PROSPECTIVE OBSERVATIONAL RANDOMIZED STUDY OF PHYSICAL FITNESS IN SOME DAILY EXERCISING PERSONS WITH THE HELP OF MC'CLOY PHYSICAL FITNESS TEST IN VATAJ AND KAPHAJ EKDOSHAJ DEHA PRAKRITI

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Submitted BY

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Year - April 2022

<u>CERTIFICATE OF THE SUPERVISOR</u>

It is certified that work entitled **Prospective Observational Randomized Study Of Physical Fitness In Some Daily Exercising Persons With The Help Of Mc'cloy Physical Fitness Test In Vataj And Kaphaj Ekdoshaj Deha Prakriti** is an original research work done by Dr. Pramod Prakash Kanap Under my supervision for the degree of Doctor of Philosophy in **Sharir Kriya** to be awarded by Tilak Maharashtra Vidyapeeth, Pune. To best of my knowledge this thesis

- Embodies the work of candidate
- himself/herself has duly been

    completed
- Fulfils the requirement of the ordinance related to Ph. D. degree of the TMV
- Up to the standard in respect of both content and language for

    being referred to the examiner.

Signature of Supervisor

Dr. Manoja Abhijit Joshi

DECLARATION

I hereby declare that he thesis entitled "**PROSPECTIVE OBSERVATIONAL RANDOMIZED STUDY OF PHYSICAL FITNESS IN SOME DAILY EXERCISING PERSONS WITH THE HELP OF MC'CLOY PHYSICAL FITNESS TEST IN VATAJ AND KAPHAJ EKDOSHAJ DEHA PRAKRITI**" Completed and written by me has not previously been formed as the basis for award of any Degree or other similar title upon me of this or any other Vidyapeeth or examining body.

Signature of Research Scholar

VD. PRAMOD PRAKASH KANAP

Place - Pune

Date - 18/04/2022

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ABBREVIATIONS

1. Ch. Vi   -   Charak Vimansthana
2. Ch. Su   -   Charak Sutrasthana
3. Su. Su   -   Sushrut Sutrasthana
4. Su. Sha   -   Sushruta Sharirsthana
5. AHru. Sha   -   Ashtang Hrudaya Sharirasthana
6. A. H   .-   Ashtang Hridaya
7. A. S.   -   Ashtang Sangraha
8. Ch   -   Charak samhita
9. Su   -   Sushrut Samhita
10. Su   -   Sutra Sthana
11. Vi   -   Vimansthana
12. Sha   -   Sharir Sthana
13. Chi   -   Chikitsa Sthana
14. M. N.   -   Madhava Nidana
15. Ut   -   Uttartantra
16. P.F.I.   -   Physical Fitness Index

INTRODUCTION

INTRODUCTION

Ayurveda is the science that imparts all the knowledge of life. It defines health and factors responsible for maintenance and promotion of health. Health is essential for enjoyment of all the worldly pleasures in righteous manners. Concept of health is totally related with person's physical fitness. Modern science explains physical fitness in the way ability to function efficiently and effectively in day to day life. In some person physical fitness is naturally poor while in some persons it found very Good. To understand this phenomenon the knowledge is prakriti is very essential.

The main goal of Ayurveda is-

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्य रक्षणं ।

आतुरस्य विकार प्रशमनं च ॥ (च.सु.३०/२६)

1. To maintain the health of the healthy individual

2. To cure the disease if gets developed.

समदोषाः समाग्निश्च समधातुः मलक्रियाः ।

प्रसन्नात्मेन्द्रियमनः स्वस्थ इत्याभिधीयते॥ (सु.सु.१५/४८)

Acharya Sushruta in sutrasthan has emphasized the concept of swastha purusha as, A person having equilibrium state of Dosha, Adequate digestive power i.e. Samagni , equilibrium state of Dathu , proper excretion of Mala and pleasure in soul i.e Atma, sense organs i.e.Indriyas and mind i.e. Mana.

1. **Definition of Physical Fitness-**

Physical fitness is a form of health, well-being the ability to perform excellently aspects of sports, occupations and daily activities. Physical fitness is one of the good indicator of person's capacity to perform efficiently and effectively in work and leisure activities, it also expresses the ability of a person to face emergency conditions..

2. Mc Cloy Physical Fitness Test-

We test and meaure to collect the information upon which subsequent performance evaluations and decisions are made. But in the analysis we should consider the factors that may affecting the results.

Required recourses- to undertake this test you will require

- Flat and non-slippery surface
- Gym supported with mats and a metal Bar on which pull ups can be done
- Stopwatch
- Assistance

How to perform the test-

1. The tests require the person to undertake a series of exercises:
2. Pull ups, press ups, squat thrusts, squat jumps and sit ups.

The P.F.I. Physical Fitness Index can be calculated by adding together the repetition completed at the each exercise and then dividing the total by 5.

DEFINITION OF PRAKRITI-

"शुक्रशोणित संयोगे यो भवेद्दोषः उत्कटः प्रकृतिः जायतेतेन।।" - सु. शा. ४/६२

Prakruti is formed at the time of conception according to predominance of Dosha i.e. Vata, Pitta , Kapha and it remains unchanged till death.
Types of Prakriti –

Ayurveda explains three main doshaj Prakriti viz Vataj, Pittaj, and Kaphaj with respect to dominance of the respective Dosha in their formation, called as Ekdoshaj Deha Prakriti.

CONCEPT OF PRAKRITI-

The word **'Prakriti'** means 'nature' . Prakriti means physical , mental and social features of a person which makes that person different from another person. No two people are same or we may consider that every person has got definite genetic

constitution since birth. The Prakriti, means our type of body, behavior tendency, needs, likes and dislikes pattern, and our predispositions.

Knowledge of Prakriti is immense useful when it comes to treatment of disease. The initial diagnosis of any disease lies in determination of Prakriti of a person. This information allows the Ayurvedic Physician (Vaidya) to be able to ascertain inherent weaknesses, to understand the vitiation of Dosha and an effective and appropriate ways of Chikitsa. For a single human being, basic knowledge of his/her Prakriti is an important knowledge which help him to adopt specific lifestyle factors that will ensure wellness and longevity — appropriate food suitable for him, herbs and dietary vegetables, exercise types, medicines, therapies, suitable professions etc. In some previous study very less ekdoshaj pittaj deha prakriti persons were found. So in this study I am taking only vataj and kaphaj ekdoshaj deha prakriti volunteers.

NEED OF STUDY:

In Ayurveda, Vata prakriti has been considered as Alpabala (having less physical fitness). In clinical practice of Ayurveda, Prakriti Parikshana is immensely helpful for evaluation of health, to diagnose disorders or susceptibility of particular diseases, to advise diet and exercise to maintain health and to prevent diseases. So the topic is being chosen. It also may be beneficial for the assessment of Bala (Vyayam Shakti) in Vataj and Kaphaj Ekdoshaj Prakriti. The study may be useful for classification of person with respect to different sports. The Persons may be selected for a particular activity, particular occupation and particular sports with the help of outcome of this study.

AIM & OBJECTIVES

AIM & OBJECTIVES

AIM:

Evaluation of Physical fitness in some daily exercising persons in Vataj and Kaphaj Ekdoshaj Deha Prakriti with special reference to Mccloy physical fitness test.

OBJECTIVES:

1. Assessment of correlation between bala of different Deha Prakriti and Physical fitness of daily exercising persons.

HYPOTHESIS-

1. Null Hypothesis Ho- No difference between bala of Vataj and Kaphaj Ekdoshaj Deha Prakriti according to Physical Fitness Test

2. Alternate Hypothesis H_1-There is difference between bala of Vataj and Kaphaj Ekdoshaj Deha Prakriti according to Physical Fitness Test

REVIEW OF LITERATURE

INTRODUCTION:

Ayurveda is an ancient medical science with its holistic approach; it explains many ways to achieve the health and longevity. Apart from prime aim of being healthy, if diseases occurred, then they are also be treated and removed[1]. In Ayurveda, great emphasis is given to Siddhanta of Dosha-Dhatu-Mala[2], upon which many other concepts of Ayurveda are established.

Prakriti Parikshana is the first and the foremost factor in Dasha vidha Parikshana[3] (Ten folds investigation method) Prakriti is a concept of Ayurveda that imparts the natural form of human beings on the level of anatomy, physiology, and psychology of an individual. According to Ayurveda every human being is different from others and should be taken as a different entity. Ayurveda possesses a unique specialty of defining some unique principles from which Prakriti is one. Every person has his/her own definite genetic constitution[4]. Every person has predetermined predecided make up of Panchamahabhutas (Ether, Air, Fire, Water, And Earth), Doshas (Vata, Pitta And Kapha) And Trigunas (Satva, Rajas And Manas) at birth which decides, confirms their Prakriti. Relative prevalence, involvement and proportion of a specific Dosha gives rise to variability in constitution which makes up his/her prakriti. With this regards, no two persons are exactly similar to each other. Once the constitution is set, it is permanent for that individual throughout the life. Each person is endowed with some special physical and mental traits which remain unaltered throughout life. Such peculiarities present by birth are called Prakriti or temperament of an individual. Prakriti constitutes, distinguishes and characterizes a person apart from other in respect of his physical and psychological make-up and reactions to environment or surroundings.

To maintain the life disease free, one should carefully balance this predominance. As per the predominance, the needs of foods, drinks etc. are different for each person. By knowing the Prakriti type, each person can get the food, drinks etc. which will balance and maintain his or her constitution. Assessment of Prakriti of an individual is essential in treatment, to determine the accurate diagnosis and follow up the future course of a disease in terms of vitiated Doshas. The early diagnosis of an Ayurvedic Physician (Vaidya) lies in determining the nature (Prakriti) of an individual. This information helps Vaidya to ascertain inherent weaknesses, vitiation, and an effective and

appropriate mode of treatment. The disease in which the etiological factors, premonitory symptoms, clinical features are having less strength; neither Dushya nor Dosha are not like Prakriti is easily curable. But when these factors having slightly serious strength and one among the Dosha, Dushya or Kala have the resemblance with Prakriti then that disease will be difficult to cure.

What is the Prakriti[5]?

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"प्रकृति: शरीर स्वरूपम्।"

-अरुणदत्त

"प्रकृतिस्तु स्वभाव:[6] ।"

-चक्रपाणि (च. वि. ८/९५)

</div>

Prakriti means nature or inherent constitution of body.

This constitution comprises of physical as well as mental components. In Ayurveda, no two people are same with respect to morphology that means every person is gifted with a definite genetic constitution. Prakriti is nothing but execution of special characteristics due to predominance of Tridoshas (Vata, Pitta, and Kapha). All the physiological processes are directly controlled by the Tridoshas and Mansika Doshas; healthy status can be achieved by maintaining normality of Prakriti.

SYNONYMS OF THE WORD PRAKRITI:

1) Nature (Swabhava: charaka Vimanasthana 1)

2) Origine source (Yoni lingam)

3) Character (lingam: amar)

4) Fundamental Form (Paramatmani)

5) Swami

6) Amatya

7) Kashaha

8) Rashtram

9) Durgam

10) Balam

In Sankrit Shabdartha Kaustubha[7], it is described as "Swabhava", "Mijaja", "Vikas", "Parampara", "Udgamasthala", "Adarssha", "Stree".

MEANING OF WORD "PRAKRITI":

1) Nature.

2) Constitution.

3) Character.

4) Original or natural form or condition of anything.

5) Original or primary substance.

VYUTPATTI (FORMATION) OF THE WORD "PRAKRITI":

प्र + कृ 'कर्तरि क्लिच् भावादौ क्लिन् वा ।। प्रक्रियते कार्यादिकमनयेति प्र + कृ + क्लिन् ।

– शब्दकल्पद्रुम

Etymologically the word 'Prakriti' consists of two words- 'Pra' and 'kriti'. The word 'Pra' when used as prefix to verb means 'forward'. "Forth" "onword" "before" "in front of" adjectives it means very excessively. With nouns it means beginning, commencement, source of origin. The syllable 'kriti' means creation/origin/production.

-This means Prakriti is that entity, which is intensified

NIRUKTI OF WORD "PRAKRITI":

The word PRAKRITI (PRA + KRITI) is derived from prakaroti iti

'Pra' means the 'starting' or 'originating' and 'kriti' means 'to produce'

Prakriti, on the whole means the ongoing of peculiar features due to predominance of Tridosha and in these prakriti indicates the predominance of specific Dosha in a human being.

In Sankhya-Tatva-Kaumudi Sutra 5,6,7,8, it has been described that the word "Pra" denotes Satva-guna, "ka" denotes rajo-guna, and "Ti" denotes tamoguna. Thus in Prakriti, "Triguna" are in equilibrium state and when they are in Vishamavastha, they influence and try to dominate each other. Then it is called as Vikruti. Prakriti is granted as cause of "Srishti-Utpatti'' by Sushruta. In Sanskrit Hindi Sagar, Prakriti has been mentioned as 'Stree-linga' word or female gender which is known as "Mula" or "Pradhana Guna" or "Swabhava". In human beings, Prakriti means "Swabhava'' or nature or temperament.

"Prakriti -iti -Swabhavam" – comment by Chakrapani.

In Vachaspatyam, it also has been mentioned as female gender word or Swabhava.

In 'Shabdakalpadruma' it has been mentioned as female gender. "Swabhava'', "yoni-lingam'', "swami", "amatya'', "kashaha'', "rashtram'', "durgam", "balam" are synonyms of "Prakriti". In "Sanskrit Shabdartha Kaustubha" it is described as "Swabhava", "Mijaja", "Vikas". "Parampara", "Udgamasthala", "Adarsha" "Stree", "Genetic organ of male and female''.

The etymological derivation of word '*Prakriti*' signifies human nature means '*Swabhavikrup*'. Dominance of *Vatadi* from the birth is *Prakriti.*

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प्रकृतिस्तु स्वभावः।

– च. वि.८/९५ (चक्रपाणि टीका)

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-Prakruti means swa + bhava, an individual's constitution.
-Prakruti is a fundamental form of one's own constitution/character which controls its own physiology.

<div align="center">

प्रकृतिः शरीरस्वरुपम ँ । – अ . हृ. सू १/१० अरुणदत्त

</div>

-Prakruti/constitution/biotype is individualistic feature of one's body.

DEFINITION OF PRAKRITI:

"जन्ममरणान्तरालभाविनीअविकारिणीदोषस्थितिःप्रकृतिः।।"

- रसवैशेषिकसूत्र

Qualitative and quantitative, unchangeable Doshika preponderance and excellence since birth to death is called as Prakriti.

"प्रकृतिः नाम, जन्ममरणान्तरालभाविनी।

गर्भावक्रान्तिसमयेस्वकारणोद्रेक।

जनितानिर्विकारिणीदोषः स्थितिः ।।"

- रसवैशेषिकसूत्र 1/6

The nature or the character of an individual is known as prakriti. Prakriti remains same, unchangeable from birth till death and forms at the time of development of fetus. This non-pathological increase of Doshas in an individual remains constant throughout his life.

"समपित्तानिलकफाः केचिद्भभिदिमानवाः ।

दृश्यन्ते वातलाः केचित पित्तलाश्लेष्मलास्तथा।।

तेषामनातुराः पूर्वेवातलाद्याः सदतुराः ।

दोषानुशयिताह्रेषां देहप्रकृतिः उच्चते।।"

-च. सू. ७/ ३८-३९

Acharya Charaka quoted that Vata, Pitta, and Kapha are three entities always to be found in all human beings. Since their conception, some people will have an equality or harmony of these three, which are called as Samadhatu Prakriti, whereas

in remaining some Vata dominates, in some Pitta dominates and in others Kapha. Individuals of the first category are always strong and healthy, while in those any one of the Dosha dominates are always prone to disease.

For example, if, at time of birth, vata Dosha is predominant as compared to Pitta and Kapha, then the individual may have Vata prakriti. Predominant Vata Dosha affects physical & mental state & immunological make up of that person. External characters are seen according to properties & functions of vata dosha.

दोष अनुशयिता ह्येषां देहप्रकृतिउच्यते । च.सु. ७/४०

Deha Prakruti means body with predominance of Doshas.

शुक्रशोणित संयोगे योभवेद्दोष उत्कट : ।

प्रकृतिजायन्ते तेन तस्या मे लक्षणं श्रृणु ।। सु. शा. ४/६३

Predominance Dosha at the time of union of male and female gamate, form the Prakriti.

FORMATION OF PRAKRITI:

1) AS STATED BY ACHARYA CHARAKA[9, 10]:

Aacharya Charaka has assumed that the formation of *Prakriti* depends on one, two or more dominant *Dosha* and to these respective *Dosha, Garbha* is related. Later the *Prakriti* developed during *Garbha* formation is called as '*Doshaprakriti.*' At the time of sshukra-shonita Samyoga (conception), in certain persons, there is equilibrium of *Vata, Pitta and Kapha*; some are dominated by *Vata (Vatala)*; some are dominated by *Pitta (Pittala)*; some are dominated by *Kapha (Sleshamala)*; some are dominated by two *Doshas* i.e. by *Vata-Pitta, Vata-Kapha* and *Pitta-Kapha.* Out of these categories individuals of the first category (equilibrium state of *Doshas*), by nature keep a normal health. Those belonging to other categories (single or in combination of two *Dosha*) always suffer from one or the other of the bodily defects, although they might apparently be having normal health. For example, even if a person is healthy, but if he is by nature dominated by *Vata*, he will be prone to the develop cracking of the different parts of the body. This happens because; the very normal condition of the health of such individuals is dominated by the one or the other *Dosha*. Such individuals are said to have normal health, because their body conditions are

absolutely normal, but they are prone to diseases in respective predominant *Dosha* which they have it since birth.

It has been stated by great *ayurvedic* surgeon *Sushruta* "The *Doshas* relating to the natural conditions of the body *(Prakriti)* get never enhanced, transformed or diminished except in the cases of declining individuals". But then if one possessing equilibrium of *Doshas* or one dominated by *Vata* is subjected to diseases like *Khalitya* caused by the vitiation of *Pitta*,

naturally the original *Pitta* is enhanced. Similarly if one dominated by *Pitta* suffers from diseases due to vitiation of *Pitta*, the bodily natural condition of the body *(Prakriti)* having equilibrium of *Doshas* suffer from diseases caused by the diminution of one of the *Doshas*, then the *Doshas* responsible for the care of the natural state of the body *(Prakriti)* are diminished.

If diseases similar to the natural body condition *(Prakriti)* occur, the enhancement is found not in the *Doshas* relating to natural body condition but in the *Doshas* caused by some extraneous factors. The *Dosha* which is responsible for the causation of *Prakriti* is different from the *Dosha* subsequently vitiated to cause the diseases. *Doshas* of the former category do not play any direct role in the production of the diseases. *Aacharya Charaka* considered this as: "When a *Dosha* is joined with homologous seasons, tissue elements and *Prakriti*- natural condition of the body, it becomes too powerful to be contested and as such causes the diseases known as *SANTATAM*: this is very difficult to be tolerated. Thus a being of *Vata Prakriti* suffers from diseases caused by *Pitta* the original physical condition dominated by the *Vata* remains absolutely unaffected causing as it does the cracking in hands and feet; it is neither amplified nor diminished.

Doshas are responsible for the creation of *Prakriti*, which neither gets aggravated, nor changed, nor diminished. So an individual possessing the physical constitution, caused by the equilibrium of *Doshas* at the time of conception cannot imbibe the qualities of individuals having other *Prakritis*. This applies to all other *Prakritis* in general.

2) AS STATED BY ACHARYA SUSRUTA[11]:

Prakriti is formed by the *Dosha which is* dominant at the time of *Shukra-Shonita Samyoga*. *Dosha* predominance, at the time of union of male and female gamete, forms the *Prakriti*. For example, at the time of fusion if, *Pitta Dosha* is

predominant (qualitatively and quantitatively) compared to *Vata and Kapha,* then we say the individual have *Pittaja Prakriti*. That particular predominant *Pitta Dosha* affects the physiology and anatomy of that particular subject. Characters are seen according to properties and functions of *Vata Dosha.* Not only mother but also father's *Ahara-vihara* affects the *Garbha- Prakriti*. Not only the sex but also color of the healthy offspring can desire by the parents and for that, some different types of procedures have been told by the great *Aacharya Sushruta.* As the creature originating in poison cannot be affected by poison, correspondingly the *Prakriti* also cannot be affect life and later it becomes the identity of particular being. The dominant *Doshas* at the time of conception do not affect the body at a later stage as they compose the very nature of the body. And so, being in separately related to the body, they, in themselves do not cause any body defects. As great *Aacharya Sushruta* states "As an insect produced out of the poison, does not die of his own poison, so the body is not too much affected by the *Doshas* responsible for causing its constitution at the time of conception".

3) AS STATED BY ACHARYA VAGBHATA:

The dominance of *Dosha* on' *Prakriti*' is determined by these like the male and female gametes, the *Karma* of individual's *Jivatma* during previous life, the diet and desires of mother, the condition of uterus and period. Depending on the *Dosha* that is predominant in the *Shukra* (semen or the spermatozoon to be more specific), and *Aashrik* (menstrual blood or the ovum to be more specific) at the time of their union, in *Bhojya* (food), *Chesta* (activities) of the *Garbhini* (pregnant women), *Garbhaasaya* (uterus) and *Ritu* (season, time period of ovulation) seven kind of *Prakriti* are produced.

द्विविधा ह्यत्कटा वातदयः प्राकृता वैकृताश्च; तत्र प्राकृता सप्तविधायः पकृतेर्हेतुभूताः शरीरैकजन्मानः।

तेशरीरधारणाध्दातुसंऊअ ।। दोषाख्यानांविकृतानांबीजभुता : । मुमूर्षो : स्वरुपाच्चलन्ति ।

सर्वेष्विपचदेहेसन्निहितेषुप्रकृतावुल्बणेनव्यपदेश :र्वेष्विपचदेहेसन्निहितेषु : ।।

वैकृतास्तुगर्भादभिनिस्सृतस्याहाररसस्यमला : सम्भवति । प्रकृतेष्ववरोहन्ति ।

ते कालादिवशेन स्वप्रमाणवृध्दिक्षययोगादेहमनुगृहननति दुषयन्ति च

Predominance of Dosha at the time of union of Shukra and artava which are cause for future body and being to natural of body, they do not harm the body, even by use of their opposite quality. Hence Vata and other Dosha are normal and

abnormal. Normal one are the cause for the formation of seven kinds of constitution and also called as Dhatus, because they support the body, they are also the seeds for the abnormal ones known as Vikrut Dosha and are not dieing the Dosha which is predominating at the time of union of Shukra and Artava throughout its life.

The abnormal ones are produced in the body as waste materials of the essence of food after coming out from the uterus; they get nourished and grow from the normal ones, they undergoing increase or decrease in their own quantity by the effect of season etc,sustain the body(maintan its health) and also vitiate it.

द्विविधा ह्यत्कटा वातदयः प्राकृता वैकृताश्च;

तत्र प्राकृता सप्तविधायः पक्तेर्हेतुभूताः शरीरैकजन्मानः

वैकृताश्च गर्भव्याघातकाः ॥

– सु.शा. ४/६२ डल्हन टिका

A famous commentator of Sushruta Samhita, Dalhana, explained that the doshika Predominance is the normal state (physiological) because the existence of Garbha is possible only in the physiological state otherwise the establishment of Garbha is impossible. Sushruta has presented in the favor of statement regarding normal predominance of Dosha for the creation of Prakriti of an individual.

PRAKRITI NIRMANAKARA BHAVA:

"शुक्रशोणितसंयोगे यो भवेद्दोषः उत्कटः प्रकृतिः जायतेतेन॥" - सु. शा. ४/६२

Prakriti means manifestation of special characteristic due to predominance Doshas. Predominance of Doshas at the time of union of ovum (female gamete) and sperm (male gamete) of parents forms the prakriti of offspring. The state of Vata, Pitta and Kapha in sperm and ovum as well as state of mind of parents during the time of conception determines the Prakriti and genetic constitution of progeny.

"शुक्रासृग्गर्भिणीभोज्यचेष्टागर्भाशयस्तुःषु।

यः स्याद्दोषोऽधिकस्तेनप्रकृतिः ससधोदिताः। - अ. हृ. शा. ३/८२

According to Vagbhata following factors are responsible for the determination of Prakriti-

- Sperm & Ovum of parents
- Lifestyle of pregnant women (food & deeds)
- Condition of uterus

- Season of conception
- Disease condition

1) Sperm and Ovum of parents:

Garbhotpatti is the ultimate *Karma* of *Shukradhatu* in *Saptadhatwadi*. In male the 'Garbhasambhava Bhava' is called as *Shukra* and in female it is called as '*Artava*'. *Shukra and Shonita* are supposed to be representatives of mother and father's *Sarira* in '*Garbha*'. *Shukra* is present in all the '*Sukshma Avayava*' of the body so called as '*Sarvasarirvyapi*', *Sarvatranugatam, Kritsnadehaashritam*. Sperm(shukra) and ovum (shonita) should be of good quality at the time of conception for this matter the married couple should plan for ideal conception to get a healthy progeny. They are most important component helpful in the formation of embryo. *Artava* is also called as *Shukra* by some Aacharyas. But

'*Garbhaotpatti*' is the common function of both *Shukra* and *Artava*. In *Shukra* and *Artava* the '*Sukshma Avayava*' of father and mother are situated respectively. Therefore several Childs resemble their father and several of their mothers.

Characteristics of Shuddha Shukra[12]:

<div align="center">

स्फटिकाभं द्रवं स्निग्ध मधुरं मधुगन्धिच।

शुक्रमिच्छन्ति केचित्तु तैलक्षौद्रनिभं तथा।। - सु. शा. 2

</div>

It is crystalline in shining (quartz stone appearance), liquid in consistency, unctuous or viscous, sweet in taste, smells like honey, resembles with that of mixture of oil and honey, white in colour, more in quantity, heavy and has capacity to produce Garbha.

Characteristics of Shuddha Artava[13]:

<div align="center">

शशासृकं प्रतिमं यत्तुयद्वा लाक्षारसोपमम्।

तद् आर्तवं प्रशंसन्ति यद्वासो न विरंजयेत।। - सु. शा. २

</div>

It resembles blood of hare, liquid lac in appearance, slightly dark in colour and emits peculiar smell. According to Acharya Charaka it has colour and resembles that of fruit of Gunja (*Abrus precatorius*) and resembles the colour of a firefly.

This uncontaminated form of sperm and ovum is needed to produce healthy prakriti. If these gametes are not sterile and healthy, the progeny formed will be

diseased and deformed. For example, the consumption of tobacco and alcohol may lead to abortion, or have bad effect on fetal brain, so that for the formation of healthy of prakriti couples should stop consuming the tobacco and alcohol.

2) Lifestyle of pregnant women (food & deeds):

Doshas may increase or decrease depending on what the mother eats and does. Thus, Prakriti is influenced by changes in the Doshas in the Garbhashaya. In Sharira Sthana, Acharya Sushruta has mention that diet of pregnant women directly affects the Prakriti of fetus. For example- Preganant women consume excessive oily and heavy diet having high calories then the Prakriti of the child may become Kapha dominant.

The lifestyle that is behavior, thoughts and even occupation of pregnant women have some influence on the formation of prakriti. Especially state of mind of pregnant women influences the Manasa Prakriti.

E.g. Aggressiveness and hot temperament of a pregnant women give rise to Pitta dominance in the constitution of a child.

3) Uterine condition:

The important function of uterus is to nature the fertilized ovum. Healthy anatomical and physiological condition of female reproductive system is necessary for the formation of healthy progeny. Retroverted uterus, uterine fibroid, dilated cervix can cause premature labor. Prakriti is also influenced by an increase or decrease of the properties of the of Doshas in uterus. Any vitiation of these Doshas in uterus during the time of conception affects the production of prakriti.

4) Season of conception:

External environment can also affect the prakriti of fetus. It indirectly affects the state of Dosha in the reproductive tissues and in turn influences the formation of prakriti in the fetus.

The effect of season on prakriti:

Sr. No.	Ritu	Season	Vitiation of Dosha
1	Vasanta	Spring	Kapha
2	Varsha	Rainy	Vata
3	Sharada	Autumn	Pitta

5) Disease condition:

The formation of prakriti is also influenced by the disease condition of the sperm and ovum during conception. Diseases, drugs, heredity, lifestyle habits or even exposures to certain toxins can causes formation of unhealthy prakriti.

Apart from these, there are many factors like Matruja (Maternal), Pitruja (Paternal), Atmaja (Soul Related), Rasaja (Nutritive Tissue Fluid Related), Satvaja (Related to Psyche), Satmyaja (Habit Related) that influences the genetic constitution of individual.

Charak has described some of the supporting factor which influence the formation and development of Prakriti. Prakriti of an individual is formed at the time of conjugation of Shukra with Shonita in the uterus and its unchangeable for the rest of life span.

In Vimana Sthana, Charak has also mentioned the factor which effect the doshika predominance required for formation of Prakriti,

तत्र प्रकृत्यादीन्भावाननुव्याख्यास्याम : ।

तद्यथा –शुक्रशोणितप्रकृतिं कालगर्भाशयप्रकृतिं

मातु; आहारविहार प्रकृतिं महाभूतविकार प्रकृतिंच गर्भशरीरमपेक्षते ।

–च.वि.८/९५.

The Prakriti of an individual depends upon-

1) **Nature of Stribija and pumbija**- The unvitiated stribija and pumbija are capable of developing an embryo without any defect. They possess normal Bijabhagas and Bijabhag Avayavas.

2) **Nature of Kala-**

a) The time of the fertilization of Stribija with Pumbija, indicating the predominance of Doshas.

b) The season of the fertilization as that of Adana or Visarga.

Aacharya Gangadhara had his explanation regarding *Kalgarbhashaya Prakriti* as follows: -

i) *Sambhogakala*:

The procedure for the fusion of *Shukra* and *Shonita* is called as *Sambhoga* and the time at which it takes place it is called as *'Sambhogakala'*. It is divided in two types i.e. *Nindyakala* and

Anindyakala. Aacharya *Charaka* has stated it briefly in *Sharira sthana*.

ii) *Garbhadharana Kala*:

There is an impact of *Dosha* on *Vaya*, *Ahoratri*, *and Bhuktakala* according to *Anta*, *Madhhya* and *Aadi* respectively. They are predominant, respectively, during the last, middle and first stages of the life, the day, the night and the food. *Vata* is predominant in old age around after 60 years of age, in the afternoon around between 3 pm and 7 pm, late night around 2am to 6 am and at the end of digestion of the food. *Pitta* is predominant in the middle age, midday and midnight and during the middle period of digestion. *Kapha* is predominant in early age, in forenoon, in the early part of night and the early period of digestion.

'Ritu' is divided in *Aadankala* and *Visargakala*. There is an impact of these *Ritu* on the body and the *Dosha* get imbalanced. Hence at the time of conception there is an impact of this *Kala* on '*Garbha*'. There is also an impact of day and night on *Garbha*. Thus it is stated by great *Aacharya Charaka* that in the commencement of the stage of emission and the end of stage lack of moisture, weakness prevails in human beings. In the middle of the both strength becomes moderate however at the end of the period of emission and beginning of the period human beings get considerable amount of strength. The theory mentioned above is absolutely simple. One who has gained enough strength during the last season of the *Visarg*a *Kala*-period of emission will not together looses it during the first season of the *Aadana Kala* (period of absorption) even though weakening process has already started. For example, the night starts getting shorter during the months of January February and March it is still longer than the day by virtue of its having gained considerable length towards the close of December January. All these circumstances affect to *Garbhadhan*.

Age of mother and father:

According to the age of father and mother, the *Vatadi Doshas* are naturally present in the body. There is an impression of *Dosha* on *Vaya* according to *Anta*, *Madhhya* and *Aadi* respectively. So like this age ultimately affects the *Shukra* and *Shonita* in which period they situate. *Shukra-Shonita* are responsible for conception, therefore indirectly the age also affects the *Garbha*. Thus these three *Kala* are related to be uterine *Dosha*. Hence it affects the *Shukra* and *Shonita* and eventually the *Garbha* also.

3) **Nature of Garbhashaya**- The development and the position of Garbhashaya are essential for continuance of pregnancy.

4) **Ahara and Vihara of the mother**- The food and regimens of mother which are aggravated Doshas during of pregnancy also determine the physical constitution.

Mother's *Ahara and Vihara* affects the *Prakriti* of *Garbha,* e.g. if the mother have addiction to the intake of excessive salt this makes the offspring suffer from early commencement of wrinkles in the skin, graying of hairs and baldness, like this the mother do quarrels in pregnancy period; her child will also do quarrels in his future life. Food and regimens of the mother which aggravate *Doshas* at the time also determine the physical constitution. The *Doshas* which ultimately emerge at dominant factors actually determine the *Prakriti* or the physical constitution in individuals. If mother is constantly given to grief, this makes fearful, thin, and short lived. Stealing addiction of the mother also have affect *Garbha Prakriti* and it makes the offspring exceedingly lazy, malicious and of inactive disposition. Also if mother eats *Yavagu* at the eighth month of pregnancy period, her child's eyes will get *Pingala* in color.

5) **Nature of the Mahabhutas comprising the fetus**- The embryo is formed by the five Mahabhutas because of their subtlety, the nature and actual details of the Panchabhuta combination at the time of fertilization.

Class, Family , Locality, Time , Age, and individuality also influence the physical constitution.. The predominance of elements decides the physical constitution, while the predominance of Gunas decides the psychological constitution. The predominance of humors determines the Doshika Prakriti the functional,

energetic condition of the body. The dominance of *Mahabhuta* for the duration of pregnancy period will affect the *Prakriti* of an individual. As example-

- If the *Prithvi* and *Jala Mahabhuta* are predominant, then the child will be of *Vata Prakriti*.

- If *Agani* and *Jala Mahabhuta* are predominant, than the *Prakriti* will be of Pitta.

- If *Vayu* and *Akasha Mahabhuta* are predominant, then the child will be of *Kapha Prakriti*.

Aacharya Gangadhara has illustrated the *Mahabhuta Vikara Prakriti* in following manner:-

When *Bhutatma* combines with the *Matrujadi Bhava* it appears live and when the *Sukshma Mahabhuta* combines with the same it results in the increase in the *Shukrashonita Samyogaja Mahabhuta*. The quantitative dominance resulted by such increase is established due to *Sukshma Dosha* of *Bhutatma*, that the *Dosha* are created according to the role of *Panchamahabhuta* and the quantitative presence of *Panchamahabhuta* in the *Dosha* itself. *Aacharya Charaka*, apart from the above 4 factors, has also referenced 6 (six) other factors which determinate the *Prakriti* of the human being. He coated that-It is said that the *Prakriti* is under the influence of 6 (six) factors[14] i.e. *Jatipraskta, Kulapraskta, Deshapraskta, Kalapraskta, Vayapraskta,* and *Pratyaatmapraskta* i.e. the nature and type of *Prakriti* is dependent on these factors.

a) *Jatipraskta Prakriti*: (Racial Peculiarities)

The *Prakriti* of a human who is born in specific *Jati* depends on the *Sanskara* (attitudes) of its specific *Jati* and this *Prakriti* is said to be *Jatiprasakta*. This implies to the race of the individuals. As example, Negros and West indies are black and hyper pigmented while people of western races look like copper color skin and eyes etc. Chinese and Nepalese are generally born with stunted nasal bridge.

b) *Kulapraskta Prakriti*: (Familial Peculiarities)

Some families have some sort of peculiarities like-Less or more height. It also affects the *Prakriti*. The *Guna* and *Dosha* formed in a being born in particular *Kula* are assessed under the course of *Kulpraskta Prakriti*. The contamination of *Raja and Shukra* may cause some disease like *Arsha, Prameha, Kushtha, Amavata, Apasmara,*

Yakshma, Sandhivata, Swasa, and Raktastrava which are inherited from father or mother. These above mentioned diseases are called as *Kulaja* or *Adibalapravrutta*.

c) *Deshanupatini Prakriti*: (Habitual peculiarities)

The natural variations of the region or locality like desert region, etc. have certain morphological habitat related peculiarities.

Desha is of three types.

i) *Anupa*

ii) *Jangala*

iii) *Sadharana*

The *Desha* where there is of a lot of water is called *Anupa Desha* and the *Desha* where there is a shortage of water is called as *Jangala* and the *Sadharana Desha* is the in-between of these two *Deshas*. Thus the form condition of the being depends upon the *Desha* where he is born.

d) *Kalanupatini Prakriti: (Time and seasonal peculiarities)*

The time like the Satya Yuga, Treta Yuga, Dwapara Yuga, Kali Yuga and also unlike times of night and day as well different seasons have certain peculiarities. Kala is of two types i.e. Samvatasara kala and Avasthika. There is variation of the Sharirastha Doshas according to the season hence it is called as Nityagakala or Samvatasara Kala. The Awasthikakala defines the state of the patient. Kala or time has two meanings, viz. the year and the state of the particular diseases in the patient. Thus the Prakriti of the subjects can be determined according to the above Kala.

e) *Vayanupatini Prakriti: (Age factor)*

The subject should be examined with position to his age which represents the state of his body depending upon the length of the time that has passed since birth. Age is broadly of three types, viz. young, middle age and old age. The predominance of Dosha in different ages is like this- in the period childhood (Kapha Dosha predominant) in adult hood period (Pitta Dosha predominant) and during old age (Vata Dosha predominant) has certain peculiarities. The age is also divided in three types bearing in mind the position of the Dhatus in the Sharira i.e. Bala (childhood), Madhya (young age) and Vruddha or Jeerna (old age). The dominance of the Doshas also depends on the age factor. In Balyavastha Kapha Dosha, in Yuvavstha Pitta

Dosha and in Vruddhavastha Vata Dosha are the dominant respectively. Young age is again of two types, viz.

(1) Immature stage lasting up to 16th year of age

(2) Maturing stage lasting up to 30th year of age.

In the period of immature stage a variety of organs of the body are not developed, there is incomplete strength and the dominance of Kapha Dosha in the body. During the second stage i.e. the stage of maturing lasting up to 30th year of age, the mental faculties are not properly developed. During the middle age lasting up to the 60th year of age, there is well manifested strength, energy, manliness and velour, power of understanding, reaction, memorizing, speech and analyzing facts and the merits of all Dhatus; there is dominance of Pitta Dosha.

So, during old age lasting up to 100th year of age, there is reduction of the Dhatus, strength of sense organs, energy, masculinity, boldness, and power of understanding, reaction, memorizing, speech and analyzing facts. There is gradual shrinking in the qualities of Dhatus and dominance of Vata during this age.

f) Pratyatmaniyata Prakriti: (Individual factors)

According to different individuals the peculiarities like force etc. are considered as Pratyatma Niyata In Pratyatmniyata Prakriti the factors are measured which are liable for the formation of specific Prakriti of a being like;-Satmya, Ahara, Vihara, Vyasana, Nidra, Bala, Kosthaa, Agni, Satva, Malapravriti, Vyavasaya, Dehaprakritti, Purvajanmakrittakarma etc.

TYPES OF PRAKRITI:

Every human being is different from others and should be considered as a different entity. In this way, there may be innumerable types of individuals or innumerable Prakriti. But for practical purpose, Prakriti has been classified as follows:

एतानिहियेनयेनदोषेण आधिकेन एकेन अनैकेनवासम अनुबध्यते, तेनतेनदोषेनगर्भोअनुबध्यते ;

तत : सासादोषप्रकृति : उच्चतेमनुष्याणांगर्भआदिप्रवृत्ता । तस्मातश्लेष्मला : प्रकृत्याकेचित् ,

पित्तला : केचित् ,वातला : केचित, संसृष्टः केचित्, समधातवा : केचित्भवन्ति ।

तेषांहिलक्षणानिव्याख्यास्याम : ।।

च. वि. ८/९५

Prakruti originates from the predominance of one or more Doshas. The Prakruti gets determined in intrauterine life which continues same as the Doshaj Prakruti.

सप्तप्रकृत्योभवन्ति – दोषै : पृथक् , द्विश :, समस्तेश्व ।

<div align="right">सु. शा. ४/६२</div>

1.Sharirik Prakruti-

l. Doshik Prakruti—Prakruti which is determined at the time of fertilization according to the predominance of Doshas.

ll.Panchabhautik Prakruti— according to sushrut, body constitution is due to panchamahabhutas i.e. 5 element- earth, water, fire, air and space.

2. Manas Prakruti-

This is a gunas Prakruti. This Prakruti depends upon the predominanceof trigunas- Satva, Rajas, and Tamas.

3. Jatyadi Prakruti-

Prakruti of an individual depends upon the habitat, season condition, region etc , this classification is called jatyadi Prakruti.

1. Sharirk Prakriti-

● दोषप्रकृति: गुणप्रकृतिश्चेति द्विविधा पुरुषाणां प्रकृति: ।

तत्र दोषप्रकृति: वातादि दोषकृता गुणप्रकृतिश्च सत्वादि गुणकृता ।

सप्त दोष प्रकृतय: सप्तच गुणप्रकृतय: भवन्ति ।

– रसवैशेषिक .सु.१/३१ (नागार्जुन)

● सप्तप्रकृत्योभवन्ति – दोषै : पृथक् , द्विश :, समस्तेश्व ।

सु. शा. ४/६२

l. Doshaja Prakriti-

a) Ekadoshaja Prakruti- Predominance of one Dosha

1. Vataja Prakriti

2. Pittaja Prakruti

3. Kaphaja Prakruti

b) Dwidoshaja Prakriti-Predominance of two Doshas

1. Vata-pitta Prakriti

2. vata-kapha Prakriti

3. Pitta-Kapha Prakriti

As per (A. H. SU 1/10 Arundutta tika)

c) Samadoshaja Prakruti- Predominance of all three Doshas.

II. Bhautik Prakruti[15]-

● प्रकृतिमिह नराणां भौतिकी केचिदाहु : ।

पवनदहनतोयै : कीर्तितास्तास्तु तिस्त्र :।।

स्थिरविपुलशरीर : पार्थिवश्च क्षमावान् ।

शुचिरथ चिरजीवी नाभस खैमहब्धि : ।। –सु. शा. ४/८०

a. Parthiva Prakruti

b. Jaliya Prakruti

c. Tejas Prakruti

d. Vayaviya Prakruti

e. Nabhasa Prakruti.

Classification no.1-

Doshaja Types:

According to predominance one or two doshas, types of Prakriti are seven-

1)Vataja Prakriti.

 2)Pittaja Prakriti.

3)KaphajaPrakriti.

4)VatapittajaPrakriti.

5)VatakaphajaPrakriti.

6)PittakaphajaPrakriti.

7)Vatapittakaphaja is sama-doshaja Prakriti.

　　　However in practice we do find another 3types viz. Pittakaphaja, Kaphavataja & Kaphapittaja. Thus making the total of 10 types.

Classification no.2-

Bhautika Prakriti:

According to predominance of Panchabhautik elements, there are five types of Prakriti-

Sr. No.	Type of Prakriti	Influence of Mahabhuta
1	Aakashiya	Aakash (Space)
2	Vayviya	Vayu (Air)
3	Tejasa	Agni (Fire)
4	Aapya	Jala (Water)
5	Parthiva	Prithvi (Earth)

Classification no.3-Manasa/ Gunamayi Prakriti

According to predominance of Sattva, Rajas, Tamas, Gunamayi or Manas Prakriti is decided.

1) Satvaja Prakriti

2) Rajasa Prakriti

3) Tamasa prakriti

They are further classified as follows-

Sr. No.	Types	Subtypes	Properties
1	Satvaja	Brahmya	Purity, love, self controlle3d, spiritual knowledge, power of explosion and memory.
		Mahendra	Lordship, bravery, strength, devotion of earning wealth & proper satisfaction of desire.
		Varuna	Patience dislikes for impurity, fondness for aquatic sports.
		Kubera	Possession of honor, luxury, liking for pleasure of desire.
		Gandharva	Fondness for dancing, singing, praise, ornaments and scents.
		Yamya	Non-violability, readiness for initiating action, memory and lordship.

		Rishi	Intellectual excellence, devotion to sacred rituals and celibacy
2	**Rajasa**	**Aasura**	Bravery, cruelty, envy, terrifying appearance & ruthlessness
		Rakshasa	Intolerance, constant anger, violence, non-vegetarian,sleepy
		Preta	Excessive desire of food, greediness, and inaction.
		Paishaccha	Fondness for women, disliking for cleanliness, abnormal diet
		Sarpa	Bravery, sharp reaction, excessive indolence
		Shakuna	Attachment with passion, unsteadiness, and ruthlessness
3	**Tamasa**	**Pashava**	Lack of intelligence, foody, excessive sexual satisfaction
		Matsya	Fondness for constant movement and desire of water
		Vanspatya	Deficiency of intellectual faculties, excessive food and sleep

Types of satvika manas prakriti[16,17,18]:

	Ch. Sha. 4/37	Su. Sha. 4/80-86	Ka. Su. 28
1	Brahma Satva	Brahma Kaya	Brahma Satva
2	Aarsha Satva	Mahendra Kaya	Aarsha Satva
3	Aindra Satva	Vaaruna Kaya	Aindra Satva
4	Yaamya Satva	Kaubera Kaya	Yaamya Satva
5	Vaaruna Satva	Gandharva Kaya	Vaaruna Satva
6	Kaubera Satva	Yaamya Kaya	Kaubera Satva
7	Gandharva Satva	Hrishi Kaya	Gandharva Satva
8			Prajapatya Satva

Types of rajas manas prakriti[19,20,21]:

	Ch. Sha. 4/38	Su. Sha. 4/87-92	Ka. Su. 28
1	Aasura Satva	Aasura Kaya	Aasura Satva
2	Rakshasa Satva	Hriksha Kaya	Rakshasa Satva
3	Paishacha Satva	Shakuna Kaya	Paishacha Satva
4	Sarpa Satva	Rakshasa Kaya	Sarpa Satva
5	Vaarunasatva	Preta Satva	Rakshasa Satva
6	Shakuna Satva	Yaamya Kaya	Bhoota Satva
7	Preta Satva	Paishacha Satva	Gandharva Satva
8			Shakuna Satva

Types of tamas manas prakriti[22,23,24]:

	Ch. Sha. 4/39	Su. Sha. 4/93-96	Ka. Su. 28
1	Pashu Kaya	Pashu Kaya	Pashu Kaya
2	Matsya Kaya	Matsya Kaya	Matsya Kaya
3	Vanaspatya Kaya	Vanaspatya Kaya	Vanaspatya Kaya

Jatyadi Spatavidha Prakriti-

Sr. No.	Prakriti	Properties
1	**Jatiniyata Prakriti**	Racial peculiarities. For example, Brahmins are fond of sweet food. Kshatriyas are inborn warriors.
2	**Deshaniyata Prakriti**	Demography.Forexample, Negroes have black colour while Europeans have fair skin.
3	**Kulaniyata Prakriti**	Familial disposition.For example, height, colour, nature depends on ancestors

4	**Kalaniyata Prakriti**	Season and time of the at the time of conception. For example, in spring people have kapha type constitution.
5	**Vayaniyata Prakriti**	Natural changes related to age. For example, children have predominantly kapha type constitution, Pitta is predominant in young age and vata at old age.
6	**Balaniyata Prakriti**	Every human being has different physical strength according to geographical area, season, age etc.
7	**Pratyatmaniyata Prakriti**	Cardinal sings, personal habits, and individuality.

1. Doshaja Prakriti:-

The Doshaja Prakriti is of an individual determined on the basis of domination of Doshas in ovum and sperm at the time when they at first unite in the form of foetus. Aacharya Charaka, Sushruta and Vagbhata have described seven types of Prakriti. Aacharya Charaka stated in Sutrasthana Adhaya 7(seven) that there are 4 (four) Prakriti. Later he also stated in Vimanasthana Adhyaya 8 (eight) and 6 (six) types in Indriyasthana like that Aacharya Sushruta stated in Sharirsthana 4 (four). There are seven Doshaja Prakriti as follows:-

PREDOMINANT FEATURES OF EK-DOSHAJA PRAKRITI:

Formation of doshaja prakriti:

The three doshas, Vaata, Pitta and Kapha are composed of the five basic elements. On the other hand, the five elements possess one or more of the three gunas, namely Satva, Rajas and Tamas. According to Acharya Sushruta:

Sr. no	Tridoshas	Panchamahabhutas	Trigunas
1	VAATA	Vaayu, Aakasha	Rajas
2	PITTA	Agni, Jala	Satva
3	KAPHA	Prithvi, Jala	Tamasa

CLASSIFICATION OF PRAKRITI

In Ayurveda, mainly human constitution is considered as a psychosomatic entity. Constitution has genetic and acquired causative factors. Acquired constitution develops in relation to environmental factors like age, sex, religion, familial set up,

climate etc. Genetic constitution has been described in relevance to fundamental Tridosha theory of Ayurveda.Arun Datta (Commentator, Ashtanga Hridaya) has described Prakriti in 3 types – Bhautika Prakriti i.e. Predomiance of any one of Mahabhoota dosha Prakriti and Manasa Prakriti.

Vagbhata in Ashtanga Hridaya has classified Prakriti into 7 types.

Charaka described 4 types of Prakritis i.e. Vata, Pitta, Kapha and Sama – Prakriti. Elsewhere Charaka described 7 type of Prakriti.

Sushruta has classified the Prakriti and Three –Doshaja Prakriti in 4th Adhyaya of Sharee-sthana.Charaka, Sushruta, Vagbhata have classified the Manasa Prakriti into 3 types. They are Satvika, Rajsika & Tamsika.Aacharya Sushruta in Shareer-Sthana 4th Chapter named the Manasa-Prakriti as 'Maha Prakriti'.

Charaka classified Satvika Prakriti into 7 types. They are:-

Brahma-Satva, Aarsha-Satva, Mahendra-Satva, Yama-Satva, Varun- Satva. Kauber-Satva & Gandharva-Satva; where Sushruta named7 Prakriti as – Brahma-kaya, Mahendra-Kaya, Varun-Kaya, Kaubera-Kaya, Gandharva-Kaya & Hrishi- Kaya.

Kashyapa classified Satvik Prakriti into 8 types:-

Brahma-Satva,Arsha-satva, Indra-satva, Yama-Satva, varun-Satva, Kuber-satva, gandharva-satva, Prajapati-Satva.

The Rajasa-Prakriti has been classified in Charaka and Sushruta into 6 types and Kashyapa has classified into 7 types.

Tamasa Prakriti has been classified into 3 types into Brihat-Trayee.

According to modern science prakriti has been mentioned as nature, temperament and constitution.

Various Classifications of Prakriti:-

Ayurvedic literature has the following types of classifications of Prakriti-

   a. Bhautika Prakriti
   b. Doshaja Prakriti
   c. Manas Prakriti (Gunamayi Prakriti)
   d. Jatyadi sapta Prakriti

Prakriti is classified in different manner in Bhagvadgita Adhyaya 16,17 as follows:-

   1. Daivi Prakriti

2. Aasuri Prakrit

3. Saatvik Prakriti

4. Rajseek Prakriti

5. Taamseek Prakriti

Ayurvedic Classifications:-

A) **Bhautika Prakriti**:-

During pregnancy one of the Pancha Mahabhoota predominance give rise to any one of the following five types of Prakriti:-

i) Paarthiva Prakriti

ii) Aapya Prakriti

iii) Tejas Prakriti

iv) Vayavya Prakrit

v) Nabhas prakriti

These 5 types of Bhautika Prakriti can be accommodated in Doshaj Prakriti as :-

Vatala Prakriti- Vayavya

Pitta Prakriti- Tejasa

Kapha Prakriti – Aapya

Body of Prathiva Prakriti is strong, large and individuals are forgiving. Nabhasa bodies are pure, long-lived and having large 'Srotasa'.

B) **Dosha Prakriti** :-

In Sutra- Sthana, Aacharya Charaka Described 4 types of Prakriti as:-

1) Vata Prakriti   2) Pitta Prakriti

3) Kapha Prakriti   4) Samadosha Prakriti

In Vimaana- Sthana Charakacharya classified Prakriti into 7 as

1) Vata Prakriti

2) Pitta Prakriti

3) Kapha Prakriti

4) Vata – Pitta – Prakriti

5) Kapha – Pitta - Prakriti

6) Kapha – Vata- Prakriti

7) Sama-Dosha-Prakriti

Likewise Aacharya Sushruta also had given 7 types of Prakriti, in Sharir Sthana.

Vagbhatacharya described 7 types Prakriti, idential with cassification of Sushruta & Charakacharya.

7 types of Prakriti are also described in Astanga Sangraha as:-

Bhava-Prakasha also given 7 point classification of Prakriti in Poorva-Khanda:-

Crudely we can classify Prakriti into following three, as per prevalence of Dosha:-

1) Ek-Doshaja-Prakriti - Vata Prakriti

        Pitta prakriti

        Kapha Prakriti

2) Dwee- Doshaja-Prakriti – Vata-Pitta- Prakriti

        Kapha-Pitta Prakriti

        Vatta-Kapha Prakriti

3) Tree- Doshaja- Prakriti

C) **Manasa Prakriti (Satva Prakriti)**

Paanch Bhautika Sharira is basically evolved from the root- Principal – Vayakta.

Avyakta is characterized by 3 Manas Gunas- Satva, Rajas, Tamas. During the period of 'Garbhadhaan', 'Beejansha' creating the psyche is characterized by prevalence of any of the 3 Manas Guna; by which psyche get influenced. Accordingly with the help of Satva, Rajas, Tamas 3 Manseek Prakriti get produced –viz- Satvik, Rajasik, Tamasika prakriti. Thus there are 3 types of psychic personalities.

Pravara-Satva Purusha :-

Though these persons have short statures due to prevalence of 'Satva Guna', no effect is seen on them due to diseases caused by Vata, Pitta and Kapha.

Madhya- Satva Purusha :-

These persons have the attitude of good accommodation with other individuals. They can endure the diseases, due to their, medium pain bearing capacities.

Heena-Satva-Purusha:-

These persons can't control their urges. That means they have least capacities to bear the pain of disease.

Mana is of 3 types –

1. Shuddha/ Satvika 2. Rajasa   3.Tamasa.

Among these 3, Satvika Mana due to prevalence of more prosperous Guna : remains pure. Rajasa Mana get impured due to preponderance of "Krodhansha'' of

Rajo-Guna. While Tamasa mana also considered to be impure due to dominance of "Mohansha' of Tamo-Guna.These 3 types of Mana due to combination of each one, with their discrimination, can be divided into infinite number of types of Mana.

APPLICATION OF PRAKRITI

If we observe different individual and their nutritional requirements, their tolerance to the atmosphere or their behavior pattern, we find that for maintaining health they have different needs. They may prefer different type of food, drink and activity. Even if two people with identical weight & height are chosen, their requirement still may be quiet varied. One may prefer large amount of food or drink, while other may prefer it in less amount. If we analyze the serum or blood, in these individuals, we may not find any substantial difference. Yet difference clearly exist.

Therefore, it becomes clear that, tolerance to food, drink or environment can't be decided by the analytical study of body tissues. It depends upon individual constitution. By understanding the constitution of every individual, we know what food, drinks, jobs & exercise are appropriate for maintaining health.

As there is Doshika predominance in each individual, each type requires substances regimens, different or opposite to the constitution which can maintain his/her health. Vata people possess quality of coldness, dryness, roughness and lightness. Hence a person of vata constitution requires food which is warn or hot in quality or oily or unctuous in character. Otherwise, there is always a tendency for vata to increase, giving rise to Vata-disease. To compensate this high Vata the person should eat food having sweet, sour & salty tastes.For maintainance of health, every person should know his or her constitution. We have seen that, in each constitution there is a predominance of one or more Dosha. If the adviced daily activities, performances, aahara, occupation/job and behavioral tendencies are not properly done to balance this, then the constitutional humour will increase, thus giving rise to its characteristic dominance disease. If the constitution or prakriti is known then herbs, diet & treatment regimens including yoga types can be ssuggested for disease treatment & to maintain health.

Clinically the above information can be correlated by giving importance of Prakriti as follows:-

Man differs from one other, so it is essential to establish the Prakriti of individual for better way of diagnosis and treatment. If has been elaborated as follows:-

1. For better physiological condition
2. For physical endurance
3. Resistance against diseases
4. To know the prognosis
5. Arishta-Vigyana/Vital signs
6. Chikitsa (Management)

DEHA- PRAKRITI

There are 3 main Doshaja Prakriti.

Brihat –Trayee has given long-long considerations for describing these 3 main types of Prakriti. Here we are going to deal descriptions of types of Prakriti given by 3 Aacharya viz Charaka, Sushruta, Vagbhata.

Reference of Aacharya Bhela, Haarita, Vangasena, Yogaratnakar-kaar are also included in this concern to make the topic fulfilled.

VATA – PRAKRITI

I) DESCRIBED BY ACHARYA CHARAKA:-

"वातस्तुरूक्षलघुचलबहुशीघ्रशीतपरूषविशद:

तस्य रौक्ष्याद्वातलारुक्षापचिताल्पशरीरा:

प्रततरूक्षक्षामभिन्नमन्दसक्तजर्जरस्वरा:

जागरुकाक्ष्च,लघुत्वाच्चलघुचपलगतिचेष्टाहारा:चलत्वादनवस्थिभ्रूहन्वोष्ठजिह्वाशिर:स्कं

धपाणिपादा:बहुत्वाद्बहुप्रलापकंडरासिराप्रताना:

शीघ्रत्वातच्छीघ्रसमारम्भक्षोभविकारा:

शीघ्रत्वातच्छीत्रासविरागा:श्रुतग्राहिणोऽपिल्पस्मृतयश्च,शैत्याच्छीतासहिष्णव:,

प्रततशीतकोद्वेषकस्तम्भा:पारूष्यात्परुषकेशश्मश्रुरोमनखदशनवदनपाणिपादांगा:,

वेशद्यात्स्फुटितअंगअवयवा:,सततसन्धिशब्दगामिश्च भवन्ति,

त एवं गुणयोगाद्वातला:प्रायेणाल्पबलाश्चाल्पापत्याश्चासाधन्याश्चभवन्ति।।"

- च. वि. ८/१०८

Key distinguishing features for vata prakriti:

- Slim and emaciated body frame and does not gain weight**. (below BMI)

- Skin is cracked, dry, non-luster, and dark in complexion.

- Hard and dry hairs and splitting, dusky colour.

- Quick performance of activities and quick initiation.

- Prominent musculature, small and round eyes having dull white sclera

- Dry and hard teeth, variable in size.

- Small, hard, thin, and dry nails.

- Feeble, unpleasant, shattered, broken and low-pitched speech.

- Poor or variable appetite and fast eating habit

- Scanty perspiration, variable thirst

- Tendency for constipation

- Disturbed sleep and easy awakening.

- Quick comprehension but less memory

- Becomes angry and quickly and gets pleased quickly

- Lack of self-control

- Fond of travelling and luxurious life

- Prone to anxiety, worry and depression, unpredictable nature

- In dreams, feeling like flying, moving, climbing mountains etc.

Following are the qualities of Vata viz.

1. Rooksha   2. Laghu.   3. Chala   4. Bahu

5. Sheeghra   6. Seeta   7. Parusha   8. Visada.

Vata is un-unctous, light , mobile & abundant in quantity, quick, cold, rough and non-slimy. Various manifestations due to these attributes of Vata in human body, having Vataja type of constitution are given as per following table :-

No.	Guna	Effect
1.	Roukshyat	Dry and emaciated voice, ununctuousness, dwarfness of body. Long-drawn, rough-dull-pathetic appearance, hoarse voice, disturbed and less sleep.
2.	Laghutwat	Light and inconsistent gait and action, weak & unsteady movements (or talk)
3.	Chalatwat	Unstable joints, eyes, eyebrows, jaws, lips, tongue, head, always shaking of feet and scapulae.
4.	Bahutwat	Over-Talkative, abundance tendons & veins vessels prominent & bulged.
5.	Seeghratwat	Quick initiation of actions, more irritation, hasty movements, unorganized skills, onset of morbid manifestation, quick deflected due to fear, quick in likes & dislikes, quick in grabbing and forgetting things.
6.	Seetatwat	Intolerance for cold things, get afflicted by cold, shivering & stiffness.
7.	Parushyat	Brittle and coarse hair, mustache, skin, nails, hands, teeth, face & feet.
8.	Vishadatwat	Cracked & scaly skin, joints will be sounding which walking.

Because of qualities mentioned above, individuals having Vataja prakriti have lesser strength, lesser life span, procreation capacity, accessories of life & wealth.

Owing to these traits rawbacks Vata-Prakriti persons have Alpa Bala, Alpa Aayu, Alpa Santana, Alpa Sadhana. Alpa Dhana; Hence this prakriti is known as 'Heena Prakriti'

II) DESCRIBED BY ACHARYA SUSHRUTA:-

तत्र वातप्रकृति : जागरुक : शीतद्वेषीदुर्भग : स्तेनोमतसर्यनार्यो गान्धर्वचित्त :

स्फुटितकरचरणो अतिरुक्षश्मश्रुनखकेश : क्रोधीदन्तनखखादि च भवति ।।

अधृतिरदृढसौहृद : कृतघ्न : कृशपरुषोधमनीतत : प्रलापी ।

दूतगतिरटनो अनवस्थितात्माविषदपि च गच्छति सम्भ्रमेण सुप्त : ।। सु. शा. ४/६३, ६४

अव्यवस्थितमतिश्चलदृष्टिर्मन्दरन्नञ्चयमित्र : ।

किञ्चिदेव विलपत्यानिबध्दं मारुतप्रकृतिरेष मनुष्य : ।।65

वातिकाश्चाजगोमायु शशाखुष्ट्रशुनां तथा ।

गृध्रकाककखरादीनाम् अनुकै : कीर्तिता नरा : ।। सु. शा. ६५, ६६

Table no. 01

No.	Guna	Effect
1.	Prajagarooka	Wakeful
2.	Sheetadweshi	Susceptible to cold
3.	Durbhaga	Unlucky and ugly
4.	Sten	Thief
5.	Maatsarya	Jealous
6.	Anaarya	Uncultured
7.	Gandharva chitta	Fond of music
8.	Sphutita kara charan	Cracks in palms and soles
9.	Alpa rooksha shmashru nakha kesha	Scanty rough mustache, nails and hair
10.	Krodhi	Irritable
11.	Danta nakh khadi	Grind teeth and bites the nails
12.	Adhriti	Impatience
13.	Adhridh sauhardaya	Unstable in friendship
14.	Kritaghna	Ungrateful
15.	Krish parusha	Lean and rough
16.	Dhamanitat	Prominent veins
17.	Pralaapi	Talkative
18.	Drutagati	Fast, hasty
19.	Atanasheelata	Frequently traveling

20.	Anawasthita Atma	Unsteady body and mind
21.	Viyati cha gachchatti sambharamena sputa	Dreams of wandering in sky
22.	Avyavasthita	Unsteady nature
23.	Ati chanchala Drishti	Moving eyes
24.	Mand ratna dhan sanchaya mitra	Small collection of gems, wealth and friends
25.	Kinchideva vilapatya nibaddham	Irrelevant talk

Sushruta has compared such men with some animals like hare, camel, dog, crow, cow, donkey.

III) DESCRIBED BY ACHARYA VAGBHATA:-

प्रायोअत एव पवनाध्युषिता मनुष्या दोषात्मका : स्फुटित धुसर केशगात्र :

शीतद्वेष चलधृति स्मृति बुध्दि चेष्टा सौहार्ददृष्टिगतयो अतिबहुप्रलाप : ।। ८५

अल्प वित्त बल जीवितनिद्रा : सन्न सक्त चल जर्जर वाच : ।

नास्तिक बहुभुज : सविलासा गीतहासमृगया कलिलोला : ।। 86

अष्टांग हृदय.शा . ३/८६–टिका

Table no. 02

No.	Guna	Effect
1.	Sphutit-Dhusar-Kesha Gatra	Body and hairs appeal to be Greyish and rough.
2.	Sheet- Dwisha-Chala-Dhriti- Smriti- Buddhi- Chesta	Movements, Intelligence and memory short lived.
3.	Bahu Pralaapa	Delirium
4.	Alpa-Pitta-Jiveet-Bala	Less power & life span
5.	Nidrasanna	Wants sleep
6.	Chala Jarjara Vaacha	Brisk and hoarse voice
7.	Naastika	Anatheist
8.	Bahu bhuja	Freequent ealing
9.	Geeta-haas-Mrigaya-Kalilola	Likes singing- dancing-laughing – hunting & quarreling

10.	Madhura-Amla-Katu-Ushna-Saatya kanga	likes Madhur, Amla, Katu, Rasa & Ushna substances.
11.	Krisha- Deergha Kritaya	thin & tall.
12.	Sashabda yaata	noise from joints during movements
13.	Na Dridha Na Jeetendriya Nacha Aarya	Not determined, Not courageous and not having good behavious
14.	Na Bahupraja	Can't expand progency much.

Because of the above qualities and characteristics features of *vatic Prakriti* individuals, such persons are usually week, having few children (progeny) and have short life span, having very poor amenities and wealth. Thus *vata prakriti* is the combination of all the above characters and is devoid of strength, life, issues, and wealth .The *vata prakriti* persons have *Vishama Agni* and *Krura Koshtha* due to *Vataprakopaka* causes they get easily being diseased frequently. Thus this *Prakriti* has been considered as *Heen Prakriti* (week temperament) and always affected to different diseases.

As per Aacharya Sharangdhara:

According to *Sharangdhara* the features of *Vatik Prakriti* individuals' are- scanty hair, week body, roughness of the skin, more talkative, quick mental grasping power and moving in the sky during dreams. *Vata Prakriti* persons are ugly, crook, jealous, wicked and angry, in habit of chewing nails and teeth and are inclined towards music and dance.

PITTA PRAKRITI

i) **DESCRIBED BY ACHARYA CHARAKA:-**

"पित्तं उष्णं तीक्ष्णं द्रवं विस्त्रं अम्लं कटुकं च तस्य औष्ण्यात्पित्तला भवन्ति उष्णअसहा, उष्णमुखाः सुकुमारअवदातगात्राः प्रभूतपिप्लुव्यंगतिलकालकाः क्षुत्पिपासावन्तः क्षिप्रवलित-पलित-खालित्यादोषाः।

प्रायो मृदु अल्प कपिल श्मश्रुलोमकेशाश्च, तैक्ष्ण्यातीक्ष्णपराक्रमाः तीक्ष्णअग्नयः, प्रभूतअशनपानाः, क्लेशासहिष्णवोदन्दशूकाः, द्रवत्वातशिथिलमृदुसन्धिमासाः, प्रभूतसृष्ट-

स्वेद-मूत्रपूरीष: च, विस्रत्वातपूतिकक्षआस्य- शिर: शरीरगन्धा:,

कटुअम्लत्वातअल्पशुक्रव्यवाय-आपत्या:, त एवं गुणयोगातपित्तलामध्यबला, मध्यायुषी,

मध्यज्ञान, विज्ञान वित्त उपकरणवन्त:चभवन्ति।।"

-च.वि.८/९७

Key distinguishing features for pitta prakriti:
- Medium body frame and medium strength
- Skin is delegate, reddish complexion, warm to touch
- Early wrinking of the skin, presence of moles, pimples, and freckles
- Premature greying and early hair loss/ baldness
- Excessive nail growth and coppery coloured nails
- Bright eyes, reddish sclera, yellow iris, sharp penetrating vision
- Frequent feeling of hunger and Good/excessive appetite
- Intense thirst
- More stool formation and easy evacuation
- Profuse sweating
- Bad smell/ putrid/ foul odor especially from axilla, scalp, mouth, and head
- Short tempered
- Affectionate to dependents
- Very brave/ velour
- Highly competitive spirit
- Egoist/ superiority complex
- Fond of praise
- Fond of cosmetics
- Profound orator, dominant speaker, and forceful establishment of own views in debate
- Intolerance to heat
- Feels warm/hot sensation
- Prefers cold food and climate, intolerance to hot food and climate
- Intelligent, sharp memory, hot tempered, brave, jealous, aggressive, commanding nature
- In dreams, seeing yellowish and reddish coloured substances like gold, fire, thunderworm, etc.

Pitta is hot, sharp, liquid having fleshy smell & is sour & pungent. Various manifestations due to these attributes in human body are given below:-

Table no. 03

No.	Guna	Effect
1.	Ushnatwat	Can't withstand heat, having heat over face and mouth, tender and clear body, freckles, moles, more hunger- thirst, quick appearnce of wrinkles, graying of hair, baldness, presence of some soft & brown hair on face head & other parts of body.
2.	Tikshnatwat	Sharp physical strength, strong digestive power, intake of food and drink in large quantity, inability to face difficult conditions, glutton habits.
3.	Dravatwat	Laxity and softness of joints, muscles, excretion of sweat-urine & faces in large quantity.
4	Visra	odour of axilla, mouth, head & body, in excess.
5	Katu-Amla (pungent & sour)	inadequate semen, sexual desire & procreation.

A man having Pitta Constitution is gifted with moderate power, moderate life span, moderate spiritual & materialistic knowledge, wealth & accessories of life. Pitta constitution is considered as 'Madhyam Prakriti'.

II) DESCRIBED BY ACHARYA SUSHRUTA:

पित्त प्रकृतिस्तुस्वेदनोदुर्गन्ध : पीतशिथिलांग ताम्रनखनयनताअलु जिव्ह्योष्पाणिपादतलो

दुर्भगो वलीपलितखालित्यजुष्टो बहुभुगुष्ण द्वेषी क्षिप्रकोपप्रसदो मध्यबलो मध्यमायुश्च भवति ॥ ६७

मेधावी निपुणमतिर्विगृह्य वक्ता तेजस्वी समितिषु दुर्निवारवीर्य :

सुप्त : सन् कनकपलाशकर्णिकारान् सम्पश्येदपि च हुताशविद्युदुल्का : ॥ ६८

नभयात्रणमेदनतेष्वमृदु : प्रणतेष्वपिसान्त्वनदानरुचि :

भवतीह सदा व्यथितास्यगति : स भवेदिह पित्तकृतप्रकृति : ॥६९

स्. शा. ४/६७

AS PER ACHARYA DALHANA:

–मेधवीइत्यादि । विगृहवक्तेतिपरवाक्यम् उच्छिद्यवदितुंशील : । समितिषुसंग्रामेषु ।पलाष : :

।व्यथितास्यगति : व्यथितमुख : मुखपाकत्वात्पीदवहगमन : ॥

Table no. 04

No	Guna	Effect
1.	Swedana	Perspires too much
2.	Durganha	Foul smell
3.	Peeta Shithilanga	Yellow & lax body parts
4.	Tamra Nakha Nayana Talu Jivha Oshtha Pani-Paada-Tala	Nails, eye, palete,tongue, lips, palm & sole copper coloured.
5.	Durbhaga	Ugly
6.	Vali Palita Khalitya	Wrinkled, grey hair & bald.
7.	Bahubhuka	Eats too much
8.	Ushnadweshi	Adverse to heat
9.	Kshipra-kopa-prasad	Becomes angry and then calms quickly
10.	Madhyama Bala	Moderate Strength
11.	Madhyama Aayu	Average life span
12.	Medhavi	Intelligent
13.	Nipuna Mati	Sharp intellect
14.	Vigriha Vakta	Invasive in conversation
15.	Tejasvi	Brilliant
16.	Samitishu Durnivar Virya	Difficult to defeat in debate
17.	Suptasan Kanaka Palaasha Karnikaran Sampashyedapi cha hutash avidyudalka	Dreams of gold, palash, Kamika, fire, lightning in sleep.
18.	Nabhayat	Never over power with fear.
19.	Pranamedanatesh-vamridu	Harsh to rude ones
20.	Pranateshvapi santvan danaruchi	Interested to give solace to obedient
21.	Bhavateeya sada vyathitadyagati	Frequently has trouble in mouth & difficulty in movement of mouth due to suppuration in oral cavity.

Susruta has compared such persons with snakes, owels, cat, monkeys, tiger etc.

III) DESCRIBED BY ACHARYA VAGBHATA :-

पित्तं वन्हि वन्हिजं यद् अस्माद् पित्तोदिकं तीक्ष्णं तृष्णा बुभुक्षा : ।

गौर उष्ण अंग ताम्रहस्तादि घवक्र : शुरे मानी पिंग केशो अल्प रोमा ।। ९०

अष्टांग हृ.शा. ३/९०–टिका

AS PER ARUNDUTTA-

धन्वन्तरिमतेन पित्तमेव वन्हि : पाकादि कर्मकरणात् । अथवा वन्हिजंवन्हिजातं , अग्न्याधारत्वात्

यद् अस्माद्– यतश्च एवमतो हेतो : पित्ताधिक : पुरुष तीव्र तृश्णा बुभुक्षो भवति । तथा विधात् कारणात्

उत्पन्नत्वात् अब्धातू रसधातूश्च तस्य रागेव शुष्यति इति भाव :। तथा , गोर उष्ण अंगश्च तथा ताम्रवर्णं हस्तादि

वक्रं यस्य स एवम् । तथा, शुरो मानी च तथा , कपिल केशो अल्परोमा च ।शलिनीवृत्तम ।

अ. हृ. शा. ३/९० टीका

Table no. 05

No	Guna	Effect
1.	Gauroshnanga	hot & fair body
2.	Shura, Maani	Brave & determined
3.	Pinga-Kesha, Alpa Roma	Less but brown hairs
4.	Shukhi	Clean
5.	Aashrit Vatsala	loves one who goes to him
6.	Vibhava- Sahas Buddhi- Balanvita	much intelligent brave and good memory & power
7.	Medhavi	Good memory
8.	Prashithil- Sandhibandha	Relaxed ligaments of joints
9.	Alpa Shukra Kaama	Lees semen with less power of coitus
10.	Paleet Ranga Neelikanaam	Boldness with red enceptions on skin
11.	Madhur Kashaya tikta sheetam	likes Madhur Kashaya Titka and sheeta
12.	Gharma dveshi, swedana	Profuse sweating, but dislikes it.
13.	Madhyasha Madhyabala, Pandita	Average poer & life span, Intellectual deeds.

AS PER AACHARYA SHARANGADHARA:

He described briefly the features of *Paitika Prakriti* as beneath:

- Premature graying of hairs
- Intelligent
- Have more sweat secretion
- Have more anger
- Looking fire-burn in their dreams

KAPHA PRAKRITI

I) DESCRIBED BY ACHARYA CHARAKA :-

"श्लेष्माहिस्निग्धश्लक्ष्णमृदुमधुरसारसांद्रमन्दस्तिमितगुरुशीतविज्जलाच्छा:।

तस्यस्नेहातक्लेश्मला: स्निग्धांगा: श्लक्ष्णत्वात्श्लक्ष्णांगा:

मृदुत्वात्दृष्टिसुखसुकुमारावदातगात्रामाधुर्यात्प्रभूतशुक्रव्यवायापत्या:,

सारत्वात्सारसंहतस्थिरशरीरा: सान्द्रत्वादुपचितपरिपूर्णसर्वगात्रा:

मन्दत्वान्मन्दचेष्टाहारा: स्तैमित्यादशीघ्रारम्भाल्पक्षोभविकारा:

गुरुत्वात्सारधिष्ठितावस्थितगतय: शैत्यादल्पक्षुतृष्णासंतास्वेददोषा:

विज्जलत्वात्सुश्लिष्टसारसन्धिबंधना: तथाऽच्छत्वात्प्रसन्नदर्शनानना:

प्रसन्नस्निग्धवर्णस्वराश्चभवन्ति।तएवंगुणयोगात्श्लेष्मला:बलवन्तोवसुमन्तोविद्यावंत

ओजस्विन: आयुष्मन्तश्चभवन्ति।।"

-च.वि.८/९८

- Large, broad body frame, tendency to gain weight (normal or above BMI)

- Well proportionate body and stable body parts

- Cheerful and pleasant appearance

- Skin thick, soft, firm, glossy, fair complexion

- Unctuous and smooth skin without moles, pimples, freckles, and dryness

- Body temperature towards lower side of normalcy

- Well-built muscles

- Oily, long, black, curly and dens hair

- Good stamina but slow in physical activities

- Deep and pleasant voice

- Moderate appetite, can tolerate hunger and slowly eating speed

- Likes hot food items

- Moderate perspiration, low thirst

- Less sweating

- Deep and sound sleep

- Large eyes, calm, stable with whitish sclera

- Delayed grasping power but good and long-term memory

- Strong mind and stick on one decision

- Calm, cool, joyful, polite good nature

- Strong belief in god

- In dreams, seeing swan, waterbodies etc.

The qualties of Kapha are –

1. Singdhatwa	2. Sukshmatva	3.Mridutwa	4.Madhurya
5.Saaratwa	6.Saandratwa	7.Mandatwa	8.Staimitya
9. Seetatwa	10 Pitchilatwa	11. Acchachatwa	

Table no. 06

No.	Guna	Effect
1.	Snigdhatwat	Snigdhaangas (Smooth & glistening body parts)
2.	Shlakshnatwat	Smooth & fine body structures
3.	Mridutwat	Attractive, tender, charmful skin, organs & musculature
4.	Maadhuryat	Abundant semen, sexual power, more number of

		children.
5.	Saaratwat	have strong, stirdy, steady organs & muscles
6.	Saandratwat	formed & fully developed organs & muscles.
7.	Mandatwat	sow & steady eating and movements
8.	Staimityat	don't take hasty steps in their works & will not get dis-heartended or prevented when things go unhappy or otherwise.
9.	Gurutwat	firm & strong movements
10.	Shaityaat	Controlled hunger-sewat & Doshas
11.	Vijjalatwat	nicely integreated strong joints & ligaments
12.	Achchatwat	lustruous & attractive eyes & face. Charmful & pleasant colour & complexion, melodious voice.

Due to all such best qualities, the Kapha Prakriti individuals are endowed with best power, wealth, knowldge, vitality, immunity & long life, they are of peaceful nature, so this Prakriti is apparaised to be 'Uttama Prakriti'.

II) DESCRIBED BY ACHARYA SUSRUTA:-

श्लेष्मा प्रकृतिस्तु दुर्वा इन्दीवर निस्त्रिंश आर्द्रारिष्टक काण्डानाम् अन्यतम वर्ण : सुभग : प्रियदर्शनो मधुरप्रिय : कृत धृतिमान् सहिष्णो अलोलुपो बलवान चिरग्राही दृढवैरश्च भवति ।

शुक्लाक्ष : स्थिर कुटिल अति नीलकेशो लक्ष्मीवान जल मृदुंग सिंह घोष : । सुप्त सनसकमलहंसचक्रवाकान् संपश्येद् अपि च जलाशयान् मनो। रक्तान्तनेत्र : सुविभक्तगात्र : स्निग्धच्छवि : सत्वगुणोपपन्न : । क्लेशक्षमो मानयिता गुरुणां यो बलास प्रकृति मनुष्य : । दृढशास्त्रमति : स्थिर्मिन्रधन : परिगण्य चिरात प्रददाति बहु परिनितिश्च वाक्यपद : सततं गुरुमानकरश्च भवेत स सदा ।।

सु. शा. ४/७२–७५

AS PER ACHARYA DALHANA-

दुर्वा इत्यादि । इन्दीवरं नीलोत्पलम् । निस्त्रिंश : खग : । अरिष्ट : कृष्णवर्तुलफलो 'अरिठ ' इति लोके प्रसिध्द :, स आद्र : । धृतिमान धैर्ययुक्त : सुविभक्तगात्र पृथग् भुत् सकलावयव : । तथा, दृढशास्त्रमति : स्थिरमिन्रधन : परिगण्य चिरात् प्रददाति बहु । परिनिश्चित वाक्यवद : सततं गुरुमानकरश्च भवेत् स यदा ।।

Table no. 07

No.	Guna	Effect
1.	Doorvndiver Nistrinshardrarishtak Sharkanda naam anyatamvana	Complexions similar in of either one of thee Doorva, Neelkamal, tarawar, new leaf of sharkanda.
2.	Subhag	Handsome, lucky
3.	Priyadarshan	Look smart & beautiful or handsome
4.	Madhur priya	Liking of sweets fem
5.	Kritagya	Greatful
6.	Dhritiman	Self controlled
7.	Sahishnu	Tolerance
8.	Alolup	Not greedy
9.	Balawan	Physically strong
10	Chirgrahi	He takes time to form an opinion
11.	Dridha vaira	Stable enemity
12.	Shuklaksha	White eyes
13	Sthira kutila Neela Kesha	Firm, curly & black hair
14.	Lakshmiwaan	Prosperous in life
15.	Jala, Mridnga, sinha ghosha	Voice like Jala, Mridanga, lion
16.	Suptasan sakamal Hansa chakrawaka sampashyadapi cha Jalashayan manogyan	In dreams beautiful lakes, alongwith lotus, swan & chakrawaka
17.	Raktanta Netra	Corners of eyes are reddish
18.	Suvibhakta Gatra	Well defined body
19.	Satva Gunopapanna	Predominance of satva
20.	Klesh saha	Tolerance of difficulties
21.	Manahita Gurunam	Respectful to teachers & elders
22.	Dridha shastra Mati	Firm in spiritual knowledge & views
23.	Sthira Mitra Phana	Stable friendship & wealth
24.	Pariganya Chirat Pradadati Bahu	Donating plenty after deep thinking of utility
25.	Parinischita Vakya-Pada	Always precise in choosing setences &

	Satatam	words
26.	Guroomana karashach bhavet sada	Ever respectful to teachers

III) DESCRIBED BY ACHARYA VAGBHATA:-

श्लेष्मा सोम : श्लेष्मलस्तेन सौम्यो गुढ स्निग्ध श्लिष्ट सन्धि अस्थि मांस :। क्षुत तृट् दुःख क्लेशघमेरतप्तो

बुध्दया युक्त : सात्विक : सत्यसन्ध : ।। ९६

अल्प व्याहारक्रोधपानाशनेह :प्राज्य आयुर्वित्तो दीर्घदर्शी वदान्य :।

गम्भीर : स्थुललक्ष : क्षमावानार्यो निद्रालु कृतज्ञ : ।।१०१

AS PER ACHARYA ARUNDUTTA:

–अथ कफप्रकृतिको नर ईदृशो भवति, कीदृश तस्माह–गम्भीर बुध्दि इति । गम्भीर बुध्दिः गम्भीरा

अतलस्पर्शा सर्वकार्यक्षमा बुध्दिर्यस्य स तथा । कफस्य तमोगुण अधिकत्वात् स्थुलागं : स्थुल शरीर :, मेदो

अधिकत्वात् श्लेष्मा सोम : श्लेष्मलस्तेन सोम्यो गुढ स्निग्ध श्लिष्ट सन्धि अस्थि मांस :। क्षुत तृट् दुःख

क्लेशघमैरतप्तो बुध्दया युक्त : सात्विक : सत्यसन्ध : अल्प व्याहारक्रोधपानाशनैह : प्रज्य आयुर्वित्तो

दीर्घदर्शी वदान्य :।।

अ. हृ:शा. ३/९६

Table no. 08

No.	Guna	Effect
1.	Gudha Snigha Shlishta Sandhi Asthi Maansa.	Sandhi Asthi & Maansa deep situated, strong & powerful.
2.	Buddhi Yukta	having Intelligence
3.	Saatvika Satsanga	lives with good people, so behaviour also good.
4.	Gorochana Padma Suvarna Varna	Skin colour like lotus, gold, Gorochana
5.	Pralamba- Bahu, Prithu-Peena, Vaksha Maha-lalaata	More Arm length, Chest circumference and forehead length.
6.	Ghananeela kesha	hairs strong & looks blue- black.
7.	Sama Savibhakta & Mridu Anga	Body good shaped & formed. looks soft.

8.	Bahu Oaj Rati Rasa Shukra Putra	More quantity of Oaj, Coitus, rasa, Shukra & Putra
9.	Dharmatma, Vasati No Nishturam	Religious and dont speak rash words
10.	Tikta Kashaya Kalu Ushna Ruksha Alpa	Eats Tikta, Kashaya, Katu, Ushna, Ruksha & Alpa.
11.	Raktanta Susnigdha, Vishaal, Dirgha, Suvyakta, Shukla seeta Pakshna	Eye Lashes, long, strong, well formed, fine , red, white in colour.
12.	Sharaddha, Gambhir, Kshamavaan, Aarya	Religions, deep thinker, honest, performed sacred rites.
13.	Needralu	More sleep.

AS PER AACHARYA SHARANGADHARA:

The great Aacharya mentioned as below of *Kapha Prakriti*- The *Kaphaja Prakriti* individuals have deep intelligent power, well developed body and parts or organs, oily hairs, well strength and seeing the water in dreams.

SANSARGAJA PRAKRITI/ DWEE- DOSHAJA PRAKRITI:

Due to conjugation of two of the three Doshas, the type of Prakriti evolved are known as 'Dwee- Doshaja' Prakrati. They are also called sansargaj prakriti.These Prakriti are considered to be 'Dual temperament.' "Dwee- Doshaja Prakriti" are featured by the combination of the lakhanas of respective Doshas.When the manifestations of two Prakriti are found in one subject, his Prakriti is said to be 'Dwee- Doshaja Prakriti'.Aacharya Bhela described 'Sannipata Prakriti' in this concern. According to him, 'Prakriti' also can be formed by the manifestations of three Doshas in one person. While other Aacharya has denied this type of combination; and if occurs they described it as 'Nindya' Prakriti-

Hence we have 3 Dwee- Doshaja Prakriti-

1) Vata – Pitta Prakriti

2) Pitta – Kapha Prakriti

3) Vata – Kapha Prakriti

SAMA – DOSHAJA PRAKRITI:

Individuals who has all the Doshas in a stale of equilibrium in endowed with the good qualities of all the three types. In this type good characters of three types of individuals are produced, therefore has described his to be the best of all types of constitution. Individuals who has equal manifestations of Vata-Pitta & Kapha; is said to be "Sama-Dhatu Prakriti[25]' or "Sama Prakriti''.

In these individuals the 'Pramana" of Vata, Pitta & Kapha is endowed to be in equillibrium state. So they attain a good health and has the best digestive power. The Prakriti which is derived as result of methodological "Aahara-Vihara" is said to be "Sama-Prakriti". Sushruta accepted the opinion of Charaka about Sama -Prakriti

UTTAMA- MADHYAMA – HEENA PRAKRITI

It is clear from literary study of Prakriti, that production of Prakriti of Male-female is solely dependant upon Dosha. This Prakrita –dosha, if increased in small quantity, do not produce any disease, so it is possible to make up 'Prakriti' at the time of shukra-shonita samyoga by the combination of 'Raja' & 'Veerya' with help of Dosha.

The embryo has a great influence over its 'Sharira' & 'Mana' of previous stimulated or afflicted Dosha. But Dosha-Vata-Pitta-Kapha is no same constitution. They differ from each other in Guna, character qualities & quantity. That is why the basic of each 'Prakriti' differ from each other and there is formation of Ek, Dwee & Sama Doshaj Prakriti But in all these Prakriti, 3 are main :- Vata Prakriti, Pitta Prakriti & Kapha Prakriti.

In above 3 Prakriti, Vata- Prakriti, due to drawbacks of vata is considered 'Heena[26]', Pitta Prakriti due to equal a good and bad characters of Pitta is considered "Madhyama" while "Kapha Prakriti'' due to more good characters is considered as "Uttama" Prakriti.

Prakriti is formed from Vata - Pitta & Kapha, opinion accepted by all Aacharya. it is also accepted that, except, 'Sama Prakriti' remaining 6 Prakriti are formed by Vriddhi of respective Dosha.

Acharya Charaka emphasized in concern of Prakriti as :- except "Sama-Dosha" other 6 prakriti are formed due to phase of "Dosha Vriddhi", so called

'Vaikarika Avastha'. Sushruta Criticizer- Dalhana explains that there are 2 types "Dosha – Prabalya"- One is Prakrita and other is Vaikarika. 'Vaikarika' prabalya should be taken as "Rogavastha''. This forms the Prakriti of congenitally malformed and diseased children. But "Prakrit prabalya state" is not considered as "Rogavastha". In this state "Dosha-Prabalaya", becomes a part of nature and get firmly adhered with Sharira and Mana. And by this type of 'Dosha-Vriddhi', some inferiority with some excellence is raised. Due to which individual of any Prakriti has a capacity to bear small physical and mental ailments.

On the basis of above statutory difference in thoughts Charaka used words "Vatala" etc and Sushruta used words "Vata Prakriti" etc. By considering opinions of Charaka and Sushruta, it seems that there is only verbal difference between these two. As both Aacharya accepts "Aarogyavastha" to "Sama- Dosha" Prakriti, and "Vikaravastha" to "Dosha- Vriddhi- Janita Prakriti". Charaka denotes types of Prakriti by using words like "Vatala" and Sushruta by using words like "Pitta Prakriti". Charaka specifies these "Vatala" adi as Janma-Rogi" whereas Sushruta by considering them as 'diseased', classified into 2:-

Alpavikari and Janma – Rogi. As per Sushruta Prakriti derived from 'Janmajata dosha-Prabalya' cannot be 'Rogavastha' but after birth 'Prakriti' derived from 'Dosha-Prabalya' due to associated Aahara-Vihara can be 'Roga-Yukta'.

Principally, Charaka used word 'Vatala' etc seems appropriate in this concern, but popularity of 'Vata-Prakriti' etc words is more comparatively.Reasonably 'Shleshma Prakriti' is considered 'Uttama' 'Pitta Prakriti' as 'Madhyama' and 'Vata Prakriti' as 'Nikrishta'.

ANUKATVA

In the description of constitution, Sushruta has shown the resemblance in the features of the constitutions and features of animals. This ssimilarity in characters, behavior tendency, movements, structure and pychlogical make up is called as 'Anukatva' in Ayurveda. 'Anuka' means behavior, tendency, activity or family.

At the ancient time of 'Samhitas' the students & teachers were in close contact with nature, so the teaching process always used to mention some environmental facts for better understanding of topic e.g. Kapha Prakriti people walk like an elephant.

Table no. 09

1)	**Anukatva in Vata Prakriti [27]:-**
Animal	Similarity with Vata
(Aja (Goat)	Slender body, low strength, constant movement, eat frequently.
Shrigala (fox)	Likes to do the work by deceving others, selfish nature, dusty complexion, unstable eyes.
Shasha (rabbit)	Small body, anxious mind, moves lot with unstable eyes, fearful nature.
Akhu (rat)	Thin, small body, having dusty colour, hairs likes to steal and destroy without purpose, fearful but cruel nature.
Ushtra (Camel)	Slender and tall, dry & rough voice rough skin.
Shwa (Dog)	Small undernourished body, quarreling nature, harsh & rough voice,
Gridhra(Vulture)	Black colour, ugly, dry, harsh rough voice.
Khara (Donkey)	Dry & rough voice, dusty haris, does lot of work without proper thinking.
2)	**Anukatva in Pitta Prakriti[28] :-**
Animal	Similarity with Vata
Vyaghra (Tiger)	Courageous, strong physical power, yellowish skin colour, egoistic.
Riksha (bear)	Red eyes, corageous, fond of cold.
Marjara (Cat)	Delicate and medium body- gray eyes.
Vanara (Monkey)	Intelligent, small but agile body having brownish skin & grey eyes.
Nakula(Mongoose)	Very courageous, fighting nature.
Bhujanga (Snake)	Yellow skin, tender & soft body, hot temper.
Uluka (Owl)	Red eyes, intel, fear of light.
3)	**Anukatva in Kapha Prakriti [29]:-**
Animal	Similarity with Vata
Simha (Lion)	Broad Chest, courageous, having good strength, strong high resonant voice.
Ashwa (Horse)	Handsome, having powerful & strong body faithful.

Gaja (elephant)	Mighty body with broad forehead, stable gait; long lasting enmity.
Govrisha (bull)	Mighty and strong.
Hamsa (Swan)	Beautiful looking, white skin, good tissue power, like water
Tarkshya(eagle)	Strong, faithful to master.

SYNOPTIC REVIEW OF THREE MAIN EKDOSHAJ PRAKRITI

1. VATAJA PRAKRITI:

Table no. 10

1	**Ruksha (dry) and Parusha (rough)**	Unctuousness, emaciation & dwarfness of body; long-drawn, dry-low-broken-obstructed & hoarse voice; always keeping awake or disturbed sleep.
2	**Laghu(light)**	Light & inconsistent gait and action, food & movement (or talk).
3	**Chala(mobile)**	Unstable-joints, eyes, eyebrows, lips, tongue, head, shoulder, hands & legs.
4	**Bahu(abundance)**	Talkativeness, abundance in tendons & veins.
5	**Shigdha(quick)**	Quick in initiating movements, irritated & the onset of morbid lakshanas, quickly afflicted by fear, hasty in likes & dislikes, hasty in grasping & forgetting things.
6	**Shita(cold)**	Intolerance for cold things often gets afflicted with cold, shivering & stiffness.
7	**Khara(rough)**	Roughness in the hair of head, face & other parts of body, nails, teeth, face, hands & feet.
8	**Vishada(non-slimy)**	Cracking of the limbs & organs, production of cracking sound in joints when they move.

2. PITTAJA PRAKRITI:

1	**Ushna(hot)**	Intolerance of hot things, having hot face, tender & clear body, freckles, black moles, more hunger & thirst, quick appearance of wrinkles, graying of hair & baldness, presence of soft & brown hair on the face-head & other body parts.
2	**Tikshna(sharp)**	Sharp physical strength, strong digestive fire, good intake of food & drink, inability to face difficult situations
3	**Drava(liquid)**	laxity & softness of joints & muscles, excretion of sweat urine & faeces in large quantity.
4	**Visra (fleshy smell)**	odour of axilla mouth-head & body in excess.
5	**Katu-Amla(pungent & sour)**	inadequate semen sexual desire & procreation.

3. KAPHA PRAKRITI:

Table no. 12

1	**Snigha(unctuous)**	Organs, skin, and hairs are oily.
2	**Shlakshna(smooth)**	Organs, skin & hairs are smooth.
3	**Mridu(soft)**	Pleasing gesture, softness & clarity of complexion.
4	**Madhura(sweet)**	Abundancy of semen, desire for sex-act & multiple of procreations.
5	**Sara(firm)**	Firmness, compactness & stability of body.
6	**Sandra(dense)**	All organs properly nourished.
7	**Manda(slow)**	Slow-in action, slow in taking of food movements are also slow.

8	**Staimitya(stable)**	Slowness in starting up of actions, irritated very slowly.
9	**Guru(heavy)**	Stable posture
10	**Shita(cold)**	Lack of intense hunger, thirst, heat & sweating.
11	**Vijjala(smeary)**	Firmness and compactness in joints.
12	**Achchha(clear)**	Happy look & face, softness of color & voice.

PRAKRITI CRITERION:

Physical appearance:

Table no. 13

Sr. No.	Physical character	Vata	Pitta	Kapha
1	Body frame	-Lean -Tall -Thin -Under -Nourished -Unpleasant look due to -Disproportionate body	-Medium -Radiant	-Broad -Well-nourished -Stout -stable -Handsome and beautiful
2	Body weight	Low	Moderate	Heavy
3	Body movements	-Fast activity -Cannot do long activity for long duration -Restlessness	Moderate	-Calm -Slow activity -Able to perform any activity for long duration
4	Body parts	-Disproportionate- Eyebrows/chin/tongue/head/shoulders/hand/leg -Visible tendons/ blood	-SharpFeatures -FoulSmell/chest/mouth/Head/body -Pink colored-	-Soft personality and fair Complexion -Unctuous and soft body

		vessels/ ligaments -Prominent calf muscles	Palate/tongue/lips/ Palm/sole -Flabby bony Joints and muscles	-Broad forehead long hands -Broad chest
5	Body joints	-Disproportionate Body joints -Cracking sound in joints during movements	Lose and flabby joints and ligaments	Strong and elastic joints and ligaments well covered and deeply Situated body joints
6	Skin	-Dry skin -Lusterless -Rough -Dull	-Fair Complexion -Premature wrinkling of skin	-Fresh skin and Complexion -Shiny bright skin
7	Hair	-Dry body hairs, scalp hairs -Split hairs -Dusky hairs -Lusterless	-Prematuregreying of hairs -Premature baldness -Soft/less/brown body hairs and scalp hairs	-Thick hairs, black scalp,and body hairs -Shiny scalp hairs
8	Teeth	Uneven and protruding	Even and yellowish	Even, strong and white
9	Eyes	-Dry -Dull -Small	-Red -Small -Become red due to anger/bright sunlight -Eyes prefer coolness -Thin eyelashes	-White -Shiny -Large -Thick Eyelashes -Well differentiated Sclera and cornea
	Voice	-Weak/dry/low -Pitched/stammered -Talking	-Loud -Aggressive Speech	-Soft and Melodious voice -Resonant voice

		-Irrelevant talk		
10	Nails	Brittle and dry	Soft and pink	Soft and white
11	Tongue	Cracked	Red	White coated
12	Digestive fire	Unstable digestive Fire	Strong digestive Fire	Low digestive fire.
13	Appetite	Frequent and variable	-Strong Hunger -Eat frequently -Eats in large quantity	-Less hunger -Can tolerate fasting
14	Thirst	Variable	-Thirsty -Drinks water in large quantity	-Less thirsty -Drinks little quantity of water -Can tolerate thirst
15	Bowel	Dry, hard, and constipated	Soft and loose	Thick and oily
16	Pulse	Thready, feeble and moves like a snake	Moderate and jumping like a dog	Slow and moves like a swan
17	Tolerance for seasonal weather	Cold intolerance	Heat intolerance	Both heat and cold intolerance
18	Communication	Talkative	Sharp communication with analytic ability	Less vocal with good communication skill
19	Initiation capabilities	Quick responsive	Moderate, understanding	Slow
20	Sleep	-Disturbed sleep -Sleeps for less time		-Sleep for longer time -Sound sleep -Fond of sleeping
21	Sex desire and stamina	Variable and low stamina	Excessive and moderate stamina	Slow and good stamina

Psychological characteristics:
Table no. 14

Sr. No.	Mental character	Vata	Pitta	Kapha
1	Memory	Short terms, good grasping but quickly forgets	Good understanding and intelligent	Long term, slow grasping, and good retention
2	Temperament	Nervous and quickly agitated	Short and determined	Calm and slow
3	Dreams	Falling, flying	Fire, violence	Peaceful
4	Moods	Swinging	Agitated	Slow changes
5	Creativity	Creative	Logical and technical	Entrepreneurial
6	Interest	Travel and art	Sports and politics	Swimming
7	Financial management	Poor and lavish spending	Moderate, buys luxuries	Excellent and planned expenditure
8	Mind	-Unstable mind -Fluctuation of emotions	-Egoistic -Good behavioraland well mannered -Adventurous -Helping -Extremely ambitious	-Tolerant -Stable and calm mind -Silent and -Mature -Polite, humble -Civilized and well mannered -Respectful to elders -Grateful -Dose charity -Give definite opinion -Faith in god

Miscellaneous:

<p align="center">Table no. 15</p>

Sr. No.	Characters	Vata	Pitta	Kapha
1	Susceptibility To disease	-Cold and cough -Shivering and tremors -Musculoskeletal stiffness -Alzheimer's disease	-Stomatitis -Ulcers etc.	Good Immunity and less susceptibility to diseases

IMPORTANCE OF KNOWLEDGE OF PRAKRITI:

Prakriti has prime significance in managing diet and lifestyle of both diseased and healthy individuals. By understanding the overall Prakriti of a person, the Vaidya (physician) decides to prescribe a medicine and recommends a certain dietary regimen and exercises. The constitution of a person is an important milestone in Dashavidhapariksha or ten-fold investigation methods described in Ayurveda. Dashavidhapariksha are used to diagnose diseases and to precribe the right medicines, diet and lifestyle to patients as well as healthy people.

Therefore, it becomes clear that tolerance to food, drink or environment cannot be decided by the analytical study of body tissues. It depends upon the prakriti of an individual. By understanding the prakriti of every individual, particular person knows which food, drink, medicine and exercise are suitable to him.

1. **Understanding of Human life with the help of Prakriti**:

Prakriti and lifestyle are natural phenomenon as well as occur essentially. Lifestyle involves aahara (food habits) and Vihara (do's and don'ts in lifestyle). Lifestyle disorders occur as individuals are not following or adopting way of life according to prakriti. In terms of Din-charya (daily regimen), and Ritu- charya (seasonal regimen) and wholesome –unwholesome diet, Ayurveda describes ways to be adopted by each type of prakriti . Therefore, it clearly indicates that if a person wants to be healthy, he must design his lifestyle according to his Prakriti.

2. **Observation of Health status according Prakriti:**

All the physiological processes are directly controlled by Vata, Pitta, Kapha and Manasika Doshas.

3. **The dietary aspect related to prakriti:**

According to Ayurveda there are basically 6 rasas (Madhura, Amla, Lavana, Katu, Tikta, Kashaya). The rasas are main criterion to analyze the final Vipaka of food with respect to doshas. i. e. a particular rasa either pacifies or raises a particular doshas as follow:

Sr. No.	Rasa	Effect on doshas
1	Madhura (sweet)	Pacifies vata & pitta, increases kapha
2	Amla (sour)	Pacifies vata, increases pitta & kapha
3	Lavana (salty)	Pacifies vata, increases pitta & kapha
4	Katu (pungent)	Pacifies kapha, increases vata & pitta

| 5 | Tikta (bitter) | Pacifies kapha & pitta, increases vata |
| 6 | Kashaya (astringent) | Pacifies kapha & pitta, increases vata |

For example, vata prakriti person has to be given such food items which increases the kapha i.e. madhura, amla and lavana rasas so that vata get balanced.

4. Preventive and promotive health care according Prakriti:

Bala (strength) and ayu (lifespan)of an individual are determined by prakriti. For example, persons with vata prakriti have less strength and short lifespan. The current health of a person also can be predicted by the study of his prakriti.

For example, persons with vata prakriti are described to be possessing inadequate money and material. This will be helpful to advice to modify their lifestyle to achieve success in their personal as well as professional life.

Thus, the knowledge of prakriti is helpful in selection of appropriate profession, friend circle and to choose the perfect life partner.

5. Diagnosis and treatment of the diseases according to Prakriti:

The prakriti Parikshana of an individual is essential to determine the accurate diagnosis and to follow up the future course of disease in terms of vitiated doshas. The assessment of prakriti is also useful in determination of the prognosis of disease. The disease in which the etiological factors, premonitory symptoms, clinical features are having less strength; neither dushya nor dosha are not like prakriti is easily curable. But when these factors having slightly serious strength and one among the dosha, dushya or kala have the resemblance with prakriti then that disease will be difficult to cure.

Prakriti also has its influence on Agni and koshtha as follows:

Table no. 16

Sr. No.	Doshas	Agni	Koshtha
1	Vata	Vishamagni (irregular)	Tikshna
2	Pitta	Tikshnagni (severe)	Madhyam
3	Kapha	Mandagni (low)	Mridu

Hence the Agni and status of koshtha is helpful to determine the strength, dosage, and anupana (co-drink) of a drug in prescribed disease. So that, diagnosis as well as treatment of a disease becomes specific and précised after the knowledge of prakriti.

PHYSICAL FITNESS

INTRODUCTION :

FITNESS means "Readiness". Fit peoples are more efficient than non-fit peoples. The fitness level touches all dimensions of health and life. It influences physical, mental and social health of a individual.

DEFINITION:

According to WHO- "Physical fitness is a state of health and wellbeing and, more specifically, the ability to perform aspects of sports, occupations, and daily activities."

It is any body movement produced by skeletal muscle that requires energy expenditure.

Physical fitness is defined as ability of body system to work together efficiently to allow you to be healthy and perform activities of daily living; being efficient means doing daily activities with the least effort possible[30]

Physical activity is one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior[31].

Physical fitness is generally achieved through adequate nutrition, moderate-vigorous exercise and sufficient rest. It includes sports, dance, and activities done at work or at home such as walking, climbing stairs etc.

There are 2 kinds of physical fitness:

1) **General fitness**: it is state of health and wellbeing.
2) **Specific fitness**: it is task oriented, based on the ability to perform specific aspects of sports or occupation.

COMPONENTS OF FITNESS:

Basically, there are 6 components of physical fitness:

- The cardiovascular endurance
- The muscular endurance
- The muscular strength
- Body composition
- Flexibility
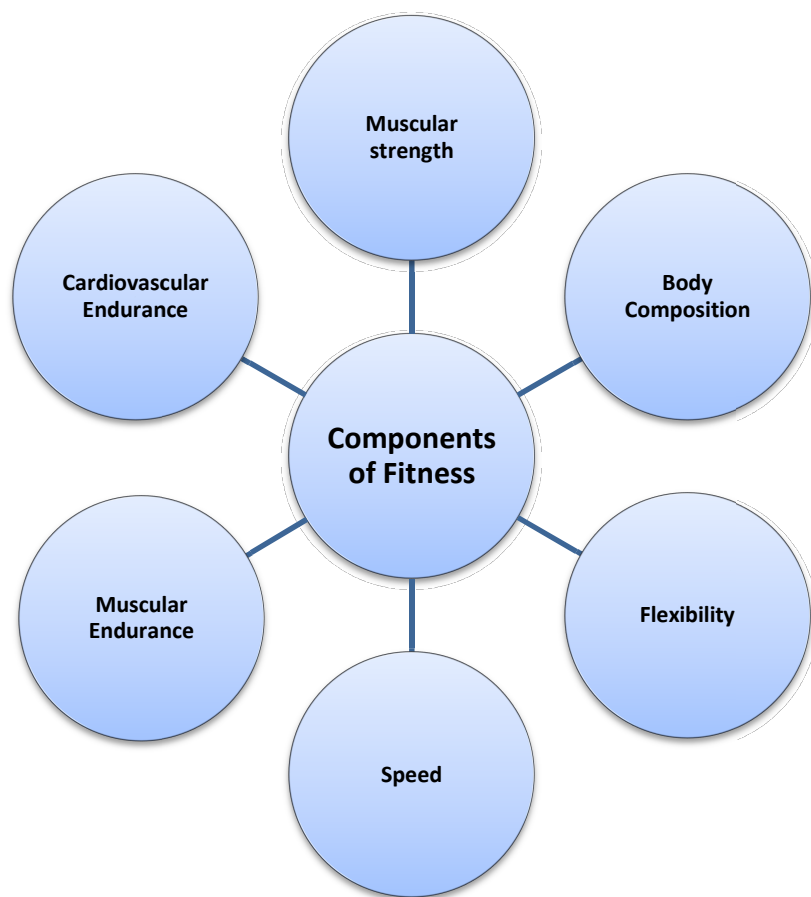
Fig. 01: Components of physical fitness

1) **The cardiovascular endurance:**

The ability of heart and lungs to work together to provide the oxygen required by blood during exercise. The lungs supply oxygen to the blood which is pumped by the heart and send to the musculoskeletal and other systems of the body.

To improve the cardiovascular endurance, perform that activities which maintain heart rate elevated at safe level for sustained length of time such as walking, swimming, cycling etc.

2) **The muscular endurance:**

The ability of a muscle to remain contracted or to contract repeatedly or it is ability of muscle to continue to perform without fatigue.

It is a bridge between the cardiovascular endurance and muscular strength.

The examples of this component are running, step machine, cycling and jumping ropes.

3) **The muscular strength:**

The amount of force a muscle can produce with the single maximum effort or ability of muscle to lift weight.

To make muscles stronger, work them against resistance, whether that be from weights or gravity. It improves performance and body composition.

The examples of this component are bench press, leg press, biceps curl, abs, pushups, back extension etc.

4) **Body composition:**

It is a relative amount of muscle, fat, bone, and other vital parts of body. The body composition is based not on how much we weigh, but rather on how much of our weight is fat as opposed to muscle.

Body composition is important to maintain health and managing body weight.

5) **Flexibility**:

It is a range of motion in a joint or group of joint.

Good flexibility of joint can help to prevent injuries through all the stages of life whereas poor flexibility can directly affect the cardiovascular endurance, muscle endurance and muscle strength. So that, to improve the flexibility, try activities that lengthens the muscles or a basic training program.

The examples of thus component are hamstring stretch, quadriceps stretch, warm-up and cool-down etc.

6) Speed and velocity:

Is ability body or parts of body quickly or the ability to perform a movement or cover a distance in short time. It involves athletic skill such as sprint running, some skills of soccer, basketball etc.

For example, people with good leg speed can run fast and people with good arm speed can through fast or hit a ball that is thrown fast.

Some other components are[32]:

Agility: the ability to change and control the direction and position of the body while maintaining a constant, rapid motion.

Balance: the ability to control or stabilize the body when a person is standing still or moving.

Coordination: the ability to use two or more body parts at the same time for example, people with good eye-hand coordination are good at bounce a basketball

Power: ability to move the body parts swiftly while applying the maximum force of the muscle. It involves both speed and strength. For example, jumping forward, speed swim, put the shot etc.

Timing: the ability to respond quickly to what we hear, see, or feel. For example, an athlete quickly coming off the blocks early in swimming.

Aerobic exercise[33]

Playing sports such as lawn tennis is a common way to maintain/improve physical fitness. Cardiorespiratory fitness can be measured using VO_2 max, a measure of the amount of oxygen the body can uptake and utilize. Aerobic exercise, which improves cardiorespiratory fitness and increase stamina, involves movement that increases the heart rate to improve the body's oxygen consumption. This form of exercise is an important part of all training regiments ranging from professional athletes to the everyday person.

Prominent examples of aerobic exercises include:

- Jogging – Running at a steady and gentle pace. This form of exercise is great for maintaining weight and building a cardiovascular base to later perform more intense exercises.

- Working on elliptical trainer – This is a stationary exercise machine used to perform walking, or running without causing excessive stress on the joints. This form of exercise is perfect for people with achy hips, knees, and ankles.

- Walking – Moving at a fairly regular pace for a short, medium or long distance.

- Treadmill training – Many treadmills have programs set up that offer numerous different workout plans. One effective cardiovascular activity would be to switch between running and walking. Typically warm up first by walking and then switch off between walking for three minutes and running for three minutes.

- Swimming – Using the arms and legs to keep oneself afloat in water and moving either forwards or backward. This is a good full-body exercise for those who are looking to strengthen their core while improving cardiovascular endurance.

- Cycling – Riding a bicycle typically involves longer distances than walking or jogging. This is another low-impact exercise on the joints and is great for improving leg strength.

Anaerobic exercise:

Anaerobic exercise features high-intensity movements performed in a short period of time. It is a fast, high-intensity exercise that does not require the body to utilize oxygen to produce energy. It helps to promote strength, endurance, speed, and power; and is used by bodybuilders to build workout intensity. Anaerobic exercises are thought to increase the metabolic rate, thereby allowing one to burn additional calories as the body recovers from exercise due to an increase in body temperature and excess post-exercise oxygen consumption (EPOC) after the exercise ended.

Prominent examples of anaerobic exercises include:

- Weight training - A common type of strength training for developing the strength and size of skeletal muscles.

- Isometric exercise - Helps to maintain strength. A muscle action in which no visible movement occurs and the resistance matches the muscular tension.

- Sprinting - Running short distances as fast as possible.

- Interval training - Alternating short bursts (lasting around 30 seconds) of intense activity with longer intervals (three to four minutes) of less intense activity.

IMPORTANT OF PHYSICAL FITNESS:

1) A regular fitness helps to improve the overall health of an individual.

2) Heart becomes stronger and works more efficiently and reduces the risk of heart attack.

3) Physical fitness has proven to support the body's blood pressure. Through regular physical fitness, it becomes easier to create a rise in blood pressure. This lowers the force on the arteries and lowers the overall blood pressure.

4) Physical activity boosts the immune system. It dependent on the concentration of endogenous factors. Physical activityincreases the levels of natural killer (NK) cells, NK T cells, macrophages, neutrophils and eosinophils, complements, cytokines, antibodies, and T cytotoxic cells[34].

5) Lowers the risk of type 2 diabetes Mellites and some forms of cancers[35].

6) Working out regularly is one of the natural weight loss method. physical fitness provides weight control through regulation of these bodily functions.It burns extra calories which is healthy for our body[36]

7) Prior to and during menopause, as the female body changes, there can be physical, physiological or internal changes to the body. These changes can be reduced or even prevented with regular exercise[37].

8) It increases blood flow, nerve impulse conduction, enzyme activity and dissociation of oxygen from hemoglobin.

9) Staying fit with regular work outs and muscle building makes our body strong.

10) It prevents overheating of body by starting the sweating process.

11) A fit body is not only physically strong but mentally strong as well. It improves blood flow to the brain allowing for the release of hormones as well as a decrease stress hormones in the body like cortisol and adrenaline while also stimulating the human body's mood boosters and natural painkillers[38].

12) We feel rejuvenated and energized throughout the day

CONCEPT OF BALA:

The word "Bala" literally means the power or strength. The term bala has been used to impart the power and capability of the body or body parts (organs) to adjust various physical stress inducers[39]. In Ayurveda, the word "Bala" is used to explain the strength of mind, body and body parts. It is also used as synonym for Prakrit Kapha Dosha. The term is also used synonymously for the body parts which are giving the body strength, power, protection and nutrition. The word Bala is also used synonymously for Ojas. The term Bala is also used in connection with the immunological aspect of body.

TYPES OF BALA[40]:

Acharya Charaka given 3types of Bala as:

1. **Sahaja Bala:** it is Bala of human being which is present naturally in the body. Innate or imborn strength can be a component of Sahaja Bala. Sahaja Bala is attained from Matruja and Pitruja Bhawas like Rasa, Rakta, Virya, Ojas etc. It can be considred as inherent strength.

2**. Kalaja Bala:** it is the bala attained with respect to age and specific seasons. In some ages, say young age, the body of man has full strength. In some seasons, like Rutu of Visarga Kala, there is an increase in Bala .This time-specific Bala is called Kalaja Bala.

3. **Yuktikrit Bala:** some activities if done regularly and carefully, they also yield Bala to human body, considered under yuktikrit bala. The bala is acquired by doing physical muscular exercises, Yoga, adopting some food regimen etc. this type of Bala is described more with respect to acquired strength.

OPINION FROM ACHARYA SUSRUTA[41]:

Acharya Susruta in Sutrasthana, Adhyaya 15, described the concept of Bala in regards to Prakrita Karma of Ojas. The component by which body is nourished, Mamsa Dhatu is stabilized, efficiency of activities and performances is increased, the man gets good complexion, pleasant and clear voice and all his Dnyanendriya and Karmendriya, Atma and Mana works efficiently, is Bala.

Sushrutha considered concept of Sthaulya, Karshya and Madhya Shareera. While describing these types of Sharira, he considered Madhya Sharira as Balavan among all.

OPINION FROM ACHARYA DALHANA:

Acharya Dalhana considered Bala in regards to Ojas and explained that Ojas is the chief cause of Bala predominance to body of human. It explains that the bala is the concept to be considered at the level of complete body in the form of Ojas.

OPINION FROM ACHARYA CHARAKA:

Acharya Charaka explains the Mansika Bala in the form of Satva Pariksha, one of the important examination amongst Dashavidha Pariksha (Ten Fold Examination). Acharya Chakrapani also commented on the Vyadhikshamatva as Vyadhi Bala Virodhitva and Vyadhi Utpada Pratibandhakatva. Dashavidha Pariksha has been proposed by Acharya Charaka to assess Bala Pramana of an individual. So all the 10 examinations yield the information of bala and it's Pramana.

SIGNIFICANCE OF CONCEPT OF BALA:

1. Immunity: in Ayurveda Bala is described which covers the concept of immunity. It has been described with regards to entities like Ojas, Vyadhi Kshamatva, Prakrita Kapha Dosha etc. Vyadhi Kshamatva is the main component affecting the prognosis, progression and control of diseases. Susceptibility and vulnerability to a specific disease is also considered as an angle of concept of immunity. The knowledge of concept of bala is important to evaluate the vulnerability and resistance of a person to a specific disease.

2. Nidana and Chikitsa: Concept of Bala plays a pivot role in making Nidana and Chikitsa of diseases in Ayurveda. Bala of a human body again depends upon Agni, Aahara, Dosha, Prakriti, Sarata etc. If we consider Kapha prakriti, the bala is more in them as compared to Vata and Pitta Prakriti.

3. Bala Parikshana: Bala Parikshana, one of the ayurvedic method of examination, yields information like Sadhya- Asadhyatwa of the disease, Arishta Lakshana if any occuring, etc. Thus, Bala Parikshana is pivotal in the diagnosis. Bala assessment is done with respect to Vyayamashakti. It gives the assessment of Sharirika Bala. Manasika Bala is assessed with the help of Satva Pariksha. Nowadays, various batteries of Physical Fitness test are being used to assess the Sharirika Bala of the individual.

4. Chikitsa: Ayurveda suggests the treatment regimens as per Rugna Bala and Vyadhi Bala. So concept of Bala is also used for knowledge of the treatment modality, dosage of medicine to be used in any kind of Vyadhi.

Mc'CLOY PHYSICAL FITNESS TEST:

The McCloy Physical Fitness Index[42,43,44,45] (P.F.I.), by Charles H McCloy is an adaptation of Rogers Physical Fitness Index. The McCloy 'Physical Fitness Test' is an excellent measure of all-around strength.

OBJECTIVE:

The main objective of McCloy's physical fitness test is used to monitor the development of the athlete's and healthy people's physical strength (physical fitness).

REQUIRED RESOURCES:

- Flat non-slippery surface
- Gym equipped with mats
- Pull Up metal bars
- Stopwatch
- Assistant

HOW TO CONDUCT THE TEST?

The test requires the athlete to undertake a series of exercise.

McCloy Physical Fitness Index involves five strength measures that are:

1) Pull Ups- maximum numbers
2) Press Ups- maximum numbers
3) Squat Thrust- for one minute
4) Squat jumps- for one minute
5) Sit Ups – for two minutes

Conduct:

1) Pull Ups- maximum numbers:

- The athlete warmups for 10 minutes
- The athlete performs Pull Ups as many as possible by keeping cheek above the bar.
- Ask assistant to count and records the number of repetitions

2) Press Ups- maximum numbers:

- The athlete performs Press Ups as many as possible
- Ask assistant tocount and records the number of repetitions

3) Squat Thirst- for one minute:

- The assistant gives the command "GO" and starts the stopwatch

- The athlete performs Squat Thrusts as many as possible in 1 minute

- Ask assistant tocount and records the number of repetitions

4) Squat Jumps- for one minute:

- The assistant gives the command "GO" and starts the stopwatch

- The athlete performs Squat Jumps as many as possible in 1 minute

- Ask assistant to count and records the number of repetitions

5) Sit Ups- for two minutes:

- The assistant gives the command "GO" and starts the stopwatch

- The athlete performs Sit Ups as many as possible in 2 minutes

- Ask assistant tocount and records the number of repetitions

A **three-minute** recovery is allowed between each exercise

ASSESSMENT:

McCloy Physical Fitness Index (P.F.I) =

Addition of the repetition's completion of each exercise

…………………………………………………………..

5

ANALYSIS:

Result should be taken at regular intervals and the test result compared with the athlete's previous results for the test. By giving proper training between each level of test, the result would expressed an improvement in fitness level of athlete and healthy people's physical strength (physical fitness).

RELIABILITY:

Reliability means how a test is consistently giving the results and how much it is stable in measurements. It is directly depending upon strictness of the test.

VALIDITY:

Test validity means the extent of degree to which the test measures what it designed to be measured.

ADVANTAGES:

- Minimum equipment's are required to perform test
- Easy to setup and perform

DISADVANTAGES:

- Required specific provision
- Assistant required to conduct the test

MATERIAL AND METHODS

MATERIAL & METHODS

1. Material-

a) Number of subjects included in the study - 200

b) Material for assessment of different Deha Prakriti analysis- Case paper format (questionnaire prepared by CDAC for Deha Prakriti Analysis)

c) Material for Mccloy physical fitness test-

1. Flat non-slip surface

2. Gym with mats and a Bar on which to do pull ups

3. Stopwatch

4. Assistance

2. Methodology-

a) Screening was done of Swastha individuals who are already doing daily exercise since last one year.

b) With help of questionnaire prepared by CDAC for Deha Prakriti Analysis, Screening was done of persons who are having Ekdoshaj Vataj and Kaphaj Deha Prakriti

c) Selected persons was taught exercises included in Mccloy physical fitness test for a period of 1 month.

d) Subject was assessed for Mccloy physical fitness test.

e) Comparison of Mccloy physical fitness index (P.F.I.) was done in Vataj and Kaphaj Ekdoshaj Deha Prakriti.

A) STUDY DESIGN-

Inclusion & Exclusion Criteria-

1) Inclusion-

a) Age – 20 year To 30 year

b) Gender- male

c) Daily routine exercising persons (since last one year) only having a particular Ekdoshaj Vataj and Kaphaj Deha Prakriti.

d) Person taking Normal Diet

2) Exclusion-

a) Persons not doing daily exercise

b) Persons do not having Ekdoshaj Vataj and Kaphaj Deha Prakriti

c) Person taking Protein diet, other supplementary diet or any drugs for purpose of physical fitness.

3) Number of subjects- 200 (Vataj ekdoshaj prakriti-100 and Kaphaj ekdoshaj prakriti-100)

4) Sampling Technique- Randomly sampling technique will be used.

5) Study Type: Observational

B) S.O.P. (STANDARD OPERATING PROCEDURE)-

1. Method for estimation of Ekdoshaj Vataj and Kaphaj Deha Prakriti –
With the help of CDAC's standard questionnaire format of Ekdoshaj Vataj and Kaphaj Deha Prakriti analysis

2. Method for analysis of Physical fitness test according to Mccloy Physical Fitness Test.
McCloy Physical Fitness Test- Testing and measurement are the means of collecting information upon which subsequent performance evaluations and decisions are made but in the analysis we should keep in mind the factors that may influence the results.

Required recourses- to undertake this test

- Flat non-slip surface
- Gym with mats and a Bar on which to do pull ups
- Stopwatch
- Assistance

How to conduct the test-
The tests require the person to undertake a series of exercises: Pull ups, press ups, squat thrusts, squat jumps and sit ups.

Procedure-

a) Person warm up for 10 minutes.

b) Person performs as many pull ups (chin above the bar) as possible. The assistant count and records the number of repetitions. The person take three minutes rest.

c) The person performs as many press ups as possible. The assistant count and records the number of repetitions. The person takes three minutes rest.

d) The assistant gives the command "GO" and start the stopwatch. The person performs as many squats thrusts as possible in one minute. The assistant count and records the number of repetitions. The person takes three minutes rest.

e) The assistant gives the command "GO" and start the stopwatch. The person performs as many squats jumps as possible in one minute. The assistant count and records the number of repetitions. The person takes three minutes rest.

f) The assistant gives the command "GO" and start the stopwatch. The person performs as many sit ups as possible in two minute. The assistant count and records the number of repetitions.

The P.F.I. Physical Fitness Index can be calculated by adding together the repetition completed for each exercise and then dividing the total by 5.

CRITERIA OF ANALYSIS-

1) **Grade of Mccloy Physical Fitness index –**

Sr. No	Mccloy Physical Fitness Index	Grade
1	Below 20	Grade 1
2	20 – 25	Grade 2
3	Above 25	Grade 3

SPECIFIC CASE PAPER FORMAT FOR GENERAL INFORMATION-

Name   -

Age   -

Gender   -

Occupation   -

Duration of Daily exercise -

Address   -

Type of Deha Prakriti   -

1) **Assessment of Deha Prakriti-**

   Result no. 1

Sr. No.	Type of Ekdoshaj Deha Prakriti
1	Vataj
2	Kaphaj

2) **Analysis of Physical fitness according to P.F.I. (Physical fitness index)-**

   Result no. 2

Sr. No.	P.F.I. (Physical fitness index)	Grade
1	Below 20	Grade 1
2	20 – 25	Grade 2
3	Above 25	Grade 3

OBSERVATIONS AND RESULTS

OBSERVATIONS AND RESULTS

1. Age Wise Distribution-

Observation No-1

Table no. 20

Sr. No	Total Number of Volunteers	Age Group	No of Volunteer	%
1		20-25	112	56 %
2	200	26-30	88	44 %

Graph No-1

Age Wise distribution of Volunteers
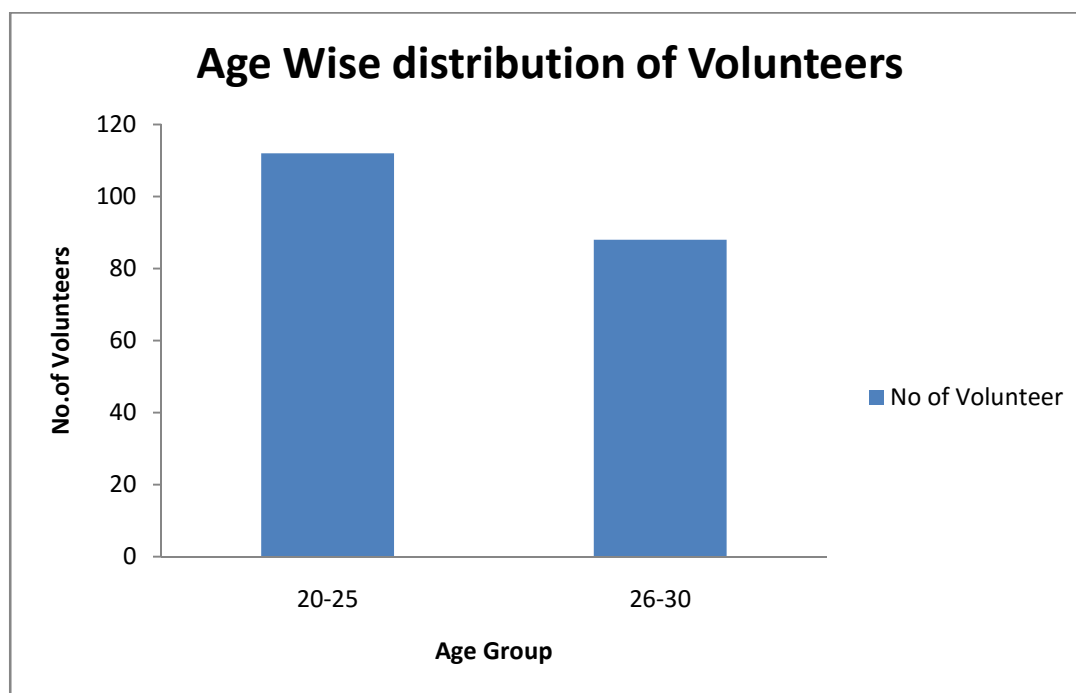
Result No-1

Observation no. 1 and graph no. 1 shows-

Age Wise Distribution

There are total 200 volunteers Participated in Study. Age wise distribution of volunteers are as follows:

1) Age 20 to 25: there are 112 (56%) volunteer of total volunteer.

2) Age 26 to 30: there are 88 (44%) volunteer of total volunteer

2. Different Ekdoshaj Deha Praktuti wise Distribution –

Observation No- 2

Table no. 21

Sr. No	Total Number of Volunteers	Type of Ekdoshaj Prakruti	No Volunteer	%
1	200	Vataj	100	50 %
2		Kaphaj	100	50 %

Graph No- 2

Ekdoshaj Dehaprakritiwise Distribution of Volunteers
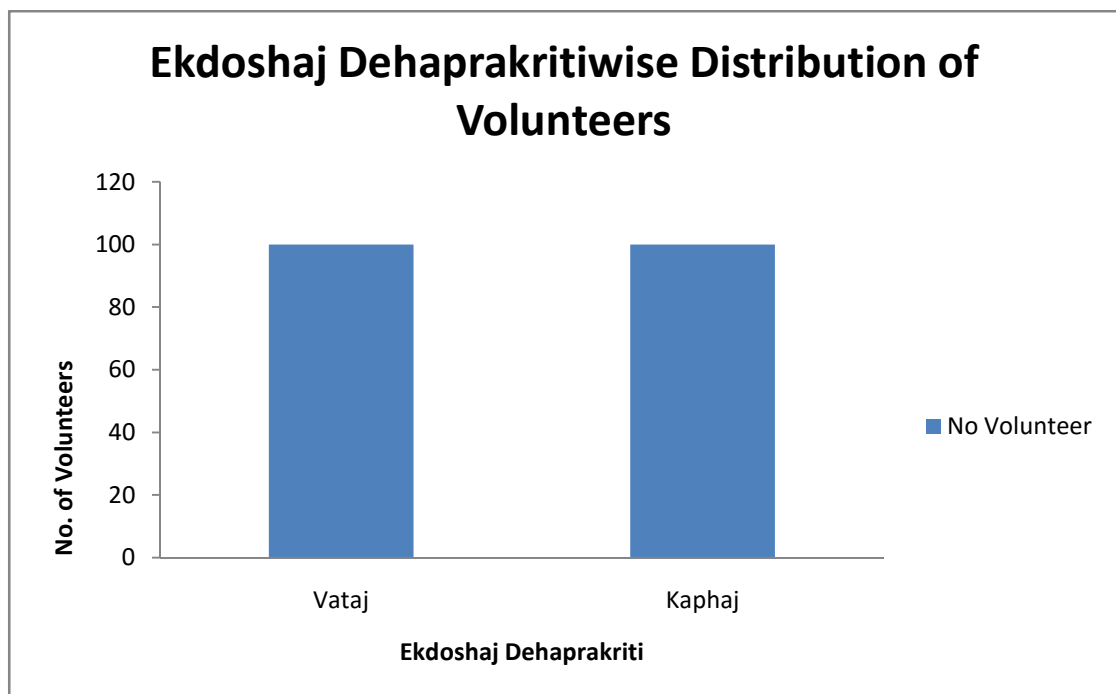
Result No- 2

Observation no. 2 and graph no. 2 shows-

Different Deha Prakruti wise Distribution

There are total 200 volunteers Participated in study. Different Deha Prakruti wise distribution of volunteers are as follows:

1) Vataj Prakruti: there are 100 (50%) volunteer of total volunteers.
2) Kaphaj Prakruti: there are 100 (50%) volunteer of total volunteers.

3. P.F.I. Grade wise Distribution-

Observation No- 3

Table no. 22

Sr. No	Total Number of Volunteers	Type of . P.F.I. Grade	No of Volunteer	%
1		Grade 1	44	22 %
2	200	Grade 2	80	40 %
3		Grade 3	76	38 %

Graph No. - 3

P.F.I. Gradewise distribution of Volunteers
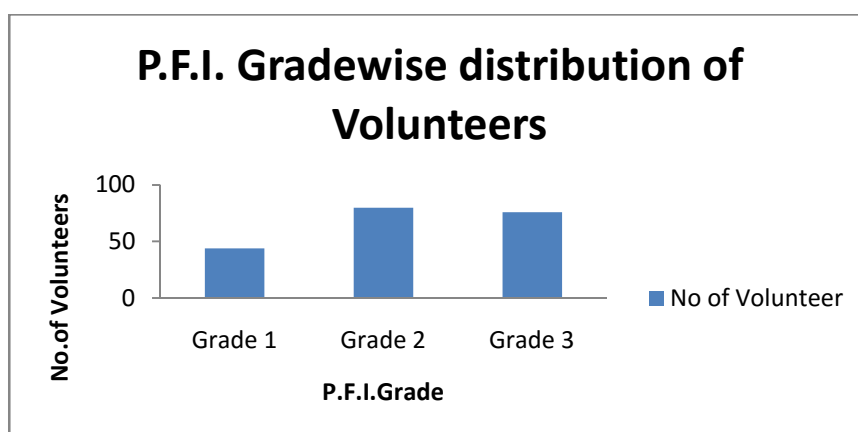
Result No- 3

Observation no. 3 and graph no. 3 shows- Different Deha Prakruti wise Distribution

There are total 200 volunteers Participated in study. Different Deha Prakruti wise distribution of volunteers are as follows:

1) Grade 1: there are 44 (22%) volunteer of total volunteers.

2) Grade 2: there are 80 (40%) volunteer of total volunteers.

3) Grade 3: there are 76 (38%) volunteer of total volunteers.

4. **P.F.I. Grade and Different Deha Prakruti wise Distribution-**

P.F.I. Grade and Different Deha Prakruti Relation wise Distribution -

Observation No-4

Table no. 23

Sr. No	Type of Prakruti	Total no of Volunteers	No of Grade 1 P.F.I. Volunteers	%	No of Grade 2 P.F.I. Volunteers	%	No of Grade 3 P.F.I. Volunteers	%
1	**Vataj**	100	18	09 %	20	10 %	62	31 %
2	**Kaphaj**	100	26	13 %	60	30 %	14	07 %

Graph No-4

P.F.I. Grade & different dehaprakriti wise distribution of Volunteers
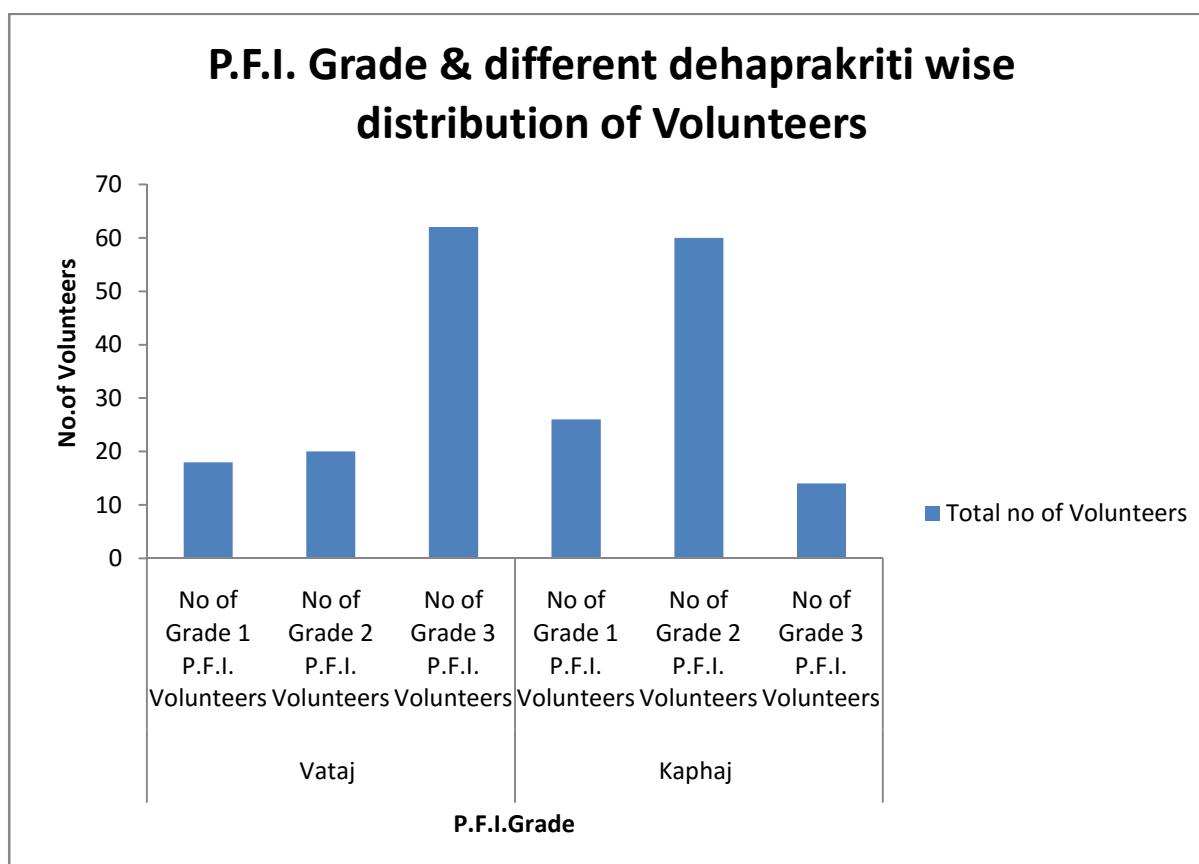
Result No-4

Observation no. 4 and graph no. 4 shows-

P.F.I. Grade and Different Deha Prakruti Relation wise Distribution

There are total 200 volunteers Participated in study. Various P.F.I. Grade Volunteers and Different Deha Prakruti Relation wise Distribution of volunteers are as follows:

1) Vata Prakruti: there are 100 (50 %) volunteer of total volunteers.

    a. Grade 1 Volunteers- there are 18 (09 %) volunteer of total volunteers

    b. Grade 2 Volunteers - there are 20 (10 %) volunteer of total volunteers

    c. Grade 3 Volunteers - there are 62 (31 %) volunteer of total volunteers

2) Kapha Prakruti: there are 100 (50 %) volunteer of total volunteers

    a. Grade 1 Volunteers - there are 26 (13 %) volunteer of total volunteers

    b. Grade 2 Volunteers - there are 60 (30 %) volunteer of total volunteers

    c. Grade 3 Volunteers - there are 14 (07%) volunteer of total volunteers

5. Occupation Wise Distribution-

<p align="center">**Observation No-5**</p>

<p align="center">**Table no. 24**</p>

Sr. No	Total Number of Volunteers	Type of Occupation	No of Volunteer	%
1		Student	129	64.5 %
2	200	Job/Service	34	17 %
3		Doctor	17	8.5 %
4		Businessman	10	05 %
5		Farmer	10	05 %

<p align="center">**Graph No- 5**</p>
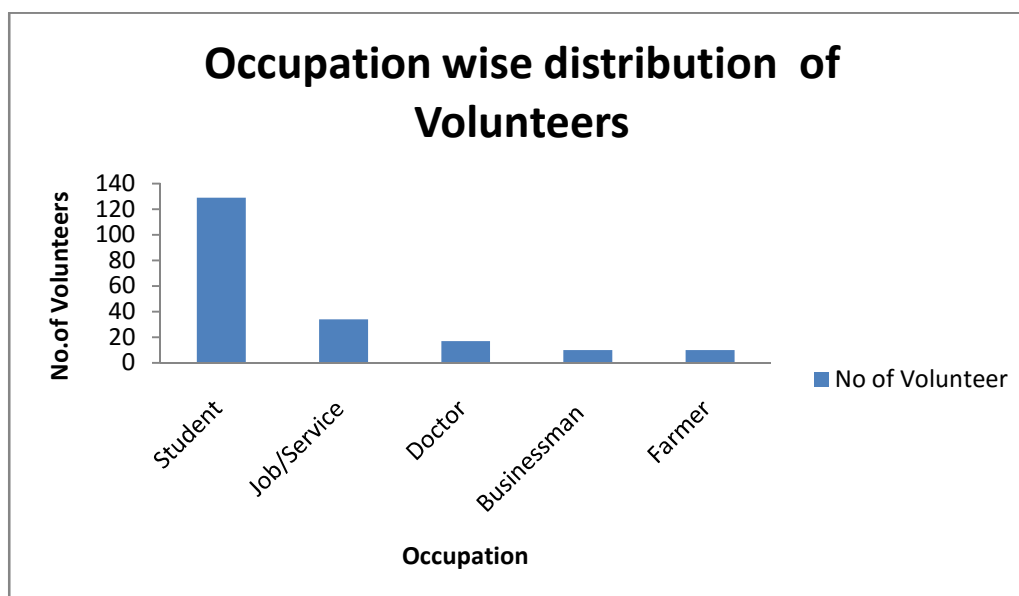
Observation no. 5 and graph no. 5 shows-

Volunteers Occupation wise Distribution

There are total 200 volunteers Participated in study. Different Occupation wise Distribution of volunteers are as follows:

1) Student: there are 129 (64.50%) volunteer of total volunteer.

2) Job/service: there are 34 (17%) volunteer of total volunteer

3) Doctor: there are 17 (8.50%) volunteer of total volunteer.

4) Businessman: there are 10 (05%) volunteer of total volunteer.

5) Farmer: there are 10 (05%) volunteer of total volunteer.

6. Occupation and Deha Prakruti wise Distribution-

Observation No- 6

Table no. 25

Sr. No	Total Number of Volunteers	Type of Occupation	No of Volunteer	%	No of Vataj Prakruti Volunteers	%	No of Kaphaj Prakruti Volunteers	%
1	200	Student	129	64.5 %	74	37 %	55	27.5 %
2		Job/Service	34	17 %	14	7 %	20	10 %
3		Doctor	17	8.5 %	04	2 %	13	6.5 %
4		Businessman	10	5 %	05	2.5 %	05	2.5 %
5		Farmer	10	5 %	03	1.5 %	07	3.5 %

Graph No- 6

Occupation & Dehaprakritiwise distribution of volunteers
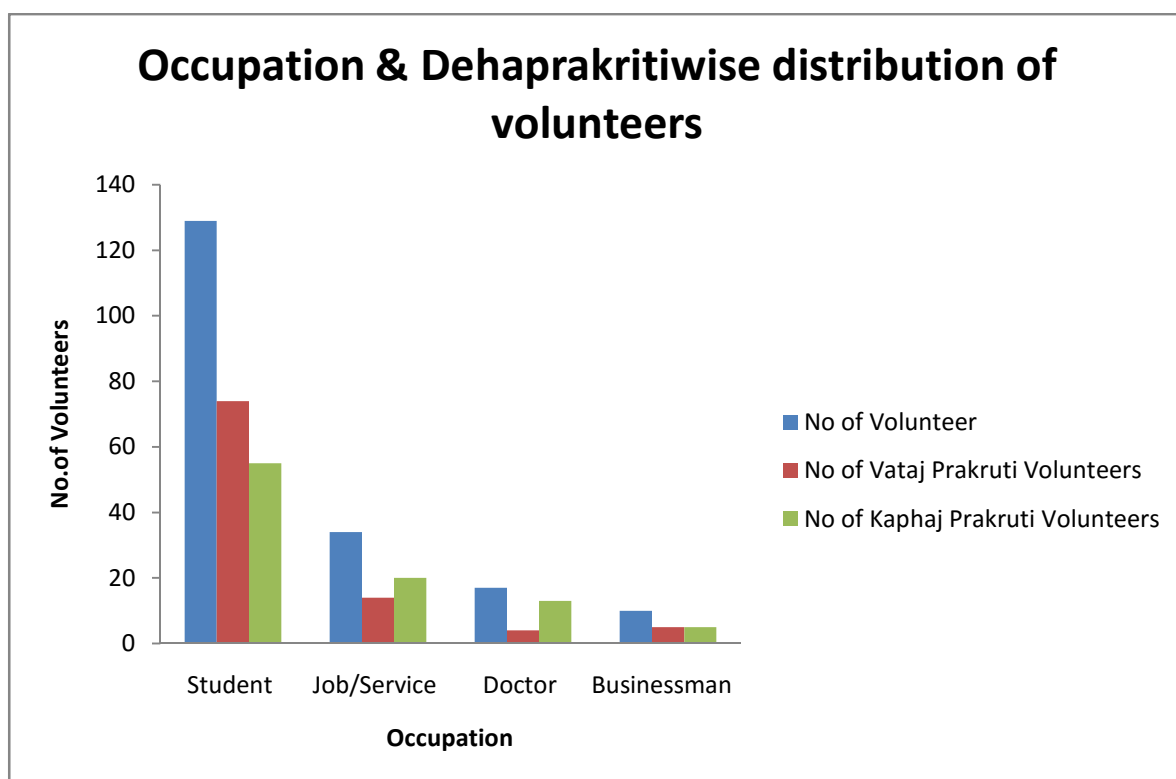
Result No- 6

Observation no. 6 and graph no. 6 shows-

Occupation and Different Deha Prakruti Relation wise Distribution

There are total 200 volunteers Participated in study. Various Occupation of Volunteers and Different Deha Prakruti Relation wise Distribution of volunteers are as follows:

1. Vata Prakruti: there are 100 (50 %) volunteer of total volunteers.

    a. Student - there are 74 (37 %) volunteer of total volunteers

    b. Job/service - there are 14 (07 %) volunteer of total volunteers

    c. Doctor - there are 04 (02 %) volunteer of total volunteers

    d. Businessman - there are 05 (2.50 %) volunteer of total volunteers

    e. Farmer - there are 03 (1.50 %) volunteer of total volunteers

2. Kaph Prakruti: there are 100 (50 %) volunteer of total volunteers.

    a. Student - there are 55 (27.50 %) volunteer of total volunteers

    b. Job/service - there are 20 (10 %) volunteer of total volunteers

    c. Doctor - there are 13 (6.50 %) volunteer of total volunteers

    d. Businessman - there are 05 (2.50 %) volunteer of total volunteers

    e. Farmer - there are 07 (3.50 %) volunteer of total volunteers

7. P.F.I. Grade and Occupation wise Distribution-

Observation No- 7

Table no. 26

Sr. No	Total Number of Volunteers	Type of Occupation	No of Volunteer	%	No of Grade 1 Volunteers	%	No of Grade 2 Volunteers	%	No of Grade 3 Volunteers	%
1	200	Student	129	64.5	39	19.5	45	22.5	45	22.5
2		Job/Service	34	17	03	1.5	15	7.5	16	8
3		Doctor	17	8.5	02	1	10	5	05	2.5
4		Businessman	10	5	00	0	04	2	06	3
5		Farmer	10	5	00	0	06	3	04	2

Graph No- 7
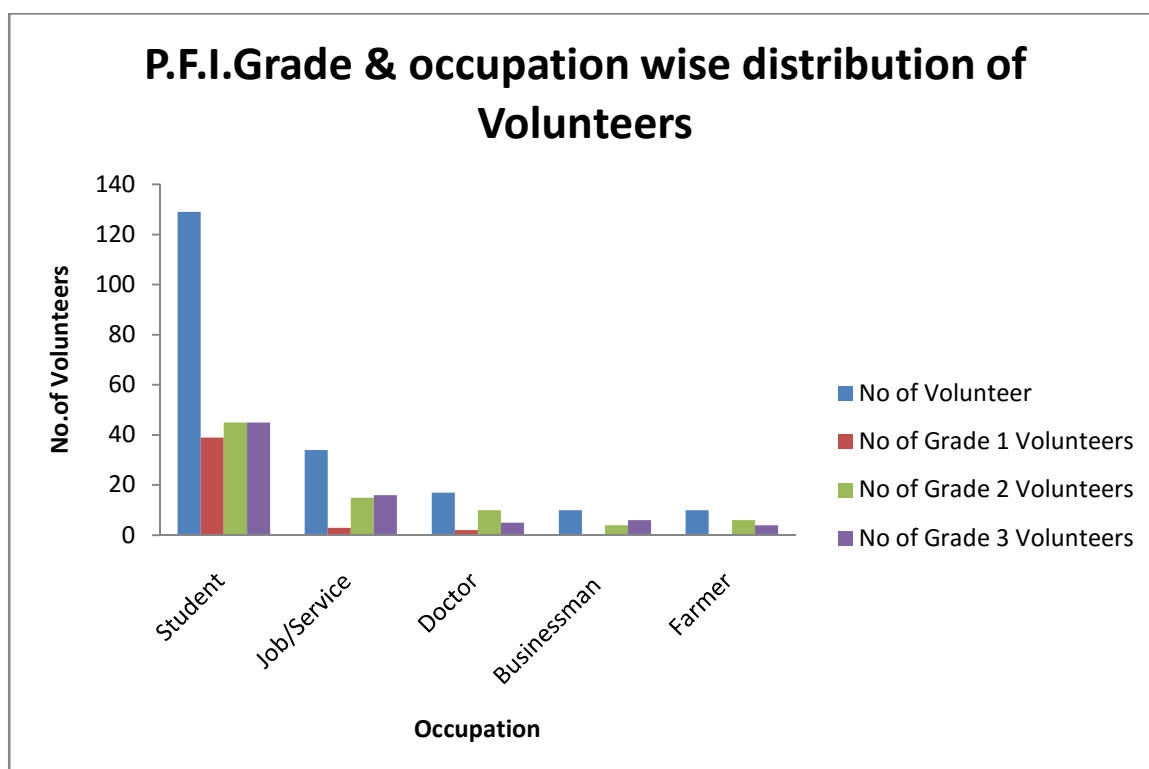
Result No- 7

Observation no. 7 and graph no. 7 shows-

P.F.I. Grade and Different Occupation Volunteers Relation wise Distribution

There are total 200 volunteers Participated in study. Various P.F.I. Grade of Volunteers and Different Occupation Relation wise Distribution of volunteers are as follows:

1. Grade 1: there are 44 (22 %) volunteer of total volunteers.

      a. Student - there are 39 (19.50 %) volunteer of total volunteers

      b. Job/service - there are 03 (1.50 %) volunteer of total volunteers

      c. Doctor - there are 02 (01 %) volunteer of total volunteers

      d. Businessman - there are 00 (00 %) volunteer of total volunteers

      e. Farmer - there are 00 (00 %) volunteer of total volunteers

2. Grade 2: there are 80 (40 %) volunteer of total volunteers.

      a. Student - there are 45 (22.50 %) volunteer of total volunteers

      b. Job/service - there are 15 (7.50 %) volunteer of total volunteers

      c. Doctor - there are 10 (05 %) volunteer of total volunteers

      d. Businessman - there are 04 (02 %) volunteer of total volunteers

      e. Farmer - there are 06 (03 %) volunteer of total volunteers

3. Grade 3: there are 76 (38 %) volunteer of total volunteers.

      a. Student - there are 45 (22.50 %) volunteer of total volunteers

      b. Job/service - there are 16 (08 %) volunteer of total volunteers

      c. Doctor - there are 05 (2.50 %) volunteer of total volunteers

      d. Businessman - there are 06 (03 %) volunteer of total volunteers

      e. Farmer - there are 04 (02 %) volunteer of total volunteers

8. Age and P.F.I. Grade Wise Distribution -

Observation No- 8

Table no. 27

Sr. No	Total Number of Volunteers	Type of Age Group	No of Volunteer	%	No of Grade 1 Volunteers	%	No of Grade 2 Volunteers	%	No of Grade 3 Volunteers	%
1		20-25	112	56	36	18	34	17	42	21
2	200	26-30	88	44	08	4	46	23	34	17

Graph No- 8

Page 96
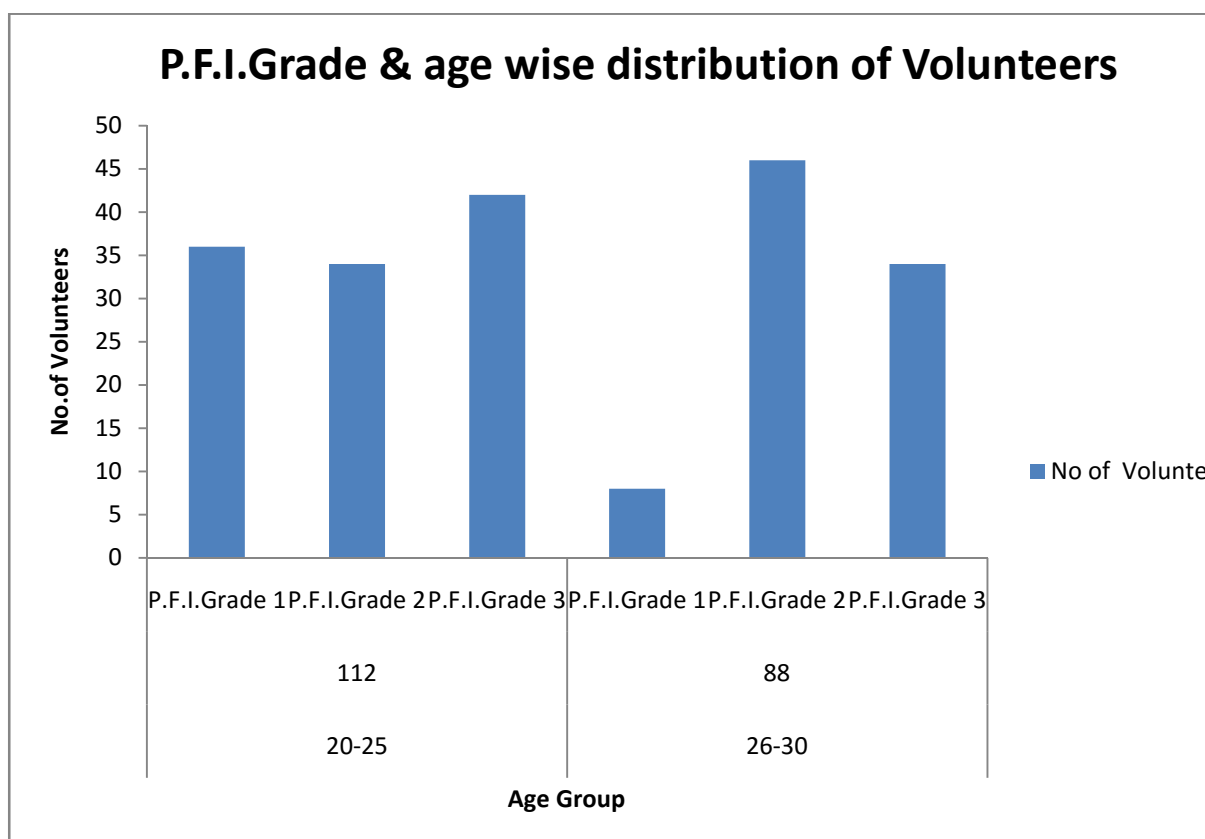
Result no. 08:

Observation no. 8 and graph no. 8 shows-

There are total 200 volunteers Participated in study. Various P.F.I. Grade Volunteers and Different Deha Prakruti Relation wise Distribution of volunteers are as follows:

1) Age Group 20 to 25: there are 112 (56%) volunteer of total volunteers.

    a. Grade 1 Volunteers- there are 36 (18 %) volunteer of total volunteers

    b. Grade 2 Volunteers - there are 34 (17 %) volunteer of total volunteers

    c. Grade 3 Volunteers - there are 42 (21 %) volunteer of total volunteers

2) Age Group 26 to 30: there are 88 (44%) volunteer of total volunteers

    a. Grade 1 Volunteers - there are 08 (04 %) volunteer of total volunteers

    b. Grade 2 Volunteers - there are 46 (23 %) volunteer of total volunteers

    c. Grade 3 Volunteers - there are 34 (17%) volunteer of total volunteers

9. Age and Deha Prakruti Wise Distribution -

Observation No- 9

Table no. 28

Sr. No	Total Number of Volunteers	Type of Age Group	No of Volunteer	%	No of Vataj Prakruti Volunteers	%	No of Kaphaj Prakruti Volunteers	%
1	200	20-25	112	56 %	67	33.5 %	45	22.5 %
2		26-30	88	44 %	33	16.5 %	55	27.5 %

Graph No- 9
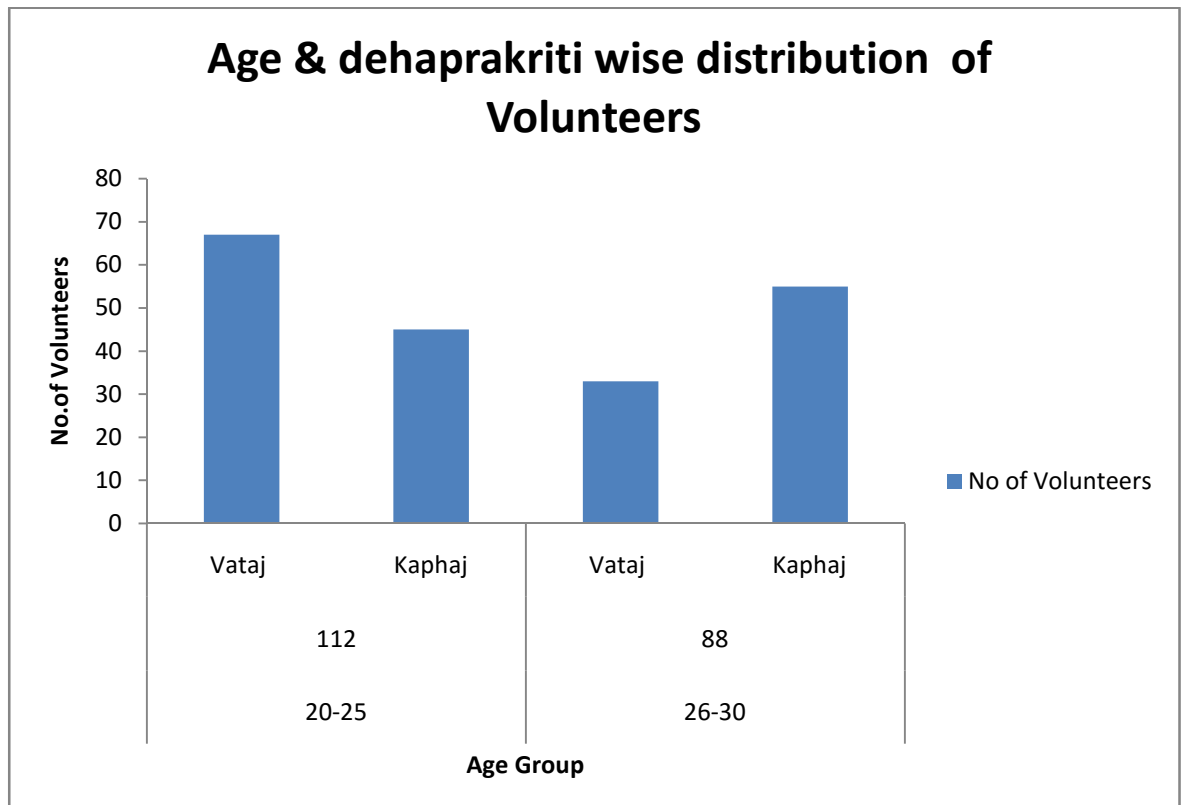
Result no. 09:

Observation no. 9 and graph no. 9 shows-

There are total 200 volunteers Participated in study. Various Age group Volunteers and Different Deha Prakruti Relation wise Distribution of volunteers are as follows:

1) Age Group 20 to 25: there are 112 (56%) volunteer of total volunteers.

a. Vataj Prakruti Volunteers- there are 67 (33.50 %) volunteer of total volunteers

b. Kaphaj Prakruti Volunteers - there are 45 (22.50 %) volunteer of total volunteers

2) Age Group 26 to 30: there are 88 (44%) volunteer of total volunteers

a. Vataj Prakruti Volunteers - there are 33 (22 %) volunteer of total volunteers

b. Kaphaj Prakruti Volunteers - there are 55 (27.50 %) volunteer of total volunteers

STATISTICAL ANALYSIS

STATISTICAL ANALYSIS

Table no. 29

Age Group	Frequency	Percentage
20-22 Years	40	20.00
22-24 Years	51	25.50
24-26 Years	43	21.50
26-28 Years	28	14.00
28-30 Years	38	19.00
TOTAL	200	100.00

Age Distribution
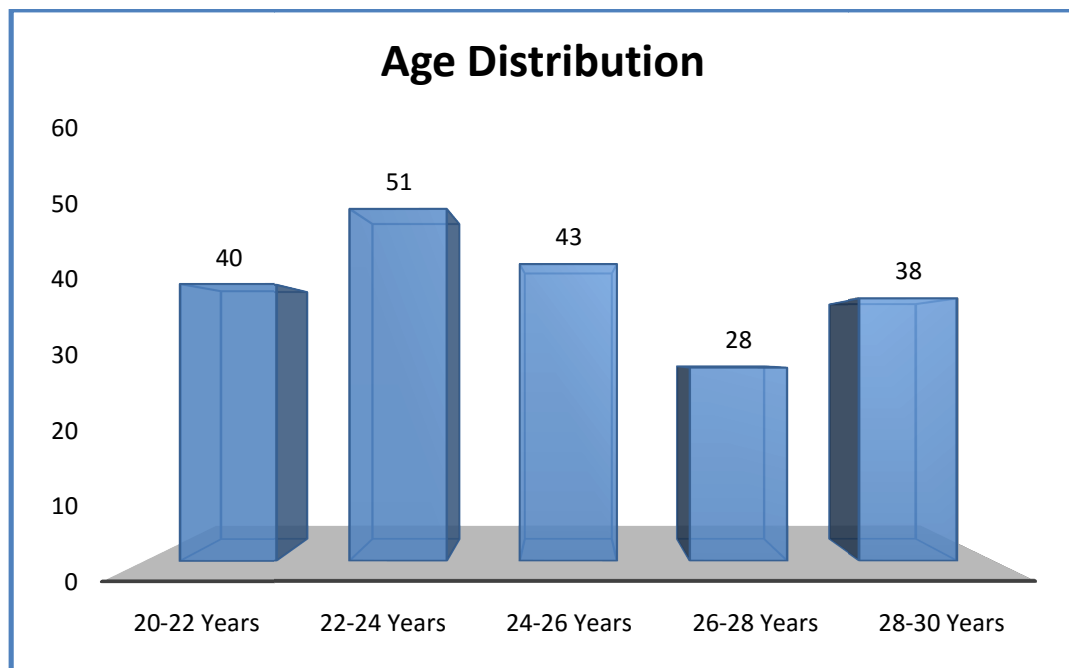
Table no. 30

Occupation	Frequency	Percentage
Business	10	5.00
Doctor	17	8.50
Farmer	10	5.00
Service	34	17.00
Student	129	64.50
TOTAL	200	100.00
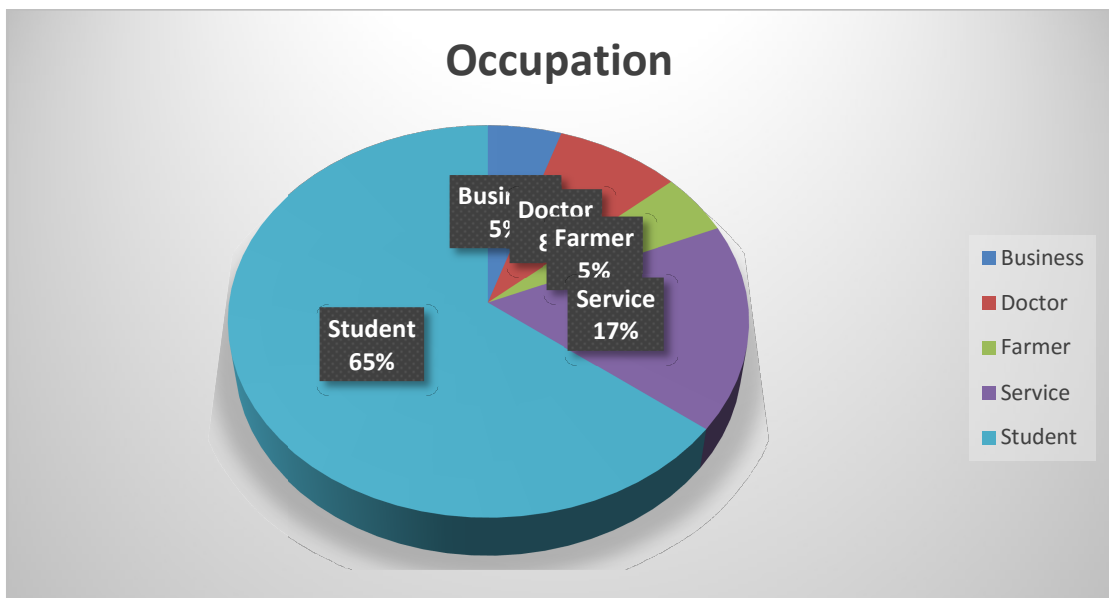
Table no. 31

			Prakruti		Total
			Vataj	Kaphaj	
PFI_Grade	Grade 1	Count	18	26	44
		%	18.0%	26.0%	22.0%
	Grade 2	Count	20	60	80
		%	20.0%	60.0%	40.0%
	Grade 3	Count	62	14	76
		%	62.0%	14.0%	38.0%
Total		**Count**	**100**	**100**	**200**
		%	**100.0%**	**100.0%**	**100.0%**
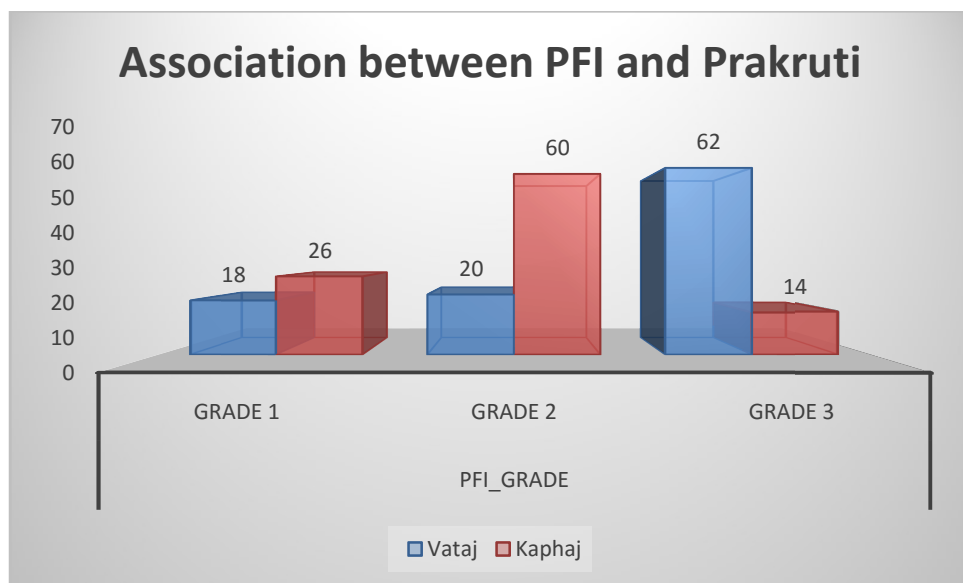
Table no. 32

	Value	df	P-Value
Pearson Chi-Square	51.770	2	<0.05
N	200		

Chi-Square test is carried out to test the association between PFI Grade and Prakruti. From above table we can observe that, P-Value is less than 0.05. Hence we conclude that, there is significant association between PFI Grade and Prakruti.

Comparison between Vataj and Kaphaj Prakruti using Z-Test.

Table no. 33

Pull Ups	N	Mean	SD	SE	Z-Value	P-Value	Result
Vataj	100	21.69	3.17	0.32	2.563	0.0111224	Sig
Kaphaj	100	20.46	3.60	0.36			

Since observations are quantitative and sample size is greater than 30. We have used Z-test for comparison of mean between two prakrutis. From above table we can observe that, P-Value is less than 0.05. Hence we conclude that, there is significant difference in mean value for Vataj and Kaphajprakruti.

Further we can observe that, mean value observed in Vatajprakruti is greater than Kaphajprakruti.

Pill Ups
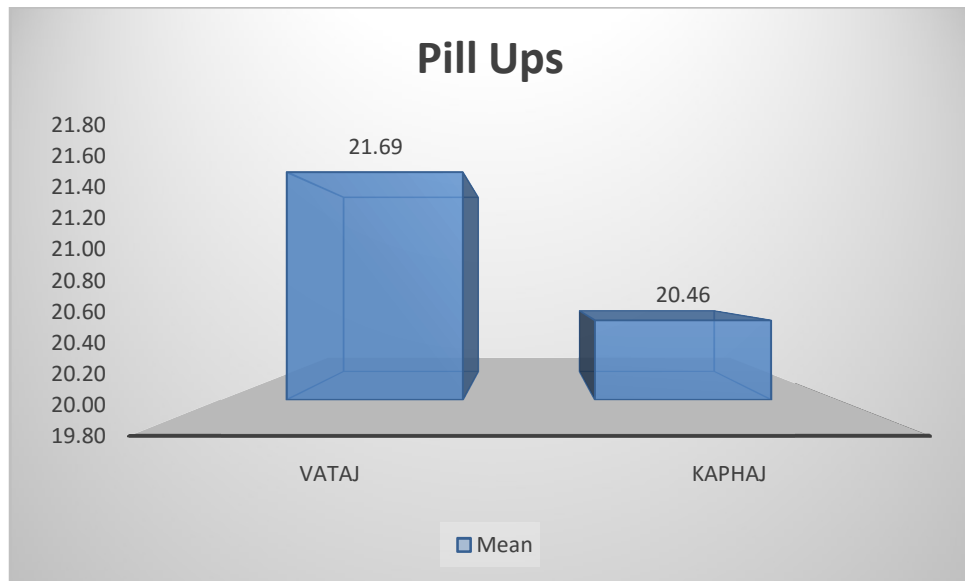
Table no. 34

Press ups	N	Mean	SD	SE	Z-Value	P-Value	Result
Vataj	100	31.09	3.78	0.38	3.934	0.0001157	Sig
Kaphaj	100	29.35	2.30	0.23			

Since observations are quantitative and sample size is greater than 30. We have used Z-test for comparison of mean between two prakrutis. From above table we can observe that, P-Value is less than 0.05. Hence we conclude that, there is significant difference in mean value for Vataj and Kaphaj prakruti.

Further we can observe that, mean value observed in Vataj prakruti is greater than Kaphaj prakruti.

Press Ups
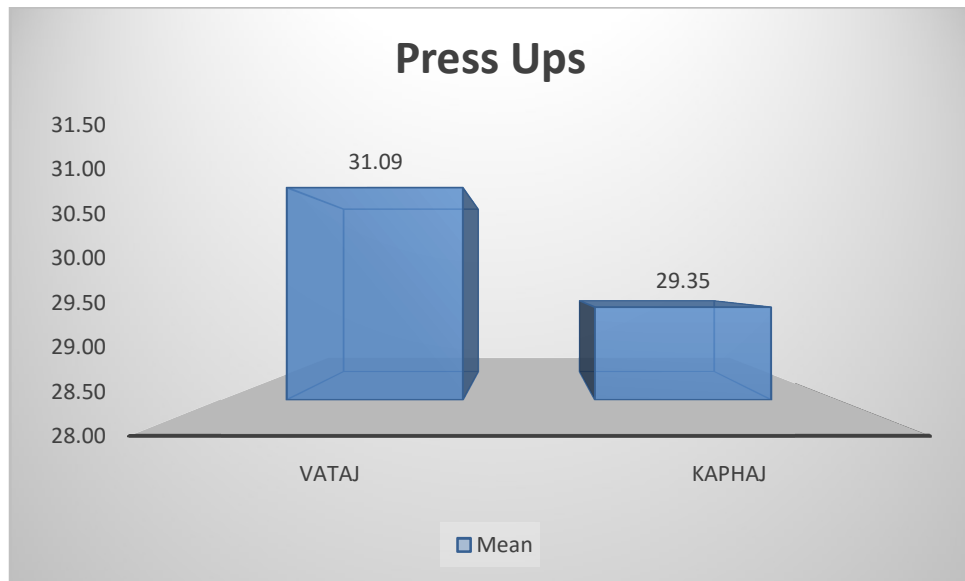
Table no. 35

Squats Thrusts	N	Mean	SD	SE	Z-Value	P-Value	Result
Vataj	100	11.07	1.77	0.18	4.976	0.0000014	Sig
Kaphaj	100	9.87	1.64	0.16			

Since observations are quantitative and sample size is greater than 30. We have used Z-test for comparison of mean between two prakrutis. From above table we can observe that, P-Value is less than 0.05. Hence we conclude that, there is significant difference in mean value for Vataj and Kaphajprakruti.

Further we can observe that, mean value observed in Vatajprakruti is greater than Kaphajprakruti.

Squats Thrusts
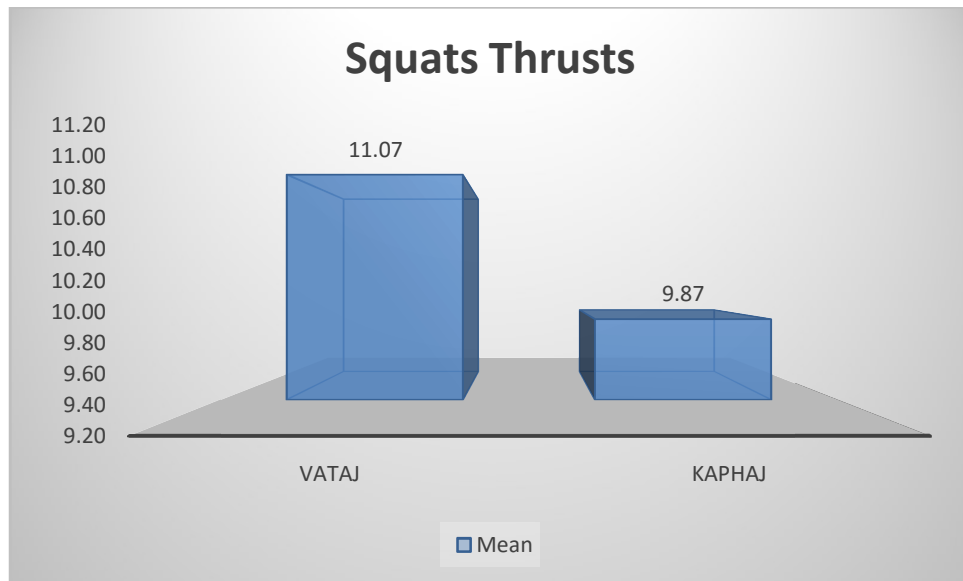
Table no. 36

Squats Jumps	N	Mean	SD	SE	Z-Value	P-Value	Result
Vataj	100	18.73	2.01	0.20	2.749	0.0065325	Sig
Kaphaj	100	17.77	2.85	0.29			

Since observations are quantitative and sample size is greater than 30. We have used Z-test for comparison of mean between two prakrutis. From above table we can observe that, P-Value is less than 0.05. Hence we conclude that, there is significant difference in mean value for Vataj and Kaphaj prakruti.

Further we can observe that, mean value observed in Vataj prakruti is greater than Kaphaj prakruti.

Squats Jumps

Chart showing Mean values: VATAJ = 18.73, KAPHAJ = 17.77
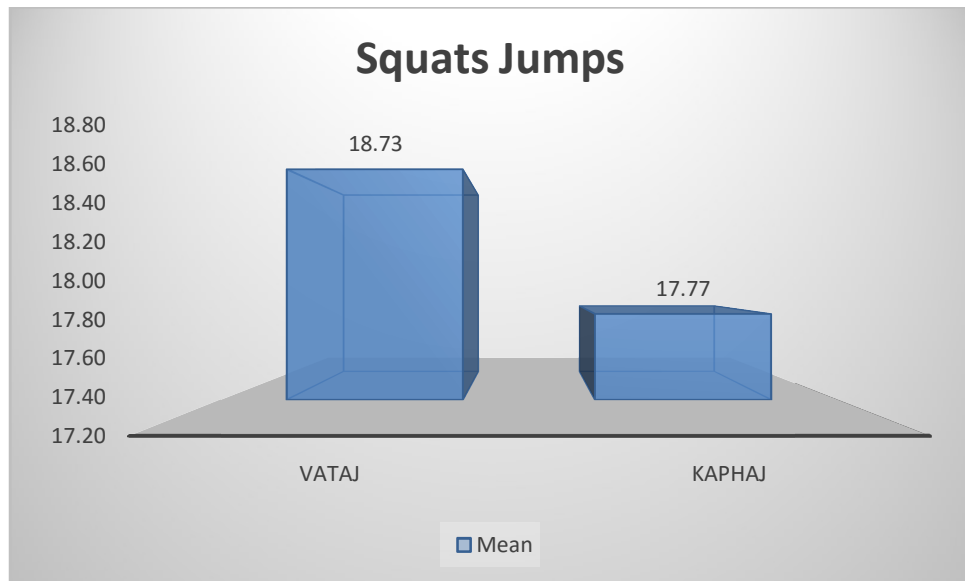
Table no. 37

Sit Ups	N	Mean	SD	SE	Z-Value	P-Value	Result
Vataj	100	39.01	4.37	0.44	4.724	0.0000044	Sig
Kaphaj	100	35.96	4.75	0.48			

Since observations are quantitative and sample size is greater than 30. We have used Z-test for comparison of mean between two prakrutis. From above table we can observe that, P-Value is less than 0.05. Hence we conclude that, there is significant difference in mean value for Vataj and Kaphaj Prakruti.

Further we can observe that, mean value observed in Vataj Prakruti is greater than Kaphaj Prakruti.

Sit Ups

<div align="center">
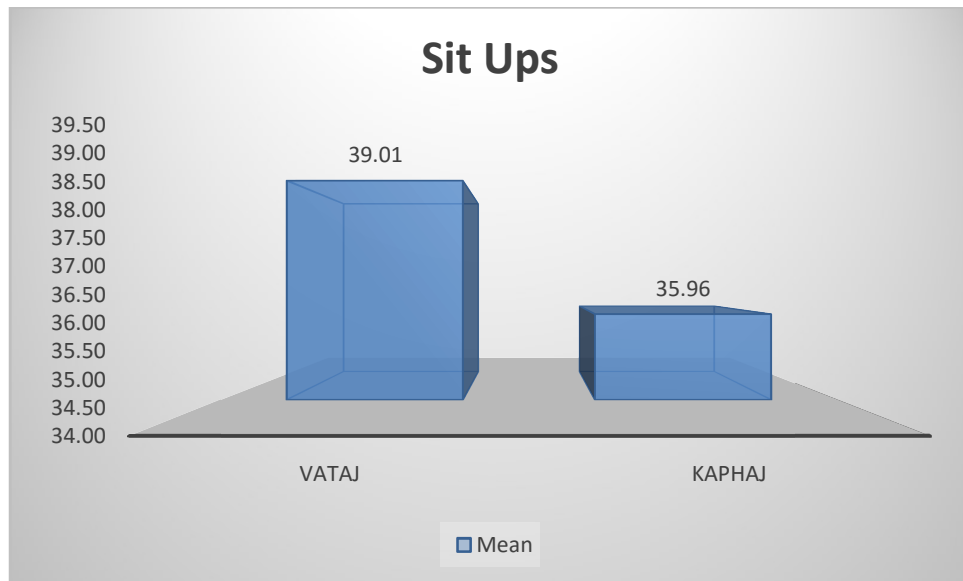
Table no. 38

P.F.I	N	Mean	SD	SE	Z-Value	P-Value	Result
Vataj	100	24.32	2.91	0.29	4.062	0.0000700	Sig
Kaphaj	100	22.68	2.78	0.28			

</div>

Since observations are quantitative and sample size is greater than 30. We have used Z-test for comparison of mean between two Prakrutis. From above table we can observe that, P-Value is less than 0.05. Hence we conclude that, there is significant difference in mean value for Vataj and Kaphaj Prakruti.

Further we can observe that, mean value observed in Vataj Prakruti is greater than Kaphaj Prakruti.

Physical Fitness Index
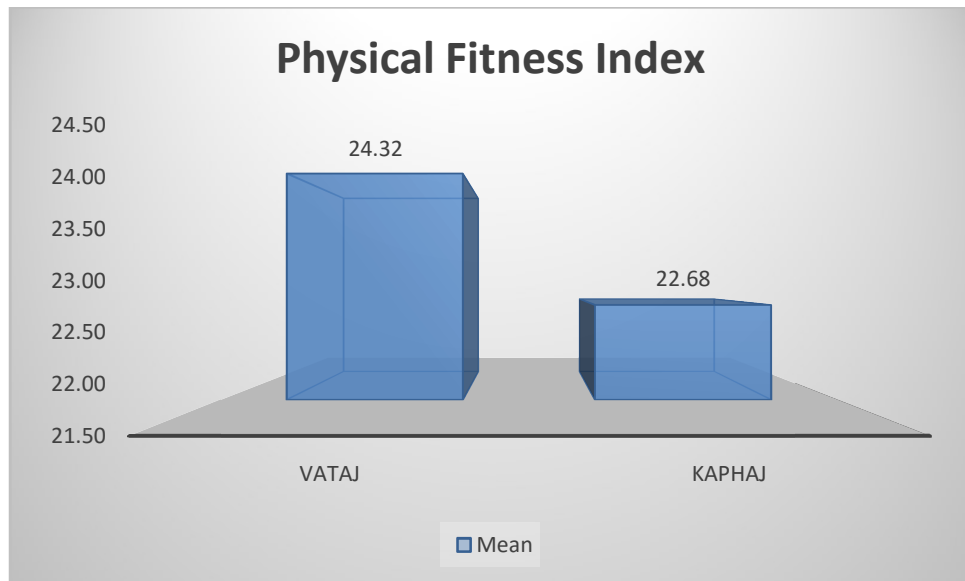
Table no. 39

	Prakruti	N	Mean Rank	Sum of Ranks	Mann-Whitney U	P-Value
PFI_Grade	Vataj	100	121.70	12170.00	2880.000	0.000
	Kaphaj	100	79.30	7930.00		
	Total	200				

Since observations are on ordinal scale (gradations). We have used Mann Whitney U-Test for comparison between two Prakrutis. From above table we can observe that, P-Value is less than 0.05. Hence we conclude that, there is significant difference in mean value for Vataj and Kaphaj Prakruti.

Further we can observe that, mean rank observed in Vataj Prakruti is greater than Kaphaj Prakruti.

DISCUSSION

DISCUSSION

Ayurveda is one of the most ancient holistic approaches of medical science with the chief aim to maintain the health of healthy individuals and secondarily to it is to remove the diseases of the individuals still occurred. Acharya Charaka proposed tenfold examination i.e. Dasha Vidha Pariksha, to rule out the causes of Vyadhi and to start a treatment regimen to the ill person. The main aim of the Dasha Vidha Pariksha is to assess Bala Pramana of the individual which in turn is used to estimate the Rugna Bala, Vyadhi Bala, Vyadhikshamatva, Ssadhya-Asadhyatva, Arishta Lakshanas etc. Amongst the Dasha Vidha Pariksha, Vyayama Shakti Pariksha is used to assess the Sharirika Bala of the person. The mental strength can be assessed by the use of Satva Pariksha. First and foremost examination amongst the Dasha Vidha Pariksha is Prakriti Pariksha, which deals with the qualitative and quantitative preponderance Dosha and its excellency, which is most important factor to maintain homoeostasis and equilibrium in the Doshas and Dhatus of the body.

The activities and performances of the person if evaluated, gives an estimation of Bala i.e. physical fitness (one of the component of bala). The activities and locomotor physiologies are affected by the doshika constitution and so the Acharya of Ayurveda has described the Prakriti of each individual as unique. Out of the seven Prakriti types, Ekdoshaj Vata and Ekdoshaj Kapha Prakriti have been undertaken for the present study. Ancient ayurvedic authors mentioned the concept of Bala in terms of strength. In Ayurveda, the word "Bala" is used to express the strength of mind, body and body parts. Bala also represents body parts which are giving the body strength, power, protection and nutrition. Ojas is the concept which also covers some aspects of Bala.

Acharya Charaka given 3types of bala as: Sahaja (Bala of human being which is present naturally in the body. Innate or inborn strength can be a component of Sahaja Bala.), Kalaja Bala (Bala attained with respect to age and specific seasons), Yukti-krita Bala (some activities if done regularly and carefully, they also yield bala to human body, considered under Yukti-krita Bala)

In the descriptions of Prakriti, each prakriti has explanations regarding the locomotor activities of persons of that prakriti. E.g. Vata prakriti person are said to be Sheeghraaarambhee etc. From the concept of Prakriti, we can propose that every person has uniform genetic make up. The Prakriti means our body type, behavior tendencies, likes dislikes and needs, and our predispositions.

Acharya Susruta described the concept of bala in regards to Prakrita Karma of Ojas. The component by which body is nourished, Mamsa Dhatu is stabilized, efficiency of activities and performances is increased, the man gets good complexion, pleasant and clear voice and all his Dnyanendriya and Karmendriya , Atma and Mana works efficiently, is Bala. Acharya Charaka explains the Manasika Bala in the form of Satva Pariksha, one of the important examination amongst Dashavidha Pariksha (Ten fold examination). In Ayurveda, Vata prakriti has been considered as Alpabala (having less physical fitness). In clinical practice of Ayurveda, Prakriti Parikshana is immensely helpful for evaluation of health, to diagnose disorders or susceptibility of particular diseases, to advise diet and exercise to maintain health and to prevent diseases. So the topic is being chosen. It also may be beneficial for the assessment of Bala (Vyayam Shakti) in Vataj and Kaphaj Ekdoshaj Prakriti. The study may be useful for classification of person with respect to different sports. The Persons may be selected for a particular activity, particular occupation and particular sports with the help of outcome of this study.

Bala Parikshana, one of the ayurvedic method of examination, yields information like Sadhya- Asadhyatwa of the disease, Arishta Lakshana if any occuring, etc. Thus, Bala Parikshana is pivotal in the diagnosis. Bala assessment is done with respect to Vyayamashakti. It gives the assessment of Sharirika Bala. Manasika bala is assessed with the help of Satva Pariksha. Nowadays, various batteries of physical fitness test are being used to assess the Sharirika Bala of the individual.The findings of the physical fitness in terms of Mc'Cloy test and its relation to Ekdoshaj Vataja and Ekdoshaj Kaphaj Prakriti in terms of z test as recorded in observations and result are being discussed with a view to aims and objectives of the study.

There are total 200 volunteers included in the present Study. the study was aimed to have the participants of age group 20- 30. 112 volunteers (56%) of total volunteers were from a range of age group 20 to 25. Rest 88 (44%) volunteer of total volunteers were from a range of age group 25 to 30. 100 volunteers (50%) from total 200 volunteers were having Ekdoshaj Vataj Deha Prakruti. And rest 100 (50%) from total 200 volunteers were having Ekdoshaj Kaphaj Deha Prakruti. As the two groups of two different deha prakriti were there, the z test has been applied for statistical analysis.

From the observations of P.F.I. Grades, irrespective of deha prakriti, it is evident that, there are 44 (22%) volunteer of total volunteers having a P.F.I. of Grade 1. There are 80 (40%) volunteer of total volunteers having a P.F.I. of Grade 2. There are 76 (38%) volunteer of total volunteers having a P.F.I. of Grade 3.

From data from the P.F.I. Grade in Different Deha Prakruti, it is clear that, amongst 100 vata prakriti persons, 62 persons (31%) are showing the grade 3 P.F.I. it may be due to the Chala Guna of Vata that the Vata prakriti persons are having good P.F.I. i.e. Grade 3. The other Guna of Vata like Laghu, Sheeta are also may seem to be contributory in the production of good P.F.I. In case of Kapha Prakriti, amongst 100 kapha prakriti persons, only 14 persons (07%) are showing the grade 3 P.F.I. It may be due to the Manda and Guru Guna of kapha that the least number of kapha prakriti persons are having grade 3 P.F.I. 60 persons of kapha prakriti amongt 100, are having a P.F.I. of Grade 2. 26 persons (13%) of kapha prakriti show a Grade 1 P.F.I.

If we consider the occupation or nature of job which is also important factor to be considered when we deal with physical fitness. There were 129 (64.50%) student volunteers among total 200 volunteers. There were 17 (8.50%) doctor volunteers among total 200 volunteers. There were 34 (34%) servicemen volunteers among total 200 volunteers. 10 (05%) were Businessmen and 10 (05%) were farmers volunteer out of total 200 volunteers.

37% of the students, 07% of the servicemen, 02% of the doctors, 2.5% of the businessmen and 1.5% of the farmers were having Ekdoshaj Vata Prakriti. 27.5% of the students, 10% of the servicemen, 6.5% of the doctors, 2.5% of the businessmen and 3.5% of the farmers were having Ekdoshaj Kapha Prakriti.

If we observe the data with respect to grades of P.F.I., following considerations are to be made:

44 (22 %) volunteers from   total 200 volunteers shows Grade 1 P.F.I. Among them, 39 (19.50 %) are Students, 03 (1.50 %) are servicemen, 02 (01 %) are doctors, 80 (40 %) volunteers from total 200 volunteers shows Grade 2 P.F.I. Among them, 45 (22.50 %) are students, 15 (7.50 %) are servicemen, 10 (05 %) are doctors, 04 (02 %) are businessmen, 06 (03 %) are farmers.76 (38 %) volunteers from total 200 volunteers shows Grade 3 P.F.I. Among them, 45 (22.50 %) are students, 16 (08 %)

are servicemen, 05 (2.50 %) are doctors, 06 (03 %) are businessmen, 04 (02 %)) are farmers.

With respect to age and deha prakriti type, the findings can be presented as:

In Age Group 20 to 25, there are 112 (56%) volunteer of total 200 volunteers. 67 of 112 are of Vataj prakriti. 45 of 112 are of kaphaj prakriti. From112 volunteers of age group 20 to 25, 36 (18 %) show grade 1 P.F.I., 34 (17 %) show grade 2 P.F.I., 42 (21 %) show grade 3 P.F.I.,

In Age Group 26 to 30, there are 88 (44%) volunteer of total 200 volunteers. 33 of 88 are of Vataj prakriti. 55 of 88 are of kaphaj prakriti. From 88 volunteers of age group 26 to 30, 08 (04 %) show grade 1 P.F.I., 46 (23 %) show grade 2 P.F.I., 34 (17 %) show grade 3 P.F.I.,

In this study, it is observed that vata Prakriti individuals, movements are very fast because of Chala and Laghu Guna of Vata & in Kapha Prakriti individuals, movements are slow because of Sthira and Guru Guna of Kapha.

After data analysis, we can observe that, there is significant difference in mean value for Vataj and Kaphajprakruti. Further we can observe that, mean rank observed in Vataj Prakruti is greater than Kaphaj Prakruti. A significant difference is observed between bala of Vataj and Kaphaj Ekdoshaj Deha Prakriti according to Physical Fitness Test.

Here we get the Vata Prakriti persons with Grade 3 P.F.I. The Gunas of Vata may be supporting them to the exercising physiologies. The Chala Guna may make the Vata Prakriti person more speedy and active while completing a task. But due to Chala Guna it may be a chance that the Vata Prakriti person may tend to be fastly fatigued; they are being tired within short period of time due to Chala Guna of Vata. The Guna of Vata may make them speedy initially and they may perform nice in a set of tests of shorter duration. In contrast to Vata Prakriti, Kapha Prakriti people are having low P.F.I. when compared to Vata prakriti. It may be due to Guru Guna and Manda Guna of Kapha. Guru Guna may make them less speedy and less active as compared to Vata Prakriti. The kapha prakriti persons may feel lethargy and heaviness which takes more time to overcome it and execute a fast and speedy performance, if tests of shorter duration are concerned.

CONCLUSION

CONCLUSION

1. From the above discussion, it may be concluded that the positive findings of the present study can be employed to evaluate physical fitness in exercising persons with the help of Mc'cloy Physical Fitness test in Vataj and Kaphaj Ekdoshaj Deha Prakriti. There is difference between bala of Vataj and Kaphaj Ekdoshaj Deha Prakriti according to Physical Fitness Test. For the sake of convenience Anubandha Dosha was not taken into consideration in the present study. May be it is playing a significant role where study cannot reveal statistically significant difference.

2. From the data analysis, it is evident that, Physical Fitness Index in Ekdoshaj Vataj Prakriti volunteers is greater than Ekdoshaj Kaphaj Prakriti volunteers. We can say that, physical fitness of the Vataj Ekdoshaj Deha Prakriti is greater than Kaphaj Ekdoshaj Deha Prakriti. It may be due to the Sheeghra and Laghu guna of vata dosha. We should keep in mind that, the flexibility and fitness are two different entities. Vata people due to their greater flexibility may do best performances in short duration. Gunas of Vata like Sheeghra, Chala, Laghu etc. may be credible to the flexible and fast performances of short duration. Study results show that there is difference between bala of Vataj and Kaphaj Ekdoshaj Deha Prakriti according to Physical Fitness Test. Vata Ekdoshaj Deha prakriti persons have more bala in terms of flexibility when focused to Mccloy physical fitnesss test as compared to Kaphaj Ekdoshaj Deha Prakriti. Study highlights the differences within two groups of subjects (Ekdoshaj Vataj and Ekdoshaj Kaphaj Prakriti) with a limited population. Variations are still expected to come. If we increase the number of activities to be performed in physical tests or they may be of longer duration, the result may be different. The findings may be further substantiated within a large universe having more number of samples of different other groups of Prakriti and thus we could be able to propose a physical fitness levels in different groups of Prakriti.

3. Physical Fitness Index in 20 to 25 age group volunteers is greater than 26 to 30 age group volunteers. Study can be extended by applying same technique of Physical Fitness testing to remaining groups of Ekdoshaj and Dwidoshaj Prakriti and in other age groups. The tudy can be extended further by assessing the Bala of

the two prakriti persons with the help of Ayurvedic Parikshana paramerters and results may be observed and compared.

4. This study is further useful for assessment Physical Fitness Index in Dvidoshaj Prakriti and associated comparison between Dvidoshaj Prakritis. Study can also be made more precise by application of newer advanced series of tests to various groups of Prakriti.

5. Vataj Ekdoshaj Deha prakriti persons have more Bala (Physical Fitness) as compared to Kaphaj Ekdoshaj Deha prakriti by Mccloy physical fitness test.

6. Locomotor activities and flexibility of Vataj Ekdoshaj Deha prakriti persons is more as compare to Kaphaj Ekdoshaj Deha prakriti.

7. Stamina, strength and consistency of Kaphaj Ekdoshaj Deha prakriti is more as compare to Vataj Ekdoshaj Deha prakriti.

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ANNEXURE

CONSENT FORM

Date-

The topic of my research is **PROSPECTIVE OBSERVATIONAL RANDOMIZED STUDY OF PHYSICAL FITNESS IN SOME DAILY EXERCISING PERSONS WITH THE HELP OF MCCLOY PHYSICAL FITNESS TEST IN VATAJ AND KAPHAJ EKDOSHAJ DEHA PRAKRITI .**

Your participation in this research is voluntary. You may refuse to participate or withdraw from the research at any time.

If you agree to participate in this research we will do your physical examination.

Data from research will be used for research purpose only. The research result are of no significance to your medical care. There will be no direct benefit to you other than the satisfaction of participating in this research for the possible benefits of future generations.

This information concerning your participation in the research will be kept confidential to the full extent permitted by law and useful only for scientific purpose.

………………………………………………………………………………………

I have read the explanation about this research and understood the same. So I am giving my consent to take part in the research.

Name and Sign of Volunteer -

Name and Sign of Scholar -

Annexure 2

Method for analysis of Physical fitness test according to Mccloy Physical Fitness Test.

McCloy Physical Fitness Test-

We Test and measure to collect the information upon which subsequent performance evaluations and decisions are made. But while doing the analysis we should consider the factors that may influence the results.

Required recourses- to undertake this test you will require

- Flat non-slippery surface
- Gym equipped with mats and a metal Bar on which pull ups can be done
- Stopwatch
- Assistant

How to conduct the test-

The tests require the person to undertake a series of exercises : Pull ups, press ups, squat thrusts, squat jumps and sit ups.

Procedure-

a) Person warm up for 10 minutes.

b) Person performs as many pull ups (chin above the bar) as possible. The assistant count and records the number of repetitions. The person take three minutes rest.

c) The person performs as many press ups as possible. The assistant count and records the number of repetitions. The person takes three minutes rest.

d) The assistant gives the command "GO" and start the stopwatch. The person performs as many squats thrusts as possible in one minute. The assistant count and records the number of repetitions. The person takes three minutes rest.

e) The assistant gives the command "GO" and start the stopwatch. The person performs as many squats jumps as possible in one minute. The assistant count and records the number of repetitions. The person takes three minutes rest.

f) The assistant gives the command "GO" and start the stopwatch. The person performs as many sit ups as possible in two minute. The assistant count and records the number of repetitions.

The P.F.I. Physical Fitness Index can be calculated by adding together the repetition completed for each exercise and then dividing the total by 5.

CRITERIA OF ANALYSIS-

1) **Grade of Mccloy Physical Fitness index –**

Sr. No	Mccloy Physical Fitness Index	Grade
1	Below 20	Grade 1
2	20-25	Grade 2
3	Above 25	Grade 3

Annexure 3

Method for estimation of Ekdoshaj Vataj and Kaphaj Deha Prakriti –

With the help of CDAC's standard questionnaire format of Ekdoshaj Vataj and Kaphaj Deha Prakriti analysis:

Physician Name:	

Dosha Prakriti Weightage Configuration

Question ID	Related To	Question Text	Category	Gender	Group	Type
1	Built	The Built	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Lean		Vaata	6	6
2	Well Built / Sturdy / Chubby.		Kapha	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
2	Physique	The Body Stature / Physique (Body Frame, Height)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Tall And Thin.		Vaata	6	6
2	Short And Thin.		Vaata	6	6
3	Plump / Stout (Either Tall Or Short).		Kapha	6	6
4	Height And Width After Spreading Both The Hands Is Equal.		Kapha	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
3	Appearance	The Body Parts Look Like (Appearance Of	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
	Body Parts)					
1	Dry.			Vaata	2	2
2	Delicate / Tender.			Pitta	2	2
3	Shapely / Beautiful.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
4	Body Odor	The Body Smell Is (Body Odor)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Strong / Foul Smelling / Stinking.	Pitta	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
5	General Appearance	The General Appearance (General Impression Of The Person)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Not So Impressive / Weird / Ugly / Non Pleasant.	Vaata	2	2
2	Weird With Sad Look.	Pitta	2	2
3	Mild / Calm / Fresh / Lively / Gentle.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
6	Forehead	The Size Of The Forehead	Old/Adult/Child/Infant	MF	Anatomical	Main
Option	Options			Dosha	System	Physician

No.				Weightage	Weightage
1	Broad And Tall Forehead.		Kapha	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
7	Hands	The Hands (Length Of Hand From Shoulder To Tip Of Middle Finger)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Very Long Hands (Length Of The Hand From Shoulder To Tip Of The Middle Finger Is More).		Kapha	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
8	Chest	The Chest (Massiveness Of Chest)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Massive (Ribs Hidden, Fleshy)		Kapha	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
9	Joints Appearance	The Appearance Of Joints	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Well Knit (Well Formed) And Nicely Covered With Flesh.		Kapha	2	2
2	Well Proportionate (The Joints Are In Good Proportion, In Relation To The Whole Body Frame).		Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
10	Joints Functioning	The Functioning Of The Joints	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Make Crepitating Sound With Movements.			Vaata	6	6
2	Tendons And Muscles Of The Joints Are Lax.			Pitta	6	6
3	Well Lubricated (No Cracking Sound With Movements).			Kapha	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
11	Tendons Ligaments	The Tendons And The Ligaments (The Tone And / Or Appearance Of Tendons And Ligaments)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Very Apparent Or Conspicuous.			Vaata	2	2
2	Lax.			Pitta	2	2
3	Not Apparent.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
12	Muscles - General	Texture Of Body Muscles On Touch (To Examine The Belly Of The Muscles)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option	Options			Dosha	System	Physician

No.			Weightage	Weightage
1	Firm.	Vaata	2	2
2	Lax / Supple.	Pitta	2	2
3	Built Well (Without Laxness) / Firm.	Kapha	2	2
4	Fleshy.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
13	Calf Muscles	The Calf Muscles (Muscle Tone Of Calves)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Calf Muscles Appear Massive Due To Lack Of Fat Dressing(With Prominent Tendon Portion Over Muscle Spread / Prominent And Hard Muscles Especially The Hamstrings And Calf).	Vaata	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
14	Sclera Colour	Colour Of The Sclera (The Color Of The White Part Of The Eyes)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Misty.	Vaata	2	2
2	Grayish.	Vaata	2	2
3	Dull.	Vaata	2	2
4	Reddish Eyes (Get Red Immediately In Sunrays Or After Alcohol Consumption Or After Getting Angry).	Pitta	2	2
5	Clean White, Bluish Colored Eyes With Reddishness In The Corners.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
15	Iris Colour	Iris Colour (Colour Of The Black Portion Of Eyes)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Other than black.	Pitta	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
16	Eyes - Size	The Size Of The Eyes	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Small / Sunken / Narrow.	Vaata	2	2
2	Medium.	Pitta	2	2
3	Big / Wild (Wide Open).	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
17	Appearance of Eyes	The Appearance Of The Eyes In General	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Odd, Nervous, Dead Look (Lusterless, Dry, Rough).	Vaata	2	2
2	Remain Half Closed During Sleep.	Vaata	2	2
3	Steady Gaze(Staring Look).	Vaata	2	2
4	Excessive Movements Of Eye Balls (Just Due To Inquisitiveness).	Pitta	2	2
5	Pleasant (Emphasizing Part Of Personality, Watery).	Kapha	2	2

6		Soft Look.		Pitta	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
18	Eye Lashes	Appearance Of Eye Lashes	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Long.		Kapha	1	1
2	Short.		Pitta	1	1
3	Thick.		Kapha	1	1
4	Thin.		Pitta	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
19	Teeth	Teeth	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Grinding Of Teeth During Sleep.		Vaata	2	2
2	Dry, Brittle Teeth (Break Easily, History Of Occassional Chipping / Crusting Of Teeth).		Vaata	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
20	Skin Complexion	The Skin Complexion	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Dusky.		Vaata	2	2
2	Dark.		Vaata	2	2
3	Black.		Vaata	2	2
4	Wheatish.		Vaata	2	2

5	Yellowish White.	Pitta	2	2
6	Reddish.	Pitta	2	2
7	Coppery.	Pitta	2	2
8	Very Fair And Clean Complexion (Also Consider Skin Colors Like Lotus Varieties).	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
21	Skin Moisture	Skin Moisture	Adult/Child/Infant	MF	Anatomical	Main
Option No.	**Options**			**Dosha**	**System Weightage**	**Physician Weightage**
1	Dry (Dryness Soon Even After Applying Oil / Moisturizer).			Vaata	2	2
2	Cracked.			Vaata	2	2
3	Slightly Oily / Moderately Oily.			Pitta	2	2
4	Oily.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
22	Skin Texture	Skin Texture (On Touch)	Adult/Child/Infant	MF	Anatomical	Main
Option No.	**Options**			**Dosha**	**System Weightage**	**Physician Weightage**
1	Rough And Hard.			Vaata	2	2
2	Soft And Supple / Loose.			Pitta	2	2
3	Soft And Tight, Velvety Smooth / Silky.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
23	Skin Temperature	The Temperature Of The Skin (Room Temperature)	Old/Adult/Child/Infant	MF	Anatomical	Main
Option	**Options**			**Dosha**	**System**	**Physician**

No.			Weightage	Weightage
1	Cold With Dryness (On Hands, Legs, Forehead).	Vaata	2	2
2	Warm/ Hot.	Pitta	2	2
3	Cold Without Dryness.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
24	Skin - General	Description Suiting To The Skin	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Conspicuous Veins (Veins Are Very Prominent And Big).		Vaata	6	6
2	Skin With Lots Of Moles / Warts / Freckles.		Pitta	6	6
3	Redness Marked On Lips, Palms, Tongue, Nails (Skin Gets Flushed Quickly And Gets Reddened With Little Exposure To Sun, Heat, Friction, Knock).		Pitta	6	6
4	Skin With Glow / Radiance / Shine.		Kapha	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
25	Hair Colour	The Colour Of The Hair (Hair Colour)	Old/Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Tawny.	Vaata	2	2
2	Brown.	Vaata	2	2
3	Golden.	Pitta	2	2
4	Blonde.	Pitta	2	2
5	Reddish Brown.	Pitta	2	2
6	Black.	Kapha	2	2
7	Jet Black.	Kapha	2	2
8	Blue Tinge.	Kapha	2	2

Question	Related To	Question Text	Category	Gender	Group	Type

ID						
26	Hair Moisture & Strength	Hair Moisture And Strength Of The Hair Roots (Of Body Hair And Scalp Hair To Be Judged By Touch)	Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Dry / Brittle / Rough.		Vaata	2	2
2	Not Dry / Medium.		Pitta	2	2
3	Oily / Shining.		Kapha	2	2
4	Strong Roots (Do Not Fall Easily While Combing).		Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
27	Hair Texture & Quantity	Lookwise Texture Of Hair And Amount Of Hair	Adult/Child/Infant	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Thick / Abundant And Rough.		Kapha,Vaata	1	1
2	Thick / Abundant / Soft And Smooth.		Kapha	1	1
3	Less And Soft / Delicate.		Pitta	1	1
4	Less And Rough.		Vaata	1	1
5	Splits In Hair.		Vaata	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
28	Hair Loss	Early Hair Loss Or Early Balding	Adult/Child	MF	Anatomical	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage

| 1 | Early Hair Loss (Baldness). | | | Pitta | 4 | 4 |
| 2 | Excessive And / Or Early Graying Of Hair. | | | Pitta | 4 | 4 |

Question ID	Related To	Question Text	Category	Gender	Group	Type
29	Body Hair Colour	The Color Of The Body Hair	Old/Adult/Child/Infant	MF	Anatomical	Main
Option No.	**Options**			**Dosha**	**System Weightage**	**Physician Weightage**
1	Golden / Blonde.			Pitta	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
30	Beard & Mustache	Texture And Quantity Of Hair Of Beard And Mustache	Old/Adult/Child	M	Anatomical	Main
Option No.	**Options**			**Dosha**	**System Weightage**	**Physician Weightage**
1	Dry / Rough And Less In Number(Less Thickness), Split.			Vaata	2	2
2	Soft And Less In Number (Less Thickness).			Pitta	2	2
3	Abundant, Covering More Area.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
31	Appetite	Overall Nature Of Appetite	Old/Adult/Child	MF	Physiological	Main
Option No.	**Options**			**Dosha**	**System Weightage**	**Physician Weightage**
1	Irregular Hunger - Sometimes Intense Hunger, Sometimes Not.			Vaata	2	2
2	Strong Hunger (Sharp And Intense).			Pitta	2	2
3	Less Sharp Hunger.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
32	Food Quantity	Amount Of Food Per Meal.	Old/Adult/Child	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Need For Moderate Quantity Of Food Per Meal.	Vaata	2	2
2	Need For Large Quantity Of Food Per Meal.	Pitta	2	2
3	Need For Small Quantity Of Food Per Meal.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
33	Digestive Capacity	Frequency Of Appetite(Digestive Capacity)	Old/Adult/Child	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Sometimes Feel Hungry Soon After Food, Sometimes Not.	Vaata	2	2
2	Always Become Hungry Soon After Food.	Pitta	2	2
3	Become Hungry Late After Food.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
34	Hunger Tolerance	Capacity To Skip Meals (Tolerance To Hunger)	Old/Adult/Child	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Can Tolerate Skipping Of Meal Easily.	Kapha	4	4

Question ID	Related To	Question Text	Category	Gender	Group	Type
35	Eating Habits	Eating Habits	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Eating Fast / Hastily.		Vaata	2	2
2	Eating More Frequently.		Pitta	2	2
3	Eating Food Leisurely.		Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
36	Water Requirement	Quantity Of Water To Satisfy Thirst Along With Frequency Of Thirst	Old/Adult/Child	MF	Physiological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	More Amount Of Water Satisfies Thirst.		Vaata	2	2
2	Very Frequent Thirst And More Amount Of Water Satisfies Thirst.		Pitta	2	2
3	Less Amount Of Water Satisfies Thirst .		Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
37	Thirst Tolerance	Capacity To Retain Thirst	Old/Adult/Child	MF	Physiological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Good Tolerance For Being Thirsty.		Kapha	4	4

Question ID	Related To	Question Text	Category	Gender	Group	Type

38	Stools	Stools	Old/Adult/Child	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Large Quantity.			Pitta	2	2
2	Very Quick Emptying Of Bowels.			Pitta	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
39	Perspiration	Perspiration (Quantity And Incidence.)	Old/Adult/Child	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Excessive And Quick Sweating (Sweating Even With Less Exposure To Heat Or Sunrays).			Pitta	2	2
2	Less Sweating (Sweats Only If Very Hot Climate.)			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
40	Micturation	Micturation (Quantity And Frequency Of Urine)	Old/Adult/Child	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Passing Of Profuse Amount Of Urine Every Time, More Frequently.			Pitta	6	6

Question ID	Related To	Question Text	Category	Gender	Group	Type
41	Sleep Duration	Duration For Sleep	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage

1	Routinely Short Span Of Sleep Needed.		Vaata	2	2
2	Routinely Prolonged Span Of Sleep Needed.		Kapha	2	2
3	Routinely Moderate Span Of Sleep Needed.		Pitta	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
42	Sleep	Nature Of Sleep, Freshness After Sleep	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Light Sleep (Interrupted Sleep).		Vaata	2	2
2	Mouth Remaining Partly Open During Sleep With Or Without Snoring.		Vaata	2	2
3	Deep Sleep (Difficult To Wake Up, Uninterrupted Sleep).		Kapha	2	2
4	Sleepiness (A Feeling Of Incomplete Sleep).		Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
43	Dreams	Dreams : - Most Often Dreams Are Related To	Old/Adult/Child	MF	Physiological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Dreams Of Running, Journey, Flying, Seeing Sky, Trees, River, Hills, Mountains (Competitions, Racing, Driving, Hiking, Frightening Things).		Vaata	2	2
2	Dreams Of Falling Stars, Fire, Emergencies, Accidents, Violence, Anger, Passion.		Pitta	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
44	Gait	The Walkgait-Style	Old/Adult/Child	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
	And Speed (Habit Of Stumbling To Objects While Walking)					
1	Fast / Quick / Untidy With Short Steps (Stumbling / Dashing To Objects While Walking).			Vaata	2	2
2	Steady Gait (Walk Elegant Like Elephant / Walking With Touching Complete Sole To The Floor).			Kapha	2	2
3	Sad Gait With Drooping Shoulders.			Pitta	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
45	Movements	Movements And Activities	Old/Adult/Child	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Fast / Hurried / Untidy Actions / Restless Movements (Habit / Style To Move Restlessly The Neck, Hands, Lips, Eyes, Shoulders, Head, Eyebrows, Tongue - All Or One Of These).	Vaata	4	4
2	Slow, Thoughtful And Few Movements, Deliberate Style Of Activities.	Kapha	4	4

Question ID	Related To	Question Text	Category	Gender	Group	Type
46	Stamina	Physical Stamina	Old/Adult/Child	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Very Less.	Vaata	2	2
2	Moderate (But With Less Tolerance To Physical Exertion Over A Long Period).	Pitta	2	2
3	Good.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
47	Voice	Voice(Quality And Pitch Of Voice)	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Dry / Brittle.	Vaata	2	2
2	High Pitched / Screechy Voice.	Vaata	2	2
3	Weak / Thin / Exhausted / Inaudible.	Vaata	2	2
4	With Treble / Hoarse / Sad.	Vaata	2	2
5	Deep / Soft / Resonant / Melodious / Pleasant / Effective.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
48	Speech	Speech(Speaking Style)	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Fond Of Chit-Chatting All The Time (Chattering / Excessive Talking).	Vaata	2	2
2	Fast / Hasty / Fumbling Style Of Speaking.	Vaata	2	2
3	Slow, Rich With Moments Of Silence.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
49	Speech Effectiveness	Effectiveness Of Speech	Old/Adult/Child	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Incomprehensive/ Inarticulate.	Vaata	2	2
2	Convincing(Winners In Arguments).	Pitta	2	2

3		Pleasant, Soothing, Soft And Gentle.		Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
50	Sexual Desire	Sexual Desire And Function	Old/Adult	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Less.			Pitta	2	2
2	Moderate.			Pitta	2	2
3	More.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
51	Semen Quantity	Amount Of Semen	Old/Adult	M	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Less.			Pitta	2	2
2	Moderate.			Pitta	2	2
3	More.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
52	Fertility	Fertility (Choose The Best Suited Answer.)	Old/Adult	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	No Children.			Vaata	2	2
2	Child After Waiting For Many Years.			Vaata	2	2
3	Conception / Child After Treatment For Diagnosed Underlying Infertility.			Vaata	2	2

4	After Delivery Never Used Contraception, Yet No Conception.	Vaata	2	2
5	One Child, No Abortions.	Pitta	2	2
6	Delayed Conception After Discontinuing Contraception.	Pitta	2	2
7	No Child, But Two Or More Abortions (Either Accidental Or Medical Abortion).	Pitta	2	2
8	Two Or More Than Two Children.	Kapha	2	2
9	One Child, With Two Or More Than Two Abortions (Either Accidental Or Medical Abortion).	Kapha	2	2
10	Immediate Conception After The Discontinuation Of The Contraception.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
53	Liking: Food	Likes And Dislikes For Food, Beverages	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Liking For Hot And Dry Food.		Kapha	1	1
2	Liking For Cold Food.		Pitta	1	1
3	Liking For Hot And Oily Food.		Vaata	1	1
4	Liking For Hot Beverages.		Vaata	1	1
5	Liking For Cold Beverages (Dislike For Drinking Very Hot Liquids).		Pitta	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
54	Liking: Climate	Likes And Dislikes For Weather Or Climatic Conditions.	Old/Adult/Child	MF	Physiological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Liking For Hot And Moist Seasons And Climates.		Vaata	0.5	0.5
2	Liking For Cold Seasons And Climates.		Pitta	0.5	0.5

3	Liking For Hot And Dry Seasons And Climates.			Kapha	0.5	0.5

Question ID	Related To	Question Text	Category	Gender	Group	Type
55	Tolerance	Disliking And / Or Level Of Tolerance	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Intolerance For Cold.			Vaata	1	1
2	Disliking For Perspiration.			Pitta	1	1
3	Very Good Tolerance For Hot Conditions.			Kapha	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
56	Liking: Tastes	Liking For Various Tastes	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Sweet.			Kapha,Pitta,Vaata	0.5	0.5
2	Sour.			Vaata	0.5	0.5
3	Salty.			Vaata	0.5	0.5
4	Bitter.			Pitta	0.5	0.5
5	Astringent.			Pitta,Kapha	0.5	0.5
6	Pungent / Chilly / Spicy.			Kapha	0.5	0.5

Question ID	Related To	Question Text	Category	Gender	Group	Type
57	Hobbies	Hobbies / Likings For	Old/Adult/Child	MF	Psycological	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Travel / Roaming.			Vaata	0.5	0.5
2	Arguing / Debate.			Vaata	0.5	0.5
3	Arts And Enjoyment.			Vaata	0.5	0.5

| 4 | Make Up And Garments. | | Pitta | 0.5 | 0.5 |
| 5 | Jewelry, Decorating Body | | Pitta | 0.5 | 0.5 |

Question ID	Related To	Question Text	Category	Gender	Group	Type
58	Possessiveness	Tendency For Possession And Donation	Old/Adult/Child	MF	Psycological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Craves For More Shopping / Collecting Things.		Vaata	1	1
2	Gives Away The Things If Asked For.		Pitta	1	1
3	A Generous And Thoughtful Donor.		Kapha	1	1
4	Does Not Crave Much For Collecting Or Buying Things.		Kapha	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
59	Temperament	Temperament	Old/Adult/Child	MF	Psycological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Anxious, Not Composed.		Vaata	1	1
2	Short Tempered.		Pitta	1	1
3	Straight Forward.		Pitta	1	1
4	Composed.		Kapha	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
60	Initiative	Initiative	Old/Adult/Child	MF	Psycological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Quick Initiator.		Vaata	0.5	0.5
2	Slow Initiator (Or Habit Of Postponing Tasks).		Kapha	0.5	0.5
3	Poor Follow Through Of The Work Initiated.		Vaata	0.5	0.5
4	Excellent Follow Through Of The Work Initiated.		Kapha	0.5	0.5

Question	Related To	Question Text	Category	Gender	Group	Type

ID						
61	Memory	Memory (Quality And Span)	Old/Adult/Child/Infant	MF	Physiological	Main

Option No.	Options			Dosha	**System Weightage**	**Physician Weightage**
1	Quick To Remember.			Vaata	0.5	0.5
2	Slow To Remember.			Kapha	0.5	0.5
3	Forgets Quickly / Accuracy Less.			Vaata	0.5	0.5
4	Forgets Slowly / Accuracy More.			Kapha	0.5	0.5

Question ID	Related To	Question Text	Category	Gender	Group	Type
62	Friendship	Friendship	Old/Adult/Child/Infant	MF	Psycological	Main

Option No.	Options	Dosha	**System Weightage**	**Physician Weightage**
1	Quick In Making Friendships (Easily Adapt To Different Kinds Of People).	Vaata	1	1
2	Short Lasting Relationships / Friendships / Acquaintances.	Vaata	1	1
3	Harsh To Friends / Caring And Consoling To Those Who Want To Reconciliate.	Pitta	1	1
4	Slow To Make New Friends	Kapha	1	1
5	Relationships Continue Even After Conflicts.	Kapha	1	1
6	Enmity Long Lasting.	Kapha	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
63	Concentration	Concentration	Old/Adult/Child	MF	Psycological	Main

Option No.	Options	Dosha	**System Weightage**	**Physician Weightage**
1	Poor.	Vaata	1	1
2	Excellent.	Kapha	1	1

Question	Related To	Question Text	Category	Gender	Group	Type

ID						
64	Decisive Power	Decisive Power	Old/Adult/Child	MF	Physiological	Main
Option No.		**Options**		**Dosha**	**System Weightage**	**Physician Weightage**
1		Poor / Uncertain Decisive Power.		Vaata	2	2
2		Moderate Decisive Power.		Kapha	2	2
3		Quick And Good Decisive Power.		Pitta	2	2
4		Excellent Decisive Power.		Pitta	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
65	Wisdom	Performance In Field Of Wisdom	Old/Adult	MF	Psycological	Main
Option No.		**Options**		**Dosha**	**System Weightage**	**Physician Weightage**
1		Unpredictable / Unsteady Performance.		Vaata	3	3
2		Intelligent.		Pitta	3	3
3		Learned / With Steady Performance.		Kapha	3	3
4		Judiciousness.		Kapha	3	3

Question ID	Related To	Question Text	Category	Gender	Group	Type
66	Other Qualities	Other Qualities	Old/Adult/Child/Infant	MF	Psycological	Main
Option No.		**Options**		**Dosha**	**System Weightage**	**Physician Weightage**
1		Ungrateful / Unappreciative / Unthankful.		Vaata	1	1
2		Fearful / Coward.		Vaata	1	1
3		Tendency Towards Using Or Taking Others’ Belongings / Secretly Watching Or Over Hearing Others.		Vaata	1	1
4		Violent.		Vaata	1	1
5		Egoist.		Pitta	1	1

6	Brave / Valor.		Pitta	1	1
7	Excellent In Acquiring Bodily Skills And Arts (Eg. Different Skillsets, Arts Etc.).		Pitta	1	1
8	Shy.		Kapha	1	1
9	Very Polite And Reverent.		Kapha	1	1
10	Religious And Fond Of Performing Rituals.		Kapha	1	1
11	Grateful / Appreciative / Thankful.		Kapha	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
67	Resemblance	Resemblance To The Animals	Old/Adult/Child/Infant	MF	Psycological	Main
Option No.	**Options**			**Dosha**	**System Weightage**	**Physician Weightage**
1	Camel.			Vaata	1	1
2	Crow.			Vaata	1	1
3	Donkey.			Vaata	1	1
4	Vulture.			Vaata	1	1
5	Rat.			Vaata	1	1
6	Rabit.			Vaata	1	1
7	Goat.			Vaata	1	1
8	Jackle.			Vaata	1	1
9	Dog.			Vaata	1	1
10	Owl.			Pitta	1	1
11	Bear.			Pitta	1	1
12	Cat.			Pitta	1	1
13	Monkey.			Pitta	1	1
14	Tiger.			Pitta	1	1
15	Snake.			Pitta	1	1
16	Gandharva.			Pitta	1	1
17	Yaksha.			Pitta	1	1
18	Mangoos.			Pitta	1	1
19	Horse.			Kapha	1	1
20	Indra.			Kapha	1	1

21	Cow.	Kapha	1	1
22	Eagle.	Kapha	1	1
23	Braahman`a.	Kapha	1	1
24	Rudra.	Kapha	1	1
25	Varun`a.	Kapha	1	1
26	Bull.	Kapha	1	1
27	Lion.	Kapha	1	1
28	Swan.	Kapha	1	1
29	Elephant.	Kapha	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
68	Wealth	Acquirement Of Wealth/ Means Of Living (Success In Life In View Of Material And Financial Gain)	Old/Adult	MF	Psycological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Average Earnings And Material Gains.	Vaata	1	1
2	Moderate Earning And Material Gains.	Pitta	1	1
3	Excellent Earning And Material Gains	Kapha	1	1

Question ID	Related To	Question Text	Category	Gender	Group	Type
69	Salivation	How Much Are The Salivary Secretions?	Infant	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Often Less (Mouth Dry, Quickly Demands Water With Any Intake).	Vaata	2	2
2	Average Salivary Secretions, Average Thirst.	Pitta	2	2

3	Profuse Saliva Always, Does Not Mind Wating Without Water.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
70	Feeding Demands	How Is The Baby's Expression For The Demands For The Feed?	Infant	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Mostly Uncertain Feeding Demands, Craves For Frequent Feeds / Food. Needs Frequent Suckling / May Accept Average Amount Of Food At A Time.	Vaata	2	2
2	Food / Feeds Come On The First Priority Over Playing Or Any Other Activities. Needs Large Amounts Of Food / Feeds Every Time.	Pitta	2	2
3	Low Demands - Has To Be Asked / Forced / Reminded For Food / Feeds.Remains Calm Even After Delay In Feeds.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
71	Baby General Behaviour	How Is The General Behaviour Of The Baby?	Infant	MF	Psycological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Always Crying / Complaining (Needs Attendant).	Vaata	2	2
2	Restless	Vaata	2	2
3	Intolerant, Gets Irritated And Pleased Quickly (Throws Tantrums Quickly).	Pitta	2	2
4	Cries Less.	Kapha	2	2
5	Quiet, Tolerant (Plays Without An Attendant).	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
72	Baby's Comfort	How Is The Baby's Comfort Level With Clothes, Coverings, Sweating?	Infant	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Likes Being Wrapped, Warm Clothing, Warm, Hot Food, Uncomfortable In A/C / Ceiling Fan / Wind.	Vaata	2	2
2	Likes To Be Kept In Windy Place / Open / Cool; Dislikes Woolen Clothing,Sweats If Wrapped.	Pitta	2	2
3	Likes To Be Kept Warm.	Kapha	2	2
4	Sweating Less But Less Tolerance To Heat.	Vaata	2	2
5	Uncomfortable With Perspiring.	Pitta	2	2
6	Sweating Less But More Tolerance To Heat.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
73	Defaecation & Urine	What Can Be Said About The Bowel And Urine?	Infant	MF	Physiological	Main

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Needs Medicinal Help For Passage Of Motion.	Vaata	2	2
2	Easily Vulnerable To Get Loose Motions With Llittle Medication.	Pitta	2	2
3	Does Not Need Help For Passage Of Urine And Motions.	Kapha	2	2
4	Stools Hard, Blackish, Less In Quantity.	Vaata	2	2
5	Stools Mostly Semisolid, Less Time Needed For Passing.	Pitta	2	2
6	Stools Are Well Formed, Solid.	Kapha	2	2

| 7 | | Urine Frequent And More (Wets Diapers Every Now And Then). | | Pitta | 2 | 2 |

Question ID	Related To	Question Text	Category	Gender	Group	Type
74	**Reaction to Stressors**	**How Does The Health Get Affected With Travel, Food Changes, Climate Changes?**	**Child/Infant**	**MF**	**Physiological**	**Supportive**

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Falls Ill Quickly, Needs Medication Very Often.			Vaata	2	2
2	Resistance To Illness Is Moderate.			Pitta	2	2
3	Good Resistance To Illness.			Kapha	2	2
4	More Vulnerable In Travels, Cold.			Vaata	2	2
5	More Vulnerable To Illness When Eats Spicy, In Summer After Rainy Season.			Pitta	2	2
6	More Vulnerable To Illness, When Eats Oily / Heavy Food / Milk Products Or When The Season Changes From Winter To Summer (During Spring).			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
75	**Recovery Pattern**	**What Can You Say About The Recovery From Illnesses And Overall Growth?**	**Child/Infant**	**MF**	**Physiological**	**Supportive**

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Recovery From Illness Incomplete, Takes Uncertain Time (Bruises / Wounds Heal Slowly).			Vaata	2	2
2	Recovery From Illness At Medium Pace(Wounds Tend To Get Spoilt / Infected Quickly, Take More Time To Heal).			Pitta	2	2

No.		Dosha			
3	Quick And Good Recovery From Illness(Bruises And Wounds Heal Quickly).	Kapha	2	2
4	Growth Milestones Are Irregular.	Vaata	2	2
5	Maturity Faster / Growth Milestones Faster.	Pitta	2	2
6	Baby Growth / Maturity Is Slow But Steady.	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
76	General Capacities	At What Age You Felt Your Capacities Are Decreasing?	Old/Adult	MF	Physiological	Supportive

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Comparatively At Early Age (At The Age Of 30-40 Yrs)	Vaata	2	2
2	Changes Evident Since The Age Of 40-50 Yrs	Pitta	2	2
3	Changes Apparent Comparatively Late (Since The Age Of 50-60 Yrs.).	Kapha	2	2
4	Debility Excessive, Comparatively More Weight Loss / Muscle Wasting.	Vaata	2	2
5	Moderate Changes In Physique / Musculature (Medium Weight Loss, Medium Debility).	Pitta	2	2
6	Good Physique, Without Many Changes (Minimum Debility / Muscle Wasting).	Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
77	Health	Healthwise, How Was Your Profile Throughout The Life?	Old/Adult	MF	Physiological	Supportive

Option No.	Options	Dosha	System Weightage	Physician Weightage
1	Very Frequent Illnesses, Always Needed Medication (More	Vaata	2	2

2		Moderate Disease Resistance (More Vulnerable To Hyperacidity, Loose Motions, Boils, Psychological Illnesses, Mental Stress, Peptic Ulcers, Hypertension Etc.).		Pitta	2	2
3		Over All , A Healthy Life, Needed Medication Rarely (Vulnerable To Diseases Like Cold, Ischemia, Indigestion, Heart Blocks, Joint Swelling, Arthritis Etc.).		Kapha	2	2
4		More Vulnerable To Effects Of Cold Seasons, Travels, Late Night Work, Over-Exertion.		Vaata	2	2
5		More Vulnerable To The Effects Of Hot / Spicy Food, Hot Weather, Mental Stress.		Pitta	2	2
6		More Vulnerable To The Effects Of Cold, Rainy Seasons, Spring, Excessive Eating, Sedentary Life- Style.		Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
78	**Disease Tolerance**	**At This Age, How Is Your Tolerance To Different Illness Triggering Factors (Like Food, Exertion, Climatic Changes, Mental Tensions Etc)?**	**Old/Adult**	**MF**	**Physiological**	**Supportive**

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Small Changes Disturb My Health And Routine Quickly.			Vaata	2	2
2	Moderate Tolerance To Illness Causing Elements			Pitta	2	2
3	Good Tolerance To Illness Causing Elements.			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
79	Muscle &	At What Age,	Old/Adult	MF	Anatomical	Main

	Skin Changes	Muscle And Skin Changes Became Very Apparent?				

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Skin Dryness More Apparent Than Other Skin Changes.			Vaata	2	2
2	Skin Wrinkles And Laxity More Apparent In Skin Changes.			Pitta	2	2
3	Skin Is Comparatively Good And Fresh, Less Dry, Less Wrinkled Or Lax.			Kapha	2	2
4	Skin, Muscle Changes Appeared Quite At Early Time (30 - 40 Yrs).			Vaata	2	2
5	Skin, Muscle Changes Appeared At The Age Of 40 - 50 Yrs.			Pitta	2	2
6	Skin And Muscle Changes At Late Age (50 - 60 Yrs).			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
80	Hair Changes	With The Age, What Are Changes That Occurred To Your Hair?	Old/Adult	MF	Anatomical	Main

Option No.	Options			Dosha	System Weightage	Physician Weightage
1	Had Less And Dry Hair, Early Hair Loss.			Vaata	2	2
2	Had Thin Hair, Balding And Graying Very Fast And At Early Age Relatively.			Pitta	2	2
3	Had Thick, Abundant, Black Hair.			Kapha	2	2
4	Hair Is Still In Place And Black. Graying Is Less And Slow, Balding Is Less And Slow (Near Age Of 50 Yrs).			Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
81	**Sense Organs**	**How Is Overall Status Of All The Sense Organs?**	**Old/Adult**	**MF**	**Physiological**	**Supportive**

	(Hearing Loss, Diminished Eyesight, Alterations In Olfactory Function (Sense For Smelling), Diminished Sense Of Taste, Alterations In Sense Of Touch Like Numbness Etc .)				

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Overall Changes In Functions Of Sense Organs At Early Age And More.		Vaata	2	2
2	Overall Changes In Sensory Organ Functions At Average Age And In Moderate Amount.		Pitta	2	2
3	Overall Very Less Or No Changes In Sensory Functions Till Late Age.		Kapha	2	2

Question ID	Related To	Question Text	Category	Gender	Group	Type
82	Digestive Functions	By Age, What Changes Do You Mark In Your Digestive Functions?	Old/Adult	MF	Physiological	Supportive

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Digestion Is Getting More Uncertain, Hunger Getting More Irregular. Can Not Tolerate Eating Legumes, Cold, Stale Food.		Vaata	2	2
2	Capable Of Good Eating And Digesting, Compared To The Same Age People. Can Not Tolerate Eating Hot, Spicy Food.		Pitta	2	2
3	Always A Small Eater, At This Age, Hunger Diminished, Can		Kapha	2	2

		Not Tolerate Heavy, Oily Food.				

Question ID	Related To	Question Text	Category	Gender	Group	Type
83	Bowel Habits	By Age, What Changes Do You Mark In Your Bowel Habits?	Old/Adult	MF	Physiological	Main

Option No.	Options		Dosha	System Weightage	Physician Weightage
1	Year By Year I Need More Medication For Easy Bowel Emptying.Irregularity In Motion, Dry And Hard Stools Are Common With Me.		Vaata	2	2
2	More Sensitive To Even Small Amounts Of Laxatives / Purgatives, Stools Often Semisolid. Afraid Of Tendency To Get Loose Motions Rather Than Constipation.		Pitta	2	2
3	No Much Complaint, No Much Need For Medical Help For Easy Bowel Emptying. Stools Often Well Formed And Moderate Amount.		Kapha	2	2

Annexure 4

SPECIFIC CASE PAPER FORMAT FOR GENERAL INFORMATION OF VOLUNTEER

Name   -

Age   -

Sex   -

Sr. No   -

Occupation   -

Duration of Daily exercise –

Address   -

Type of Deha Prakriti-

3) Assessment of Deha Prakriti-

Result no. 1

Sr. No.	Type of Ekdoshaj Deha Prakriti
1	Vataj
2	Kaphaj

4) Analysis of Physical fitness according to P.F.I. (Physical fitness index)-

Result no. 2

Sr. No.	P.F.I. (Physical fitness index)	Grade
1	Below 20	Grade 1
2	20.1 - 25	Grade 2
3	Above 25	Grade 3

MASTER CHART

Master Chart

Sr. No	Name of Volunteer	Age	Gender	Occupation	Type of Ekdoshaj Deha Prakriti	No. of pull ups (3 min)	No. of press ups (3 min)	No. of squats thrusts (1 min)	No. of squats jumps (1 min)	No. of sit ups (2 min)	P.F.I. (Physical fitness index)	P.F.I. Grade
1	Aniket Awtade	24	Male	Student	Vataj	24	32	12	20	40	**25.6**	**Grade 3**
2	Shubham Mali	24	Male	Student	Vataj	23	31	11	20	40	**25**	**Grade 3**
3	Dinesh Garad	26	Male	Student	Kaphaj	20	28	10	19	37	**22.8**	**Grade 2**
4	Yuvraj Kale	25	Male	Student	Kaphaj	21	29	9	19	38	**23.2**	**Grade 2**
5	Vaibhav Rupnar	26	Male	Student	Vataj	24	32	13	19	41	**25.8**	**Grade 3**
6	Suraj Sajgane	25	Male	Student	Vataj	16	34	12	20	42	**24.8**	**Grade 2**
7	Vaibhav Kanap	22	Male	Student	Kaphaj	21	30	10	20	38	**23.8**	**Grade 2**
8	Nilesh Kanap	25	Male	Student	Vataj	22	32	12	20	42	**25.6**	**Grade 3**
9	Rohit Kanap	24	Male	Student	Vataj	23	33	12	19	43	**26**	**Grade 3**
10	Rahul Kanap	20	Male	Student	Kaphaj	22	29	9	19	40	**23.8**	**Grade 2**
11	Prakash Shinde	30	Male	Farmer	Kaphaj	20	29	11	20	39	**23.8**	**Grade 2**
12	Mayur Thorat	21	Male	Student	Vataj	23	32	11	21	42	**25.8**	**Grade 3**
13	Shubham Bhosale	24	Male	Student	Vataj	25	37	13	21	44	**28**	**Grade 3**

14	Sagar Patil	24	Male	Student	Vataj	24	36	12	21	43	**27.2**	**Grade 3**
15	Sangram Patil	24	Male	Student	Vataj	23	37	12	21	44	**27.4**	**Grade 3**
16	Swapnil Lakesar	24	Male	Student	Vataj	26	37	13	21	44	**28.2**	**Grade 3**
17	Rajvardhan Shinde	28	Male	Service/ Job	Kaphaj	22	31	12	21	38	**24.8**	**Grade 2**
18	Shankar Kokare	25	Male	Student	Vataj	23	35	12	19	40	**25.8**	**Grade 3**
19	Chaitnya Pattanshetti	25	Male	Student	Vataj	23	34	12	19	41	**25.8**	**Grade 3**
20	Vikas Hubale	29	Male	Farmer	Kaphaj	21	30	9	19	39	**23.6**	**Grade 2**
21	Mayur Hubale	26	Male	Service/ Job	Kaphaj	22	32	10	19	38	**24.2**	**Grade 2**
22	Munja Rangire	28	Male	Student	Vataj	24	36	13	20	42	**27**	**Grade 3**
23	Sanket Kamble	25	Male	Doctor	Vataj	25	34	12	21	43	**27**	**Grade 3**
24	Ajay Salunkhe	27	Male	Service / Job	Vataj	23	32	13	20	41	**25.8**	**Grade 3**
25	Amit Patil	25	Male	Student	Vataj	24	33	11	19	40	**25.4**	**Grade 3**
26	Saurabh Mangire	22	Male	Student	Kaphaj	23	31	10	20	40	**24.8**	**Grade 2**
27	Akshay	29	Male	Service /	Vataj	24	32	12	19	43	**26**	**Grade 3**

	Salunkhe			Job							
28	Sangram Walekar	24	Male	Student	Kaphaj	22	32	11	18	38	**24.2**	**Grade 2**
29	Prajwal Salve	22	Male	Student	Vataj	23	33	13	20	42	**26.2**	**Grade 3**
30	Rushikesh Kumbhar	21	Male	Student	Vataj	24	34	12	20	43	**26.6**	**Grade 3**
31	Nitin Patil	21	Male	Student	Vataj	27	35	13	21	44	**28**	**Grade 3**
32	Saurabh Malwade	22	Male	Student	Vataj	23	31	12	19	40	**25**	**Grade 3**
33	Harun Patel	23	Male	Student	Vataj	23	32	13	19	41	**25.6**	**Grade 3**
34	Sagar Teli	25	Male	Student	Vataj	24	37	12	22	43	**27.6**	**Grade 3**
35	Amey Kanse	22	Male	Student	Vataj	22	32	13	19	40	**25.2**	**Grade 1**
36	Aniket Kore	22	Male	Student	Vataj	23	33	12	20	41	**25.8**	**Grade 3**
37	Atul Kalel	25	Male	Doctor	Vataj	23	34	14	21	42	**26.8**	**Grade 3**
38	Sujit Katkar	25	Male	Student	Kaphaj	21	26	10	22	37	**23.2**	**Grade 2**
39	Pratik Yadav	22	Male	Student	Kaphaj	22	31	9	18	38	**23.6**	**Grade 2**
40	Sagar Waghmare	24	Male	Student	Vataj	25	35	14	22	42	**27.6**	**Grade 3**
41	Sahil Bhaldar	22	Male	Student	Vataj	26	35	13	21	42	**27.4**	**Grade 3**

42	Sanket Jadhav	24	Male	Student	Kaphaj	22	30	10	19	40	**24.2**	**Grade 2**
43	Sanket Lonkar	22	Male	Student	Kaphaj	23	32	10	20	41	**25.2**	**Grade 3**
44	Saurabh Rathod	24	Male	Student	Kaphaj	21	31	11	18	38	**23.8**	**Grade 2**
45	Swapnil Naiknawre	24	Male	Student	Kaphaj	22	31	9	19	39	**24**	**Grade 2**
46	Vaibhav Shaha	25	Male	Student	Kaphaj	20	33	10	17	38	**23.6**	**Grade 2**
47	Vijay Shinde	23	Male	Student	Vataj	27	34	12	21	43	**27.4**	**Grade 3**
48	Vinayak Behre	21	Male	Student	Kaphaj	22	31	12	20	40	**25**	**Grade 3**
49	Rajesh Punde	28	Male	Student	Vataj	24	33	11	20	41	**25.8**	**Grade 3**
50	Shrikant Yadav	27	Male	Service / Job	Kaphaj	21	28	10	20	40	**23.8**	**Grade 2**
51	Firoj Magdum	27	Male	Service / Job	Vataj	23	32	12	20	42	**25.8**	**Grade 3**
52	Adhik Pawar	28	Male	Service / Job	Vataj	23	33	12	19	41	**25.6**	**Grade 3**
53	Amol Dange	29	Male	Service / Job	Vataj	23	34	12	20	42	**26.2**	**Grade 3**
54	Vikas Hubale	30	Male	Farmer	Kaphaj	22	29	10	20	39	**24**	**Grade 2**
55	Chandrakant	28	Male	Service /	Vataj	24	35	13	20	43	**27**	**Grade 3**

	Shriram			Job								
56	Sagar Jangam	30	Male	Service / Job	Vataj	22	31	11	18	39	**24.2**	**Grade 2**
57	Vinayak Shirsagar	27	Male	Service / Job	Vataj	21	30	9	17	37	**22.8**	**Grade 2**
58	Abhijit Patil	27	Male	Service / Job	Kaphaj	23	30	9	19	38	**23.8**	**Grade 2**
59	Nasir Bagwan	26	Male	Student	Vataj	23	33	11	19	40	**25.2**	**Grade 3**
60	Amey Ekhande	24	Male	Student	Vataj	24	34	13	21	43	**27**	**Grade 3**
61	Shivraj Koli	24	Male	Student	Vataj	23	34	12	20	42	**26.2**	**Grade 3**
62	Sarvesh Bodhe	21	Male	Student	Kaphaj	21	29	10	20	39	**23.8**	**Grade 2**
63	Rudresh Khapre	20	Male	Student	Vataj	23	33	12	19	41	**25.6**	**Grade 3**
64	Juned Kothali	24	Male	Student	Kaphaj	23	30	9	18	37	**23.4**	**Grade 2**
65	Chandrakant Ware	29	Male	Service / Job	Vataj	24	34	12	20	42	**26.4**	**Grade 3**
66	Naiknawre	22	Male	Student	Kaphaj	22	31	11	18	41	**24.6**	**Grade 2**
67	Sourabh Rathod	24	Male	Student	Kaphaj	23	30	10	18	39	**24**	**Grade 2**
68	Swapnil Ghodke	24	Male	Student	Kaphaj	22	31	9	18	40	**24**	**Grade 2**
69	Shubham Kale	23	Male	Student	Kaphaj	22	31	10	19	38	**24**	**Grade 2**

70	Chetan Dhaygude	30	Male	Doctor	Kaphaj	23	32	11	20	39	**25**	**Grade 3**
71	Mithun Hubale	29	Male	Business	Vataj	24	33	11	20	41	**25.8**	**Grade 3**
72	Vipul Patil	26	Male	Doctor	Vataj	23	30	11	19	40	**24.6**	**Grade 2**
73	Digvijay Suryvanshi	29	Male	Business	Kaphaj	24	31	11	20	39	**25**	**Grade 3**
74	Kapil Hubale	23	Male	Farmer	Kaphaj	23	31	10	20	40	**24.8**	**Grade 2**
75	Tushar Deshmukh	26	Male	Student	Kaphaj	23	30	11	19	40	**24.6**	**Grade 2**
76	Munawar Patvekar	29	Male	Business	Kaphaj	22	29	12	20	39	**24.4**	**Grade 2**
77	Abhishek Gaikwad	27	Male	Doctor	Kaphaj	24	30	12	21	36	**24.6**	**Grade 2**
78	Rahul Sing	27	Male	Student	Kaphaj	24	29	11	21	38	**24.6**	**Grade 2**
79	Mahesh Hubale	28	Male	Farmer	Kaphaj	23	24	10	20	40	**23.4**	**Grade 2**
80	Dadaso Padalkar	27	Male	Student	Kaphaj	22	29	12	19	39	**24.2**	**Grade 2**
81	Mayur Salokhe	26	Male	Student	Kaphaj	23	30	11	22	38	**24.8**	**Grade 2**
82	Dhiraj Hubale	28	Male	Business	Kaphaj	22	30	11	20	37	**24**	**Grade 2**
83	Sachin Hubale	28	Male	Service /	Kaphaj	23	31	11	19	38	**24.4**	**Grade 2**

				Job								
84	Vrushbh Doshi	26	Male	Student	Kaphaj	22	31	11	18	39	**24.2**	**Grade 2**
85	Rohit Thorat	27	Male	Student	Kaphaj	23	30	10	19	40	**24.4**	**Grade 2**
86	Aniruddha Naiknawre	29	Male	Doctor	Kaphaj	24	26	11	21	35	**23.4**	**Grade 2**
87	Shaikh Nihal	26	Male	Student	Vataj	24	34	12	21	43	**26.8**	**Grade 3**
88	Akshay Rakh	22	Male	Student	Vataj	24	33	12	19	41	**25.8**	**Grade 3**
89	Pavan Vadode	23	Male	Student	Vataj	25	35	13	21	43	**27.4**	**Grade 3**
90	Vinayak Pujari	28	Male	Service / Job	Kaphaj	22	33	11	18	39	**24.6**	**Grade 2**
91	Amar Sid	30	Male	Service / Job	Kaphaj	21	32	12	17	34	**23.2**	**Grade 2**
92	Sourabh Lengre	29	Male	Doctor	Kaphaj	23	31	11	18	38	**24.2**	**Grade 2**
93	Ravi Kolekar	30	Male	Service / Job	Kaphaj	21	32	10	19	39	**24.2**	**Grade 2**
94	Dadasaheb Shendge	30	Male	Doctor	Kaphaj	22	25	12	18	38	**23**	**Grade 2**
95	Appu Musai	30	Male	Service / Job	Kaphaj	21	31	11	18	40	**24.2**	**Grade 2**

96	Jagnath Raskar	29	Male	Service / Job	Kaphaj	23	32	13	20	39	**25.4**	**Grade 3**
97	Akbar Jamadar	29	Male	Business	Kaphaj	22	31	12	19	38	**24.4**	**Grade 2**
98	Akshay Patankar	30	Male	Doctor	Kaphaj	24	30	11	20	40	**25**	**Grade 3**
99	Manoj Kadam	30	Male	Business	Kaphaj	23	32	11	20	41	**25.4**	**Grade 3**
100	Sandesh Gacche	28	Male	Doctor	Kaphaj	22	31	10	19	37	**23.8**	**Grade 2**
101	Vinay Apate	26	Male	Service / Job	Kaphaj	24	32	11	21	42	**26**	**Grade 3**
102	Prashant Patil	26	Male	Service / Job	Kaphaj	23	31	10	20	41	**25**	**Grade 3**
103	Sandesh Varpe	23	Male	Student	Kaphaj	24	29	9	22	39	**24.6**	**Grade 2**
104	Rajesh Punde	28	Male	Student	Kaphaj	23	30	10	19	40	**24.4**	**Grade 2**
105	Vishal Hubale	30	Male	Service / Job	Kaphaj	22	31	11	19	37	**24**	**Grade 2**
106	Sharad Phulare	30	Male	Service / Job	Kaphaj	23	32	12	20	38	**25**	**Grade 3**
107	Sharad Madne	30	Male	Service / Job	Vataj	24	34	13	21	42	**26.8**	**Grade 3**
108	Shashi Pujari	30	Male	Service /	Kaphaj	24	31	11	20	39	**25**	**Grade 3**

			Job								
109	Kunal Shinde	26	Male	Student	Kaphaj	23	31	12	19	38	**24.6**	**Grade 2**
110	Vinod Hubale	26	Male	Farmer	Vataj	22	33	12	20	41	25.6	Grade 3
111	Yogesh Mohite	29	Male	Service / Job	Vataj	24	33	12	21	41	**26.2**	**Grade 3**
112	Ankush Sakat	23	Male	Student	Vataj	23	36	13	21	44	**27.4**	**Grade 3**
113	Aniket Patil	30	Male	Business	Vataj	24	34	11	20	41	**26**	**Grade 3**
114	Rohan Bobade	25	Male	Student	Vataj	23	32	11	19	41	**25.2**	**Grade 3**
115	Mahesh Aghav	26	Male	Doctor	Vataj	24	30	12	18	40	**24.8**	**Grade 2**
116	Amol Pawar	30	Male	Doctor	Kaphaj	23	29	10	19	38	**23.8**	**Grade 2**
117	Vijay Lawte	30	Male	Doctor	Kaphaj	24	30	11	20	39	**24.8**	**Grade 2**
118	Rehan Pathan	28	Male	Doctor	Kaphaj	25	32	12	22	38	**25.8**	**Grade 3**
119	Shubham Hubale	23	Male	Farmer	Kaphaj	24	32	12	20	40	**25.6**	**Grade 3**
120	Aniket Hubale	26	Male	Farmer	Kaphaj	24	33	13	19	37	**25.2**	**Grade 3**
121	Monu Hubale	20	Male	Student	Kaphaj	22	31	9	20	38	**24**	**Grade 2**
122	Prakash Patil	29	Male	Service / Job	Vataj	23	32	12	19	41	**25.4**	**Grade 3**
123	Manik Hubale	29	Male	Farmer	Vataj	24	35	13	20	43	**27**	**Grade 3**

124	Munja Rangire	28	Male	Student	Vataj	25	34	13	21	42	**27**	**Grade 3**
125	Dipak Gangawne	26	Male	Student	Vataj	23	33	11	18	40	**25**	**Grade 3**
126	Amar Jamadar	30	Male	Business	Vataj	26	36	14	21	44	**28.2**	**Grade 3**
127	Sandesh Hubale	22	Male	Student	Vataj	23	32	12	19	41	**25.4**	**Grade 3**
128	Gaikwad	25	Male	Student	Vataj	24	31	12	19	40	**25.2**	**Grade 3**
129	Rahul Dasari	27	Male	Student	Vataj	23	30	11	18	40	**24.4**	**Grade 2**
130	Rohit Barwde	30	Male	Service / Job	Kaphaj	22	31	12	19	39	**24.6**	**Grade 2**
131	Amol Chavan	30	Male	Service / Job	Kaphaj	23	30	11	19	40	**24.6**	**Grade 2**
132	Siddhanath Madne	28	Male	Service / Job	Vataj	23	33	12	19	42	**25.8**	**Grade 3**
133	Pritam Hubale	20	Male	Student	Vataj	23	32	11	19	41	**25.2**	**Grade 3**
134	Ajay Hubale	24	Male	Business	Vataj	22	30	10	18	41	**24.2**	**Grade 2**
135	Jagdish Ranjwe	23	Male	Student	Vataj	24	32	11	19	42	**25.6**	**Grade 3**
136	Fasale	25	Male	Business	Vataj	23	33	12	20	42	**26**	**Grade 3**
137	Ashutosh Arage	30	Male	Doctor	Kaphaj	24	31	10	18	38	**24.2**	**Grade 2**
138	Kedar Joshi	23	Male	Student	Kaphaj	23	30	11	17	37	**23.6**	**Grade 2**

139	Keshav Kale	23	Male	Student	Kaphaj	22	30	10	18	39	**23.8**	**Grade 2**
140	Satish Nagrik	26	Male	Student	Kaphaj	23	29	11	19	38	**24**	**Grade 2**
141	Umesh Jagtap	27	Male	Student	Kaphaj	22	29	11	18	37	**23.4**	**Grade 2**
142	Himmat Hubale	28	Male	Farmer	Vataj	20	29	10	19	41	**23.8**	**Grade 2**
143	Mahesh Kokare	20	Male	Student	Vataj	23	32	12	20	42	**25.8**	**Grade 3**
144	Vaibhav Anuse	20	Male	Student	Vataj	24	31	12	20	42	**25.8**	**Grade 3**
145	Shivam Devkate	23	Male	Student	Vataj	24	35	13	20	43	**27**	**Grade 3**
146	Gopal Dhuri	24	Male	Student	Kaphaj	14	26	7	13	26	**17.2**	**Grade 1**
147	Sanket Admane	20	Male	Student	Vataj	15	24	9	15	30	**18.6**	**Grade 1**
148	Rohit Chopde	21	Male	Student	Vataj	16	25	10	16	31	**19.6**	**Grade 1**
149	Sairaj Kale	23	Male	Student	Kaphaj	13	27	6	13	27	**17.2**	**Grade 1**
150	Aditya Lade	23	Male	Student	Vataj	18	28	10	17	33	**21.2**	**Grade 2**
151	Vaibhav Patil	24	Male	Student	Vataj	19	28	9	16	33	**21**	**Grade 2**
152	Nishant Pawar	23	Male	Student	Vataj	17	27	8	15	32	**19.8**	**Grade 1**
153	Aniket Mane	23	Male	Student	Kaphaj	13	28	7	13	29	**18**	**Grade 1**
154	Ashish Dange	23	Male	Student	Vataj	16	26	8	15	31	**19.2**	**Grade 1**
155	Akshay Palsambkar	23	Male	Student	Vataj	15	26	8	15	30	**18.8**	**Grade 1**
156	Shivam Nerkar	23	Male	Student	Vataj	20	30	10	18	37	**23**	**Grade 2**

157	Shreyash Thakare	25	Male	Student	Vataj	18	28	9	17	35	**21.4**	**Grade 2**
158	Pavan Ghate	25	Male	Doctor	Kaphaj	17	29	8	15	30	**19.8**	**Grade 1**
159	Raghav Mali	23	Male	Student	Vataj	17	27	8	15	34	**20.2**	**Grade 2**
160	Dhananjay Aghav	23	Male	Student	Vataj	16	25	8	15	35	**19.8**	**Grade 1**
161	Vinit Sharma	27	Male	Student	Vataj	17	23	7	15	31	**18.6**	**Grade 1**
162	Vignesh Kodgule	22	Male	Student	Kaphaj	15	25	7	13	29	**17.8**	**Grade 1**
163	Vishwkarma Katre	22	Male	Student	Kaphaj	14	26	7	12	28	**17.4**	**Grade 1**
164	Pavan Misal	22	Male	Student	Kaphaj	17	24	8	13	30	**18.4**	**Grade 1**
165	Anil Dake	22	Male	Student	Vataj	16	25	8	16	31	**19.2**	**Grade 1**
166	Sagar Patil	24	Male	Student	Kaphaj	16	28	7	13	27	**18.2**	**Grade 1**
167	Sham Umarkar	23	Male	Student	Vataj	16	24	9	15	32	**19.2**	**Grade 1**
168	Ram Ladda	22	Male	Student	Kaphaj	16	28	8	12	29	**18.6**	**Grade 1**
169	Pratik Matkar	24	Male	Student	Kaphaj	18	29	9	13	26	**19**	**Grade 1**
170	Prashant Patil	24	Male	Student	Kaphaj	13	27	7	12	28	**17.4**	**Grade 1**
171	Ritesh Pawar	22	Male	Student	Kaphaj	14	25	6	12	29	**17.2**	**Grade 1**

172	Kumar Gangavne	23	Male	Student	Kaphaj	17	25	9	14	31	**19.2**	**Grade 1**
173	Ajinkya Tale	25	Male	Student	Vataj	17	26	9	17	33	**20.4**	**Grade 2**
174	Sahil Bhaldar	22	Male	Student	Vataj	18	26	9	15	32	**20**	**Grade 1**
175	Amol Waybase	23	Male	Student	Vataj	19	27	8	17	33	**20.8**	**Grade 2**
176	Sagar Dagade	23	Male	Student	Kaphaj	16	28	8	13	29	**18.8**	**Grade 1**
177	Dipak Munde	23	Male	Student	Vataj	18	26	9	18	35	**21.2**	**Grade 2**
178	Saheblal Shaikh	20	Male	Student	Vataj	16	24	8	15	32	**19**	**Grade 1**
179	Sumit Mane	20	Male	Student	Vataj	17	26	9	16	32	**20**	**Grade 1**
180	Kapil Pawara	20	Male	Student	Vataj	16	25	8	15	31	**19**	**Grade 1**
181	Rushikesh Pandhre	21	Male	Student	Kaphaj	13	28	9	13	31	**18.8**	**Grade 1**
182	Prashant Badane	22	Male	Student	Kaphaj	14	29	8	14	30	**19**	**Grade 1**
183	Ashwini Shinde	29	Male	Service / Job	Kaphaj	14	29	8	14	29	**18.8**	**Grade 1**
184	Ajay Maskar	26	Male	Student	Kaphaj	14	26	8	14	29	**18.2**	**Grade 1**
185	Tushar Deshmukh	26	Male	Student	Kaphaj	13	25	7	13	27	**17**	**Grade 1**
186	Neelmani	28	Male	Student	Kaphaj	12	26	8	14	26	**17.2**	**Grade 1**

	Thakare										
187	Shubham Dhargave	22	Male	Student	Kaphaj	15	25	9	15	26	**18**	**Grade 1**
188	Shrirang Kalwari	21	Male	Student	Kaphaj	14	25	8	13	28	**17.6**	**Grade 1**
189	Prashant Patil	25	Male	Student	Vataj	16	23	8	18	32	**19.4**	**Grade 1**
190	Srujan Khebudkar	26	Male	Student	Vataj	17	24	8	15	32	**19.2**	**Grade 1**
191	Pratap Patil	26	Male	Student	Vataj	18	25	9	16	33	**20.2**	**Grade 2**
192	Sushil Satpute	29	Male	Service / Job	Kaphaj	16	26	7	15	28	**18.4**	**Grade 1**
193	Abhishek Kumbhar	24	Male	Service / Job	Kaphaj	15	25	8	14	27	**17.8**	**Grade 1**
194	Rushikesh Jedge	25	Male	Student	Vataj	18	26	8	15	31	**19.6**	**Grade 1**
195	Aniket Sable	26	Male	Student	Kaphaj	16	26	8	14	28	**18.4**	**Grade 1**
196	Abhinav Gawai	22	Male	Student	Vataj	17	24	9	16	32	**19.6**	**Grade 1**
197	Pranjal Padalkar	24	Male	Student	Vataj	19	28	10	18	34	**21.8**	**Grade 2**
198	Hitesh Gole	25	Male	Doctor	Kaphaj	15	28	7	13	30	**18.6**	**Grade 1**
199	Sagar Chaudhri	30	Male	Service / Job	Vataj	20	27	9	17	33	**21.2**	**Grade 2**
200	Anirudh Bhamburkar	25	Male	Student	Vataj	20	29	10	18	35	**22.4**	**Grade 2**