughout his life. For ayurvedic treatment, knowledge of Prakriti is very important. For example, a person of Vata Prakriti is very much likely to get vatika type of diseases. In him, diseases of other type do not give much trouble and are easily curable. To prevent the occurrence of diseases, the individual having Vata prakriti should always avoid such of the factors as would aggravate Vata and resort to Vata alleviating food, drinks and regimens. Food ingredients which are unctuous and hot are likely to suit him most whereas to a person having Pitta Prakriti cold things will be more suitable. Similarly, while administering medicines, other things being equal, a Pitta Prakriti patient is to be given cooling medicines and a Kapha Prakriti patient is to be given heating medicines having sharpness, dryness, roughness etc. Diet should be planned as per demands of status of Dhatu, season and other environmental conditions, for maintenance of health.5 Target of any management is ‘Samadhatu (Balanced Dosha)’. Any factor, affecting body entity and its attributes, should be consider in management, for example, season affect Dosha of living body. In particular season, specific biochemistry of plants make food intense, in certain biochemical principles. Diet therefore is prescribed in context to season. While planning once diet, his Prakriti his status of Dhatu, his status of Dosha should be considered. Prakriti or body expressions are indicators of Dhatu condition of living body. Vata Prakrti individual has

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predominance of Vata Dosha. He obviously required to eat sweet, oily food to counteract attributes of Vata, Laghu etc, same person is still advised to adopt his diet as per seasonal requisites, and is directed not to stick to same diet, throughout year.

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