

PRAKRITI SPECIFIC DIETS: AN AYURVEDIC GUIDE TO WELLNESS

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ABSTRACT

Ayurveda is the science of life. *Ayurveda's* main goals are the prevention and treatment of disease.^[1] *Prakriti* is one of the main concepts of *Ayurveda*. *Prakriti* is the term used to describe an individual's natural condition. Every person has a specific *Prakriti*. The *Prakriti* develops at the moment of sperm-ovum fertilization. The *Dosha* dominance at the moment of conception defines the foetus's *Prakriti*.^[2] It is predetermined at birth and cannot be changed. *Prakriti* is determined by the predominance of any one, two, or all three *Dosha*. Therefore, the term "*Prakriti*" describes the physiological, and psychological constitution that is genetically determined for a particular person. If a person's *Ahara* and *Vihara* are determined according to *Prakriti*; adhering to this results in a good existence.

"Today's generation tends to seek information from newspapers, TV,

and other media without questioning it is lack of knowledge in the field of nutrition and food." People believe that this specific diet offers them numerous benefits that improve their health. However, not every food is suitable for everyone because various people have different *Prakriti*, and these kinds of commercials are mostly used for marketing purposes. After eating a specific food, one should be conscious of how well it fits his body. Therefore, understanding *Prakriti* and the appropriate diet for each *Prakriti* is essential. The goal of this study is to assess how diet affects various constitutions (*Prakriti*) and how it contributes to overall health.

KEYWORD: *Ahara, Dosha, Deha Prakriti, Diet.*

INTRODUCTION

Prakriti is one of basic principles of *Ayurveda*. The foundation of the *Prakriti* constitution is the *Dosha* predominance that is determined at the time of conception which in turn also get affected by external factors, such as the nutrition and lifestyle of the mother. An individual's *Prakriti* is unchanged till death. Every person can be classified into different combinations of *Vata, Pitta*, and *Kapha Prakriti* depending upon the predominance of each *Dosha* and is independent of race, ethnicity, language, and geography, which will be specific to every individual. *Vata, Pitta*, and *Kapha Prakriti's* individuals have unique metabolic activities. *Kapha* is slow, *Pitta* is fast, and *Vata* has a variable metabolism. Various studies have been conducted to find a relationship between particular *Prakriti* types and various physiological and metabolic activities. Food is considered to be the basis of stability for every living being. There is nothing else except diet for sustaining the lives of living beings. *Ayurveda* defines *Ahara, Nidra*, and *Brahmacharya* as *Trayaupastambha*, which is essential to a healthy lifestyle.^[3] *Ahara* has been considered the most important to an individual's healthy life. According to *Acharya Kashyapa*, *Ahara* is known as *Mahabhaishaja*, which means "the great medicine." The diet is considered the greatest medication by physicians since, without it, one cannot survive even with the best of medical care. Food is considered the basis of life, strength, complexion, *Ojas*, growth and development, alertness of *Indriya*, happiness, clarity of speech, lustre, pleasure, increase of *Dhatu*, intellect, health, etc. An entire person's life depends upon food, all the activities of this world, as well as efforts made for eternal emancipation, depend upon food. Cereals are therefore the best when compared to other items, but each person should consume this *Ahara* in accordance with his or her particular *Prakriti*. For one kind of *Prakriti*, what is *Hitakara Ahara* can be *Ahitakara* to another. Thus, maintaining one's health requires understanding *Prakriti*. An individual's *Bala* and *Ayu* can also be predicted by studying his *Prakriti*; for example, *Vataja Prakriti* persons have less strength and shorter life span.^[4] The *Agni* and *Kostha* of an individual are also affected by *Prakriti*; therefore, knowledge of *Prakriti* determines an individual's *Agni* and *Kostha*. Knowledge of *Prakriti* is helpful in maintaining the health of an individual. If the diet is consumed by a person having opposite *Guna* to their *Prakriti*, that person can maintain their health for a long time. Today, to gain optimum health, a *Prakriti*-based diet and lifestyle are the first and prime need for society.

AIM AND OBJECTIVE

1. To comprehend the different characteristics features of the different *Deha Prakriti*.
2. The present study is aimed at evaluating the diet according to different *Deha Prakriti*.

MATERIALS AND METHODS

Different classical *Ayurvedic* texts, viz., *Charaka Samhita*, *Sushruta Samhita*, and *Ashtang Hridaya*, with available commentaries, published research papers, indexed and listed in research gate, PUB Med, Google Scholar, and other subject-related online websites, are referred for review of literature.

Concept of *prakriti*

Etymologically, *Prakriti* word is derived from two *Sanskrit* terms, viz., "*Pra*" and "*Kri*." The word "*Pra*" means "first," and the word "*Kri*" means "creation." *Prakriti* is hence referred to as the "first creation." *Prakriti* refers to a person's "nature" or "natural constitution." Thus, the word conveys the meaning "one that is the principal factor in creation." Some other derivations include: "*Pra*" means "*Sattvika*," "*Kru*" means "*Rajasika*," and "*ta*" means "*Tamasika*," and the word "*Prakriti*" thus conveys the power of the three *Guna*. *Prakriti*, when put together, denotes "natural form." The word "*Prakriti*" comes from "*Prakaroti*." *Prakriti* refers to the development of unique traits brought on by the supremacy of *Dosha* (*Vata*, *Pitta*, and *Kapha*, the functional components of the body), and in this context, *Prakriti* denotes the preponderance of a particular *Dosha* in a person. The constitution of a body is also somewhat influenced by other elements. The nature of the season, the state of the uterus, the mother's diet throughout pregnancy, the various regimens adopted during pregnancy, the *Shukra* (Sperm), *Shonita* (Ovum), and *Mahabhuta Vikara* that are described in *Charaka Samhita*, which affect the *Prakriti* of an individual.^[5] Some individuals have *Samadoshaja Prakriti* (All three *Dosha* in their equilibrium state). Some individuals have "*Dwandavaja Prakriti*," means they have a predominance of two *Dosha*. Some individuals will only have *Vata*, *Pitta*, or *Kapha* dominating their *prakriti*; this is referred to as *Ekadoshaja Prakriti*. Due to the equilibrium of all *Dosha*, those with *Sama Prakriti* are always wealthy and in good health, but those with "*Dwandavaja Prakriti*" are more prone to disease. As per the *Vagbhatacharya*, "*Shrestha*" is the one possessing *Sama Prakriti*, whereas *Nindya* has mixed of two *Prakriti*.^[6] Individuals with a predominance of *Pitta*, *Kapha*, or *Vata* are considered mediocre, good, or inferior, accordingly. *Acharya Sushruta* mentioned *Prakriti* according to *Panchamahabhuta*. The *Prakriti* of *Vata*, *Pitta*, and *Kapha* do include *Vayu*, *Teja*, and *Jala*

Mahabhuta, in the sequence. *Nabhas Prakriti* people are characterized by their pure nature, large cavities in the body and longevity. *Parthiva Prakriti* people have a strong, large body and an ability to forgive others.^[7] *Acharya Charaka* and *Acharya Sushruta* described three types of *Manas Prakriti* as *Sattvika Prakriti*, *Rajasika Prakriti* and *Tamasika Prakriti*. It is subdivided into 16 types. *Sattvika Prakriti* is the greatest of all. Because of the prominence of *Sattva*, which is thought to be always pure and unvitiated, But *Rajas* and *Tamas* are regarded as *Manasika Dosha*. Therefore, compared to *Sattvika Prakriti*, *Rajasika* and *Tamasika Prakriti* individuals are more prone to a variety of illnesses and more difficult to treat.

Table No. 1: Different types of prakriti.

Type of prakriti				
<i>Deha prakriti</i> (7)	<i>Panchabhautika</i> ^[8] <i>prakriti</i> (5)	<i>Manasika prakriti</i> (3)		
		<i>Sattvika</i> (7) ^[9]	<i>Rajasika</i> (6) ^[10]	<i>Tamasika</i> (3) ^[11]
1. <i>Vataja</i>	1. <i>Vayu Mahabhutaja</i>	1. <i>Brahma</i>	1. <i>Asura</i>	1. <i>Pashava</i>
2. <i>Pittaja</i>	2. <i>Agni Mahabhutaja</i>	2. <i>Arsha</i>	2. <i>Rakshasa</i>	2. <i>Matsya</i>
3. <i>Kaphaja</i>	3. <i>Jala Mahabhutaja</i>	3. <i>Aindra</i>	3. <i>Paishacha</i>	3. <i>Vanaspatya</i>
4. <i>Vata Pittaja</i>	4. <i>Akash Mahabhutaja</i>	4. <i>Yamya</i>	4. <i>Sarpa</i>	-
5. <i>Vata Kaphaja</i>	5. <i>Pruthvi Mahabhutaja</i>	5. <i>Varuna</i>	5. <i>Praita</i>	-
6. <i>Kapha Pittaja</i>	-	6. <i>Kaubera</i>	6. <i>Shakuna</i>	-
7. <i>Vata Pitta Kaphaja</i>	-	7. <i>Gandharva</i>	-	-

Characteristics of different *deha prakriti*

Features of *vata prakriti* person^[12]

S. No.	Guna (Attributes)	Laksha (Features)
1.	<i>Ruksha</i> (Dry)	1. Dry, thin and small bodies. 2. They don't speak continuously; their voice is always rough, weak, broken, and indistinct. 3. They are alert at all times.
2.	<i>Laghu</i> (Light)	They have light and fast motions, diets, and other works.
3.	<i>Chala</i> (Mobile)	Their joints, eyes, eyebrows, cheeks, lips, tongues, heads, shoulders, hands, and feet are unstable.
4.	<i>Bahu</i> (Abundance)	They have very talkative nature and have prominent network of tendons, ligaments, and veins.
5.	<i>Shighra</i> (Swift)	1. They have rapid mood swings and initiate action without delay. 2. They quickly become frightened and make quick decisions about what they like and don't like. 3. They grasp things very fast and forget them easily.
6.	<i>Sheeta</i> (Cold)	1. They are unable to tolerate anything that is cold. 2. They often get affected by cold, stiffness, and shivering.

7.	<i>Parusha</i> (Rough)	Their hair, beard, body hair, nails, teeth, face, hands, feet, and other limbs become rough
8.	<i>Vishada</i> (Non slime)	They have cracks in the limbs and organs, also cracking sounds in the joints while moving.
9.	Other	Less strength, short lifespan, less progeny, fewer wealth and means

Features of *pitta prakriti* person^[13]

S. No.	<i>Guna</i> (Attributes)	<i>Laksha</i> (Features)
1.	<i>Ushna</i> (Hot)	<ol style="list-style-type: none"> 1. Unable to tolerate any kind of heat. 2. The sensation of heat in the mouth. 3. These people have beautiful organs and are delicate 4. Those individuals will have a lot of freckles, moles, and pimples. 5. They have excessive thirst and hunger. 6. Those individuals will experience early ageing of the skin, greying hair, and baldness. 7. They have soft, sparse, brown hair on their head, face, and other body parts.
2.	<i>Tikshna</i> (Sharp)	<ol style="list-style-type: none"> 1. They have keen bravery. 2. They have strong capacity to digest food items. 3. They consume a lot of water and food. 4. They are unable to tolerate difficult situations and pain. 5. They eat quickly.
3.	<i>Drava</i> (Liquor)	<ol style="list-style-type: none"> 1. Their muscles and joints become loose. 2. Prolonged sweating and increased faecal and urine output.
5.	<i>Visra</i> (Fleshy smell) (smell like that of raw meat)	They release foul odour from their mouth, axilla, head, and other body parts.
6.	<i>Amla/Katu</i> (Sour/Pungent)	They have moderate sexual desire, scanty semen, and less progeny.
7.	Others	Possesses a moderate lifespan, moderate strength, moderate intelligence, moderate knowledge, wealth, and means.

Features of *kapha prakriti* person^[14]

S. No.	<i>Guna</i> (Attributes)	<i>Laksha</i> (Features)
1.	<i>Snigdha</i> (Unctuous)	The person with predominance of Kapha possesses unctuous organs.
2.	<i>Shlakshna</i> (Smooth)	They have smooth organs.
3.	<i>Mridu</i> (Soft)	They have a delicate and beautiful body.
4.	<i>Madhura</i> (Sweet)	They have excessive sexual desire, a large quantity of semen, and more progeny.
5.	<i>Sara</i> (Firm)	Their bodies are compact, solid, and stable.
6.	<i>Sandra</i> (Dense)	They have fully formed and well developed organs.
7.	<i>Manda</i> (Slow)	Their eating, moving, and acting all indicate slowness.
8.	<i>Stimita</i> (Stable)	Those people react slowly; they get neither upset nor agitated easily.

9.	<i>Guru</i> (Heavy)	They walk slowly, carefully, and firmly.
10.	<i>Sheeta</i> (Cold)	They have low appetite, thirst, and body sweat.
11.	<i>Vijjala</i> (Viscous)	The joints of them are compact and solid.
12.	<i>Accha</i> (Clear)	Their voices are deep and clear, and they have pleasant appearance.
13.	Other	Apart from this, these people have the best health, money, intelligence, vigor, immunity, longevity, and calm nature.

Food according to different *deha prakriti*^[15,16]

A) *Vata prakriti*

S. No.	Type of food	Beneficial foods	Non-Beneficial foods
1.	Pulses	<i>Mudga</i> (Green gram), <i>Tuvara</i> (Red gram/pigeon peas) and Soybean.	<i>Masha</i> (Black gram), <i>Makushtha</i> (Aconite leaved kidney), <i>Kalaya</i> (Peas), and <i>Nishpava</i> (Pinkbeans).
2.	Cereals	<i>Godhuma</i> (Wheat) and <i>Shali</i> (Rice) (old).	<i>Bajara</i> (Pearl Millets), <i>Nivara</i> (one type of rice), <i>Yava</i> (Barley), <i>Makka</i> (Maize), <i>Jowar</i> (Sorghum), <i>Shyamaka</i> (Japanese barn yard millet), and <i>Rajagiri</i> (Buck wheat).
3.	Oils	<i>Eranda Sneha</i> (Castor oil), <i>Tila Taila</i> (Sesame oil), <i>Sarshapa Taila</i> (Indian mustard oil), <i>Narikela Taila</i> (Coconut oil), <i>Karpas Bija Taila</i> (Cotton seed oil), <i>Suryamukhi Taila</i> (Sunflower oil), <i>Kusumbha Taila</i> (Safflower oil), <i>Rajika Taila</i> (White mustard oil), and <i>Atasi Taila</i> (Linseed oil).	<i>Bhunimbi Taila</i> (Ground nut oil).
4.	Vegetables	<i>Chukandara</i> (Beet root), <i>Shakarakanda</i> (Sweet potato), <i>Gobhi</i> (Cabbage), <i>Shigru</i> (Drum stick), <i>Kushmanda</i> (White gourd), <i>Turuyi</i> (Luffa), <i>Bhindi</i> (Lady finger), <i>Tamatar</i> (Tomato), <i>Paraval</i> (Pointed gourd) and <i>Palandu</i> (Onion).	<i>Karavellaka</i> (Bitter gourd), <i>Aluka</i> (Potato), and <i>Karkati</i> (Cucumber) (unripe).
5.	Fruits	<i>Kadali</i> (Banana), <i>Naspati</i> (Pear), <i>Santara</i> (Orange), <i>Amaruda</i> (Guava), <i>Singhada</i> (Water chestnut), <i>Papita</i> (Papaya), <i>Ama</i> (Mango) (Ripe), <i>Narikela</i> (Coconut), <i>Dadima</i> (Pomegranate), <i>Sahatuta</i> (Mulberry), <i>Annana</i> (Pineapple), <i>Bijapura</i> (Citrus medica), and <i>Sev/Sinchitika</i> (Apple).	<i>Ama</i> (Raw)(Mango), <i>Kalinga</i> (Water melon), and <i>Jambo</i> (Rose apple/black plum).
6.	Dry fruits	<i>Badam</i> (Almond), <i>Kaju</i> (Cashew nut), <i>Khajura</i> (Date palm), and	<i>Pugaphala</i> (Betal nut/ areca nut), and <i>Makhana</i> (fox nut).

		<i>Draksha</i> (Grapes).	
7.	Spices	<i>Ardra</i> (Ginger), <i>Rajika</i> (Mustard), <i>Methika</i> (Fenugreek), <i>Dhanyaka</i> (Coriander), <i>Hingu</i> (Asafoetida) and <i>Jeeraka</i> (Cumin seed).	<i>Lavanga</i> (Clove), and <i>Lal Maricha</i> (Red chillies).

B) *Pitta prakriti*

S. No.	Type of food	Beneficial Foods	Non-Beneficial Foods
1.	Pulses	<i>Mudga</i> (Green gram), <i>Rajama</i> (Kidney bean), <i>Chana</i> (Pulse gram), Soya bean, <i>Tuvara</i> (Red gram) and <i>Kalaya</i> (Pea).	<i>Masha</i> (Black gram), <i>Kali Dal</i> (Black lentils), <i>Kulattha</i> (Horse gram), <i>Makushtha</i> (Aconite leaved kidney), <i>Nishpava</i> (Pink beans)
2.	Cereals	<i>Godhuma</i> (Wheat), <i>Shali</i> (old) (Rice), <i>Yava</i> (Barley), <i>Shyamaka</i> (Japanese barn yard millet)	<i>Bajara</i> (Pearl Millets), and <i>Makka</i> (Maize)
3.	Vegetables	<i>Sakarkand</i> (Sweet potato), <i>Palaka</i> (Spinach), <i>Gobhi</i> (Cabbage), <i>Turuyi</i> (Ribbed luffa), <i>Lauki</i> (Sponge gourd), <i>Kushmanda</i> (white gourd), <i>Karavellaka</i> (Bitter gourd), <i>Gajara</i> (Carrot), and <i>Parval</i> (Pointed gourd).	<i>Mulaka</i> (Radish), <i>Vartaka</i> (Brinjal), and <i>Surana</i> (Elephant's foot)
4.	Oils	<i>Tila Taila</i> (Sesame oil), <i>Narikela Taila</i> (Coconut oil), <i>Bhunimbi Taila</i> (Ground nut oil), and <i>Kusumbha Taila</i> (Safflower oil)	<i>Eranda Sneha</i> (Castor oil), <i>Sarshapa Taila</i> (Indian mustard oil), <i>Suryamukhi Taila</i> (Sunflower oil), <i>Rajika Taila</i> (White mustard oil), and <i>Atasi Taila</i> (Linseed oil)
5.	Fruits	<i>Kadali</i> (Banana), <i>Nashapati</i> (Pear), <i>Amaruda</i> (Guava), <i>Singhada</i> (Water chest nut), <i>Papita</i> (Papaya), <i>Sev/Sinchitika</i> (Apple), <i>Narikela</i> (Coconut), <i>Draksha</i> (Grapes), <i>Kharbuja</i> (Musk melon), <i>Aloobukhara</i> (Plum), Sweet lemon, <i>Dadima</i> (Pomegranate), <i>Sahatuta</i> (Mulberry), <i>Ganna</i> (Sugar cane) and <i>Annanas</i> (Pineapple).	<i>Ama</i> (Raw)(Mango), Strawberry, <i>Nimbuka</i> (Lemon), <i>Bijapura/ Matulunga</i> (Citrus medica), <i>Kalinga/ Tarabuja</i> (Water melon), <i>Santara</i> (Orange), Cherry plum (Ripe)
6.	Dry Fruits	<i>Makhana</i> (fox nut), and <i>Kaju</i> (Cashew nut).	<i>Badam</i> (Almond)
7.	Spices	<i>Dhanyaka</i> (Coriander), <i>Lavanga</i> (Clove), <i>Dalchini</i> (Cinnamon), <i>Ela</i> (Cardamom), <i>Misreya</i> (Fennel seeds), and <i>Haridra</i> (Turmeric).	<i>Ardra</i> (Ginger), <i>Rajika</i> (Mustard), <i>Methika</i> (Fenugreek), <i>Jeeraka</i> (Cumin seed), <i>Hingu</i> (Asafoetida), and <i>Lal Maricha</i> (Red chillies)

C) *Kapha prakriti*

S. No.	Type of food	Beneficial Foods	Non-Beneficial Foods
1.	Pulses	<i>Mudga</i> (Green gram), <i>Masura</i> (Lentil), <i>Makushtha</i> (Aconite leaved kidney), <i>Tila</i> (Sesame), <i>Tuvara</i> (Pigeon/ Red gram), <i>Chana</i> (Pulse gram), <i>Kalaya</i> (Garden pea), <i>Nishpava</i> (Pink beans), and <i>Kulattha</i> (Horse gram).	<i>Masha</i> (Black gram).
2.	Cereals	<i>Godhuma</i> (Wheat), <i>Yava</i> (Barley), <i>Bajara</i> (Pearl millet), <i>Makka</i> (Maize), and <i>Jowara</i> (Sorghum).	<i>Nivara</i> (one type of rice).
3.	Oils	<i>Eranda Sneha</i> (Castor oil), <i>Tila Taila</i> (Sesame oil), <i>Sarshapa Taila</i> (Indian mustard oil), <i>Suryamukhi Taila</i> (Sunflower oil), <i>Kusumbha Taila</i> (Safflower oil), and <i>Atasi Taila</i> (Linseed oil).	<i>Narikela Taila</i> (Coconut oil), <i>Bhunimbi Taila</i> (Ground nut oil), and <i>Rajika Taila</i> (White mustard oil).
4.	Vegetables	<i>Mulaka</i> (Radish), <i>Mulakapatra</i> (Radish leaf), <i>Vartaka</i> (Brinjal), <i>Karavellaka</i> (Bitter gourd), <i>Surana</i> (Elephant's foot), <i>Patha</i> (Cissampelos pareira), and <i>Shigru</i> (Drum stick).	<i>Gobhi</i> (Cabbage), <i>Aloo</i> (Potato), and <i>Changeri</i> (Indian sorrel).
5.	Fruits	<i>Naspati</i> (Pear), <i>Santara</i> (Orange), <i>Singhada</i> (Water chestnut), <i>Narikela</i> (Coconut), <i>Draksha</i> (Grapes), <i>Kalinga/ Tarabuja</i> (Water melon), <i>Kharabuja</i> (Musk melon), <i>Nimbuka</i> (Lemon), <i>Dadima</i> (Pomegranate), <i>Aloobukhara</i> (Plum), <i>Sahatuta</i> (Mulberry), and <i>Jamboo</i> (Rose apple/black plum).	<i>Ama</i> (Mango) (Ripe), <i>Papita</i> (Papaya), <i>Santara</i> (Orange), <i>Annanas</i> (Pineapple), <i>Sev/Sinchitika</i> (Apple), <i>Kadali</i> (Banana), Strawberry, Cherry plum (Ripe), and <i>Amaruda</i> (Guava).
6.	Dry fruits	<i>Pugaphala</i> (Betel nut), and <i>Makhana</i> (fox nut).	<i>Kaju</i> (Cashew nut), and <i>Badam</i> (Almond).
7.	Spices	<i>Maricha</i> (Black Pepper), <i>Shatapushpa</i> (Dill seed), <i>Haridra</i> (Turmeric), <i>Ardraka</i> (Ginger), <i>Methika</i> (Fenugreek), <i>Lavanga</i> (Clove), <i>Ela</i> (Cardamom), <i>Rajika</i> (Mustard), <i>Yavani</i> (Celery leaves), <i>Misreya</i> (Fennel seeds), <i>Pippali</i> <i>Mula</i> (Roots of piper longum), <i>Mishtha Nimba</i> (<i>Murraya koenigii</i>), <i>TajaPatra</i> (Cinnamon), <i>Jatiphala</i> (Nutmeg) and <i>Javitri</i> (Mace), and <i>Kumkum</i> (Saffron).	<i>Khasa-Khasa</i> (Poppy seeds).

DISCUSSION

Every person's health is determined by the three *Dosha*. Understanding the different combinations of *Tridosha* provides the most beneficial guidelines for *Ahara* (foods and beverages). Knowing one's *Prakriti* helps one to follow or change one's *Ahara* (foods and beverages) in accordance with *Prakriti*, assisting each person in adjusting to changing lifestyles. Consuming a balanced diet that includes *Shad Rasa* helps to preserve one's health. Based on *Prakriti*, different *Rasa* combinations support the maintenance of health. A person with *Vata Prakriti* should avoid intake of too much bitter and spicy food because it aggravates *Vata Dosha*. A *Pitta Prakriti* person should stay away from consuming an excessive amount of spicy, sour, or salty foods because these foods aggravate *Pitta Dosha* and causes ulcers or irritability. A *Kapha Prakriti* person should refrain from consuming an excessive amount of sweet, sour, or salty foods because these foods aggravate *Kapha Dosha*.^[17] A thorough explanation of *Prakriti* is required for the prevention, treatment, and maintenance of health. One can achieve optimum health by means of following diet and dietary rules as per his *Prakriti*.

CONCLUSION

Healthy citizens are the foundation of any nation's development. Therefore, it is necessary to improve each person's health. Once the *Prakriti* is established, it doesn't change until the person's death. The doctor should treat the patient in accordance with their *Prakriti*; hence, the course of treatment will vary depending on *Prakriti*. Thus, when doing the *Chikitsa*, knowledge of *Prakriti* is very essential. It helps to live a healthy and peaceful life and also helps in the identification of disease. It is very important to have food on the basis of the respective *Prakriti* because it may improve one's physical, mental, social, intellectual, emotional, and spiritual health. If not, it worsens the condition of an individual. It is very important that every physician give proper guidelines for the consumption of *Ahara* on the basis of *Prakriti* to maintain a healthy life.

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