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ABSTRACT: Ayurveda emphasizes individual constitution (Prakruti) as a fundamental determinant of health, disease susceptibility, and lifestyle suitability. Prakruti Parikshan (assessment of constitution) enables understanding of a person's physical, physiological, and psychological traits. Traditionally applied in disease prevention and treatment, Prakruti analysis also has emerging applications in workplace management, occupational health, and productivity optimization. This review article explores the theoretical foundation of Prakruti Parikshan in Ayurveda, highlights its scientific validation, and discusses its role in task allocation for improving efficiency, reducing stress, and enhancing overall health outcomes.

Introduction

Ayurveda, the ancient Indian system of medicine, is rooted in the concept of individualized healthcare. Central to this philosophy is *Prakruti*—the innate constitution formed at conception, influenced by the predominance of the three doshas: Vata, Pitta, and Kapha. Prakruti not only governs physical and mental characteristics but also determines adaptability to diet, lifestyle, and work patterns.

In modern organizational contexts, the alignment of work tasks with individual constitution remains underexplored. Current occupational health frameworks often adopt a generalized approach, ignoring individual variability. Integrating *Prakruti Parikshan* into work distribution offers a novel way of optimizing performance while maintaining long-term health and well-being.

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Concept of Prakruti Parikshan

Prakruti Parikshan is the systematic examination of an individual's constitution based on dosha predominance, as described in classical Ayurvedic texts such as *Charaka Samhita* and *Sushruta Samhita*. It is determined by genetic, intrauterine, seasonal, and maternal factors, and categorized as Vata, Pitta, Kapha, or their combinations.

Prakruti and Work Potential

Each constitution has unique strengths and vulnerabilities:

- **Vata Prakruti**: Creative, adaptive, quick learners; prone to stress and irregularities.
- **Pitta Prakruti**: Analytical, leadership-oriented; prone to irritability and burnout.
- **Kapha Prakruti**: Stable, patient, endurance-focused; prone to lethargy and obesity.

Work aligned with constitution reduces stress, prevents occupational hazards, and enhances performance.

Work Distribution Based on Prakruti

- **Vata dominant** – suitable for creative fields, idea generation, dynamic environments.
- **Pitta dominant** – suited for leadership, administration, precision-driven tasks.
- **Kapha dominant** – ideal for teamwork, mentoring, and stability-demanding roles.

This alignment improves efficiency, prevents disease, and enhances well-being [6].

Evidence and Modern Correlation

Research validates Prakruti assessment with modern parameters:

- *Pitta* correlated with higher metabolic activity.
- *Kapha* linked with higher BMI and lipid levels.
- *Vata* associated with nervous system sensitivity.
- Genomic studies show biological markers supporting Prakruti classification.

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These findings strengthen the case for Prakruti-based occupational health models.

Health and Efficiency Outcomes

1. **Preventive health** – Reduces mismatch between work demands and capacity.
2. **Stress management** – Balances workload as per constitution.
3. **Enhanced efficiency** – Utilizes natural strengths.
4. **Sustainable productivity** – Minimizes burnout and occupational hazards.

Challenges and Future Prospects

- Need for **standardized assessment tools**.
- Integration into **occupational health policies**.
- Use of **AI-based Prakruti apps** for scalability.
- Larger **empirical studies** to validate workplace outcomes.

Conclusion

Prakruti Parikshan, a cornerstone of Ayurveda, provides a unique perspective for personalized health and lifestyle management. Extending this concept to occupational health and work distribution offers a promising framework for enhancing efficiency and well-being in modern workplaces. By integrating traditional wisdom with contemporary science, organizations can cultivate healthier, more productive, and sustainable work environments.

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