

HEALTHY LIFE-STYLE PRESCRIPTIONS FOR DIFFERENT PERSONALITY TYPES (TRIDOSHA PRAKRITI)

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ABSTRACT:

Intense efforts to offer life style modification programs are underway to prevent the increasing incidence of non-communicable diseases (NCD). Accumulating evidence for the beneficial effects of complementary and alternative systems of medicine in NCDs have popularised Yoga and Ayurveda systems because of the emphasis on elaborate life style modification. The life style modifications of Ayurveda include *Ahara* (food and drinks), *Vihara* (practises and habits) and *Vichara* (thoughts) that vary according to the type of the personality/*Prakriti* (physic – physio - psychological) of an individual and also the environment (*Ritucharya*-seasonal regimens). In this study, specific life style prescriptions with regard to different *Prakriti* were compiled from classical texts of Ayurveda by the researcher. The prepared list was sent to the participants of a focus group of five Ayurveda experts who had signed an informed consent for this validation study. After obtaining their feedback, the revised list was sent to them again and the group met for an intensive interactive session in the library to refer to the classical texts before finalising the table of prescriptions. The result of this study offers tables of suitable prescriptions of life style changes for normal adults for the prevention of NCDs based on the Ayurvedic concept of *Prakriti*. The life style prescription comprises of three major aspects namely *Ahara*, *Vihara* and *Vichara*. The *Ahara* prescription contains eleven items, *Vihara* contains five items and *Vichara* contains four items. The study also reveals that the *Ahara*, *Vihara* and *Vichara* recommended for each of the *Prakriti* are totally different and specific. This validated module based on the Tridosha theory of Ayurveda helps the modern medical system to individualize life style prescriptions that vary widely according to different *Prakriti* and Ayurveda and Yoga systems for promotion of positive health and prevention of diseases.

Key Words: Life style, *Tridosha Prakriti*, *Ahara*, *Vihara*.

INTRODUCTION:

The whole world, particularly the developed and developing countries, is cursed with non-communicable diseases (NCDs) (WHO Fact sheet updated March 2013), also known as non-infectious epidemics, which are due to impaired lifestyle practices (WHO Global status report on Non-communicable diseases 2010). The western system of medicine is striving to manage this progressive, alarming problem and looking to complementary and alternative systems of medicine (CAMs). In this endeavour, Ayurveda and Yoga, the age old natural systems of health care that primarily focus on prevention of diseases through life style modifications and interventions based on the fundamental concepts of Tridoshas^[1] and *Prakriti*, play an important role. According to Ayurveda, *Tridoshas*, namely *Kapha*, *Vata* and *Pitta*, the three functional humours^[2], are responsible for three universal functions in the body, namely generation (anabolism), organization (metabolism) and destruction (catabolism) respectively^[1]. They contribute to both the physical and psychological personality development from the time of zygote formation, exhibiting a very specific structure-function-behaviour pattern and trait of a person known as *Prakriti*.^[1]

Ayurveda classic texts say that *Prakriti* is formed due to the predominant doshas (functional entities) during fertilization and remains unchanged throughout the life span of an

individual, manifesting very specific characteristic features in physical, psychological, intellectual, spiritual and social domains of a person^[2]. A person remains healthy if his life style is in tune with his/ her *Prakriti* to maintain the dynamic equilibrium of all the three doshas. The doshas get vitiated if the life style does not suit his/ her inborn *Prakriti*. Hence, an abnormality in this equilibrium can be reversed through suitable life style modifications to prevent or cure diseases and promote wellness. (*Samyak Ahara-Vihara* and *Vichara*).

According to Ayurveda there are seven types of *Prakritis*^[1], namely *Vatala*, *Pittala*, *Kaphala*, *Vata Pittala*, *Vata Kaphala*, *Kapha Pittala*, and *Sama Prakriti*. Three have single *dosha*

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predominance, three have dual *dosha* predominance, and one is a balance of all the three *doshas*. These seven types vary widely in the characteristics of different domains of health, such as immunity against communicable and non-communicable diseases, vulnerability to particular diseases, behaviour, personality, intellect, lifespan etc. One's type is based on the predominant physical and physiological properties, described as *Gunas* of *Tridoshas*, established during the manifestation of *Prakriti* during fertilization^[1]. Hence, Ayurveda provides elaborate advice on life style practices that include *Ahara*, *Vihara* and *Vichara* suitable to the individual's *Prakriti* that helps in maintaining a balance of the three *doshas*, and prevents exaggeration/vitiation of any one *dosha*. The selection criterion is also clearly laid down as *Viruddha Guna* (select those items of food or practices that have qualities which can oppose the dominant *Guna* (cravings) of the individual.) Thus, specific life style injunctions for each of the *Prakriti* types are available in classical texts of Ayurveda^[2].

- **Rakta Shali** [red rice] has been attributed with *sheetha* [cold] and *snigdha* [unctuous] properties^[3] and indicated in *vathapithaja prakriti* persons.
- **Shastika shali** [a variety of rice which yields in 60 days] is attributed with *sheetha*, *snigdha* and *laghu* [light] properties^[3] is indicated in *Pitta prakriti* persons
- **Godhuma** [wheat] with *snigdha* and *guru* properties^[3] is indicated in *Vata prakriti* persons.
- **Shimbi dhanyas** [pulses/dicotyledons] with *rooksha* [dryness], *laghu* [lightness] and *sheetha* properties^[3] is not indicated in *Vata prakriti* persons.
- **Tila** [sesame] with *snigdha* and *ushna* properties^[3] is indicated in *Vata prakriti* person.
- **Kukkuta mamsa** [chicken meat] with *laghu* and *ushna* [hot] properties^[3] is indicated in *Kapha prakriti* persons.
- **Matsya** [fish] with *snigdha*, *guru* and *ushna* properties^[3] is indicated in *vata prakriti* persons.
- **Vyayama** [exercise] with *laghu* property, is indicated in *Kapha prakriti* persons.
- **Abhyanga** [oil massage] with *snigdha* property is indicated in *Vata prakriti* persons.

The present study was aimed at preparing the table of suitable life style prescriptions for different *Prakriti* types, in present day context, based on the recommendations by the classical texts. This would be a very useful addition to the present knowledge of life style modification recommended by WHO for NCDs.

METHODS:

The concept of life style management is referred to in the authoritative literature of Ayurveda, namely the *Bruhathrayees*. The list of recommendations for *Ahara* (food and drinks), *Vihara* (habits and practices) and *Vichara* (thoughts) for the three dominant *Prakriti* types was prepared using the concept of *Viruddha Dharma* (opposite qualities) as recommended by these texts. The items compiled from the texts were translated from Sanskrit to English language. These prescriptions for each of the *Dosha Prakriti* were then modified to suit the current scenario of life style without deviating from the basic concepts portrayed in the classical texts. This list was sent to the participants of a focus group of five Ayurveda experts who had signed an informed consent for this validation study. After obtaining their feedback, the revised list was sent to them again and the group met for an intensive interactive session in the library to refer to the classic texts of Ayurveda before finalising the table of prescriptions.

RESULTS:

The compilation included qualitative information with respect to the concept of *Gunas* of:

- Ahara:** staple food grains (rice, wheat etc.) and millets, cereals and pulses, fruits and vegetables, milk and milk products, sugarcane and its products, drinks and beverages, spices and aromatics, meat and prepared food items, honey, liquors and different sources of drinking water;
- Vihara:** daily & seasonal regimens, exercise, sleep and sex, daily bath and weekly oil bath, job and profession, relaxation and meditation;
- Vichara:** teaching and self-studies, debates and discussions, prayer and rituals.

Following are the important Lifestyle observations noticed in the present study for administration to each of the *dosha Prakriti* for maintenance of harmony.

Table 1: Showing lifestyle for Vata Prakriti

Items		Recommendations	
Ahara	Groups	Suitable Items – V1	Not Suitable Items – V2
Food and drinks	Tastes / Rasa	Sweet, sour, and salt taste.	Pungent, astringent and bitter taste food and drinks.
	Cereals	Rice, wheat, red rice, navara rice, Thai rice, black rice, navane [neevara],	Millets- ragi, corn, maize, oats, barley, rye, saje, maida,
	Pulses	Tuvar dal [lentils], black gram, soya bean, green gram, ground nut, horse gram .	Horse gram, red lentils, dry peas, soya, bengal gram,
	Fats/oils	All types of oils and ghee particularly- sesame, olive, badam [almond], mustard, sun flower, ground nut, coconut, rice bran, wheat bran, palm,	Grape seed oil, all fried and roasted food, bakery products, burgers and pizzas, chocolates, ice cream, honey, junkfood- (potato chips, puffs and samosas , pastas)

		linseed, soya	
	Fruits	Seasonal all fruits- mangos, sweet apples, bananas, red banana, papaya, oranges, citron, citrus medica, tamarind, cocum, amlavethasa, lemon, cherry, sweet pears, cranberry, figs, plums, pineapple, butterfruit, peaches, kiwi	Unseasonal and unripe fruits, berries and cherries, guava, grapes, dates, jack fruit, jamoon fruit, tomatoes, melons.
	Nuts & Seeds	All kinds of nuts, dry fruits & oil seeds. Preferably ground nuts, almonds, cashews, pista, apricot, acrods, sesame, poppy seeds, linseeds, pumpkin seeds.	All roasted nuts and seeds, spiced nuts, popcorns, dry roasted grams.
	Vegetables	Baked and fried vegetables with ghee and oil- particularly dodi [jeevanthi], drumstick, onions, ashgaurd, asparagus, amarphophilus, radish, bamboo sprouts, carrots,	Half-baked and raw vegetables, baked and roasted without oil & ghee, particularly- peas, potatos, sweetpotatos, beet root, country peas, legumes, bitter taste vegetables- bittergaurd, snakegaurd, ridgegaurd, pumpkin, navilkol, capsicum, brinjal, kalang, arrowroot, half ripened bananas, green leafy vegetables, cabbages, beans, cauliflower, sprouts.
	Spices	Spices – ginger, asafoetida, garlic, mint, cumin, dill, coriander, cinnamon, pudina, clove, nutmeg, pepper, mustard, curcuma, cardamom, rock salt, blacksalt, tamalapatra, allspice, curry leaves, mango ginger, pulao spices.	Too much of spices, red and green chillies of any kind.
	Milk and milk products	Fresh and warm milk with cream, fresh cheese, ghee, spiced buttermilk, paneer.	Butter, buttermilk, yogurt, curds, old cheese, Lassi.
	Drinks beverages & others	Warm water, lemon juice, ginger lemon tea, pudina-mint tea...	Cold water, aerated soft drinks & beverages, alcoholic drinks, tobacco, coffee, tea,
	Meat	Chicken, goat, deer, lamb, pigeon.	Red meat, sheep, fish and seafood, eggs.
Vihara / Habits	Bathing and Massage	Warm water bath/shower, Oil bath / oil massage at regular intervals, steam bath, sauna bath	Cold water bath; river, pond, well and waterfalls bath
	Exercise	Light exercise, warm water swimming, loosening exercise.	Heavy exercises, long walking, exposure to cold breeze, tread mill, cycling, trekking, hiking skying, skating, jogging, horse riding, heavy vehicle driving and racing, outdoor play.
	Sexual act	Less practice	Frequent / daily practice
	Sleep	7-8 hours at night only	Day time sleeping, keeping awake in the night.
	Rejuvenating therapy	Seasonal Panchakarma (<i>Basti</i>) therapy during <i>Varsharuthu</i> [August & September].	
Vichara / Thoughts	Profession	Office job, less travelling, other than roaming jobs.	Monotonous working, travelling and touring, marketing profession, in depth studies and focussed work.
	Self-study	Spiritual and moral literature.	Novels, adventure scripts.
	Spiritual practices	Bhajans, prayers, holy assembly	

	Yoga practices	Yoga asanas, Pranayamas- Anuloma viloma, Ujjai, Bhramari, Sukshma vyayama and meditation.	Dynamic yoga, power yoga, Bikram yoga
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Table 2: Showing lifestyle for Pitta Prakriti.

Items		Recommendations	
Ahara	Groups	Suitable Items – P1	Not Suitable Items –P2
Food and drinks	Tastes / Rasa	Bitter, astringent and sweet taste food & drinks.	Pungent, sour and salt taste food and drinks.
	Cereals	White rice, wheat, barley, oats, sprouted grains, navara, ragi,	Millets, rye, brown rice, red rice, buck wheat & corn
	Pulses	Green gram, thuvardal [lentils], pulses, gram sprouts.	Horse gram, black gram, red lentils, dry peas, soya, Bengal gram.
	Fats/oils	Oils like olive oil, soya oil, grape seed oil, wheat and rice bran oils, food items prepared with moderate ghee,	Mustard oil, coconut oil, sesame oil, sunflower oil, almond oil, palm oil, All deep oil fried and roasted foods.
	Fruits	All sweet fruits, preferably- bananas, sweet mangos, sweet melons, avocado, figs, pears, sweet grapes, raisins, cherry, pineapple, plums, sweet oranges, citrons, citrus medica, sweet berries, juice fruit, bhelfruit, cranberry,	All sour fruits, particularly tamarind, orange, sour apples, sour berries, sour cherries, sour plums, sour grapes, lemons, peach, papaya, olives, apricots
	Nuts&Seeds	Dates(fresh], pumpkin seeds, melon seeds, Cumin seeds, dill seeds, sowa seeds- ajwain and sompf seeds.	All dry fruits and nuts, particularly ground nuts, cashew, almonds, acrodes, , Pistachio, dry coconut, salted and spiced nuts. Seeds like sesame, linseed, poppy seeds.
	Vegetables	All kinds of leafy vegetables, lentil salads, spinach, cabbage, cauliflower, broccoli, celery, fennel, onions, bitter vegetables, cluster beans, dried sprouts, carrots, banana flower, dodi [jeevanthi], agase, ashgaurd, asparagus,	Capsicum, radish, beetroot, carrot, drumstick, corns, amorphophelus, Tomatoes, bamboo sprouts, gonguru, brinjal.
	Spices	Spices like cumin, coriander, fennel, saffron, cardamom, cinnamon, turmeric, fresh ginger,	Spices like black pepper, dry ginger, all kinds of chilies, cloves, mustard seeds, Salts, asafoetida, garlic, pulao spices.
	Milk and Milk products	Fresh and warm milk with cream, fresh cheese, ghee, buttermilk, paneer.	Sour milk products, sour creams.
	Drinks Beverages & others	Tender coconut water, candy sugar drinks, wines, beer, vodka plenty of water, lemon water with honey, Fresh herbal juices-Amla, Pomegranate, Centella, Grape, Jamoon Fruit and Sauces. milk icecream and candies.	Coffee, tea, alcoholic beverages, jaggery, brown sugar, sugar cane juice, honey, molasses, soda water, packed & preserved juices, jams, ketchups, chocolates, and roasted and spiced grams, chips, pizzas and burgers, cocoa, salty and hot foods, tobacco in any form.
	Meat	Low fat meat (gout, legs, thighs) with less spice, sweet water fish, seafood with less spice, rabbit, pork, gout.	Meat of animals, chicken, sea fish, eggs, red meat, sheep, broiler chicken.
Vihara / Habits	Bathing and Massage	Warm / cold water bath/shower, Sauna bath, warm water Jacuzzi and tub bath, oil bath and massage without steam.	Hot water- bath/shower/swimming, Steam bat sunbath, Jacuzzi and sauna
	Exercises	Light exercise, micro exercise, all types of exercise with moderate effort, early morning and late evening walking in	Heavy exercises, long walking, exposure to hot air, tread mill, cycling, trekking, skating, jogging, horse riding, heavy vehicle driving and racing, outdoor

		gardens and parks, skewing	play
	Sexual act	Moderate	Regular and frequent
	Sleep	Moderate	Day sleep except during summer
	Rejuvenating therapy	Seasonal Panchakarma (<i>Virechana</i>) therapy during sharadrutu (October-November)	
Vichara / Thoughts	Profession	Less intellectual jobs, routine and casual work, less focussed fields.	Monotonous working, travelling and touring, marketing profession, intellectual and focussed work.
	Self-study	Spiritual and sober literature	Exciting and temptation-causing books
	Spiritual practices	Bhajans prayers, holy rituals and practices, divine practices and service oriented acts.	
	Yoga practices	Yoga asana, Pranayama – Chandranuloma viloma, sheetali-sheetkari-sadanta, Bhramari meditation.	Dynamic yoga, power yoga,, Bikram yoga, Pranayama – Suryaranuloma viloma.

Table 3: Showing lifestyle for *Kapha Prakriti*

Items		Recommendations	
Ahara	Groups	Suitable Items –K1	Not Suitable Items –K2
Food and drinks	Tastes / Rasa	Pungent, bitter and astringent taste foods and drinks, warm and hot, dry & less fatty foods.	Sweet, sour and salty taste food and drinks, cold and chilled foods, fatty foods.
	Cereals	Wheat, white and stored rice, millets – ragi, jawar, corn buckwheat, oats, barley.	Brown rice, red rice, new rice, new wheat, Basmati rice, navane.
	Pulses	All types of grams and pulses- thovar dal [lentil], Green gram, black gram, horse gram, Bengal gram, red dal, Kaboolchana.	Soya beans and soya products, white and red beans
	Fats/oils	Sunflower oil, sesame oil, margarine oil, linseed oil, groundnut oil, mustard oil, olive oil, almond oil, coconut oil, small quantity of ghee.	Rice and wheat bran oils, Grape seed oil, palm oil.
	Fruits	Papaya, pears, berries, cherries, mangoes, peaches, dry fruits.	Bananas, apples, grapes, jack fruit, guava, butter fruits, citrus fruits, lemon, melons, Pineapples, avocado, sapotas and kiwi.
	Nuts and Seeds	All dry nuts and seeds preferably: dry dates, almonds, cashew nuts, apricots, pumpkin seeds, sunflower seeds, cucumber seeds, ground nuts, sesame seeds, copra, sesame, poppy seeds, linseeds,.	Pistachio, fresh dates, poppy seeds.
	Vegetables	All kinds of leafy vegetables, lentil salads, spinach, cabbage, cauliflower, broccoli, celery, fennel, asparagus, radish, onions, capsicum, amarphophilus, bamboo sprouts, bitter vegetables.	Potatoes, cucumber, pumpkin, tomatoes, peas, white beans, onion salads, ladies finger, ash guard, ridge guard, bananas, banana stems, beet roots, sweet potatoes, centella leaves, bottle gourd,
	Spices	All spices in moderate quantity,- ginger, black and white pepper, clove, cinnamon, turmeric, cardamom, long pepper, coriander, jeera [cumin], allspices, cinnamon leaves, camphor, saffron.	
	Milk and Milk products	Low fat milk, spiced buttermilk	Butter, buttermilk, yogurt, curds, aged cheese, lassi, ghee and pannier

	Drinks ,Beverages& others	Warm water, lemon juice, ginger lemon tea, coffee, herbal tea, – pudina-mint tea... ginger-tulsi [basilicum], ginger-lemon, honey- lemon, coffee and tea. Alcoholic drinks- whiskey, brandy, rum in small dose.	Cold water, aerated soft drinks & beverages, Alcoholic drinks – wines, beers, vodka, and tobacco in different forms.
	Meat	Chicken meat, goat meat.	Red meat, sheep, fish and seafoods, eggs, pork and beef.
Vihara / Habits	Bathing and Massage	Hot water bath/shower, swimming and tub bath, oil bath and body massage with steam, hot powder massage [udvarthana], herbal powder massage [churnapindasweda], foot massage [padaghatha],	Cold water bath, shower, swimming and tub bath.
	Exercises	Dynamic exercises, Power yoga, brisk walking, running, jogging, skiing, hiking, wrestling, swimming, horse riding, skating, cycling and treadmill.	Indoor games and sedentary sports.
	Sexual act	Preferred	
	Sleep	4-6 hours at night only.	Day time sleeping,
	Rejuvenating therapy	Seasonal panchakarma therapy during Vasanta rutu [April & May]	
	Profession	All marketing professions, driving, sports	Sedentary work
Vichara/ Thoughts	Self-study	Exciting and temptation creating literature.	Casual and sober literature, in-depth study.
	Spiritual practices	Divine dances, loud bhajans and prayers, yajna, homa, Havana rituals, upavasa.	
	Yoga practices	Yoga-dynamic asana, practice of Sooryanulomaviloma Pranayama [right nostril breathing].	Chandranuloma viloma Pranayama [left nostril breathing], cooling Pranayama – Sheethali, Sheethkari and Sadantha Pranayama, relaxation techniques.

These prescriptions are to be suitably integrated and administered to those who have *Prakriti* with two doshas. For *Vatapittaprakriti* persons, the lifestyles of *Vata* should be advised during cloudy [monsoon] and rainy season, a *Pitta* lifestyle should be advised during hot [summer & autumn] season and combination of both during other seasons^[2].

For *Pittakaphaprakriti* persons, the lifestyles of *Pitta* should be advocated during hot [summer & autumn] season, and the lifestyles of *Kapha* should be advised during cold [winter & spring] season and combination of both should be given during other seasons^[2].

For *Vatakapha Prakriti* persons, the lifestyle of *Vata* should be advised during monsoon and rainy season, lifestyles of *Kapha* should be advised during winter and spring season and combination of both should be given during other seasons^[2].

Samaprakriti, also known as *Tridosha Prakriti*, persons are advised to follow the normal life style with a note that nothing should be taken or practiced in excess and everything should be in moderation^[2].

Table 4: FGD to validate the contents of Life style prescription based on Ayurvedic concepts

Lifestyle prescription	Expert 1	Expert 2	Expert 3	Expert 4	Expert 5	Remarks
V1	1	2	1	2	1	
V2	2	1	1	2	1	
P1	1	2	1	2	1	
P2	1	1	1	1	2	
K1	2	1	2	2	1	
K2	2	1	1	2	2	

1 - Most appropriate, 2 - Appropriate, 3 - Less appropriate, 4 - Not appropriate.

V1- Take & Practice more for Vata prakriti, **V2-** Take & Practice less for Vata prakriti, **P1-** Take & Practice more for Pitta prakriti, **P2-** Take & Practice less for Pitta prakriti, **K1-** Take & Practice more for Kapha prakriti, **K2-** Take & Practice less for Kapha prakriti

DISCUSSION:

It is seen from the study that the classification of lifestyle comprising of food, habits and practices is purely based on the concept of *Gunas* [properties derived and inherited from the five basic elements of the universe namely *Prithvi* (earth), *Aap* (water), *Tejas* (fire), *Vayu* (air) & *Akasha* (ether)^[4]. The *Prakriti* management through lifestyle modifications is based on the concept of *Gunas* which has ten pairs of mutually opposite properties and are designated in the texts as *Gurvadi Vimshathi Gunas* [twenty physical proprieties]^[4]. Based on the proposition those for management of *Prakriti* with particular dosha dominance, the lifestyle of the opposite qualities need to be administered to maintain harmony^[4].

Vatha prakriti needs *sneha* [unctuous], *guru* [heavy], *ushna* [hot], *mrudu* [soft], *sthoala* [gross] and *sthira* [firm] properties which are the opposite of the qualities of *Vata*^[4].

Pitta prakriti needs *rooksha* [dry], *manda* [slow], *sheetha* [cold], *sandhra* [dense] and *ghana* [solid] which are the opposite qualities of *Pitta*^[4].

Kapha prakriti needs *laghu* [light], *tikshna* [potent], *ushna* [hot], *rooksha* [dry], *vishada* [transparent] and *khara* [rough] properties which are the opposite qualities of *Kapha*^[4].

This entire concept is based on the fundamental doctrine of *Samanya* and *Vishesha Siddhanta* – “The Similar things produce similarity & dissimilar things produce variability. In order to maintain the harmony of a particular type of *Prakriti* which is manifested due to the predominance of a particular *dosha* or *doshas* we need to administer the life style possessing opposite qualities, otherwise it results in disharmony. In addition, one of the main concepts of Ayurvedic therapeutics, namely *shadvidha upakrama*, which comprises of *snehan*, *rookshana*, *brihmana*, *langhana*, *svedana* and *stambhana* (lubricating, anti-lubricating, growth-promoting, lightness, diaphoretic binding), is purely based on the concept of *guna* only. In the life style management of Ayurveda these specialities of therapeutics are invariably used to maintain the harmony of *Tridoshas*. Based on these doctrines and concepts we can provide Ayurvedic rationality for the present day modern lifestyles in the management of the *Prakriti* and its harmony, whereas the modern life style methods do not dissect the effect based on their inherent qualities and hence, cannot provide individual-oriented life style practices which are mandatory to promote health and prevention of disease on an individual basis.

Limitations of the study:

The present study is limited to compile and analyse the information on lifestyle prescriptions documented among the classical texts of Ayurveda and present through a table form involving the three basic aspects of life style, namely *Ahara*, *Vihara* and *Vichara*.

Strengths of the study:

This study has shown that the Ayurvedic lifestyle has three major aspects and twenty life style practises. There is a concept in lifestyle prescription, and it is essentially based on the personality of an individual.

Recommendations:

Based on the observations of this study it is recommended that, in the absence of any validated healthy lifestyle prescription based on *Prakriti*, this life style prescription can be used for the promotion of positive health and prevention of diseases after the assessment of *Prakriti* of an individual using a scientifically developed and validated tool. Otherwise the whole exercise of *Prakriti* assessment becomes futile.

Suggestions for future work:

Based on the results and observations of this study it is suggested that the validated healthy life style prescription should be used on a greater number of samples of different types of *Prakriti* to further validate its role and utility, and an increased number of experimental studies on the efficacy of the healthy life style prescriptions based on *Prakriti* in promoting positive health and prevention of diseases by using and comparing different tools.

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