

STUDY OF YOGASANAS ACCORDING TO DOSHADHIKYA (DOSHA PREDOMINANCE): AN AYURVEDIC PERSPECTIVE

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ABSTRACT

Background: Ayurveda explains health as a balance of Vata, Pitta and Kapha doshas. Yogasanas are considered supportive practices that may help maintain doshic balance through physical, physiological, and psychological effects. **Aim:** To study the selection of yogasanas according to doshadhikya and describe their role in Ayurvedic yoga therapy. **Methods:** A conceptual review was performed using classical Ayurvedic texts including Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Hatha Yoga Pradipika, Vishwas Mandlik, Subhash Rande and supportive yoga literature. Asanas were classified according to their probable influence on Vata, Pitta and Kapha predominance. **Results:** Vata predominant conditions require stable and calming practices. Pitta predominance benefits from cooling and relaxing practices, while Kapha predominance requires stimulating and activating practices.

INTRODUCTION

Tridosha theory is the foundation of Ayurveda. Vata controls movement, Pitta controls metabolism and transformation, and Kapha provides stability and nourishment.

If the three doshas, Vata, Kapha and Pitta, are in balance, their functions complement each other and in that state the body remains healthy. When the proportion of these doshas remains

Table: Classification of Yogasanas With Probable Effect On Doshas.

Sr.	Asana	□□□□	□□□□□	□□□□□	Probable Effect
1	Bhujangasana	□	□	□	Improves digestion and chest expansion
2	Ardha Shalabhasana	□	□	□	Strengthens back muscles
3	Shalabhasana	□	□	□	Stimulates metabolism
4	Dhanurasana	□	□	□	Enhances Agni and reduces heaviness
5	Janushirasana	□	□	□	Calming forward bend
6	Naukasana	□	□	□	Core activation and strength
7	Raja Kapotasana	□	□	□	Hip opening and relaxation
8	Makarasana	□	□	□	Deep relaxation
9	Parvatasana	□	□	□	Improves circulation and stability
10	Garbhasana	□	□	□	Grounding effect
11	Sulabh Gorakshasana	□	□	□	Enhances balance and concentration
12	Kurmasana	□	□	□	Calms nervous system
13	Vajrasana (Yoga Mudra)	□	□	□	Improves digestion and stability
14	Ustrasana	□	□	□	Chest opening and stimulation
15	Eka Pada Hastasana	□	□	□□	Balance and activation
16	Ugrasana	□	□	□□	Stretching and stimulation
17	Paschimottanasana	□	□	□	Cooling and relaxing effect
18	Vakrasana	□	□	□□	Improves digestion through spinal twist
19	Ardha Matsyendrasana	□	□	□□	Stimulates Agni and detoxification
20	Hamsasana	□	□	□□	Strength and stimulation
21	Parighasana	□	□	□□	Side body expansion
22	Gomukhasana	□	□	□	Musculoskeletal balance
23	Padmasana	□	□	□	Meditation and mental stability
24	Shirshasana	□	□	□□	Improves circulation and endocrine function
25	Ashwini Mudra	□	□	□	Pelvic floor regulation
26	Viparita Karani	□	□	□	Relaxation and recovery
27	Dronasana	□	□	□□	Strengthening posture
28	Sarvangasana	□	□	□□	Endocrine stimulation
29	Supta Vajrasana	□	□	□□	Digestive and respiratory support
30	Matsyasana	□	□	□□	Improves respiration and circulation
31	Anantasana	□	□	□	Balance and flexibility
32	Pavanamuktasana	□	□	□□	Relieves gas and improves digestion
33	Halasana	□	□	□□	Metabolic activation
34	Chakrasana	□	□	□□	Dynamic stimulation
35	Karnapidasana	□	□	□□	Relaxing inversion

36	Trikonasana	□	□	□□	Improves circulation
37	Patangasana	□	□	□□	Chest expansion and respiratory stimulation
38	Virabhadrasana	□	□	□□	Strength and energy
39	Virasana	□	□	□	Stability and grounding
40	Garudasana	□	□	□□	Balance and circulation
41	Janu Balasana	□	□	□	Relaxation and flexibility

DISCUSSION

We all know that yoga poses are different positions of the body parts. In this position, achieving stability and comfort of the body parts and muscles is achieving asana. Now, if we want to achieve this stability, the movement that needs to be done to take that position should be done at a minimum and slow speed. If we move quickly, we will not be able to achieve stability later.

Therefore, the movements that need to be done during yoga poses should be done very slowly and deliberately. While doing these movements, some muscles will be tense, some muscles will be pressed. At such a time, trying to keep the muscles of the body relaxed will reduce this tension and pressure. To do this, we should try to concentrate our mind completely on the movements that we are doing. That is, the muscles that are not participating in this movement will remain relaxed, and the muscles that are participating in the movement will be stretched or pressed as much as necessary. From such movements, we will experience the desired results in yoga.

— Yog Vidya Prakshan Nashik

Ayurveda follows the principle of balancing opposite qualities

- Vata requires grounding and stability.
- Pitta requires cooling and relaxation.
- Kapha requires stimulation and activation.

LITERATURE SUPPORT

Riordan KL (2019) discussed choosing yoga practices according to Ayurvedic dosha constitution and emphasized individualized yoga approaches.

CONCLUSION

Asanas, the physical postures of yoga, are a gateway to improved physical health, mental well-being, and spiritual growth. Their ancient origins are a testament to their enduring

significance, offering a holistic approach to achieving harmony and balance in our lives.

Selection of yogasanas according to doshadhikya provides an individualized approach to yoga therapy. Integration of Ayurvedic assessment with yogic practices may support physical and mental balance.

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