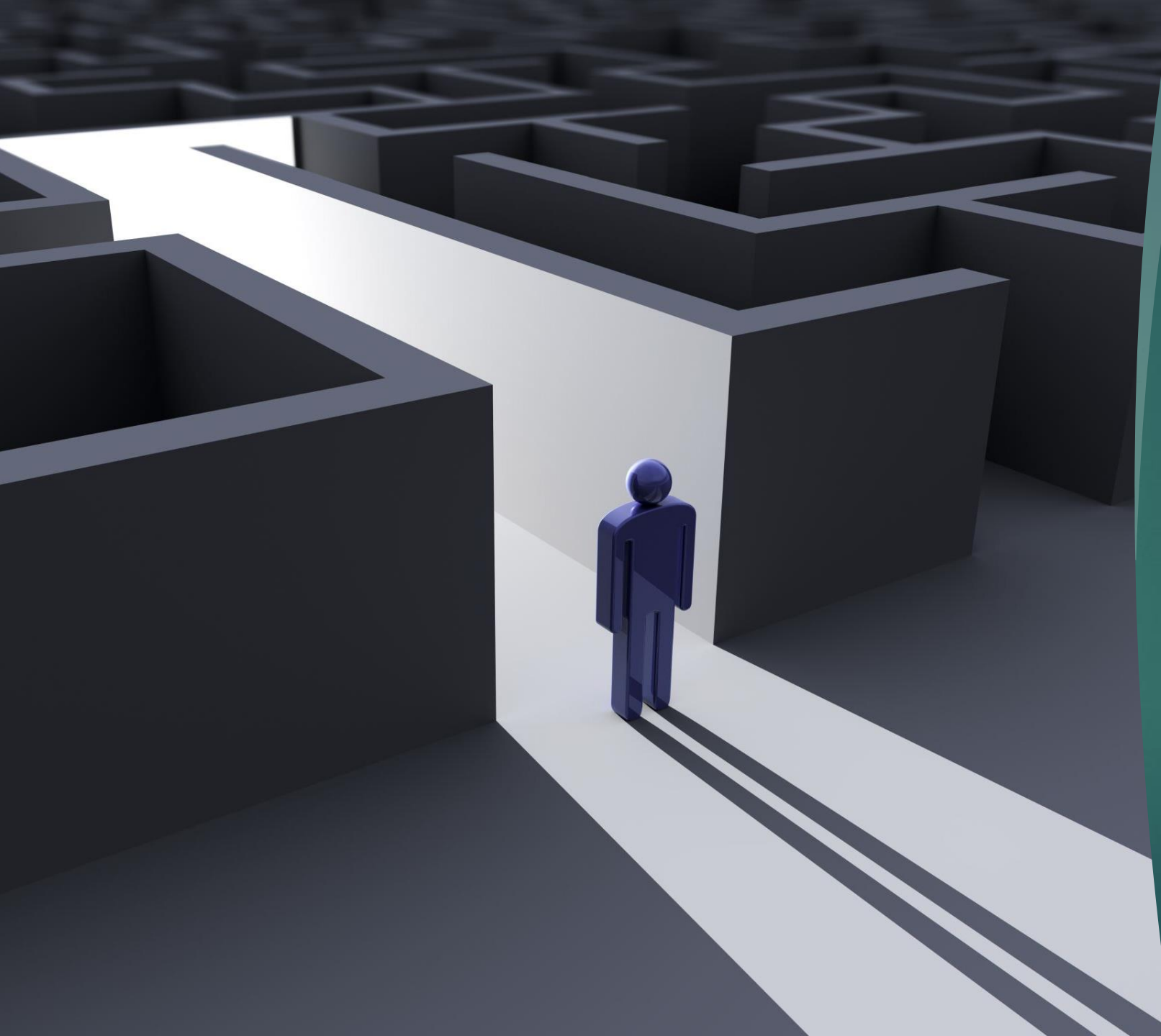




Journey to Self Discovery through Ayurveda

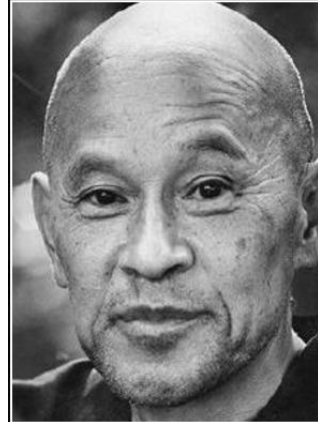
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ANAND
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Knowing yourself lets you
understand others.

— Jenny Holzer —

AZ QUOTES



When you try to understand
everything, you will not understand
anything. The best way is to
understand yourself, and then you
will understand everything.

— Shunryu Suzuki —

AZ QUOTES

Self Discovery

- ▶ Knowing Ourselves
- ▶ Prakriti
- ▶ Individual Psychosomatic Body Constitution
- ▶ Genetic Makeup
- ▶ Biological Body Constitution

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Objective

- ▶ **What is Prakriti?**
- ▶ **Is it worth knowing?**
- ▶ **Why should I know about my Prakriti?**
- ▶ **How it is formed?**
- ▶ **What is the impact of Prakriti on an Individual?**

Objective

- ▶ **Is it related to Health/Disease?**
- ▶ **Is it related with my lifestyle?**
- ▶ **Is it related with my Profession?**
- ▶ **Is it related with my behavior?**
- ▶ **Is it related with my food?**
- ▶ **Is it related with my medicine?**

Prakriti

- ▶ Understanding Prakriti
- ▶ Importance
- ▶ Prakriti Formation
- ▶ Factors Influencing Prakriti
- ▶ Types of Prakriti

Prakriti

- ▶ **Characteristics of Prakriti**
- ▶ **Prakriti & Behaviour**
- ▶ **Prakriti & Food**
- ▶ **Prakriti & Work**
- ▶ **Prakriti & Diseases**



Why one should know the Prakriti???

Why???

- ▶ Era of Standardization
- ▶ Same Protocol for mass public
- ▶ Food
- ▶ Medicine
- ▶ Life Style

Why???

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- ▶ One solution for all
- ▶ Last few years, this phenomenon has failed
- ▶ Diversity
- ▶ Genetic Make Up
- ▶ Changes the overall personality of persons from the same family
- ▶ Kids born to the same parents
- ▶ Even the twins have personality differences

Why???

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- ▶ Scientists are looking towards personalized medicine
- ▶ Diet, Medicine as per the genetic Make Up
- ▶ Here comes the concept of Prakriti
- ▶ Practiced since ages in Ayurveda
- ▶ A gateway to Healthy & long life
- ▶ One has to know Prakriti before anything else
- ▶ Like a Blood Group



Understanding Prakriti A Psycho- Somatic Body Constitution

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Prakriti - Definition

शुक्रशोणितसंयोगे यो भवेद्दोष उत्कटः ।
प्रकृतिर्जायते तेन तस्या मे लक्षणं शृणु ॥६३॥

(Su. Sha.4/63)

Sushrutasamhita-1500BC
Founding Father of Surgery
Shukra – Sperm
Shonita - Ovum

When is it decided???

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At the time of Conception

```
graph TD; A[At the time of Conception] --> B[Dosha predominant in Sperm & Ovum]; B --> C[Zygote/ Fertilized Ovum]; C --> D[Dosha predominant in zygote is responsible for Prakriti];
```

Dosha predominant in Sperm & Ovum

Zygote/ Fertilized Ovum

Dosha predominant in zygote is responsible for Prakriti

Factors influencing Prakriti

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▶ Shukrashonita Garbhashaya Prakriti

Doshas predominant in

- ▶ Shukra
- ▶ Artava

Factors influencing Prakriti

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- ▶ Kalagarbhashaya Prakriti
- ▶ Doshas predominant **at the time of conception**
- ▶ Doshas predominant in **Garbhashaya (Womb)**

- ▶ Seasonal variations of Dosha
- ▶ Vata – Varsha (Rainy Season)
- ▶ Pitta – Sharada (Autumn)
- ▶ Kapha – Vasant (Spring)

Factors influencing Prakriti

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- ▶ **Maturaharavihara Prakriti**
- ▶ **Mother's Food**
- ▶ **Mother's activities in Ante natal period**

- ▶ *****Garbhasanskara**
- ▶ **Before Conception**
- ▶ **At the time of Conception**
- ▶ **After conception**

Factors influencing Prakriti

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- ▶ **Mahabhutavikara Prakriti**
- ▶ **Mahabhutas (5 Elements) predominant in foetus**
- ▶ **Akash (Ether) + Vayu (Air) – Vata**
- ▶ **Agni (Fire) – Pitta**
- ▶ **Jala (Water) + Prithvi (Earth)- Kapha**

Factors influencing Prakriti

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- ▶ **Parent's Lifestyle**
- ▶ **Behaviour**
- ▶ **Thoughts**
- ▶ **Food**
- ▶ **Occupation**

Can it be manipulated??????

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- ▶ **Era of Designer Baby**
- ▶ **Gene modifications**
- ▶ **Better progeny**

- ▶ **Mother's diet**
- ▶ **Lifestyle**
- ▶ **Thoughts**
- ▶ **Home atmosphere**
- ▶ **Garbhasanskar**

Can Prakriti
harm the
individual????

► No

► विषजातो यथा कीटो
न विषेण विपद्यते ।

तद्वत्प्रकृतयो मर्त्यं

शक्नुवन्ति न बाधितुम् ॥

(Su. Sha. 4/78)

Does Prakrit
change??????

► Only at the time of Death, Otherwise
NO

► प्रकोपो वाऽन्यथाभावो

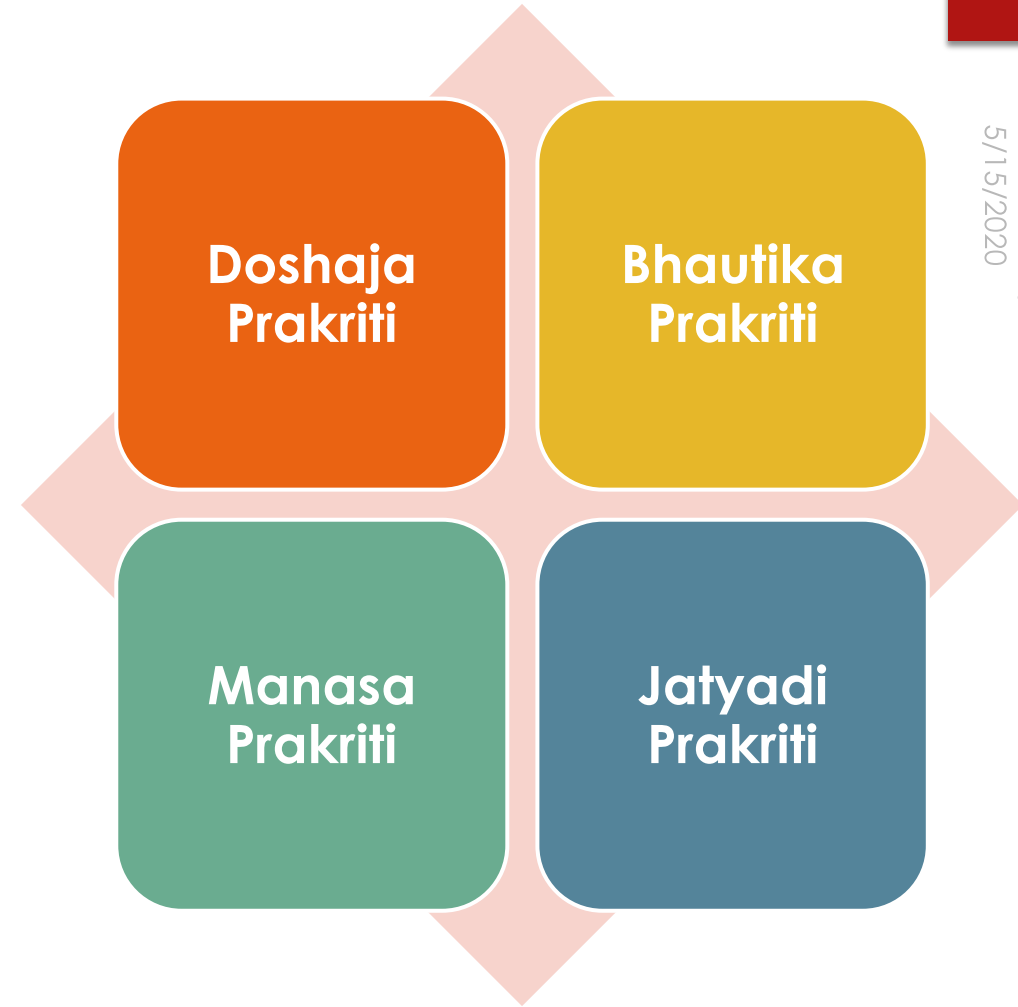
क्षयो वा नोपजायते ।

प्रकृतीनां स्वभावेन

जायते तु गतायुषः ॥७८॥

(Su. Sha. 4/72)

Types of Prakriti



Doshaja

- ▶ Vataja
- ▶ Pittaja
- ▶ Kaphaja
- ▶ Vata-Pittaja
- ▶ Vata-Kaphaja
- ▶ Pitta-Kaphaja
- ▶ **Vata-Pitta-Kaphaja - Best**

Bhautika

- ▶ Parthiva (Earth)
- ▶ Aapya (Water)
- ▶ Taijasa (Fire)
- ▶ Vayaveeya (Air)
- ▶ Aakasheeya (Ether)

Manasa

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Sattvika
- 7

Rajasa -
6

Tamasa
- 3

Jatyadi

- ▶ Jatiprasakta (Caste)
- ▶ Kulaprasakta (Race/Family)
- ▶ Deshanupatini (Habitat)
- ▶ Kalanupatini (Time/Season)
- ▶ Vayanupatini (Age)
- ▶ **Pratyatmaniyata (Individual)**



Prakriti- Physical Features

Vata Prakriti

Vata Prakriti

- ▶ Emaciated,
- ▶ Talkative, Harsh Voice
- ▶ Fast gait/action/food/movements
- ▶ Not well built body
- ▶ Unstable eyes etc.



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Vata Prakriti

- ▶ Can not bear the Cold
- ▶ Visible tendons and veins
- ▶ often afflicted with cold, shivering and stiffness
- ▶ Roughness of hairs/ body hairs/ Nails/
Hand/Feet



Vata Prakriti

- ▶ Cracking of the limbs
- ▶ Joint movement produces sounds
- ▶ Not Beautiful/ Handsome
- ▶ Less and dry hairs/ body hairs,



Vata Prakriti

- ▶ Teeth grinding in sleep
- ▶ Lean/Thin
- ▶ Poor in accumulation of gems, wealth and friends
- ▶ Fast walkers



Vata Prakriti



- ▶ Too much wandering
- ▶ Dreams of moving in the Sky
- ▶ Less Life/Financial Status/Strength/Sleep
- ▶ Gluttons – Devoted to eating and drinking excess
- ▶ Pleasure seekers desirous of music, humor, hunting, gambling

Vata Prakriti

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- ▶ **Thin with tall**
- ▶ **Sweet/Sour/ Salty Taste-
Desire/ Suitable**
- ▶ **Movement created sound**
- ▶ **Not beautiful eyes**
- ▶ **Eyes – Unpleasant, like a dead person, keep eyelids open while sleeping**
- ▶ **Bulky Calves**



Pitta Prakriti

Pitta Prakriti

- ▶ Can not bear Hot climate
- ▶ Delicate, Fair complexion
- ▶ Excessive moles
- ▶ Excessive hunger & thirst
- ▶ Always mouth ulcer troubles
- ▶ Early greying of hairs/ Hairfall/ Wrinkles
- ▶ Hairs – soft/less/ brown/reddish tint



Pitta Prakriti

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- ▶ **Strong Digestive Fire**
- ▶ **More Food/ Liquid intake**
- ▶ **Can not stand physical/ psychological stress for long time**
- ▶ **All time eaters**
- ▶ **Softer body parts**
- ▶ **Sweat/ Urine/ Stool – More quantity**

Pitta Prakriti

- ▶ Excessive sweating/ Smell
- ▶ Less interest in sexual activities, less no. of kids
- ▶ Flabby
- ▶ Reddish Eyes/ Nails/ Tongue/ Lips/ Palms/ Sole of the feet



Pitta Prakriti

- ▶ Not Beautiful
- ▶ Bright
- ▶ Always prefer colder places
- ▶ Eyes will become more red after anger/ alcohol/ exposed to Sun
- ▶ Dreams – lightening/ Meteors/ Fire



Kapha Prakriti

Kapha Prakriti

- ▶ Smooth and oily body parts
- ▶ Greasy complexion
- ▶ Pleasure to see them
- ▶ Tender and fair people



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Kapha Prakriti

- ▶ **More interest in sexual activities, more kids**
- ▶ **Stable, well built and heavy body**
- ▶ **Well nourishes body parts**
- ▶ **Slow in Activities, food intake, speech**
- ▶ **Elephant gait**



Kapha Prakriti

- ▶ Less thirst/ hunger/ sweat/ anger
- ▶ Sweet voice
- ▶ Beautiful
- ▶ Like Sweet
- ▶ Wide Chest
- ▶ Big forehead
- ▶ Good strength
- ▶ Beautiful eyes, Sclera – bright white





Kapha Prakriti

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- ▶ Curly, thick & black hairs)
- ▶ Best financial status
- ▶ Loud sound like Clouds/ Mridanga/ Lion
- ▶ Dreams – Rivers/ lake/ Beaches
- ▶ Dreams – Lotus flowers/Swan/ animals

Prakriti & Agni

Vata – Vishama

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Pitta – Teekshna

Kapha – Manda

VPK – Sama

Prakriti & Koshtha



Psychological and Behavioral features of various Prakriti

Factors affecting Behaviour

**Sharirika
Dosha**

**Manasika
Dosha**

Vata

Sattva

Pitta

Raja

Kapha

Tama

More awake/Alert

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Talkative

Quick initiator, immediately gets irritated, fast onset of the disease

Quick in likes and dislikes

Quick in grasping and forgetting

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Vata Prakriti

Vata Prakriti

Uncultured

Thievish

Jealous

Interested in music

Cruel

lacks courage

Vata Prakriti

Unsteady in friendship

Ungrateful

Too much wandering

Unsteady in mind

Disorganised Mind

Issues with concentration

Unsteady vision

Irrelevant speaking

Unstable – Intellect/ Memory/ Movements/ Affection

Vata Prakriti

Athiest

Shakable/ Not determined

Does not have control over themselves

Not noble/ generous

Pitta Prakriti

Brave

Run away from hard work

Excessive anger

Immediately Angry/ Cool down

Intellectuals

Experts in their fields

Pitta Prakriti

Debate winners

Does not surrender to fear

Undefeatable in assemblies

Not kind towards those who have not
surrendered

Consoles and donates to obedient

Pitta Prakriti

Courageous

Ability to face fear, enmity

Egoistic

Good Character

Believe in cleanliness

Takes care of their supporters

Kapha Prakriti

- ▶ **Slow beginners**
- ▶ **Not get irritated easily**
- ▶ **Disease progress is also slow**
- ▶ **Grateful**
- ▶ **Courageous)**
- ▶ **Tolerant (Only tolerant Prakriti)**

Kapha Prakriti

- ▶ Not greedy
- ▶ Slow learners
- ▶ Enmity for long time
- ▶ Sattva Dominant people
- ▶ Can withstand hardships
- ▶ Honours preceptors

Kapha Prakriti

- ▶ Unwavering faith in scriptures and intelligence
- ▶ Steady in friendship/ financial status
- ▶ Grants gifts after considering the receiver
- ▶ Use of selective words
- ▶ Upholds the status of preceptors

Kapha Prakriti

- ▶ Can bear hunger/ thirst/ stress
- ▶ Truth believer/ follower
- ▶ Generous
- ▶ Never use harsh/ sarcastic words
- ▶ Best memory

Kapha Prakriti

- ▶ Perseverance
- ▶ Humble
- ▶ Do not weep in childhood
- ▶ Less Speaking, anger, food, drinks(alcohol)
- ▶ Long life and more wealth
- ▶ Foresighted people

Kapha Prakriti

- ▶ Have faith in god
- ▶ Dignified/ serious
- ▶ Aim chasers
- ▶ Forgiving, civilised
- ▶ Sleepy
- ▶ Low Enthusiasm/ energy levels
- ▶ Lazy

Kapha Prakriti

- ▶ Take more time to finish the work
- ▶ Straightforward
- ▶ learned
- ▶ Obedient
- ▶ Lifelong friendships

वातप्रकृतिलक्षणम्
अल्पकेशः कृशो रूक्षो वाचालश्चलमानसः
आकाशचारी स्वप्नेषु वातप्रकृतिको नरः २०

पित्तप्रकृतिलक्षणम्
अकालपलितैर्व्याप्तो धीमान्स्वेदी च रोषणः
स्वप्नेषु ज्योतिषां द्रष्टा पित्तप्रकृतिको नरः २१

श्लेष्मप्रकृतिलक्षणम्
गम्भीरबुद्धिः स्थूलाङ्गः स्निग्धकेशो महाबलः
स्वप्ने जलाशयालोकी श्लेष्मप्रकृतिको नरः २२

Prakriti Concise description

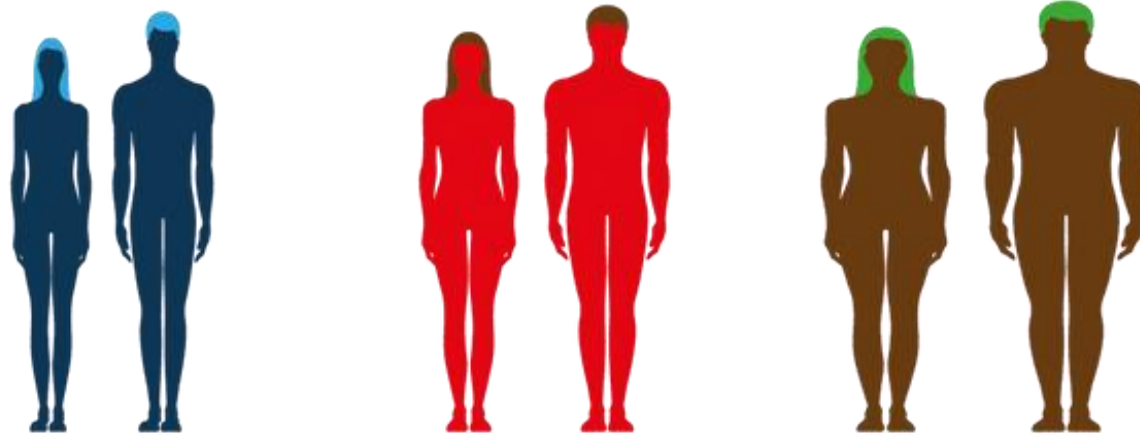
All Comedy Scene part⁶⁹ I

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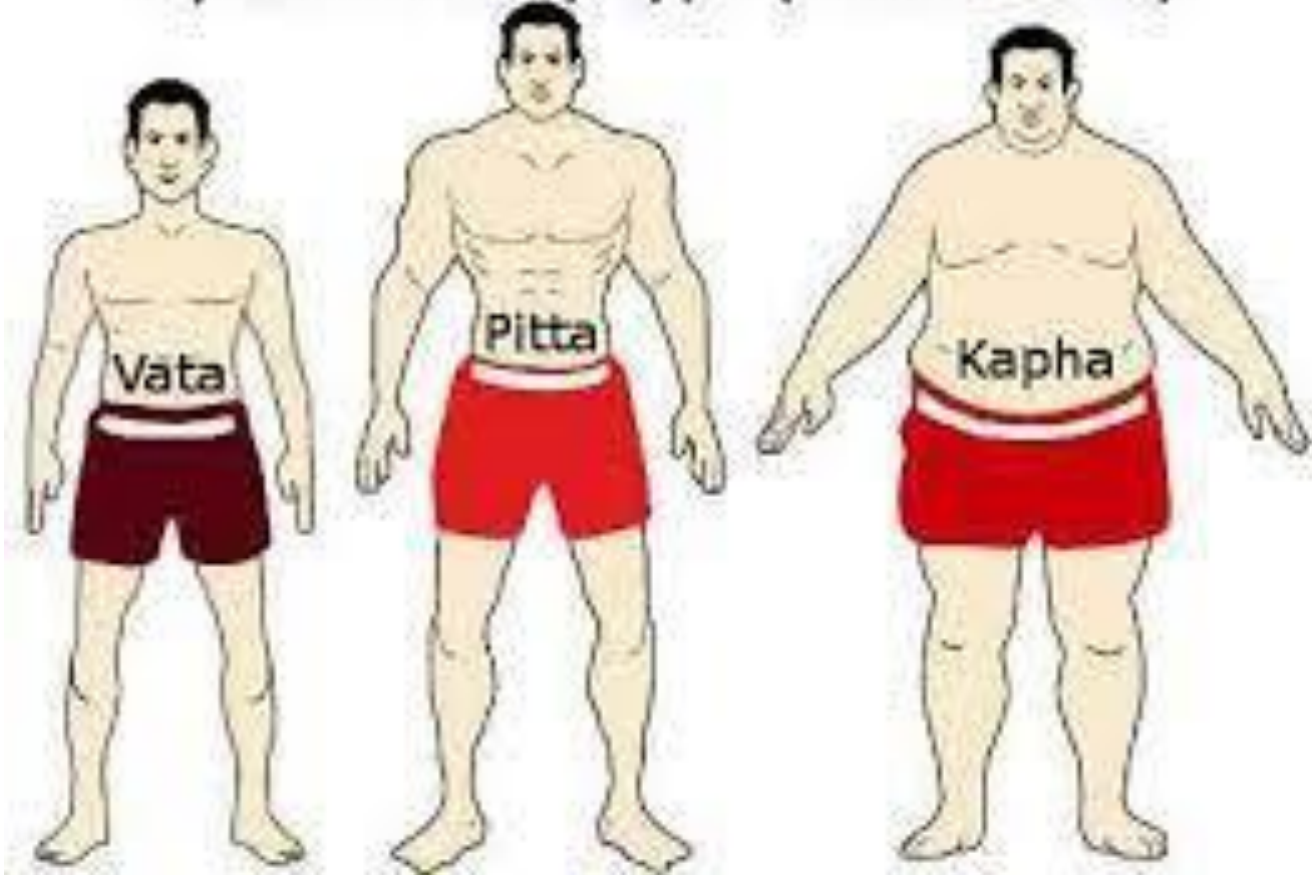
Why are all you worried? Carry on playing. I'm not dead yet.





Trividha Prakriti

Ayurveda Body Type (Constitution)



Basic Layout

Benefits of Prakriti Assessment

- ▶ It helps to understand ourselves
- ▶ Advantages and disadvantages of our body
- ▶ Food
- ▶ Clothing
- ▶ Exercise
- ▶ Maintenance of health

Benefits of Prakriti Assessment

- ▶ **Protection from Seasonal changes**
- ▶ **Selection of the profession**
- ▶ **Selection of our life partner**
- ▶ **To understand our behaviour**
- ▶ **Understanding of our life partner, family members, Friends**

Benefits of Prakriti Assessment

- ▶ **Understanding of our Colleagues, Neighbours**
- ▶ **Inter-personal conflicts can be avoided**
- ▶ **Prone diseases**
- ▶ **Life style changes**
- ▶ **Avoid diseases**

Conclusion

- ▶ Key lies in knowing ourselves
- ▶ Ayurveda helps in discovering ourselves with the concept of Prakriti (Psychosomatic Body Constitution)



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PRAKRITI PARIKSHANA PERFORMA

Name:-	Age:-	Yrs	Sex:- M/F
Occupation:-	Address:-		
Diagnosis:-			

*Please tick the appropriate which suits you the most –

Sr. No	PARTICULARS	VATA	PITTA	KAPHA
1	Body type/Physique	- Thin & linear - Short statured - Poorly developed - Prominent veins	- Medium - Muscular - Lustrous	- Large, Round, Globular & fatty - Properly nourished - Pretty - Long arms
2	Skin & Color Complexion	- Dry and rough - Cracked - Ash, blackish	- Roses mules - Yellowish, Fair with copper reddish color - Wrinkles	- Oily - Glistening skin - Fair complexion - Pretty lustrous
3	Eyes	- Small, Unstable - Dull, lusterless - Dry - Blackish/ash colored - Scanty eyelashes - Half open during sleep	- Small - Reddish brown - Less eye lashes - Gets red due to anger /sunlight/alcohol - Likes for cold	- Large - Watery/moist - Clearly defined white & black portion - More long eye lashes
4	Voice & Speech	- Harsh & Unclear - Talkative	- Clear & Commanding - Penetrating & Impulsive - Good at arguments	- Low - Sweet - Deep roaring voice - Reserved and well thought
5	Hunger & Thirst	- Uncertain - Frequency of meals is more - Irregular digestion	- Intolerable hunger - Eats in large quantity - Drinks plenty of water - Good and early digestion	- Less hunger and tolerable - Less thirst - Tolerate skipping of meals - Slow digestion
6	likings	- Sweet - Sour - Salty - Hot & Unctuous	- Sweet - Bitter - Astringent - Cold	- Bitter - Astringent - Spicy, Hot & Dry
7	Urine, Faeces & Sweat	- Motions not clear - Constipated - Less quantity	- More than 2times/day - Loose motions - More quantity faeces & urine	- Moderate motions - Moderate quantity of urine and faeces
8	Body activities	Quick & Unsteady	Rapid and steady	Slow and steady
9	Sleep pattern	- Disturbed - Less than 4-6hrs	- Good sleep - Moderate 6-8hrs	- Deep sleep - More than 8hrs
10	Intellectual capability	- Quick grasping but quickly forgets - Unpredictable	- Quick grasping and brilliant - Moderate memory - Knowledgeable	- Slow understanding - Strong memory for longer duration - Intellectual
11	Disease frequency	Very often joints related	Very often mouth related	Very rarely
12	Behavior	- Unstable, wandering - Tends to dislike things - Art & culture loving - Quick angry, quick calm - Quick initiator	- Brave & Adventurous - Less tolerant/Patience - Clever & cunning - Likes grooming	- Brave but not adventurous - Tolerant/patient - Quiet & stable - Kind / Forgiveness

TOTAL-

VATA -

PITTA -

KAPHA -

PRAKRITI AND DIETARY REGIMEN

Sr. No	PARTICULAR	VATA	PITTA	KAPHA
1	TASTES	Sweet, Salty, Sour	Sweet, Bitter,	Spley, Bitter,
2	PROPERTIES	Hot, Unctuous, Heavy	Cold, Heavy, Unctuous	Hot, Dry, Light
3	GRAINS	Wheat ગમ, Rice ચોખા, મગ, ઉસદ દાલ Oats, Hing હિંગ, Black Pepper કાલિ મરી, Mustard seeds રાઈ	Wheat ગમ, Rice ચોખા, મગ, Oats	જોવાર, બાજરા, મકઈ, Rice ચોખા, Sprouts કોલે
4	VEGETABLES	દૂધિ, મિઠો લિમ્બોડો, બિટ રિન્ગન, ડુંગરી, આદુ, ગાયર, શેભી, કોલુ	દૂધિ, કોલિ પ્રલોવર, કોબિ, બટાકા, ભિંડ, કારેલા, પાલક, તુરિયા, કાકડી	દૂધિ, ભિંડ, કાકડી, કોલિ પ્રલોવર, ડુંગરી, આદુ, લસુન, ટામેટા, કારેલા, મૂલા
5	FRUITS	ગમફળ, સંત્રા, સિતાફળ, દાડમ, કાશ, કેલા, ચિડુ, પાંચિયા, કેરી, સફરજન, અનનસ	કાલી કાશ, અંજીર, ખજૂર, સફરજન, દાડમ, ફણસ, Amla, Kokum	કાજુ, અનનસ કાશ, દાડમ, કાચિ કેરી, Jamun
6	DAIRY PRODUCTS	Oil, Cow Milk, Dahi, Buttermilk, Ghee, Butter, Paneer	Cow Milk, Ghee, Butter	Honey, Cow Milk, Less Intake Of Milk & Milk Product
7	RASAYANA	Chyavanprash, Triphala	Shatavari, Amla, Triphala	Triphala
8	DAILY ROUTINE	Proper Sleep, Luke Warm Water For Drinking, Oil Massage, Yoga, Meditation, Special Care During Rainy Season <i>Vansha Ritu</i>	Timely Sleep & Food, Protection From Sun & Heat, Swimming, Meditation, Special Care During Summer And Shrad Ritu	Less Sleep, Vigorous Exercise, More Physical Work, Special Care During Hemant & Vasant Ritu
9	STRICTLY AVOID	Fermented Food (South Indian Dishes), Frozen Food, Cold Drinks, Ice Creams, More Traveling, Excess Talking, More Physical Exercise, Cold Climatic Conditions, Stress	Dahi, Buttermilk, Paneer, Junk Food (Chinno), Late Nights, Fermented Food, Butter, Paneer, Anger, Aggression, Hot Climatic Conditions	Dahi, Butter, Paneer, Fried Food, Milk Products, Cold Drinks, Sedentary Lifestyle, AC
10	PANCHAKARMA	Basti (Enema)	Pirachon (Purgation Or Laxatives)	Vamana (Emesis Or Vomiting)

*For more details consult your Ayurvedic Physician

Acknowledgments

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5/15/2020

Dr Gurudutta
Japee,
Founder
President, GAP

Dr Preeti Oza,
CEO, GAP

*Knowing yourself is
the beginning of all
wisdom. (Aristotle)*

Let us be wise.....

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Thank you.....