

## Life style Disorder in relation with Tridosha & Prakriti

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**ABSTRACT:** In Ayurveda many regimen delineate to take care of healthy lifelike seasonal regimen, daily regimen etc. Tridosha are functional unit of the body. The core philosophies of ayurved area unit idea of Tridosha and Prakriti. traditional body functions of body maintained by Tridosha (Vata pitta, and Kapha). Imbalance in Tridosha because of unhealthy lifestyle directly liable for varied diseases.

The Synthesis Tridosha are in a pair of stages-

Prakrit Dasha – formation of Prakriti – shows the method of living life.

Vaikrit Dasha – management metabolism – conjointly for Dasha kshaya and vridhi (Vikriti) i.e. Disorder Life style and Prakrita dosha –

Life style - some way of Life or living of a person's attitudes / habits / behavior etc. These area unit mirrored in Prakriti.

Lifestyle means that Prakrita Dasha i.e. Prakriti.

Prakriti shows individual combination of Tridoshas, provides best pointers associated with Ahara (food and drinks) Vihar (practices and habits) and Vichar (thought and behaviour) on that lifestyle relies. lifestyle modification and intervention supported elementary idea of Tridosha and Prakriti is useful to take care of health and cure health problem, acts as personalised hindrance and medication.

### **Disorder and Vaikrita Dasha-**

Disorder means that - Disturbance of traditional functioning of body and mind, health problem or malady etc.

Disorder-- Dasha Vaishamya-- Dasha kshaya Vridhi --Vikruta Dasha, a part of Vaikruta Dasha.

Life style (Prakriti) → faulty Ahar Vihar Vichar → Disorder (Vikriti)

Improved → Samyaka, Ahar, Vihar & Vichar → healthy state → Prakriti

Hence Hetu Linga and Aushadhi of lifestyle disorder connected to Tridosha.

idea of Tridosha in terms of Prakruta and Vaikruta Dasha area unit associated with lifestyle disorder.

Samyaka, Ahar, Vihar & Vichar in step with Doshaja Prakriti and Guna is useful for personalised hindrance and drugs and therefore to combat lifestyle disorders.

**Key words:** Tridosha , Life style disorder, and Prakriti.

#### INTRODUCTION:

Ayurved is one in every of the oldest Health science of the globe. The core philosophy of Ayurved area unit idea of Tridosha and Prakriti. traditional body functions area unit maintained by Tridoshas (Kapha, Pitta, and Vata). Imbalance in Tridoshas because of unhealthy lifestyle are directly liable for several diseases.

Synthesis within the Tridoshas area unit led to in a pair of stages;

1. Prakrita Dosha – liable for formation of Prakriti – manifests terribly
2. specific characteristic options that stay unchanged throughout life – shows method of life and living .

Vaikrita Dosha – management metabolism –decisive issue for homoeostasis – conjointly for Dosha kshyaya and vrudhi (Vikriti) – liable for disease.

#### AIMS AND OBJECTIVES:

1. to review the idea of Prakrut and Vaikrut Dosha in relation with life style .disorder
2. to review the idea of Tridosha and its edges associated with life style disorder, supported Prakriti.
3. to review the importance of Prakriti accoding to Ahar, Vihar and Vichar in life style.

#### MATERIALS & METHODS:

1. Compilation of various meanings from Vedic literature , text, wordbook associated with topic.
2. Establish the relation of Prakrita and Vaikrita Dosha in lifestyle disorders
3. Explore and elaborate the idea of Tridosha and Prakriti by referring books, papers, samhita, that are associated with lifestyle disorder.

#### DISCUSSION:

Prakrita dosha and Life Style:

Life style is:-

1. a group of attitudes / habbits / behaviour / conduct
2. some way of your life or kind of living that reflects the attitudes of person or cluster.
3. A Life long method together with dietary habits and exercise all of that have implications for health.

Ayurveda could be a method of Life that is interlinked with human way.

These area unit mirrored in Prakriti.

Lifestyle means that Prakrita Dosha i.e. Prakriti itself. Maintaining Prakriti is nothing however equalisation lifestyle.

Prakriti shows morphological, physiological and psychological expression of a personal. By understanding the individual combination of Tridoshas, provides best pointers associated with Ahara (food and drinks) Vihar (practices and habits) and Vichar (thought and behaviour) on that lisestyle relies. Daily and seasonal regimes will be adviced and simply followed as preventive measures.

One ought to understand his or her Prakriti so as to follow or modify ones Ahara (food and drinks) Vihar (practices and habits) and Vichar (thought and behaviour) in step with Prakriti that helps every individual to address dynamic lisestyle.

Lifestyle modification and intervention supported elementary idea of Tridosha and Prakriti is useful to take care of a health and cure health problem. It acts as personalized hindrance and personalized medication and thereby helps to beat lifestyle disorders.

Every one's balance of Dosha is totally different, in step with Gunas and hence every person has their own Prakriti. Examples; if you're born with kapha predominance, having additional Kapha than Vata and Pitta, is your balance of Tridosha. Treating the vikriti during this case would haven't any that means by equal equalisation of Vata, pitta and Kapha. nobody will amend Prakriti. ayurveda works beside Prakriti so as to alleviate the vikriti. best health is once there's an absence of Vikriti / health problem once one lives harmonised with ones Prakriti

#### Disorder and Vaikruta Dosha:

Disorder means-

1. sickness / disease / irregularity / criticism
2. Derangement of the traditional physical and mental state
3. a scarcity of order or regular arrangement
4. A vigour during which there's disturbance of traditional functioning

It shows that which means of disorder is nothing however Dosha Vaishmya Dosha kshya Vriddhi Vikruta Dosha i.e. current state of imbalance of Dosha that disturbs physical and mental state. Vaikruta Dosha is termed as disorder. Faulty angle towards Ahar Vihar and Vichar happens because of Pradnya paradha, wittingly or inadvertently inflicting imbalance of dosha and offers rise to some Lakshanas or Vyadhi itself.

Lifestyle - healthy state - maintenance of Prakrut dosha equilibrium



Lifestyle is disturbed because of faulty Ahar Vihar Vichar



Disorder – disturbance in operate - sickness or Dosha Vaishmya



Improvised life style with the assistance of samyaka Ahar Vihar and Vichar in line with Prakriti



Helpful to beat malady - maintaining Dosha equilibrium – Healthy state – life style.



hence Trisutri of life style disorder i.e. Hetu Linga and Aushadhi area unit connected with Tridosha.

Some basic fundamentals ought to be followed to balance the Tridoshas in line with Prakriti to combat or overcome life style disorder. In Ahar and Vihar,

Rasa and Guna in line with Prakriti plays a crucial role. in conjunction with Ahara, one ought to conjointly take some rasayana often to enhance the immunity against lakshana because of dynamic life style therefore maintaining Health. Some basics of Ahar Vihar area unit mentioned below.

Table No. 01

	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
<b>Ahara</b>			
Rasa	Madhura Amla Lavana	Madhura Tikta Kashaya	Kattu Tikta Kashaya
Guna	Snigdha Ushna Guru	Guru Sheeta	Ruksh Laghu Ushna
<b>Rasayana</b>			
	Pipali Vacha Ashwagandha Bala	Brahmi Amalki	Shilageet Bhallatak

\* Chyavanprasha and Trifala rasayana for all Prakriti and age teams

Table No. 02

Vata Prakriti	Pitta Prakriti	Kapha Prakriti
<b>Vihar</b>		
Physically and mentally more rest	Protect from Sun and Heat	More physical work
Slowing down the speed of all activity	Reduce anger	Vigorous exercise
Talking – less	Swimming	Raising the speed of all activity
Meditation	Meditation	Minimising possessiveness and attachment
<b>Yogasana</b>		
Padmasan	Dhanurasana	Paschimotanasana
Pavan Muktasana	Bhujangasana	Sarvagasana
Vajrasana	Shalabhasana	Halasana
Siddhasan	Ardha matsedriasana	Shirsana
<b>Surya Namaskara</b>		
Slowly and meditatively	Medium	Quickly and vigorously

\* In Dwandwaja Prakriti modification are often done in line with predominance of Dosha.

Conclusion:

- \* idea of Tridosha in terms of Prakrita and Vaikrita Dosha area unit associated with life style disorder.
- \* life style itself is liable for to beat the lifestyle disorder
- \* Samyaka, Ahar, Vihar & Vichar in line with Doshaja Prakriti supported Guna and Rasa is helpful for customized diet and medication.
- \* Use of Rasayan in line with Doshaja Prakriti is useful to take care of health

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